

A MESSAGE FROM PASTOR KEN



Dear friends,

Do you know the Green Day song: “Wake Me Up When September Ends”? No? Well fine. It’s been on my mind, though. Back a few months ago part of me was hoping that the world would be back to some semblance of normal by now. But September is about to end...and the chaos swirling about us shows no signs of letting up. Indeed, with an election coming my guess is things will get a little crazier before they get better.

Why do I bring this up? Because while we’re experiencing something that’s new for us, medical professionals know much about the impacts of long term stress. A small but not exhaustive list: mental health challenges like depression and anxiety, eating and sleeping disorders, sexual disorders, and problems with the skin as well as gastrointestinal concerns. Long term stress, and this is what we are experiencing, impacts our whole being- mind, body, heart, and soul.

I say by way of a regular public service announcement that if you are feeling overwhelmed, you are not alone. And it might be a good time to consider checking in with your doctor, therapist, and if you’ve never seen a therapist, it’s a great time to start. With COVID most therapists are seeing clients over zoom or some other secure video conferencing app, which means you don’t even need to leave your home to have access to therapists all over the nation. Do I sound like I know an unusual amount about what it’s like to meet with a therapist online? With everything going on in my own life I started working with a new counselor not too long ago, and it’s been a fantastic experience. Since one of the ongoing challenges with mental health is the stigma surrounding people seeking help, I’m happy to be someone that you know who is proud to say I’m strong enough to do the truly brave thing and ask for help when I need it.

If you are curious about the process of finding a counselor, I’m happy to help you with your search. One of the best ways to start is to search somewhere like [psychologytoday.com](https://www.psychologytoday.com). You can look up therapists based on what you are interested in working on, as well as location. You can learn a fair amount about your potential counselor by what they have written. And nearly all of them will be happy to schedule a free meet and greet so you can hear more about them, how they work, and decide whether it will be a good fit. I find that it takes most people at least two or three tries before they find someone who is a good enough fit to trust with your story.

Also, know that we aren’t the only people who have experienced a season like this. One of the deep themes of the Bible is exile. After the temple in Jerusalem was destroyed, the people were forcibly moved to Babylon where they lived in exile for 60 years. And living in exile, living in a land that isn’t entirely recognizable- for me this certainly describes what we’re experiencing. And while it isn’t going away by the end of September, we will get through this. We’ll get through this by journeying together, trusting that God is at work in our midst, and reaching out and receiving help when we need it.



SUNDAY MORNING ADULT EDGE is not meeting at this time.



GREETINGS FROM EXOTIC NEWBERG

I am not sitting in a local vineyard enjoying gourmet snacks and fine wine, but nevertheless, I feel blessed. I am temporarily residing at Marquis Rehab in Newberg. On September 10, I had an

unfortunate encounter with a yard debris bin and I lost. The result was multiple fractures to my right lower leg. The fractures were successfully repaired on Monday, September 14. (Yes, I am semi-bionic.) I will be unable to bear weight on my right leg for 6-8 weeks so I am in rehab learning how to make the necessary adjustments. The care team here is amazing and I am blessed. I am also blessed to have Mary as a strong and loving partner during this ordeal. I am thankful for your support of both of us.

Susan and I are now sharing some of my financial duties but the work of the church is getting done. Thanks goodness for the COVID remote working experience that allows our work to go on.

I am also continuing to work with Thomas, our video intern, who is creating our Sunday worship broadcasts. Isn't he doing an amazing job? If you want to pass on your comments of thanks to Thomas, you can reach him at video@tpcspirit.org or you can email both of us at editors@tpcspirit.org. If you agree to do a Sunday scripture reading, you will receive guidelines from Thomas on how to record and send your video.

I love to stay in touch so feel free to email, write or call me. (I cannot have visitors at this time.) My current contact info is below. Mary also appreciates your support and care.

Blessings to all of my TPC family.
Mike

Mike Shiffer
Marquis Rehab - Room 304A
441 Werth Blvd
Newberg, OR 97132

Cell 503-349-2358
Email: mshiffer@tpcspirit.org or
Michael.shiffer@gmail.com (or whatever address you have for me.)

