

# THE CENTRALITE

Central Lutheran Church Mission:

To be the hands and feet of Jesus by: **Loving** God and one another **Nurturing**  
faithful living **Serving** those in need **Sharing** the Gospel

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## MARCH 2016



**PLEASE REMEMBER IN YOUR PRAYERS:** LaDonna Belton, Henry Bretthauer, Geri Hanson-Dullea, Cathy Stewart, D'reen Stewart-Cook. We extend our sympathy to Helen Knebel, Rodger & Debbie, Kiersten & Heidi Knebel, Steve & Julie, Jeffrey & Carrie Knebel, Diane & Henry Verdoorn and families upon the death of Bill Knebel. May faith and trust in our Risen Lord help sustain them in their sorrow.

### AARP SMART DRIVER COURSE

The Health Ministry Team and GEMS will be hosting an AARP Driver Safety class in the parish hall on April 2nd from 9 - 3:30. Refresh your knowledge of rules, hazards, and evidence-based safe driving strategies in this 6 hour course. No tests! Open to all drivers. Those 55+ may qualify for insurance discounts. Cost \$20, with \$5 discount for AARP members. Bring your AARP card and a brown bag lunch. Coffee and tea will be provided. To register call the church office at 541-345-0395.

## MESSAGE FROM INTERIM PASTOR STAN

The squirrels did not win. Many of the bulbs planted at the rededication service last September are creeping out of the ground. Oh yes they got a few. But the casualties weren't as many as I had thought. So the light shines in the darkness but the darkness did not overcome it. And new life, with flowers, will happen. These flowers were planted as symbols for new life at Central.

It has been a stressful delight to walk with Central Lutheran these past two years. The leadership talent is abundant. Actually it is incredible. The willingness to work with an incredibly gifted consultant, and an ornery interim pastor, shows a self-giving commitment by many.

This commitment has developed into a different governing structure, an attempt at becoming a missional church, and a sense of humor. The congregational council can now focus on the ongoing health of the personnel committee, the health of finances, the health of property, and the nominations of healthy leaders for elections. The council will also be active in continuing to propose and refine the mission/vision of the church and the specific missional goals.

The lead pastor will be responsible for keeping the mission in front of the congregation and the mission teams. He/she, along with the staff, will walk alongside mission teams to help them live out this mission in the world. One of the main responsibilities of staff and mission teams is to help members of the body use their spiritual gifts.

Staff at Central are no longer the "on point" doers of any particular ministry. All should be working with a team or multiple teams. No staff person should be a team leader of any team. That defeats the purpose of the new way of moving in mission. This is a big change for Central. But it is a necessary change.

Staff will work alongside, and intimately with, teams of ministers. But they will not be permitted to "go it alone". The personnel committee and the lead pastor are to ensure that staff members will grow and thrive at this church. An evaluation system is in place to effectively work with the lead pastor and the staff for reflection and improvement.

This is a time of change/transition. There are wrinkles to be ironed out. It is all process. We hope to have worked on a number of them by the time your new pastor arrives. Whoever he or she is will be very excited about a sound ship that has no holes in her hull, and that lists neither to port or starboard.

This is a very good time to be Central Lutheran Church. Not perfect. That is Jesus' job. Our perfection is in Him. But the power to work on His mission, and the structure behind it, is graciously flooded onto us by the Holy Spirit. So let's have some Spiritual, working fun, as we move through the rest of this transition.

We still need to figure out:

Who is Central? Who are the people who are in a covenant to regularly come to the Lord's Table, grow in love for God and one another, and team up to be workers together in the mission of this church. The time is past for 'members' to be in name only. The world needs more than that. How we can grow together in our understanding of how we handle various monetary funds and how this all relates to our personal sense of financial stewardship?

How we look at the Means of Grace, especially our policy on the Lord's Supper  
Any other ideas on things we can work on during the rest of the interim?  
It is a privilege for me to walk with you during this time of your life together.



