



### A MESSAGE FROM PASTOR KEN

Dear friends,

And we're back! After three excellent months off, I'm excited to be back in the saddle again. As we start another fall season together I thought I'd reflect over my time away just to give you all a better sense of what the Evers-Hoods had going on this summer.

When I think of my sabbatical time I think of it in terms of thirds. I spent the first month writing articles for Duke's Faith and Leadership journal and getting approval for my experimental research, the second month traveling, and the third month drafting my doctoral thesis and conducting experimental research.

During the first month, I was able to write six publishable articles. (This means I actually wrote about ten of them, and six made the cut.) The articles outline my thesis but in a more plain and practical way. The focus of the work is what I am terming 'behavioral theology.' Behavioral theology attempts to pair the insights of cognitive psychology with how we think and live out our faith. If you're interested in learning more, just google Duke, Faith and Leadership and my name, and you can find everything Faith and Leadership has published by yours truly. I'm incredibly grateful to our adult education class who helped me hone my thoughts this spring.

In June Melis and I headed for a week in London, a week in Paris, and then a week in New York. It was my first time to travel in Europe, and everything was incredible. In London we stayed at a little flat on the north side of Hyde Park. Highlights in London for me included the British Museum, prayers in the tomb of St. Edward the Confessor in Westminster Abbey, Hampton Court Palace, a boat tour down the Thames to Kew Gardens, and truly incredible meals! I know the English aren't known for their cooking, but we ate extraordinarily well in London.

In France we made a museum tour of it. Staying just off of the Champs-Élysées, we were within walking distance to the Louvre, La Musée D'Orsay, and La Musée D'Orangerie. We also took a few day trips, one to Versailles, and a trip to Monet's home in Giverny. Those of you following us on Facebook saw that when we were walking back to our hotel after a very full day at the Louvre a thunderstorm rolled in and soaked us.

Hurrying home I found myself in the middle of a busy street crossing on a green when a car kept coming right at me. Instead of little white walking man signs the French have little green walking man signs. What I didn't realize is these signs aren't always in sync with the traffic lights. The driver and I both had signals telling us to proceed. Well, some very strange part of me took over as I started yelling at this car pointing at the walking man saying, "L'homme vert! L'homme vert! J'ai un homme vert!" ("Green man! Green man! I have a green man!") Melissa was rightly horrified, and we're fairly sure somewhere in France there is still a poor, bewildered man wondering why some American tourist was screaming at him about green men. Fortunately, Paris only improved from there.

I found myself adopting several rules as we traveled: 1) The journey is the journey (meaning whatever happens is what is supposed to happen); 2) And you can't say 'no' to a new experience except for reasons of health or human safety. This second rule was the most helpful. On several occasions Melis suggested we try something, and my initial response was to pass. But then, thanks to rule number two, I would go along, and I was always grateful. Initially, when the abbot of Westminster Abbey welcomed pilgrims to a time of prayer, I guess I thought he meant a kind of personal blessing which didn't interest me. With Melis' prodding, however, we ended up at the tomb of St. Edward the Confessor, and enjoyed an incredibly meaningful time of worship with others from around the globe led by the Abbot. It reminded us Westminster has been a place bathed in prayer for centuries; not just another tourist attraction. I would have missed out on this were it not for Melis and rule number two.

It strikes me now that these are two fairly decent rules to follow even when not traveling, non? In the year ahead I will continue to pray for acceptance and a sense of adventure. Given that I'm writing this while Melis is now recovering from a broken leg, I think we're going to need it. ☺

Thank you for the support during my time away. Many thanks for the warm welcome upon our return. I'm so glad to be back!

# Meet Chapin Zakrzewski



For Chapin Zakrzewski, life is a journey, a very intentional journey, nourished by friends and many interests along the way. Though there may be unexpected stepping stones, she persistently pursues her goals.

Chapin was born in South Carolina. Her first name is her paternal great-grandmother's maiden name. During her life, Chapin has lived coast to coast, but not much in between. Her daughter, Alyssa, now 24, and son, Garrett, now 22, were born in New Jersey and the family lived there until 2000 when they moved to Tigard.

