

A note from Ken: A version of this article was published in Duke's Faith and Leadership Journal on August 27, 2013. This was one of six articles this journal published outlining my doctoral work.

At some point most people learn the importance of delayed gratification. I remember a fairly painful symbolic logic final I endured as an undergraduate. I chose the delights of spring-time in Austin over my p's and q's, and I wound up paying the price for it.

Esau learned this the hard way, too. The story is familiar. Jacob is hanging out, cooking up a mess of stew. Then Esau comes around after working up an enormous appetite. "What's that?" he demands. "It smells amazing." "What, this?" says Jacob, with the slyest of grins. "I've gotta have me some of that. Give it to me now," Esau threatens. "Oh, you want it?" asks Jacob innocently. "Well... I'll tell you what. You trade me your birthright, and you can have the whole thing." "Done," agrees poor, impulsive Esau. And just like that, the person able to delay gratification bests the person who is unable to resist the tyranny of the now. Given Laban's deception later on, Jacob's ability to privilege the future would serve him well.

The interesting thing to me about Jacob and Esau's sibling rivalry isn't so much the dispute between the older brothers, but the fighting they did when they were both inside Rebekah's womb. The image of Rebekah with two beings struggling inside of her is precisely how contemporary behavioral theorists portray human anthropology. Nobel Prize laureate Daniel Kahneman sketches this out in his recent must-read summary of his work: "Thinking Fast and Slow." Kahneman invites his readers to imagine the brain as having dual systems something like two characters in a story.

System one, he tells us, is our automatic system. It's running all the time. Our automatic system is the part of us that is able to look at someone's face we know well and tell in an instant whether he or she is angry or about to burst into tears. We don't look at a loved one and analyze the angle of her eyebrows and the shape of her mouth to tell she's had a terrible day: we just *know*. Our system two, on the other hand, is the part of us that we're aware of when we're thinking. If someone asks you to multiply 27 by 68 in your head without using a paper and pencil, most people are capable of this, but only with great effort. You can't have a conversation when you're doing this. You certainly wouldn't want to be driving while doing this, at least not with anyone you cared about in the passenger seat. You would be very aware of the fact that you were thinking.

Now, most of the time these two characters, this internal Esau and Jacob, get along just fine. The automatic system, Esau, handles almost all of our thinking just below the level of our awareness. On the rare occasion that something surprising confounds our Esau, our reflective system, our inner Jacob, weighs in and makes decisions. And, if we have enough sleep, ate a healthy breakfast, and have enough time and energy, this Jacob can even make good decisions now and then. The problem is our reflective system is easily exhausted. It does not take much to tire Jacob out until he's lying on the ground, a stone for a pillow and snoring while leaving Esau in charge. This is when bad things happen.

In an off-cited [experiment conducted by professors Baba Shiv and Alexander Fedorikhin](#), subjects were divided into two groups and asked to memorize a set of numbers, walk down a hallway, and then record the number in another room as part of a brief interview. The experimenters promised to take care of their subjects, telling them snacks would be provided when the experiment was over. If the subjects were

feeling healthy, they could have a fruit salad. If they were feeling more indulgent, they could have a rich piece of chocolate cake. The first group of subjects was given a two-digit number to remember. The second group of subjects was tasked with a seven-digit number. What the participants didn't know is that the experimenters didn't really care how well the subjects remembered the numbers. What they were actually interested in is whether the participants picked the salad or the cake. The first group, which only had to remember two numbers, chose fruit salad at about the same rate they picked the chocolate cake. But the second group, with a seven-digit number, overwhelmingly chose the chocolate cake.

Our reflective system two, our inner Jacob, is the part of us that's able to delay gratification and make healthy choices, knowing that what tastes good at the time may not be what's best for us in the long run. Our automatic system one, our inner Esau, is the part of us that is impulsive and wants what it wants regardless of long-term consequences. The surprising thing about this study is how little it takes to exhaust and deplete our Jacob. It takes a great deal of energy for us to be rational, reflective, and focused on the long term. Even trying to remember seven-digits is enough to allow Esau to take over.

