

## YOUTH HAPPENINGS

### CHILDREN'S EDUCATION ON SUNDAYS

#### **ELEMENTARY—children ages 4 thru 3rd grade**

On Sunday, November 2, communion Sunday, the children go downstairs at the beginning of the service and come upstairs in time for communion. Sunday School classes will meet November 9, 16, 23 and 30 right after the Children's Message.

#### **TWEENS—children in grade 4 through 7**

On communion Sunday, November 2, the tweens will stay in the sanctuary for the entire service. On Sundays November 9, 16, 23, and 30 Sunday school will follow the Children's Message.

#### **YOUTH—grades 8 through 12**

On communion Sunday, November 2, the youth will stay in the sanctuary for the entire service. On Sundays November 9, 16, and 23 after the sermon, Sunday School classes will meet for discussion time with Denise Collins. After the sermon on Sunday, November 30, the youth will meet with David Kelly to prepare for worship on December 14.

### **YOUTH GROUP—THE AWAKENING**

The AWAKENING is a gathering for youth in grades 6 through 12. Lead by Pastor Ken, it meets every 1st and 3rd Wednesday from 7:30 to 9:30 pm here at the church. Mark your calendar for November 5 and 19.

### **NOVEMBER PARENT'S NIGHT OUT**

**Friday, November 21, 5 to 9 p.m.**

**For children ages 4 years to 5th grade**

Planned activities for the children include dinner, crafts, games and a movie. Sign up in the narthex under the office window, or contact Katrina Weener at 503-702-6154 or [katrina.weener@comcast.net](mailto:katrina.weener@comcast.net).



### **LIVE NATIVITY**

**The Christmas Story Comes to Life  
Saturday, December 6th, 5:30 to 8 p.m.  
TPC Parking Lot and Narthex**

You are invited to this live, interactive event, created for TPC family, friends and community members to enjoy. You will experience the Christmas story live, listen to music, eat cookies and drink hot chocolate, do crafts and enjoy the animals.

A special invitation to anyone interested in helping with this event. You can either help prepare and then enjoy, or be an integral part of telling The Story. See below for opportunities.

Handing Out Flyers Thanksgiving Weekend  
Youth Playing the Parts—Multiple Shifts  
Help with Food Preparation and Clean-Up  
Narrators  
Craft preparation and clean-up  
Animals—Shepherding the Shepherds  
Setup and Take down Outside  
Help with Traffic Coordination  
Costumes  
Helping Create Props  
Site Supervisors  
Musicians and Carolers  
And More...

To volunteer, go to this link:

<https://www.eventbrite.com/e/tualatin-presbyterian-church-live-nativity-tickets-13993608259>

You can also volunteer by signing up in the narthex or by contacting Melissa Evers-Hood or Katrina Weener.

## NOVEMBER WOMEN'S MINISTRY BRUNCH

### **There is More to Advent than Just Christmas**

Come, celebrate, learn and share fellowship on Saturday, November 15. Laura Spurrell will lead us in a discussion about traditions so that the season of Advent can be more meaningful and less hectic. We know Advent is preparing and waiting expectantly for the Christmas celebration of Jesus, but there's more. Laura, who professes to be a "lover of Advent," is a Spiritual Director and has worked with individuals and groups for the past 15 years.

All TPC women are invited to brunch on Saturday, November 15 at 10:30 a.m. at the church. Sign-up on the sheet in the narthex to let us know you're coming and whether you wish to bring a brunch item, help with setup, or with cleanup. Our gathering usually lasts until noon.

Of our two ministries, the need is greatest for the **Backpack Buddy Program**. Our donated food items help ensure students don't go hungry over the weekend. If you would like to help, please bring item(s) to the brunch for this program. A few of the most needed are boxed cereal ("kid" type), flavored oatmeal packets, spaghetti or pasta, cans of diced or stewed tomatoes, canned tuna and canned chicken; canned soups, specifically, chicken noodle or rice, vegetable or vegetable beef. A complete list of needed items is on the "Take Ones" section on the tower in the Narthex. You may give Joan Nardi items at any time.

Your past donations to **HopeSpring** have left us well supplied for the upcoming anticipated families in transition. Thank you so much!

The Women's Ministry Group is open to all TPC women who want to strengthen their bonds of fellowship and grow spiritually. Please feel free to bring a friend—all are welcome.

