

# The Lamplighter

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

## Well, What Now?

For the last several months, it has been a challenge to sit down and write a newsletter article because things are changing so quickly. The formal letter (from May 21) to the congregation regarding our tentative plans for the coming month(s) is at the back of this newsletter for those of you who have not yet read it.

The leadership of this church feel very similar to how you are feeling in your individual lives. We hold the uncertainty of the near future in our hearts and minds as we work together to lead the church on a weekly basis, knowing to some extent it is impossible to make precise plans a whole month away. For some of us (like me) who love to set plans and timelines months in advance, this uncertainty is uniquely frustrating and difficult and at times discouraging.

We all experience an antsy feeling of wanting to get out of our homes and get back to “normal,” while rationally aware normal isn’t out there any more and even when we do gather again it won’t be normal. The safety, health and wellbeing of our members and our community are our top priority in decision making so we take a patient approach. There might be suggested timelines in that letter sent out 10 days ago that have already been delayed due to local infection rates. We would rather be slow and safe than quick and sick. It’s just that simple.

So where does that leave us as a church in the month of June? Physically, we are still in our homes and not in the sanctuary. Relationally, we are more connected than ever with church members talking to each other more openly and deeply throughout the week far beyond the passing hellos and handshakes that used to satisfy us on Sunday mornings.

Where are we spiritually? Collectively, we are strong in our commitment to Christ, standing on the good news of God’s love, trusting we are in God’s care. Individually, though, I think many of us are at a crossroads. Two months ago, maybe we set aside extra time for silence, prayer, scripture, and spiritual reading. Now that we have grown accustomed to a new way of being, it is easy to let commitments fade and dissolve. I encourage and challenge you to take time for examining your spiritual center, to see how God might be leading you to renew practices of spiritual connection even. Now. Is there time in your day to add in prayer and silence? Is there a pattern of scripture reading that appeals to you (e.g., a chapter from a gospel or a Psalm each day)? Is there a spiritual book on your shelf that could guide you deeper?

Missionally speaking, we are also at a crossroads. Prior to this Pandemic, many of us had found meaningful ways to serve our community in the name of Christ – non-profit boards, volunteering with Jericho Road or the Senior Center, or at the hospital. Some of those efforts continue in adapted formats, some have ceased. At the same time, all of us have had reason to be more connected to our immediate neighbors than ever. Perhaps you have gotten to know the names of the kids down the street or become aware of the needs of an elderly neighbor or a single working parent. Without hesitating you have given away some toilet paper, rice, or flour. I encourage you this month to explore with God what it would look like for you to take loving your neighbors to the next level. We have to know them to love them so the first step might be starting a conversation with a stranger two houses down. Will you risk expanding your comfort zone (safely and healthily) to love your literal neighbors in partnership with Christ this month. I believe this is a key path forward for us as a church. We can start today!

*In Christ whose love knows no lockdowns, strangers, or boundaries,*

## Scholarship Team



The Scholarship Team has met and selected the following applicants to receive a CPC scholarship for 2020!  
 The applicants were all well qualified scholastically, have participated in many youth activities at CPC and volunteered in the community and held part time jobs.

CPC scholarships were awarded to the following students:

**Eli Gaspar:** Eli is graduating from Ridgeview High School and will attend COCC full time and PSU in the future. He will be majoring in business and art.

**Adi Lautschaf:** Adi is graduating from Redmond High School and will also attend COCC where she will study criminal justice.

**Danika Lundgren:** Danica is graduating from Ridgeview High School and will attend Whitworth University next fall where she will major in Political Science.

The Scholarship Team is thankful to be able to offer scholarships to these graduates and we wish them great success in their future endeavors!