TPC STEWARDSHIP CAMPAIGN KICKS OFF SUNDAY, OCTOBER 18TH

Happy Fall and Happy Giving from your TPC Stewardship team! **Sunday, October 18th** will kick off our annual giving season. I will be giving a brief overview of our 2021 budgetary needs during service, then will be attending the Zoom coffee hour to answer any questions or hear feedback from you all. While we won't be joining together for lunch, I will try to send you a virtual cookie!

The Stewardship Committee is so grateful for you all and your continued giving through these difficult times.

If you have any questions or comments, do not hesitate to contact me directly at 503.720.0692 or via email - mowolfcrew@comcast.net.

Look forward to "seeing you" on October 18.

Sincerely,

Maureen Wolf, Stewardship Elder

CONNECT TO TPC

SUNDAY MORNING WORSHIP at 10:10 am
Go to church website, tpcspirit.org. Or Facebook.

ZOOM

Zoom enables you to interactively participate in a virtual meeting with other TPC folks. To find the links for regular zoom meetings (the "Virtual Coffee Hour" after Sunday morning worship, and the weekday 9 am Prayer meetings)" go to tpcspirit.org/Links/. That page is updated weekly or as needed.

To join a ZOOM meeting, simply click the link from a message or web page. 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.

Problems? Look at [Zoom Step-by-step](#) or send an email message to support@tpcspirit.org. [Zoom Step-by-step](#) also contains useful additional information about navigating some of the features, and alternatives available with Zoom.

Entering the fall season with grateful hearts for our generous TPC community that continues to support the Family Promise program. What a blessing your donations have been. Thank you to all who give so others may have shelter and food.

Several moves into housing occurred during September, including a sweet young family with a three month old baby. TPC's furniture basement provided all the furniture and household goods to give this family a good start in their housing stabilization journey—including a wonderful matching set of baby furniture for baby Gracie. Such a joy to see this family's persistence result in positive results. Another move-in highlight included housing for a woman who had been living in her car for 10 years—she feels Family Promise and the CARES Programs have been an answer to prayers.

Save the date of Saturday, November 7th for a new unique virtual and live fund raising experience featuring St. Joseph's Winery.

Derrilyn Bayha and Pam Bowen, TPC Family Promise Coordinators

Judy Nix, Family Promise Move-in Team and Board Member

**PAUL'S VEGGIES
DURING 2020 COVID 19 AND SMOKE**

It was an extremely unique veggie season. Linda and I missed seeing all of you at church. We had a lot of volunteer help distributing our veggies.

We are very grateful to Carolyn Hale, Jason James, Diane and Bob Paetsch, Dick Wiggers, Laura and Erik Spurrell, John Casebeer, Dee Dee and Mark Hansen and Marshall Watkins for distributing our harvest to TPC members. We enjoyed hearing from many of their recipients. Our volunteers' visits were appreciated as much as the veggies. They were so successful that we never had a surplus of anything. We hope that many TPC members were able to enjoy some veggies; we know we did not get them to all TPC families.

We will remember 2020 for a long time!
Thank you! Paul and Linda Fukasawa

BIRDING WITH REBECCA BACKEN

Today when I began pondering what I could share about birds, I felt a bit deflated. We are in the doldrums of birding. Most of the spring and summer migratory birds have left and those migrating in for fall and winter have yet to arrive.

While visiting with our daughter I was looking out the window and voilà, a shade of yellow quite different from Goldfinch yellow caught my eye. Grabbing my camera and springing out the door I was stunned to see a Townsend's Warbler. A very unusual sighting for September. I generally start seeing them in late winter through early to mid spring. They are cheery yellow birds with a distinctive black face mask, always a delight.



My mind instantly went to this bird appearing at this moment, with its mask. I love nature and all its gifts. Perhaps like the title of a favorite Joan Didion book, "The Year of Magical Thinking," that's how I have been approaching this year. I have no explanation as to why this bird appeared out of season and on this very day.

The King James Version of the Bible uses the word "love" 310 times. I am so far from an expert on anything Biblical, but I do believe love is really incumbent on us if we are living into our truest callings.

Today a little yellow bird with a gorgeous black mask whispered to me, "Wearing a mask is a radically beautiful way of saying, I love you and I care about you."

I, for one, am banking on his wisdom.

