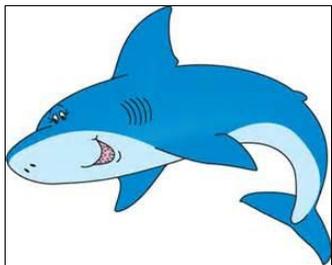


SESSION PROPOSAL



Enter the TPC “Shark Tank”

Ever see that show “Shark Tank” on TV? It features people pitching ideas to a group of venture capitalists. The “sharks” listen to the ideas then decide whether to buy in or not. Well, the session of TPC is proposing our own version of shark tank. An anonymous, generous donation was made to TPC in 2013 to be used for non budgeted expenses. The session used a small portion of this gift to make major repairs to our aging and leaky water sprinkling system. We still have just over \$7,500 remaining. While the session has plenty of good ideas, we’d like to hear from you as well. Do you have a dream for TPC for which we haven’t budgeted? Enter the shark tank and tell us about it!

On a single page describe your idea and what leaders are needed to support it. Tell us about the resources needed to make your project successful. List the expected start and finish date of this idea and tell us what you think success looks like and who might benefit. Tell us how the project will be evaluated and if the project is successful what might happen next as a result.

All proposals will be due by January 31st, 2014. The session will welcome up to three proposal advocates to pitch their ideas to the full session at the February meeting of session on February 21, 2014. The session will then make a decision whether to fully or partially fund ideas by the March meeting of session on March 21, 2014. Dream big and help us be wise stewards of this very generous gift.

Epiphany Music Festival



The inaugural season of the **Epiphany Music Festival** began in late December with the musical offering of Saint-Saens’ **Christmas Oratorio** and Jazz & Chamber Music with Steve and Adam Matthes.

“**Night of Bliss**” continues as our theme in worship on January 5 with a

Child & Parent Ensemble selection by

Michael W. Smith plus our Chancel Choir.

The festival culminates with an inaugural **Epiphany Concert, on January 12 at 2:30 pm.**

Sunday, January 5 – 10 am Worship

Epiphany Sunday

Epiphany Ensembles – Child & Parent Ensemble and Chancel Choir

Sunday, January 12, 2:30 pm

“Night of Bliss”

Epiphany Concert

Music of Gabriel Faure, Ralph Vaughn Williams, Wolfgang Amadeus Mozart, Camille Saint-Saens, Ennio Morricone, Carlos Salzedo and Andrew Lloyd Webber
Free will offering accepted

Epiphany Artists

Jocelyn Thomas, Kelley Brandt – soprano
Rebecca Sacks – mezzo-soprano
Jeffrey Weener, Dennis Kelly – tenor
Lincoln Thomas – baritone
Jenny Lindner – harp
Jill Gambill – flute
Steve Matthes – soprano sax, clarinet
Chancel Choir
Child & Parent Ensemble

Please invite guests, friends and family to come and hear the Epiphany Music Festival events in worship and in concert. **Come and help us recreate that first “Night of Bliss.”**

Dr. David Kelly, Director of Music Ministries



BABY GOATS:

A Place for All Things Youth Ministry

Welcome back to *Baby Goats*! Thank you for reading about our many wonderful programs from month to month. It is our prayer that this column continues to be insightful, encouraging, and, yes, a little fun and rewarding, too.

ELEMENTARY

January's PARENTS NIGHT OUT will be held from **5:00 to 9:00 pm on Friday, January 17, 2014**. This is a FREE service for the community that allows parents to drop their children (*age three and up*) off at church and go spend the evening on the town. Students will have a fun night of food, games, crafts, and movies with me and a staff of high school volunteers. This month's feature film is *Despicable Me 2*. Students are encouraged to bring friends. Please sign up by either sending me an email of interest or registering on the clipboard atop the table at the front of the church office.

MIDDLE SCHOOL & HIGH SCHOOL

THE AWAKENING will be held on the **first and third Wednesday evenings of every month from 7:30 to 9:30 pm**. However, this month we will only have one meeting on **Wednesday, January 15, 2014**. The group will meet here at the church for a time of fellowship with food, games, worship, and a good word. *All students sixth through twelfth grade are invited*. Students are encouraged to bring friends. As the group grows, we will split The Awakening into two halves, allowing both the junior and senior highs to have their own group. In the mean time, we shall band together and grow as one.

We are looking for a few high school volunteers to help staff PARENTS NIGHT OUT from **4:30 to 9:30 pm on Friday, January 17, 2014**. Please send me an email with your interest. I am happy to sign off on five hours of community service for your devotion to this event and the youngsters we serve.

