The Lamplighter

A Newsletter of **Community Presbyterian Church**529 NW 19th St. ~ PO Box 1689
Redmond, OR 97756
541-548-3367 www.redmondcpc.org





MAY 2023

Growing In Christ and Loving One Another

Eastertide greetings, CPC!

We had a wonderful Holy Week and Easter Sunday, marking our Lord's sorrowful journey to the cross and his glorious victory over sin and death on the 3rd day. I wanted to once again thank all the many contributors to our Holy Week observances that started with Palm Sunday, continued through Maundy Thursday/Tenebrae, and culminated with a joyous celebration on Easter Sunday. It was wonderful to be able to participate in the rich musical offerings that Karen and the choir, along with many musical guests, contributed to our corporate worship. I think it was also a success having our Easter coffee hour in the entry/narthex area so that it was more visible and accessible to everyone, especially newcomers. The Worship, Food and Fellowship, and Property teams - and all the volunteers they enlisted for the cleaning and preparations in advance - did a fantastic job, along with Ramiro and Claudia. Per usual, Gina's communications and administrative savvy was the glue that held our worship planning and many other efforts together. Thank you all!

In this season of renewal, we'll be starting some renewal work in the building as you've probably already heard. In May we'll remediate some water damaged areas of the building that contain mold, begin removing all carpeting on the main level in stages, and eventually replace it with new flooring choices proposed to Session by the task force it appointed. The task force will also work toward improving acoustics in our sanctuary so that we can obtain better sound quality overall, especially for those with hearing challenges, and for those who stream our services online. Session chose to assemble a "task force" which typically is smaller, shorter-lived, and meets more often than a committee in order to accomplish an urgent task. In this case, Session wanted it to be a group of folks from different areas of our shared ministry - Worship, Property, Staff (Karen and I), Congregational Life, and Finance. Having representatives from all these ministry teams will help us leverage the experience and insight from each committee while remaining nimble and responsive to the task at hand. We will have met twice by the time most of you read this, and we're making good progress. We hope that members will come to one or more of the three congregational town hall meetings that will be held immediately after worship on April 30th, and one Sunday in both May and June, dates to be announced. Bring your questions and feedback!

It looks like we are finally getting some warmer weather befitting late April/early May. This will allow us to spill outside for coffee hour, in and around the portico area. And it will hopefully mean more of us will be getting out to hike and spend time in the beautiful outdoors (once the pollen clears!), including some church outings - maybe even a church picnic is on the horizon!

In the meantime, "...may the God of peace, who brought back from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, make you complete in everything good so that you may do his will, as he works among us that which is pleasing in his sight, through Jesus Christ, to whom be the glory forever." Alleluia! Amen. (Hebrews 13:20-21)



Eastertide Blessings, Kevin



Christ is risen. He is risen indeed! We have been in Eastertide for several weeks, but it is never too late to thank those who helped make Lent, especially Holy Week, so special.

So please join me in thanking the faithful members of the CPC Choir, the Praise Team, the five brass students of Redmond H.S. (under the excellent direction of Mr. Ben Lawson), Austin Lenahan (cellist on Maundy Thursday); the crew who run projection, livestream, and audio, and our two excellent accompanists Ken Piarulli and Kevin Upton, who filled in when Peggy Blocker had to abruptly resign due to health concerns.

It takes a community to prepare for and present meaningful worship any time, but these folks mentioned above went beyond to help us bring the Easter message: Christ is risen. He is risen indeed! Let the joy of this news last beyond Eastertide.

Blessings, Karen Baldwin-Kuntz Director of Music Ministries



"No matter how long the winter, spring is sure to follow."

~ Old Proverb

Notes From Session

Thanks to all those who participated in preparing our church for a joyous Easter Sunday celebration! We have a generous and committed congregation. The Deacons provided dinner for the Session meeting on 4/18, and deacons and elders enjoyed dining together and learning about one another.



