



Scott and Kathy MacCluer

Scott and Kathy MacCluer have been married 47 years. They met as 19-year-old students at the University of California, Santa Barbara. Best friends from that first date, they were married two years later, in 1968. After a honeymoon in Oregon, they were determined to return permanently.

Scott grew up in Pasadena, but spent parts of the summers of his youth in Oregon with his grandparents, fishing and hiking at the family Mt. Hood cabin. (His grandfather was the pastor at Rose City Park Presbyterian Church in NE Portland from 1920 to 1952.) Scott quickly learned to love Oregon's magnificent beauty and wonderful recreation opportunities.

Kathy grew up on the east coast near Washington, D.C. She experienced our nation's history by visiting the important sites of the area, attending cultural events, and absorbing the opportunities of that stimulating environment. She and her father also enjoyed the various sporting events in and about Washington D.C.

After Scott and Kathy finished college in Santa Barbara, Scott took a job in Pasadena teaching. He also was a swimming and water polo coach. They had 2 sons. When the boys were almost school age, Scott and Kathy decided they were ready for an adventure. Scott took a job teaching in Myrtle Point, Oregon, a small, two stop-light town about 15 miles from the Pacific Ocean between Coos Bay and Roseburg. When Scott and Kathy moved there in the 1970's dairy farms and the timber industry were the bread and butter of the community. It was a big

change for them, but they dove in becoming pillars of the community. Scott became a counselor and then principal of the high school. Kathy was busy being "mom." They both did whatever was needed in the community and became active members of the Myrtle Point Presbyterian Church. Both were elders for many years and Kathy was the church treasurer.

While in Myrtle Point, their third son was born. He was born with a seizure disorder and had autism. A blessing in their lives and in the lives of members of the community in many ways, he was not destined to live a full life and passed away at age 16.

Kathy went on to work as an instructional assistant in the school. When they retired, they built their dream home on a hill with acreage overlooking Myrtle Point. It was a dream come true, but it became a little too much to maintain.

They decided to downsize and move to Sherwood where a son, daughter-in-law and 2 grandchildren live. A friend in Myrtle Point told them about Dan and Carolyn Barker who just happen to live in Sherwood. That connection led them to TPC about 18 months ago. And now the Barkers and the MacCluers are across-the-street neighbors!

Today, they enjoy being close to their grandchildren, close enough to care for them at least 1 day a week. They both volunteer in the Sherwood elementary schools as reading tutors. Kathy enjoys gardening and flowers. Scott is an avid sports enthusiast. Together they swim laps 4 days a week at the local YMCA pool. Some of their favorite times have been spent in the Hawaiian Islands. They have family on Maui but love all of the islands, seeing each as a unique treasure. Their affection for the Hawaiian culture, local produce and fish, and wonderful ocean swimming draw they back several times a year.

Kathy and Scott are quick to point out that finding TPC is one of the major highlights of their move to our community. Welcome MacCluers. Please don't venture away anytime soon.

Dianne Lemmon, Parish 1 Deacon

WHAT'S HAPPENING AT TPC

Adult Education Class



ADULT EDGE resumes our delightful times of sharing and inspirational learning on **Sunday, January 10th, 2016** at 8:45 a.m. with a special one-time global presentation.

Obviously, it will be a new year, but this will be a new

beginning as well. Come downstairs and ingest the spiritual, social, and laugh-laden banquet set before all who attend this festive feast.

John Casebeer, Adult Education Elder

ADULT SMALL GROUP STUDIES will be announced in January, 2016 with a brightly colored brochure detailing all your choices. Be aware of how much you really desire to go deeper in friendships and your own spiritual quests, by deciding to participate in one of the soon-to-be-announced small group opportunities.

John Casebeer Adult Ed Elder

RED CROSS BLOOD DRIVE AT TPC

There is a blood drive scheduled for Friday, January 15, 1 to 6 pm here at Tualatin Presbyterian Church. See Scott Cameron to sign up to donate blood or to help during the drive. Thanks.

FELLOWSHIP DINNER GROUPS

If you haven't participated before, January is your opportunity to sign up. New church members find this a great way to get acquainted and long-time members find it a way to enhance relationships with other church members. Current participants don't have to do anything to continue.