From there Chapin described her intentional journey. She started school for her MBA in Oregon. In 2003, her divorce complicated her course work. However, it was merely a distraction, not a deterrent. In one week she moved into her present home and took finals for her courses. Then, for several years, she primarily devoted her life to her children. When they left home she had time to pursue her own interests.

Chapin likes anything outdoors including gardening, hiking and camping. She is training for her 4th half marathon, walking. And she has a plan: when she begins training she starts out at 3-4 miles and every Saturday she adds a mile. She is on schedule for Victoria, BC, this fall. In addition, Chapin enjoys concerts, arts and crafts, sewing for her home and quilting.

Now, Chapin has 3 intentional journeys, 2 of which she has already begun. Her first was to find a church where her faith would be nurtured. Although she attended TPC off and on over the years, she formally joined about a year and half ago. Faith, she says, has always been an important part of her life, but part of her journey now is understanding prayers that are not answered in a positive way. What does that mean?

Her second goal was finding a great job. She loves her new job working as a project manager for Daimler Truck. Their department explores ways

to implement cost-effective improvements in the design of their trucks.

Now her third journey is forming new relationships. "Coincidentally", she ended our interview to go out on a date.

Most importantly, Chapin is a very proud mother. I first met Chapin when I became a Deacon for Parish 9 and we were praying that her daughter would be accepted at school to pursue her doctorate in Physical Therapy. Prior to admission, Alyssa retook courses and attended an additional semester of college. Finally she started an accelerated program at Boston University last May. However, her learning style could not accommodate the fast pace and she missed passing one course by 0.6 (1-100) (BU doesn't round up.) Not to be deterred she will appeal the decision in September and hopefully continue with more extended courses. It seems she is quite intentional and persistent in her plans also. But true to the family style, she also has Plans B, C and D.

Garrett, 22, will be in his fifth year of mechanical engineering at OSU where he combines classroom education and work experience. He will graduate in June, 2014.

I'm sure there will be many more journeys for Chapin and her children. It has been a pleasure meeting her and together I hope we all can share our faith journeys at TPC.

Submitted by Karen Black, Parish #9

## **SPIRITUAL FORMATION GROUP**

The Spiritual Formation group is moving to the first Thursday of the month. This small group meets off site once a month to pray for each other and the community. We also listen to a passage from the Bible for what it says to us in an ancient form called Lectio Divina. There are no prerequisites as to what you know about the Bible, because there are no "right" answers. If you are interested in trying out this group, contact Laura Spurrell. We will meet next on **October 3, 7-8:30 p.m.**



Well, we've done it!!! After three years of working to retire the debt, I am happy to announce that we have hired Andrew Hall as our new, part-time Christian Education Coordinator.

Andrew is a native Californian who received his Bachelor of Arts in English and Writing from Azusa Pacific University. Andrew also has taken graduate courses in Early Childhood Education and Development and is working on his masters of education with a single-subject teaching credential in English and Writing through National University.

Since 2009, Andrew has been teaching, first in California at Barnard Elementary School and West Valley Christian School, and last year in Aloha, Oregon, at Life Christian School.

What brought Andrew to Oregon? A woman, of course, his wife, to be exact. Andrew's wife, Megan, practiced social work in California but decided to add a law degree to her resume and is currently starting her second year at Lewis and Clark Law School. However, Andrew is not all work and no play. Ask him about his volunteer work for the Rose City Comic Convention as the Director of Celebrity Operations, or ask about his mission trip to Uganda as an International Teaching Diplomat.

I would like to say again how lucky the children of TPC are to have such a faithful and generous congregation supporting them. The work that members and friends have done these past three years, whether you donated to paying off the debt, joined a Sunday School prep team, volunteered to teach or just held our program in your prayers, you demonstrated your love, and God's love, for our children.

