

# The Lamplighter

A Newsletter of **Community Presbyterian Church**  
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**MARCH 2023**

*Growing In Christ and Loving One Another*

Lenten Greetings, CPC! Presbyterians are really into order, in case you haven't noticed. Yes, sometimes we need to lighten up and exercise a little spontaneity, flexibility, and a bit of holy disorder (whatever that is). But our emphasis on order is not unique to our Presbyterian and Reformed tradition. From the earliest days of the Christian church to the origins of the people of Israel and back to the dawn of creation itself, God's people have been called to honor the ordering of creation instituted by God, including the ordering of time itself - day and night, seasons and sabbaths, feasts and fasts that mark out the story of God's steadfast love and deliverance (Passover, Purim, Pentecost, etc.). For Christians, the resurrection established the first day of the week (which was/is Sunday in Jewish practice) as the new sabbath day, the Lord's Day. Our early Christian forebears continued the pattern of Judaism by establishing seasons to order the life of the church around the narrative of God's steadfast love and faithfulness in Jesus Christ.

In the words of the second half of our denomination's constitution, the *Book of Order* (of course, that's the title!), we hear the following: "Through two thousand years of Christian worship, the Church has developed ways of keeping time - many of them adapted from the feasts and fasts of Israel that Jesus kept. This pattern of the Christian year keeps us centered in Christ as we seek to proclaim the story of our faith, grow as Jesus' disciples, and serve Christ's mission." (W-1.0202)

So the Christian year centers on the major events of salvation history: Jesus' birth, death, resurrection, and the outpouring of the Holy Spirit to empower the Church to understand and live the Gospel. The Lenten season is set aside for self-examination, spiritual renewal, and growth over 40 days, in keeping with Israel's 40 years of learning (primarily through mistakes and failures) to be God's people in the wilderness and Jesus' 40 days in the wilderness preparing for his public ministry and successfully withstanding the temptations of the devil. In many churches, Lent is a time for fasting and abstinence (giving up some things) in order to offer more to others, a time to give special attention to acts of mercy and repentance, and a time to give renewed attention to prayer and listening to God's voice, as Jesus obviously did in the wilderness where each temptation is met with the word of God illuminating God's will and ways.

Lent invites us to make our hearts ready to remember Jesus' passion and celebrate Jesus' resurrection. As a period of preparation, Lent has historically included the instruction of persons for baptism and for their profession of faith on Easter Sunday; the calling back of those who have become estranged from the church (something we might try and put into practice with our neighbors!); and efforts by all Christians to deepen their faith, devotion, and readiness to mark the death of our Savior, and to celebrate his great victory over sin and death. As such, the primary focus of the season is to explore and deepen what some have referred to as a "baptismal spirituality" that centers on our union with Christ in his life and in his death.

*Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. (Romans 6:3-4)*

May we continue growing into this new life that is ours through Christ's death and resurrection, and may we surrender more of our old life this Lent, even as we journey with our Savior to Jerusalem.

Lenten Blessings, Kevin



Thank you to those who reached out and shared which styles or specific songs touch your heart and bring you closer to God. Leanne shared a wonderful Taize songbook with me, and we have already used two of the songs from it in worship. Thank you so much for this special gift. She also shared several praise songs that we will use soon. Richard shared a Lenten service that he has enjoyed, and I am researching to find the arrangements of several of the pieces.

William shared this via email – “I have to admit I’m “older” (80) and was raised in church by musical parents, so love the old traditional hymns of praise - just not into “rock church.” I truly believe that music can set the mood for worship and hearing what God has to tell us for that day. The song closest to my heart is the one we sang at my father’s funeral, ‘It is Well With My Soul,’ for truly it is.”

It was great to chat with Kathryn as she shared her love of 80s and 90s praise music. Several others have commented on loving music that ties in with the scriptures and sermon message. They feel that hymns, praise songs, Taize, contemporary and other styles can all be utilized and enjoyed if they are an integral part of the worship service.

As we begin this Lenten season, I invite you to open your heart to the message of the lyrics of the music. Come to the Wednesday night Lenten suppers and devotional times. Come to worship on Sunday and focus on God’s message to you and how you can reach out to others. Come and be active in the activities that build our church into a thriving community (shameless plug here – we always want folks to sing in the choir or sing/play instruments on the praise team). Come and be fed by the word of God.