Last month's riddle answer was **The Letter M**. This month's riddle is centered and italicized below. *The first three students (K-12) to email me the correct answer will win a SUPER-SIZED candy bar*. Parents, feel free to email me through your account with your child's name attached if your child does not have an email address of their own. The answer to this riddle will appear in next month's column, followed by another mind game. Enjoy!

A man walks into an art gallery and concentrates on one picture in particular. The museum curator notices this and asks the man why he is so interested in that one painting. The man replies, "Brothers and sisters have I none, but that man's father is my father's son." Who is in the painting?

Well, that about does it for this edition of *Baby Goats*. Please remember to check the windows as you enter the narthex as well as our Youth Ministries panel on the TPC narthex tower for calendar updates and announcements. May you and your family be blessed in this day, week, and month.

Godspeed, Andrew T. Hall
Christian Education Coordinator
cec@tpcspirit.org

DAVID NORSE TO BE ORDAINED

as a Teaching Elder (formerly known as Minister of the Word and Sacrament) in the Presbyterian Church on **Sunday, January 5** at 4 p.m. at Broad Street Ministry in Philadelphia, Pennsylvania. Pastor Ken will attend his ordination.

Congratulations, David. We are SO proud of you.

MEETING BEFORE THE MEETING

Sunday, January 12, 2014

We'll talk about the annual budget. Bring your questions.

CONGREGATIONAL MEETING

Sunday, January 19, 2014

We'll talk about the 2014 Annual Budget, Ken's Terms of Call and elect the 2014 Nominating Committee. The meeting will follow worship. After the meeting there will be a potluck to celebrate Retiring the Debt!

JANUARY WOMEN'S MINISTRY

All TPC women are invited to attend the Women's Ministry brunch on **Saturday, January 25th at 10:30 a.m.** at the church. (This is a week later than noted in the December newsletter.) See the sign-up sheet in the narthex to indicate attendance and whether you wish to bring a brunch item, participate in setup, or help with cleanup. Our gathering usually lasts until noon.

We are pleased to have Kelly Cudney, Executive Director of AOET (AIDS Orphan Education Trust), as our speaker who will share with us her work with orphans in Uganda. Kelly indicates she finds such joy in seeing hope become a reality for the children in their programs. Kelly is going on her 8th trip to Uganda at the end of January to work with the AOET staff in country.

AOET seeks to empower communities to be able to care and provide for the many children who live there and who have been orphaned or made vulnerable as a result of the HIV/AIDS crisis. AOET~USA is a Christ-centered organization that engages supporters to partner with AOET~Uganda, providing orphans and vulnerable children with a primary and secondary education, nutrition and medical care.

HopeSpring Mission Support

The women of TPC continue to support the HopeSpring organization that provides safe housing to formerly homeless women and children. The baskets we have been preparing help these families get settled into their new housing arrangements. Items needed include such things as hot pads, sink sponges, garbage bags, spray cleaners, dishwashing liquid, aluminum foil, toilet paper, Kleenex, laundry detergent and laundry baskets to hold the products. A complete list of desirable items may be obtained from the pocket under Women's Ministry on the tower board.

The Women's Ministry Group is open to all TPC women who want to strengthen their bonds of fellowship and grow spiritually. Please feel free to bring a friend—all are welcome.



BLOOD DRIVE AT TPC

Friday, January 31

Scott Cameron will be making announcements and walking about with his clip board to get volunteers to donate blood, make cookies or volunteer during the drive. Please mark your calendar and donate blood, cookies, or time, as you are able. THANKS.



Cookies

Would you like to be THE Cookie Person?

The position of Sunday Morning Cookie Coordinator is now open. What does the Cookie Coordinator do?

This person makes sure there is always a supply of cookies in the freezer for fellowship on Sunday mornings by finding a couple of people each week to bake at least 2 dozen cookies each. Most people, when asked, are willing to make cookies. Our retiring Cookie Lady, Pam Cameron, can help you get started. This is a great way to get involved, without making a large time commitment. If you're interested, please talk to Mary Maleta (503) 680-2693 or email mlmaleta@aol.com

An Invitation to be a Part of a Miracle

Laura Spurrell

I have heard the rumors around church. It slips out sometimes that some of the members at TPC think I do an amazing job parenting my adult son, Erik. Thank you, but I have a confession; I don't do it alone. Long before I was aware of what I did it, I formed a web of support around him. If you attend worship and don't walk out or complain when Erik "adds" to Ken's sermon, or patiently try to understand what he wants to share as a joy or concern, then you are a part of the web already. I just say, thank you. I believe he adds to our worship and our community. Thank you again, if you agree.