Judy Nix

**CALL FOR CHRISMONS** – Please bring your completed Chrismons to TPC by **Sunday, November 16**. This provides time to do the finishing so they will be ready for the First Sunday of Advent. Some of you talked with Mary Shiffer about getting done later and those Chrismons will be hung for Christmas Eve so that the greens are more festive. If you find you cannot complete your project(s), please bring them back as soon as possible so someone else can finish them. It is not too late to start, if you have time and energy. Call Mary Shiffer (503) 692-3405 for a kit. There are also materials for families to do simpler, non-sewing Chrismons. Thank you all for your participation in bringing liturgy alive through art.

Mary Shiffer, Art Director

### **CHRISTMAS GIVING TREE**

It's time once again for TPC's annual Christmas Giving Tree. We will have a **slightly different process** this year, in order to better track the gift donations. Each ornament on the tree represents one gift for one child identified by the Tigard-Tualatin School District as needing a little extra help this Christmas. As you take an ornament off the tree, notice that each colored paper ornament has a white copy behind it. Please remove the white copy, write your name in the space provided, and turn it into the box by the tree. Take the colored ornament with you to know what the child wants. When you return your wrapped gift, please tape the colored ornament to it as a label so it will go to the correct child.

The giving tree will be up on November 30, and all gifts should be returned and placed under the tree no later than Sunday, December 14. If you are interested in delivering gifts to a family, please contact me. Thanks for helping these kids have a better Christmas in Jesus' name.

Rebecca Olsen, Mission Committee Member

### **FELLOWSHIP DINNER GROUPS**

Fellowship Dinners help members and friends of the TPC family get to know one another better. A group of about eight people meets for dinner once a month for four months. We will start our next four-month cycle in January. If you are new to TPC, or are not currently participating, this is your opportunity to join. Sign ups will begin Nov. 30, or email rick crall at [crall@spiritone.com](mailto:crall@spiritone.com).

## LOOKING BACK

### Peacemaking and Global Witness Offering.

The generosity of the congregation is remarkable! As a church, we support four denomination-wide offerings each year. Last month, in conjunction with world communion Sunday, we received contributions supporting this offering totaling \$810. On behalf of the Mission Committee, thank you for your strong support. It is very well appreciated. Chip Kyle, Mission Elder

### Adult Mission Trip

Last month, we had our third trip to Newberg supporting Habitat for Humanity. Seven members of the congregation participated: Ted and Paula Miller, Stephen Ricker, Bill Bennett, Chip and Cackie Kyle and Susan Redmond, daughter of Charlie and Edda Brown. The house was in the very early phase of construction, with only the perimeter foundation in place. Work consisted of spreading gravel, constructing a pony wall, hanging floor joists and installing a perimeter drain system. We were tired (!) by the end of the day, but satisfied with the significant progress we made on the house. Chip Kyle, Mission Elder



Pictured left to right: Roy Smith, construction manager for Newberg Habitat for Humanity, Susan Redmond, Ted Miller, Paula Miller, Chip Kyle, Bill Bennett, and Cackie Kyle.

## WOMEN'S ESCAPE AND RETREAT DAY

The Women's Retreat on October 18 at the Alton L. Collins Retreat Center was led by Judy Tuttle Zollner from the Salem Pastoral Counseling Center.



The event was attended by 38 women who enjoyed the beautiful forest setting. The day was filled with good eats, laughter and fun. The study theme focused on "choosing" to live in joy.

Carolyn Barker

## MEDICARE OPEN ENROLLMENT

### Now through December 7

Medicare open enrollment runs now through Sunday, December 7. During this time you may change your Medicare Advantage Plan or Part D, Prescription Drug Plan.

Choosing the best Medicare plan is complex and very individual. Factors to consider are the prescription drugs you are taking, premium cost, co-pays and co-insurance. Formularies for drugs change almost every year. SHIBA volunteers can help you consider all these factors as you choose.

Karen Black, TPC Health Ministry Liaison, is also a SHIBA (Senior Health Insurance Benefits Assistance) counselor who can provide information about Medicare to help you choose the right plan. For an appointment, please call (503) 679-2182 or email Karen at ([karendblack@comcast.net](mailto:karendblack@comcast.net)). She can talk with you over the phone, come to your house or meet at any location. This opportunity is open to all Medicare recipients in Oregon. For the state SHIBA office, call 800-722-4134.