Blessings, Karen Baldwin-Kuntz  
Director of Music Ministries



*“This cross is based on an Ethiopian design pattern. The rhythmic interlocking movements of the lines symbolize our unity with Christ in his death and resurrection. The Greek cross in the middle has arms of equal length to remind us that Christ’s sacrifice reaches to the four corners of the earth.”*

*~ from Visuals for Worship by E.S. Halstead*

### Notes From Session

Session met on the third Tuesday of February, had several discussion points, and moved to renew the Congregational life committee to highlight our various small groups.

An acoustic engineer reported on sound issues in the sanctuary and made several recommendations to improve how we experience music and voices during worship. Session will review these next month. Evergreen Environmental reported on continuing issues as part of a follow-up on last summer's work. Inspections and testing will continue. Session acknowledges the need for someone to chair the personnel team.

We now have the opportunity to continue beautifying our building and grounds and welcome the congregation and community to our church. People have suggested several ideas, including xeriscaping the lawn on 19th street and providing a community garden to benefit our congregation, neighbors, and the community.

I personally have appreciated the increase in attendance at our worship services. I meet new people every week and have welcomed back some people who have returned. I feel an excitement as we watch how God continues to bless us and help us benefit others.

Steve Cross, Clerk of Session



## Lenten Soup Suppers & Clean-Up

We welcome back our Lenten Soup Supper Program. Mark your calendars! Soup Suppers will continue every Wednesday during March, at 6:00 pm and a Lenten devotional will be included.

Church Teams will be responsible for clean-up following dinner and devotional.

Worship Team: March 1st  
Property Team: March 8th

Mission Team: March 15th  
Choir: March 22nd

Session: March 29th



### Deacon of the Month for March is Carol Johnston

The Deacon of the Month is On Call to Help With Special Needs.

Carol Johnston is in her third year as a Deacon at CPC. She serves as treasurer for the group. Carol is also serving as Co-Financial Secretary with Kathi Hayward. When needed, she volunteers at Jericho Table.

In her spare time, she works with her dog, Ruby Rose, as a therapy team and visits hospital patients and staff. They also visit the library for children's programs and COCC during finals week to help students manage stress.

In January, she picked up a Golden puppy in Salt Lake, who is known as Emily Rose. She is training to be a Therapy Dog, hopefully by the end of the year. So be on the lookout for her in the halls of St. Charles hospital soon.

Carol is a bright light with a heart to serve everywhere she goes.



## Why Per Capita?

Presbyterians are connected to each other as a family of God at CPC. But our connectedness reaches far beyond our own congregation to other Presbyterian congregations in our region (Presbytery and Synod), our country (General Assembly), and the world (think Kisauni, Kenya).

We support our connections to these organizational bodies by providing an annual giving called Per Capita, based on a certain amount for each of our members.

These "dues," in turn, provide leadership and financing for many operations of the greater church. CPC has benefited in many areas from our connected church. The online connections of Presbytery assisted our pastor search. Our Moderator of Session, Rev. Barry Heath, was provided through Presbytery to help lead us during the past year. The Presbytery office has been extremely helpful as we developed guidelines and manuals for personnel, administration, and finance. Financially, CPC has been granted nearly \$50,000 in the past 10 years for roof repairs, ADA compliance (restroom remodels, automatic doors, etc.), Wellness Team programs, and sanctuary technology improvements. These grants have come through both Synod and Presbytery. Additionally, some of our Per Capita is used to support our partner church in Warm Springs.



Our congregation's share, or Per Capita, amounts this year to about \$10,078 and will be paid in full by our church. The apportionment for each of our members amounts to \$45.60. Each year, our tradition has been to ask each member to add this amount to their regular giving whenever possible to enable the continued work of the greater church. This ensures that more of our regular giving may be used for serving our local mission efforts. Please prayerfully consider the value of our Per Capita apportionment in your giving plans.

