

A MESSAGE FROM PASTOR KEN

Dear friends,

One of the fun aspects of my doctoral work in the last year has been how practical it is. In studying how predictable biases shape how we perceive the world, I get to learn about quirks that effect all human beings all of the time. One of the most popular areas of research involves decision making. In light of our full humanity, what should we do about our biases when it comes to decision making?

When you think about it, decision making is one of the most important things we do, and yet most of us have extremely little training in how to go about making a good decision. How many people have taken even one class in decision making? Here, I'll summarize one helpful decision making process from Chip and Dan Heath's book *Decisive* that I've found really helpful.

Decision making comes down to four primary movements: we encounter a choice; we analyze our options; we make a decision; and then we live with it. At each of these phases, the Heaths tell us we are prone to a significant cognitive bias that can lead us astray. They call these biases the "four villains" of decision making. They are (cue the dark music): narrow framing; confirmation bias; short term emotion; and optimism bias.

The first challenge is narrow framing. When we encounter a significant decision, most of us feel our hearts begin to race a little and our breathing become more shallow. We feel anxiety. The root of the word 'anxiety' literally means 'to narrow' in Latin. We are extremely prone when facing life decisions to narrowly framing our possibilities as either/or. Either I will keep this job, or I will quit. Either I should stay with this person, or I should leave them. In reality, especially when you have the benefit of someone else's perspective, every challenge comes with a plethora of possibilities. But slowing down and calming down enough to begin to see them does not come naturally. The next time you feel like a decision you are making is coming down to only two possibilities- pause until you can begin to see at least one other option.

After we've decided on our options, we consider which option is best. We analyze the different possibilities before us. While we like to imagine ourselves to be rational and clear thinking, the truth

is that we are all powerful swayed by something called confirmation bias. Confirmation bias means we are more likely to see and trust information that confirms what we already think. This is why even when we believe we are being critical and analytical, we may only be examining evidence carefully, if unconsciously, selected to lead to the conclusion we've already drawn. It isn't always pleasant to hang out with people who disagree with us, but when it comes to making a good decision, it's crucial.

Strong emotion washing over us can make it extremely difficult if not impossible to think clearly. Our brains evolved to make it easy for us to make fight or flight decisions, but seldom are difficult decisions so clear. There are many practices for counteracting the effect of strong emotion, but one really helpful technique the Heaths bring up is the 10/10/10 analysis. To think in terms of 10/10/10 is to ask ourselves how we will feel about this decision in 10 minutes, 10 months, and 10 years. Often, when we're under pressure, we can imagine just making a decision, any decision, and feeling relief in 10 minutes. But, because we made a decision under the influence of strong emotion, we might not feel so good about our conclusion in 10 months and certainly not in 10 years. Every young couple aspiring to marriage would do well to look at their partner and think at least 10/10/10, if not 10/10/50.

Finally, what if we're wrong? Most people, once we've made a decision, want to just move on into the future and never look back. But the reality is the best decision making process can never ensure a good outcome. One of my favorite methods for overcoming the bias that leads us all to think we're above average is what they call the "premortem." A premortem is the practice of gazing into the future and imagining how the decision you are making might go wrong. Far from being an exercise in negative thinking, the premortem is helpful in training us to think realistically about what could go wrong so that we can be on the look out for it as we move forward.

The next time you make a decision, I hope you keep some of this in mind. Or better yet, hold on to this so when you see me slipping up in some way you can remind me to follow my own advice. ☺



INTRODUCING EVELYN COTTON



Evelyn Cotton is a true Oregonian who grew up in the Tillamook area and started her teaching career there. She

then moved to the Portland area where she continued teaching, this time at Tigard High. After about four years teaching in the high school she came to the conclusion that the students were just not as prepared as they should be for going out into the world and starting college, so she moved to teaching at Twality Jr. High where she could get them started on the right track at a younger age. She taught English there until she retired in 1982. She and her husband had moved into the home in Tualatin where she still lives just a few years before that, in 1978.

Evelyn decided to retire when she did so that she and her husband would have plenty of time for traveling before old age could slow them down, and it sounds like they made good use of the time. They went on a memorable trip to Australia and spent about 7 weeks there seeing the whole country. They went all over Europe missing only Italy and Scotland, and she has been to all the states except for North and South Carolina.

Evelyn has a daughter in Boise, a son in Beaverton, and 6 grandchildren. These days Evelyn spends her time quilting for the Portland firemen, reading a good book, and getting together with a longtime friend to play board games like Scrabble and Yahtze.

