

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

JUNE 2015



Please remember in your prayers: *Henry Bretthauer, Phyllis Rosenbaum, D'reen Stewart-Cook*. We extend our sympathy to *Gwen Dayton, Jan Penrod, Paul Dayton* upon the death of their mother, Arlene Dayton. May faith and trust in our Risen Lord help sustain them in their sorrow.



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! And looking ahead, the Book Club Potluck Planning Party, when we choose the books to read for next year, will be Monday evening, July 13th, beginning at 6:00 P.M. Watch for details

MESSAGE FROM INTERIM PASTOR STAN

Our church council is using the book, "Unbinding the Gospel" by Martha Grace Reese as its core devotional material. Martha Reese writes about evangelism for main line churches. Good stuff. We hope to use it for further study in other groups. Stay tuned.

Milestones in a transition time are those things that need to be accomplished or addressed for a congregation to move forward in a healthy way. You see the standard ones posted in the library, narthex, and fellowship hall: Reconciliation; Worship; Small Groups; Outreach and Evangelism; and Alignment (of all things 'Central' with the mission).

Other milestones that are on the table for consideration are: how our congregation, as a system, will look at money including the various funds that we manage and our regular stewardship; revisiting 'The Vote', hoping to help people individually and in small groups to come to terms with the history of this past event and then ritually, in a special time of gathering for worship, turning it over to God; deciding whose and who is Central Lutheran Church and what are our expectations of one another as members of this body of Christ.

There are other milestones to work through, but these three are a big start. It's all about growing in love for God and one another. Our responsibilities are to pray and participate.

Have a blessed summer! I will be gone for three Sundays during the summer months, otherwise you are stuck with me. I am looking forward to worshipping together this summer and to continuing our conversation together with the living God.

Summer time is visiting time. Give me a call if you would like to have a visit. I love to go to people's homes.

A lot of pastors write a 'jack them up' letter about not forgetting to give offerings in the summer. That's weird. I've never written a letter about summer giving. You can talk to each other and figure it out if that's an issue here. We have goals that are backed by a spending plan. We can talk about our goals and what we think God is drawing us into our preferred and promised future. Let's have the conversation about the right stuff!

It is my privilege to walk with you during this time in the life of Central Lutheran. Let's get to work, not to save ourselves (Jesus has already taken care of that), but to love the world with His love.

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The CLC council will be meeting twice monthly until further notice, on the first and third Wednesdays of each month, at 6:30 in the library. As everyone is aware, our church is in the midst of a transition, and as a result, the work of the council and all ministry teams is more important than ever. Council meetings are open, and all members of the congregation are welcome to attend.



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, June 19. Please coordinate the use of the church for meetings, etc., with Kristi in the office so all groups may be accommodated. Thank you

ADDRESS CHANGES

Diane Murphey: additional telephone: 541-844-6231

Connie Rattenborg: additional telephone: 541-747-9385

Signy Hanson: 503-908-1443; 3800 Carman Dr. #224B, Lake Oswego OR 97035

Jim & Marcia Simonson: 1939 Laurie Vei Loop, Poulsbo WA 98370; 360-626-1498

Deloris Smolnisky: 2951 Coburg Rd #326 Eugene OR 97408; same telephone

Carole Johnson: 88655 Waterlynn Circle, NW Apt. #211, Concord, NC 28027

Dear Central Lutheran,

Five years ago, my husband Logan and I moved to Eugene from South Dakota. We rolled into town on a Tuesday, and within minutes were greeted by members of Central. You helped us unload our moving van and greeted us with smiles and cookies. We had been married for only a month, were far from home and unsure if we would be here for one year or five years. But it was clear that even within our first hour in town we had found a new home at Central Lutheran.

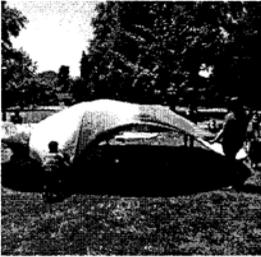
It was as members of the choir we nursed our homesickness and college choir withdrawal. As your Interim Children's Director I found acceptance in the community and my call to ministry (as well as some pies in the face). In the past three years as your Director of Young Adult and Campus Ministry I have been challenged and inspired. I have laughed, wept and caffeinated with many of you in my time here at Central, and it wasn't nearly enough.

