

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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OCTOBER 2016



PLEASE REMEMBER IN YOUR PRAYERS: *LaDonna Belton, Doris Lang, Pat Lund, Lily Richard, Phyllis Rosenbaum, D'reen Stewart-Cook, Janis, Jean Stewart-Webster*

THE SENIOR MINISTRY GROUP (formerly known as GEMS) will meet on Oct. 20th at 12:00 PM, for a potluck lunch in the Parish Hall. Following the lunch, Lynn Berg will give a program on Hardanger violins and how he makes them by hand. All seniors and anyone interested in meeting with seniors, are welcome to attend.



PET BLESSING Animals will be blessed at the first part of both worship services on Sunday, October 2, the Sunday nearest St. Francis of Assisi Day on October 4. Animal care will be available for the remainder of the service after pets are blessed if that would be helpful. Spread the word to your friends and in your neighborhood. We welcome your pets to church on this special day.

Thank you all for the warm reception I have received as your Interim between the Interim and Pastor Laurie's arrival. I am having fun sharing this time with you where all the heavy decision making of your transition process is concluded but the page doesn't turn to the new chapter just yet. I trust the Holy Spirit will use this time to prepare us for the journey that begins when Pastor Laurie arrives.

I have to tell you that I love that the creed used at the 11:00 service was written from the core values you all worked on during your transition process. I have made my confirmation kids write their individual faith statements for all 15 years I've been teaching confirmation. I love that as a congregation you all have done the work to write your collective faith statement. (For those of you who don't worship at 11:00, here it is.)

We believe in the mystery of the one loving God who creates, sustains, redeems and restores everyone and everything. Therefore, we will live in hope, trusting God in all things.

We believe that God the Father is the source of love, life, hope and forgiveness. Therefore, we will reflect God's love as we share the Good News.

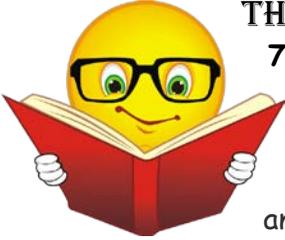
We believe that God became human in Jesus who lived to serve, died to save, and rose to give everlasting life. Therefore, we will walk in the way of Jesus.

We believe God, the Holy Spirit in us, breathes life, inspires faith, challenges sin and empowers Christ-like service. Therefore, we will embrace God's unleashing of the Spirit in our lives, church, and world.

We believe the Church is a people united by God in Christ, empowered by the Spirit to discover grace, grow in faith and serve the world. Therefore, we will join together in love to serve God, one another and the world.

I pray God's blessings on Central Lutheran Church as you all live these words into reality.

Interim Pastor Shelley Willem



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! And looking ahead:

The CLC Book Club will meet on **Monday, November 14, 2016, at 7:00 P.M.** in the CLCW Room to discuss ***The Book of Forgiving*** by co-authors Desmond Tutu (1984 Nobel Peace Prize Recipient) and his daughter Mpho Tutu. The book presents the fourfold path for healing ourselves and our world. As Krista Tippett wrote about it: "...Takes forgiveness out of the realm of mystery and offers a handbook, revealing this most exacting and freeing of human capacities in all its complexity and transformative power". Arlene Dietz will lead the discussion. Come join us!

TO THE MEMBERS of Eugene Central Lutheran church—We have been so pleased to have had Pastor Laurie Jones at Ballard 1st Lutheran that we can say with confidence—you'll love her. Sincerely, The Petersons from Seattle



DIRECTORY CHANGES:

Please make the following changes in your directory

Elizabeth Uhlig: 541-844-9847

Pete Cauble: 60764 Breckenridge, Bend OR 97702; 541-913-3041

Ted & Marilyn Scherer: 8402 W Rosemonte Ave, Peoria AZ 85382

Mark & Debbie Ringsdorf: 541-683-3544

2016 SUMMARY THROUGH AUGUST

	Jan-Aug 2016	Jan-Aug 2015	Difference
Regular Envelopes	\$ 323,588.48	\$ 303,434.01	\$ 20,154.47
Other Offerings	\$ 2,942.06	\$ 2,722.78	\$ 219.28
Special/Holiday Offerings	\$ 4,551.00	\$ 9,305.73	\$ (4,754.73)
Other Income	\$ 33,835.81	\$ 44,158.56	\$ (10,322.75)
Departmental Income	\$ 60,794.49	\$ 27,148.36	\$ 33,646.13
Total Income	\$ 425,711.84	\$ 386,769.44	\$ 38,942.40
Total Expenses	\$ 462,970.74	\$ 409,593.96	\$ 53,376.78
YTD Net Income	\$ (37,258.90)	\$ (22,824.52)	\$ (14,434.38)



More bad news about sugary drinks: It has been known for a long time that drinking sugary drinks makes you fat. For years, it has been known that cola drinks wreck your bones (osteoporosis). Now

a study of 22,000+ people showed people who drink 5 sugar-sweetened sodas a WEEK are more likely to have early signs of heart disease than people who had less than one soda a week. Coronary heart scans showed accumulation of calcium in the heart vessel lining.....signs of heart disease. (The calcium can end up plugging the vessels which can starve the heart of oxygen, which can damage the heart...or kill you.) The researchers adjusted for factors such as age, high blood pressure, high cholesterol and family history. (The article I read did not address this but my hunch is that all sweetened beverages are bad, not just the sodas.) You may think that you can't cut back, but I used to drink 5 a day and now drink about one every 5 years. (I do NOT have super will power, but just decided to go with the science.) Don't switch to loads of coffee. Some is good....lots can be too much. Clarice

Bates, RN, Source: Harvard Heart Letter, July 2016.

PS: TIME FOR YOUR FLU SHOTS! In the last couple years I have personally known three otherwise healthy people who died of the flu...including one man in his 40's! Do yourself a favor and get your shot!



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 21. Please coordinate the use of the church for meetings, etc., with Kristi in the office so

all groups may be accommodated. Thank you

CENTRAL LUTHERAN CHURCH

SUNDAY	MONDAY	TUESDAY
<p>2 Blessing of the Animals 8:30 & 11:00 Holy Communion 9:30 Godly Play; "The Prodigal God"</p>	<p>3 5:30pm Capital Campaign meeting</p>	<p>4 7:30am Meditation Group 5:30 Together Tuesday Meal 5:30 Children's/Youth Ministry 6:15 Alleluia Choir 6:30 "Rediscovering the Book of Faith" 7:15pm Confirmation</p>
<p>9 8:30 & 11:00- Holy Communion 9:30 Godly Play; "The Prodigal God"</p>	<p>10 7pm Book Club</p>	<p>11 7:30am Meditation Group 12:15 Finance Committee 1 Hannah/Deborah Circle 5:30 Together Tuesday Meal 5:30 Children's/Youth Ministry 6:15 Alleluia Choir 6:30 Class 7:15pm Confirmation</p>
<p>16 8:30 & 11:00-- Holy Communion 9:30 Godly Play; "The Prodigal God."</p>	<p>17 1pm Prayer Shawl Knitters</p>	<p>18 7:30am Meditation Group 5:30 Together Tuesday Meal 5:30 Children's/Youth Ministry 6:30 Class 6:15 Alleluia Choir 7:15pm Confirmation</p>
<p>23 Quilt Sunday 8:30 & 11:00-- Holy Communion 9:30 Godly Play; "The Prodigal God." Pastor Shelley last Sunday</p> <hr/> <p>30 Confirmation Sunday 8:30 & 11:00-- Holy Communion 9:30 Godly Play; Confirmation reception Pastor Laurie Jones first Sunday</p>	<p>24 31</p>	<p>25 7:30am Meditation Group 5:30 Children's/Youth Ministry 5:30 Together Tuesday Meal 6:15 Alleluia Choir 6:30 Class 7:15pm Confirmation</p>