One reaction to this and other similar studies is to want to repress or even rid ourselves of Esau. Many of us share Rebekah's inclination to side with Jacob and steal Esau's blessing along with his birthright. Indeed, the consequences of Esau being in charge can be so disturbing that we recoil, wanting to do everything possible to reduce or even eliminate Esau's presence.

But these perfectionistic tendencies do not serve us well. Just trying harder, or just exerting our will power more, doesn't change the way our brains are wired in our full humanity. As in Genesis the solution lies in finding ways for these warring brothers to reconcile. In the end Jacob makes peace with Esau by recognizing his strength and even allowing him to take the lead. In the text Jacob returns with his gifts, and Esau invites him to walk alongside of him. But the easily fatigued Jacob, tired from the journey, sends Esau on ahead only to follow later. It is only when Jacob and Esau come back together and Jacob acknowledges Esau's power that peace is restored.

So it is with us. Esau, our automatic system one, runs constantly, filtering and assessing information underneath the reflective awareness of our Jacobean reason. This affects every aspect of our lives.

People show up to work after long nights of wakeful children. Folks arrive at home after long days of frustrations, anxiety, and boredom. And some people, the ones who seem to disagree with every point we make and get on our last nerve, aren't simply refusing to see the reason in our brilliant views, but they are responding to us at a level below reason, just as we are to them.

Of course we still need to do our best when we are tired, and be patient with the people that drive us nuts. This research suggests, however, that we can be smart about how we do this. We can plan important conversations and decisions for when we are at our best. We can avoid putting ourselves in situations we know we aren't likely to be our best selves.

The good news is that when Jacob and Esau reconcile, these twins, these two aspects of ourselves, may eventually come to dwell in Canaan, the promised land, the land flowing with milk and honey.

Have a great month. Let me know what you think.



WHAT'S HAPPENING

BABY GOATS:

A Place for All Things Youth Ministry

First, a quick note about the title of this column... Very few people know that the word "kid" actually refers to the offspring of a goat or a similar animal. So, in keeping true to the origins of our strange language, I figured there was no better name to call our new youth ministries column than "Baby Goats"! This column will appear in the monthly TPC newsletter from this point forward, discussing all things related to youth ministries. It is our prayer that this column will be insightful, encouraging, and, yes, a little fun, too.

ELEMENTARY

This month we start preparing for our annual Christmas pageant! Yes, we know it seems a bit early, but these things never come together over night. Parts will be handed out the morning of **Sunday, October 6, 2013**, first-come-first-serve. Formal practices will begin during Sunday School every Sunday thereafter until our big production during service on Sunday, December 8, 2013. A lot of hard work will need to be put into making this production successful, so please help your child learn their lines, stage directions, and songs. We know some people are born with a fear of public speaking, but with a little extra encouragement and practice everything is possible. May the Lord and His people be blessed by our celebration of His immaculate birth.

MIDDLE SCHOOL

We have just begun a new curriculum in middle school! The middle school teachers and students are now navigating through what it means to be a Christian and a Presbyterian. From there we will transition into learning how to read the Bible and uncovering what it holds for us as followers of Christ. As we work through this material together, we expect many questions to surface. Please write down any tough theological questions your students may raise, send them to Andrew at CEC@TPCSpirit.org, and we will work through those questions and their answers together so that no tough question goes unanswered. And if only God can answer a particular question, we will be sure to encourage your student to continue seeking Him and developing a stronger relationship with Him.

HIGH SCHOOL

This is the year of the high school makeover! We have received many new and wonderful high school students recently, and we want to makeover the high

school room and program so that it better prepares our students for what is to soon come in life. We hope to provide them with an environment that allows them to feel comfortable and inspired to explore their faith. We are excited to see what God has in store for our students and their lives.