A Session task force is developing plans to remove damaged drywall and carpet, provide a more beautiful, physically accessible (for wheelchairs), and acoustically accessible worship experience, and improve the quality of our live-streamed service. Town halls to discuss these improvements will begin April 30th after worship and will continue in order to keep us all informed.

Mission team will start the process of providing our property as a site for the Safe Parking program, as at the VFW, Mountain View Fellowship, and other churches in our area.

We have enjoyed increased attendance at our worship services and encourage you to welcome our new and returning attendees, sharing the love and peace of Christ as always. In addition, many thanks to all those who have pledged and contributed this year, we continue to have a good financial position.

Steve Cross, Clerk of Session

Deacons Resume Home Communions

The Deacons Team, together with Rev. Kevin Manuel, are planning to resume Home Communions soon. The Deacon Team is presently checking with their TLCs to see if they wish to participate, and anyone who is homebound and wishes to receive Home Communion is also welcome to participate.

We are looking for more volunteers to help with communion for this program. If you have formerly been an Elder or Deacon at CPC, maybe you would like to participate again. We need two persons to administer each home communion. Unfortunately, we lack enough participants at this time. We hope we will have enough participants so no one will need to participate too often. We will be grateful for any

assistance you can give us.

We will also be presenting a short training session for home communion participants. We are working on scheduling and other issues, which we hope to finalize very soon. We hope that you will participate in this worthwhile activity. Thank you for your consideration. For more information, please call Mary Lou Hall (her contact information is in the directory). We look forward to hearing from you.

Deacon of the Month for May is Peggy Waggoner

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

Our Deacon of the Month for May is Peggy Waggoner. Peggy is a long-time Presbyterian and brings a wealth of compassion and experience to our Board of Deacons. She has served as an Elder, a Deacon, and was on staff as the Director of Caring Ministries for her church in Mesa, Arizona. She is also a Stephen Minister and Lay Pastor.

Peggy has always felt a calling to minister toward compassion, particularly to the elderly. She believes everyone has a story to tell and encourages people to share their stories with one another and the next generation.

Peggy is a bright light with a heart to serve and shares inspiration from the book "Rediscover Jesus" by Matthew Kelly: "Read the Gospels for fifteen minutes a day, every day. Allow the life and teachings of Jesus to sink their roots deep into your life."



Save The Date For Pastor John Braund's 90th **Birthday Party!**

We are going to celebrate this wonderful man on Saturday, June 3rd at 2 pm in Teddy's Hall. All are welcomed. Just cards, no gifts. Hope to see you there. For any questions please call Linda Braund



(her info is in the directory).



Mental Health Awareness Month

When? Saturday, May 20th at 9:00 am Where? Dry Canyon Trail American Legion Community Park

Millions of Americans face the reality of living with a mental illness each year. During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.

This year the Community Presbyterian Church Wellness Team will support Mental Health Awareness By supporting the NAMI Central Oregon walk. We will provide bottled water and healthy snacks.

How to join the walk:

- I ~ Namicentraloregon.org
- 2 ~ Join my Facebook page www.facebook.com/donate/1387584988462118
- 3 ~ Questions? Email Linda Jackson-Shaw (her info is in the directory).

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, May 9th, at 1:00 pm in the Eby Room. Thank you for your willingness to do good works in our church. If you would be interested in participating in this special ministry, please contact Lois Millspaugh.

Emergency First Aid Stations

CPC Wellness is watching out for each congregation member by having two Emergency Stations in our church building. On the main floor, on the outside wall, you may have noticed a box with AED on it and another Emergency Station downstairs in the Youth Room. Each box is kept current and up to date if there is a heart problem. First Aid items are also available. These boxes are portable and can be taken to any location in our church if needed. During the year, we will have training for individuals interested in learning life-saving practices by the Redmond Fire Department. Watch for our notification.

Health Tip - The Big Deal About Fiber

If you make just one change to your diet, eat more foods high in fiber. Here are 6 ways fiber works for you:

- I. You will feel full longer.
- 2. Aids in healthy gut bacteria that may prevent inflammation.
- 3. Supports regular bowel movements and colon health.
- 4. Reduces risk of diabetes and heart disease.
- 5. Helps promote and maintain weight loss.
- 6. Lowers LDL cholesterol levels.

