

A MESSAGE FROM PASTOR KEN



Dear friends,

“Sometimes we change because our stories change. Sometimes our stories change because we have changed.”

-Drake, David B. Narrative Coaching: The Definitive Guide to Bringing New Stories to Life (p. 175). CNC Press. Kindle Edition.

Much has changed in the world around us. In just one month we've become a people who have started wearing masks to the store if we risk the trip, and yet we've stopped wearing pants if the reports from retailers are accurate. Our schedules have become filled with zoom meetings, and at the same time the skies over our cities are becoming more clear. We have grown more distant from one another physically, and yet, in some ways, we are becoming more connected with one another in other ways. Teachers are driving through neighborhoods in makeshift parades finally being treated as the heroes they've always been. New Yorkers are opening their windows at night to ring bells for health care workers, and people are figuring out how to sing together over the internet. And the giving... Not for profits feeding and caring for people are reporting a generosity rising to meet this strange occasion.

So much has changed in a month. And none of us have any idea what's coming next.

The story of our lives has dramatically shifted. And that means that we have also shifted. But becoming aware of what's changing for us is hard to see by ourselves. Previously, I've written about using my training as an ICF certified coach to help our deacons learn the listening and caring skills to become Holy friends. The dean of Duke's Divinity School, who co-directed my doctoral work, L. Gregory Jones talks about Holy friends as people who help us to see the weaknesses we've come to accept, affirm the gifts we are afraid to claim, and encourage us to dream dreams we otherwise would not. This pandemic is not going to rob us of the dream we have been dreaming of establishing Spiritual Friend groups who will learn and grow together.

Here's what they will look like. Groups of 6-8 people will come together over zoom every two weeks for 6 sessions over a period of 3 months. Each meeting will be between 60-90 minutes and at least two deacons will be leading the group through a highly organized process. Every person will have at least one opportunity to have a time to reflect on themselves and be coached on a change they are noticing or contemplating. The group will also act as a supportive network to one another throughout the process. Treat this as a rich and sacred time to learn more about yourself, observe how you are responding to the changes happening all around, and decide more consciously how you want to show up in the world.

If you are interested in this opportunity, please email me. I have a brief intake form I will send to you to get you started thinking about where you have come from, who you are, and where you sense you might be headed.

In Christ, Ken

A handwritten signature in black ink, appearing to read 'Ken', written in a cursive style.

Deacons Diving into New Depths: Soul Friends

TPC deacons are continuing to reach out to the members of their parishes through telephone calls, cards, and emails at this time. We have been trying to give extra effort to staying in touch and learning if there are needs. For the most part, members and friends of TPC are sheltering in place quite well. We deacons had our monthly meeting on Monday, April 20th via Zoom and it is impressive how we are adapting to using this technology.

Therefore encourage one another and build each other up, as indeed you are doing
1 Thessalonians 5:11

For the past several months our deacon meetings have been learning sessions. Pastor Ken has been preparing us to become “soul friends.” In a nutshell, this is a practice that involves encouragement, listening, and having meaningful and intentional conversations. It is our deepest hope that we grow our connections at TPC into something that is real and vital.

The deacons have been practicing this very thing in our meetings (dare we say, guinea pigs?) and we have had some really beautiful and inspiring moments. It isn't a planned journey. We have experienced insights into ourselves and closer relationship to each other. Pastor Ken has sent an email out with an invitation to join with us in this new practice. If you are not sure about it, that's ok. Some of the deacons weren't too sure either.

Wherever you are in daily life, whatever your situation, a soul friend might offer encouragement to you personally. Did you know that encouragement literally means living with or from within one's own heart?

Positive change in our faith, health, and life are of God. Take a moment to read through the questions sent out by Pastor Ken. Maybe you will step out into the unknown and come with us!

Note: Pastor Ken's email is dated April 22, 2020; subject line is TPC Holy Friends Groups.

“In the Meantime . . .”

