

# 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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## SEPTEMBER 2016

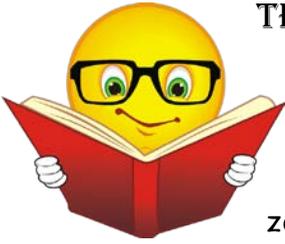


**PLEASE REMEMBER IN YOUR PRAYERS:** *LaDonna Belton, James Cook, Doris Lang, Lily Richard, D'reen Stewart-Cook, Janis, Jean Stewart-Webster;* We extend our sympathy to: *Stan Stewart* upon the death of his wife, Cathy; *Linda Sherman* upon the death of her husband Roger Rush. May faith and trust in our Risen Lord help sustain them in their sorrow.



**THE SOLACE COMMITTEE** is considering new models for receptions following funeral services. Possibilities include receptions that mirror between - services coffee hours and receptions provided in conjunction with friends/family or a caterer. We find that in order to keep our mission vital we need to

simplify how we do things and expand our volunteer base. You can help by volunteering to make coffee, setting up food platters and assisting in cleanup. Additions to our "cookie list" would also be appreciated. Many thanks to all of you who have been so faithful in your support of our past efforts. Providing comfort to those who are grieving has been an important mission of our church. We hope that with your help we will be able to continue our work. For more information please contact Clarice Bates at (541) 345-3126.



**THE CLC BOOK CLUB** will next meet on **Monday, September 12, 2016, at 7:00 P.M.** in the CLCW Room to discuss ***Where Land & Water Meet: A Western Landscape Transformed*** by Nancy Langston. Using the Malheur Basin in southeastern Oregon as a case study, Langston tells the environmental history of riparian zones, those wetland areas where land and water meet. She examines how the Paiutes, ranchers, homesteaders, scientists, and government agencies - such as the Fish and Wildlife Service, BLM, and the Malheur Wildlife Refuge - have used, altered, and managed these lands, often with unintended results. The book provides the background to the ongoing conflict over the use of land in the West which was central to the occupation of Malheur Wildlife Refuge in January of this year. The discussion will be led by Elizabeth Uhlig. Come join us!

And looking ahead: **The CLC Book Club** will meet on **Monday, October 10, 2016, at 7:00 P.M.** in the CLCW Room to discuss ***The Wright Brothers*** by David McCullough. This biography of Orville and Wilbur Wright is a fascinating and enjoyable read. They were men of exceptional courage and determination, and of far-ranging intellectual interests and ceaseless curiosity. When they worked together, no problem seemed to be insurmountable. That they had no more than a public high school education and a little money never stopped them in their mission to take to the air. The discussion will be led by Alisa Naleway. Come join us!

**HELLO TO MY CENTRAL FAMILY,** I've lived in the Charlotte, NC area for one year now. I became a member of Advent Lutheran Church last November. My entire family was present for the service of acceptance. As a matter of fact that day we also interred Dick into the Columbarium at Advent Lutheran Church. So as the calendar has rolled into another summer I feel much more grounded and adjusted than I did a year ago. However! I haven't forgotten for one minute any of you. You are still family to me. I pray for you always. I still have the same telephone number and email address and would love to hear from you. God's Blessings, Carole Johnson.



Do you have trouble swallowing pills? Do you gag and struggle? Well, here are some tips that may help. First, DON'T crush or mix with food or liquid unless the pharmacist says it is OK.

NEVER crush time-release meds or open capsules. If you get a 4 hour dose all at once, it could be fatal! Still, some meds can be crushed and put in food or liquid and that does the job for lots of people. For pills that must be swallowed whole, try putting the pill or capsule in food such as yogurt or pudding that you do not need to chew and your brain might be convinced that the pills are food. Tilting your head back and swallowing may work, but you have probably tried that already. Try leaning forward or turning to right, left or facing forward and swallowing. Another trick I had never heard of is washing it down with a gulp of water using a bottle of water rather than a glass. In one study this last alone improved swallowing by 60%. Last ditch.....ask your doctor for a liquid form. Clarice Bates, RN, Source: ARTHRITIS TODAY May/June 2016



**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, September 16. Please coordinate the use of the church for meetings, etc., with Kristi in the office so all groups may be accommodated. Thank you

**THE SENIOR MINISTRY TEAM TASK FORCE** will meet Thursday, Sept. 8<sup>th</sup> at 2:30 P.M. in the Library. If anyone would be interested in joining the Senior Ministry Team, please call Marilyn Tollefson at 541-344-0938, for more information.

