

# THE CENTRALITE

Central Lutheran Church, 1857 Potter Street, Eugene OR 97403

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

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## OCTOBER 2015



**PLEASE REMEMBER IN YOUR PRAYERS:** Charles Berg, LaDonna Belton, Henry Bretthauer, D'reen Stewart-Cook.

### SENIOR MINISTRY POTLUCK FALL KICKOFF SENIOR GEMS

Wednesday, October 14th, 2015

Noon in Parish Hall

Please bring a dish to share.

Need a ride? Contact Kristi in Church Office. 541. 345. 3095



**THANK YOU** to everyone for their prayers and good wishes following my recent surgery. Very much appreciated! Karlyn Campbell

## MESSAGE FROM INTERIM PASTOR STAN

### Moving Forward

By the time you read this, our Rededication Service will be over. That was one of our Milestones as we "Round the Corner" in our transition time. We have asked the Living God to cleanse our hearts, our body of Christ known as Central Lutheran, and we have asked this Living God to cleanse the sanctuary and all the property belonging to Central. We dedicate our lives, our congregation, and our property to the Living God. There you have it. Time to move on.

Our next Milestone is to work on our Congregational Profile. That is a document that tells who we are, and what we are wanting to be about in the world. Accompanying this Milestone we may have another round of cottage meetings so we can hear more from you. This Profile is what we submit to our Bishop, David Brauer-Rieke and our Assistant to the Bishop, Susan Kintner. They need this before we get any possible candidates for Lead Pastor. Pastor Kintner will be the one who will be helping us in the call process.

At the beginning of 2016 we will be selecting a Search Team or Call Committee to put to work bringing to you a possible candidate for Lead Pastor at Central. The selection process for Search Team members will be vigorous. One of the main concerns in our selection process is whether a person interested in being part of the team has been part of the Transition Process. Familiar with the Core Beliefs and Core Values? Attend the Solemn Assembly? Know the Mission and Vision Statements and the Four Pillars related to them? Know the present Missional Objectives? Attend the Rededication Service? Active in some type of Ministry Team? Gather with fellow members in some type of study group?

We want candidates that know what has been going on around here and that can interpret that to potential candidates for Lead Pastor. No Axes to Grind. Work that out some other way. Don't try to use the Search Team as an avenue for that.

As we move forward, remember the covenant made in your baptism, confirmation, or when you joined the congregation. The promise is to gather with one another around the Table of the Lord. Hear the Word. Work together to live out God's

love for one another and the world. If you want the exact words, look in the Affirmation of Baptism service in the front of our hymnal. Live in your covenant. Avoid excuses. We are moving forward in mission. If you struggle with your promise, let's get together and work it out. The time for disappearing acts needs to be over.

As we move forward, we need to know "Who is Central?" Who are the people continuing to live into their covenant with God and with Central Lutheran Church? Who wants to grow in love for God, One Another, the World, and the Self? That's what it means to move forward. Whose faces will be in the picture directory we prepare, so we know who we are, and the new Lead Pastor knows who is "in" and ready to work in mission?

It is a privilege for me to walk with you in these times.  
Yours in Christ, Interim Pastor Stan Berntson



**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, October 18. Please coordinate the use of the church for meetings, etc., with Kristi in the office so all groups may be accommodated. Thank you

**ADDRESS CHANGE:**

Judy Johnson: 65 W 30<sup>th</sup> Ave 97405; 541-434-4242



**CONGRATULATIONS** to Megan Susuico & David Scott upon their marriage September 12. God's blessings to them as they begin their new life together.

**I AM VERY EXCITED TO WORK** with infants-young adults and to get to know the different people involved with things around here. Since one of the age groups I direct is infants-5th grade I am working on building a Children's Ministry Team. There are a lot of things I would like to see happen to make our children's program relevant, fresh, and full of faith growth opportunities!

One of these opportunities I have been working on is Together Tuesday, which is hitting full stride starting this next week. The children's choir is starting rehearsal for the musical on September 22nd and on the 22nd the activities for children will begin. I am very excited to start on the 22nd but I need help! I am looking for 8 volunteers who can lead the k-5th program on Tuesday evenings. These volunteers would lead once a month in pairs. All supplies, materials, training, and plans will be provided.

On Tuesday evenings kids will be engaged in an energetic and different approach to the Bible. Each Tuesday there will be a topic with games that relate to the topic. There will also be some time for interaction with Scripture and small group time. This is a different kind of approach and is very leader and kid friendly so you don't need experience leading children to be able to help.

