

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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MAY 2016



PLEASE REMEMBER IN YOUR PRAYERS: *LaDonna Belton, Donna Espeseth, Kay Hanson, Dorothy Kleingartner, Roger Rush, D'reen Stewart-Cook.* We extend our sympathy to *Chuck, Marla, Chad Swenson, Stefani Brown, Dave, Nancy, Chloe, Paul Swenson* and families upon the death of *Chuck, Sr.; Ardith Bretthauer and family* upon the death of *Henry*. May faith and trust in our Risen Lord help sustain them in their sorrow.



Here is a weird notion but according to the Journal of Neuroscience, it is true. **SLEEPING ON YOUR SIDE HELPS THE BRAIN DISPOSE OF BRAIN WASTE....and, no, the wastes do not**

drain out your ears. It works like this: The accumulation of brain waste, including beta-amyloid and tau proteins which are associated with Alzheimer's, may also cause other neurological problems. The brain waste disposal system is known to work best during sleep. (One reason you need to sleep well.) Animal research shows that this system works significantly better if the animal is side-sleeping.

Apparently most people sleep on their sides already, probably nature's way of helping us dispose of the brain wastes that accumulate while we are awake. (You are right if sometimes you feel like your brain is too full of garbage.) Anyway, side-sleeping also helps people with sleep apnea and back problems. A pillow between the knees/legs helps the back. So, if you are not a side-sleeper, give it a try! Sweet dreams! Clarice Bates, RN, Source: Mass. Gen Hosp., April 2016

MESSAGE FROM INTERIM PASTOR STAN

Welcome to spring! New life. Wild turkeys 'strutting their stuff'. Gobbling at sunrise. It is a good time of the year. Sharon and I are waiting for our cherry tree to finally show its flowers from the swelling buds.

Central Lutheran is also looking at another 'spring'. This month your call committee will receive names from our Bishop, David Brauer-Rieke, and Assistant to the Bishop, Susan Kintner. Then the committee can move forward with interviews. This is a good time for extra prayers for the call committee's work.

The call committee will keep the congregation posted on the progress if there is progress to report. For obvious reasons they cannot speak about individual candidates they are interviewing, because often the candidate's congregation doesn't know that he/she is seeking another call.

Remember, you may also submit names to the call committee of pastors that you think may be a good fit for Central. They will forward the names to the Bishop's office for vetting.

You have done well during this interim, and any pastor should be excited to serve here. There are many healthy leaders here. There are many members who are committed to being a healthy congregation that focuses on Mission and New Life. There may be some folks who are interested in returning 'home' to Central as the movement toward calling a new pastor is happening. Welcome them with open arms and help them catch up on the Mission direction their church is choosing.

There are some physical happenings of new life at Central. Some needed building repairs are in the plans. Come to the congregational meeting on June 26 to hear about these. Hopefully we will have our bishop with us for the meeting as well as Sunday services.

The bulbs we planted at last September's rededication service are continuing to smile at us as their flowers are faithful to the creation. Now we can sneak around and stick in some more annuals/perennials when no one is looking. Let's see if we can get a 'rise' out of the property/maintenance committee.

Other things at work are new mission teams beginning, or ending, or being renewed. One team that is being renewed is the Senior Ministry Team, previously called GEMS. We have been doing some renewal work with this team, helping the team test how they can be renewed under the churches' Mission/Vision.

One of the brainstorming topics for this renewed team was how to connect with kids or others who were not yet seniors. We asked Faith Formation Director, Sarah Cordero, to spend some time with us to help in this area. Sarah contributed a number of concrete ways that seniors could interact with other generations to help with faith formation.

And on and on. New life. Embrace it. Allow the Spirit to mess with your imagination. It is your future. It is my privilege to walk with you during this time.



The CLC Book Club will meet on **Monday, May 9, 2016, at 7:00 P.M.** in the CLCW Room to discuss ***The Road to Character*** by David Brooks. Brooks focuses on the deeper values that should inform our lives. Responding to what he calls the culture of the Big

Me, which emphasizes external success, Brooks challenges us, and himself, to rebalance the scales between our "resume' virtues"--achieving wealth, fame, and status-- and our "eulogy virtues," those that exist at the core of our being: kindness, bravery, honesty, or faithfulness, focusing on what kind of relationships we have formed. He does this by looking at some of the world's greatest thinkers and inspiring leaders (including Frances Perkins and George C. Marshall) by exploring their internal struggles and sense of their own limitations. Arlene Dietz will lead the discussion. Come join us! And looking ahead: On June 13th the **Book Club** will meet to discuss ***I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban*** by Malala Yousafzai.



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

PASTORAL NOMINATIONS FROM CONGREGATION MEMBERS

Do you know someone that you think would be a good candidate for the Synod and Central's Call Committee to consider for the permanent pastor at Central? If so, you may nominate that person. The process will involve the following:

- All nominations from the congregation must be submitted to the synod office in writing.
- Keep in mind the results of congregation member's input as you consider your nominee's suitability for call.
- A pastor is usually not eligible for consideration if he/she has served less than 3 years at his/her present call.
- Interim pastors serving your congregation during the vacancy are not eligible to be considered for the call.