Logan is in his last weeks of his PhD program in Economics at the University of Oregon. We are thrilled to announce that he has accepted an offer to be an Assistant Professor at Grinnell College, in Grinnell Iowa. It is with a heavy heart that I formally announce that my last day as a staff member will be July 8, 2015.

I don't think either Logan or I expected to feel so at home in Eugene or fall so in love with the community of Central Lutheran. These have been blessed years and I have loved being a part of this congregation and serving you. Thank you for welcoming us, helping us grow and for sending us out into the world better than when we arrived. Being a part of Central has taught me that God is good and steadfast to those that trust in the Lord. I pray that you will continue to be that for the many more to come.

Blessings,

Kari L. Lee



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.





Summer is here and that means people are more likely to bask in the

summer sun. Bear with me on this, because it is going to sound like a bad sermon, but it may save your life...or that of someone you love. Skin cancers are on the rise, leading some experts to call it an "under-recognized epidemic".

One in 5 Americans will develop skin cancer in their

lifetimes, but that risk is much higher for folks with light skin...especially blonds and red-heads. The sun damages the DNA in our skin and the cells can divide uncontrollably. SUN EXPOSURE IS THE MAIN CAUSE OF SKIN CANCERS. (This includes sun tanning booths especially. Sunbathing is, of course, very unwise.) The sun essentially delivers a dose of radiation to the skin which is just as bad as it sounds. The damage accumulates over time, so the sunburn in your childhood can literally contribute to the melanoma that kills you 20 years later. There are three kinds of skin cancers linked to sun damage: **BASAL CELL**: most common and thought to be caused by intermittent short-term exposure to the sun over many years. **SQUAMOUS CELL CARCINOMA**: occurs on skin areas continuously exposed to sunlight over long periods of time, especially in areas of sun damage, such as freckles. (Yes, those cute little freckles are really sun damage!) **MALIGNANT MELANOMA**: less common than the others, thank heavens, because this kind can kill. It is thought to be caused by intermittent, brief, intense exposure to strong sunlight. **PEOPLE ARE AT INCREASED RISK FOR SKIN CANCERS IF THEY:** 1. Are fair-skinned, but even folks with very dark skin that never burns get these. 2. Freckle easily/burn easily, history of childhood and teenage burns; 3. Had an outdoor job for 3 or more years as a teenager and/or history of sunbathing, especially in tanning booths; 4. Have a lot of moles and/or a history of scaly patches (pink or brown, known as actinic keratosis-early, early skin cancers); 5. Have a family history of skin cancer; 6. Take meds that can increase your sensitivity to the sun. (diuretics, some antibiotics, and NSAIDS, such as ibuprofen, etc. Read the label for risk of increased sensitivity to sun.). OK, I hope I have you scared and alert and you are not in denial. I had my first skin cancer, a basal cell, at 24. I personally have had three friends who died of melanoma. My husband has had dozens of pre-cancers and cancers, a couple of which required plastic surgeries with flaps. (Thank heavens for modern medicine!!) **SO WHAT CAN YOU DO TO PREVENT THIS? Sunscreen, sunscreen, sunscreen!!** It should have as SPF (sun

protective factor) of at least 15 and preferably 30. Reapply frequently. You should get checked by a dermatologist and probably have an annual exam...every six months if you are at high risk. Set aside 10 minutes or so each month to look at all your skin. Use a mirror if necessary or get a buddy to check you over. Don't forget between your toes, under your breasts, your armpits, and even under your nails. (Check your genitals even if you don't skinny dip. Cancers can occur anywhere.) If caught and treated early, skin cancers can have a high cure rate, but melanomas do kill thousands of people in the US each year, and the other skin cancers can get really ugly. ANY change especially in a mole is a sign to see a dermatologist right away. I have photographed moles with a ruler in the background to track changes. This is in addition to visits to the dermatologist. The insides of most of the bathroom doors in the church have a picture of what to look for. Remember, a suntan is a sign of sun damage. If you are totally addicted to a tan, use makeup to fake it. Bonus: One really nice thing about using sun screens: they cut down on wrinkling! What is not to like about that? Clarice Bates, RN. Source: Focus on Healthy Aging, published by the ICAHN School of Medicine at Mt. Sinai, May 2015 PS: Since sunlight does help us make vitamin D, it is a good idea to get your blood levels checked for a deficiency. This is especially true in the Pacific Northwest where deficiencies are very common. Fortunately, it is cheap and effective to take vitamin D pills.