Well, that about does it for this first edition of BABY GOATS. Please remember to check with our Youth Ministries panel on the TPC narthex tower for calendar updates and announcements. To wrap it all up, here is a little riddle for you to enjoy with your kids. *The first three students (K-12) to email me the correct answer will win a SUPER-SIZED candy bar.* Feel free to email me through your account with your child's name attached to it. The answer to this riddle will appear in next month's column, followed by another mind game. Enjoy!

I have many feathers to help me fly. I have a body and head, but I'm not alive. It is your strength which determines how far I go. You can hold me in your hand, but I'm never thrown. What am I?

Godspeed,
Andrew T. Hall
Christian Education Coordinator
CEC@TPCSpirit.org

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

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

OCTOBER WOMEN'S MINISTRY GROUP

The regular meeting for women's Ministry Group is changing to the third Saturday of the month. **The meeting will be at 11:30 a.m. on October 19th.** This will follow the scheduled CPR training class providing opportunity for you to participate in both events. Our potluck will be a salad/dessert luncheon. A food sign up sheet will be posted in the narthex as well as by email distribution to those who have requested email notice. If you don't sign up to bring food, you can participate by helping with set-up or cleanup. Our program for October will be faith stories shared by a few of our members.

In September five welcome baskets were prepared for the HopeSpring mission project. Well done! Collecting for welcome baskets will continue in October. In addition food will be collected for the school backpack project that sends weekend meals home with needy children.

Bring any of the following to assist in the Backpack project:

Dry cereal, flavored instant oatmeal, chicken or tuna helper (no hamburger helper), canned chicken, fruit cups, Capri sun drinks, healthy snacks (i.e. Quaker granola bars or Kellogg's Nutri Grain Bars).

Bring any of the following to assist in the HopeSpring Project:

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.

RIGID HEDDLE WEAVING 101

Are you intrigued by gorgeous handwoven scarves, placemats, garments, and wall hangings? Have you thought about learning to weave? Priscilla Hagan is coming out of retirement to teach a small group of people from TPC the art of weaving on a rigid heddle loom.

The classes will be six Saturdays beginning in mid-January. To explore whether this is something you really want to do and to begin your acquisition of the necessary equipment, an introductory meeting will be held on **Saturday, November 2 from 10:30 - 12 noon at Hagan's home.** Questions? Call Priscilla Hagan at (503) 620-8275.

BUNKO, BROWNIES AND BEVERAGES SATURDAY, NOVEMBER 2, 6:30 to 8 p.m.

BUNKO NIGHT Come one, come all...onesies, twosies, families and friends. Fun for all; let's play together.



If you can throw dice and know your numbers up to 6, you're qualified to play this game of chance.

Winners are based on luck, not skill.

There will be prizes of little value. ☺

Nothing to bring, other than good sportsmanship and humor. If you have questions, please email Emily Ricker at emilyricker@gmail.com

COOKIE SALE COMING SAVE THE DATE SATURDAY, DECEMBER 14th



The annual cookie sale is coming the second Saturday of December - the 14th. Get ready to dust off your favorite recipes, don your aprons and pre-heat the oven. The cookie sale is always popular and is a hit with the neighbors. Proceeds from the sale will benefit the mission outreach of our church.

Chip Kyle, Mission Elder

SEPTEMBER SESSION HIGHLIGHTS



In light of the annual session planning retreat, the September business meeting was cancelled. At the retreat the achievements and stumbles of the past year were reviewed. Session members updated and presented their position descriptions. The planning roadmap for the 2013/2014 year was developed. Priorities included the following:

1. *Emphasis on membership development and integration.* The fellowship elder position will add membership retention and integration to the position description. More ways to incorporate members into the life and activities of the church will be sought.
2. *Improving community connections and visibility (marketing).* The new retirement center in close proximity to the church presents an opportunity for more senior engagement. Feasibility of an after-school art program will be studied. Technology will be improved by development of a five-year plan by a technology committee to upgrade equipment and the website.
3. *Explore the use of more contemporary music in worship.*
4. *Retirement of the debt in 2013.*