## Congratulations To Our Graduates!



<u>High School</u>	<u>College/University</u>
<p><b>James Anderson</b>                      Central Christian School                      Nephew of Tammy Whitehead</p> <p><b>Ryan Hamilton-Sutherland</b>                      Clackamas High School                      Grandson of Sandy Sutherland</p> <p><b>Mattie Michie</b>                      Lake Ridge High School                      Granddaughter of Nancy &amp; Gary Patterson</p>	<p><b>Skylar Adams</b>                      BA in Theatre Arts:                      Theatre Performance Emphasis; Minors in Musical                      Theatre and Urban Education                      Santa Clara University                      Granddaughter of Cheryl Adams and Bill Creach</p> <p><b>Michael Hodecker</b>                      B.S. in Finance                      Oregon State University                      Grandson of John &amp; Lari Hodecker                      Nephew of Lynn Hodecker</p> <p><b>Owen Hucke</b>                      Bachelor of Music Performance - Piano                      Southern Oregon University                      Son of Gary &amp; Janet Hucke</p> <p><b>Megan McKinney Huxman</b>                      Master of Arts in Teaching                      Northwest Christian University                      Granddaughter of Ed &amp; Judy McKinney</p>



## Pandemic Pessimism?

I'm finding it harder to stay upbeat as the pandemic rolls on. Though the state is opening up, continued social distancing and staying "safer at home" remind me that Covid-19 is still a dangerous and poorly understood virus. It's impossible to predict when we'll feel safe enough to socialize without masks and to meet in large groups.

How can we stay optimistic while we wait for an uncertain future? One key to managing negative emotions is to improve our general well-being. Remember that well-being has many elements. Last month we focused on emotional well-being and the critical role that relationships play in maintaining well-being. We suggested a number of things you could do to increase your contact with other people and, if you were unable to reach out, some resources you could use to get support.

This month we'll provide ideas for supporting your physical health. Of course, physical well-being requires good nutrition and managing illnesses or disabilities with the help of your doctors. But without exercise or movement on a regular basis, it's impossible to experience high levels of well-being. Walking is a terrific way to maintain or increase your fitness.

The following information about how to walk effectively was posted on the AARP webpage on June 8, 2007:



"Walking is one of the best things you can do for your health. It's good for your heart, blood pressure and weight management. When you're walking to get or stay fit, your form, pace, and breathing is especially important. Mastering a good walking technique takes some time. But with practice, it will become second nature and will help you increase and maintain your pace comfortably.

You should aim for at least 30 minutes brisk walking three to four days a week to ward off chronic disease. Remember, you can accrue those 30 minutes in 10-minute sessions throughout the day.

### **Form and Posture**

Good form will help you walk faster and longer, increasing your fitness level more quickly. You'll tire less easily, use more of your core (stomach and back) muscles, and improve the overall efficiency of your workout. Follow these instructions:

**Strike with heel first.** Your heel should hit the ground first. Roll your foot through to the toe, with no unnatural pushing from one foot to the other. Take shorter, rather than longer, steps. More frequent short steps will give you a better workout and be easier on your joints.

**Swing your arms.** Bend your arms at the elbow at a 90-degree angle and swing them toward the center of your body. Be careful not to cross the center line of your body or bend your arms at more than 90 degrees. Swinging your arms properly will give you a better aerobic workout, burn more calories, and engage more muscles throughout your torso. Also, you will be able to move faster than if your arms are dangling at your sides. Just keep your hands in a lightly curled fist (avoid clenching).

**Stretch your spine.** To maintain good posture, stretch your spine tall, reaching up to the sky with the top of your head. Your head should rest comfortably in line with your spine – don't tilt it back or tuck your chin. This is especially important when you're going up hills. Looking up the hill can strain your neck and make it hard to breathe.

**Contract your stomach.** With your spine tall, contract your stomach muscles slightly and lift them upward to support your lower back. This will also help you maintain your posture, as well as avoid straining your lower back."

You can follow the same guidelines while you walk in place if you need to stay inside or the weather is inclement. The following website describes different walking programs depending on your fitness status and goals. <https://blog.myfitnesspal.com/10-effective-walking-programs-to-jumpstart-2020/>

Rebecca Parker,  
Wellness Team

## Healthy Cooking With Holly

Now that summer is almost here, we're all looking for ways to eat our 'traditional picnic foods' with a healthier twist! This potato salad absolutely fits the bill, as it focuses on fresh, in-season veggies and herbs, and we replace the traditional mayonnaise with avocado (a much healthier fat!). This recipe will feed 10 people, feel free to halve it if you're feeding a smaller crowd. Enjoy!