Pastor Dick Wiggers, Parish Associate

In early March, it felt like someone pushed the pause button. Six weeks later, it feels more like it was the off button. We desperately want someone in charge to hit the reset button so we can start over; start living again. Surely that day is coming, but when? That's the question that hangs in the air. In the meantime, there's no end in sight; no date written on the calendar.

On yesterday's early morning walk, a neighbor's handwritten sign caught my attention. “Just Hang In There.” Really? That's all we can do? Easier said than done for some of us. While that's not asking too much of me at the moment, too many of our neighbors are just hanging on by a thread—financially and emotionally.

Not knowing the duration of this Coronavirus reminded me of those marathon car rides our family of five took when our children were very young. In those days, we piled into our 1973 yellow Ford Station wagon with the faded faux wood paneling and prepared ourselves for the long drive from Royal Oak, Michigan, to my parent's vacation home in Lake Lure, North Carolina. The beginning and ending parts of the trip were fairly predictable. Pulling out of our driveway at O'Dark-Thirty in the morning, our three kids, bedded down in what they called “the way back,” slept through the first 100 or so miles of the trip. Meanwhile, Jeni and I were grateful for the chance to get out of town. The last 100 miles of the trip were more challenging. Everyone was wired. We couldn't wait to see grandma and grandpa. Passing familiar landmarks reminded us we were almost there. It was the seemingly endless middle part of the trip that was most tedious and tiring. Sometime during this part of the trip, I could be heard shouting across the front seat in my most threatening voice, “I'm not going to warn you again. Don't make me stop the car!”

One of the many challenges we are confronting with COVID-19 is the “not-knowing” – When we venture out, not knowing who is infected and who is well; not knowing who is shielded behind the masked faces we see on our hasty trips to the grocery store; and the biggest not-knowing of all – When will this be over?

Just before Jeni and I came to TPC IN 2002, I came across Eugene Peterson's book called

Long Obedience in the Same Direction: Discipleship In An Instant Society. While most of us are more familiar with Peterson's contemporary translation of the Bible called *The Message*, I find what he wrote in 1980 about the difficulty followers of Jesus have in hanging in there for the long haul to still be true for many of us today. His premise is that it is one thing for someone to be excited about experiencing the presence of Christ in his or her life, but something altogether different to sustain that commitment over the course of one's life. Paraphrasing his words: "It is not as difficult to get a person interested in the message of the gospel, but it is extremely difficult to sustain their interest."

As we traverse this middle portion of our journey – wherever it is taking us, and for however long it may last – I'm grateful that we can travel together, and with God's help, share the journey, encouraging and sustaining each other along the way.

CONNECT TO TPC SUNDAY MORNING WORSHIP

All you need to do is go to tpcspirit.org. There you will see a large gray rectangle with some text about the worship service. That's where you'll see the live-streamed worship service when it starts. In the lower right corner of the gray box you will

see the Full Screen Icon , and that works even when the worship is not in progress – useful for your testing.

ZOOM

Zoom enables you to interactively participate in a virtual meeting with other TPC folks. You don't need a computer or an internet connection to participate, but full participation with video does require a computer, tablet, or smart phone with internet access. If you have an ordinary phone, you can tele-conference into a zoom meeting. If you have an older computer without a microphone, you can use a phone for your audio connection while seeing other participants on the computer. If you do not have a web-camera, you will be shown on the zoom connections as a box with your screen name.

You can always find the links for regular zoom meetings (the "Virtual Coffee Hour", and daily Prayer meetings)" at tpcspirit.org/Links/. You can click one of those Zoom links at any time to see if your computer is ready. If it is outside the

times for that meeting you'll get a message, "Please wait for the host to start this meeting" which indicates that your computer is set up properly.

The first time you try to connect to a Zoom meeting, you will need to download a Zoom App. You will be prompted to do that. You may need to click the phrase "**download & run Zoom**". Watch for a subtle appearance in the lower left corner of "**Zoom_exe**" and click it. This will start the installation process and you will get additional prompts from the computer about trusting this – answer "Yes", "Run" etc., as needed to continue. Future uses will present a box in the upper portion of your screen about opening Zoom – click the "**Open... Zoom...**" button to continue. If you are having problems, take a look at [Zoom Step-by-step](#) or go to support@tpcspirit.org. and describe your problem.. [Zoom Step-by-step](#) also contains useful additional information about navigating some of the features, and alternatives available with Zoom.