## OUR SPONSORED KIDS

Sarah (Uganda) and Estalin (Ecuador) are receiving monthly support via TPC's contribution through Compassion International. Another way to show our support is through daily prayer for both the children and their families. Here are some suggestions for praying for Sarah and Estalin each day of the month:



1. to accept Jesus as Savior and to grow in Christ
2. to trust God for everything
3. to do well in school
4. for the Compassion center leaders
5. for his/her family
6. to resist negative peer pressure
7. to practice good hygiene
8. for good nutrition
9. for strong friendships
10. to develop a tender heart
11. to learn God's Word
12. for protection from natural disasters
13. to use good social skills
14. for a bright future
15. to develop his/her skills and talents
16. to learn from the center programs
17. to make wise decisions
18. for safety in daily activities
19. for freedom from fear
20. for patience and perseverance
21. to resist temptation
22. to always tell the truth
23. for the desire to follow God's will
24. for good sibling relationships
25. for physical health and strength
26. to honor his/her parents
27. for a spirit of hope and joy
28. to grow closer to God in prayer
29. for comfort in sadness
30. for stability for his/her family
31. for solid self-esteem



In the next newsletter, watch for other ways to show support for Sarah and Estalin. Thanks, Carolyn Locke



## OCTOBER SESSION MEETING HIGHLIGHTS

Carolyn Barker, Clerk of Session

### Action Items:

- The following new members were accepted into membership: Jill Gambill, Jordan Gage, Annica Gage, Nancy Church, and Larry Church.
- A new church logo created by graphic designer Jeff Cameron was approved.
- The annual renewal of The Rev. Charlie T. Brown as Parish Associate was approved.
- Approval was given to authorize seven members to serve as Sunday morning offering counters.
- The purchase of new Presbyterian "Glory to God" hymnals was authorized. Funds will come from remaining Shark Tank funds and the sale of memorial bookplates.

### Committee Reports and Other Information:

- The next Presbytery meeting is November 14-15 at Westminster Presbyterian Church in Portland.
- The clerk's record review by Presbytery was completed with no exceptions.
- Session is reviewing elder responsibilities and job descriptions.
- The above information has been compiled from Session minutes. Complete copies of minutes and reports are available in the church office.

## TUALATIN SCHOOL HOUSE PANTRY 10 YEAR ANNIVERSARY

During the past 10 years thousands of volunteers have distributed food items, donated by thousands of donors, to thousands of clients. We invite you to help us honor the past and celebrate our 10th anniversary by **donating 10 items**. You may stop by during our pantry hours to tour the pantry. Doors are open to clients on Mondays 3-8 p.m., Wednesdays 10-3 and Fridays 10-3 at 3550 SW Borland Rd. Donation hours are longer.

Currently we need canned fruit, sugar, and powdered laundry detergent. Bulk is great; we can repackage it. The pantry also needs additional volunteers. Can you help?

Shopper shifts open: All Mondays 3-5 p.m., Mondays 6-8 p.m. Wednesdays 11 a.m. to 1 p.m., Fridays 10 a.m. to 12:30 p.m. and Fridays 1 to 3 p.m. A driver is needed for 8 a.m. pick up on Monday and Friday, and one driver on call for deliveries of food to shut-ins.

Tracy Smith  
TSHP Program Coordinator, 503-783-0721

## SOUTHMINSTER PRESBYTERIAN CHURCH

cordially invites you to the  
**Jesus Seminar on the Road**

Friday, November 14 (7:30 p.m.) and

Saturday, November 15. (9:30 a.m.-4:00 p.m.).

This year's topic is: The Other Bible -

Early Christianity beyond the Canon

Out of the hundreds of texts produced by early Christians in the first few centuries, a relatively small number eventually landed in the New Testament. Why? How did the New Testament come to be? What happened to the texts that were left out? And what might they tell us about the ideas that arose in early Christian circles and that thrived in the earliest years of Christianity?

Exploring Early Christianity's  
Non-Canonical Sacred Texts

Jesus beyond the Canon

Paul beyond the Canon

Christianity beyond the Canon

Is the Canon Closed?

Southminster Presbyterian Church is located at  
2250 SW Denney Road, Beaverton, OR 97008

This year's presenters include

Ruben Rene Dupertuis—Assistant Professor of Religion at Trinity University in San Antonio, Texas and Stephen J. Patterson (Ph.D. Claremont Graduate School), Geo. H. Atkinson Professor of Religious and Ethical Studies at Willamette University.

Pre-registration (by Oct. 31)	\$60
Registration (after Oct. 31)	\$75
Additional Family Member	\$50

Single Sessions

Friday Evening Lecture	\$20
Saturday Morning Workshop	\$30
Saturday Afternoon Worship	\$30

For more information, call (503) 375-5323 or visit  
[westarinstitute.org/events](http://westarinstitute.org/events)



## IMPROVING YOUR HEALTH

**Gratitude is known to improve health** by improving the immune system, lowering blood pressure, and improving overall psychological well-being. As the holiday season approaches, we focus on giving thanks. Here are some helpful hints to facilitate your thanksgiving:

### Four Ways to Give Thanks

By Catherine Price

Research in positive psychology has identified several ways that practicing gratitude can boost people's health and happiness. Here are four of these research-tested "gratitude interventions."