Rebecca Backen

LETTER FROM OUR SPONSORED CHILD

Sarah Tino in Uganda

Letter written July 7, 2020

Dear friends,
Greetings to you in the name of our lord and savior Jesus Christ. I am grateful for the letter that you sent me.

How is there? I am just okay. I thank God for keeping you and your family since this Covid-19 is still there. This time it is wet season. Here people are now harvesting sorghum, gnuts, maize and cowpeas.

We thank God because since Corona Virus started in Uganda so far no one has died because of the virus.

My parents are dearly greeting you, hoping you are okay.

I thank the grandparents for keeping me at home since this Corona virus was there.

At home, every Sunday we as the family members we normally pray to God and have a word of God. I help in reading the Bible. Do you also do that as family members?

Schools and churches are all closed due to lock down.

I continue to read my books and attend radio class lessons. I discuss with my nearby class mates.

We are encouraged to regularly wash hands and put on masks for prevention of Corona.

Wow we are advised to keep social distance also.

DID YOU KNOW?

Uganda is home to more than 50% of the world's mountain gorillas.

The Crested Crane is Uganda's National Bird.

Uganda Kob is Uganda's National Animal.

Coffee is one of Uganda's main exports.

Banana (Matooke). Uganda produces the third largest amount of bananas worldwide.



WORDS FROM OUR PARISH NURSE, SUSAN FEE, REGARDING COVID 19

Due to Labor Day weekend and the wildfires we have had in Oregon, people have had a lot more exposure to people outside their household. This increases the risk, and we must continue to be vigilant. As Dr. Fauci says, "We can't give up."

I know it feels like this pandemic is getting old and we are all tired of it, but we are making progress. It is very important that we continue to follow the guidelines so we can get ahead of this virus, especially with flu season right around the corner. Please remember to get your flu shot this year.

Also remember:

1. If we want to get through this more quickly and with less loss, we must all wear masks when out in public indoors or in close proximity outdoors.
2. It is very important to maintain 6 feet or more social distance.
3. If someone near you is not wearing a mask, turn around and walk away.
4. Very few people have a true medical reason to prevent wearing a mask, and those who do are so high risk, they should stay home.
5. Masks need to be worn over the mouth and nose.
6. If you are at higher risk for more serious illness if you contract Covid-19 (age over 60, heart or lung disease, diabetes, compromised immune system), consider staying home. Avoid places where you are not in control of your environment.
7. Large group activities and travel are two high-risk activities that are not recommended at this time.

Be safe. Be well. If you are feeling alone, depressed or overwhelmed, please reach out to someone.

Susan Fee, TPC Parish Nurse



MEMBERS IN MEMORIAM

Shawna Schipporeit Fleck died on August 16th. She drowned in the Pudding River.

Bill Thomason passed away at home on September 12.

PRESBYTERIAN WOMEN (PW)

The Fall Gathering scheduled for Saturday, October 10 will go on, not quite as originally planned, but in a form very familiar to many of you by now. You are invited to a Zoom gathering at 10AM on Saturday, October 10 with Rebecca Jewel, PWP and PWS Secretary. She will present a program on disaster preparedness that is especially relevant in our current circumstances. This program has been in the works for quite a while, since well before COVID-19 and the current wildfires ravaging the west coast.

There will be a time for questions as well as sharing 'seeds of hope' with one another. What outreach has your church taken on during these times? What 'seeds of hope' are you planting or have seen others plant? We want to hear your stories! Everyone on the PWP email list will receive an invitation to the Zoom gathering prior to October 10th. If you are unable to attend but would like to share your 'seeds of hope' please email me at lynne1441@gmail.com