Your Finance Team

## Wellness Ministry Update

### WELLNESS MISSION STATEMENT:

*To help the congregation attain, maintain, and/or regain the best possible health, wellness of mind, body, and spirit that can be experienced. This is realized through education, guidelines, screenings, and providing ongoing support.*

Lois Millspaugh, Chairman

### Wellness Ministry

The Wellness Ministry of Community Presbyterian Church strives to support members and friends, of all ages in our church, by encouraging more physical exercise, healthy nutrition, spiritual awareness, and love of family, both church and personal. We are working on programs to support all of these endeavors and invite anyone interested in working with us to achieve these goals to join our team. The next Wellness Ministry meeting will be held at the church on Tuesday, March 14th, at 1:00 pm in the Eby Room. Thank you for your willingness to do good works in our church. Listed below are Wellness Ministries achievements:

Blood Pressure Checks	Hospital Equipment	Mental Health Programs
Dementia Caregivers Workshops	Health Tips	Health Resources
Wellness Bulletin Board	Parkinson's Workshop	All Church Breakfast
Grief Counseling Luncheon	Blood Drive	Singles Dinner
First Aide Stations (3)	Defibrillator (2)	CPR/AED Classes
Safe Driving Class	Chair Aerobics	Healthy Cooking Classes
Mental Health Book Club	Walking Program	Drug Recycle Programs
Pickle Ball	Troop Barrel Donations	Chronic Disease Classes
Flu Shot Clinic	Parent's Night Out	Mother's Day Tea
Healthy Beginnings	Compassionate Communications	Daniel Plan
Marriage Encounter		

If you would be interested in participating in this special ministry, please contact Lois Millspaugh.

### Health Tip

Three or more of the following risk factors can indicate metabolic syndrome, which can lead to chronic diseases such as Type 2 diabetes, vascular disease, and coronary heart disease. Long-term risks include stroke, heart attack, dementia, cancer, and fatty liver disease: High Blood Pressure – High Fasting Blood Sugar – High Triglycerides – Large Waist Circumference – Low HDL Cholesterol. These diseases are usually preventable and often reversible with food and lifestyle changes. They are associated with overweight and sedentary lifestyles and are only partially genetic in origin.

### Free Blood Pressure Screenings

Our Free Blood Pressure Screening for the month of March will be held on the second Sunday of the month from 9:30 – 10:00 am in the Eby Room. If you are interested in knowing your blood pressure, our nurses are there to help you. Remember, high blood pressure is a silent killer. Know your blood pressure levels and see your doctor with any concerns. If you are a nurse and are interested in helping with this program, please contact June Isaak (her contact info is in the directory).

### Hospital Equipment

The Wellness Ministry has an inventory of equipment to be loaned out to anyone needing assistance following a health issue. We have walkers, crutches, shower chairs, and numerous other items to support our church members and friends. *\*All equipment out must be checked out by contacting Lynda Talbot (her contact info is in the directory).* Thank you for your thoughtfulness.

### Parkinson's Support Group

The Parkinson's Support Group will be meeting on Monday, March 13th at 1:00 pm in the Fellowship Hall. For additional information, please contact Ginny Weeber (her contact info is in the directory).



### Dementia Support Group

The Dementia Support Group will meet on Thursday, March 9th at 3 pm in the Fellowship Hall. Both care givers and persons with dementia are invited to attend. All are welcome. For questions, please contact Steve Thorp (his contact info is in the directory).

### Attention All Singles – Note The Time Change!

The Singles Dinner Group will be meeting in March at the Olive Garden Restaurant at 63459 N. Highway 97 in Bend for LUNCH. We will meet on Thursday, March 16th at noon with lunch at 12:30 pm. Please add your name to the sign-up sheet in the Narthex of the church.

### **Black History Month ~ Mental Health Care**

This Black History month, we're talking about culturally responsive mental health care. As an organization, we know everyone has mental health. However, the systemic issues that impact our mental health and the availability of mental health care vary widely by demographic. For example, according to [statistics compiled by NAMI](#), only 33% of Black people diagnosed with a mental health condition receive treatment, compared to 50% of white adults.

Learn more about mental health care disparities, culturally responsive mental health care, and mental health resources for the Black and African American community by visiting [NAMI's Black and African American Cultural Dimensions page](#).

NAMI has also compiled a listing of directories to help people find culturally inclusive mental health care and, more specifically, Black mental health care providers. [Find that resource here](#).

[Follow this link](#) to hear Braunwynn Franklin, a Black Peer-to-Peer teacher, and NAMI Oregon volunteer, discuss the importance of having culturally specific spaces to talk about mental health.

This information was offered in the NAMI OR Newsletter.

One of my priorities as an African American woman has always been to share resources for this underserved community on the journey with mental illness.

My association with NAMI brings me great pride.