Fellowship Dinners are groups of 7 to 9 people who meet once a month for four months for a meal, usually dinner, and fellowship. The groups usually meet in homes, but they have also met in restaurants, parks and at TPC. The hosts provide the main course and others bring side dishes, dessert, etc. Sometimes games or activities are included. Each group decides the times that work best for all to gather. After each four-month phase the computer comes up with new random groups. This gives everybody the chance to connect and know more people in the church.

To sign up for the new round of fellowship dinners that will start in February, use the sign up sheet on the bulletin board in the narthex, or email Rick Crall, Crall@spiritone.com by **January 17th**. Current participants in the Autumn phase are already signed up, and do not need to do anything to continue. (Once a year, in September, we ask everyone to sign up again. However, if you are a current participant and wish to opt out of the Winter phase, let Rick Crall know by Jan. 17.)

You will receive an email with your group listed about January 21st, and the groups will be posted in the narthex on Sunday, January 24th.

CHRISTINA'S ATTIC

Mark your calendars for **Sunday, January 17**. We have two great events planned.

This is the Sunday Diane and Donald Adams will unveil their photo exhibit which will be on display up to Ash Wednesday. Can't wait to see it.

Our second event is our first monthly Sunday art work party. It begins at 1:30 pm and lasts until 4:30 pm. Every month we will meet in the narthex and work toward completing a piece of worship art. FYI: Things may get messy. We have disposable aprons, but I wear paint clothes to be safe.

The Christmas decorations will remain up until January 10 for the special choir performance.

Creating in the image of our Creator,
Chris Robertson

WOMEN'S MINISTRY SATURDAY, JANUARY 23, 2016 10:30 a.m. Brunch

What better way to learn about **Tualatin School House Pantry** than have **Mike Schiffer** tell us the history, the needs and how hunger is being addressed in our community. Mike was instrumental in the start-up of this vital community project.

Learn and fellowship with other TPC women over brunch on **Saturday, January 23 at 10:30 a.m.** at the church. 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.

If you would like, you can also bring items for the **Food Bank** or for our two mission projects: **Backpack Buddy Program** or **Days for Girls**. Lists of needed items are on the "Take Ones" posted in the narthex.

**TUALATIN VALLEY
COOPERATIVE PRESCHOOL**

Early Registration Open House
Friday and Saturday, February 5th and 6th,
9 am to 1 pm

Come take a tour, learn more about our school and meet our wonderful teachers. Families that register before February 6th will receive \$25 off the registration fee.

**WOMEN'S MINISTRY - FEBRUARY 20
RESEARCHING YOUR ANCESTRY**

In February **Emily Aulicino** will speak on genealogy and how to trace your ancestry. Emily is a retired teacher and has been doing genealogy since 1970. She is a Speaker and Regional Coordinator for the International Society of Genetic Genealogists, a member of the Association of Professional Genealogists and the Genealogical Council of Oregon as well as the Genealogical Forum of Oregon. This should be a very interesting program, so mark your calendars now.

Judy Nix, Publicity Coordinator

FEBRUARY, 2016

February is Take a Risk (aka Mission) Month! Turning toward the New Year, get ready to renew and refresh your personal mission. What is it that energizes your faith? We'll hear from members and friends about the impact of their personal mission on their lives, and the lives of our community. Think about a time you took a risk and took action based on your faith and commitment...what happened? We'll talk about it in February!

The Mission Team, Cathy Lambeth, Elder

WHAT HAS GONE ON AT TPC?

TUESDAYS TREASURES DECEMBER 15

Traditional songs and scripture filled the air at the December Treasure Night as Treasures (adults with disabilities) and volunteers recreated the Christmas story. Mary, Joseph, Jesus, kings & queen, shepherds, star and readers all performed with hearts full of the Christmas spirit. Shepherds carefully tended the animals including Jolene and Lauren, the Awdry's trained service dogs.



Photo above...Jolene, sheep, Lauren
Photo below...the whole nativity scene



For more information about the Treasure program, please contact Carolyn Locke, TPC Treasures Coordinator.

WHAT A WONDERFUL SEASON OF GIVING!

TPC participated in outreach programs during the Christmas holiday. The Mission Committee would like to thank all who helped make this year a brighter one for others.

First, came the annual Cookie Sale. The \$800 raised this year will provide support to our kids – Sarah in Uganda and Estalin in Ecuador, under the sponsorship of Compassion International. Thanks to all participants – those who prepared the treats, those who purchased them, and those who gave their time to setup, sell, and cleanup.

