

The Centralite

Central Lutheran Church, 1857 Potter Street, Eugene OR 97403

Office Hours: Monday -Friday, 8:30-Noon; 1:00-5:00p.m.

Telephone: 541.345.0395 Fax: 541.345.2499

www.welcometocentral.org

email: clchurch-elca@qwestoffice.net

July 2010



Please remember in your prayers: Ed and Dorothy Sullivan

The congregation's sympathy is extended to *Edward and Dorothy Sullivan* upon the death of their son David. David's death was the result of injuries sustained in an automobile accident in Eugene in April. Please keep Ed, Dot, and David's family in your prayers.



CLC Central Cascades Camping/Hiking Weekend: Think about reserving the first or second weekend in August (exact weekend pending confirmation) on your summer calendar for a Central Lutheran Church sponsored camping trip that will include an optional hike to the **summit of South Sister**. We'll camp at Crane Prairie Campground along the north shore of Crane Prairie Reservoir, a popular fishing site.

Showers are available nearby. For those interested we'll hike the South Sister on Saturday. For those not interested in the hike, plenty of other ways exist to enjoy this tranquil setting while spending time with your fellow Centralites. For more information and to indicate your interest in joining us, please speak to Pastor John and/or Margit Kegel.

QUILT PACKETS are taking 'vacation' until next fall. **MANY THANK YOU'S TO ALL HAVE HELPED WITH THE SEWING THIS YEAR.** We are on target for 200+ quilts for distribution where they are needed. If you are one that would like to have a few packets to sew this summer please contact Ellen Rasmussen.



Dear friends,

Mark Noll is a historian from Notre Dame University who was called one of the twenty-five most influential evangelicals by *Time* magazine. Noll looks at Lutherans from the outside and says that one of the chief resources we bring to the wider church is our respect for history. He writes, “Lutherans, who know something about the long view of history, should be insulated against the instability of innovation and the overconfidence of ignorance.

Many of America’s most energetic Christian leaders have cried with virtually the same words: ‘I have found something new. You accept it or be lost’. Against this lust for novelty, the Lutheran sense of history stands as a sober witness. Its wisdom lies in the realization of how regular are the follies of humanity, how constant the grace of God.” It is always nice to be reminded of things easily forgotten (like the Lutheran view of history).

Looking back at our recent history here at Central (this is a sequeway), I want to thank those who served on council and committees. I am pleased that we have had so many people say, “Yes,” when asked to serve. It is my hope that going forward we may look at other ways to use people’s gifts not so much to put them on a board or committee but to ask, “What is God calling you to do?” “Where do you have energy and commitment to serve?” This may be more a task force/mission team way of doing needed ministries here at Central and so I would pose this question as a new council forms—“What am I called and gifted to do? How does God want me to serve?” Think about it and pray about it. Look back and give thanks; look forward with confidence.

In Christ,

Pastor Kegel



Midweek at Central

“Midweek,” as you may already know, is the name that refers to the programs on Tuesday evenings during the school year at Central Lutheran Church. [In case you’ve wondered as I did when I came to Central, the reason Midweek is on Tuesday evenings and not Wednesday evenings is because the Eugene Symphony has performances on Thursday evenings. The Chorale therefore rehearses on Wednesday evenings which leaves Tuesday evenings for the two children choir rehearsals.] Midweek is the busiest time of the week at Central outside of Sunday mornings. But not everyone has experienced or is aware of the energy generated by Midweek. Not everyone knows there is something for everyone at Midweek including a community meal. It’s certainly a highlight of the week for our community and I invite you to attend.

I personally get a lot from attending Midweek. Among other things it enables me to connect with people of the congregation on a deeper level than is generally possible on Sunday mornings. If you’re looking for opportunities for yourself or your family to feel more connected with your church family and to be nurtured in the faith, and even if you’re not, consider coming out for Midweek meal, fellowship, and programming beginning in September. Building relationships with people within the church community is a big part of what it is to be a Christian. The success a church has in doing this goes a long way toward determining the vibrancy and relevancy of the community.

