



A MESSAGE FROM PASTOR KEN

Shut up. No, really. Shut up! I know this sounds like a rude thing to say, but I mean it in a nice way. I'm saying it for your own good.

I'm saying this because it's fall. And fall is the time when everything gets going again- we get back to school, back to church (you know who you are ☺), and we get back to thinking about our goals for the year ahead. And most of us have been led to believe that when we set goals for ourselves it's really important that we share these goals with the world around us.

If we want to, say, exercise more- we're supposed to tell people this, so they can give us a good, hard kick in the behind when they find us eating an entire Ben and Jerry's while flipping between three shows on TV, none of which interests us. (Not that I would personally know about or do such a thing, mind you...it's just an example, people. Really.)

Or if you come up with a really interesting project to work on, well along with all your Farmville needs and embarrassing stories about children saying the darndest things you should Facebook all your friends about this idea, right? This way they can connect you with a thousand other people and resources that might be useful to you. Right?

Well here's the thing. Objectively, psychologists like NYU's Peter Gollwitzer tell us that test after test demonstrates that the more people talk about their intentions, the LESS likely they are to make them happen. Yep, you read that correctly. The more we talk about the things we want to do, the less we actually do them.

In "When Intentions Go Public: Does Social Reality Widen the Intention-Behavior Gap?" Dr. Gollwitzer explains that by merely announcing our intent to act, part of our brain perceives this intention as already being a kind of reality. So Gollwitzer writes that announcing our plans to act gives us a "premature sense of completeness" and makes us that much less motivated to actually turn our goals into reality.

And this isn't merely his opinion. In four different studies he conducted he found that people who kept their goals to themselves were more likely to achieve them than people who shared their goals with others.

You know, one of the weirdest things about Jesus is so many times he does something incredible in the Gospels and rather than shout it from the rooftops, he warns everybody to be quiet. In Luke 4, for instance, after laying on hands and healing a huge crowd in the evening Jesus "rebukes them and would not allow them to speak, because they knew that he was the Messiah." NOT let them speak? You would think he'd tell them to get the word out, right?

Since the nineteenth century scholars have been offering up solutions to this so-called "Messianic secret". Some have said Jesus didn't want to attract too much attention from the authorities too quickly. Others have said Jesus was redefining the meaning of what it meant to be the Messiah and didn't want them to get confused. This May one of my favorite preachers noticed that Jesus tells some people to be quiet but not others, and she brilliantly argued that Jesus was giving less powerful people the room to tell their own story.

I think these are all good ideas. I think they are all a little bit true. But now I'm wondering if Jesus wasn't also telling us to hush up so we wouldn't think that just calling him the Messiah in public meant that all the work was done.

What is God calling you to do this all? What new thing is God doing in your life? Well, don't take this the wrong way...but maybe we should just shut up about it, at least until we've got something to talk about. For, as the great theologian Kenny Rogers put it, "You never count your money/when you're sittin' at the table. There'll be time enough for countin'/when the dealin's done."

In Christ,



PEOPLE IN THE NEWS



Nancy Catanese, a TPC member for 11 years, attended Savage Memorial Presbyterian Church as she grew up in SE Portland. In addition to Nancy and her two sisters, her family included a total of more than 40 foster kids. For many years her whole family operated the Lakeside Gardens Restaurant.

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Nancy has two grown children and three grandsons, all who live locally. Nancy, a geriatrics caregiver, works with clients who have MS or Alzheimers, or who are stroke victims. She finds it rewarding when she can make a positive difference in their lives. Her hobbies include sewing, reading, and travel. Also she has been a handbell ringer for 14 years at Savage and a few years at TPC.

Nancy remembers her first Sunday at TPC distinctly. In the parking lot she met Connie Myers who invited Nancy to sit with her. That welcoming act helped her to stay and quickly make many friends here.