**THE SENIOR MINISTRY GROUP** (formerly known as GEMS) will meet for a potluck at noon, on Sept. 15<sup>th</sup>, in the parish hall. We will discuss and decide what we would like to do at our Senior Group meetings the rest of the year. Anyone over 55 is welcome to join us.

*You are cordially invited to the third annual  
Fall Celebration & Fundraiser:*



Camp Lutherwood Oregon  
**HARVEST**  
*Festival*

Saturday, October 1, 2016  
3 p.m. to 7 p.m.

*Dinner and auction to begin at 5 p.m.*

At Camp Lutherwood Oregon

22960 Highway 36  
Cheshire, OR 97419

Farm-to-table meal, beer & wine, auction & events

*The favor of your response is requested by September 15  
via the included card and envelope or by calling 541-998-6444.  
Tickets are also available online at [lutherwoodoregon.org](http://lutherwoodoregon.org).*

**\$50 per person**

*Contact Caitlin Elwood for sponsorship opportunities ([caitlin@lutherwoodoregon.org](mailto:caitlin@lutherwoodoregon.org)).*



**DINNER GROUP** All church members interested in joining a Dinner Group are invited to attend a Dinner Group Re-Organizing picnic on Sunday, September 18<sup>th</sup> at 1 PM at John & Carolyn Pape's home (40184 York Lane, Springfield OR 97478). We would love to have you join us! Please bring something to BBQ and a salad, main dish or

dessert to share. It is also nice to share a favorite wine or beverage of your choice. Dinners rotate each month within a small group of 8-10 people. Usually the hosts prepare the main dish and other group members provide appetizer, salad, vegetable or dessert. If you are interested in fellowship and good food, then please consider joining the Central Lutheran Church Dinner Group. Each fall our goal is to form several groups of 8-10 people with experienced leaders. The leaders set up a host rotation and guide the group through a season of monthly dinners, including the annual Christmas party and the fall re-organization picnic. For more information about the groups or if you cannot attend but would like to be part of the group, call Rosie at 541-726-5694 or Carolyn at 541-726-1492.

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

Endowment 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: **EVANGELISM:** We will share the gospel. **WORSHIP:** Sharing the gospel/Nurturing faithful living.

**OUTWARD FOCUS:** We will serve those in need. **YOUTH/FAITH FORMATION:** We will nurture faithful living. Request forms may be obtained in the narthex, office, emailed or from the Endowment Committee. Your proposal must be coordinated through a ministry team, council, relevant staff person, and/or pastor. Return completed request to Kristi in church office or the chairperson of Endowment Committee by October 1, 2016. Endowment Fund Committee Members: Chairperson Arlene Dietz, Kay Larson, Eddie Maldonado, Kim Meyers, Sheri Pyron, Jim Reinmuth and Sonja Vik.

## THE STATE OF THE OCEANS--Environmental Update from Earthkeepers Merrily Sutton

To appreciate the impact of fossil fuels on the present condition of the oceans it is helpful to understand the chemistry of carbon. As fossil fuels are burned, carbon dioxide is emitted into the atmosphere. In recent years 365 million tons of carbon have been released. As the ocean absorbs carbon dioxide from the atmosphere it is converted into carbonic acid; the pH of the water declines causing it to become more acidic. If the water and the carbon dioxide are in equilibrium, roughly the same quantities are released as are absorbed. But, with the changes in the atmosphere, more carbon dioxide is being dissolved into the water than is being released making the ocean more acidic.