- 1. Write a gratitude letter.** Research by Martin Seligman, Christopher Peterson, and others has shown this one to be particularly effective. Write a letter to a mentor, family member, or some other important person in your life whom you've never properly thanked. Deliver it in person. Read it out loud. Bring tissues.
- 2. Keep a gratitude journal.** Studies by psychologists Michael McCullough, Robert Emmons, Sonja Lyubomirsky, and others have backed up this exercise, which involves keeping a list of things for which you're grateful—anything from your children or spouse to the beauty of the tree outside your window. Doing so helps you focus on the positive things in your life—a practice that's been shown to increase happiness.
- 3. Savor.** Take the time to notice beauty and pleasures in your daily life. Loyola University psychologist Fred Bryant has shown that savoring positive experiences can heighten your positive responses to them. A key to savoring is what Bryant calls "thanksgiving," or expressing gratitude for the blessings that come your way, large and small.
- 4. Think outside the box.** It's fairly obvious why we might feel grateful for grandmothers, lovely sunsets, and anything else that has provided comfort or beauty in our lives. But what about thanking the homeless people who come to the shelter where you volunteer? "Individuals who do volunteer work sometimes speak of the benefits they receive from service," writes

Robert Emmons in his forthcoming book, Thanks! “Since service to others helped them to find their own inner spirituality, they were grateful for the opportunity to serve.” If we look hard enough, he argues, we can find a reason to feel grateful for any relationship—even when someone does us harm, as that person helps us appreciate our own vulnerability. Emmons claims that such highly advanced forms of gratitude may actually increase the level of goodness in the world by inspiring positive acts in ourselves and others.

Submitted by Dianne Lemmon, Parish Nurse



### COOKIE BAKERS NEEDED

for coffee hours in the months of November and December. Please see Myrna Frieese to volunteer – your yummys or email her at [myrjfri@aol.com](mailto:myrjfri@aol.com)."

### ADULT EDGE

Previously called Adult Education Class. Class meets on Sundays, **from 8:45 to 9:30 a.m.** downstairs in the youth room. Hope to see you there!

John Casebeer, Adult Education Elder



### SUMMER VEGETABLES

The sale of Paul’s vegetables grossed \$500 for the Triennium Fund and \$1,682.10 for the Christian Education fund. Thank you everyone for purchasing vegetables and a HUGE THANK

YOU to Paul and Linda Fukasawa for donating their wonderful, organic vegetables.

### Third Quarter



If you did not pick up your third quarter financial contribution statement at church, it has been mailed to you. Watch for it in your mailbox.

### Contribution Statements

**ANNUAL PER CAPITA** (can be thought of as Presbyterian Membership Dues)

TPC’s 2014 per capita expense was over \$7,000. Per capita is not covered by income from pledges. We ask each member to pay their own per capita in addition to their regular pledge or tithe. The 2014 per capita amount is \$25.24/member. When paying per capita, please write “per capita” on your check or offering envelope. Thank you.

Rhoda Friesen, Financial Assistant

## PASTOR KEN’S SERMONS ON LINE

Each Sunday, John Martin tapes Ken’s sermons. If you miss a Sunday, you can catch up on the sermon by going to the church website, [tpcspirit.org](http://tpcspirit.org). Hover over Worship, then click on Sermons from the pull-down menu. Select the date, then start the video by clicking on the arrow on the left side of the screen.

## NOVEMBER BIRTHDAYS

1—Carolyn Barker  
 1—Gary Roth  
 3—DonnaLee Benner  
 4—Greg Lewis  
 5—Valerie James  
 5—Patty Farrell  
 7—Bruce Benner  
 8—Kitty Taylor  
 9—Adele Pelletier  
 9—Kathy Sweetland  
 9—Sydney Cameron

10—Nicholas Sweetland  
 11—Heather Bartlett  
 14—Julie Pairamore  
 14—Adam Winkler  
 16—Nina Oliver  
 16—Emily Ricker  
 16—Stephen Ricker  
 17—John Olsen  
 17—Madison Broughton  
 19—Erin Dwyer  
 20—Becky Backen

22—Cailyn Bowen  
 23—Bob Bolton  
 26—Kendra Sundt  
 27—Cindy Hoppe  
 27—Eva Dwyer  
 28—Renee James  
 29—Denise Collins  
 30—Jay Wilcox

HAPPY BIRTHDAY ALL!