OCTOBER 2016

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1
5 6:30am Women's Bible Study 7:00am Men's Bible Study 10:30 Bible Study 7pm High School Youth Group 7pm Chorale	6 8:30 Stewardship Team 9:00am Quilting 7pm Worship, Music & Arts	7 Middle School retreat @ Camp Lutherwood	8
12 6:30am Women's Bible Study 7:00am Men's Bible study 10am Ruth Circle 10:30 Bible Study 7pm High School Youth Group 7 Chorale	13 11am Senior Ministry 5:15 Handbell Ensemble	14	15
19 6:30am Women's Bible Study 7:00am Men's Bible study 10:30 Bible Study 6pm Church Council 7pm High School Youth Group 7pm Chorale	20 9am Quilting Noon Senior Potluck 5:15 Handbell Ensemble	21 Noon Centralite articles due	22
26 6:30am Women's Bible Study 7:00am Men's Bible study 10:30am Bible Study 7pm High School Youth Group 7pm Chorale	27 5:15 Handbell Ensemble	28	29

TIME OF NEED AND GOOD SAMARITAN FUNDS

The Time of Need (TON) Ministry Team includes: Dennis Betts, Jean Clancey, Cyndy Lane and Shirley Watson. This committee reviews and co-ordinates distribution of funds to members of our congregation who are experiencing financial difficulties. Referrals are brought to this committee by the pastor, member of the congregation or by the person in need. Following the Guidelines, provided by the Church Council, the committee can authorize use of funds for meeting those needs. Funding for this ministry is accomplished by requesting grants from the Endowment Fund and through donations from the congregation. Contributions can be made by writing a check to Central Lutheran Church with the TON designation in the memo line.

THE GOOD SAMARITAN FUND is used by the pastor for responding to requests for emergency help by persons outside the congregation. Donations to this fund may be made by writing a check to Central Lutheran Church with Good Samaritan Fund in the memo line. This committee serves confidentially and with joy. It is a privilege to be able to participate in meeting crisis needs within our congregation and the community in which we live.

MANY THANKS to All the Saints at Central Lutheran, for the Heartfelt Wishes, the Words & Gifts, sent or given to Sharon & I since my retirement.

We are humbled by your hearts, your trust, your good wishes, & your generosity.

Since our last Sunday together, we camped our way through British Columbia, and I have spent the majority of time in Alaska with family, working on projects.

We now hear that all is in line for your new pastor to arrive in October! & we rejoice in the Hope & Promise of this new beginning in the life of Central Lutheran Church.

Please know that you ALL remain in our Hearts, and in our Prayers.
May God Bless all that Lies Ahead,

Yours in Christ, Interim Pastor Stan Berntson & Sharon Geldaker

WE WANT TO THANK and acknowledge the individual efforts and collective inspirations of the 35+ ministry teams, who showcased their programs missions at the Ministry Fair held Sunday, September 11. It was a joyful and rewarding day of sharing and discovery; highlighted by the warmth and caring of our church members personal investment and dedication of the betterment of Central Lutheran Church and our community. Thank you for being the hands and feet of Jesus. See you next year. In Christ, The Stewardship Team

REQUIEM DEDICATION LIST: On All Saints' Sunday, November 6, at both services, the Central Chorale with soloists and orchestra will present John Rutter's beautiful Requiem. As is our custom, we invite you to submit names of departed loved ones to be printed on the dedication page in the bulletin that day. People at Central who have passed away since All Saints' Sunday 2015 will automatically be included. Any other names need to be submitted. You may write them on the communion card, send, bring, email or telephone them to the church office. We need to have the names by noon on Monday, October 31. We hope that you will invite you friends to join us that day—it would be a good time to introduce your friends to our wonderful church.

SUNDAY MORNING ADULT CLASS! A new six-week class will begin on September 18, called "**The Prodigal God.**" We will explore the Parable of the Prodigal Son, discovering which character we are like, and learning about our lavish God. Join us from 9:45-10:45 a.m. in the church library, with Larry Sutton, Rachel Vettrus, and Nick Tasker.

TUESDAY EVENING ADULT CLASS! Come with us as we rediscover the Bible through discussions about "**Rediscovering the Book of Faith.**" The class will held in the church library from 6:30-7:30 p.m. Kim Meyers, our facilitator, will guide us to find out how the Bible came to be our Book of Faith and what it means for our lives today. Be part of this three-week class!