Carolyn Barker, session clerk



Art Committee Needs Your Ideas

It is hard to believe, but it is time to plan the art for Advent and Christmas. The Art Committee will be meeting in mid-October to decide how to best support the liturgy of these seasons. There are several ways you can participate. We always need more committee members to share ideas and share the work load. You can volunteer by contacting Mary Shiffer. We also need ideas and this does not require membership in the committee. If you have a general idea or specific ideas for Advent or Christmas, contact Mary. You don't need to be an artist, crafter or expert on liturgy to participate on the committee. To participate in any manner, or to ask questions, call Mary Shiffer at 503-692-3405 or by email at mary.shiffer@frontier.com.



Handbells

WOULD YOU LIKE TO RING BELLS?

The TPC bell choir is looking for a couple of additional ringers. Some of us had never rung a bell before joining the choir. We can teach you. Ask Emily Ricker. If you are at all interested, talk to one of us: Larry Church, Barb Crall, Rick Crall, Carolyn Hale, Cackie Kyle, Carolyn Locke, Adele Pelletier, Emily Ricker, Susan Springer or Marilyn Wood. Our director is Debbie Ivanov; she can be reached at 503-740-7639. It's fun and it's good brain exercise. We rehearse Mondays from 7 to 8:30 p.m. in the sanctuary. Come give bells a try!



STEEPLE LOOKING ALL SPARKLY

Have you looked up at the church steeple recently? If not, take the time to do so. The steeple has been pressure washed and painted. It looks really good! Thank you, Bob Paetsch, Building and Grounds Elder, for making it happen!



HEARTFELT THANKS...

Dear friends at TPC, Charlie and I want to share our gratitude with this wonderful congregation. We thank you for all your prayers, cards, emails, meals, phone calls, and visits to the hospital.

The stroke to the optic nerve took about 85 % of my sight to the right eye, which will not return. We are grateful that the doctors believe that it will be contained to that one eye.....So...we adjust, learn how to avoid BUMPING into things on my right.

I am blessed with my wonderful Charlie, our special family, and friends far and wide, including all of you.

Love and hugs,
Edda & Charlie

PS. Thank you for being so supportive to both of us during Ken's sabbatical, and thank you for the gifts.



The Benefits of Giving and Altruism

by John Swartzberg, M.D. |

June 01, 2013

Altruism—concern for the welfare of others—is considered a bedrock virtue by nearly all religions and cultures.

From an evolutionary perspective, we're wired for helping others. Such conduct is also seen in many other animals, including chimpanzees and elephants; even bees take care of each other.

Altruism generally means selflessness, and gain for oneself is not uppermost in the mind of a true altruist, of course. And yet most of us believe that “give and you shall receive.” The idea that altruism benefits the giver as well as the receiver usually derives from the fact (or hope) that if you provide help to others, one day when you need it there'll be someone to help you. What goes around, comes around.

Social scientists, psychologists and medical researchers are finding other ways altruism rewards the giver. Notably, giving to others can be seen in the larger context of social support, which research has consistently linked to health and longevity. For instance, as we've previously reported, a 2010 analysis of 148 studies linked stronger social ties to a 50 percent reduction in mortality rates. One likely explanation is that social connectedness “buffers” against stress. That is, it provides emotional and tangible resources that help us deal with adverse events and illness and maybe even enhances resistance to illness.

Social support may sound like something we receive, but a recent study, which focused on the giving side of the equation, suggests that the biggest health benefit may come from providing support to others, rather than receiving it. Published in the *American Journal of Public Health*, it involved 846 people over the age of 65, who were interviewed about stressful events they had experienced in the past year and about how much they had helped friends or family members—for instance, by providing transportation, doing errands and shopping, performing housework, or providing child care.

After adjusting the data for variables such as age, gender, initial health, personality traits and support received from others, the researchers found that experiencing stressful events significantly predicted increased mortality over the next five years among peo-

ple who didn't provide help to others. It did not do so in helpful people.