Carolyn Locke, Deacon for Parish #9

Thank you to all my TPC friends and family. Your support following the death of my mother has touched and blessed me deeply. The prayers, cards and hugs are what have carried me and will continue to do so.

Special thanks to Barb Harriman and her cast of many who put on lunch for my family at my house following the burial. Not only did it bring substance to my big family, but it showed them how much Erik and I are loved and cared for. It guess it is okay with them now that we are in a Presbyterian church.

In deepest gratitude to all of you for all you are and all you do.
Laura Spurrell



Thank you to all my TPC family who sent postcards and letters to camp. My 2010 award was for "Going Postal" in recognition of getting a ton of letters! I also caught a 12 3/4 inch trout! Thank you all so much.

Lots of love, Erik Spurrell



To My TPC Family,
I wish to thank all of you for your many prayers of concern and healing, the many cards, visits, and beautiful flowers. Your love has certainly helped in my recovery. Also, very special thanks to Pastor Ken and that "gentle pinch."

In His love, Carol Rhodes



WELLNESS TIPS FROM DIANNE LEMMON, OUR PARISH NURSE

From the Berkeley Wellness Letter, "If you are trying to lose weight, keep a daily food and activity diary. You don't have to track every calorie eaten or burned -- just the act of writing down what you generally eat and how much you exercise can motivate you. Many online programs can help you do this, including the USDA's MyPyramid Tracker (www.mypyramidtracker.gov), which adds up and assesses your daily food intake and then provides feedback based on the government's Dietary Guidelines. There are also cell phone applications (free or nearly free) such as Lose It! that keep track of food and calorie intake. People tend to underestimate how much they eat, so for accurate results, measure your food and enter what you're really eating."

WHAT'S GOING ON

FELLOWSHIP

Fellowship Dinners



It's time to sign up for a new round of fellowship dinners that start in September and go through December. These dinners are for groups of 7 to 9 people who meet

once a month for four months for dinner and fellowship. The groups usually meet in homes, but they have also met in restaurants and at the church. After four months, all are given the option to sign up again and a computer program generates the new groupings.

We ask all who wish to participate to sign up even if you have participated in the past. You may sign up on the tower in the Narthex or by emailing Rick Crall at Crall@compix.com. **Please sign up by Sunday, September 5** so groups can be formed by Sunday, September 12. This allows time to meet in September. There will also be a group for families with young children; this way adults and children can all get together and enjoy a meal and fellowship with members of their TPC family.

IT'S POTLUCK TIME!



Potluck

It is hard to believe September is just around the corner and summer is almost over. It is time to reconnect with our TPC family, and what better

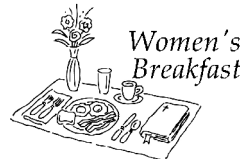
way to do that, than with a potluck. Join us on **September 12** after church for good food and good fellowship. For this potluck we suggest that you use a recipe in the TPC cookbook, *Cooking with Soul*. If you do not have such a cookbook, they are available in the church office during the week. They will also be for sale on Sunday, August 29 and Sunday, September 5 after church. Cost is \$15 and profits go into the Helping Hands Fund.

VOYAGERS

We are starting fellowship groups of 10 to 15 people called voyagers. They are designed to break the congregation into smaller groups of people to form a close bond and become a source of support for each other over a period of years. Voyager groups could be made of those of similar age or in a similar stage of life. For example one group could be a group of people with young families and another people with teenagers. Other groups could be for those with no children at home. Or there could be a group with people of various ages. Voyagers are not intended to be couples-only groups; they are open to all members of the congregation. A group could be made up of all singles.

Voyagers will be on-going groups meeting as often as each group wants. Activities will be up to the group. Some groups may wish to just get together in people's homes for dinner and conversation and games. Other groups may want to meet at home at times and hold outings at other times. There will be a sign-up sheet on the tower in the Narthex in September where you can indicate what type of group you are interested in. The fellowship committee will assist in getting groups started. If you would like to help organize a group or if you have questions, please contact Barb Crall at 503-692-1677 or barbc@compix.com.