**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 April newsletter are due in the church office noon on Friday, March 18. Please coordinate the use of the church for meetings, etc., with Kristi in the office so all groups may be accommodated. Thank you



The **CLC Book Club** will meet on **Monday, March 14, 2016, at 7:00 P.M.** in the CLCW Room to discuss ***Being Mortal*** by Atul Gawande, a physician/surgeon whose parents were also physicians. *Gawanda*, critical of the medical management of our end-of-life care, helps us to have a greater understanding of end-of-life issues. As it says on the book's dust jacket, medicine has triumphed in modern times, transforming the dangers of childbirth, injury, and disease from harrowing to manageable. But when it comes to the inescapable realities of aging and death, what medicine can do often runs counter to what it should. Through eye-opening research and gripping stories of his own patients and family, *Gawande* reveals the suffering this dynamic has produced. Nursing homes, devoted above all to safety, battle with residents over the food they are allowed to eat and the choices they are allowed to make. Doctors, uncomfortable discussing patients' anxieties about death, fall back on false hopes and treatments that are actually shortening lives instead of improving them. And families go along with all of it. *Sonia Macke* will lead the discussion. Come join us! Looking ahead, on Monday, April 11th, the Book Club will discuss ***Under the Banner of Heaven: A Story of Violent Faith*** by Jon Krakauer.

Exercise can actually reverse some brain impairment. Sounds good to me! A recent study showed that there can be reversing of the thinning of the brain cortex associated with mild cognitive impairment. MCI is a cognitive decline that is more than normal for the age, but not so much that it interferes with normal functioning. It is sometimes a hint that Alzheimer's disease may be on the horizon. The study was small and included physically inactive adults, about half of whom had the mild cognitive impairment and half were healthy. They walked half an hour on a treadmill four times a week for 12 weeks. Cardiovascular fitness levels improved for everyone and those who had the most improvement also had the most improved brain cortex, especially in the areas most affected by Alzheimer's disease. Moderate exercise besides brisk walking that would also work are: water aerobics, ballroom dancing, bicycling and even general gardening. It should cause you to sweat a bit, but also be able to talk to someone. So...get a friend and do both your brains a favor! (Socializing also helps brain function, so what's to lose?) Clarice Bates, RN  
Source: Mass. General Hosp. Mind Mood and Memory, Feb. 2016

**CONCORDIA UNIVERSITY, NEBRASKA'S A CAPPELLA CHOIR** will perform at Grace Lutheran Church and LIFE! Lutheran School on March 7th. They are an internationally acclaimed, auditioned concert choir of 72 voices. On March 7 the choir will perform a short program at Life! Lutheran school from 2:30-3:00 pm and a full concert at Grace Lutheran Church at 7:00 pm. Admission is free, and a free will offering will be collected to aid traveling costs for the choir. Put it on your calendars now and invite your friends. It's an evening of top-notch choral music that you'll immensely enjoy! Grace Lutheran Church and LIFE! Lutheran School are on the corner of 18th & Hilyard in Eugene. 541- 342-4841

**"GIRLS NIGHT OUT!"** A group of 10 adventurous and fun loving CLC ladies are planning to attend the upcoming show, "Menopause the Musical", at the Hult Center, Saturday, April 23, at 7:30 p.m., with a gathering for dinner prior to the event. If anyone else is interested in joining us, let Tina Meyer know ([jtimeyer@comcast.net](mailto:jtimeyer@comcast.net)) .if there is another large group, she will purchase a group of seats together. Tickets are \$57.75. (Payment appreciated at time of commitment. Thanks!)

## FROM CARING4CREATION

Easter is this month, and the stores are already stocked, and have been for a while, with lots of plastic eggs, baskets, grass, etc. Here are some ways to avoid buying plastic items and using earth-friendly materials. Of course, the best idea is to reuse what you have, and then save items for next year.