I have come to a point where I really want to attend Adult Education class on Sunday morning. To do that, I need someone to pick up Erik between 9:30-9:50 and bring him to church. He has in recent years become too much of a fall risk to allow him to walk the short mile to church, which he did in good

weather for many years. He also can be “lazy” (his word) when it is just mom who is taking him. I believe (and I may be wrong) that he is more likely to get up and be ready if someone else is coming by to pick him up. That is the miracle part: that he will get up. This could be several people who each take a week a month. Call or talk to me if you are interested in more information or if you want to be a part of this experiment. Thank you.



2014 PHOTO DIRECTORY

It has been nearly a year since TPC published the photo directory and it's time to update it for 2014. To do so, we need your cooperation.

If your photo IS in the current directory, you can update your picture with a better or newer one by emailing your new picture to the office (Susan@TPCspirit.org). Please submit it by January 5. If you like your current picture, you don't have to do anything.

If your photo IS NOT in the current directory, you can email a digital picture to Susan in the office by January 5. If you need help obtaining a digital picture, please contact your Deacon to arrange to have a photo taken.



DECEMBER SESSION MEETING HIGHLIGHTS

Carolyn Barker, Clerk of Session

No regular session meeting was held in December in lieu of a joint Christmas social with the deacons. Business required a special session meeting to be called December 8th.

Approval was given at the meeting for a single event Epiphany Festival to be held January 12, 2014 at TPC. The event is expected to be self-supporting. To that end approval was given to take a free-will offering at the festival and procedural directives were established to manage event costs.

The above information has been compiled from Session minutes. Complete copies of minutes and reports are available in the church office.

MISSION COMMITTEE REPORT GIVING TREE



A tremendous thank you to everyone who participated in sharing the joy of Christmas with five families from the Tigard-Tualatin school district. All the tree 'ornaments' were selected and the wrapped gifts returned. Deliveries of gift baskets were made to the families the weekend before Christmas. Additionally, a total of \$700 was donated for the food baskets. These donations were divided proportionally depending on family size and included with the gift baskets. Thank you for your overwhelming generosity! The Mission Committee, Chip Kyle, Elder

Cookie Sale: This year's sale brought in more than \$750. This is an all-time high! The money will be donated to Presbyterian Disaster Relief for Typhoon Haiyan relief.

Christmas Memorials A total of \$990 was donated in memory of special people in our lives and this money has been donated to the Tualatin School House Pantry. Thank you for sharing.

DONATIONS TO HEIFER

Recently TPC sent a check to Heifer International to purchase the following: gift of clean water, irrigation pumps, four shares of llama, three goats, tree seedlings, one share of rabbit, honeybees, six flocks of chicks, and two ducks/geese. Our total donation was \$1278.95. Together we made a difference! Thank you, everyone, for your contributions to improve the lives of others.

MEN'S FELLOWSHIP GROUP

Holiday cheer was on the menu at the December meeting of the Men's Fellowship Group. In addition to enjoying Christian fellowship and a delicious breakfast served at Hayden's Grill, the men donated 20 Christmas gifts through the Toys For Tots Foundation. The presents were delivered to Tualatin Fire and Rescue by member Scott Cameron for distribution to deserving children throughout the area, a tradition that lives on from year to year.

Bob Paetsch

EVEN BETTER THE SECOND TIME!

by John Martin

On most Sundays mornings you will find me sitting on the back row of the sanctuary with my video camera and tripod recording Pastor Ken's sermon. In the following days I edit the video, add titles, and get it ready to load onto the TPC web site. Once it is loaded, anyone with an internet connection can revisit this portion of TPC's Sunday morning worship service. This on-line viewing is great for people who cannot worship with us in person.

But, I would like to suggest another use for these recorded sermons. I invite you, the active church member, to interact with the sermons a second time. "But," you say, "I've already heard the sermon in person. Why would I want to hear it a second time?"

As someone who views these sermons multiple times in the editing process, I can tell you that they are even better the second time around. You hear things that you missed the first time. You can play a section over again, make notes, take time to reflect. It is even more interesting!

The printed sermons are also on the TPC web site, so there is another way to interact with the sermons.

The printed sermon and the video recordings are both available on the TPC web site: www.tpcspirit.org Just pull down the "Worship" tab at the top of the page and select "Sermons." The sermons are listed by title and date. Give it a try...some things are even better the second time!