Nomination forms are available in the church office from Kristi. Once the form is completed return it to the office and it will be forwarded to the synod office. No nominations will be made from the floor during a call meeting.

CHANGE OF ADDRESS:

Bill Hallstrom: 600 Waterford Way #316 Eugene OR 97401; 541-344-7559

NEWS FROM THE HEALTH MINISTRY TEAM

Our Health Ministry Team has been busy bringing health and safety related events to the congregation.

We sponsored a Walk to Jerusalem during Lent and members were challenged to try to walk the distance from Galilee to Jerusalem, 80 miles, during the 40 days of Lent. 45 people signed up to participate with most of those regularly reporting their progress weekly. A chocolate reward was provided at the Easter Vigil for all the walkers.

We had 24 participants successfully complete our Driver Safety class sponsored by AARP in a day long workshop on April 2nd. We welcomed instructor Daryl Swan who suggested that we offer this class annually. It is suggested that those under 70 are certified every three years and those over 70 do a review every two years. An annual offering would accommodate both groups.

Between services on April 3rd we had 45 people attend a presentation by Christine Burkey from Cascade Hospice.

On April 10th we had a discussion on medical ethics and health care decisions lead by John Holmes, the Director of Mission and Ethics at Peace Health attended by 35 folks. One of the important take home lessons from this session was the importance of having an Advance Directive in writing and discussing one's wishes with the doctor and family members. John recommended a workbook designed to help a person understand how to complete this sometimes daunting and often confusing task. Several people present expressed interest in a possible workshop with the health ministry team to use this resource to accomplish this goal. If you would be interested in participating in this please talk with Sally or any or the health ministry team so we can make decisions about time, place, and format of such a group.

Thank you to everyone who participated in our recent events. We welcome suggestions for future offerings. You can contact Sally at 541-852-007 or email to sdiehm330@gmail.com

CENTRAL LUTHERAN CHURCH

SUNDAY	MONDAY	TUESDAY
<p>1 8:30 & 11:00 Holy Communion 9:45 Education Opportunities/Comfort & Joy 6:00 Middle school/high school potluck</p> <p>Synod Assembly ends</p>	<p>2 1:30pm Chuck Swenson, Sr. Memorial Service</p>	<p>3 8am Meditation Group 1 Alzheimer's' Support Group 5:30pm Dinner 6:30 Classes 7:00 Confirmation and Middle School youth group</p>
<p>8 8:30 & 11:00 Holy Communion 9:45 Education Opportunities 6:00 High school Youth Group</p>	<p>9 7pm Book Club 7pm Foundation Board</p>	<p>10 8am Meditation Group 12:15 Finance Committee 1 Alzheimer's' Support Group 1 Hannah/Deborah Circle 5:30pm Dinner 6:30 Classes 7:00 Confirmation and Middle School youth group</p>
<p>15 FISH SUNDAY 8:30 & 11:00- Holy Communion 9:45 Education Opportunities/Comfort & Joy 1:00 Cello recital 6:00 High School Youth Group</p>	<p>16 1pm Prayer Shawl Knitters</p>	<p>17 8am Meditation Group 1 Alzheimer's Support Group 5:30pm Dinner 6:30 Classes 7:00 Confirmation and Middle School Youth Group</p>
<p>22 8:30 & 11:00-- Holy Communion 9:45 Education Opportunities/Comfort & Joy Blood Pressure Screening 6:00 High School Youth Group</p>	<p>23 Homeless Shelter @ Central 1:30pm Symphony Guild</p>	<p>24 Homeless Shelter @ Central 8am Meditation Group 1 Alzheimer's Support Group</p>
<p>29 Homeless Shelter @ Central 8:30 & 11:00-- Holy Communion</p>	<p>30 Homeless Shelter @ Central Office Closed- Memorial Day</p>	<p>31 8am Meditation Group 1 Alzheimer's Support Group 5:30PM Dinner 6:30 Classes 7pm Confirmation/Middle School Youth Group</p>

MAY 2016

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 6:30am Women's Bible Study 7:00am Men's Bible Study 10:30 Bible Study 7 Chorale	5 8:30 Stewardship Team 9:00am Quilting Noon Worship, Music & Arts 5:15 Handbell Ensemble	6	7 5:30 Concert
11 6:30am Women's Bible Study 7:00am Men's Bible Study 10:00 Ruth Circle 10:30 Bible Study 7 Chorale	12 5:15 Handbell Ensemble 5:30 Transition Team 6:30 Stephen Ministry	13 5pm Cello rehearsal	14 9am Leadership meeting
18 6:30am Women's Bible Study 7:00am Men's Bible study 10:30 Bible Study 6 Church Council 7:00 Chorale	19 9:00am Quilting	20 Noon Centralite article due 2pm Symphony Guild	21
25 Homeless Shelter @ Central 6:30am Women's Bible Study 7:00am Men's Bible study 10:30 Bible Study 7:00pm Chorale	26 Homeless Shelter @ Central 6pm music rehearsal 6:30 Stephen Ministry	27 Homeless Shelter @ Central 3:30 music rehearsal	28 Homeless Shelter @ Central