Rebecca Crall
Deacon of Parish 11

MEDICARE: A, B, C and Ds

Karen Black, a certified SHIBA counselor, will present a program on the basics of Medicare, i.e. the A, B, C and D's, on October 27 after worship and again on Sunday, November 10th. Come and at least have some muffins, donuts and soda!

Medicare Open enrollment is October 15th thru December 7th. This is the time every year when you can change your drug plan or Medicare Advantage plan. Although there are no big changes in Medicare this year, the drug formularies, premiums and co-pays have changed. If you are taking expensive medicine, please check www.medicare.gov to be sure you are on the best plan for you. Karen will be happy to help you with the program while you are both at home or she will meet with you to review Medicare and the plans. Please call Karen (503-679-2182) or email (karendblack@comcast.net) for an appointment.

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 Priscilla Hagan's home**. Questions? Call Priscilla at (503) 620-8275.

BUNKO NIGHT



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

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

BABY GOATS:

A Place for All Things Youth Ministry

This is our second monthly column in the TPC newsletter. Thank you for reading about our many wonderful programs from month to month. It is our prayer that this column will be insightful, encouraging, and, yes, a little fun and rewarding, too.

YOUTH MINISTRIES

We are looking for a few couches and chairs to use in our many youth spaces to provide an even more comfortable environment in which our students will learn and grow. If you would like to donate a chair or couch, or know of where to get such things for free, please send an email to me, Andrew Hall, at cec@tpcspirit.org as soon as possible. Your donations and direction are appreciated by us and the innumerable students we serve.

ELEMENTARY

Christmas pageant roles have been assigned, and we have begun rehearsing for what will assuredly be another beautiful celebration of Jesus' immaculate birth. Our dress rehearsal will be **from 11:30am to 2:30pm on Sunday, December 8, 2013**, and the pageant itself will be performed **on Sunday, December 15, 2013 during the adult service**. I am also pleased to announce that our first PARENTS NIGHT OUT event will be held from **5:00 to 9:00pm on Friday, November 15, 2013**. This is a FREE service for the community that allows for parents to drop their children (*ages three and up*) off at church and go spend a night on the town. Students will have a fun night of food, games, and movies

with me and a staff of high school volunteers. This month's feature film is *Monsters University*. Students are encouraged to bring friends. Please sign up by either sending me an email of interest or registering on the clipboard atop the table at the front of the church office.

MIDDLE SCHOOL & HIGH SCHOOL

I am pleased to announce the first meeting of our new middle and high school youth group. THE AWAKENING will be held on the **first and third Wednesday evenings of every month from 7:30 to 9:30pm**, the first of which will be **Wednesday, November 6, 2013**. The group will meet here at the church for a time of fellowship with food, games, worship, and a good word. *All students sixth through twelfth grade are invited*. Students are encouraged to bring friends. As the group grows, we will be splitting The Awakening into two halves, allowing for both the junior and senior highs to have their own group. In the mean time, we shall band together and grow as one... having a little fun while doing it ;) We are also looking for a few high school volunteers to help staff PARENTS NIGHT OUT from **4:30 to 9:30pm on FRIDAY, NOVEMBER 15, 2013**. Please send me an email with your interest. I am happy to sign off on five hours of community service for your devotion to this event and the youngsters we serve.

Last month's riddle answer was *AN ARROW*. Miss Arielle Mazzuca was the only student to send the correct answer and was rewarded for her intellect! This month's riddle is centered and italicized below. *The first three students (K-12) to email me the correct answer will win a SUPER-SIZED candy bar*. Parents, feel free to email me from your account with your child's name attached if your child does not have an email address of their own. The answer to this riddle will appear in next month's column, followed by another mind game. Enjoy!

The person who makes it doesn't want it. The person who buys it doesn't need it. The person who uses it doesn't know it. What is IT?

Well, that about does it for this edition of BABY GOATS. Please check our Youth Ministries panel on the narthex tower for calendar updates and announcements. Godspeed, Andrew T. Hall, Christian Education Coordinator, cec@tpcspirit.org

FALL CLEAN-UP—Saturday, November 16

If you missed out on helping with this year's Spring Cleanup Day, don't despair. We have an all-church Fall Cleanup Day scheduled for Sat., November 16 from **8:30 to 11:00 a.m.**, following the Men's Fellowship meeting. Leaf raking will be the main task of the day, although some folks will be asked (ahead of time) to pressure wash, pick up tree branches and trim/remove ivy. As usual, treats like bagels, donuts, coffee, tea and hot cocoa will be provided. Warm clothing and rain gear will be the uniform of the day.