*Linda Jackson-Shaw*

NAMI state trainer for Family-to-Family Support groups  
NAMI Family to Family support group Facilitator  
Family and Friends Teacher



*The digital version of the Lamplighter on our website has access to all the links.*



### **Quilters Quips March 2023**

The Quilters Winter Quilt Bee was this last month, in the middle of February. I can't believe it was our tenth one! Twenty quilters participated this year, some for four days, others

for a few hours, and others in spirit! We were delighted with all the fun, fellowship, and accomplishments accrued during our time together. What a blessing all these ladies are.

We greatly miss one of our members, Norrie, as she passed on to make quilts in heaven. She taught many of us how to quilt or to be more accurate with our attempts at making them. She often had a tip about how to do something or an encouraging word, and she had an infectious laugh. She loved working with little tiny scraps and often studied color concepts. Her quilt making legacy will live on!

As time continues, we will be making chemo quilts, dialysis throws, and other quilts for other agencies we support. Some of our Quilts Beyond Borders quilts will be sent to Ukraine and possibly Syria. It is our hope that they will give somebody some warmth and comfort.

*Becky Dennis*

## College Scholarship Time for High School Seniors

The CPC Scholarship team was formed in 2014. As a result, our church has been able to honor 22 CPC graduating high school seniors with a college scholarship. WOW, what a blessing this scholarship has played in the lives of our young Christians.

By giving to the D.F. #45 Scholarship Fund, you have the opportunity to play a significant role in the continued growth and educational development of the youth in our church. In 2023, we have 1 graduating senior. If you are able to support the Scholarship fund financially, in the next few months, your gifts will be greatly appreciated.

The Scholarship program was developed to award CPC high school seniors scholarships for attendance at universities, colleges, trade or technical schools. Seminary students are also eligible.

Scholarship applications and guidelines are available through the church website or in the office. In addition, students receive recognition at their high school honor assembly and a church service.

We hope you are inspired to support this worthy church program. Make your check payable to Community Presbyterian Church and write on the note line: "Designated Fund #45, College Scholarship Fund." This ensures your monies are deposited into the designated fund account, explicitly earmarked for scholarships.

The team welcomes your questions; please contact Carol Nelson or Nancy Patterson (their contact information is in the directory).

Thank you, *The Scholarship Team*



*"Where can I go from your spirit? Or where can I flee from your presence?  
If I ascend to heaven, you are there; if I make my bed in Sheol, you are there.  
If I take the wings of morning and settle at the farthest limits of the sea,  
even there your hand shall lead me, and your right hand shall hold me fast."*

*Psalm 139:7-10*

## Homeless Outreach Services Team (Host)



**Bend:** Katie DeVito (458) 292 - 6160

Kolette Schneyder (458) 292 - 7878

**LaPine/Sisters:** David Fox (541) 213 - 5668

**Redmond:** Solimar Fiske (541) 213 - 6798

David Sonnier (541) 419 - 6710

**Peer Support:** Jeromy Willden (541) 213 - 6698

The Homeless Outreach Services Team (HOST) offers Behavioral Health treatment and outreach services to individuals experiencing literal homelessness with a Serious Mental Illness and/or Substance Use Disorder diagnosis. The team is able to offer community based support and resource guidance to individuals experiencing homelessness in Deschutes County.

If an individual is in crisis please contact 541-322-7500 and push #9 to be connected to 24/7 crisis services.

For more information and questions: (541)317-3153 [homelessoutreach@deschutes.org](mailto:homelessoutreach@deschutes.org)

# Thank you Community Presbyterian Church Prayer Warriors!

To the wonderful people at Community Presbyterian. You may have heard of my health journey since November 1<sup>st</sup>, 2022. My name is Ashlee Yaeger and through my amazing Aunt Peggy I have heard and read your prayers. It means so much that you all would pray for a stranger, states away, and I felt your prayers for me. I had my follow up appointment after surgery on Jan 25<sup>th</sup>. All my scans and x-rays came back great. Surgery was a success, and I should expect a very normal life. I still have an anti-fungal medication I must take for a year or longer but overall, I am healing great and happy to be home with my family. Thank you all who said a prayer and thought of me during my time in the hospital. I can't thank you enough in words, so I am sharing a few pictures I have taken while out of the hospital with my family even with a chest tube. It was a miracle I was able to spend each holiday and my daughter's 2<sup>nd</sup> birthday out of the hospital. I'm so thankful for all the good thoughts and prayers and to be healing.