# TUALATIN PRESBYTERIAN CHURCH CALENDAR

For the latest calendar updates, go to [www.tpcspirit.org](http://www.tpcspirit.org) and click on calendar.

## November 2014

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b> Daylight saving time ends. 8:45 a.m. Adult EDGE 10:00 Worship and communion	<b>3</b>	<b>4</b> Election Day	<b>5</b> 7 pm Choir rehearsal 7:30 pm Awakening for youth	<b>6</b> 6:45 pm Bell Choir rehearsal	<b>7</b>	<b>8</b>
<b>9</b> 8:45 a.m. Adult EDGE 10:00 Worship Sunday School	<b>10</b> 7 p.m. Deacon meeting	<b>11</b> 7 pm Mission meeting (O) 7 pm Fellowship meeting	<b>12</b> 7 pm Choir rehearsal	<b>13</b> 6:45 pm Bell Choir rehearsal 7 pm Finance Meeting (O)	<b>14</b> 10 to noon Loving Stitches	<b>15</b> 7:30 am Men's Fellowship Breakfast 10:30 am Women's Brunch
<b>16</b> 8:45 a.m. Adult EDGE 10:00 Worship Sunday School New mbr orientation	<b>17</b>	<b>18</b> 7 pm Tuesday's Treasures	<b>19</b> 7 pm Choir rehearsal 7:30 pm Awakening for youth	<b>20</b> 6:45 pm Bell Choir rehearsal 7 p.m. Session Meeting	<b>21</b> 5-9 pm Parents Night Out	<b>22</b>
<b>23</b> 8:45 a.m. Adult EDGE 10:00 Worship Sunday School	<b>24</b>	<b>25</b>	<b>26</b> 7 pm Choir rehearsal	<b>27</b> Thanksgiving Office closed	<b>28</b>	<b>29</b>
<b>30</b> 8:45 a.m. Adult EDGE 10:00 Worship Sunday School 5 pm Hanging of the Greens	<b>1</b>	<b>2</b> 9 am December newsletter deadline	<b>3</b> 7 pm Choir rehearsal	<b>4</b> 6:45 pm Bell Choir rehearsal	<b>5</b> December newsletter distributed	<b>6</b> 5:30 to 8 pm Live Nativity

Regular TPC office hours are Monday through Thursday,  
9 a.m. to 3 p.m., and Friday, 9 a.m. to noon.  
Office hours can vary; call ahead to confirm the office is open.

2014 FINANCIALS	Actuals	Budget	Dollar Difference
Operating Income Year to Date 9/30/14	\$237,854	\$231,068	\$6,786
Operating Expenses Year to Date 9/30/14	\$235,950	\$243,151	\$7,201



9230 SW Siletz Drive  
Tualatin, OR 97062



**TUALATIN PRESBYTERIAN CHURCH**

9230 SW Siletz Drive, Tualatin, OR 97062

The Rev. Dr. 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 Associate:** The Rev. Charlie Brown

**Elders:** Dave Backen, John Casebeer, Chip Kyle, Joan Nardi, Judy Nix, Bob Paetsch, Emily Ricker, Kathy Sweetland, and Katrina Weener.

**Deacons:** Julian Awdry, Becky Backen, Dan Barker, Karen Black, Susan Cameron, Russ Carlin, Rebecca Crall, Susan Fee, Barbara Harriman, Barb Kerr, Mary Maleta, Jackie Norman.

Office Manager: Susan Springer

Financial Assistant: Rhoda Friesen

Director of Music Ministries: Dr. David Kelly

Accompanist: Dr. Ron Fabbro

Bell Choir Director: Debbie Ivanov

Temporary Director of Youth & Fam. Min.: Katrina Weener

Director of Youth & Fam. Min. (on leave): Andrew Hall

Art Director: Mary Shiffer

Bereavement Committee Chair: Barbara Crall

Blood Drive Coordinator: Scott Cameron

Clerk of Session: Carolyn Barker

Cookie Coordinator: Myrna Friese

Newsletter Editor: Susan Springer

Parish Nurse: Dianne Lemmon

Prayer Chain: Greg Imus

Treasurer: Jennifer Ayers

Tuesdays Treasures: Carolyn Locke

Webmaster: John Martin

Wedding Coordinator: Stacy Mauer

**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