Women should aim for 25-31g of fiber daily and men should aim for 30-38g per day.

Attention All Singles – Note The Dinner-Time Change

Now that we are on Daylight Savings time, the Singles Dinner Group will resume its dinner gathering on Thursday, May 18th, at 5:00 pm, at Chan's Chinese Restaurant in Bend (1005 SE 3rd Street), with dinner at 5:30 pm. Please sign-up in the Narthex and reserve your seat. For more information, please contact Lois Millspaugh. This has been a wonderful opportunity for Senior Singles to interact with interesting individuals with a lifetime of stories to share. Come join us!

Free Blood Pressure Screenings

Our Free Blood Pressure Screening for the month of May 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. If you find you need equipment, please get in touch with Lynda Talbot our equipment coordinator (her contact info is in the directory). We are also missing equipment that was not checked out. If you have any of these missing items, please return them to the church office. Thank you for your thoughtfulness.



Parkinson's Support Group

The Parkinson's Support Group will be meeting on Monday, May 8th at 1:00 pm in the Fellowship Hall. For additional information, please contact Ginny Weeber (her contact info is in the directory).

Dementia Interaction Group

The Dementia Interaction group will host an "Effective Communication Strategies" presentation on Wednesday, March 10, beginning at 2 pm in the Fellowship Hall. The talk, which will be presented by a representative of the Alzheimer's Association, is open to the public, and all are welcome. There is no charge, and light refreshments will be served. For more information, please contact Steve Thorp (his contact info is in the directory).

Fun On The Pickleball Court

Calling all CPC members interested in learning more about playing the game of pickleball. Our star pickleball member, Truman Grandey, plans to start a CPC pickleball team. The Wellness Ministry has a complete set of equipment to play this fun sport. If you are interested in learning more about pickleball, Truman will be at the Redmond Senior Center on Mondays at 1:00 pm to demonstrate the fundamentals of the game. It is an excellent form of exercise. Join Truman and see all the enjoyment in this sport.

The Memorial Team Needs You

The Memorial Team is looking for three (3) new members. We currently have two, Carol Nelson: Chair, and Judy Vancil. The Finance Manual specifies five (5) members.

Memorials meet on average once a quarter unless we have a project underway. The Team receives memorial donations and honorariums. These funds accrue until there are enough to fund a project. As a Team, we compile a list of possible projects that will benefit the goals of CPC. When enough funds are available, and a project is selected, with the approval of Session, the committee will proceed with the organizing and completing the project.



The last project was the revitalization of the parking lot entrance. PLEASE consider joining our team. For questions, please contact Carol Nelson (her information is in the directory).

Quilters Quips May 2023

So, Spring hasn't sprung! At least not at the time this is due. I mispredicted last month. This month we will concentrate on Quilts for Shepherds House. We also need to think about quilts for the cancer center.

We are starting to make plans for the Summer Quilt Camp. It will be held in Teddy's Hall from August 7th thru the 11th. So mark your calendars and sign up in July! Details will be coming in the next few months, so if you have some ideas about fun activities, let us know.

Patience will be the name of the game for a few months, Teddy's Hall will not always be available, but as yet, we don't know when that is, so we will let you know as soon as possible. Please check your email for updates as to when we will meet. Sorry for the inconvenience, and thanks for your patience!

The quilters meet each Thursday from ten to three to work together on projects to keep others warm and comfortable or to work on individual projects. We break for lunch around noon, followed by a short business meeting and Sew And Tell. We then continue to work on our projects. So join us or stop by to see what we are doing.

Becky Dennis

Help Jericho Table Every Time You Shop at Fred Meyer!

Newsflash: CPC is a registered Fred Meyer Community Rewards Program member! If you also enroll in this program, every time you use your Fred Meyer Rewards card, Fred Meyer will credit a portion of your payment to CPC at no cost to you.

