

The Lamplighter

A Newsletter of **Community Presbyterian Church**
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APRIL 2020

Growing In Christ & Loving One Another

Staying on Point with Our Mission and Vision

So much has changed this last month! I miss being together in one place and I know you all are with me in that. But remember, the church is not the building and the church is not one hour on Sunday morning in that building. The church is us – you and me and all of us Fully Convinced of that, I want to encourage us as the church to keep our orientation to the Mission and Vision God has given us, as discerned by Session, and adopted in January 2020.

MISSION STATEMENT: We are called to grow in Christ and love one another.

Nothing about our isolation and stay at home orders in response to COVID-19 prevent us from living into this mission. I pray that all of us in the church may be growing in Christ, being shaped by the Spirit in this season of time, solitude, and silence. I am grateful that you all are so good at loving each other. Elders and Deacons are playing a role and the rest of you are doing it informally because you love and miss your friends. Keep loving well and extend that love to neighbors and others in need. We will get through this stronger if we get through this together!

VISION STORY:

- **We are rooted in God's love, alive in Christ, and led by the Spirit.** This is true now and always. I pray that when you are alone or lonely, you are reminded of God's love and presence with you now as always.
- **We welcome all to join our community, encouraging lives of faith and discipleship.** We are getting creative with online meetings of discipleship groups trusting that God is leading us deeper as God leads us through this.
- **We worship to encounter God and experience wonder.** It is not the same as gathering in one place, but I am so grateful that we are together in worship each Sunday morning at 10am online. It is really a high point of my week and I hope the same for you!
- **We continue a legacy of contributing to the life of our city, moving into our shared future.** We are volunteering and giving as we are able to support initiatives to take care of those who are sick, isolated, or experiencing financial need. We will rise to the occasion to meet needs and serve neighbors through this crisis and on the far side.
- **We value relationships across generations, mutually sharing encouragement and faith.** I don't know about you, but I am so thankful for phone calls to stay connected to all of you. It is easy to call those you know well, but be bold and reach out to those in our church or in your neighborhood you know less well to offer connection and support.
- **We commit to friendships with each other where we experience God's grace and compassion, while laughing and celebrating together.** It is hard to find joy in this season, but there are glimpses of beauty and God's goodness all around us. Keep an eye out for where God is at work in your relationships and celebrate it!
- **We focus locally and connect globally, working for God's peace, reconciliation and justice in the world.** We are maintaining communication and prayer with our sister church in Mombasa, Kenya. We are partnering with local non-profits to feed and shelter those in need right through this crisis. Let's also be united in prayer and hope for the new world that God will build on the far side of this crisis.

Together in Christ, the Good Shepherd,
Rev. Andrew Hoeksema

Music Ministries**Karen Sipes, Director**

In this time of quarantine, all choir rehearsals are cancelled until further notice. In an effort to remain connected, I have reached out to all Music Ministry members to maintain our practice of sharing with one another and praying for each other and the church. This is something we do each Wednesday and Sunday morning, and will continue throughout the quarantine, via email.

I encourage any member of our music ministries to reach out to me during this time. I will pray with you, for you, share needs and concerns, and do anything I can to encourage and remain connected. A thought I had was to honor the request of some of my choir members to do a vocal workshop specifically for them. I can do that virtually, and all can attend in the safety of their own homes. I can offer that to all who are interested. Contact me with interest and I will arrange it.

Music lives in all of us. Think about sending your favorite inspirational music recordings, videos, lyrics, etc. to me to share, or to all of the music ministry members, and let's continue to lift each other up and share our hearts.

Until I see you again in person, I hold each of you in my heart, in my thoughts and prayers.

*Love and Blessings,
Karen Sipes,
Director of Music Ministries*

March 19 Notes From Session

We face a time of separation, from each other, from our congregation, from work and pleasure, but not from God. All of us are made in God's image we need to not withdraw from that, but draw upon it and continue to work as the body of Christ. Stay in contact with each other and with all of your friends. Call, write, text, e-mail, or whatever you can do, let's all stay in fellowship. Speak to your neighbors, meet their needs as creatively as you can while you keep yourself healthy. Sending cards, delivering groceries, smiling at those you do see. In this pandemic pause, let us not pause from our mission to love God and help one another.

*Steve Cross,
Clerk of Session*

A Note From The Youth Group Leader:

Youth Group please stay in touch with me if you need anything!