Not all Midweek programming for next year has been finalized yet so I’ll refrain from attempting to provide a comprehensive list. I do want you to know, though, what I’ll be offering, at least a portion. Beginning Tuesday, September 21st, from 6:30 to 7:30 pm, (meal begins at 5:30ish pm) I’ll be leading a seven week session called, “How Lutherans Interpret the Bible.” Each session will consist of a video segment lasting approximately 30 minutes followed by discussion. Dr. Mark Allen Powell, Professor of New Testament at Trinity Lutheran Seminary, is the video lecturer. Professor Powell and this video series have received strong praise. I promise the video series will aid you in your understanding of the Bible. The seven sessions are titled:

- Session 1: The Word of God
- Session 2: What Lutherans Say About the Bible
- Session 3: Where the Bible Comes From
- Session 4: Interpreting the Bible in Context
- Session 5: Determining Right from Wrong
- Session 6: The Many Meanings of the Bible
- Session 7: Devotional Bible Reading

The Tuesday evening class will continue during this time slot for the remainder of the year after the seven sessions conclude in November. Different options are being investigated and I’ll announce the content later. Please let me or the office know if you’re wanting to attend. All are welcome! I hope to see you at Midweek in the fall! Yours in Christ, Pastor John

Dear Friends,

I want to thank all of you for the privilege of serving as president of Central Lutheran Church this year. We have had hard times and hard issues; we have had glorious times and sad times. We have celebrated our wonderful music ministry, Mr. Brombaugh and the magic of the Brombaugh Organ. We have mourned the loss of long-time members of our church. We have celebrated the birth and baptism of new members to our church. We've shared joy and sadness together. We have learned together, prayed together, and celebrated together. I think to myself, "What a gift; to worship in a place where I find love and strength, comfort and grace."

And challenges. This year has brought many challenges to each of us. But, in the end, I like to think we are a lot like a family. We have had our hard times and hurtful times, but we have the love and guidance of our faith and the teachings of Christ, the Christ we worship together every Sunday, to guide us through hard times and to bring us peace.

I'm grateful to all of you for all you have done for Central Lutheran Church and for each other.

Sincerely,

Evie Matthews



The Link News for the Women of the ELCA at Central

July and August Mission - First Place Center school supplies. A barrel will be in the narthex in August for donations. Supplies needed: backpacks, pens, spiral notebooks, pe-chiee folders, rulers, calculators new or used (in good condition)

Circles will not meet in July and August

Book Club annual potluck planning for 2010-11 will be held Monday, July 12th at 6pm. Contact Alisa Naleway, 541-344-1624.

New CLCW Officers for 2010-11:

President: Wendy Rase; Treasurer: Betsy Berg; Missions: Barbara Nehring; Events Chairperson: Carolyn Stickley; Members-at-large: Ursula Chamness and Ruth Warner

Positions needed to fill: co-president and Secretary. The CLCW board meets once a month to plan special vents, missions and conduct business for the church women. It's a fun group that lets you know what is going on with Central's women. No experience of any kind is needed. Please get in touch with Wendy Rae, 541-686-2733 for more information.



A bridal shower hosted by CLCW for Anne Kegel will be held Thursday, July 29th at 7pm in the Terrace Room.

Special July and August Birthday

July 30 Marty Madden
August 10 Della Twite

July 31 Helga DeFoe
August 18 Marie Howard August 29 Norma McNutt

Central Lutheran Church

Sunday	Monday	Tuesday
Worship can be heard on radio station KORE 1050 on your AM dial at 11:00 a.m. every Sunday		
4 9:00, 10:45 Worship 8:30am Highers Summer Trip meets at Luther House	5 Office Closed	6
11 9:00, 10:45 Worship	12 6 Book Club potluck	13
18 9:00, 10:45 Worship	19	20
25 9:00, 10:45 Worship 10:00 Blood Pressure Clinic	26 10 Highers Springfield Clothing Exchange	27

