

THE CENTRALITE

Central Lutheran Church, 1857 Potter Street, Eugene OR 97403

Office Hours: Monday-Friday, 9:00am-Noon; 1:00-5:00pm

Telephone: 541.345.0395 Fax: 541.345.2499

www.welcometocentral.org email: info@welcometocentral.org

MAY 2015



Please remember in your prayers: *LaDonna Belton, Charles Berg, Henry Bretthauer, Arlene Dayton, D'reen Stewart-Cook*. We extend our sympathy to *Lee & Robin Babb, T.J. & Shannon Richard* and families upon the death of Brian Babb. May faith and trust in our Risen Lord help sustain them in their sorrow.

CENTRAL LUTHERAN CHURCH has posted job openings and job descriptions for Director of Faith Formation, Coordinator of Youth Ministries, and Coordinator of Young Adult and Campus Ministries. The postings were made on the national ELCA website, the Oregon Synod website, several Lutheran seminaries, several Lutheran colleges, NW Christian University, our own website, other Christian youth educator websites. Copies of the job descriptions can be seen on the bulletin board by the kitchen, and on our website. The postings will be open until May 15th, with candidates' interviews starting June 1. Members of the Personnel Committee or Task Force will be available to answer questions you may have. Members are: Kim Short, John Morse, Gary Wolfe, Sheri Hammerstad, Michelle Bremer, Wendy Waananen, Rachel Vettrus, Lori Lund, Kari Lee, and Neal Mandich

MESSAGE FROM INTERIM PASTOR STAN

MOVING FORWARD

It's downright beautiful here in the spring. With an open window for cool sleeping, Sharon and I hear the morning reveille from wild turkeys and the neighbor's chickens. The blooming trees are a pure delight. Our back yard orchard is planted and the raspberries and blueberries are rooting.

Neal Mandich and I have been enjoying teaching the class entitled "Understanding Your Congregation as an Emotional System". The 40+ people who are gathering with us are 'working it', and the conversation is lively. Last session is May 5. We will evaluate at that time what we will do next with this topic under the overall heading "Healthy Congregations". Stay tuned. More educational opportunities ahead.

Your leadership has now posted three job descriptions, seeking staff to work with us in the area of faith formation for folks in the first third of their life. This would be focusing on ages 0 to young adult, including children, youth, and campus, young adult and young families. Check out job descriptions on the web site and postings on bulletin boards at church. These positions are advertised in seminaries and colleges. We hope to fill these positions by August 1.

This brings up the tension around the philosophies of staff hiring first to help us develop our mission now, or wait until Central Lutheran calls a lead pastor and then develop mission and the staff to back it. Your leadership is moving ahead with mission development now and backing that with staffing now.

But one might say, "I thought we just cut our present staff salaries by 4%! How can we possibly add staff?" The funds to add staff have been developed this past year, by a variety of sources, and the plan has a three year window. The concern about existing staff salaries is valid, and it was responsible for a lot of discussion at the annual mission/spending plan meeting in January.

But here is the Good News about that! In the first quarter of this year, Sunday offerings are \$9000 ahead of last year. The balanced budget presented and passed was based mainly on last year's giving. At the January meeting, it was stated that the council will evaluate the Sunday giving in June, and if there has been an increase in giving, the 4% decrease to staff could be erased.

So thank you for your increase in financial stewardship! If this level of giving continues and increases, the issue of the decrease in staff salaries is a moot point. And we look forward to solid mission development and to welcoming new staff to walk alongside us and help us move forward.

I realize for those who believe that "moving forward" means basically calling your new pastor, this may seem unsettling. I encourage you to review the core beliefs and core values and mission and vision statements that have grown out of our working together. Review the Guiding Principle document. And read carefully the Congregational Goals that are being developed as I write this. Continuing to develop identity and purpose is the true "moving forward" of any organization, especially an organization that is coming out of conflict and hurt. But God is good, and good things are happening!

Be in prayer for your congregation and seek the Spirit's guidance on how you will participate in the mission life of this Body of Christ. Don't be afraid to share mission ideas that come to you. The Holy Spirit of God will continue to stir up new ideas as God works "New Creation" at Central. Expect it. Live into it!

It is my privilege and joy to walk with you during this time.