I would like to thank Judy Nix who put so much time and effort into the hiring process and who found such high-caliber candidates to interview for this position, Emily Gibson who gave her time and insight, representing parents on the interview board and bringing her insights as a teacher and parent, and Susan and Rhoda who, as always, handled the details with ease. You are such a gift to this church and to me. Katrina Weener, Christian Ed. Elder

## WHAT'S HAPPENING

**MEMORIAL SERVICE  
For Bonnie Maxine Cameron,  
Scott Cameron's mother  
Saturday, September 7, 1 p.m.**

**Chancel choir resumed rehearsals on  
Wednesday, September 4 at 7 p.m.**

**The TPC bell choir will resume rehearsals  
on Monday, Sept. 9 at 7 p.m.**

### September Women's Ministry

The Women's Ministry Group will gather on **Saturday, September 14 for an 11:30 a.m. potluck luncheon** at the church. Note earlier time. There is a sign-up sheet in the narthex for salads, desserts, bread, setup and cleanup. Sign up for only one thing. If you signed up for email notification, you may also respond by email. Nancy Church has volunteered to tell us about her summer mission adventure in Hawaii. Invite a friend and come!

Our mission project for HopeSpring Welcome Baskets will continue. The extra baskets prepared last spring have been given away and more are needed. Help fill a basket by bringing some of these items:

Hot pads, sink sponges, sink cleaner, garbage bags, spray cleaners, dishwashing liquid, aluminum foil, toilet paper, toilet brush, hand soap, Kleenex, laundry detergent, paper towels, dinner napkins, sandwich bags, plastic wrap, and laundry baskets to hold the products.  
Carolyn Barker

### CPR AND FIRST AID MISSION

TPC health ministry is providing an opportunity for you to participate in a Friends and Family CPR class on **Saturday, October 19 at 8:00 a.m.** The cost is \$30 per person. Family & Friends CPR is for people who want to learn CPR but do not need a course completion card in CPR for their job. This course is ideal for schools and students, new parents, grandparents, babysitters and others interested in learning how to save a life. Please sign up soon. The sign-up sheet is on the tower in the narthex.

Submitted by Dianne Lemmon, Parish Nurse

## TPC TREASURE CARNIVAL, JULY 30

Treasures and volunteers alike had a blast at the 13th Annual TPC Treasure Carnival. Based upon an “Animal Adventures” theme, there were animal-related games, prizes and fun for all. Bono, Sue and Julian Awdry’s furry and friendly guide dog puppy,



was a definite highlight. The Treasure Night outreach program, serving adults with developmental disabilities, will start its next season of monthly events on Tuesday, September 17. For more information, please contact Carolyn Locke, [clockezoo@gmail.com](mailto:clockezoo@gmail.com)

Pictured from right to left: Sue Awdry, Donna Hoff, Rita Ombaka and Carolyn Locke.



### August 27 Session Meeting Carolyn Barker, Clerk of Session

#### Action Items:

- Approval was given to hire Andrew Hall to the new part time position of Christian Education Coordinator. Andrew is scheduled to start September 1.
- Authorization was given to spend up to \$2,500 to repair and upgrade the automatic sprinkler system.
- The monthly stated session meetings will be changed to meet on the third Thursday of each month.

#### Committee Reports and General Information:

- Pastor Ken Evers-Hood reported on his sabbatical activities. Two articles he wrote have been published in “Faith and Leadership”, a Duke Divinity publication. Go to [www.faithandleadership.com](http://www.faithandleadership.com).
- Session and officers reported on plans underway for the fall. The annual session retreat will be September 27-28 at the Menucha Retreat Center.

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

## MISSION COMMITTEE REPORT ADULT MISSION TRIP

During the third week of August, 12 members of the congregation went to Bend to help construct a home for Habitat for Humanity. Participants are pictured, kneeling,



front row, left to right, Emily Ricker, Adele Pelletier, Russ Carlin, Dan Schwenke, Ken

Evers-Hood, Chip Kyle, Karl Schultz, Jay Wilcox, Larry Church, Ted Pelletier, Susan Springer and Cackie Kyle. The house we worked on was a two-story, one-of-a-kind design for Habitat (which presented learning opportunities)! Team members painted, caulked, installed soffits, siding and trim, re-engineered a dormer, learned to read blue prints, hammered a few nails, installed door locks and handles, climbed and descended scaffolds, and operated all sorts of power equipment, including power scissors (who knew)? The work day went from 8 a.m. to 2 p.m., stopping mid morning for coffee and donuts and again for a short lunch break (H4H staff are task masters!) After cleaning up the work site, we returned to our temporary home, Three Sisters Adventist School, tired and dirty. Showers and naps were the norm before the dinner team started working. It was a rewarding trip and the Habitat personnel were effusive in their praise for the progress achieved and contributions made by the TPC team.