The Mission Team uses 100% of the funds from this program to pay for meals served at Jericho Table, a long-term CPC mission project that CPC has supported with financial donations and countless hours of volunteer time. Unfortunately, the cost of these meals has risen since Tate & Tate closed, and Bethlehem Inn has taken over meal preparation for Jericho Table. Please take the few minutes it takes to enroll.

Steps to enroll:

I. Type fredmeyer.com/signin into your search bar. If you have an account, sign in.

If you need to sign up for an account, scroll down and click on Sign up. Sign up and then sign in with your username and password.

- 2. Click on the arrow next to your name and click on Account.
- 3. On the menu on the left, click on Profile and make sure your information and the Rewards Card number are correct.
- 4. On the menu on the left, click on Community Rewards near the bottom.
- 5. Type Community Presbyterian Church in the Search bar.
- 6. Community Presbyterian Church in Redmond will pop up. Click on Enroll.

Congregational Life

Announcing the start of an Adult Bible Study entitled "Encounter with God." It starts Sunday, May 7th, at 11 am and will meet in

the CPC Library each Sunday following the Worship Service. It will be a class-involved study. YOU are invited! Come and check it out!

Suppers for Six is a great way to connect with others in our church community and invited guests. The main idea is

that six people meet at least once a

month for three months, with two

acting as hosts. This activity is open to everyone. Suppers for six will have a sign-up sheet coming soon.

In the future, we will have a quarterly forum to discuss what we like about the church and for suggestions about how to move forward and any positive remarks on what could be done differently.

Interested In A Community Garden at CPC?

The Mission Team is considering starting a community garden project at CPC in 2024. We are beginning by surveying the congregation and community members to find out if people are interested in having a raised bed garden plot for flowers or produce.

Please let Connie Stoaks know or slip a note into the Mission Team box by the office if you or



Coffee Hour



Coffee hour is more than small talk. It's also about congregants spiritually nourishing one another, sharing the joy of being together and catching up on the latest happenings in their daily lives.

Your food and fellowship team is preparing to provide more opportunities to gather. As we move from a COVID phase with limited fellowship to offering time for gathering beyond our once-amonth coffee hour, we will make a few changes:

- 1. On the first Sunday of each month, we will gather in Teddy's Hall with healthy snacks in addition to coffee and tea.
- 2. To create a welcoming environment for new worshippers and members who would like a cup of coffee after church there will be a cart with coffee and condiments on scheduled Sundays in the Narthex.

We really need your help with our efforts to move from once-a-month coffee hour to several times each month. Please consider SIGNING UP TO VOLUNTEER! See Luann Johnson or Linda Jackson-Shaw (their contact information is in the directory).

Hello, CPC Presbyterian Women.

Conversation, prayer, partnering, enriching, and growing our Circle.

- 1. Our new date for the PW bible study is the third Sunday of each month.
- 2. The May PW Bible Study is Sunday, May 21st at 12:00 in the Eby room.
- 3. Link to the National PW quarterly newsletter. www.presbyterianwomen.org
- 4. The new Bible Study starting in September will be "Sacred Encounters: The Power and Presence of lesus Christ in Luke-Acts."
- 5. Our Partnership with Warm Springs PW continues to grow.

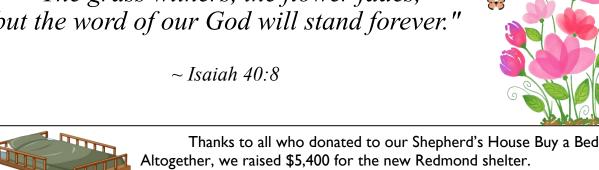
Thank you, ladies, for your faithful participation in our monthly PW Bible Study.

PW Purpose: Forgiven and freed by God in Jesus Christ and empowered by the Holy Spirit, we commit ourselves...

- ~ to nurture our faith through prayer and Bible study,
- ~ to support the mission of the church worldwide,
- ~ to work for justice and peace, and
- ~ to build an inclusive, caring community of women that strengthens the Presbyterian Church (U.S.A.) and witnesses to the promise of God's kingdom.