### **World's Best HEALTHY Potato Salad**

(serves 10)

Potatoes are high in fiber, vitamin A, and are one of the MOST satiating foods on the planet! Now you can enjoy your potato salad without guilt of all the 'bad fats' that are in mayonnaise - we've replaced the mayo with avocado for 'good fats', powerful antioxidants, hefty fiber, and incredible flavor! Every time I bring this to a potluck, folks devour it within minutes!

#### Ingredients:

4 lbs. red potatoes  
 1 ½ medium avocados  
 1 cucumber -1/2 cup diced green onions  
 1/3 cup diced red onion  
 3 tbsp. lemon juice  
 3 tbsp. Dijon mustard  
 1 tsp salt  
 1/2 tsp EACH: pepper, paprika  
 2/3 cup minced fresh dill



#### Instructions:

Wash the potatoes and cut out any bad spots or eyes. Cut into 1-2 inch cubes, and place in boiling water for 7-10 minutes, until just a bit soft when pricked with a fork (if you overcook, they will mash/mush with all the other ingredients!). Immediately run potatoes under cold water to stop the 'cooking'.

Dice the green onions, cucumber, and red onion into small pieces and set aside in small bowl.

Peel and mash the avocados into a medium bowl. Add lemon juice, mustard, paprika, salt and pepper, mix ingredients until a paste-like dressing forms.

In a large serving bowl, gently mix potatoes with diced veggies, minced dill, and avocado dressing until everything is coated.

Serve and enjoy!

*Holly Hoeksema*

## Quilters Quips



The quilters have been staying at home quilting, making masks, and communicating by email. Not nearly as fun as getting together to sew, eat, and laugh together but we are getting along. We are looking forward to getting back together so we can share all we have been doing while keeping ourselves and each other safe. After the church building opens back up we will figure out how quilters will proceed. Until then keep on sewing and smiling!

If you are a sewer there are additional opportunities. Juniper Springs has requested gowns for the staff. Here is a link for more information and a pattern if you are interested: [jmiller@junipersprings.com](mailto:jmiller@junipersprings.com). (Subject: Do you sew?)

Also as our community opens up more, there will be additional need for reusable masks. We will continue to keep a supply in the CPC office for the personal use of our congregation. If you need a mask call the office to make arrangements for pick up. Join the effort to keep us all safe.

## **Resources For Your Self-Care During COVID 19**

NAMI Central Oregon has resources and information on ZOOM support groups:

[namicentraloregon.org/](http://namicentraloregon.org/)

NAMI COVID-19 Resources:

<https://namior.org/covidguide/>

Center for Disease Control and Prevention this site has lots of resources for every age:

<https://www.cdc.gov>

Deschutes County:

<https://www.deschutes.org/health/page/covid-19-novel-coronavirus>

Fact Oregon/COVID 19 resources for families with disabilities:

<https://factoregon.org/additional-covid-19-resources/>

## **A Big Thank You!**

Our family wishes to thank all of you for your prayers for our granddaughter, Skylar Adams, who is now on the mend and recovering from the Covid virus. We also think it is important to thank our CPC family for the generous contributions you make to the Scholarship fund every year. Skylar was awarded one of these scholarships in 2016 as she was making a decision about her college choice. The cash award was a great help to her in beginning her journey of 4 years at Santa Clara University in California. Thank you for your continued support of our youth through the senior scholarships.

Blessings,  
Bill Creach and Cheryl Adams

**Thank  
You**

## **Notes From Session**



Though the building remains closed, God's Church stays open. Our members have utilized old and new technology to reach out to others. Some write letters, some use the telephone, some e-mail, and others utilize virtual meetings on Facebook and Zoom. Our church has continued to live stream worship services, and our talented staff of musicians and technical advisors have made worship worth the while of learning how to get on-line.

Presbytery has stepped up, and has given us two grants. One for \$419.00 to help with Jericho table, and another \$1,000.00 for mission use. Session has taken the latter, and has encouraged those of us able to increase it for use in helping the physical and mental health of our community. As of yesterday that amount increased to \$2,350.00.