Every day each American is releasing 7 pounds of carbon into the atmosphere, hence the term "carbon footprint". Remember, oceans cover 70% of the earth's surface and are 30% more acidic than they were in 1800. At this level there is a destructive affect on coral reefs, krill, which is the primary food of whales, and closer to home, on Pacific Coast oysters. In essence the entire food chain is affected.

A more visible state of the ocean is the "Pacific Garbage Patch", a phenomena in which 100 million tons of plastic, styrofoam, and garbage is caught in a gigantic swirl off the Pacific coast. Each year, plastic debris kills more than 100,000 sea turtles, sea birds, and marine mammals. What we know as garbage they see as food. The good news, if late, is that bag bans in four Oregon cities will eliminate 304 million bags from the waste stream each year. A state ban would eliminate 1 billion bags from the waste stream per year.



**The Central Lutheran Chorale** year for 2016- 2017 will commence on Wednesday, September 7 with our first full rehearsal (7- 8:45 p.m.) in the Nicki Hanson Music Room. During this year, Rutter's **Requiem** will be presented during on All Saints' Sunday. In June 2016, we will present Mozart's **Coronation Mass**. We have vacancies in all sections. It is a repertory choir. Childcare is available during Wednesday rehearsals. All those interested in singing in the Chorale, please see ElRay Stewart-Cook ([AEESC@welcometocentral.org](mailto:AEESC@welcometocentral.org)), or call the church office.



**The Handbell Ensemble** rehearses on Thursdays: 5:15-6:15 commencing on September 15. We have vacancies for bell ringers; for more information, see ElRay Stewart-Cook or call the church office.



**The Alleluia Choir (grades 4 - 9)** begins on Tuesday, September 20, **between 6:15 - 7:00 p.m.** The rehearsal piggybacks with the Together Tuesday program which includes a meal, games, Bible story, and other activities.

# CENTRAL LUTHERAN CHURCH

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>
<p><b>4</b> 8:30 &amp; 11:00 Holy Communion</p>	<p><b>5</b> <b>Office Closed— Labor Day</b></p>	<p><b>6</b> 7:30am Meditation Group 1 Alzheimer's' Support Group</p>
<p><b>11</b> 8:30 &amp; 11:00- Holy Communion 9:30 Stewardship Fair 4pm ElRay &amp; Friends concert</p>	<p><b>12</b>  7pm Book Club</p>	<p><b>13</b> 7:30am Meditation Group 12:15 Finance Committee 1 Alzheimer's Support Group 1 Hannah/Deborah Circle 5:30 Children's/Youth Ministry 6:15 Alleluia Choir 7:15pm Confirmation</p>
<p><b>18</b> 8:30 &amp; 11:00-- Holy Communion 9:45 Welcoming Team Presentation</p>	<p><b>19</b>  1pm Prayer Shawl Knitters</p>	<p><b>20</b> 7:30am Meditation Group 1 Alzheimer's Support Group 5:30 Children's/Youth Ministry 6:15 Alleluia Choir 7:15pm Confirmation</p>
<p><b>25</b> 8:30 &amp; 11:00-- Holy Communion 9:45 Blood Pressure Screening Welcoming Team Presentation 4pm Terra Nova Trio</p>	<p><b>26</b></p>	<p><b>27</b> 7:30am Meditation Group 1 Alzheimer's Support Group 5:30 Children's/Youth Ministry 6:15 Alleluia Choir 7:15pm Confirmation</p>