Our sanctuary heating system is state of the art! I know this sounds strange after our difficulties with no heat during the past cool winter months, but we have had some very good and encouraging words from some knowledgeable folks. The short version of events: a new pump was installed in the fall; leaks sprung; leaks wouldn't stop; consultants consulted; pipes repaired; leaks continued; Howard and Don worked mightily. Our very own Howard (the MAN) discovered that the pump had been installed backwards; Howard fixed it. Problem solved. Meanwhile, one of the consultants, together with our own John Rowell, told us that the system we have, installed in 1953, is state of the art; "I'm amazed at the level of technology at that time". We have the original drawings for the system, and the plan now is to work with the consultant to draw up a contingency plan for managing and repairing our system in the future. Joyce Spence, President

CENTRAL LUTHERAN CHURCH

SUNDAY	MONDAY	TUESDAY
	1	2 7am Meditation Group
7 Missa solennis -Mozart Chorale Bishop Brauer-Rieke, guest preacher 8:30 First Service-- Holy Communion 9:45 Education Hour, Confirmation 11:00 Second Service Holy Communion	8 8:30am Stewardship 6pm Midnight Madness 6pm Christian Education Team 7pm Book Club	9 7am Meditation Group 12:15 Finance Committee 1:00 Hannah/Deborah Circle 5:30 Together Tuesday
14 Food for the Poor 8:30 First Service-- Holy Communion 9:45 Comfort & Joy Presentation-parish hall 11:00 Second Service Holy Communion	15 1 Prayer Shawl Knitters	16 7am Meditation Group 5:30 Together Tuesday
21 8:30 First Service-- Holy Communion 11:00 Second Service Holy Communion	22	23 7am Meditation Group
28 8:30 First Service-- Holy Communion 9:45 Blood Pressure Clinic 11:00 Second Service Holy Communion High School Summer trip departs	29 9:00am-3:00pm Day Camp	30 7am Meditation Group 9:00am-3:00pm Day Camp

JUNE 2015

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 6:30am Women's Bible Study 7:00am Men's Bible Study 10:30am Bible Study 6:30pm Church Council 7:00pm Chorale	4 9:00am Quilting Noon Worship, Music & Arts	5	6
10 6:30am Women's Bible Study 7:00pm Men's Bible Study 10:30am Bible Study Noon Ruth Circle lunch @ Rosemary Phipott's home	11 6:30pm Stephen Ministry	12	13 8am Men's Bible Study @ church
17 6:30am Women's Bible Study 7:00pm Men's Bible Study 10:30am Bible Study 6:30pm Church Council	18 9:00am Quilting	19 Noon Centralite articles due	20
24 6:30am Women's Bible Study 7:00pm Men's Bible Study 10:30am Bible Study	25	26	27

To my precious family at Central,

Twenty-two years ago you were all strange and new to me. I didn't know a soul. It was very difficult for me to become your "sister in Christ" when there were so many of you and only one of me. I felt very vulnerable and transparent as though you could see right through me. After a few months I was ready to leave until I told myself to get involved with an activity and then see how you feel about leaving. I had already done the usual, choir, Sunday school, etc. so none of those activities appealed me. God would have to make my activity to fit me.

And along came Pastor Barth who talked me into being a Stephen Leader and going to two-week training in Seattle at UW. Since my credentials were all in psychiatric mental health plus communication I said "yes". And the time flew from one year to the next. Stephen Ministry was one of the happiest most fulfilling times I've ever spent as a Christian. It will always be very close to my heart.