1. Use a decorative cloth bag instead of a plastic basket. If you want to use a traditional basket, choose baskets made of natural materials or fair trade certified baskets. You also might be able to use these baskets after Easter for other uses.
2. Give your children a set of child's garden tools, seeds or other gardening supplies.
3. Instead of plastic grass, fill Easter baskets with biodegradable, sustainable materials that can be composted. You could even shred up Sunday funnies or colorful catalogues.
4. Make your own treats for the basket, and include some bunny food—vegetables and fruits.
5. Dye eggs using natural dyes. Mix a tablespoon of white vinegar per cup of boiling water and add onion skins (yellow), red cabbage (light purple) shredded raw beets (deep red), spinach (light green) coffee grounds or tea (brown). Have your children come up with some of their own ideas of what might dye the eggs. This is a good science investigation.
6. Try bowing some eggs so they can be kept for future years
7. If you include gifts in your Easter baskets, plan the gifts around your child's interests—a game, art supplies, a book, etc.

Finally, share the meaning of Easter by sharing your Easter celebration with others. Consider inviting families from other countries to join you.

# CENTRAL LUTHERAN CHURCH

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>
<p><b>Sunday Worship can be heard at 11:00a.m. on radio station KORE 1050 on your AM dial</b></p>		<p><b>1</b>            1 Alzheimer's Support Group            5:30 Dinner            6:15 Joint Choir rehearsal            7:00 Lenten Worship            7:45 Confirmation</p>
<p><b>6</b>            8:30 &amp; 11:00-- Holy Communion            9:45 Education Opportunities            1:00 Cello recital            5:30 Middle school/high school potluck            6:00 High School Youth Group</p>	<p><b>7</b></p>	<p><b>8</b>            12:15 Finance Committee            1:00 Hannah/Deborah Circle            1 Alzheimer's Support Group            2 Symphony Guild            5:30pm Dinner            6:15 Joint Choir rehearsal            7:00 Lenten Worship            7:45 Confirmation</p>
<p><b>13</b>            8:30 &amp; 11:00 Holy Communion            9:45 Education Opportunities            6:00 High School Youth Group</p>	<p><b>14</b>            7pm Book Club            7pm recital</p>	<p><b>15</b>            1 Alzheimer's Support Group            5:30 Dinner            6:15 Joint Choir rehearsal            7:00 Lenten Worship            7:45 Confirmation</p>
<p><b>20 Palm Sunday</b>            8:30 &amp; 11:00 - Holy Communion            9:45 Education Opportunities            6:00 High School Youth Group</p>	<p><b>21</b>            1pm Prayer Shawl Knitters            7pm Personnel Committee</p>	<p><b>22</b>            1 Alzheimer's Support Group            No Together Tuesday activities—Holy Week</p>
<p><b>27 Easter Sunday</b>            8:30 &amp; 11:00 Holy Communion            9:30 Easter Breakfast</p>	<p><b>28</b>            Office Closed—Easter Monday</p>	<p><b>29</b>            1 Alzheimer's Support Group            5:30pm Children's Choir            5:30 Dinner            6:20pm Alleluia Choir            6:30 Classes            7:00 Confirmation and Middle School Youth Group</p>