The pandemic continues, and we do not plan on opening the church building for worship prior to July at the earliest, but we can open to small groups after June 1, providing we follow the guidelines recommended.

We thank all those who continue to contribute their pledges, and pray for those unable to do so because of the financial crisis caused by the pandemic. Session has applied for a Payday Protection Plan loan to help offset our shortcomings.

God Bless all of us in this crisis no one could have predicted. Stay safe, and continue to Love God and serve others.

*Blessings, Steve Cross  
Clerk of Session*

## Update From Session

Dear Community Presbyterian Church,

It has been ten weeks now since we have worshipped in-person in our sanctuary. When we were last together, we had an idea that things were beginning to change, but none of us knew the scope of what was coming our way. These are times unlike any of us have experienced in our lifetimes. We have learned to adapt. We have experienced the goodness of God. We have treasured phone calls and come to look forward to an online worship experience each Sunday morning. We are still the church, and God is still faithful.

On Tuesday, May 19, Session met and made some strategic decisions that we are eager to share with you. In challenging times like these, we are grateful for our model of shared leadership. We have approached each discussion and decision in recent months with prayer and sobriety, trusting in Christ as head of the church, while also paying close attention to the guidance of public health authorities. We have maintained the priority of caring for the health and well-being of our membership and the city of Redmond while staying in alignment to the mission and vision of the church to which God has led us.

Last month, the Presbytery of the Cascades sent \$1000 to every congregation to stimulate creative ideas for mission and service to local needs, with the goal of multiplying that amount to show God's love in tangible ways. Session has decided to invite the CPC congregation to give generously to support Community Health in Redmond. We will collect a sum of donations and give it equally to Mosaic Medical Center and a local mental health provider to be determined. The Elders have collectively increased that original \$1000 to \$3250 through their own pledges to this mission. We want you all to match or double that amount! If you are able, will you give above and beyond your pledge and offering to this effort by giving online or sending a check designated to "Community Health." We are excited to partner locally in this way!

In these uncertain times, we are compensating the staff consistently and are preparing for adapting the facility for when we gather in-person again. On recommendation of the Finance Team, Session approved applying for a loan through the Paycheck Protection Program. The loan was approved and funded. We anticipate the loan will be 100% forgivable. If you have any questions, please don't hesitate to contact Pastor Andrew or a member of the Finance Team.

Now that we are in Phase 1 in Deschutes County, as of May 15, and anticipate proceeding to Phase 2 if infection rates remain low, Session is beginning a gradual timeline of re-integrating the in-person aspects of our ministry as a church, all following the guidelines of the Oregon Health Authority, the Center for Disease Control, and best practices from our insurance provider. All timelines are subject to delay if infection rates increase locally.

- Effective May 25, staff will begin to work more from the office (only as needed) to engage the extra effort it will take to resume in-person activities. We will notify you when the office is again open to visitors. For now, please visit by appointment only.
- Small groups, meetings and gatherings of under 25 people may be invited to resume gathering in our facility as early as June 1. We will require sufficient distancing practices and strongly recommend everyone wear a mask when visiting the building for the safety of others. We will ask all groups to be responsible for sanitization when they finish in a room. Please be in touch with Ryan O'Sullivan, Operations Manager, or Pastor Andrew if your group would like to explore meeting in-person after June 1.

(Continued on page 7)

- Sunday morning worship gatherings present bigger challenges. Gatherings of up to 100 persons will be allowed in Phase 2, yet the church leadership is taking a cautious and slow approach. We will not resume in-person worship on the earliest legal date, but only when we believe it is wise and appropriate based on the population of our membership. We decided that will not happen before July 1. Session will meet early in June to decide if we are ready to set a target date and work in that direction.
- As shared previously, when we resume gathering in-person, it is our priority to do so safely which means it will be a different experience. We are actively encouraging all persons who are at increased risk of serious illness if infected to make the wise choice to continue worshipping from home. We are asking all who join us in-person to wear masks or other face-coverings to protect the health of others (if you are able). We will practice social distancing in the sanctuary, avoid physical contact, and likely be asking the congregation to not sing along in worship. There will not be shared food and coffee or an indoor fellowship hour to begin with. These will be hard changes to adapt to and we realize some will prefer to join in worship from home and we affirm that choice.