Bob Paetsch, Building and Grounds Elder

NOVEMBER WOMEN'S MINISTRY GROUP

The regular meeting of the Women's Ministry Group will be November 16 for brunch at 10:00 am. Note the meeting time change. Our potluck will be simpler and a sign-up sheet for food, set up and cleanup will be posted in the narthex. We will continue our program of life and faith story sharing by member volunteers.

In November we will concentrate on providing food to those in need by supporting the Tualatin School House Pantry and the school backpack project that sends weekend meals home with needy children.

Tualatin Food Pantry Special Needs: *Meals in a can, stews, chili, hearty soups, toilet paper, diapers (size 3,4,5), pet food.*

School Backpack Project Specific Needs: *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).*

MISSION EVENTS IN DECEMBER

Coincident with the Hanging of the Greens on Sunday, December 1, we will have the Giving Tree and the Janus Tree set up in the narthex. With the Giving Tree, we support families in the Tigard-Tualatin school district with gifts and food baskets during the Christmas season. With the Janus Tree, also known as the Scarves and Mittens Tree, we provide winter hats, gloves and scarves to needy youth in the Portland area. Please consider supporting both of these projects. Thank you.

The Mission Team, Chip Kyle, Elder



Cookie Sale

COOKIE SALE 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



Food Pantry

THE TUALATIN SCHOOL HOUSE PANTRY ASKS FOR HEARTY CANNED GOODS

The food pantry is in need of these items: Meals in a can, stews, chili and hearty soups. As the weather cools and winter approaches, the demand for these items goes up dramatically. Please consider making a donation of any, or all, of the items listed above. Thanks. Chip Kyle, Mission Elder

THOUGHTS FROM TREASURES

Have you ever stopped to ponder the question: "How do I know that God loves me?" That is the question we posed at our October Treasure Night, our outreach program for developmentally disabled adults. Here are the answers from Treasures and volunteers: God shows his love through....a special dog at camp, beautiful sunsets, patience to be a caregiver, a great school and great friends at school, all animals, safe travel, loving family and friends, my job, being with us in good and bad times, colorful fall leaves, Jesus' love, health and strength to care for others, Treasures, prayer at dinner time, showing us how to help others, teaching us at church, dying for us.

If you would like to share *your answer* with the Treasure group, just email it to Carolyn.

For more information about the Treasure program (who can participate, how to volunteer, etc), please contact Carolyn Locke clockezoo@gmail.com



FALL CREATION EXPLORATION

Saturday, November 2, 2013 from 9:15 a.m. to 3 p.m.

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.



STARLIGHT SYMPHONY

The Starlight Symphony Orchestra will perform its first concert of the season on November 3rd.

Under the direction of Dr. Mark Perlman, the orchestra will celebrate Tualatin's centenary with music composed in 1913. It will also continue its Beethoven Symphony series featuring the *Eroica* (No. 3).

Under the direction of Dr. Mark Perlman, the orchestra will celebrate Tualatin's centenary with music composed in 1913. It will also continue its Beethoven Symphony series featuring the *Eroica* (No. 3).

The concert will be Sunday, November 3 at 7 p.m. at Tualatin Presbyterian Church. Tickets are \$12 (\$10 for children and seniors) at the door. (Jeni Wiggers will have some complementary tickets.)

There will also be a silent auction. Bids will be taken from 6 p.m. through intermission. Winning bidders will receive their items at the end of the concert.

OCTOBER SESSION HIGHLIGHTS

Carolyn Barker, session clerk

Action Items:

- Sanctuary lighting for the choir will be improved by the addition of five ceiling lights.
- A change to the preschool rent contract was approved.
- Building use and fee schedules were revised. The fall building use schedule was reviewed. Ongoing space reservations will be evaluated in August for the fall, January for the spring, and May for the summer and are valid for the duration of the review period.
- Session approved the merging of two dormant special funds into active similar use special funds.
- Annual renewal of the parish associate relationship with The Rev. Charlie T. Brown was approved.

Committee Reports and Other Information:

- Information from committees and groups for compilation of the annual report to the congregation should begin in November. Send reports and digital pictures to the session clerk.
- Discussion from the session retreat was continued on membership development and integration.
- The next Cascades Presbytery meeting will be held November 8-9 in Roseburg.