Then, came your support of the Christmas Giving Tree. We were blessed to be able to provide 81 gifts to 27 children in 8 families in the Tigard-Tualatin School District. In addition, these families were given grocery store gift cards to help set a more abundant holiday table. Thanks to all who purchased the gifts and provided the cash for the grocery gift cards, and also to those who played Santa by delivering the gifts to the families.

Your generosity for the homeless youth in the Portland area overflowed the Janus Project tree. Thanks so much for your gifts of clothing. You provided over 150 pairs of gloves and mittens, about 120 pairs of socks, 70 hats, and almost 50 scarves. In addition, the variety of items grew significantly this year. The expanded list of gifts included jackets, sweaters, jeans, PJs, slippers, bath robes, sleeping bags and blankets!

Donations to the Christmas Memorials, given in memory, or in honor of, someone dear to our hearts totaled over \$500. These donations will be divided among the Canine Companions for Independence (CCI), The Good Neighbor Center and Mental Health First Aid Team.

The Christmas Joy offering is sponsored by the Presbyterian Church USA. Funds collected are given to the Assistance Program of the Board of Pensions to provide assistance to people who have dedicated their lives to the church. Funds are also spent to support racial ethnic education and leadership development. TPC members and friends gave \$350 to this special offering.

Mission Committee, Cathy Lambeth, Elder



10-MINUTE RESOLUTIONS FOR HEALTH

It's New Year's resolution time (again) when many of us set out intentions for self-improvement in the weeks and months to come.

But some of the most common resolutions - lose weight, exercise more, quit smoking - are big goals that can take a fair amount of time to accomplish. Here are smaller changes you can make, even in just a few minutes a day, that can also pay big health dividends.

1. Write down five things you're grateful for

This simple practice, done daily or once a week, led to improved well being, better sleep, and greater happiness in a set of experiments at the University of California, Davis. Other research has also confirmed the power of gratitude to boost happiness and strengthen interpersonal relationships.

2. Laugh, sing. Repeat.

Both laughter and singing have been shown to reduce stress and improve mood, among other benefits; some very preliminary research even suggest that singing can strengthen immunity. Other studies suggest that people tend to laugh more in groups, so surround yourself with others who laugh- it really is contagious.

3. Take a power nap.

Seriously: Even ultra-short naps - as little as 6 minutes - significantly improved memory in a small study of German college students. And a 10-minute nap was more effective than a 20- or 30- minute snooze for improving alertness and vigor, boosting cognitive performance, and reducing fatigue in an Australian study of 24 sleep-deprived young adults.

4. Eat a handful of nuts

In an analysis of data from more than 100,000 male and female health professionals, published in 2013 in *The New England Journal of Medicine*, those who regularly ate nuts were significantly less likely to die from cancer, disease, respiratory disease, or other causes during the study period than those who ate no nuts. Participants who ate a serving of nuts (about 1 ounce or 28 grams) every day had the greatest reductions in mortality - 20 percent lower than non-nut eaters

5. Meditate

More than 30 years of research have linked regular

meditation with a wide range of health benefits, as well as reduced stress and improved well-being. The best-studied form of mediation is mindfulness meditation in which you practice bringing awareness to the present moment. You can download free guided mindfulness meditations ranged from 3 to 19 minutes, from the UCLA Mindful Awareness Research Center. There are also short mindfulness podcasts on iTunes.

6. Wear a pedometer

People who wore these simple step-counting devices increased their physical activity by 2,200 to 2,500 steps a day on average, and decreased both their body mass index (BMI) and blood pressure, according to a large review published several years ago in JAMA. The pedometers were most effective if the wearer aimed for a specific goal, usually 10,000 steps a day (about 5 miles). You can buy a good pedometer for as little as \$3, according to Consumer Reports.

7. Stand up

Evidence continues to mount that prolonged sitting is one of the worst things you can do for your health, even if you exercise regularly. So break up long seated periods (at your desk, watching TV, on a plane) with short jaunts upright at least every hour. Research has shown that even a 5-minute walk is enough to help prevent or reduce sitting's adverse effects.

8. Chew a piece of gum

Two recent studies have found that chewing (sugarless) gum may help to lower stress. Other research has linked gum chewing to enhanced alertness and mood.

9. Let your tea steep

Studies of tea chemistry have found that steeping tea for at least 3 minutes increases the release of polyphenols, chemicals in tea that have antioxidant and other beneficial properties, and which may account for many of tea's health benefits.