If there is only one week that you can volunteer that is more than ok just let me know how you can be plugged in! Thank you in advance for your service to the children.

One last thing that I would like to make you aware of is that all children must be signed in by their parent each week and they must be signed out by their parent each week. At Central it is very important to us that we stick to safe church policies in order to responsibly care for your children. This means that no child will be able to leave the gathering room unless their parent signs them out. Thank you for helping us create a safe, fun, and amazing place for the children.

Please email me at [sarah.cordero@welcometocentral.org](mailto:sarah.cordero@welcometocentral.org) for any questions or to volunteer.

Once again thank you for your help!

Sarah Cordero

# Turning Toward II

It's awkward  
What could I say  
I'm not qualified  
It's too painful  
I can't fix it  
I might cry



What can be helpful  
Listening without judgement  
Learning to be present  
Supportive language  
Sharing feelings safely  
How to find resources  
Asking what someone needs  
Honoring confidentiality



I just choke up  
I'd be imposing  
What will they think  
It's so embarrassing  
Don't stir things up  
I can't find words

ANDREA  
WIGGINS  
*comfort*  
& JOY  
PROJECT

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

**Saturday, October 24, 2015**

**9:00 AM: Coffee & treats**

**9:30 AM - Noon: Program\***

Central Lutheran Church Parish Hall

You're invited—as a first-time or previous attendee—to a presentation and extended sharing opportunity based on the research of John and Julie Gottman. We'll learn about and take part in various exercises to practice turning toward rather than away from others during life's challenges. Come join us!

*\*Refreshments and break time provided.*

**Back by popular demand!**

**Tiffany B. Brown**, PhD, LMFT,

*will be our Presenter and Facilitator.*

*She was a colleague of Andrea Wiggins and is currently Lecturer and Clinical Director of the Couples and Family Therapy Program at the University of Oregon College of Education.*

# CENTRAL LUTHERAN CHURCH

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>
<b>Sunday Worship can be heard at 11:00a.m. on radio station KORE 1050 on your AM dial</b>		
<b>4 Pet Blessing Sunday</b> 8:30 First Service-- Holy Communion 9:45 Education Hour, Confirmation 11:00 Second Service Holy Communion 12:15 ELCA/Synod Funds meeting	<b>5</b>	<b>6</b> 7am Meditation Group 5:30 Dinner 5:30 Children's Choir 6:15 Alleluia Choir 6:30 Classes
<b>11 Christus House Sunday</b> 8:30 First Service-- Holy Communion 9:45 Stewardship Fair 11:00 Second Service Holy Communion	<b>12</b>  6pm Christian Education Team  7pm Book Club	<b>13</b> 7am Meditation Group 12:15 Finance Committee 1:00 Hannah/Deborah Circle 5:30 Dinner 5:30 Children's Choir 6:15 Alleluia Choir 6:30 Classes
<b>18 Quilt Sunday</b> 8:30 First Service-- Holy Communion 9:45 Education Hour, Confirmation 11:00 Second Service Holy Communion	<b>19</b> 1 Prayer Shawl Knitters	<b>20</b> 7am Meditation Group 5:30 Dinner 5:30 Children's Choir 6:15 Alleluia Choir 6:30 Classes
<b>25</b> 8:30 First Service-- Holy Communion 9:45 Blood Pressure Screening-cry room Education Hour, Confirmation 11:00 Second Service—Holy Communion	<b>26</b>	<b>27</b>  7am Meditation Group 5:30 Dinner 5:30 Children's Choir 6:15 Alleluia Choir 6:30 Classes

# OCTOBER 2015

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	<b>1</b> 9:00am Quilting Noon Worship, Music & Arts 5:15pm Handbell Ensemble	<b>2</b>	<b>3</b>
<b>7</b> 6:30 Women's Bible Study 7:00am Men's Bible Study 10:30 Bible Study 6:00 Church Council 7:00 Chorale	<b>8</b> 5:15pm Handbell Ensemble	<b>9</b> 7pm Middle School Retreat @ Camp Lutherwood	<b>10</b> 8am Men's Bible study @ CLC
<b>14</b> 6:30 Women's Bible Study 7:00am Men's Bible study 10:00 Ruth Circle 10:30 Bible Study 7:00 Chorale	<b>15</b> 9:00 Quilting 5:15 Handbell Ensemble	<b>16</b> Noon Centralite articles due	<b>17</b>
<b>21</b> 6:30 Women's Bible Study 7:00am Men's Bible study 10:30 Bible Study 6:00pm Church Council 7:00 Chorale	<b>22</b> 5:15 Handbell Ensemble	<b>23</b>	<b>24</b> 9am-Noon Comfort & Joy Workshop
<b>28</b> 6:30 Women's Bible Study 7:00 Men's Bible Study 10:30 Bible Study 7:00 Chorale	<b>29</b> 5:15 Handbell Ensemble	<b>30</b>	<b>31</b> 