GIVING OPTIONS FOR TPC

During this challenging time of healthy precautions while sheltering in place, Tualatin Presbyterian Church is continuing to support our local efforts and pay our staff, though their work schedules will vary. Many of you are asking how you can continue your generous support of TPC without a weekly offering plate. Here are five ways that you can donate to TPC. These are all safe and secure methods to donate.

Write a personal contribution check and mail to TPC, 9230 SW Siletz Dr., Tualatin, 97062 Mail is picked up daily.

Generate a contribution to TPC via your financial institution's bill pay system. They will mail the check to TPC.

Try online giving. Just click **Give** at the top of any page at tpcspirit.org and then click **Give Now**. The **Give Now** link is also on the front page of tpcspirit.org (right below the live stream worship video).

Donate via Text giving. The text number is **833 610 0073**. Just put the amount you want to donate in the body of the text. The first time you will need to enter your payment info but after that it's a piece of cake! There is basic information about text giving at the top of the TPC **Give** page. You will find a link to an information page and on that

page, there is a link to a detailed information “training” document.

If you are a mobile user and like apps, you can go to the App Store or Google Play and search for “GivePlus Church.” When you open the app the first time there is a search function to find your church (we hope you look for Tualatin Presbyterian Church). After you enter your donation, you can store your payment information for later use.

Online giving, text giving, and mobile giving will all generate an email message to you acknowledging your donation (of course text giving will also text you back a confirmation.)

You may contact our Financial Assistant, Mike Shiffer, if you have questions or need assistance with any of this. Mike can be reached at [fi-nance@tpcspirit.org](mailto:finance@tpcspirit.org) or by phone 503-349-2358.

With sincere gratitude, TPC Finance Team

FAMILY PROMISE OF TUALATIN VALLEY

Our hearts are overjoyed by the continued TPC and other church community support of donations to furnish the apartments for the two families who secured housing this past month. We have been able to provide everything needed to give these families, who had given up everything, the furniture, bedding, and kitchen items for an easy transition into their own housing. The tears just flow when the rented moving van shows up and the move in team of volunteers start unloading.

Other families currently in the program include a family of six – parents and four boys who will be assuming housing this Saturday. This family originally is from the Micronesia area of the Pacific Islands, and are a lovely family of hard working young men, including a three year old charmer with big brown eyes. Then there is the family of eight – parents and six children – who were displaced by the recent Tualatin apartment complex fire. Family Promise is paying for them to stay at a Residence Inn while they work to get back into housing. Bringing our family member program total to 16 is a mother and daughter who will benefit greatly from the case management process. And, I am happy to say, we have most of the items needed for these families to get set up in their housing as well.

If you (or your friends/neighbors) have furniture or kitchen items to donate, contact Judy Nix at-

jenix@comcast.net or call 503.612.0006. If you would like to volunteer to assist in some outdoor projects at the Family Promise Day Center, watch for an email that will identify how you can help.

Interim FPTV Board President, Jennifer Ayers, recently shared: “I’m heartened by the outpouring of kindness, caring, and compassion I’m seeing from the FPTV volunteers and sponsors. I’m so grateful that FPTV provides a lifeline in our community by empowering families to be sustainable and by engaging volunteers in meaningful, relational partnerships to end family homelessness. We are in this together!”

Derrilyn Bayha and Pam Bowen
TPC Family Promise Coordinators

WOMEN’S MINISTRY UPDATE

I am sure it is no surprise that the May 16th Women’s Ministry brunch has been canceled. We will regroup in the fall. Carolyn Barker

STEPHEN MINISTRY NEWS

In this unprecedented crisis of the Coronavirus Pandemic and mandatory social isolation protocol, TPC’s Stephen Ministry continues to minister to our congregation. During such a challenging time full of stress, anxiety, and loneliness, people need Christian community more than ever—and Stephen Ministers and Stephen Leaders are extremely well equipped to provide it. Our team of Stephen Ministers have continued meeting with their Care Receivers over the phone. While all agree it will be nice to get back to meeting face-to-face, the weekly calls are important in maintaining these essential and important relationships.