# SEPTEMBER 2016

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	<b>1</b> 8:30 Stewardship Team 9:00am Quilting	<b>2</b>	<b>3</b>
<b>7</b> 6:30am Women's Bible Study 7:00am Men's Bible Study 7pm Chorale	<b>8</b> 4pm Senior Ministry 6pm Stephen Ministry	<b>9</b>	<b>10</b> 9am Leadership meeting
<b>14</b> 6:30am Women's Bible Study 7:00am Men's Bible study 10am Ruth Circle 7 Chorale	<b>15</b> 9am Quilting Noon Senior Ministry Group potluck 5:15 Handbell Ensemble 7pm High School Leadership team	<b>16</b> Noon Centralite articles due	<b>21</b> 5pm Ensemble concert
<b>21</b> 6:30am Women's Bible Study 7:00am Men's Bible study 10:30 Bible Study 6 Church Council 7 Chorale	<b>22</b> 5:15 Handbell Ensemble	<b>23</b>	<b>24</b>
<b>28</b> 6:30am Women's Bible Study 7:00am Men's Bible study 10:30 Bible Study 7 Chorale	<b>29</b> 5:15 Handbell Ensemble	<b>30</b>	



**DIRECTORY ADDITIONS:** Please include the following changes/additions in your 2017 directory; our apologies for the omissions.

**EMERY                    Jeannine                    541-232-1544**

**LAMBERT                Janet                            541-337-6161**

**SAKAGUCHI    Stephanie    Annie**  
**135 W 52<sup>nd</sup> Ave                    Eugene OR 97405**

**YOUNGQUIST        Genevieve                    541-344-9740**  
**1919 Bailey Hill Rd. #10    Eugene OR 97405**

**ZAHN    Eileen                            541-484-7263**  
**750 Fair Oaks Dr                    Eugene OR 97401**

**ZINK                Bill                                541-344-7083**  
**2250 Hideaway Ct                    Eugene OR 97401**

**PASTOR'S BIBLE STUDY** will begin again starting Wednesday, September 14 at 10:30 AM in the Church Library. The study will be on the book of Exodus. Exodus has three parts: in the first part, God hears the Israelites' cry for help in Egypt; the second part tells about Israel's identity as God's covenant partner; and the third part includes detailed instructions for constructing a movable place of worship and worshipping in the wilderness. The main purpose of the book of Exodus is to tell a faith story of lasting significance. Join the group for study, prayer and fellowship. Study guides will be provided at the first class.

## 2016 SUMMARY THROUGH JULY

	Jan-July 2016	Jan-July 2015	Difference
Regular Envelopes	\$ 288,775.48	\$ 255,746.71	\$ 33,028.77
Other Offerings	\$ 2,738.96	\$ 2,388.02	\$ 350.94
Special/Holiday Offerings	\$ 4,551.00	\$ 9,305.73	\$ (4,754.73)
Other Income	\$ 31,425.92	\$ 41,330.47	\$ (9,904.55)
Departmental Income	\$ 55,850.42	\$ 23,849.76	\$ 32,000.66
Total Income	\$ 383,341.78	\$ 332,620.69	\$ 50,721.09
Total Expenses	\$ 411,120.06	\$ 362,834.80	\$ 48,285.26
YTD Net Income	\$ (27,778.28)	\$ (30,214.11)	\$ 2,435.83

### YOUR CENTRAL LUTHERAN FOUNDATION AT WORK

In January of this year, your Central Lutheran Foundation awarded gifts in the amount of \$56,815 supporting the mission of our Church to be the hands and feet of Jesus by loving God and one another; nurturing faithful living; serving those in need; and sharing the Gospel. Each month, we will focus on one of the awards.

*CASA - Court Appointed Special Advocates for Children* The mission of Court Appointed Special Advocates (*CASA*) is to provide a powerful voice for abused kids by advocating for foster children within the court system, because with *CASA*, children are more likely to find a safe, permanent home.

Your Central Lutheran Foundation has supported *CASA* since 2009 and this year awarded them \$2,000 so they could continue to expand their program, *A Voice for Every Child*. In 2016, they plan on advocating for 477 children, an increase

of 46 children over last year. There is list of over 200 children waiting for advocates.

*A Voice for Every Child* is an innovative service model launched in 2011 which shifts away from traditional reliance on staff supervisors toward leveraging experienced volunteer Peer Coordinators as "coaches" for CASA volunteers. Volunteer Peer Coordinators are carefully selected from the pool of CASA volunteers. As the most seasoned, experienced volunteers, Peer Coordinators receive specialized training to coach 3-5 CASA volunteers each with the support of a staff Program Supervisor. By training an increasing number of Peer Coordinators and doubling the CASA volunteer recruitment efforts we will grow so we can serve more children while improving quality and reducing cost of service per child.