### SCHOOL SUPPLIES

Thank you to those who donated school supplies. A large collection of items has been delivered to the Tigard-Tualatin School District. The items donated will be given out on an as-needed basis to elementary students. Thank you for your generosity.

Chip Kyle, Mission Elder

## PEACEMAKING OFFERING

At TPC we have the opportunity to contribute to several denomination-wide offerings that occur throughout the year. On October 6, coinciding with World Communion Sunday, we will take up the Peacemaking Offering. This offering gives us the opportunity to witness to God's gift of peace in the world. This offering also provides us with an opportunity to support the peacemaking efforts of the church. Gifts given to the Peacemaking Offering by our congregation are divided in the following manner: 25 percent is retained by TPC for our own peacemaking ministry; 25 percent is used to support presbytery and synod peacemaking efforts; and 50 percent is forwarded to the Presbyterian Peacemaking Program of the Presbyterian Mission Agency. Please consider supporting this offering.

Russ Carlin, Mission Committee Member

## THANKS AND WELCOME BACK

As August came to an end, so too, did The Rev. Ken Evers-Hood's three-month sabbatical. During his time away, The Rev. Charlie Brown and members of the congregation carried the Sunday responsibilities.

Sunday, August 18 was Charlie's last Sunday to preach before Ken's official return. During the Children's Message, when Sherry Nelson talked with the children about sabbaticals and that Ken's was about to end, she gifted Charlie with a pocket handkerchief bearing the TPC emblem.

At the end of the service when Charlie started to give the benediction, Dave Backen interrupted him and asked him to take a seat. John DeHoney then presented to Charlie a previously earned poker loser's trophy, known simply as "the bean can." (Since that Sunday, the trophy has been "earned" by another player; Charlie has passed it on.)

Again, as Charlie started to give the benediction, Dave asked Charlie to sit down. Dave then told Charlie just how much we all appreciated his covering for Ken during the summer and thanked him for the care and love he has given us. Dave gave to Charlie (and Edda) on behalf of the congregation a

gift certificate to one of their favorite steakhouses. As Charlie heard these kind, heartfelt words, he reached for his new TPC handkerchief.

On Sunday, August 25 The Rev. Ken Ever-Hood returned to TPC. At the beginning of the worship service, the baton was passed back from The Rev. Charlie Brown to the Rev. Ken Evers-Hood.

As Charlie spoke to Ken he removed Ken's stoll, and replaced it with one sewn by Nancy Wilcox. The stoll, which features the TPC logo, is a symbol of the love of and appreciation for Ken's ministry to the members and friends of Tualatin Presbyterian Church.

Two sheet cakes were artfully and skillfully decorated by Denise Collins to celebrate this transition. Members of the congregation were up to the task of consuming both cakes! Yum.



The Rev. Charlie Brown and his wife, Edda.



The Rev. Ken Evers-Hood and his wife, Melissa, and their children, Brynne, Ella and Will.

**Does Hearing Loss Harm Thinking?**

It is estimated that 48 million Americans have some degree of hearing loss, which increases with age. Most go untreated, largely due to the high cost of hearing aids (usually not covered by insurance) or because they fear looking “old.” And some people just consider hearing loss a normal, and relatively harmless, part of aging. But there’s growing evidence that hearing loss has adverse effects beyond the obvious ones—notably, that it may increase the risk of cognitive problems.