“Help given to others is a better predictor of health and well-being than are indicators of social engagement or received social support,” the researchers concluded. In fact, “social connections may be beneficial to the extent that they provide individuals with the opportunity to benefit others.” Helping others can also give us meaningful roles that boost self-esteem, mood and purpose of life, which in turn can enhance mental and physical health.

I don't mean to sound Pollyannaish about caregiving; I know that being a caregiver for a sick family member can have the opposite effects, taking a heavy toll on health and spirit. Yet this study suggests that often there may be a silver lining.

If you have time and energy left after helping friends and family, it's great to do volunteer work in your community. Volunteering for all sorts of service can enhance health and happiness, research has found. And while people of all ages can benefit, older people—especially the retired—seem to benefit the most.

Submitted by Dianne Lemmon, Parish Nurse

FALL CREATION EXPLORATION

Saturday, November 2, 2-13 from 9:15 am to 3 pm

Join us in Salem for tours of Zen Forest and Farm and Marion Polk Food Share Youth Farm

Sponsored by Cascades Presbytery Eco-Justice Team

9:15 a.m. Meet in Salem at Westminster Pres., 3737

Liberty Rd. S. for reflection on food and faith, fellowship and hot beverages. Carpool, if possible.

10 a.m. Tour Marion Polk Youth Farm with Ian McDonald and help with the harvest. Location: 999 Locust Ave. NE

Noon Lunch and drive to Willamette University's Zena Farm, 5570 Zena Road NW

Professors Joe Bowersox and Jennifer Johns will lead a tour of this living laboratory of sustainable agriculture available to students, staff and Salem community members. The farm practices agriculture without the use of pesticides, herbicides and synthetic fertilizers, and through teaching these skills, they empower community members to start their own gardens.

RSVP: Deanie Anderson at deanieha@comcast.net or 503-363-7118. Please register by October 26th.



To all my walking "buddies" (runners, too)... There is a "race" on Saturday, November 30 at PIR. You can walk or run (1, 2 or 3 laps) around the track to see the Christmas light show. It is family friendly welcoming strollers, wagons, etc. Speed does not have to be the objective. Entry fee (\$35) includes a long sleeve t-shirt. Last year they had soup afterwards and Santa, too. Starts at 5 p.m. If you are interested, see me. Laura Spurrell