One day Pastor Kegel came to me and asked me if I would orchestrate a Senior Board that was totally for seniors. I blurted out YES even before I had a chance to realize what an all-encompassing thing it would be. The thing that kept me on task with it was that I have had many different jobs with-in the profession of nursing. I knew I could do it. The Senior Board along with GEMS (which was originated by Karen and Dean Burkhardt) has been very active in the past. There has been many activities, outings, luncheons, and senior retreats.

I've been with you all through of thick and thin. We are coming out of a major change. I am so proud of my church family for sticking out the changes that are taking place. Many of them are things that I have been feeling the need for for many years. I especially am enjoying the new adult education hour. I feel a new fresh breath of air when I walk into church. The mood is light. Like every good psychiatric nurse I can sense the mood of a group a mile away.

However, all things have to end. It's time for me to go back and rejoin my family. I have three daughters, 7 grandchildren and 3 great grandchildren (one of whom I haven't met yet) Ten in all. They are ecstatic that Mom (and grandma) is coming home. On May 25th the moving van will be moving my stuff out. On June 1, I'll be flying to Charlotte, N.C. near my daughters' house. My last Sunday here at Central will most likely be May 24th. I have a very nice brand new one bedroom apartment (890 square feet) in Concord NC. My new address will be: Carole Bekkenhuis Johnson, Hawthorne at Concord, 88655 Waterlynn Circle, NW Apt. #211, Concord, NC 28027. Cell number is the same. 541-953-3488.

I love you all, Carole Bekkenhuis Johnson

THE CENTRAL LUTHERAN FOUNDATION received the following report from CASA (Court Appointed Special Advocates).

We are pleased to provide you with an update on how your grant is making a significant difference for abused and neglected children in Lane County. With your support, 18 dedicated trainees recently graduated and were sworn-in from our 10-week winter CASA training class.

These newly trained volunteers are currently being assigned to advocate for a child or sibling group from our high-priority waiting list. Our spring CASA training class began on April 2nd with 15 trainees in attendance. These volunteers will complete training in June.

Each month, approximately twelve children with CASA volunteers are placed into safe, permanent homes. Behind each number is the face of a boy or girl with the prospect of a brighter future, as in the case of Adrian and Cyrus.

Brothers, Adrian (18 months) and Cyrus (4 years old), were placed in foster care when their mother was arrested for drugs. Like many other children removed from their homes, Adrian and Cyrus's path could have led to adoption. But their mother did not let that happen. She followed through on every requirement the court gave her. She completed drug treatment and has remained drug free. She reached out and found ongoing support from her parents, counselor, and pastor.

While in foster care, Adrian and Cyrus had four different caseworkers and several different counselors. But they had the stability of just one CASA volunteer, Mary.

Mary visited with Adrian and Cyrus regularly, monitored the mother's progress, and ensured their case continued to progress despite the caseworker turnover. Mary calls the mother's efforts to turn her life around nothing less than "heroic." Adrian and Cyrus are now back home with their mother and are thriving in every way.

Thank you for changing the lives of more children like Adrian and Cyrus. With your partnership, we will grow to serve every child in need by 2017.

Safeguard Our Church Families

Come learn about
Safe and Healthy Churches:*
Ending Family Violence



InFaith Community Foundation

JUNE 14, 2015

PACE Hour ♦ 9:45 AM in the Parish Hall

*Information shared by Central's
Comfort & Joy task force will include:*

- Helpful response and resources
- Safe policy and procedures
- Education materials to inform and support our leaders, members, youth, and children
- Video presentation