Most recently, a study in *JAMA Internal Medicine* assessed the cognitive and hearing levels of 1,984 older adults (average age 77). Compared to those with normal hearing, those with hearing loss had lower scores at baseline on a global cognitive test and were more likely to have significant cognitive impairment after six years. This held true after the researchers controlled for age, smoking, stroke history, hypertension, depression and other factors that can affect cognition. Moreover, they had a 30 to 40 percent faster rate of cognitive decline, and the worse the hearing, the worse the deterioration. Two previous studies in 2011 by the same lead author—a hearing loss expert at Johns Hopkins University—had similar findings.

What’s the connection between hearing loss and impaired cognition? The article notes a few possibilities. One is something called cognitive load, in which hearing loss compromises cognitive processes, such as working memory, because so much more effort is needed to process auditory information. Hearing loss also often increases social isolation and loneliness, which are risk factors for cognitive decline and dementia, presumably due to reduced stimulation. Even if someone with hearing loss maintains social connections, not being able to hear well can lead to feelings of isolation. Another possibility is that hearing loss and cognitive decline share the same underlying physiological mechanisms, such that when one function is impaired, so is the other.

Would a hearing aid help? It’s reasonable to think so, but the study could not adequately address this question. A study published two decades ago in the *Annals of Internal Medicine* showed cognitive

benefits, but more research is clearly needed. In the meantime, there is good reason to treat hearing loss, which affects quality of life in so many ways, including increasing the risk of falls, social isolation and depression. If doing so even slightly heads off dementia, that would be another plus. From the UC Berkeley Wellness Letter, submitted by Dianne Lemmon, Parish Nurse

**COOKIE BAKERS**—please put the date on all bags of cookies placed in the freezer. Thank you.  
Pam Cameron

**LAST ONE OUT OF THE KITCHEN**—please check that both the MASTER and HEATER switches on the dishwasher are in the off (down) position. Thanks.

SEPTEMBER Birthdays

- |                    |                    |
|--------------------|--------------------|
| 02—Ken Evers-Hood  | 16—Edda Brown      |
| 03—Cecil Taylor    | 18—Vic Collins     |
| 03—Erin Mauer      | 20—Rachel Norse    |
| 04—Bill James      | 20—Hannah Price    |
| 05—Tamra Kehoe     | 20—Robbie Price    |
| 05—Jackson Martson | 21—Dee Johnson     |
| 06—Joel Norman     | 22—Emily Gibson    |
| 07—Nancy MacHaffie | 22—Jason James     |
| 08—Charles Brown   | 23—Debbie Imus     |
| 09—Katrina Weener  | 24—Michael Byers   |
| 10—Bob Feiler      | 26—Phil Friesen    |
| 10—Dee Dee Hansen  | 26—Luke Winkler    |
| 10—Corbin Bowen    | 27—Ted Pelletier   |
| 11—Louise Ludwig   | 27—Doug Steffen    |
| 11—Karly Corona    | 28—Marsha Steffen  |
| 12—Kerry Weaver    | 29—Owen Schmidt    |
| 12—Anna Sweetland  | 30—Priscilla Hagan |

2013 FINANCIALS

Income Year to Date (as of 7-31-2013)	Actuals	Budget	Dollar Difference
	\$168,034	\$173,700	(\$5,666)
Expenses Year to Date (as of 7-31-2013)			
	\$177,967	\$184,345	\$6,378