JULY 2010

Wednesday	Thursday	Friday	Saturday
	1 9-3 Day Camp	2 Sod Squad 9-Noon Day Camp 6 wedding rehearsal	3 6 Lindsey Henriksen and Steve Rodgers wedding
7 6:30 Women's Bible Study 7:00 Men's Bible Study Noon Holy Communion	8	9 8:30 Sod Squad	10 All Choir Picnic @ Pyron's-Pleasant Hill 6pm Highers summer trip returns
14 6:30 Women's Bible Study 7:00 Men's Bible Study Noon Holy Communion	15 GEMS to Florence	16 8:30 Sod Squad August Centralite deadline	17
21 6:30 Women's Bible Study 7:00 Men's Bible Study Noon Holy Communion 12:30 Middlers Picnic/ Amazon Pool 4-9 Highers Pool Party @ Haugens	22	23 8:30 Sod Squad	24
28 6:30 Women's Bible Study 7:00 Men's Bible Study Noon Holy Communion	29 7 Bridal shower for Anne Kegel	30	31



Lindsey Henriksen (CLC's Assistant Organist) and Steve Rodgers would like to invite the Central Lutheran Church family to their wedding on Saturday, July 3, 2010, at 6 p.m. at Central Lutheran Church. A reception will follow in the Woodruff Gymnasium on the University of Oregon campus. For more information, please see their wedding

website: <http://steveandlindsey.weebly.com/> Please RSVP to Lindsey Henriksen by phone (541-514-3479) or by email (lindsey.henriksen@gmail.com). We look forward to seeing you there!

Let's Walk for Fitness We would like to start a "Central Lutheran Walking Group" so lets meet at the bridge behind Valley River near the river walking trail. We are sure to see ducklings, goslings, herons and turtles. You may want to bring your binoculars in case the Bald Eagle family from Spencer Butte is flying about looking for food. We hope to gear this walk for people of all ages and abilities. So do come—we've set the date for Thursday, June 24th a 10:30am (there will only be sunshine and no rain! ☺) Any further questions, call, Donna Espeseth, 541-687-0902, Parish Nurse Committee

Attention Seniors Do you need a ride to church on Sunday? Rides are available; please call the church office for more information, 541-345-0395.

Books related to health and wellness are available in the Parish Nurse office. Please take advantage of the educational resources.



For most of my life, I've avoided nuts, not because of an allergy or anything, but because they are high in calories. Lately, I've changed my mind because it turns out that nuts have LOTS of good nutrients. They are fairly high in calories, but other changes can be made in the diet to

adjust for that by eating less red meat or eating 2% cheese instead of full fat versions, etc. Below is a summary of some of the good things about various nuts. **ALMONDS:** They lower LDL (bad cholesterol) and provide a great source of vitamin E. They also help in weight loss. (More is not better though because the calories do add up.) Almonds may also reduce C-reactive protein, or CRP. (CRP is an indicator of dangerous inflammation, so reducing it is great.) **PISTACHIOS:** They can lower plasma lipids, such as cholesterol and triglycerides, by 25% and can help stabilize blood sugar when eaten with refined carbohydrates, like sugar. **WALNUTS:** They provide natural vitamin E. They are a top source of Omega 3 fatty acids. (They do not contain the Omega 3's that can only be found in fish, fish oil, etc, but they are a really good source of the non-meat variety; best to have both fish and walnuts.) They can lower C-reactive proteins. At least in diabetics, walnuts somehow allow blood vessels to open as needed which helps blood pressure as well as cardiac, and other, function. Walnuts also contain something that surprised me: melatonin, which helps induce sleep and reduce jet lag. A final note: You can lose up to half of the protective compounds if you don't eat the "skin" of the nuts along with the meaty part of the nut, so try to find nuts with their "skin" on! So chomp away, but only a handful or so a day and do avoid salted nuts! Source: Environmental Nutrition, June 08 (This is kind of an old source, but consistent with what I have read recently.) Also *Cleveland Clinic Heart Advisor*, May 2010, Clarice Bates, RN.



Mark your calendars now for September 12th (Rally Sunday) for the annual church picnic at Morse Ranch Park on Crest Drive in Eugene, following 2nd service. Please bring a dessert, salad, chips or non-alcoholic beverages. Burgers, Veggie Burgers and Hot dogs will be provided. If you'd be willing to volunteer for setup or cleanup, contact Meg Hicks.