**Safe and Healthy Churches training was sponsored by
FaithTrust Institute ♦ InFaith Community Foundation*

ANDREA
WIGGINS
comfort
& JOY
PROJECT

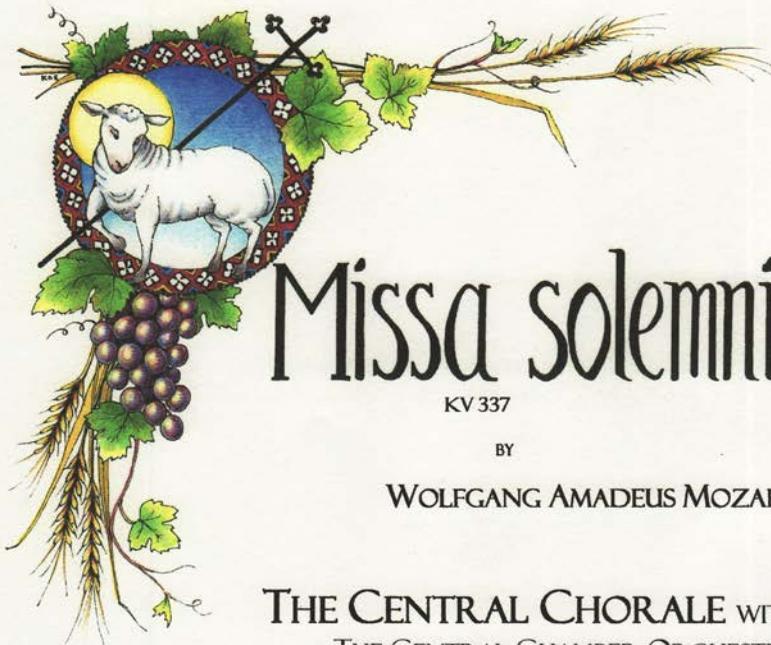
*Dedicated to Andrea Wiggins
who died at the hands of her husband
but lives on in the comfort and joy
brought by her efforts to the lives of many*

Living Stewardship being the Hands and Feet of Jesus

Our faith empowers ordinary people to good stewardship by integrating their faith and life from Monday to Sunday. Stewardship is another way of talking about ministry, and it would revolutionize ministry if we could think of it in terms of stewardship—that we are accountable to God for what we do and with what he has trusted to us. We are not the owners but have been trusted with resources and the care of everything—Creation, gifts and talents, money, time, the gospel—for the sake of God's purposes in the world.

So let's talk about one element of stewardship: money. Money is not something we generally like to talk about in church but it is necessary and part of our faith. All of our ministries take money to happen coupled with time and talent. Money is a key ingredient. How do you feel about money and giving to the church? Or is the real question how do we feel about our faith? Well God provides for us including money. When do we pay back? Is your church pledge stacked up with all your other bills? Remember, God provides for each of us. How would God want us to spend His money? Would the Giver of your money be first on the list when paying your bills or allocating His resources?

DINOSAURS TO THE RESCUE! SAVING GOD'S CREATION--JULY 27-31, 9:15-11:45 The dinosaurs are coming to Vacation Bible School at United Lutheran Church, 2230 Washington St.! It promises to be a really fun week of learning about God's creation and what we all, regardless of age, can do to protect our precious planet. There will be stories, songs, crafts, games, and dinolicious treats, along with a visit to the Cascades Raptor Center. In conjunction with Emmaus, we are inviting 3 year olds to those who have completed kindergarten to join us. So sign up your kids, grandkids, and friend's and neighbor's kids!!! Registration forms are available in Central's church office. Questions? Call Trudi Diffendaffer, 541-345-4511 or United Lutheran Church, 541-342-5808.



Missa solemnis

KV 337

BY

WOLFGANG AMADEUS MOZART

THE CENTRAL CHORALE WITH
THE CENTRAL CHAMBER ORCHESTRA
AND ORGAN

Artwork by Ken Sylvester

SOLOISTS:

JANENE NELSON, CAROL WELCH, MAYA OSUGA, ALYSE JAMIESON
DAVID GUSTAFSON, STEVE RODGERS,
ALEX JOHNSON & MATT BLUMENSTEIN

WITH

DR. A. ELRAY STEWART-COOK, CONDUCTOR

SUNDAY, JUNE 7, 2015

8:30 & 11 A.M. SERVICES



CENTRAL LUTHERAN CHURCH

www.welcometocentral.org
18TH AVENUE & POTTER STREET
EUGENE, OREGON