# MARCH 2016

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>2</b> 6:30am Women's Bible Study 7:00 Men's Bible Study 10:30 Bible Study 3:45 Endowment Committee 6:00 Church Council 7:00 Chorale	<b>3</b> 8:30 Stewardship Team 9:00am Quilting Noon Worship, Music & Arts 5:15 Handbell Ensemble 7pm Meditation Group	<b>4</b>      5pm Wedding rehearsal	<b>5</b> 2pm Carr-Hoiland wedding
<b>9</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>10</b>  5:15 Handbell Ensemble 6:30 Stephen Ministry 7pm Meditation Group	<b>11</b>    5pm Trombone recital	<b>12</b>   9:30am Day Camp Coordinators meeting
<b>16</b> 6:30 Women's Bible Study 7:00am Men's Bible study 10:30 Bible Study Noon GEMS 6:00pm Church Council 7:00 Chorale	<b>17</b>  9:00am Quilting 10:30am Parish Nurse 5:15 Handbell Ensemble 7pm Meditation Group	<b>18</b> Noon Centralite articles due	<b>19</b>   7pm Ensemble Concert
<b>23</b> 6:30 Women's Bible Study 7:00am Men's Bible study 10:30 Bible Study  7:00pm Chorale	<b>24</b> <b>Maundy Thursday</b> Noon & 7:30pm Holy Communion 7pm Meditation Group	<b>25</b> <b>Good Friday</b> Noon & 7:30 worship	<b>26</b> <b>7pm Easter Vigil</b> Holy Communion
<b>30</b> 6:30 Women's Bible Study 7:00am Men's Bible study 10:30 Bible Study  7:00pm Chorale	<b>31</b>  5:15 Handbell Ensemble 7pm Meditation Group		

**LIVING STEWARDSHIP: BEING THE HANDS AND FEET OF JESUS THE DRIVING FORCE IN GENEROSITY OF STEWARDSHIP IS ALWAYS GRATITUDE FOR GOD'S ABUNDANCE.**

Whining, begging, embarrassing, fear mongering and 'guilting' are ineffective motivators. Indeed, no one wants to be 'should' upon. We are willing to be generous when we:

- 1) become aware how God has marvelously blessed us,
- 2) are caught up in a spirit-filled vision for the future, and
- 3) trust our leaders will lead us toward that vision.

Why would anyone give to an organization that wasn't clear & passionate about its own purpose? Building trust and clarifying a vision of God's calling for our congregation takes time, but it's crucial. That is what we have been working on at Central for the last two years. We have made tremendous strides. We now have a Call Committee actively engaged in the Call process. We are thankful for how by God's grace we are growing in generosity. It is a time to re-commit in generosity for God's abundant stewardship.

May our journey as God's steward be filled with challenge, great joy, and delightful surprises and successes.

**ILLUMINATED MANUSCRIPTS: ST. JOHN'S BIBLE AND LINDISFARNE GOSPELS:** A new Adult Education class will focus on the Bible and the art of two illuminated manuscripts - the St. John's Bible from the 21<sup>st</sup> century and the Lindisfarne Gospels from the 8<sup>th</sup> century. The St. John's Bible is a handwritten and illuminated Bible commissioned by St. John's Abbey - a Benedictine monastery in Minnesota. It is divided into seven volumes and is made of vellum with 160 illuminations and original calligraphy. We will watch a CD on the making of the St. John's Bible and then look at specific illuminations and discuss how they can be used for devotion, prayer, or meditation (*visio divina*) along with their biblical text (*lectio divina*). We will also look at the Lindisfarne Gospels, another illuminated manuscript, produced in a monastery in Northumberland off the northeast of England in medieval times. It is one of the finest works of Anglo-Saxon art and contains the first translation of the Bible from Latin into English. The sessions will meet on Sundays, February 28, March 6, 13, and 20 at 9:45am in the library and will be facilitated by Elizabeth Uhlig.

## EDUCATIONAL OPPORTUNITIES FROM THE HEALTH MINISTRY TEAM:

April 3: **Hospice 101:** It is an unfortunate fact that many people who are eligible for hospice services through Medicare don't use this benefit to their best advantage. We will have guest speaker Christine Burkey from Cascade Hospice offering a presentation on what you may not know about hospice: what services hospice offers, when to request a referral from your doctor, how to choose a hospice service, and information about the new hospice house currently under construction in Eugene. She will also describe how to become a hospice volunteer. There will be time for questions.

April 10: **Making Health Care Decisions:** The speaker will be John Holmes, Director of Mission and Ethics at Peace Health. His area of expertise includes biomedical ethics and ethical issues in aging. He is an engaging speaker and will provide food for thought. He will describe the work that he does and will also entertain your questions. At a recent presentation at First United Methodist Church the discussion was quite lively.