We, the members of Central Lutheran Church, affirm that Christ has made us one body with many members, all sharing in God's wondrous grace and unconditional love. We celebrate both the human variation and inclusive unity of God's family. Following Jesus' example, we embrace all of God's people, regardless of ethnicity, physical and mental abilities, marital status, sexual orientation, gender identity, or economic circumstance. With welcoming hearts, we invite you to join us in worship, fellowship, and ministry.

Ecofriendly Kitchen Tips from CookingLight, April 2009

1. Be frugal. "Frugality is a trait that can help any kitchen become more sustainable," says CookingLight Food Editor Ann Taylor Pittman. Examples: Save poultry and beef bones for use when making stocks. Use day-old bread to make bread pudding, croutons, or stuffing.

2. Compost food waste. BRING has a home composter for \$50.00. Our family uses two, so that while one is "cooking" we can be using the other. We have been able to reduce our garbage amount to fit the 20 gal. size can, saving us enough money to pay for the second composter in less than half a year. The resulting compost is great on the garden!

3. Use your microwave. A microwave effectively uses 57.5% of its energy to heat food. Compare that to a gas cooktop, which uses only 7.1 % of its energy to heat food. "When heating water for tea, consider heating it in the microwave rather than boiling it on the stovetop," Editor Pittman says. Stay tuned for more ecofriendly kitchen tips coming soon!

Merrily Sutton, Caring4Creation Committee

Dear friends of Central Lutheran Church,

Thank you for your generous donation to the Lutheran World Federation's work in Jerusalem, especially Augusta Victoria Hospital.

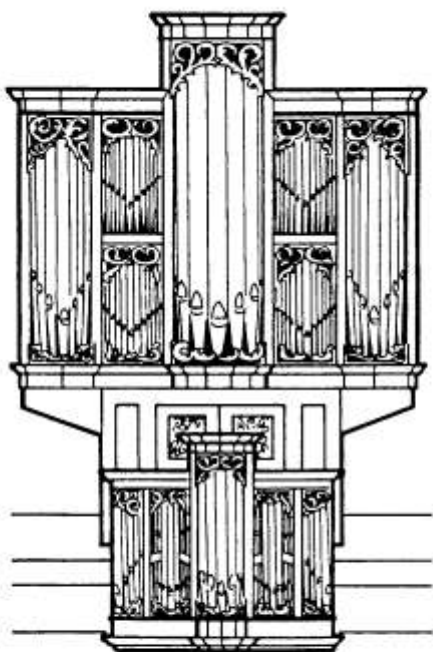
As you know, Augusta Victoria Hospital is the only medical facility in the Palestinian Territories offering radiation therapy for cancer patients and the only facility in the West Bank offering pediatric kidney dialysis. Many patients depend on AVH to provide life-saving and life-sustaining treatments unavailable anywhere else. However, the poor economic situation in the Palestinian Territories has left many struggling to pay for their care.

Thanks to donations like yours, the AVH "Fund for the Poor" continues to help patients overcome the economic obstacles that prevent them from accessing the healthcare they need and deserve.

On behalf of Augusta Victoria Hospital and all of the men, women and children who will benefit from your kindness, thank you.

Peace, and again, many thanks for your support and prayers.

The Reverend Mark B Brown, Regional Representative
Department for World Service, Jerusalem



The Brombaugh Organ
One of the Musical Treasures of Western America

CENTRAL LUTHERAN CHURCH

presents

DR. ANDREW ELRAY
STEWART-COOK
Organ

An Afternoon of Organ Music

FEATURING: MUSIC BY BACH, BUXTEHUDE, SCHEIDEMANN, GIGOUT AND WEITZ

SUNDAY, JULY 25

at

4 p.m.

Freewill Offering

LARGE SCREEN VIDEO TRANSMISSION TO THE FRONT OF THE CHURCH

CENTRAL LUTHERAN CHURCH
welcometocentral.org