WOMEN'S BREAKFAST



Women's Breakfast

We would like to gather the women of the church for fellowship and good food several times through the year. We will hold events at different times on Saturdays and Sundays.

Our first gathering will be **Saturday, October 9 at 9 a.m.** We will get together for a potluck breakfast to enjoy good food and good friends. Plan to join us then and give us some input as to what types of future activities you would like to participate in.

KIDS CORNER


Welcome September and the start of another Sunday school season. We have a full teaching staff to start off this year with new volunteers and new programs. Look for a schedule of events in the October newsletter.


FALL SUNDAY SCHOOL SEASON SCHEDULE

Elementary Sunday School : Begins September 12th 9:30 am to 10:15 am

Middle School Sunday School: Begins September 12th 9:30 am to 10:15 am

 Sunday Morning High School Fellowship: TBA

 Elementary Choir: Begins September 19th 2nd & 4th Sundays; 10:15 to 10:45 am

 Middle/High Choir: Begins Sept. 19th 1st & 3rd Sundays: 10:15 to 10:45 am

Ants In Your Pants: Begins September 12th after Children's Message

Ants in Your Pants is always looking for new volunteers ☺ . Please consider volunteering one Sunday with the children. Some activities provided are quick and easy plays, life lessons, and music (getting ready for the Christmas play with Katrina & kids). All instructions are provided, they're easy to follow and fun!! Sign up calendar is in the narthex in front of the church office.

Any questions, please contact Katrina Weener at 503-702-6154 or Katrina.weener@comCast.net

Treasurer's Report

Operating Income and Expense at July 31, 2010

	Received Year to Date	Year to Date Budget
*Income	\$154,589.19	\$157,024.00
Expense	\$150,318.25	\$153,287.00
Difference	\$ 4,270.94	\$ 3,737.00

* Includes prepaid pledges of \$14,200

Lutheran Choral Association presents their
73rd ANNUAL CONCERT SEASON

The Lutheran Choral Association is a group of over 160 multi-denominational singers from the greater Portland-Vancouver area. At each of the concerts listed below there will be a freewill offering. Questions? Talk to Diane Adams.

Sunday, August 29th, 2010—7:00 p.m.
 Living Savior Lutheran Church
 8740 SW Sagert St., Tualatin, OR

Sunday, September 12, 2010—7:00 p.m.
 Trinity Lutheran Church
 509 W. Powell Blvd., Gresham, OR

Sunday, September 19, 2010—7:00 p.m.
 First Church of God
 3300 NE 78th St., Vancouver, WA

Sunday, September 26, 2010—7:00 p.m.
 Pilgrim Lutheran Church
 5650 SW Hall Blvd., Beaverton, OR

Sunday, October 3, 2010—7:00 p.m.
 Peace Lutheran Church
 2201 N. Rosa Park Way (Portland Blvd.)
 Portland, OR

The Mission Committee is going “back-packing” and you’re invited to join us!

Each year TPC provides school supplies to local school districts for distribution to children and youth who are in need. This year there is a need for backpacks and supplies.

Here’s where you can help. Watch the school ads and pick up a backpack or two for a needy child. These are available in multiple sizes for children in elementary through high school, and are designed specifically for school use.

We will also gather school supplies to fill the backpacks. Lists of items needed by students are available in the Narthex near the front door. Pick one up and help ensure that no child goes to school without adequate supplies. Boxes for drop off of backpacks and supplies are also by the front door. Thanks for your generosity and support!

Joan Nardi, Mission Elder



TPC ON FACEBOOK

TPC is experimenting with social media by hosting a Facebook page. Besides the usual sermon/newsletter posts to the church website, we are using Facebook to share more current information/discussions. To join us, just search “Tualatin Presbyterian Church” after joining Facebook and “Like” the organization.