Our Stephen Leaders and Stephen Ministers continue to “meet” every two weeks as well over the phone and through e-mails. We had our first Zoom meeting on Tuesday, April 28th.

Our Stephen Ministry Program continues to be an invaluable resource offering support during this difficult time. If you would like to learn more about Stephen Ministry here at TPC or would like to have a Stephen Minister in your life, please do not hesitate to reach out to one of our Stephen Leaders: Eileen Eakins, Jean Martin, Nikki Martin, Susan Springer or Stephen Ricker.

INFORMATION FROM OUR PARISH NURSE, SUSAN FEE, REGARDING Corona Virus (Covid 19)

Since I last wrote about Corona Virus for our newsletter, I have been working full time answering phone calls for the OHSU Connected Care Center's Covid-19 Hotline. The hotline is available to all Oregonians at 833-647-8222 and is open seven days a week from 8:00 am to 8:00 pm. I have learned a lot and want to start with a point of clarification. There are many types of corona viruses. The virus we are talking about now is known as SARS CoV-2. The disease is known as Covid-19. I am going to answer the most asked questions I hear.

First, people are concerned about what the symptoms of Covid-19 are. SARS stands for Severe Acute Respiratory Syndrome, so the most common symptoms are cough and shortness of breath. Fever, chills, headache, body aches, sore throat, and abdominal complaints have also been noted. Symptoms can be mild like a common cold to severe or life threatening. Some people test positive for the virus but have no symptoms. Most people do not require hospitalization, but if you or someone with you notices trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face, please seek medical attention immediately. When seeking medical attention, please call ahead and wear a mask or face covering. Call 911 if needed.

Many people want to know if they can or should be tested for the virus. If you think you may have Covid-19 you can find symptom checkers online that can help you decide what to do. Two such sites are: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html> or <https://c19oregon.com/result>, you can call your primary care provider for advice, or you can call the Covid-19 hotline listed above.

Many people are also asking about antibody testing. Currently antibody testing is not available in Oregon but should be soon. For more information about antibody testing go to <https://www.cdc.gov/coronavirus/2019-ncov/lab/serology-testing.html>.

Most importantly, what should we be doing now? Much of the advice remains the same. Newer recommendations are bolded. **Stay home and avoid contact with others who are not members of your household. Maintain physical (social) distance of at least six feet between you and any-**

one else when you must go out. When you must go out, all people should wear a mask. Know that the only type of mask that protects you is known as an N95 mask. You wear other types of masks or face coverings out of consideration to protect other people. Even with a mask on, you should maintain the six-foot social distance from others with the exception of your household members.

Continue to cover your coughs and sneezes with a tissue and throw it in the trash after use. Clean and disinfect high touch surfaces often. Wash your hands frequently for 20 seconds with soap and warm water if available, if not use hand sanitizer. Additionally, if you are sick, isolate yourself at home and avoid contact with all others, wear a mask or face covering if in the same room with someone, do not share food or household items.

It is possible some restrictions may be lifted soon. When that happens there may be the possibility of a second wave of increased cases of Covid-19. Wearing masks and maintaining physical distance will be two of the most important things we can do to prevent this.

This is a very difficult time for everyone. Please be kind to yourself and be kind to others. Please go to <https://www.cdc.gov/> for more information. And may God continue to bless us all.

MEETING HIGHLIGHTS

March 31st Special Session Meeting

At a Special Session meeting held with Elders participating via ZOOM using the internet on March 31, 2020 the following actions were taken.

While successful, it was determined that the use of the internet for worship services would be improved by a 10 minute delay in the starting time. Worship starting at 10:10 AM was approved.

