

A MESSAGE FROM PASTOR KEN

Dear friends, as I write this, it's just a few days before Thanksgiving, the time of year when we're remembering to give thanks. I'm grateful for so many things at TPC. We're blessed with a fantastic staff, great leaders, and a supportive congregation. One of the things I find myself particularly grateful for right now is a small group that doesn't get a whole lot of press: the adult education crew on Sunday mornings from 8:45-9:30 AM.

Most every Sunday a group of around ten to fifteen people gather in the multipurpose room to discuss everything from Jesus to zombies. Seriously. Many people who enjoy the group will say to me things like: "I didn't realize you could think or say things like that in a church."

This last fall has been particularly rich. We've been discussing Jesus from the vantage point of writers from other faith traditions. We've seen Jesus through the eyes of Amy-Jill Levine, a Jewish New Testament professor at Vanderbilt, from the Islamic perspective of Reza Aslan, whose book *Zealot* caused a true sensation this year, and currently we're talking about Buddhist monk Thich Nhat Hanh's book *Living Buddha, Living Christ*.

A-J Levine reminded us of something obvious but incredibly easy to forget: Jesus was Jewish. As she puts it: "Jesus of Nazareth dressed like a Jew, prayed like a Jew (and most likely in Aramaic), instructed other Jews on how best to live according to the commandments given by God to Moses, taught like a Jew, argued like a Jew with other Jews, and died like thousands of other Jews on a Roman cross. To see him in a first-century Jewish context and to listen to his words with first-century Jewish ears do not in any way undermine Christian theological claims. Jesus does not

(continued on the bottom of page 7)

EILEEN EAKINS AND SARA SAMMONS



If you had asked Eileen Eakins 15 years ago where she saw herself today, her answer would definitely not have been: a self-employed, single mom of a 13 year old daughter with a house in the 'burbs. Well, maybe the house in the 'burbs.

Eileen Eakins and Sara Sammons have lived in Tualatin for about 12 years, and have been attending Tualatin Presbyterian Church for about eight. Eileen is a member of the choir and has performed several solos.

Born in Illinois, Eileen is the youngest of five siblings. The family moved to Fair Oaks, California (near Sacramento) when Eileen was eight. She later received her bachelor's degree in communications from California State University, Sacramento, and started what would be a several-year career in public relations and marketing.

Eileen moved to Portland in 1986 to pursue a relationship, and lived in Beaverton, Aloha, and Lake Oswego. She did public relations and communications for Multnomah County Public Library and Providence Medical Center. By 1991, Eileen felt she had gone as far as she could in the public relations field. Wanting to challenge herself, she decided to pursue a law degree from Northwestern School of Law at Lewis & Clark College, from which she graduated in 1994. Combining communications and law, she worked for the Special Districts Association of Oregon, and then in-house for the Clackamas County Fire District. While working for the fire district Eileen met and married Sara's dad. They divorced soon after Sara was born in 2000.

Eileen's formal law career started in 1999 (when she was four months' pregnant), at a firm where she was part of the municipal law team, representing seven small cities and dozens of special service districts. Starting as an associate, Eileen became an income shareholder (kind of like junior partner) in 2004. In the meantime, Eileen decided she preferred the suburbs to the city for raising a child, so she and Sara moved from NE Portland to Tualatin in 2001.

By 2006, Eileen had spent six years working long hours at the law firm while trying to be a good mom for Sara, but never felt like she was doing enough for either one. After several years of working hard to do both – and not much else – she had to follow her heart, and motherhood won out. Eileen decided to take a leap of faith and open her own practice, still providing general counsel to local government entities. The gamble paid off: the majority of her law firm clients made the move with her, and seven years later her practice has

grown steadily to include one city and approximately 40 special districts. Eileen also provides regular trainings to special district elected officials and staff, and is an adjunct professor in Marylhurst University's accelerated on-line MBA program.

In her spare time Eileen enjoys being mom to Sara, as well as to Maya (the basset hound) and Samson (the cat). She also enjoys movies, singing, traveling, running, yoga, and watching Mad Men, Downton Abbey, and House Hunters International.