Interim Pastor

Stan Berntson



HELPFUL REMINDERS FROM THE CHURCH OFFICE:

Helpful reminders from the church office: If you would like announcements in the Sunday bulletin they are due in the church office Thursdays at 10am. Articles for the newsletter are due in the church office noon on Friday, May 15. Please coordinate the use of the church for meetings, etc., with Kristi in the office so all groups may be accommodated. Thank you



Blueberries taste good. They are also very good for you. Let me count some of the ways: 1. **HEART AND BLOOD PRESSURE:** In one study of postmenopausal women, blueberries reduced artery stiffness and lowered the BP an

average of 5-6 percent. This may not seem like a lot, but it can make a huge difference, preventing the need for medications or helping the medications to do the job. In addition, blueberry consumption has been linked to making LDL cholesterol (the bad kind) less damaging. 2. **BRAIN:** (This is a good one!) Blueberries have anthocyanin's which can cross into the brain and might reduce the inflammation and damage done by aging. In one group of 16,000 of nurses, they found that women who ate $\frac{1}{2}$ cup servings at least twice a week had slower mental decline. **This amounted to 2 $\frac{1}{2}$ yrs. of aging.** In addition, animals' studies have shown improvement in short-term memory, navigational skills, balance and coordination. All of these are huge factors in quality of life. 3. **DIABETES:** Even though they contain carbohydrates, blueberries seem beneficial to blood sugar regulation. (If you are diabetic, check with your MD.) 4. **CANCER:** Evidence is limited, but it looks like blueberries decrease damage to DNA and inhibit cancer cell growth. **Summary:** Cooking at 350 +degrees may reduce benefits, so blueberry muffins may not be your best choice. Freeze dried, frozen or fresh are all good for you! Enjoy! Clarice Bates, RN, Source: Tufts University Health and Nutrition Letter April 2015

THE PARISH NURSES OF CENTRAL are compiling a list of nurses...active and retired. "Once a nurse always a nurse" goes the old saying and I think it is true. We would like to have this list for communication purposes. That way, we could let nurses know what is going on with the Parish Nurse program at Central and you can decide if you would like to give input or participate in any way. You are all welcome to come to our meetings. So... please contact Clarice, email: wdanbates@comcast.net or telephone 541-345-3126.

PS We would like to hear from other health care professionals who would like to be on our lists.

KIM MEYERS IS LOOKING for fellow Centralites who would be interested in being part of the Parish Life/Fellowship Team, Planning, organizing, decorating, baking, etc. Central has lots of events and opportunities throughout the year where we need folks to help pull together to make it happen. If you are interested please contact Kim at [541-914-8442](tel:541-914-8442) or klmcpa.meyers@gmail.com.

ADDRESS CHANGES

Signy Hanson: 3800 Carman Dr. #224B, Lake Oswego OR 97035
(as of April 24, 2015)

ARTISTS Do you have your art work ready? We are all creative souls because we are made in the image of the greatest creator of all, God! Channel your inner artist and get your work ready to display in Central's annual art show on May 31st between the services in the parish hall. All materials are welcome. Please contact Kit Sundling kitsundling@yahoo.com or Meg Hicks meghicks@rocketmail.com so we can reserve space for your creations.

THANK YOU to everyone for your prayers, goodies, and cards. It feels good to know you have that many prayers going out for you. Blessings to you, LaDonna Belton



THE CLC BOOK CLUB will meet on **Monday, MAY 11, 2015, at 7:00 P.M.** in the CLCW Room to discuss *The Intervention of Wings* by Sue Monk Kidd. Inspired by the true story of early-nineteenth-century abolitionist and suffragist Sarah Grimké, Kidd paints a moving portrait of two women

inextricably linked by the horrors of slavery. Sarah, daughter of a wealthy South Carolina plantation owner, exhibits an independent spirit and strong belief in the equality of all. Thwarted from her dreams of becoming a lawyer, she struggles throughout life to find an outlet for her convictions. Handful, a slave in the Grimké household, displays a sharp intellect and brave, rebellious disposition. She maintains a compliant exterior, while planning for a brighter future. Told in first person, the chapters alternate between the two main characters' perspectives, as we follow their unlikely friendship (characterized by both respect and resentment) from childhood to middle age. While their pain and struggle cannot be equated, both women strive to be set free—Sarah from the bonds of patriarchy and Southern bigotry, and Handful from the inhuman bonds of slavery. The discussion will be led by Gretchen Simas. New members always welcome!