Nancy Patterson and Linda Jackson-Shaw PW Co-Leaders

"The grass withers, the flower fades, but the word of our God will stand forever."





Thanks to all who donated to our Shepherd's House Buy a Bed collection!

If you'd like to donate directly to Redmond homeless, the following items are always needed: feminine hygiene products (tampons, panty liners), small deodorants, and small non-scented bar soap.

If you have any questions, please contact Richard Lance or Leanne Latterrel (their contact info is in the directory).

CPC Parking Lot Maintenance - Please Note The Dates

The Community Presbyterian Church Parking lot is scheduled to be resurfaced early next month. The Property Team has been working with the contractor to schedule the resurfacing to have the least impact on church and school activities. The project will be in phases as listed below:



Phase I – Thursday, May 18th to Friday, May 19th – Removal of the section of the parking lot on the north end that is almost completely Crack

Seal. Replace it with a brand-new base and asphalt. The contractor will block off this section of the parking lot, and when complete, it will be barricaded so that it can properly cure. They don't want anyone driving on it for 7 days. The south entrance will be available during this time.

Phase 2 – Thursday, May 25th to Sunday, May 28th, 7 am – Crack Seal of the entire parking lot. The contractor will close the entire parking lot from Thursday to Sunday morning (7:00 am). We will need to make sure the quilters, Men's Bible Study, and other groups are aware and reschedule to earlier in the week or take a week off.

Phase 3 – Date TBD – Seal coat the entire parking lot. We are working with the contractor to iron out the details. Note that there will be no vehicle access to the parking lot during this phase.

Phase 4 – Date TBD – Striping of the entire parking lot. We are working with the contractor to iron out the details. Note that there will be no vehicle access to the parking lot during this phase.

The property team will keep the congregation informed throughout the project phase. We appreciate your patience.

Todd Peplin Property Team Chair

Note From The Financial Secretaries

The Finance Secretaries will *not* be providing mid-year Donation Summaries in July. If, at any time, you would like a copy of your donation record, we will be glad to provide one for you.



Kathi Hayward, Carol Johnston and Nancy Patterson

Beatrice Visiting CPC

An Elder with our partner Kisauni Parish in Mombasa, Kenya, Beatrice Mburireh, will visit CPC from June 6 to June 12.

We have had an active partnership with Kisauni Parrish since 2017, helping to subsidize a meal for children in 3 Kisauni schools and assisting with providing hygiene products for girls. Beatrice has been the Champion for these programs in addition to her duties as an Elder in the Kisauni Parrish that currently has 4 churches that make up the growing Kisauni Parrish.

Our partnership has benefited both CPC and Kisauni through prayer and visits like Beatrice is making, which help provide a better understanding of our brothers and sisters in Christ who live on the other side of the world.