Sara attended Byrom Elementary, currently attends Hazelbrook Middle School, and will attend Tualatin High School next year. She is 13 and in the eighth grade. An excellent student, her favorite subjects are language arts and social studies. Sara has taken piano lessons for six years and expects to continue her piano work as soon as the right teacher appears. Her summer activities will include a two week trip to Italy, Germany and Austria with a group of fellow students; Young Musicians and Artists, a two-week camp held at Willamette University, where she will focus on creative writing and stage tech; and a two-week YMCA camp for high-schoolers, in that order. Her long-term goal is to write scripts for film or television. She wants to attend a college, possibly in Europe, that has a strong theater program. In her spare time, Sara likes to read and write; watch movies; and spend time with her friends, as well as Maya and Samson.

Eileen's and Sara's journey to TPC developed slowly. Eileen spent her high school years attending a large Presbyterian church (and singing in their youth choir), but by college age she began to feel that her questioning nature didn't fit in, and the answers didn't always sit well with her. She drifted away from organized religion for the next 30 years or so. But after moving to Tualatin and regularly making the trip down Boones Ferry road, she started noticing the Presbyterian church, thinking, "I speak Presbyterian." One Sunday around 2003, when Sara was away, Eileen stopped in alone, driven by a desire to be part of something bigger than herself. As she puts it, "single parenthood is a very isolating experience." Still skeptical of organized churches, she sat in the back and left right after the service, but doesn't remember much else about the service. Some months later, though, she stopped in again, and heard Ken preach for the first time. She doesn't remember what he preached about, but she remembers that it touched her. She came back every few months, then every other week, and eventually more often than not, always inspired by Ken's messages. Over time, she came to know Ken personally, and met many others who made her feel welcome. Now, she and Sara both call TPC home. We are sure delighted she lends her beautiful soprano voice to the choir, which she joined in 2009.

There have been lots of twists and turns in the last several years, but this family is happy about where they find themselves now.

Mary Maleta, Parish 12 Deacon

BABY GOATS:

A Place for All Things Youth Ministry
Welcome back to *Baby Goats!* Thank you for reading about our many wonderful programs from month to month. It is our prayer that this column continues to be insightful, encouraging, and, yes, a little fun and rewarding, too.

YOUTH MINISTRIES

Our annual HANGING OF THE GREENS event will begin at **5:00 p.m. on Sunday, December 1, 2013**. Come join our community as we decorate our sanctuary and begin celebrating this most beloved of holiday seasons.

ELEMENTARY

December's PARENTS DAY OUT will be held from **11:00 am to 3:00 pm on Saturday, December 7, 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 the day Christmas shopping. Students will have a fun day of food, games, and movies with me and a staff of high school volunteers. This month's feature film is *Disney's Planes*. 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. **THERE ARE ONLY TWENTY SPOTS AVAILABLE!**

Christmas pageant roles have been assigned, and we have all begun rehearsing for what will assuredly be another beautiful celebration of Jesus' immaculate birth. Our DRESS REHEARSAL will be held from **11:30 am to 2:30 pm on Sunday, December 8, 2013**, and the CHRISTMAS PAGEANT itself will be performed **on Sunday, December 15, 2013 during the adult service**.

Please work with your child as they continue to try and memorize their songs, lines, props, and stage directions.

MIDDLE SCHOOL & HIGH SCHOOL

THE AWAKENING will be held on the **first and third Wednesday evenings of every month from 7:30 to 9:30 pm**, the first of which will be **Wednesday, December 4, 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 looking for a few high school volunteers to help staff PARENTS DAY OUT from **10:30 am to 3:30 pm on SATURDAY, DECEMBER 7, 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 **A COFFIN**. 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 through 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!

*What occurs once in a minute, twice in a moment,
and never in one thousand years?*

That about does it for this edition of *Baby Goats*. Please remember to check the windows as you enter the narthex as well as our Youth Ministries panel on the TPC narthex tower for calendar updates and announcements. May you and your family be blessed in this day, week, month, and season.