# TUALATIN PRESBYTERIAN CHURCH CALENDAR

## September 2013

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> 7 pm Choir rehearsal	<b>5</b>	<b>6</b>	<b>7</b> 1 pm Memorial Service for Bonnie Maxine Cameron, Scott's mother.
<b>8</b> 8:45 Adult Ed 10:00 Worship Sunday school resumes	<b>9</b> 7 pm Deacon Meeting  7 pm Bell Choir rehearsal	<b>10</b> 7 p.m. Fellowship Meeting  7 p.m. Mission Committee meeting	<b>11</b> 7 pm Choir rehearsal	<b>12</b>	<b>13</b> 10 to noon Loving Stitches	<b>14</b> 11:30 am Women's Ministry Potluck
<b>15</b> 8:45 Adult Ed 10:00 Worship Sunday School	<b>16</b> 7 pm Bell Choir rehearsal	<b>17</b> 7 pm Tuesdays Treasures	<b>18</b> 7 pm Choir rehearsal	<b>19</b> 7 pm Session meeting	<b>20</b>	<b>21</b> 7:30-9 am Men's Fellowship Breakfast
<b>22</b> 8:45 Adult Ed. 10:00 Worship Sunday School	<b>23</b> 7 pm Bell Choir rehearsal	<b>24</b>	<b>25</b> 7 pm Choir rehearsal	<b>26</b>	<b>27</b> 10 to noon Loving Stitches  Session	<b>28</b>  Retreat
<b>29</b> 8:45 Adult Ed. 10:00 Worship Sunday School	<b>30</b> 7 pm Bell Choir rehearsal					



**THANK YOU** to everyone who wrote to Erik at camp this past month. He loves getting mail! He announced in church the week he got back, "I feel so loved by my TPC family". He caught an 8 3/4 inch trout, rode a horse, worked out on the swings, and generally had a great week. He was awarded "Experienced camper" for teaching others and being hospitable to new campers. He will get his 10 year camper award in October at their annual banquet. Thank you again for being a part of Erik's life.

Laura Spurrell

**For the latest updates, check the calendar posted on the church website, [www.tpcspirit.org](http://www.tpcspirit.org)**

Regular TPC office hours are:

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

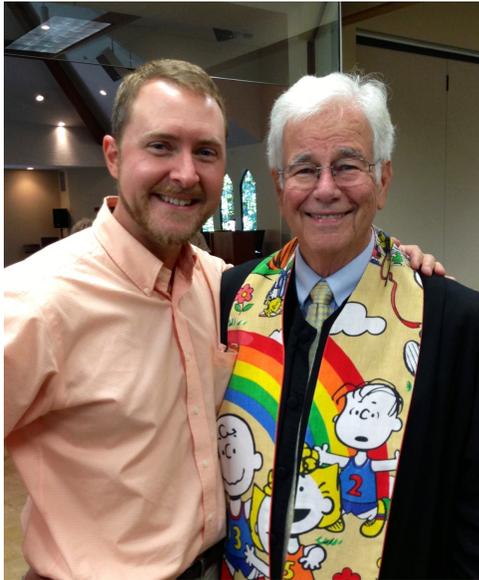
Office hours may vary during the summer months; call ahead to confirm the office is open.

Please call (503) 692-4160 or email [Susan@tpcspirit.org](mailto:Susan@tpcspirit.org)  
if you've moved or changed your email address.

Church website: [www.tpcspirit.org](http://www.tpcspirit.org) We're also on Facebook.



9230 SW Siletz Drive  
Tualatin, OR 97062



SEPTEMBER

## 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](http://www.tpcspirit.org) We're also on Facebook.

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

**Parish Associates:** The Rev. Charlie Brown, The Rev. Philip Martin

**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](mailto:treasurer@tpcspirit.org)

**Director of Music Ministries:** Dr. David Kelly

**Bell Choir Director:** Debbie Ivanov

**Clerk of Session:** Carolyn Barker  
email: [carolynjbarker@mac.com](mailto:carolynjbarker@mac.com)

**Music Accompanist:** Dr. Ron Fabbro

**Christian Education Coordinator:** Andrew Hall

**Webmaster:** John Martin  
e-mail: [webmaster@tpcspirit.org](mailto:webmaster@tpcspirit.org)  
**Newsletter Editor:** Susan Springer  
e-mail: [newsletter@tpcspirit.org](mailto:newsletter@tpcspirit.org)

**Art Director:** Mary Shiffer

**Bereavement Committee:** Vacant

**Parish Nurse:** Dianne Lemmon

**Wedding Coordinator:** Stacy Mauer

**Administrative Assistants:** Rhoda Friesen and Susan Springer  
e-mail: [rhoda@tpcspirit.org](mailto:rhoda@tpcspirit.org) [susan@tpcspirit.org](mailto:susan@tpcspirit.org)

**Church Office Hours may fluctuate; call ahead to confirm.**

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