These two offerings will be from 9:45 - 10:45 between services on the first two Sundays after Easter. Plan to stay after first service or come early before second service.

**CARING4CREATION** has a new bulletin board! It is located to the left of the Sunday School double doors near the drinking fountain. Come and check out what is new: upcoming Our Children's Trust Federal Law Suit, That's My Farmer Event information, Kathleen Dean Moore's new book, *Great Tide Rising*. This is where you will find Caring4Creation news in the future

## CLCW NEWS

The latter part of April we are planning a Spring Luncheon for all women of Central Lutheran. Each table will have a hostess who will decorate her table with her own dishes, tableware and centerpiece. There will be a special program which will be great fun for all. We will let you know as soon as we have more details. If you would like to be a hostess, please call Wendy Rase 541-686-2733.

**Circles:** Hannah/Deborah meets Tuesday, March 8<sup>th</sup> at 1:00 and Ruth meets March 9<sup>th</sup> at 10:00 for Bible study, friendship, and coffee. The Early Morning Bible Study meets at 6:30A.M. in the CLCW Room for Bible study, prayer and light breakfast. All women of Central are invited to attend any of these groups. We use the Bible study provided by the Women of the Evangelical Lutheran Church of America (WELCA).

**CHILDREN'S SERMONS ARE BACK!** It is so important for kids to interact with adults who aren't their family members. This is why a church community is so important for families with children. If you want to be involved in helping build this community one way is to volunteer to give a children's sermon. There are resources and help available to make things as easy as possible. They are about 5 minutes or less long and very painless. Please prayerfully consider being an important person in the lives of the children as they begin their faith journey. Please contact Sarah Cordero ([sarah.cordero@welcometocentral.org](mailto:sarah.cordero@welcometocentral.org)) to volunteer or with any questions. Thank you for your service to the children!

**CHILDREN'S MINISTRY** is very different than most ministries. This is because unlike so many ministries the vast majority of the ministry is run by people who are not in the ministry itself. Children can do a lot of things but they can't drive themselves places, plan events, and teach their own faith education opportunities. We need volunteers to serve in a Children's Ministry Team. As always, please prayerfully consider how you can help serve our children and families. Please contact Sarah Cordero ([sarah.cordero@welcometocentral.org](mailto:sarah.cordero@welcometocentral.org)) to volunteer or with any questions. Thank you for your support!

**THE ENDOWMENT FUND COMMITTEE** is excited to celebrate the 'gift of giving' within the life of the congregation. Thank you for the gifts from faithful stewards! We celebrate the distributions made to various ministries at Central.

Thank you for your commitment, support and generous gifting. This month we highlight CLC Archives and Godly Play as recipients of the Endowment Fund distributions.

**CLC ARCHIVES** - A total of \$1,372.45 in funds have been used thus far for this now two year project by the CLC Archive committee to transition to electronic records. Many photographs, negatives, slides and documents have been scanned and digitized to be used in our websites, newsletters and exhibits. CLC Archives will continue to grow as more records and documents are transferred on a regular basis. In addition to documentation transfer, the committee has also purchased new equipment, such as a computer, inkjet printer, an external hard drive and scanner.

**GODLY PLAY** - Godly Play focuses on a child's innate sense of the presence of God and helps them love God, each other, and nurtures their faithful living. Funds totaling \$3,184.22 have been used to purchase materials, shelving, art supplies and training for teachers for children pre-K through grade 5. Also, the former preschool rooms have been converted into Godly Play classrooms. This program is backed by 40 years of research and practice, helps model worship life, stories, symbols, rituals of Christian congregations.

Thank you to the many members who contribute by tithing in time, talent and treasure to the ministries at Central. We will continue to share the blessings from other ministries helped by the Endowment Fund. For information on how you can leave a legacy for ministry, please contact any of the Endowment Fund committee members: Arlene Dietz, John Jarrett, Kim Meyers, Sheri Pyron, Jim Reinmuth or Sonja Vik.