Godspeed, Andrew T. Hall,
Christian Education Coordinator cec@tpcspirit.org



SUNDAY DECEMBER 1 at 5 p.m.

Simple supper will follow.
Sign-up on the tower in the
narthex.

During this service we will
decorate the tree with items to

help keep warm. Please bring hats, gloves, scarves and/or socks for the tree. At the end of December, the hats, etc., will be donated to the Janus Organization for youth living on the streets of Portland.

Advent Conspiracy Workshop Complete Heifer Project Christmas Gift Market Coming Sunday, December 8

The Adult Education and Mission Committees co-hosted two Advent Conspiracy Workshops in November. Three pastors who thought there must be a better way than consumer-driven stress to celebrate the birth of Jesus formed Advent Conspiracy. It has grown into a global movement to help people slow down and experience a Christmas worth remembering.

The three pastors presented their ideas in a four-part video: Worship Fully, Spend Less, Give More, and Love All. Many of their ideas revolved around giving thoughtfully and relationally: actually thinking of ways to spend time with one another, rather than just buying another sweater. It turns out from discussions following the video segments that many TPC members are already putting good alternative Christmas ideas into practice: they buy animals from The Heifer Project, they provide micro loans through Kiva, they provide food baskets through our giving tree. Many other TPC members give the gift of time, both to their community and loved ones.

If you were unable to attend the workshops in November, here are a few helpful websites:
www.adventconspiracy.org;
www.rethinkingchristmas.com; and
www.networkforgood.org.

Watch for more information about the Heifer Project Christmas Gift Market coming to TPC Sunday morning, December 8. You will have the opportunity to change the world with the purchase of animals, clean water, knitting baskets, and more!



WINTER
Progressive Dinner

SUNDAY, DECEMBER 8

Hors d'oeuvres begin at 5 p.m. at the home of Bob and Judy Nix.

About 6 p.m. we'll divide into smaller dinner groups and "progress" to another home for dinner and dessert. Each person/family will bring a dish to share. The dinner hosts will provide the main course. Cost is \$4 per person. The dinner is a wonderful time to gather and celebrate the season. Sign up on the tower in the narthex. Deadline to sign up is Sunday, December 1.



Sunday morning, December 22nd, the Chancel Choir and guest soloists, accompanied by an orchestra, will present Camille Saint-Saens **"Christmas Oratorio"**. This is a very special service of music dramatically portraying in song the glory of the birth of the Savior. You won't want to miss this special musical offering!

Christmas Eve Services on Tuesday, Dec. 24th:

"The Messiah", our family service will be at 5:00 p.m. We will have participation by children and adults as we celebrate the birth of the Christ Child. Come join us in a warm, welcoming service for the entire family.

Traditional Christmas Eve Service: 10:00 p.m. We will gather to proclaim the birth of the Savior and rejoice at His coming. Special music will be provided by the Bell Choir and the Chancel Choir. Communion will be served and all are welcome at the Table of the Lord. We invite you to come and enjoy this blessed worship experience.

Joan Nardi, Worship Elder

LITURGICAL ART FOR ADVENT

"Prepare the way for the Lord" is the art theme for this year's advent season. The paramount hangings next to the cross are quilted with a meandering roadway to symbolize our preparation and movement ever closer to the arrival of our Lord and Savior on Christmas. The Art Committee hopes that the symbolism of the roadway will help each member of the congregation find the true meaning of the journey to Bethlehem and the preparation of our lives to receive God's richest and most generous gift of His Beloved Son.

The children are 'Preparing the way for the Lord' on the back wall of the Sanctuary. Watch the symbols move farther along the road toward Bethlehem.