TUESDAY EVENING ADULT CLASS LEADERS NEEDED! Your Education Team is currently looking for some leaders for Tuesday evening classes. We need a substitute for the third session of "Rediscovering the Book of Faith." We need one or a few leaders for a 5-to-7-week class, the topic of which will be decided by the Tuesday evening group. Please contact Neal Mandich (neala1@aol.com or 541-393-6948) if you are interested. The Ed. Team will also provide any assistance and training that you may need. Thanks!

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.

Positive Community Kitchen

The Positive Community Kitchen was founded as a result of the tragic accident that took the lives of South Eugene High School students Connor Auslund and Jack Harnsonkram on a Mr. Axeman retreat. Wendy Stragr, the founder, wanted something good to come out of this tragedy. She had heard of an organization, CRES, in Sonoma, CA, which brings teens, healing food, and cancer patients together. Hence the Positive Community Kitchen was born.

The Positive Community Kitchen pairs students and adults to learn how to prepare healthy organic meals and to deliver them to individuals suffering life-threatening illness. Recipients of these meals can be found through word of mouth, the Willamette Valley Cancer Center and through various doctors throughout the community. The Positive Community Kitchen prepares 5 separate dishes for up to 30 people weekly for a period of 12 weeks.

The Positive Community Kitchen builds healthy communities by restoring fresh, whole and organic food to its place as the foundation of health, and by connecting people in heart-centered ways to themselves, others and the earth.

The Positive Community Kitchen's commitment is to use foods that are the healthiest for the person as well as for the planet. The PCK meals contain whole foods that are fresh, organic, delicious, nourishing, nutrient-rich, seasonal, beautiful, minimally processed, grown sustainably, local whenever possible, and are made with love.

The Positive Community Kitchen uses organic and local foods to ensure that the freshest and most nutrient rich whole food is available for our clients as well as to nurture a healthy local food system by supporting our local growers and producers.

Your Central Lutheran Foundation provided \$1,000 in funding for the Positive Community Kitchen. Please keep the Positive Community Kitchen program in your prayers.

LIVING STEWARDSHIP IN WORK AND WEALTH

The mission statement of the Stewardship Team is: "Informing, Encouraging, and Empowering Our Response to God's Love." The "our" in the statement is all of us. We so often become so busy with the demands of just living, that we do not take time to reflect on our personal life priority of being the "Hands and Feet of Jesus." On September 11, we had an opportunity to do just that at the Ministry Fair. Many people commented on the buzz of energy and concern occurring throughout the fair. This indeed, was demonstrating how we engage our mission, both as a community of Christ and individually responding to God's love through our time, skills and mutual support.

What was not as obvious was that many of these ministries would not be possible without your financial support. The other side of the coin is responding to God's Love by using all our God given financial resources in support of God's work here. There are many ways to do this, but as a member of the Christian community called Central Lutheran Church, the first way we need to consider sharing God's financial gifts to us is through the support of our ministries together.

Yes, it is that time again when we prayerfully consider financially responding to God's love by making a commitment to the ministries of Central. Our annual financial campaign will begin on October 16 and end with our Commitment Sunday on November 13. During this time, we will share information on the work of our church at Central, in the Synod, and world-wide through the ELCA. You will be asked to make a commitment to these ministries so that God's work can continue here. So please begin to talk about, share with each other, and pray about how you can financially share God's love. Consider this prayer by Earl D. Miller:

God, you give good gifts to me,
This I live so gratefully
You enrich all my days,
Now I come to sing your praise.
Praise for life and friends and food,
Praise for giving all that's good.
Praise for Jesus Christ your son,
Praise for loving everyone.
Now I come to give myself,
Give my time and give my wealth.
Give my gifts as generously
As, O God, you give to me.
May my life and all I give
Help this world to richly live.
May all greed for things decrease
That your people live in peace.
As a steward help me live.
Help me care and help me give.
Help me share your gifts with all.
Help me answer to your call.
You are calling and I hear.
In your presence, I come near.
Come with gifts that they may be
Consecrated, God, to thee.