THE CLC BOOK CLUB will meet on **Monday, JUNE 8, 2015, at 7:00 P.M.** in the CLCW Room to discuss *Moloka'i* by Alan Brennert. Set in Hawaii in the early twentieth century, this novel is a deeply moving testament to the resiliency of the human spirit. Rachel Kalama, a sprightly seven-year-old Hawaiian girl, dreams of visiting far-off lands like her father, a merchant seaman. Then a rose-colored mark appears on her skin and her life changes forever. Separated from her home and family, she is exiled to Kalaupapa, a leper colony on the island of Moloka'i. A richly textured blend of exquisite storytelling, historical accounts, and traditional Hawaiian customs, *Moloka'i* is a tale of both tragedy and triumph, told with warmth, humor and compassion through a cast of skillfully developed characters. The discussion will be led by Peg Emery. New members always welcome!

MONTHLY FINANCIAL REPORT

Treasurer's Report

Offerings

2015 Total Through
March 31st

\$ 112,754.48

2014 Total Through
March 31st

\$ 104,050.30

Giving is up \$8704.18 Year over Year. Expenses are also within budget for the year to date.

CENTRAL LUTHERAN CHURCH

SUNDAY	MONDAY	TUESDAY
<p>3 8:30 First Service-- Holy Communion 9:45 Education Hour, Confirmation 11:00 Second Service Holy Communion</p>	<p>4</p>	<p>5 7am Meditation Group 5:30 Together Tuesday 6:30 Healthy Congregations Class</p>
<p>10 FISH Sunday High School Senior Sermons both services 8:30 First Service-- Holy Communion 9:45 Education Hour, Confirmation, Mother's Day Tea 11:00 Second Service Holy Communion</p>	<p>11 6pm Christian Education Team 7pm Book Club</p>	<p>12 7am Meditation Group 1:00 Hannah/Deborah Circle 5:30 Together Tuesday</p>
<p>17 High School Senior Sermons both services 8:30 First Service-- Holy Communion 9:45 Education Hour, Confirmation 11:00 Second Service Holy Communion</p>	<p>18 1 Prayer Shawl Knitters 6pm Christus House Committee Homeless Shelter</p>	<p>19 7am Meditation Group 12:15 Finance Committee 5:00pm Homeless Shelter</p>
<p>24 8:30 First Service-- Holy Communion 9:45 Education Hour, Blood Pressure Clinic 11:00 Second Service Holy Communion 5:30pm-8:00am Homeless Shelter</p> <hr/> <p>31 Graduation Sunday 8:30 First Service-Holy Communion 9:45 Art Show, Graduation Reception 11:00 Second Service – Holy Communion</p>	<p>25 Office Closed- Memorial Day 5pm Homeless Shelter</p>	<p>26 7am Meditation Group 5:30 Together Tuesday Homeless Shelter</p>

MAY 2015

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6-9pm Free Babysitting 7:30 Organ Recital	2 8am Bible, Book & Boys Bonding (formerly Wed. Morning Men's Bible Study)@Central
6 6:30 Women's Bible Study 10:30 Bible Study 7:00 Chorale	7 Noon Worship, Music & Arts Committee 5:15 Handbell Ensemble	8	9 8am Bible, Book & Boys Bonding @Central
13 6:30 Women's Bible Study 10:00 Ruth Circle 10:30 Bible Study 7 Chorale	14 9:00am Quilting 5:15 Handbell Ensemble 6:30 Stephen Ministry	15 Noon Centralite articles due	16 8am Bible, Book & Boys Bonding @Central
20 6:30 Women's Bible Study 10:30 Bible Study 5:00pm-8:00am Homeless Shelter 6:30 Church Council 7 Chorale	21 5:00pm-8:00am Homeless Shelter	22 5:00pm-8:00am Homeless Shelter	23 8am Bible, Book & Boys Bonding @Central Homeless Shelter
27 6:30 Women's Bible Study 10:30 Bible Study 7 Chorale	28 6:30 Stephen Ministry	29	30 8am Bible, Book & Boys Bonding @Central Art Show Set up

THE CENTRAL LUTHERAN FOUNDATION received this "thank you" from Donna Kernutt, a local person and teacher at the Maasai Girls Lutheran Secondary School in Tanzania, Africa. First, thank you, Central Lutheran Foundation Board, for donating \$1,000 to OBA (Operation Bootstrap Africa), who, in turn, will send it to me, to buy dictionaries and supplies for my Maasai girls when I return to teach in October, my sixth time. In the past, you have sent that check to OBA in July or early August, so they and I can make the next step. I always bring receipts for you and for them. Secondly, thank you for the donation you sent to continue to co-sponsor, with me, Winnie Evarest. When I return later this year, she will be finishing Form II and taking national exams in order to continue. I will take pictures and send them to the Board. The third thing I want to convey is for your Board members and church members if they want. Operation Bootstrap Africa celebrated the twentieth year of MaaSae Girls Lutheran Secondary School in January. They made a ten-minute slide show that shows the school, the girls, the buildings, etc. The music in the background is our girls singing and drumming.