THINKING HEALTHY FOR THE NEW YEAR

By Joseph Nordqvist
for Medical News Today



For a lot of people, the start of the New Year also means the start of a healthier lifestyle, which for many has to do with either losing weight or eating healthily. This can seem difficult or out of reach at first, but with a bit of motivation, dedication and discipline, it is certainly possible.

What Are Most Effective Weight Loss Behaviors?

- **Eat breakfast within one hour of waking up in the morning.** Breakfast is the most important meal of the day and it boosts the body's metabolism by over 20%, which can really help with weight loss.

- **Consistently measure how much you weigh.** Try and weigh yourself each week and track how much weight you've either put on or lost, this will allow you to see what behaviors work for you.

- **Try and exercise or do moderate physical activity for at least one hour every day.** This does not necessarily mean doing cardio for one hour non-stop; a series of activities, such as vacuuming and going up the stairs can all add up to achieving this.

- **Limit the amount of time you spend idle, watching TV.** Try and limit this to a maximum of 10 hours a week. Instead, find activities that are more physically active, more than half of the National Weight Control Registry (NWCR) members watched TV for fewer than 10 hours a week. Children who have a television in their room are much more likely to become obese, a recent study found.

- **Make sure you are consistent with your diet plan and behavioral changes.** It's no good to eat well and exercise for five days and then have a massive splurge afterwards; you will seriously undermine your progress. If you are consistent for at least 25 days per month, you can achieve substantial weight loss.

- **Monitor how much physical activity you do during the day** and do your best to make sure you make small changes in your life that increase your amount of physical activity. For example, try walking instead of using transportation whenever you can. A simple way to be more physically active is to spend less time in a car.

Aerobic exercises versus resistance training - if your initial aim is to lose weight, bear in mind that aerobic training is much more effective for burning fat than resistance training.

Submitted by Dianne Lemmon, Parish Nurse



Celebrating a

JANUARY

- | | |
|--------------------|---------------------|
| 03—Cathy Lambeth | 21—Bill Thomason |
| 04—Mary Shiffer | 24—Greg Sundt |
| 06—Rosemary Willis | 25—Elias Ratliff |
| 09—Steve Olsen | 27—John Mears |
| 12—Jeff Cameron | 28—Nick Dannemiller |
| 12—Susan Springer | 28—Mark Hansen |
| 15—Samuel Corona | 28—Ted Miller |
| 15—Karen Jones | 29—Randy Beyer |
| 16—Herb Richardson | 29—Casey Sparks |
| 17—Joen Morris | 29—Janet Winterrowd |
| 18—Mary Maleta | 30—Pam Cameron |
| 19—Scott MacHaffie | 31—Drew Mattox |
| 20—John Collins | 31—Neil Olson |
| 21—Pam Bowen | |

NEWSLETTER DISTRIBUTION -This newsletter can come to you by email, snail mail or by picking up a copy at church. If you would like to change the manner in which you receive the newsletter, or if you no longer wish to receive it, please email Susan Springer at office@tpcspirit.org, or call the church office (503) 692-4160.

POP CANS—We’re still collecting pop cans and bottles that can be redeemed for five cents each. Monies from their redemption go into the Community Assistance Account for distribution on an as-needed basis to individuals in our community. Please put cans and bottles near the wooden food pantry box by the front door in the narthex. Thx.

2014 PER CAPITA IS \$25.24

The 2014 per capital fee is broken down as follows: \$13.00 stays with Presbytery of the Cascades, \$5.22 goes to Synod and \$7.02 goes to the General Assembly to cover administrative fees.

To pay your per capita fee, please write a check to TPC and write “2014 Per Capita” on the comment line. Members are asked to pay their own individual per capita fee as per capita is not included in the annual budget. Thanks everyone.

Dave Backen, Administration Elder

FINANCIAL QUESTIONS

At any time during the year if you have questions about your pledge, email Rhoda Friesen in the church office at Rhoda@tpcspirit.org or call the office (503) 692-4160.

PLEDGE CARDS can be placed in the offering plates or mailed to the church office, 9230 SW Siletz Drive, Tualatin, OR 97062. Thanks.

Simplify your Pledge Giving in 2014
and at the same time

Secure a consistent income for TPC

SIGN UP FOR BILL PAY

Just go online or ask at your bank about setting up a scheduled payment identifying Tualatin Presbyterian as a “pay to” account.