10. Do a posture check

Good posture has a bearing not just on your physical health but on your state of mind. (Have you ever seen someone project self-confidence while slouching?) Take 5 minutes to evaluate your posture when standing, sitting, or walking and make any needed corrections. Your body and mind will thank you.

Submitted by Dianne Lemmon, Parish Nurse



222nd General Assembly of the Presbyterian Church (U.S.A.) June 18-25 in Portland, OR

Get plans in motion now for the 222nd General Assembly (2016) of the Presbyterian Church (U.S.A.), June 18–25, in Portland, Oregon.

Commissioners and advisory delegates from all 171 PC(USA) presbyteries, coupled with other delegates and observers from around the world, will converge on the Oregon Convention Center (OCC) in downtown Portland for celebrations, deliberations, and inspirations in support of the denomination's biennial gathering.

Hosted by the Presbytery of the Cascades and united under the theme "The Hope in Our Calling," from Ephesians 1:18, the General Assembly will include vibrant worship services, the election of the Moderator and Vice Moderator, and action on a plethora of overtures, and much more.

There will be many opportunities to be a supportive part of hosting this gathering which only comes our way every fifty years or so. While the Official Volunteer Sign-up won't begin until mid-February, you can keep up to date and encourage participation by seeing us regularly on Facebook, the Committee on Local Arrangements (COLA) website, and in CEE and Omnibus.

For More Information:

The Committee on Local Arrangements (COLA)

Toll Free: 1-844-503-1289

Facebook: COLA PDX/222nd GA

Website: gaportland.com

Executive Coordinator:

Carolyn.Zelle@pcusa.com

Sign up to volunteer at General Assembly in Portland, June 18-25.

<http://www.gaportland.com/volunteer-to-help-with-ga/>

COOKIES FOR SUNDAY MORNING

I have "passed the spatula" to Sue Hayhurst who has agreed to be the new Cookie Coordinator. We shared the responsibilities until the end of the 2015, but now that we're into 2016, the spatula is all Sue's. Thanks to all who continue to bake cookies and goodies for Sunday morning.

Myrna Friese, Outgoing Cookie Coordinator

2016 PER CAPITA - \$29.89 each member

For the year 2016, the per capita apportionment rates are:

The General Assembly	\$ 7.12
The Synod of The Pacific	\$ 5.22
The Presbytery of the Cascades	\$17.55

The total per capita due for each member is \$29.89. Please make your check payable to TPC and write per capita on the comment line. Thank you.

BROCHURES AVAILABLE

Brochures entitled "THOUGHTS FOR THE HOLIDAYS - Finding Permission to Grieve" by Doug Manning are available, at no cost, in the church office. If you have questions about this publication, talk to Karen Black, who is making these brochures available to members and friends of TPC.

ARE YOU INTERESTED IN JOINING TPC?

If yes, let us know! Mark the "Wish to Join This Church" box on the Attendance Registration form that passes down the rows on Sunday morning. Or send an email to office@tpcspirit.org. Or email our Membership Coordinator, Jeni Wiggers at wiggerscal@gmail.com. We will get back to you!!!

TUALATIN SCHOOL HOUSE PANTRY

Donations of Food

The Pantry's immediate needs are peanut butter, canned fruit, hot and cold cereal, canned soup, canned meals (chili, pasta, etc.), diapers (all sizes), toothpaste, shampoo and bar soap.

Your donations to Tualatin School House Pantry are tax-deductible to the extent allowed by law. TSHP is a registered 501(c)(3) nonprofit organization. Federal Tax ID 20-2253741.

PASTOR KEN'S SERMONS

are posted on the church website, www.tpcspirit.org.

UPDATED CHURCH DIRECTORY

Copies of the church directory are available in the office on the small table to the right as you enter. If your copy is outdated, please take a new one.

FEBRUARY NEWSLETTER

The deadline for the February newsletter is 9 am on Tuesday, January 26. Please email articles to susan@tpcspirit.org. Thank you.

THE EDGE - Love through the eyes of kids

A 4-year-old child lived next door to an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.

When his mother asked what he had said to the neighbor, the little boy said:

"Nothing. I just helped him cry."

Studentshangout.com....Wally Benson

HAPPY JANUARY BIRTHDAY!