The serving of communion by asking each participant to prepare their own elements was approved.

The request by the Red Cross to hold a much needed blood drive in our lower level, subject to several restrictions, was approved.

The timeline for building closure to all activities, besides staff, was extended indefinitely.

The election of John and Jean Martin to a one-year terms as our commissioners to Presbytery was approved.

Granting a TPC scholarship to graduating senior Robert Weener was approved.

April 21st Stated Session Meeting

At the regular April Session meeting with Elders participating via ZOOM on the internet on April 21, 2020 the following actions were taken.

Session approved Ken's request to postpone his summer, 2020 sabbatical. The Lilly foundation helping support TPC and Ken for his sabbatical is continuing its support in this postponement.

Acceptance of the Calvin College grant for worship art was approved.

The overall success of internet usage to keep the congregation connected was reviewed in detail. It was approved to allocate up to \$1,000 for necessary improvements in our internet connectivity.

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

Rick Crall, Clerk of Session

FOOD PANTRY - Mike Shiffer

Tualatin Food Pantry continues to serve clients with curbside food distribution. The community has been very supportive and additional volunteers are not needed at this time. The food supply is plentiful but additional donations are always appreciated. Nonperishable food donations can be dropped off during the pantry distribution hours. Monetary donations can be made at school-housepantry.org or mailed to Tualatin Food Pantry, PO Box 248, Tualatin, OR 97062. If you know of households in Tualatin, Durham, Lake Oswego, West Linn or Wilsonville that could use some help, please let them know that they can visit the pantry. Current Pantry Hours are:
Monday 4:00 PM – 7:00 PM
Wednesday 10:00 AM – 1:00 PM
Friday 10:00 AM – 1:00 PM

TPC FLASH MOB (start and end at TPC)

Last Sunday was TPC's first Drive By Flash Mob. We're going again this Sunday, May 3. Want to join us? Meet in the church parking lot at 12:10 pm. We'll leave at 12:15. We will drive by a number of homes. Be prepared to be flexible.

Please observe social distancing and wear masks if you anticipate getting closer than 6 feet to someone.

Carolyn Hale, Deacon

P.S. No Drive By next Sunday, May 10, which is Mother's Day.



Rushing out back,
Hoping to capture an image depicting
the continuum of the ordinary.
God, or the Universe or your version thereof,
tending all things outside this virus.
The sweet sap of peony buds covered in ants,
dahlia shoots peeking their green heads from beneath wet
soil.
A rhododendron covered in soft pink blooms for the first
time in three years.
All signs the earth is spinning and healing and trudging
along,
just as she should.
Songs of the regulars fill the morning air.
Old friends fly from feeder to fountain.
And then,
royalty in a cape of fuchsia and emerald green.
Tucked back on a limb of the Cooking Laurel.
Silent and seemingly unaware of his importance,
in the schemes of nature.
I've traveled hundreds of miles looking for him,
as he is not from these parts.
But this morning, grass blades heavy from rain,
petrichor filling the air.
Against all odds,
a Calliope Hummingbird,
off path, small as a minute.
Magical, marvelous, mystery.

Calliope Hummingbirds are uncommon to rare in our area. They call high ranges east of the Cascade Summit, and the Blue and Wallowa Mountains home during summer.

Becky Backen

BUD BENDER HAS PLANTS TO SHARE

Asters; hardy, fall blooming, Violets
Ground covers: 1. Ajuga 2.??, soft green leaf with silver spots- spreads well 3. Vinca? Small leaf, multi color, spreads
Berry starts...thornless, large berry
Strawberry... I think it's decorative, not edible
Succulents... One silver, the other green
Raspberries, orange day lilies, grasses
Mystery plants - 1. Long green leaf, tall, yellow flower
2. Tall, soft silvery color long leaves, yellow flower stalk.
Mullen?
Chinese lantern plants.
If you would like any of these plants, please call or email me. Best, Bud