We look forward to Beatrice's visit and will keep you informed on opportunities to hear from Beatrice during her visit in June.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1:00 Art	9:00-4:00 Oregon Family School 9:30 Women's AA 3:00 Worship Mtg	3 9:00-4:00 Oregon Family School 6:30 Cub Scouts	9:30 Women's AA 10:00 Quilters 4:30 Spiritual Growth Zoom	5 Office Closed 8:00 Men's Bible Study	6
7 10:00 Worship 11:00 Fellowship 11:00 Bible Study 5:00 Sermon Zoom Discussion	8 8:00 Property Mtg 1:00 Art 1:00 Parkinson's 3:00 Deacon Mtg	9 9:00-4:00 Oregon Family School 9:30 Women's AA 1:00 Wellness Mtg 4:00 Finance Mtg 7:00 Boy Scouts	10 CPC Office Hours 9-2 9:00-4:00 Oregon Family School 2:00 Effective Communication for Dementia 6:30 Cub	11 CPC Office Hours 9-2 9:30 Women's AA 10:00 Quilters 4:30 Spiritual Growth Zoom	12 Office Closed 8:00 Men's Bible Study	13
Mother's Day 9:30 Blood Pressure Check 10:00 Worship 11:00 Bible Study 5:00 Sermon Zoom Discussion	15 1:00 Art	16 9:00-4:00 Oregon Family School 9:30 Women's AA 6:00 Session 7:00 Boy Scouts	9:00-4:00 Oregon Family School 1:30 Mission Mtg 6:30 Cub Scouts	18 9:30 Women's AA 10:00 Quilters 4:30 Spiritual Growth Zoom 5:00 Singles Dinner	19 Office Closed 8:00 Men's Bible Study	20
21 10:00 Worship 11:00 Bible Study 12:00 PW 5:00 Sermon Zoom Discussion	22 1:00 Art	9:00-4:00 Oregon Family School 9:30 Women's AA 7:00 Boy Scouts	9:00-4:00 Oregon Family School 6:30 Cub Scouts	25 Crack Seal Parking Lot Closed 4:30 Spiritual Growth Zoom	26 Crack Seal Parking Lot Closed	27 Crack Seal Parking Lot Closed
28 10:00 Worship Wear Red 11:00 Bible Study 5:00 Sermon Zoom Discussion	29 1:00 Art	30 9:00-4:00 Oregon Family School 9:30 Women's AA 7:00 Boy Scouts	31 9:00-4:00 Oregon Family School 6:30 Cub Scouts			

May Anniversaries

5/6 Joe & June Griffin

5/8 Rick & Jean Hoffman

5/9 Steve & Becki Lundgren

5/12 Walt & Norrie Taylor

5/28 Bob & Lois Ahern

5/29 Paul & Barbara Whitaker

5/30 Dick & Linda Hill



May Birthdays

5/I Daniel Duff5/3 Alyce Jantzen

5/6 Ron Terry

5/7 Diana Barker

5/9 Linda Hill Karen Rooney

5/10 Jean Hoffman

5/12 Mike Myers Bob Weeber

5/14 Conor McCreary Gary Patterson

5/17 Luann Johnson

5/18 Roxanne Duman Becki Lundgren

5/19 Thom Myers

5/22 Joan Sheets

5/24 Monica Graham

5/25 Marcia Majors Jo Anne Sutherland

5/28 Debi Galvez loe Griffin

5/29 Ken Kerfoot

5/30 Kathryn Outwater

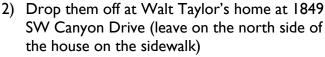
5/31 Emma Barr

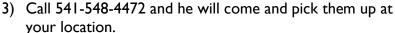
Can & Bottle Return

Thank you for all the offerings.

In March \$147.00 was collected for the CPC Mission Team! There are three ways to give cans and bottles to the Mission Team.

I) Drop them off at the north end of the church near the basement door.





Thank you for your continued support of the CPC Mission Team! Walt Taylor

Sunday, May 28th, is Pentecost; wear RED to church!

Pentecost marks the beginning of the Church. In honor of this joyous occasion, it is a popular tradition to wear red to church to signify the presence of the Holy Spirit in our

community and our unity in Christ.

Red represents the fiery tongues that descended upon the Apostles when they received the Holy Spirit. So come celebrate with your

church family and remember to wear RED!!

Come, Holy Spirit, fill the hearts of your people.



A big "thank you" to all the folks who helped with the workdays held on April 1st and April 8th. The initially scheduled day, April 1st, was postponed due to inclement weather; however, a few people did show up that day. Then on the re-scheduled date, April 8th, a lot of people showed up and cleaned inside and outside, including the grounds, to ensure our place looked good for Easter Sunday. The efforts of everyone are very much appreciated.

Thank you to Greg Hodecker and Midstate Fertilizer for the generous donation of fertilizer and pre-emergent herbicide to keep our grounds looking good. Another big thank you goes to Gary Hucke and his sons for all of the mowing they have done the last several years.

The next Lamplighter news due date for the June issue is

Thursday, May 18th, at noon. Articles for publication should be sent to

Gina via email at: frontdesk@redmondcpc.org. You will receive a reply letting you know your contribution was received. Thank you to all who contribute!