03 - Cathy Lambeth
04 - Mary Shiffer
06 - Rosemary Willis
07 - Riley Reding
08 - Deb Carlson
09 - Steve Olsen
12 - Susan Springer
12 - Jeff Cameron
12 - Wendy Love
15 - Karen Jones

15 - Samuel Corona
16 - Herb Richardson
17 - Joen Morris
18 - Mary Maleta
19 - Scott MacHaffie
21 - Bill Thomason
21 - Pam Bowen
24 - Greg Sundt
25 - Elias Ratliff
28 - Erin Hagan

28 - Mark Hansen
28 - Ted Miller
28 - Nicholas Dannemiller
29 - Randy Beyer
29 - Janet Winterrowd
30 - Pam Cameron
31 - Annica Gage
31 - Neil Olson

TUALATIN PRESBYTERIAN CHURCH CALENDAR

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

JANUARY 2016

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1	2
3 10:00 Worship	4	5	6 7 p.m. Choir rehearsal	7 10 a.m. Project Linus 7 p.m. Bell choir rehearsal	8	9 10 to 11:30 am Chancel Choir Dress Rehearsal (S) Dr. David Kelly
10 8:45 Adult Edge class 10:00 Worship Sunday School resumes	11 7 p.m. Deacon Meeting	12 7 p.m. Mission meeting. 7 p.m. Fellowship meeting	13 10 a.m. Loving Stitches 7 p.m. Choir rehearsal	14 7 p.m. Bell choir rehearsal	15 Red Cross Blood Drive 1 to 6 pm	16 7:30 a.m. Men's Fellowship Breakfast
17 8:45 Adult Edge class 10:00 Worship Meeting Before the Meeting after worship 5 p.m. The Awakening for youth with Andrew Hall.	18	19 7 pm Tuesday's Treasures 7 pm Session Meeting	20 7 p.m. Choir rehearsal	21 7 p.m. Bell choir rehearsal	22	23 10:30 a.m. Women's Brunch
24 8:45 Adult Edge class 10:00 Worship Congregational Meeting after worship 5 p.m. The Awakening for youth with Andrew Hall.	25	26 9 a.m. February newsletter deadline	27 10 a.m. Loving Stitches 7 p.m. Choir rehearsal	28 7 p.m. Bell choir rehearsal	29	30
30 8:45 Adult Edge class 10:00 Worship 5 p.m. The Awakening for youth with Andrew Hall.						

2015 FINANCIALS	Actuals	Budget	Dollar Difference
Operating Income Year to Date 11/30/15	\$337,074	\$317.622	19,452
Operating Expenses Year to Date 11/30/15	\$319,080	\$325,307	\$6,227

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.



9230 SW Siletz Drive
Tualatin, OR 97062



TUALATIN PRESBYTERIAN CHURCH
9230 SW Siletz Drive, Tualatin, OR 97062
Phone: 503-692-4160 **Email:** office@tpcspirit.org
Web Address: www.tpcspirit.org We're also on Facebook.
Worship Service – Sundays at 10:00 a.m.

Pastor: The Rev. Dr. Ken Evers-Hood

Parish Associates: The Rev. Charlie Brown, The Rev. Dr. Dick Wiggers

Elders: Craig Bowen, John Casebeer, Cathy Lambeth, Joan Nardi, Judy Nix, Bob Paetsch, Emily Ricker, Katrina Weener and Maureen Wolf

Deacons: Becky Backen, Karen Black, Susan Cameron, Russ Carlin, Rebecca Crall, Bob Eddy, Susan Fee, Dianne Lemmon, Deborah Lewis, Mary Maleta, Bonnie Nord, Jackie Norman.

Administrative Assistant: Susan Springer
Financial Assistant: Diane Goetz
Director of Music Ministries: Dr. David Kelly
Accompanist: Dr. Ron Fabbro
Bell Choir Director: Debbie Ivanov
Director of Youth & Family Ministry: Andrew Hall

Art Director: Chris Robertson
Bereavement Committee Chair: Barbara Crall
Blood Drive Coordinator: Scott Cameron

Clerk of Session: Rick Crall
Cookie Coordinator: Sue Hayhurst
Membership Coordinator: Jeni Wiggers
Newsletter Editor: Susan Springer
Parish Nurse: Dianne Lemmon
Prayer Chain: Greg Imus
Treasurer: Jennifer Ayers
Tuesdays Treasures: Carolyn Locke
Webmaster: John Martin
Wedding Coordinator: Stacy Mauer

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