TUALATIN VALLEY PRESCHOOL

Tualatin Valley Preschool meets in the lower level of the church during the school year. They are now enrolling children for the 2010/2011 school year. They have openings for 3 and 4 year olds. Please contact Jill McCarty for more information at jillmccarty@hotmail.com or by phone at 503-639-1973. Information is also available on their website at tualatinvalleypreschool.org.

preschool registration



SEPTEMBER BIRTHDAYS

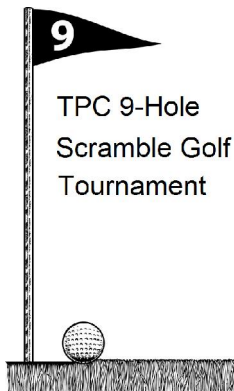
2	Ken Evers-Hood	18	Vic Collins
5	Jackson Martson	20	Rachel Norse
6	Joel Norman	20	Robbie Price
7	Claudia Wahl	20	Hannah Price
7	Nancy MacHaffie	21	Dee Johnson
8	Charles Brown	23	Debbie Imus
9	Katrina Weener	26	Phil Friesen
10	DeeDee Hansen	26	Luke Winkler
10	Corbin Bowen	27	Ted Pelletier
11	Louise Ludwig	27	Doug Steffen
11	Karly Corona	28	Marsha Steffen
16	Edda Brown	29	Owen Schmidt
17	Darian Breshears	30	Priscilla Hagan

MEN'S
BREAKFAST



MEN'S BREAKFAST

The men's fellowship group continues to meet on the third Saturday morning of each month. Contact Marshall Watkins for more information, 503-694-2334.



TPC 9-Hole
Scramble Golf
Tournament

If you've ever swung a golf club, you're qualified to play in the annual TPC 9-Hole Scramble Golf Tournament at the Summerfield Golf Club at

**1:15 p.m. on
Sunday, October 3, 2010!**

Once again, the coveted "Perpetuity" prize is up for grabs! We are planning a pot-

luck BBQ afterwards, location to follow. There's a \$20 entry fee for green fees and prizes. A sign-up sheet is in the Narthex. Any questions, please contact Mark Maleta 503-858-0482 or mvmaleta@aol.com.

Last day to sign up is Sunday, September 26.

SUNDAY ADULT EDUCATION

Adult
Education
Class

Elder Randy Beyer ordered a series of lessons developed by the people at TheThoughtfulChristian.com. The series is titled "Making Moral Decisions." Sunday, August 29 the group will discuss the second in the series, "Where Do Christians Find Moral Guidance?" All are welcome. Please

join us at 9:15 am downstairs in the multi-purpose room. To find the multi-purpose room, walk down stairs, turn right, and the multi-purpose room is immediately on your left.



Workshop Equips and Inspires For Earth Care Ministry

On Saturday, November 6, congregations are invited to send a team to "Earth Care: Inspiration, Prayer and Action" at Westminster Presbyterian Church, 3737 Liberty Road South, Salem, Oregon. This annual Creation Care event is sponsored by the Presbytery of the Cascades' Eco-Justice Team of the Congregational Support Committee. Learn how to green your congregation and make prayer and worship a vital part of the process. Our keynoter is Sam Hamilton-Poore, the Director of the Program in Christian Spirituality and Assistant Professor of Christian Spirituality at San Francisco Theological Seminary, author of *Earth Gospel: A Guide to Prayer for God's Creation*. He is also an ordained minister in the Presbyterian Church, USA and instructor at the Center for Nature and Christian Spirituality at Westminster Woods. Cost: \$25. Seniors and students, \$20. Includes locally grown lunch and guidebook. To register call Dawn at 1-800-926-3223 or go on line at www.cascadespresbytery.org. Using "Earth Care Congregations," a new resource guide and certification program of the Presbyterian Church, USA, the workshops will explore how to integrate care for creation into all facets of the life of the church.