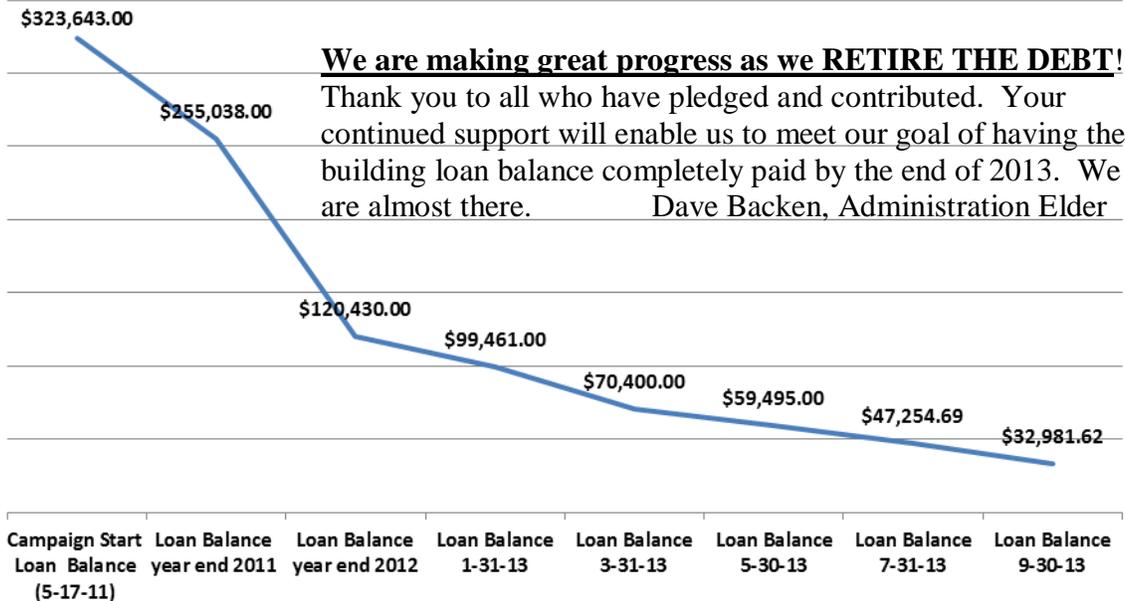


OCTOBER Birthdays

- | | |
|---------------------|------------------------|
| 01 Taryn Fant | 18 Will Lambeth |
| 01 Adam Harris | 18 Lauren Ayers |
| 02 Tom Holland | 19 Marshall Watkins |
| 02 Kaity Olsen | 20 Kathy Kinyon |
| 02 Lillian Corona | 20 Molly Winterrowd |
| 03 Chris Robertson | 25 Barbara Crall |
| 03 Bill Wood | 25 William Schmitt |
| 06 Lynn Friese | 26 Jennifer Ayers |
| 08 Jack Lemmon | 29 Matthew Dannemiller |
| 08 Gina Olson | 29 Kelvin Dwyer |
| 09 Alexandra Warren | 30 Elizabeth Shafer |
| 10 Betty Staples | 30 Betty Taylor |
| 11 Tony Mitchell | 31 Sherry Nelson |
| 15 Laila Myers | |
| 17 Ron Fabbro | |

2013 FINANCIALS

Income Year to Date (as of 8-31-2013)	Actuals	Budget	Dollar Difference
	\$192,706	\$192,120	\$586
Expenses Year to Date (as of 8-31-2013)			
	\$200,979	\$210,610	\$9,631



TUALATIN PRESBYTERIAN CHURCH CALENDAR

October 2013

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		1	2 7 pm Choir rehearsal	3 7 pm Mission meeting 7 pm Spiritual formation, - off site	4	5
6 8:45 Adult Ed 10:00 Worship Primary Sunday School before worship Potluck after worship	7 7 pm Bell Choir rehearsal	8	9 7 pm Choir rehearsal	10	11 10 to noon Loving Stitches	12
13 8:45 Adult Ed 10:00 Worship Sunday School during worship	14 7 pm Deacon meeting 7 pm Bell Choir rehearsal 7 pm Finance committee meeting	15 7 pm Tuesdays Treasures 7 p.m. Fellowship Meeting	16 7 pm Choir rehearsal	17 7 pm Session meeting	18	19 7:30 a.m. Men's Fellowship Breakfast 8 a.m. CPR training 11:30 a.m. Women's Ministry
20 8:45 Adult Ed. 10:00 Worship Sunday School during worship	21 7 pm Bell Choir rehearsal	22	23 7 pm Choir rehearsal	24	25 10 to noon Loving Stitches	26
27 8:45 Adult Ed. 10:00 Worship Sunday School during worship	28 7 pm Bell Choir rehearsal	29	30 7 pm Choir rehearsal	31		

For the latest updates, check the calendar posted on the church website, 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 sometimes vary; call ahead to confirm the office is open.

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

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



9230 SW Siletz Drive
Tualatin, OR 97062



TUALATIN PRESBYTERIAN CHURCH

9230 SW Siletz Drive, Tualatin, OR 97062

The Rev. Ken Evers-Hood, Pastor

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

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

Parish 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

Director of Music Ministries: Dr. David Kelly
Bell Choir Director: Debbie Ivanov

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

Music Accompanist: Dr. Ron Fabbro
Christian Education Coordinator: Andrew Hall

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

Art Director: Mary Shiffer
Bereavement Committee Chair: Vacant
Parish Nurse: Dianne Lemmon
Wedding Coordinator: Stacy Mauer

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

Office Hours may vary; call ahead to confirm.

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