*Love  
Ashlee Yaeger* ♡

(Peggy Waggoner's niece)





# March 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00-4:00 Oregon Family School <b>6:00 Lent Supper</b> 6:30 Cub Scouts	2 9:30 Women's AA <b>10:00 Quilters</b> <b>4:30 Spiritual Growth Zoom</b>	3 <b>Office Closed</b> <b>8:00 Men's Bible Study</b>	4
5 <b>10:00 Worship</b> <b>11:00 Fellowship</b> <b>12:00 PW</b> <b>5:00 Sermon</b> <b>Zoom Discussion</b>	6 <b>1:00 Art</b>	7 9:00-4:00 Oregon Family School 9:30 Women's AA 7:00 Boy Scouts	8 9:00-4:00 Oregon Family School <b>3:00 Finance Mtg</b> <b>6:00 Lent Supper</b>	9 9:30 Women's AA <b>10:00 Quilters</b> <b>3:00 Dementia Support Group</b> <b>4:30 Spiritual Growth Zoom</b>	10 <b>Office Closed</b> <b>8:00 Men's Bible Study</b>	11
12 <b>9:30 Blood Pressure Check</b> <b>10:00 Worship</b> <b>5:00 Sermon</b> <b>Zoom Discussion</b>	13 <b>8:00 Property Mtg</b> <b>1:00 Art</b> <b>1:00 Parkinson's</b> <b>3:00 Deacon Mtg</b>	14 9:00-4:00 Oregon Family School 9:30 Women's AA <b>1:00 Wellness Mtg</b> <b>2:00 Mission Mtg</b> <b>3:00 Worship Mtg</b> <b>4:00 Finance Mtg</b> 7:00 Boy Scouts	15 9:00-4:00 Oregon Family School <b>6:00 Lent Supper</b> 6:30 Cub Scouts	16 9:30 Women's AA <b>10:00 Quilters</b> <b>12:00 Singles LUNCH</b> <b>4:30 Spiritual Growth Zoom</b>	17 <b>Office Closed</b> <b>8:00 Men's Bible Study</b>	18
19 <b>10:00 Worship</b> <b>5:00 Sermon</b> <b>Zoom Discussion</b>	20 <b>1:00 Art</b>	21 9:00-4:00 Oregon Family School 9:30 Women's AA <b>6:00 Session</b> 7:00 Boy Scouts	22 9:00-4:00 Oregon Family School <b>6:00 Lent Supper</b>	23 9:30 Women's AA <b>10:00 Quilters</b> <b>4:30 Spiritual Growth Zoom</b>	24 <b>Office Closed</b> <b>8:00 Men's Bible Study</b>	25
26 <b>10:00 Worship</b> <b>5:00 Sermon</b> <b>Zoom Discussion</b>	27 <b>1:00 Art</b>	28 9:00-4:00 Oregon Family School 9:30 Women's AA 7:00 Boy Scouts	29 9:00-4:00 Oregon Family School <b>6:00 Lent Supper</b>	30 9:30 Women's AA <b>10:00 Quilters</b> <b>4:30 Spiritual Growth Zoom</b>	31 <b>Office Closed</b> <b>8:00 Men's Bible Study</b>	





### March Anniversaries

3/20 Lee & Sherry Mink  
3/24 George & Beverly  
Johnson



### March Birthdays

3/1 Lois Ahern  
3/3 Marsha Enriquez  
3/4 Lee Mink  
3/5 Bruce Wilkenfeldt  
3/6 Tom Barber  
3/11 Janet Hucke  
3/13 Don Shaw  
3/14 Lynn Hodecker  
3/16 Don Duman  
3/17 Lena Land  
3/20 Pat Wallin  
3/23 Pat Pipkin  
3/26 Becky Dennis  
3/26 Mary Ann Schliep  
3/27 Rick Hoffman  
3/28 Bert DeYoung  
3/29 Mary Stadler  
3/30 Barbara Barber  
3/31 Don Johnson



### Finance Committee Tip

For those of you are now required to take RMD (Required Minimum Distribution) from your investments, be sure to talk to your Financial advisor about QCDs (Qualified Charitable Distribution). Changing how you donate to qualified charities can be a major



The next Lamplighter news **due date** for the April issue is **Thursday, March 16th, at noon**. Articles for publication should be sent to Gina via email at: [frontdesk@redmondpc.org](mailto:frontdesk@redmondpc.org). You will receive a reply letting you know your contribution was received. Thank you to all who contribute!