Mary Shiffer, Art Director



MISSION COMMITTEE REPORT

Giving Tree: This season, we will again participate in the Christmas Assistance Program of the Tigard-Tualatin School District. This program helps less advantaged families participate in

the joy and meaning of Christmas. TTSD provided names of five families from Durham Elementary School comprising a total of 8 adults and 17 children, ranging in age from 16 years to 1 year. Envelopes for monetary donations toward food baskets, and "ornaments" identifying modestly priced gift suggestions will be placed on the Giving Tree, allowing congregation members to choose the age and gender of a child they would like to assist. Please help by choosing an "ornament" and make the spirit of Christmas come alive for those less fortunate. We ask that the envelopes and the wrapped gifts be returned, with the ornament attached to the outside, by Sunday, December 15th. Members of our youth group will deliver the packages to the families the following weekend.



Cookie Sale: Our annual Cookie Sale is Saturday, December 14th. The congregation is blessed with numerous individuals – both men and women – with excellent culinary skills!

They bring old time favorites and new concoctions to this annual event which supports the Mission outreach of our church. Besides the strong support within our congregation, the sale is anticipated each year by friends and neighbors. So, dust off those cookie recipes and mark the date on your calendar. Donated cookies should be brought to the church on Friday afternoon, December 13th. This year's proceeds will go to Presbyterian Disaster Relief for Typhoon Haiyan relief.



December Offerings: This month there are two special offerings. First is Christmas Joy Offering, one of the four special offerings designated by the General Assembly. Proceeds go to the Assistance Program of the Board of Pensions (to help retired pastors) and to support student scholarships at Presbyterian-related

schools and colleges. The second offering is the Memorial Offering, a long standing tradition at TPC. Members may designate their donation to the memory of, or in honor of, a loved one. This year's proceeds will go to the Tualatin Food Pantry.

Chip Kyle, Elder, Mission Committee

Fellowship Dinner



FELLOWSHIP DINNER GROUPS

The deadline for signing up is **Sunday, December 15th**. New group assignments will be emailed about Saturday, December 21st.

The Fellowship Dinners are designed to help the TPC family get to know one another better. A group of about eight people meets for dinner once a month for four months in homes, at TPC or in restaurants, parks, etc. The hosts provide the main course and others bring additional items. At the end of four months, a computer creates new groups and the process repeats.

We will start our next four-month cycle in January. If you are interesting in joining one of the dinner groups, now is the time to sign up.. We have a group for families with kids, and if that applies, please let us know when you sign up. If you have been participating in these dinner groups this fall and you wish to continue, you do not need to do anything.

If you have questions, do not hesitate to talk to anyone on the steering committee: Sherry and Mike Nelson, Barb and Rick Crall, Mary Ortez, Rick and Rachel Norse, Carol and Ronn Rhodes.

MEN'S FELLOWSHIP GROUP

The Men's Fellowship Group will hold its traditional December meeting at Hyden's Grill on December 21 from 7:30-9:00 a.m. All the men at TPC are invited to attend. Breakfast will be ordered off the menu. Those attending are asked to bring an UNWRAPPED gift for a girl or a boy, with the cost not to exceed \$25. All gifts will be presented to a deserving child through the Toys For Tots Foundation. If you plan to attend, please RSVP to Bob Paetsch at bpaetsch@gmail.com or call him at 503-625-1587 so he can give Hayden's an accurate head count. We hope you can join us on December 21st for a morning of laughter and fellowship.

Bob Paetsch



Photo DIRECTORY

2014 PHOTO DIRECTORY

It has been nearly a year since TPC published the photo directory and it's time to update it for 2014. To do so, we need your co-operation.

If your photo IS in the current directory, you may update your picture with a better or newer one by emailing your new picture to the office (Susan@TPCspirit.org). Please submit it by the end of the year. If you like your current picture, you don't have to do anything.

If your photo IS NOT in the current directory, you may email a digital picture to Susan in the office anytime before the end of the year. If you need help obtaining a digital picture, please contact your Deacon to arrange to have a photo taken.