Cell Phone: 541-604-1119 Email: kelsey@redmondcpcc.org

From Kelsey Stealey, Youth Group Leader



Wellness Ministries Mission Statement: To help the congregation attain, maintain, and/or regain the best possible health...Wellness of mind, body and spirit that can be experienced. This is realized through education, guidelines, screening and providing ongoing support.

Wellness during the time of COVID-19

I've felt really disoriented these past two weeks. During that time, I went from learning that COVID-19 was likely to impact the US to being secluded at home with my daughter and granddaughter. That's an amazingly fast change of lifestyle and social reality. When I started working on this article a week and a half ago, I focused on basic protective measures like washing your hands. Now we're all practicing social distancing and worshipping via the internet.

The rapidly changing landscape of COVID-19 creates huge challenges for maintaining wellness because it threatens our most basic need to feel safe and in control. Two weeks ago, we could decide whether or not to go out for a meal or whether we had time for a quick trip to Fred Meyers. Now, we can only order take out and may have to wait in line before getting inside the grocery store where we hope to find basic necessities.

Since we haven't yet hit the peak of this pandemic, it's imperative that we pay attention to how well we have been managing so far and how we can stay adaptable for changes yet to come. How do we do this when so much is beyond our control?

We can regain a sense of control by focusing on what we can do, by restoring our sense of agency or our ability to initiate and complete intentional activities within our lives. Experiencing agency is particularly important in areas that impact our sense of wellness, which includes spiritual, social, emotional, and physical well-being. To take stock of your status, take a few minutes to ask yourself these questions:

Are you getting enough rest? What gets in the way of good sleep?

Are you getting enough, and the right kind of, exercise? What do you need?

Are you eating healthy foods, with an emphasis on fresh produce, legumes, nuts, lean meat and fish, and whole grains? What gets in the way of your doing that?

Are you maintaining your personal time with God? What makes it hard to do this?

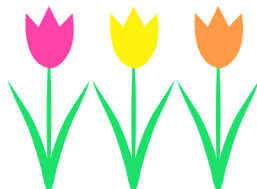
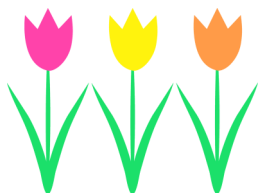
Are you talking with old friends, neighbors, and relatives? What do you need to do more of this?

Do you have, and do you follow, a regular practice for managing stress? This can include exercise, prayer, meditation, yoga, writing or painting, etc. Which of these activities most appeals to you?

Now, take a few more minutes and identify the first steps you can take to improve your wellness in one or two of the areas above. This is a first step in rebuilding your sense of agency and regaining a capacity for flexibility in response to future changes.

While it feels critical to stay informed about the latest changes in state policy and the advent of COVID-19, there is very little we can do to alter the course of this pandemic. There is, however, a lot we can do to take care of ourselves and our loved ones. Let's prepare for the challenges ahead by practicing a healthy lifestyle now.

*Rebecca Parker,
Wellness Coordinator*





APRIL BIRTHDAYS

4/01 Kiefer Leutschaft
 4/02 Betty McCormick
 Don Sheets
 Bruce Smith
 4/06 Judy McKinney
 4/08 Maddox Barr
 4/09 Gloria Irwin
 4/12 Jack Nelson
 4/14 Greg Lundgren
 4/16 Rita Phillips
 4/17 Barbara McDaniels
 4/23 Olivia Duff
 4/30 Iverson Smith

★HAPPY★
 BIRTHDAY!

APRIL ANNIVERSARIES



4/14 Don & Linda Shaw

APRIL Deacon of the Month

Roxanne Duman

Thank you to all who have donated On-Line or mailed in checks. Your faithfulness is very much appreciated.

Stay safe and healthy.

From the Finance Team



2019 Angelfest Proceeds

Reach	\$500.00
Warm Springs Church	\$500.00
Boy Scouts Troop #27	\$400.00
CPC Playground	\$200.00
Cold Weather Shelter	\$1,621.00
Reserve for 2020 Angelfest	\$200.55
Total	\$3,421.55



Thank you to everyone who helped to make Angelfest

May Newsletter Deadline

The next *Lamplighter* news deadline is Thursday, **April 23**. Articles turned in after the deadline may not be published and all articles are subject to editing. Whenever possible, announcements and articles for publication should be sent via email to:

tammy@redmondcpc.org

You will receive a reply letting you know your contribution was received.



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