## **ANNUAL SOLICITATION FOR FUNDING SPECIAL PROJECTS: CLC**

Endowment Trust Fund Committee is actively soliciting proposals for funding special projects within the church which are outside of the normal budget. Acceptance of these proposals will be guided by the CLC Mission Goals of May 20, 2015.

**Evangelism: We will share the gospel.** We will reach out to our members and the wider community to change lives and welcome them into the life of Christ, wherever they may be on their faith journey. **Worship: Sharing the gospel/Nurturing faithful living.** We will worship God inside and outside our church walls, with liturgy, music and song to bring joy, inspiration, and renewed faith to all seekers who join in the worship celebration. **Outward Focus: We will serve those in need.** We will bring comfort, fellowship, food and shelter to those brothers and sisters in our community who need help. **Youth/Faith Formation: We will nurture faithful living.** We will plant the seeds of faith and community in our children and youth to sustain them through their lives. Request forms may be obtained in the narthex, office or from the Endowment Committee. Your proposal must be coordinated through a committee, council, relevant staff person, and/or pastor. Please have your requests delivered to the office or to the committee by October 1, 2015. Endowment Trust Fund Committee Chair: Arlene Dietz, Treasurer: Kim Meyers, Committee Members: John Jarrett, Jim Reinmuth, Sheri Pyron and Sonja Vik.

**DID YOU KNOW...**in 2014-2015, Endowment funds supported:

- Electronic Signage seed money
- Campus Ministry student dinners
- 1st Friday Childcare snacks
- Stephen Ministry leader training
- Christian Education
- Youth Staff support
- Parish Hall tables
- Chi Rho lecture series
- Equipment for use with the archives
- Parish Nurse training





Air pollution, even at low levels may increase age-related brain impairment as well as other neurological conditions. Now I figured it would be bad for the heart and lungs, which it is, but I didn't know that "normal" pollution levels from traffic, factory emissions and wood fires can age the brain faster.

Even living near a busy road can cause damage... brain damage, heart attack and stroke, especially the "silent" strokes that you don't even know you have had, but which cause damage. (This is not good news for those of us who live near a busy street.) No one is suggesting that you move, but they recommend using a HEPA filter and home and avoid driving during heavily congested times because the contaminants can get into your car even with the windows closed. Sometimes you can't control all these things, but at least don't walk or jog along a busy street! Exercise in an air-conditioned, indoor environment if your only other choice is a polluted area. I would think that if you are buying or renting a house, you might look for one on a quiet road. Source: Mt Sinai, Focus on Health Aging, August 2015, Clarice Bates, RN

PS I hope that by the time this comes out, the pollution from all the forest fires will be over. I think that the same things above would apply to forest fire pollution. My car has never been dirtier than it is now from the forest fire "droppings". I wonder what it has done to my lungs.

## **LIVING STEWARDSHIP: BEING THE HANDS AND FEET OF JESUS**

A Central Lutheran Church Ministry Fair will be held between services Sunday, October 11 starting at 9:45 AM in the Fellowship Hall. All Ministry Teams have been invited to have an opportunity to focus on their particular ministry. The Ministry Fair is an opportunity for you to see how our CLC Ministries are being the hands and feet of Jesus so that everyone we encounter will experience God's love, grace and forgiveness. Not only is the Ministry Fair an opportunity to learn about our various ministries but the Ministry Faire is a great opportunity to see what ministry or ministries you want to share your God given gifts with. Remember there is no faith without works. Come and enjoy the Ministry Fair. Refreshments and fellowship will be provided.