They love to sing and are quite good at it. You access it by:

1. www.bootstrapafrica.org
2. Click on "News and updates" at the top.
3. Go to second picture and click on the line that says "MGLSS Historical Photos 1995-2015."
4. Click on the arrow in the middle of the picture with all the beaded arms. The slide show will start. In 1998 and 1999, you helped sponsor our daughter Susan, who taught there two years. She is in one of the early pictures, the white woman. There is a picture of my Pre-Form 1 girls showing off the dictionaries that you bought for them. Towards the end, there is a picture of me and my friend and colleague, Kay, who have been there many times to teach the Pre-Form 1's. We are sitting on our bench on our porch to watch the sunset. Thanks to your Board and your church for all you have done for these girls. Two years ago, every one of our girls in Form IV passed the national exam. The national average was 58%. A girl, Namtasha, whom my book group sponsors, is at the University of Dar es Salaam as a freshman since she passed her Form VI exam. It is a rare accomplishment, to have a Maasai young woman in a university. We have one graduate through medical school, another one in medical school, two pastors through divinity school, one invited to Washington D.C. for a "Women of Africa" conference, many others in good jobs and in post-secondary education, and the list is growing. Asante sana. Blessings, Donna Kernutt

LIVING STEWARDSHIP: BEING THE HANDS AND FEET OF JESUS

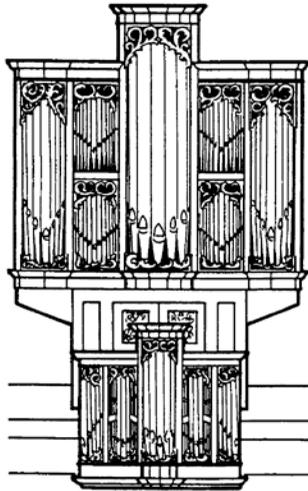
Once we choose to become a disciple of Jesus Christ, stewardship is not an option. Stewardship becomes a way of life in our faith. Stewardship is one of the most important and practical themes laid out in the Bible and yet is often overlooked or minimized in our daily life. The Bible says a lot about stewardship because this principle touches every aspect of our life. Stewardship requires us to present ourselves to God totally as his servants. Stewardship is not one more thing that we have to do but it is doing things in a different light with a loving and generous purpose. Some favorite Bible verses about stewardship include:

"He who sows sparingly will reap sparingly, and he who sows bountifully will reap bountifully." (II Cor. 9:6)

"Let everyone give as his heart tells him, neither grudgingly nor under compulsion. For God loves the man that gives cheerfully." (II Cor. 9:7)

So the question I ask: Are you being a good steward of your time, talent and money since everything we have is a gift from God?

Bible, Book, and Boys Bonding (formerly the Wednesday Morning Men's Bible Study) Inviting all men to come join in the Bible, Book and Boys Bonding at a new date and time: Saturday starting May 2 at 8:00 AM in the church library. It is a time of study and fellowship in a relaxed atmosphere. Currently the group is studying the Gospel of John. The group is casual and informal: sometimes more fellowship than study but always sharing. A light continental breakfast will be served. For additional information, please contact: Chuck Dietz, Brian Race, Jeff Simas, Dennis Betts, Dick Anderson, Arolf Salo, or Gary Wolfe.



The Brombaugh Organ
One of the Musical Treasures of Western America

CENTRAL LUTHERAN CHURCH

presents

OLIVIER LATRY

Titular Organist
Notre Dame Cathedral
Paris, France

Lyle Jacobson Celebrity Organ Concert Series

A special community outreach concert sponsored by Central's St. Cecilia Music Endowment Fund

FRIDAY, MAY 1

at

7:30p.m.

No Admission charge

Suggested donation to FOOD FOR LANE COUNTY: \$10 per person, \$20 per family

LARGE SCREEN VIDEO TRANSMISSION TO THE FRONT OF THE CHURCH

CENTRAL LUTHERAN CHURCH

welcometocentral.org

18TH & POTTER STREETS

EUGENE, OREGON



We are excited to join your congregation on May 10! Please visit our display for information about youth, family and adult retreats and camps this summer, as well as spring work days and year-round rental options.