MAY TUALATIN PRESBYTERIAN CHURCH CALENDAR

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

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1	2
3 10:10 am on-line worship at www.tpcspirit.org	4	5	6	7	8	
10 10:10 am on-line worship at www.tpcspirit.org	11	12	13	14	15	16
17 10:10 am on-line worship at www.tpcspirit.org	18	19	20	21	22	23
24 10:10 am on-line worship at www.tpcspirit.org	25	26	27	28	29	30
31 10:10 am on-line worship at www.tpcspirit.org						

MAY BIRTHDAYS

02-Candy Ferguson
02-Wesley Shiffer
02-Craig Walker
03-Joan Nardi
03-Yvonne Wagner
04-Scott MacCluer
04-Rick Mauer
05-Don Lowry
06-Michael Weaver

07-Reed Gurney
08-Diane Paetsch
09-Ella Evers-Hood
09-Robert Weener
10-Emery Phillips
11-Dave Backen
11-Ron VanSchoiack
14-Karen Black
14-Megan Weener
15-Laura Byers

17-Scott Cameron
17-Sandy Reiling
20-Rebecca Wood
21-Cackie Kyle
21-Ronn Rhodes
23-Emily Mazzuca
24-Emerson Wood
30 Susan Cameron
30-Monica Gibson
31-Scott Mazzuca

ISOLATION WELL-BEING

List shared on Facebook, author unknown

Shower
Medication
Drink water
Clean one thing/one space
Tend something growing/living
Be Mindfully Present to...
 A sound or song
 A sensory feeling
 Something you see
 Spiritual Practice
Reach out to a human outside your home.
Do one thing to get your heart rate up.
Do one thing you'll be glad you did later.
Do one thing just because you want to.
Get in at least one good laugh.

TPC 2020 FINANCIALS	Actuals	Budget	Dollar Difference
Operating Income Year to Date 3/31/20	\$36,075	\$35,501	\$574
Operating Expenses Year to Date 3/31/20	\$36,260	\$30,586	\$5,674

The church office is closed due to Covid-19. Employees are working from home. The building is not available for meetings.

You are invited to worship with us on line on Sundays Starting at 10:10 am.
Go to the church website, www.tpcspirit.org

If you wish to leave a voicemail message, call the church office at 503-692-4160. Messages are checked regularly.



MAY 2020

Worship with us Sundays on line
at 10:10 a.m.

Go to church website, www.tpcspirit.org
or Facebook Live.

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 10:10 a.m. on line at www.tpcspirit.org

Pastor: The Rev. Dr. Ken Evers-Hood

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

Elders: Craig Bowen, Russ Carlin, John Casebeer, Jeff Engh, Joan Nardi (acting), Greg Owen, Carolyn Pursinger, Ian Swanson, and Maureen Wolf

Deacons: Derrilyn Bayha, Susan Cameron, Peggy Gibbons, Emily Gibson, Carolyn Hale, Donna Hammersly, Jason James, Julie Nader, Karen Ramos, Herb Richardson, Sheri Schipporeit, Kerry Weaver, and Rob Wiesenthal.

Director of Family Ministries: Sarah Beck
Administrative Assistant: Susan Springer
Financial Assistant: Mike Shiffer
Director of Music Ministries: Gary Young
Accompanist: Dr. Ron Fabbro
Bell Choir Director: Debbie Ivanov
Building and Grounds Caretaker: Bob Paetsch
Art Director: Chris Robertson
Bereavement Committee Chair: Barbara Crall
Blood Drive Coordinator: Scott Cameron
Clerk of Session: Rick Crall

Cookie Coordinator: Sue Hayhurst
Fellowship Director: Barbara Crall
Hospitality Coordinator: Bonnie Nord
Membership Coordinator: Diane Paetsch
Men's Fellowship Group Coordinator: Mike Weaver
Parish Nurse: Susan Fee
Prayer Chain: Greg Imus
Treasurer: Chip Kyle
Tuesdays Treasures Coor: M&M Shiffer, Denise Collins
Webmaster: John Martin
Wedding Coordinator: Stacy Mauer

Office is closed. Can leave voice message at 503 692-4160. We will get back to you.