

# The Centralite

Central Lutheran Church, 1857 Potter Street, Eugene OR 97403

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

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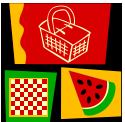
[www.welcometocentral.org](http://www.welcometocentral.org)

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## August 2010



Please remember in your prayers: *Charles Berg, Vija Dose, Caryl Gibson, Terry Lambert, Shirley Watson, Mark Watson.* We extend our sympathy to *Caryl Gibson* upon the death of her father; *Lou Osternig* and *Caroline* (Joyce's sister) upon the death of his wife, Joyce on June 14. A private memorial service was held at Central Lutheran Church on June 19<sup>th</sup>; *Shirley Watson and Mark Watson* and families upon the death of Milt July 1; *Vija Dose* upon the death of her father; *Terry Lambert* upon the death of his mother, Judy Lambert. May faith and trust in our Risen Lord help sustain them in their sorrow.



Mark your calendars now for September 12<sup>th</sup> (Rally Sunday) for the annual church picnic at Morse Ranch Park on Crest Drive in Eugene, following 2<sup>nd</sup> 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 at (541) 686-0455 or [meg@coldcomfort.com](mailto:meg@coldcomfort.com)

The letter in the July Centralite from The Reverend Mark B Brown, Regional Representative Department for World Service, Jerusalem, was an acknowledgement of our contribution of \$2400 to Augusta Victoria Hospital in Jerusalem from the sale of olive oil from the Holy Land last fall and winter. We look forward to resuming the sale of olive oil from the 2010 harvest this fall. Again, our heartfelt thanks for your support of this mission. Central Lutheran Church Women



Dear friends,

There are times when I forget how much I have been blessed. We often take good things for granted. Last Sunday, my internship supervisor, Pastor Terry Kinney, was here to speak on Food for the Poor. I had not seen him in thirty-five years. He presented an important message and a reminder that the poor and outcast are places where we find Jesus and in ministering to these the least we are doing it to the Savior himself. In his comments about Central Lutheran, I was reminded of just how blessed we are. The music was wonderful (as always—thank you ElRay and Siri Vik), assisting ministers chanted, acolytes processed, lay people read and the church was pretty full for the middle of July. The narthex was filled with people drinking coffee and visiting and many of them were telling Pastor Kinney how they had participated in mission trips. Many spoke of the support here at Central for feeding the hungry, caring for the homeless and assisting the poor. He met Roberta Smythe and I proudly told him that we have had five seminarians in five years here (counting Chris Halvorson who is a senior at Philadelphia and Angel Scott who will be starting seminary in the fall). I think he was impressed by Central and a little proud of the young man who had been his intern.

Also on Sunday I heard two comments about our children's and youth programs. One parent had commented that following Vacation Bible School/Day Camp, her husband was reading the Bible to her son each night for bedtime reading (praise God!). Another parent related that her son had returned from the youth trip to California saying it was the best week of his life (hallelujah!) Kudos to Kimberly and Pastor Robyn. Isn't that what we are about at Central Lutheran Church? We are here to proclaim Christ in word and deed, build faith in our children and young people and ourselves, help those in need especially the poor. You know, my friends, I like being pastor of Central Lutheran Church. I have been blessed; we have been blessed. Let's not forget that.

In Christ,

*Pastor Kegel*

Thank you for all the support from our church family these past few weeks. The bionic knee is working well, but racing is still out. *Sheri Hammerstad*

**Church Directories** Copies of the 2010-11 Church Directory are now available and can be picked up in the narthex.



**CLC Cascades Camping/Hiking Weekend:** Think about saving the weekend of August 6<sup>th</sup> - 8<sup>th</sup>, 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 or Margit Kegel.

DAY CAMP 2010

This year's Day Camp was wonderful!




All the 44 Day Campers, our 4 Camp Lutherwood Staff, our 16 Jr & Sr Counselors, our 5 adult helpers and I want to thank the congregation for your prayers and for taking time to support Children's Ministry here at Central. - Kimberly-Dawn Falk  
P.S... LOOKING FORWARD TO RALLY SUNDAY ON SEPT 12!

# Central Lutheran Church

| Sunday  | Monday    | Tuesday                           |
|---|-----------|-----------------------------------|
| <b>1</b><br>9:00, 10:45 Worship                                     | <b>2</b>  | <b>3</b>                          |
| <b>8</b><br>9:00, 10:45 Worship                                     | <b>9</b>  | <b>10</b>                         |
| <b>15</b><br>9:00, 10:45 Worship                                    | <b>16</b> | <b>17</b>                         |
| <b>22</b><br>9:00, 10:45 Worship<br><br>10:00 Blood Pressure Clinic | <b>23</b> | <b>24</b>                         |
| <b>29</b><br>9:00, 10:45 Worship                                    | <b>30</b> | <b>31</b><br>Middlers Rafting Day |