## 2015 SUMMARY THROUGH AUGUST

	2015	2014	Difference
<b>OFFERINGS:</b>			
Regular Envelope	\$ 303,434.01	\$ 300,896.30	\$ 2,537.71
Other Offerings	\$ 2,722.78	\$ 2,704.17	\$ 18.61
Special/Holiday Offerings	\$ 9,305.73	\$ 5,705.00	\$ 3,600.73
Other Income	\$ 44,158.56	\$ 33,291.97	\$ 10,866.59
Departmental Income	\$ 27,148.36	\$ 24,921.05	\$ 2,227.31
Total Income	\$ 386,769.44	\$ 367,518.49	\$ 19,250.95
<b>EXPENSES</b>	\$ 409,593.96	\$ 494,160.65	\$(84,566.69)
<b>YTD NET INCOME:</b>	\$(22,824.52)	\$(126,642.16)	\$103,817.64

**Here is a 2-for-1 idea from Caring4Creation.** The USDA recently announced a goal of reducing food waste by 50% by the year 2030. If you could do this right now, a family of four could save \$1500 a year, send less to the land fill, and, at the same time, reduce your carbon foot print, thus helping the planet in two ways. So how might you do this? Many of you are probably doing this already but here are a few ideas: 1. Eat from your refrigerator and pantry first. 2. Plan a meal of leftovers. 3. Plan your menus before you shop. 4. Buy in bulk so you get only what you need, not the one extra item that comes in a package. This also eliminates LOTS of packaging which also ends up in the land fill. **Watch for information coming soon about bulk buying, called Fill Your Pantry.** 5. Freeze left overs or preserve excess produce from the garden. 6. Take your own containers to restaurants to bring home non-eaten portions of your too-big meals so you can eat them for lunch the next day. 7. If you have large quantities of leftovers or garden produce consider taking them to a food bank. 8. If you have food that has become unusable, consider composting it. This will reduce land-fill waste, cut down on methane emissions, and possibly allow you to move to a smaller garbage can.

THE CLC BOOK CLUB WILL MEET ON MONDAY, OCTOBER 12, 2015, at



7:00pm in the CLCW room to discuss **The Drama of Living:**

**Becoming Wise in the Spirit** by David F. Ford. How can we live wisely in the twenty-first century, alert to God and to other people amid the ups and downs of modern life? We find ourselves

in the middle of complex situations, relationships, responsibilities, ongoing dramas, and challenges. Our response to these circumstances requires us to draw on many sources and to exercise imagination, discernment, and judgment. In this sequel to *The Shape of Living*, renowned theologian David Ford offers insights into living wisely in the Spirit in a culture of distraction. We all take part in the drama of living, and Ford's wisdom shapes our engagement with its depths and fullness. This extraordinary book draws on the riches of his own experience, contemporary poetry, and the mysterious Gospel of John. It both explores the complexities of daily life and inspires wise and creative responses. David F. Ford (PhD, University of Cambridge) is Regius Professor of Divinity at the University of Cambridge, here he has taught for more than 20 years, and is director of the Cambridge Inter-Faith Program. He is the 205 Chi Rho speaker. The discussion will be led by Gary Wolfe.

Come join us! **Looking ahead, the CLC Book Club will meet on Monday, November 9, 2015, at 7:00 P.M. in the CLCW Room to discuss Kevin Powers' *The Yellow Birds*.** Powers served a tour of duty in 2004-2005 as a machine gunner assigned to an engineering unit in Mosul and Tal Afar, Iraq. After returning home, Powers was frequently asked what it was like over there. He eventually came to realize that what people really wanted to know was what it *felt like* to be over there: physically, emotionally, and psychologically. Although fiction, his book captures the essence of those feelings. Powers has a Bachelor's degree in English from Virginia Commonwealth University and holds a Master of Fine Arts from the University of Texas at Austin, where he was a Michener Fellow in poetry. The discussion will be led by Sonia Macke. Come join us!

# Oktoberfest Celebration & Fundraiser

**Tickets are now available for Oktoberfest 2015:**

When: Saturday, October 3, 2015 (3-7pm)

Where: Camp Lutherwood Oregon (22960 Hwy 36, Cheshire, OR 97419)

What: dinner, beer, wine live auction, live music, wine wall, photo booth and much more!

Tickets: \$50/ per ticket (\$25 tax deductible)

Table: \$500 (8 tickets, \$300 tax deductible)

Join us as we celebrate Camp Lutherwood Oregon's amazing 2015 summer season and look ahead to the big plans that are in the works for the future of the ministry! Please contact Caitlin Elwood at 541-998-6444 or [Caitlin@lutherwoodoregon.org](mailto:Caitlin@lutherwoodoregon.org) with any questions