The Central Lutheran Foundation grant will specifically help CASA recruit, screen and train 50 new CASA volunteers and to train 15 new Peer Coordinators.

CASA will greatly benefit families and communities within Lane County by preventing the many detrimental outcomes that threaten abused children. The additional children served by this project will have a Court Appointed Special Advocate fighting for their right for a safe and secure home. Independent studies have found that children with CASA volunteers:

- Are significantly less likely to re-enter the system due to abuse and neglect.
- Are more likely to receive needed services.
- Are less likely to be moved from foster home to foster home.
- Improve academic success
- Are more likely to be adapted or return home rather than remain in long term foster care.

With this program children will have a powerful voice of an advocate speaking for his/her best interests in the courtroom and community.

Please keep the CASA program in our prayers.



## MINISTRY FAIR

Mark your calendar! Get ready and come to the fair! The Central Lutheran Church Ministry Fair will be held Sunday, September 11 from 9:30 AM to 1:00 PM in the Fellowship Hall and related space. All the Ministry Teams have been invited to show what they are doing being the hands and feet of Jesus. We actually have over 35 ministry Teams. Yes, a lot of stuff goes on at Central and in our community because of our Ministry Teams. The Ministry Fair is one way of telling our stories. It is another way for each of us to identify the skills God gave us and to see how we might use those skills. Many people already serve on one or more Ministry Teams. Perhaps it is time to change Ministry Teams - sign up for something new, different.

September 11 has been designated by the ELCA as a dedicated day of service emphasizing Gods Work Our Hands. Central Lutheran will join over 10,000 ELCA congregations across the United States in participating in this day of service. This year's dedicated day of service will also mark the 15-year anniversary of the Sept. 11, 2001, terrorist attacks on the United States. Opportunities in the community will be identified for you so come prepared to spend the afternoon out in the community being the hands and feet of Jesus.

Remember 1 Peter 4:10: Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

See you at the Fair. Oh yes there will be food and drink!

## PROPERTY HANDYPERSON

This person is responsible for performing repair and maintenance tasks at Christus House and the University street property. Activities will include: carpentry work, plumbing, electrical, painting and general facility repairs. This is a part-time, on-call, paid position. For more information, please contact Anna Moeller, Chair, College Ministry Team, Megan Susuico-Scott, Coordinator of College Ministry, or Gary Wolfe, Chair CLC Personnel Committee. A copy of the job description is available in the Church Office. Please submit your resume to [info@welcometocentral.org](mailto:info@welcometocentral.org)

If you are interested and qualified, please apply. Please share with your friends and others who are qualified.

These positions will remain posted until filled.

# Come to the Fair!

★ *Discover and celebrate  
ministries that serve your community*

Sunday

September 11

9:30 am to 1:00 pm

★ *scrumptious snacks  
info and displays from 30+ groups  
gratifying opportunities*

★  
**Central Lutheran Church  
Fellowship Hall  
1857 Potter Street, Eugene**

★ *We are the hands and feet of Jesus by loving God and one another,  
nurturing faithful living, helping those in need, and sharing the good news*



CONCERT SERIES  
MARKING THE 40TH ANNIVERSARY  
OF THE BROMBAUGH ORGAN AT  
CENTRAL LUTHERAN

**Dr. Andrew ElRay Stewart-Cook and Friends**

Siri Vik, Soprano  
Patricia Dewey, Alto  
Brennen Guillory, Tenor  
Pilar Bradshaw, Violin  
David Straka, Cello  
Martha Griffith, Harp

**SUNDAY, SEPTEMBER 11, AT 4 P.M.**

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Favorites by Bach, Gounod, Offenbach, Puccini,  
Saint-Saen, Grandjany, and Dubois

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Suggested donation for **FOOD FOR LANE COUNTY**  
\$5 or \$10 per family

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