# AUGUST 2010

| <b>Wednesday</b>   | <b>Thursday</b>                            | <b>Friday</b>  | <b>Saturday</b>   |
|--|--|--|---|
| <p><b>4</b><br/>6:30 Women's Bible Study<br/>7:00 Men's Bible Study<br/>Noon Holy Communion</p>  | <p><b>5</b></p>                            | <p><b>6</b><br/>8:30 Sod Squad<br/>Cascade<br/>Camping/Hiking<br/>Weekend</p>  | <p><b>7</b></p>   |
| <p><b>11</b><br/>6:30 Women's Bible Study<br/>7:00 Men's Bible Study<br/>Noon Holy Communion</p> | <p><b>12</b></p>                           | <p><b>13</b><br/><b>Newsletter items<br/>due by 5pm</b><br/><br/>8:30 Sod Squad<br/>Centralite deadline</p>                  | <p><b>14</b></p>  |
| <p><b>18</b><br/>6:30 Women's Bible Study<br/>7:00 Men's Bible Study<br/>Noon Holy Communion</p> | <p><b>19</b><br/><br/>GEMS to Florence</p> | <p><b>20</b><br/>8:30 Sod Squad</p>  | <p><b>21</b></p>  |
| <p><b>25</b><br/>6:30 Women's Bible Study<br/>7:00 Men's Bible Study<br/>Noon Holy Communion</p> | <p><b>26</b></p>                           | <p><b>27</b><br/>8:30 Sod Squad</p>  | <p><b>28</b><br/>Highers Rafting<br/>Retreat begins</p>                               |
|  |  | <p><b>Worship can be<br/>heard on radio<br/>station KORE<br/>1050 on your AM<br/>dial at 11:00 a.m.<br/>every Sunday</b></p> |  |



Most of us think that eating foods high in cholesterol and trans fats are the only dietary cause of high cholesterol levels in our blood, and that excess sugar just wrecks our teeth and makes us fat. Actually, too much sugar can also affect cholesterol. (It lowers the HDL, good cholesterol, and raises the LDL, bad cholesterol). Triglycerides are another, less well known, cause of clogging of arteries, and they are really made worse by excess sugar intake. Apparently the sugars not needed for immediate energy are converted to fat and to triglycerides, which then go out and clog our arteries. Sugars in fruits are natural, of course, but can still add up. Generally, it is good to have 5 servings of fruit a day. Diabetics and folks with high triglycerides should probably stick with 2, but ask your doctor. In addition, excess sugar consumption can give you a "fatty liver" which is much worse than fat hips, etc. I was surprised to learn that high sugar intake can contribute to high blood pressure and gout! The good news is that if you cut down on your sugar intake, you can reduce triglyceride levels within a week! (It is much tougher to lose the extra weight!) Source: *Food and Fitness Advisor, July 2010*, research reported in April 21, 2010 issue of the Journal of the American Medical Assoc., Clarice Bates, RN

**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.



## ***The Link*** News for the Women of the ELCA at Central

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

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 Rase, (541-686-2733) for more information.



**Bridal Shower** Annie Kegel will be in town on July 29<sup>th</sup> for a bridal shower in the parish hall at 7pm. All women of Central are invited to celebrate this special occasion. Annie will be married in Minnesota in September. She is registered at Macy's and Target. Gift certificates are recommended, but if you have a special gift planned or something you have made there will be some room in the Kegels car as they drive to the wedding. Please wrap gift certificates in a box or bag so there will be gifts to open and ribbons and bows. A picture of the gift chosen would be great.

**The Central Lutheran Chorale** year for 2010-2011 will commence on Wednesday, September 8 with our first full rehearsal (7- 8:45 p.m.) in the Nicki Hanson Music Room. During this year, Mozart's **Requiem** will be presented for All Saint's Sunday, November 7. In June 2011, we will present Haydn's **Mass in Time of War**. We have vacancies in all sections. It is a repertory choir. Childcare is available during Wednesday rehearsals. All those interested in singing in the Chorale, please see ElRay Stewart-Cook (AEStewCook@qwestoffice.net), or call the church office.

**The Alleluia & Children's Choirs** begin on Tuesday, September 14 with a potluck at 5:30 p.m. We have changed the rehearsal times to accommodate the Youth Board's request that the High School Class are also able to meet on Tuesdays Evenings. On Tuesday, September 21, rehearsals commence for the **Children's Choir (grades K-3) which meets at 5:30 - 6:15 p.m.** The **Alleluia Choir (grades 4 - 8) meets between 6:45 - 7:30 p.m.** The rehearsals piggyback with the Midweek Mission & Confirmation program which includes a meal, (additional crafts, etc for 4<sup>th</sup> & 5<sup>th</sup> grade students), Bible studies and games.

**The Handbell Ensemble** rehearses on Thursdays: 5:15-6:15 commencing on September 16. We have vacancies for bell ringers; **Childcare is available during rehearsals.** For more information, see ElRay Stewart-Cook or call the church office.