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

THE 2013 PER CAPITA FEE IS \$25.02

Annually Tualatin Presbyterian Church pays a per capita fee for every TPC member to the Presbytery of the Cascades, of which TPC is a member. The monies paid are divided between the three governing bodies, Presbytery, Synod and the General Assembly which provide ecclesiastical and administrative services to member churches. Per capita is not part of your general fund pledge. We ask members to pay their own per capita fee.

If you don't remember if you have paid per capita for 2013, look at your 6-month contribution statement; it lists per capita payments made. Or call Rhoda Friesen in the church office at 503-692-4160 or email her at Rhoda@tpcspirit.org. She will look it up for you. If you would like to pay per capita, make your check payable to TPC and write per capita on the comment line. The fee for 2013 is \$25.02. Thanks everyone.

SYMPTOMS OF A STROKE

F.A.S.T. is an easy way to remember the sudden signs of a stroke. When you spot the signs, you'll know that you need to call 9-1-1 for help right away.

F—Face Drooping. Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A—Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S—Speech Difficulty. Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like "The sky is blue." Is the sentence repeated correctly?

T—Time to call 9-1-1. If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Beyond F.A.S.T.

Other Symptoms You Should Know

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause.

For more information, go to:

<http://strokeassociation.org>

Submitted by Dianne Lemmon, Parish Nurse



NOVEMBER

Birthdays

01-Carolyn Barker	16-Stephen Ricker
03-DonnaLee Benner	17-Madison Broughton
04-Greg Lewis	17-John Olsen
05-Valerie James	20-Becky Backen
07-Bruce Benner	22-Cailyn Bowen
08-Kitty Taylor	23-Bob Bolton
09-Adele Pelletier	25-Monroe Mattox
09-Kathy Sweetland	26-Martha Wilson
10-Philip Schmitt	26-Kendra Sundt
10-Nicholas Sweetland	27-Cindy Hoppe
11-Heather Bartlett	27-Eva Dwyer
14-Julie Pairamore	28-Renee James
14-Adam Winkler	29-Denise Collins
16-Nina Oliver	30-Jay Wilcox
16-Emily Ricker	

2013 FINANCIALS

Income Year to Date (as of 9-30-2013)	Actuals	Budget	Dollar Difference
	\$219,399	\$214,940	\$4,459
Expenses Year to Date (as of 9-30-2013)			
	\$224,298	\$234,867	\$10,569

Thank you for an excellent response last month to the RETIRE THE DEBT EFFORT.

We recently made a principal-only payment of just over \$10,000 to our building loan. We now have approximately \$20,000 remaining to pay and then TPC will be DEBT FREE! Please continue to pay your pledge and make contributions to this effort so that we can RETIRE THE DEBT by DECEMBER 31st.

Dave Backen, Administration Elder

TUALATIN PRESBYTERIAN CHURCH CALENDAR

November 2013

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1	2 10:30 a.m. Weaving Meeting 6:30 p.m. Bunko, Brownies and Beverages
3 8:45 Adult Ed 10:00 Worship Primary Sunday School before wor- ship 7 pm Starlight Sym- phony Concert	4 7 pm Bell Choir rehearsal	5	6 7 pm Choir re- hearsal 7:30 pm The Awakening— middle and high school youth group	7 7 pm Spiritual formation, - off site	8 10 to noon Loving Stitches	9
10 8:45 Adult Ed 10:00 Worship Sunday School dur- ing worship	11 7 pm Deacon meeting 7 pm Bell Choir rehearsal	12 7 p.m. Mission Meeting 7 p.m. Fellow- ship Meeting	13 7 pm Choir re- hearsal	14	15 5-9 p.m. Parent's Night Out	16 7:30 a.m. Men's Fellow- ship Breakfast 8:30 a.m. Fall Cleanup Day 10 a.m. Wom- en's Ministry
17 8:45 Adult Ed. 10:00 Worship Sunday School dur- ing worship	18 7 pm Bell Choir rehearsal 7 pm Finance committee meeting	19 7 pm Tues- days Treasures	20 7 pm Choir re- hearsal 7:30 pm The Awakening— middle and high school youth group	21 7 p.m. Session Meeting	22 10 to noon Loving Stitches	23
24 8:45 Adult Ed. 10:00 Worship Sunday School dur- ing worship	25 7 pm Bell Choir rehearsal	26 9 am newslet- ter deadline	27 7 pm Choir re- hearsal	28 Thanksgiving	29	30

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 Associate: The Rev. Charlie Brown

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

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

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

Director of Music Ministries: Dr. David Kelly

Bell Choir Director: Debbie Ivanov

Music Accompanist: Dr. Ron Fabbro

Christian Education Coordinator: Andrew Hall

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