You will be asked all or some of the following:

- The “pay to” name: Tualatin Presbyterian Church
- Our mailing address: 9230 SW Siletz Dr.
Tualatin, OR 97062
- The church phone #: 503-692-4160

Then follow the prompts to specify the amount to pay and the frequency of your payments

At most financial institutions, this feature is offered Free to you as a customer and TPC does not incur any expense to receive the funds!

Questions?
contact:
rhoda@tpcspirit.org

2013 FINANCIALS

Income Year to Date (as of 11-30-2013)	Actuals	Budget	Dollar Difference
	\$257,052	\$261,180	(\$4,128)
Expenses Year to Date (as of 11-30-2013)			
	\$274,002	\$284,993	\$10,991

TUALATIN PRESBYTERIAN CHURCH CALENDAR

JANUARY 2014

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1 New Year's Day	2 7 pm Spiritual formation, - off site	3	4
5 8:45 Adult Ed 10:00 Worship Primary Sunday School before worship	6 7 pm Bell Choir rehearsal	7	8 7 pm Choir rehearsal	9 7 pm Finance committee meeting	10 10 to noon Loving Stitches	11
12 8:45 Adult Ed 10:00 Worship Sunday School during worship "Meeting before the Meeting" after worship 2:30 p.m. Night of Bliss, Epiphany Convert	13 7 pm Bell Choir rehearsal	14 7 p.m. Mission Committee meeting 7 p.m. Fellowship Committee meeting	15 7 pm Choir rehearsal 7:30 pm The Awakening—middle and high school youth group	16 7 p.m. Session Meeting	17 5-9 p.m. Parents Night Out	18 7:30 a.m. Men's Fellowship Breakfast
19 8:45 Adult Ed. 10:00 Worship Sunday School during worship Congregational Annual Meeting after worship & potluck	20 7 pm Bell Choir rehearsal	21 9 a.m. Newsletter deadline	22 7 pm Choir rehearsal	23	24 10 to noon Loving Stitches	25 10:30 a.m. Women's Ministry
26 8:45 Adult Ed. 10:00 Worship Sunday School during worship	27 7 pm Bell Choir rehearsal	28	29 7 pm Choir rehearsal	30	31 Blood Drive	



For the latest updates, go to the TPC website, www.tpcspirit.org and click on calendar.

Regular TPC office hours are:

Monday through Thursday, 9 a.m. to 3 p.m., and Friday, 9 a.m. to noon.

Office hours can vary; call ahead to confirm the office is open.

Please call (503) 692-4160 or email Susan@tpcspirit.org if you've moved, changed your email address or phone number. Thanks.

Church website: www.tpcspirit.org We're also on Facebook.



9230 SW Siletz Drive
Tualatin, OR 97062

HAPPY NEW YEAR



2014

TUALATIN PRESBYTERIAN CHURCH

9230 SW Siletz Drive, Tualatin, OR 97062

The Rev. Ken Evers-Hood, Pastor

Phone: 503-692-4160 **Web Address:** www.tpcspirit.org We're also on Facebook.

Worship Service – Sundays at 10:00 a.m.

Parish Associate: The Rev. Charlie Brown

Elders: Randy Beyer, Dave Backen, Chip Kyle, Joan Nardi, Judy Nix, Bob Paetsch, Emily Ricker, Kathy Sweetland, and Katrina Weener.

Deacons: Julian Awdry, Becky Backen, Dan Barker, Bud Bender, Karen Black, Rebecca Crall, Barbara Harriman, Barb Kerr, Mary Maleta, Marilyn Staples-Sundt, Karen Stevenson, and Nancy Wilcox.

Treasurer: Jennifer Ayers
e-mail: treasurer@tpcspirit.org

Clerk of Session: Carolyn Barker
email: carolynjbarker@mac.com

Webmaster: John Martin
e-mail: webmaster@tpcspirit.org
Newsletter Editor: Susan Springer
e-mail: newsletter@tpcspirit.org

Director of Music Ministries: Dr. David Kelly

Bell Choir Director: Debbie Ivanov

Music Accompanist: Dr. Ron Fabbro

Christian Education Coordinator: Andrew Hall

Art Director: Mary Shiffer

Bereavement Committee Chair: Vacant

Parish Nurse: Dianne Lemmon

Wedding Coordinator: Stacy Mauer

Administrative Assistants: Rhoda Friesen and Susan Springer
e-mail: rhoda@tpcspirit.org susan@tpcspirit.org

Office hours may vary; call ahead to confirm.

Monday – Thursday: 9:00 a.m.– 3:00 p.m., Friday – 9:00 a.m. to noon