ANNUAL PER CAPITA IS \$22.55 FOR EACH MEMBER

If you are uncertain whether you've paid your per capita this year, call the office at 503-692-4160 or email Rhoda@tpcspirit.org and she will check our records for you.

TUALATIN PRESBYTERIAN CHURCH CALENDAR

SEPTEMBER 2010

Sun	Mon	Tues	Wed	Thu	Fri	Sat
August 29	August 30	August 31 7 pm. Mission meeting	1	2	3	4
5 9:15 Adult Ed. 10:30 Worship	6 Labor Day 7 p.m. Spiritual Formation off site	7	8	9	10 10 to noon Loving Stitches	11
12 9:15 Adult Ed 9:30 Sunday School 10:30 Worship Potluck after worship/Cooking with Soul	13 7 p.m. Deacon meeting	14	15 7:30 p.m. Chancel Choir rehearsal	16 7 p.m. Bell choir rehearsal 7 p.m. Session Meeting	17	18 7:30-9:00 a.m. Men's Fellowship Breakfast
19 9:15 Adult Ed 9:30 Sunday School 10:30 Worship	20 9 am Newsletter deadline	21 7 p.m. Tuesdays Treasures	22 8:00 p.m. Orchestra rehearsal	23 Newsletter mailed 7 p.m. Bell choir rehearsal	24 10 to noon Loving Stitches	25
26 9:15 Adult Ed 9:30 Sunday School 10:30 Worship	27 7 p.m. Preacher meeting	28	29 7:30 p.m. Chancel Choir rehearsal	30 7 p.m. Bell choir rehearsal		



Regular TPC office hours are Monday through Thursday, 9 a.m. to 3 p.m. and Friday, 9 a.m. to noon. Please call (503) 692-4160 or email Rhoda@tpcspirit.org if you've moved or changed your email address.

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

The deadline for the October newsletter is 9 a.m. on Monday, September 20.

Please email articles to newsletter@tpcspirit.org. Thank you.



LAST PERSON OUT ON SUNDAY AFTER WORSHIP

If you're the last person to leave the church on Sunday following worship, please check that the front doors of the church are locked. If not, use the triangular key on the window ledge to the left of the doors to release the crash bars. Push the crash bar in, insert the key and turn. The bar should release. Thanks for your help.

Tualatin Presbyterian Church
9230 SW Siletz Drive
Tualatin, OR 97062-9182

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Mailed Thursday, August 26, 2010

TUALATIN PRESBYTERIAN CHURCH

9230 SW Siletz Drive, Tualatin, OR 97062

The Rev. Ken Evers-Hood

Phone: 503-692-4160

Web Address: www.tpcspirit.org We're also on Facebook.

Worship Service – Sundays at 10:30 a.m.

Elders: Randy Beyer, Craig Bowen, Barb Crall, Norm Dannemiller, Chip Kyle, Joan Nardi, Adele Pelletier, Craig Walker and Katrina Weener.

Deacons: Carolyn Hale, Barbara Harriman, Ted Lambeth, Jack Lemmon, Carolyn Locke, Robyn MacKay, Sherry Nelson, Bob Nix, Mary Ortez, Ronn Rhodes, Bill Smiley, and Jeni Wiggers

Treasurer: Scott Mitchell
e-mail: treasurer@tpcspirit.org

Music Director: Kris Sparks
e-mail: music.director@tpcspirit.org

Clerk of Session: Dee Johnson
Email: plumeria5227@yahoo.com

Bell Choir Director: Martha Wilson
e-mail: bells@tpcspirit.org

Webmaster: Melissa Evers-Hood
e-mail: webmaster@tpcspirit.org

Music Accompanist: Dr. Ron Fabbro

Art Director: Ellen VanSchoiack

Bereavement Committee: Pam Cameron

Newsletter Editor: Susan Springer
e-mail: newsletter@tpcspirit.org

Wedding Coordinator: Stacy Mauer

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

Church Office Hours

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