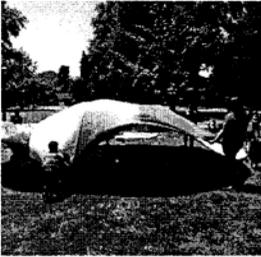
Camp Lutherwood Oregon offers an outdoor experience that empowers staff and guests of all ages to discover caring and affirming relationships with God, others, self and the natural world. Camp Lutherwood is an association of Lutheran congregations in Oregon and Southwest Washington. We are a not-for-profit organization committed to serving people of all ages through our staff, programs and facilities. All are welcome to participate in our ministry. Camp Lutherwood is located on 71-forested acres in the foothills of the central Coast Range. We have a variety of facilities available year-round for day and overnight use. To learn more about programming, year-round availability, staffing, support or how to become an Association Congregation, visit lutherwoodoregon.org.

PALMSUPPORT PROGRAM IS ACTIVE ON THE CHURCH WEB SITE

Dear Central Members,

I am pleased to announce the PALMSupport program, which has been euphemistically referred to as Central Lutheran's version of "Angie's List", is up and running on the church website and ready for access by any and all members. I would rather identify it in terms of our Mission Statement, "Being the hands and feet of Jesus", by Loving God and one another, Nurturing faithful living, Serving those in need and Sharing the Gospel, and I am sure you will see how this can live out through this program as you become familiar with it. The primary objective is to connect members who have specific "needs" with other members who have the ability or connections to willingly help those individuals meet those needs and provide the mechanism for making that contact. These needs could be transportation to an appointment, replacing burned out light bulbs or batteries in a smoke detector, legal or financial counsel or home remodeling to enable someone to stay in their own home with problems of aging or failing health and many more.

Please access the program on the web site, (instructions below), review the information presented and contact me if you are able to participate. Your name and contact information are password protected. To access PALMSupport: Log into CLC Website, click on Ministries (bottom left), click on PALMSupport (right side). Thank you for your consideration. Brian Rase <b.erase123@gmail.com> Phone 541-686-2733



This Summer, Day Camp is coming to: **Central Lutheran Church**

This summer we will be partnering with Camp Lutherwood Oregon to bring campers a week filled with songs, bible stories, crafts, creation awareness and games! We hope you will join us camp date as we discover "What Matters Most."

Dates: **June 29th - July 3rd**

Contact: Kari Lee, 541-345- 0395, karilee429@gmail.com

Through the experiences of Old Testament friends and the words of Jesus, campers will discover "What Matters Most" in our lives during their week at Day Camp. As we journey along with Abraham, Jonah, Ruth, the nation of Israel and Jeremiah, their stories will encourage us to live boldly, remembering God's truth and promises every day, even when things are hard.



May 10, 2015

is

FISH Sunday

FISH

Friends In Service to Humanity

FISH is an all volunteer, non-denominational, church supported, community service organization. FISH is primarily geared to meet emergency needs. FISH provides food boxes and clothing as well as transportation and prescriptions in emergencies. FISH is supported through 59 churches from various organizations and private individuals. FISH is completely staffed by volunteers with no paid administrators. Cash donations please make checks payable to FISH.

NEEDED FOR OUR FISH DRIVE: Food items: oatmeal, pancake mixes, soup, rice, peanut butter, jam, canned meats, macaroni, noodles, spaghetti, tuna, canned stews, canned fruits and vegetables, powdered milk, canned milk, dry food and cereals, dried beans, peas, and complete dinner mixes.

LET'S FILL UP THE FOOD BOX FOR FISH

Share the Blessings

For I was hungry, and you gave Me something to eat; I was thirsty, and you gave Me drink; I was a stranger, and you invited Me in.” Matthew 25:35

What you need to know about FISH.

- *Emergency food aid
- *Prescription drug assistance
- *100% volunteer based—no paid staff!
- *Supported by area churches and businesses
- *Helps clients find organizations for long-term help
- *Each client can receive food assistance once every three months.

How can you help? *Bring food items for the FISH box in the narthex

- *Consider a cash donation on November 21st
 - *Volunteer to help answer the calls for help
 - *Help pack the food boxes
 - *Pray for those in our community who need assistance
- If you have any other questions about FISH or would like to volunteer, please contact Norma Edman, 541-484-1069.