THOUGHTS FROM TREASURES

Our November Treasure Night focused on the theme "God loves us and takes care of us", a fitting topic during this season of gratitude. Treasures and volunteers shared some of the things for which they are thankful: turkey, email, sweet potato pie, family, friends, better health, potatoes & gravy, teachers, chocolate, languages, amazing opportunities, safe travel, Treasures & volunteers, dishwashers, being together, Jesus. Additionally, I am thankful for Susan who creates this monthly newsletter.

For more information about the Treasure program, which serves developmentally disabled adults, please contact me at clockezoo@gmail.com

Carolyn Locke, TPC Treasures Coordinator

WOMEN'S MINISTRY GROUP

Please note that no meeting is scheduled for December. Mark your calendars for the January 18th meeting that will feature a speaker who has done mission work in Uganda.



FALL CLEANUP DAY—NOVEMBER 16

Many thanks to the volunteers who participated in the Fall Cleanup Day. Activities included raking, blowing, gathering and recycling fallen leaves, which were spread on top of the ivy behind the

church. Also, a buffer zone three to four feet wide was cleared in the ivy between the property line fence with the park and the church's property in an attempt to keep our ivy from spreading into the park.

Bob Paetsch, Building and Grounds Elder



NOVEMBER SESSION HIGHLIGHTS

Carolyn Barker, session clerk

Action Items:

- Jeffrey Cameron, Susan Cameron and Maureen Wolf met with session and were accepted into membership.
- Unanticipated costs to complete the choir area sanctuary lighting were approved.
- The development and distribution of informational material on using “auto pay” for pledge commitments was approved.
- Anticipating the collection of debt retirement pledges, session approval was given to proceed with making the final debt payment in December.
- CompuPay (Benefit Mall) was approved to begin providing church payroll services.

Committee Reports and Other Information:

- Parents Michael and Caitlin Byers presented Laura Bethel Byers on November 17 for baptism by the Rev. Ken Evers-Hood.
- The session was encouraged to read “The Other 80 Percent” by Scott Thurm and Warren Bird. Portions of the book will be presented at future meetings.
- David Kelly presented a proposal to provide concerts at the church to broaden music performance opportunities of vocalists and instrumentalists in the community.
- Compilation of the annual report to the congregation has begun. Reports and digital pictures from officers and committees should be sent to the session clerk.
- Elders are requested to submit budgets for the 2014 year.
- The session will meet with the deacons for a joint social in December in lieu of the regular business meeting.

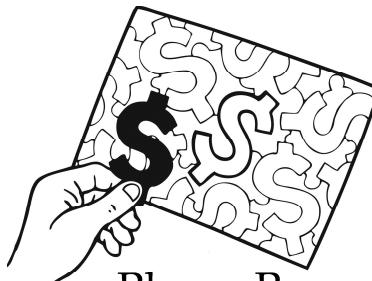
The above information has been compiled from Session minutes. Complete copies of minutes and reports are available in the church office.



Serving Seeking willing friends to share rides to/from TPC on monthly rotation basis for a new visitor to church who lives close to Pacific Highway and Tualatin Sherwood Road. Please contact Bud Bender if you are willing to help out. (971) 219-1341.



PLEDGE CARDS can be placed in the offering plates, put in the box on the table just to the left of the glass doors leading into the sanctuary, or mailed to the church office, 9230 SW Siletz Drive, Tualatin, OR 97062. Thanks.



Please Remember to Complete your 2013 Pledge

email rhoda@tpcspirit.org to check your giving status



DECEMBER

01—Debby Owen	13—Sawyer Mattox
01—Karen Carlin	14—Barb Thomason
01—Henry Harris	15—Jackie Dannemiller
04—Tomette Schuhmann	15—Tessa Kehoe
04—Emma Steffen	16—Stacy Bartlett
06—Wayne Willis	17—Clare Hahn
06—Greg Owen	17—Greg Imus
07—Rick Crall	18—Barbara Kerr
07—Nancy Catanese	19—Dorothy Butts
09—Leah Olson	22—Rick Norse
10—Philip Martin	26—Jacki Mazzuca
10—John DeHoney	27—Myrna Friese
10—Tanuja Senthirajah	28—Norm Dannemiller
13—Barbara Kozak	28—Anna Schmitt
13—William Evers-Hood	29—Dan Peters