We have said consistently in recent months, “the building is closed, but the church is open,” and “the church is the people.” We see those simple truths lived out by all of you week after week. We want to encourage you to keep living faithfully in these hard times. Here are some ideas about how we can BE THE CHURCH together in weeks to come:

- Please pray for our city, state, and nation as we engage this crisis of health, finances, and social change. Pray for the church and leadership as we navigate these challenges.
- Keep connecting in relationships to each other through phone calls, check-ins, cards, and small gifts. We love hearing stories of creative ways others are blessing each other through hand-made goods, baked items, notes, and more. Keep it up!
- Continue joining in worship online faithfully. This is the one time in the week when we are “all together” in worship. If you know members or attenders who are not in the habit, encourage them to try it or help them figure out the technology.
- Love and serve your neighbors in tangible ways, showing them that the love of God is real and overflowing in your life.
- Continue giving faithfully your pledges and offerings, and extra if you are able.
- Give above and beyond to our “Community Health” Fund to care for all who need accessible health care of any type in Redmond.

We are the church together. God is faithful. We will get through this.

*In the Love of Christ,*

*Elders on Session: Lois, Brian, Gene, John, Kelsey, Diane, Rebecca, Cheryl, and Frank,  
& Rev. Andrew Hoeksema*



## JUNE BIRTHDAYS

6/01 Bob Ahern  
 6/2 John Braund  
 6/05 Kathi Hayward  
 6/06 Rick Nissen  
 6/07 Geri Gunderson  
 6/08 Judy Rowan  
 Larry Stadler  
 6/9 Corky McCrea  
 6/12 Dick Hill  
 6/13 Sean Arvin  
 6/17 June Griffin  
 6/18 Daniel Stealey  
 Peggy Waggoner  
 6/19 Mike Slabaugh  
 6/20 John Hodecker  
 6/22 Tucker Williamson  
 6/23 Karen Lisius  
 Lois Seitter  
 6/25 Beverly Johnson  
 Dottie McMenamy  
 6/26 Teddy Johnnie  
 6/27 George Johnson  
 6/28 Ed Martinez  
 6/29 Lynne Troutman  
 6/30 Candace Williamson

## JUNE ANNIVERSARIES



6/4 Ron & Nancy Terry  
 6/12 Jim & Sandy Booth  
 Jim & Gloria Irwin  
 6/28 Bill & Gloria LaBore  
 6/29 Tucker & Candace Williamson

## JUNE Deacon of the Month

Steve Thorp

The Deacon of the Month is on call to handle requests of those who need assistance with special needs.



## Music Ministries



Summer is approaching, and I hope everyone is healthy and enjoying some time to enjoy the sunshine. I have missed everyone terribly, and am looking forward to the day we can be together again. It will be some time before a full choir will be able to safely sing together.

I have been taking an online workshop via JW Pepper to learn as much as possible about choral music during this time. I am waiting word from the Tuning @ Tahoe conference Dean Allan Petker regarding that conference, which will most likely be cancelled, in terms of a live conference. (I wouldn't plan to go at any rate this year) My hope is that a version of the conference will be live streamed, as Allan has mentioned to me. I am sure that if we do have a live stream conference, there will be some great information and ideas about working with choral groups during the pandemic.

In the meantime, I have set up Zoom meetings with choir members to stay connected and get to chat and see everyone.

We have appreciated the support for the music we have done on Sundays, and I am thankful to know many of you are out there participating from your homes, and that we continue to be one body. As changes happen, we will keep you informed.

*Many Blessings,  
 Karen Sipes,  
 Director of Music Ministries*

### July/August (Combined) Newsletter Due Date

The next *Lamplighter* news deadline is Thursday, **June 20, by 10:00 am**. 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@redmondpc.org](mailto:tammy@redmondpc.org). You will receive a reply letting you know your contribution was received.