2016 SUMMARY THROUGH MARCH

	2016	2015	Difference
OFFERINGS:			
Regular Envelope	\$124,118.50	\$ 111,327.16	\$ 12,791.34
Other Offerings	\$1,451.50	803.59	\$ 647.91
Special/Holiday Offerings	\$3,821.00	648.98	\$ 3,172.02
Other Income	\$14,379.47	7,318.60	\$ 7,060.87
Departmental Income	\$31,348.06	4,069.83	\$ 27,278.23
Total Income	\$175,118.53	124,168.16	\$ 50,950.37
			\$ -
EXPENSES	\$190,771.72	155,308.64	\$ 35,463.08
			\$ -
YTD NET INCOME:	(\$15,653.19)	\$ (31,140.48)	\$ 15,487.29

Caring4Creation We are calling this article "Meteorology and Morality". It is directly quoted from the 2016 Ecumenical Lenten Carbon Fast, Day 40. Should any church representatives wish to sign up for next year's carbon fast the email is: babcockp@macucc.org. It is a project of NEREM (New England Regional Environmental Ministries). Day 40 **Contemplation** Imagine if we humans were as concerned about the climate trends as we are about today's or tomorrow's weather! Imagine TV meteorologists acknowledging that they have a moral duty to expand their reporting to educate the public on the facts. If it's appropriate for a meteorologist to tell us that yesterday's temperature broke a record, why would they not tell us that, worldwide, **January 2016 was the hottest month of any month ever recorded, and it followed 2015, which was the hottest year ever recorded.** **Action** Leaders from 191 nations agree that our generation must make profound changes in countless areas of our lives. Not only does this change the moral duty of meteorologists, it likely changes what is morally expected of you, and me, and almost all of us. **Once we know** that the heat accumulating in the Earth because of human emissions is roughly equal to the heat that would be released by

400,000 Hiroshima atomic bombs exploding across the planet *every day**, what adjustments are we called to make? What should you and I be doing differently in our work and witness that would resemble a meteorologist reporting on climate change?

*italics are mine—Merrily Sutton

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! Thank you for your commitment, support and generous gifting. Through these gifts we celebrate the distributions made possible to the various ministries at Central.

Previously we highlighted *CLC Archives, Godly Play, Parish Nurse Training and Stephen Ministry Leader Training*. This month we are highlighting Faith Formation Leader and Student Dinners on Together Tuesdays as recipients of the Endowment Fund distributions. **Faith Formation Leader** - Council requested \$75,000 in Funds to be spread over a 3 year term to hire and support a Faith Formation Director, who would oversee Youth and Family Ministry. 2015 was the first year of the funding.

\$20,000 was granted by the Endowment and matched by Central's operating funds. Sarah Cordero was hired in August of 2015 as a full time Director of Faith Formation. She oversees ministry from birth to age 30 with the assistance of two part-time staff: Nick Tasker, Coordinator Youth and Young Adult Ministry and Megan Susuico-Scott, Coordinator of College Ministry.

Student Dinners on Together Tuesdays - The Endowment funded a request for \$4,500 to help fund Tuesday night dollar dinners for 25 college students. Central wants to welcome and engage college students into the community. Central's Together Tuesdays provides a meal and fellowship to our Christus House residents and other college students. We have been averaging between 10-15 students each week.

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.

Safeguard Our Church Families II

*Come learn and share your thoughts about
Creating Safe & Healthy Churches* & Ending Family Violence*



CLASSES: **April 17, 24,
May 1, 15, & 22**

◆ 9:45 AM in the Chapel

Sessions will include:

- Leadership: A Man's Eye View
- Faith & Marriage
- Why Women Don't Leave
- Preparing Youth for Relationships
- Planning for Safety & Security Now
- Video Presentations

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*

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

MAY 15, 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 May 15th
- *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.

DIRECTOR OF FAITH FORMATION
SARAH CORDERO

The Easter season is a busy time for churches and this Easter was no different. The annual Easter Egg Hunt had 30 children and over 15 volunteers who prepared eggs to be stuffed, stuffed eggs, and hid eggs.

There were also many people who donated candy. This was a wonderful time for parents and families to spend some time together and of course get some candy. It was a wonderful way to spend time with our many families and our guests. Thank you to those who made this possible.

Recently, we also had a lunch to celebrate our Central family. More than 10 people worked in many different ways to make this lunch happen. Without these people who worked hard to make the lunch a reality we would not have had such a wonderful meal to share. This was a great intergenerational time where we were able to appreciate our Central families and our young families.

Spending time together building relationships is such a vital part of church life. We all need to be able to lean on our church family for support and community. Once again, thank you to all the people who made these two things happen so that we could have time together!