Lynne Martin, PWP Cascades Moderator

PWP - Presbyterian Women in the Presbytery
PWS - Presbyterian Women in the Synod

PHOTOS TAKEN BY DICK WIGGERS DURING HIS MORNING WALKS



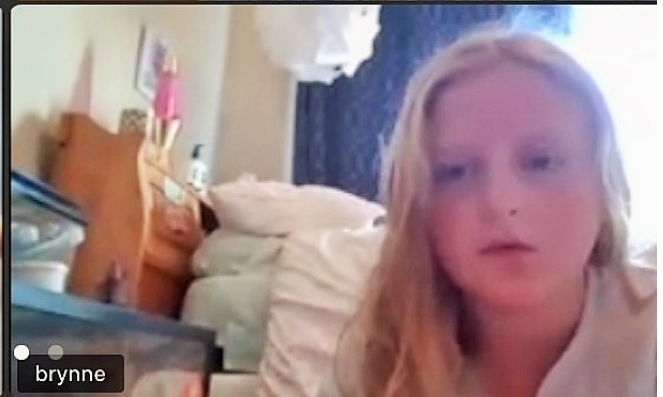


FAMILY MINISTRY

As the forest fires raged, the sky turned red; photo taken Wednesday, September 9.

Upper right: Outside smoke as seen from inside Sarah's house.

Zooming keeps the youth connected.



Veggies from Paul's garden were used to create a salad for families staying at the homeless shelter.

TPC 2020 FINANCIALS	Actuals	Budget	Dollar Difference
Operating Income Year to Date 8/31/20	\$287,770	\$217,160	\$16,610
Operating Expenses Year to Date 8/31/20	\$260,232	\$270,405	\$10,173

OCTOBER 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
2020				1 9 am morning prayer on Zoom	2 9 am morning prayer on Zoom	3
4 10:10 am on-line worship at www.tpcspirit.org Also on Facebook.	5 9 am prayer on Zoom	6 9 am prayer on Zoom	7 9 am prayer on Zoom	8 9 am prayer on Zoom Book Group Meeting on Zoom	9 9 am prayer on Zoom	10
11 10:10 am on-line worship at www.tpcspirit.org Also on Facebook.	12 9 am prayer on Zoom 7 pm Deacon meeting on Zoom	13 9 am prayer on Zoom 7 pm Stephen Ministry/Zoom	14 9 am prayer on Zoom	15 9 am prayer on Zoom Book Group Meeting on Zoom	16 9 am prayer on Zoom	17
18 10:10 am on-line worship at www.tpcspirit.org Also on Facebook.	19 9 am prayer on Zoom	20 9 am prayer on Zoom 7 pm Session meeting on Zoom	21 9 am prayer on Zoom	22 9 am prayer on Zoom	23 9 am prayer on Zoom	24
25 10:10 am on-line worship at www.tpcspirit.org Also on Facebook.	26 9 am prayer on Zoom	27 9 am prayer on Zoom 7 pm Stephen Ministry/Zoom	28 9 am prayer on Zoom	29 9 am prayer on Zoom	30 9 am prayer on Zoom	31



OCTOBER BIRTHDAYS

?? Derrick Olsen
01 Taryn Fant
01 Adam Harris
02 Lillian Corona
02 Tom Holland
02 Kaity Olsen
03 Chris Robertson

06 Lynn Frieze
07 Eliana Ramos
08 Jack Lemmon
08 Gina Olson
09 Alexandra Warren
10 Jill Gambill
10 Norma Spencer
14 Trish Ames
15 Leigh Christopherson
15 Laila Myers
15 Gregory Woods
17 Ron Fabbro
17 Linda Roth
18 Lauren Ayers
18 Will Lambeth

19 Marshall Watkins
20 Kathy Kinyon
20 Molly Winterrowd
21 Julie Van Buren
23 Bryan Wolf
24 MacKenzie Myers
25 Barbara Crall
25 Ethan Love
26 Jennifer Ayers
29 Matthew Dannemiller
29 Kelvin Dwyer
30 Betty Taylor
31 Sherry Nelson

The church office is closed due to Covid-19; staff members 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 Or Facebook.

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



2020

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, Jeff Engh, Joan Nardi (acting), Greg Owen, Carolyn Pursinger, Patrick Ramos
Ian Swanson, and Maureen Wolf

Deacons: Derrilyn Bayha, Susan Cameron, Carolyn Hale, Jason James, Julie Nader, Karen Ramos, Herb Richardson, Sheri Schipporeit, Beth Schulke, Kerry Weaver, and Rob Wiesenthal.

Director of Family Ministries: Sarah Beck
Administrative Assistant, Newsletter Editor: Susan Springer
Financial Assistant: Mike Shiffer
Director of Music Ministries: vacant
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: Liz Belz-Templeman

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

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