2013 FINANCIALS

Income Year to Date (as of 10-31-2013)	Actuals	Budget	Dollar Difference
	\$238,488	\$240,460	(\$1,972)
Expenses Year to Date (as of 10-31-2013)			
	\$247,520	\$259,413	\$11,893

TUALATIN PRESBYTERIAN CHURCH CALENDAR

December 2013

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 8:45 Adult Ed 10:00 Worship 5 p.m. Hanging of the Greens followed by Simple Supper	2 7 pm Bell Choir rehearsal	3	4 7 pm Choir rehearsal 7:30 pm The Awakening—middle and high school youth group	5 7 pm Spiritual formation, - off site	6	7 Parent's Day Out 11 a.m. to 3 p.m.
8 8:45 Adult Ed 10:00 Worship 11:30 am to 2:30 pm Christmas Pageant dress rehearsal	9 7 pm Bell Choir rehearsal	10 7 pm Finance meeting 7 p.m. Mission Meeting	11 7 pm Choir rehearsal	12	13 10 to noon Loving Stitches	14
15 8:45 Adult Ed 10:00 Worship Sunday School Christmas Pageant during worship	16 7 pm Bell Choir rehearsal	17 7 pm Tuesdays Treasures	18 7 pm Choir rehearsal 7:30 pm The Awakening	19	20	21 7:30 a.m. Men's Fellowship Breakfast Off site
22 8:45 Adult Ed. 10:00 Worship—Choir Xmas Oratorio Sunday School during worship	23 7 pm Bell Choir rehearsal	24 5 pm Worship 10 pm Worship	25 Christmas	26	27 10 to noon Loving Stitches	28
29 8:45 Adult Ed. 10:00 Worship Chamber and jazz music in worship	30 7 pm Bell Choir rehearsal	31				

Ken's Message—continued from page 1...

have to be fully unique in order to say something or do something meaningful.” (The Misunderstood Jew, p. 51) Levine not only uncovers layers of meaning we miss when we forget Jesus’ identity, but she also offers a much needed corrective to the church’s unconscious anti-Judaism.

Reza Aslan’s controversial book underscores Jesus’ Jewishness, too, but Aslan sees Jesus less as a rabbi and more as a zealous freedom fighter. Provocatively, Aslan argues Jesus was so focused on social justice and overturning the Roman occupiers and Jewish collaborators that he was far more akin to Malcom X than The Rev. Dr. Martin Luther King. Personally, I found Aslan’s perspective unconvincing and frustrating at times. But disagreement is exactly what this

class is about. It’s important to read and hear voices with which we disagree, be in conversation with them, while at the same time maintaining our own position. (Maybe we should invite Congress.)

Finally, the last book has been a surprise for all of us. Thich Nhat Hanh is a Vietnamese Buddhist monk who endured the Christian persecution of Buddhists during the Vietnam war managing to find room in his heart for Buddha and Jesus. Hanh leads an interfaith community in the south of France known as Plum Village where Buddhists and Christians live, work, and pray together. Hanh’s views of Jesus are interesting, but what is most compelling about his book is the deep, meditative peace of his life that flows from every page. Come and see!

In Christ, Ken

HOLIDAY HEALTH AND SAFETY TIPS

The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.

1 Wash your hands often. Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.

2 Stay warm. Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.

3 Manage stress. The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.

4 Travel safely. Whether traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt whenever you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.

5 Be smoke-free. Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW, or talk to your health care provider for help.

6 Get check-ups and vaccinations. Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations

and tests you should get based on your age, life-style, travel plans, medical history, and family health history.

7 Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.

8 Prevent injuries. Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals. Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline or charcoal-burning device inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change batteries regularly.

9 Handle and prepare food safely. As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

10 Eat healthy, and be active. With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

Submitted by Dianne Lemmon, Parish Nurse

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.