



## GETTING TO KNOW LYNN AND MYRNA FRIESE

Lynn and Myrna Friese have lived in Tualatin for 32 years with a short absence to move to Bend for a year in the 80's. They married in 1983 and blended three boys (10, 7, & 6 yrs old) in a "yours and mine" configuration. In 1985, they added a fourth son to complete the "yours, mine and ours" model. Myrna has often said she missed her calling to pen a book on how to make a blended family successful. All the boys got along famously and shared many common interests. Both Lynn and Myrna graduated from Oregon State University as did the first three sons who all joined the same fraternity. The youngest son opted for Linfield College but joins the rest of the family in cheering on the Beavers—through good times and not so good.

Lynn and Myrna are loving the whole empty nest scene. Lynn retired from AT&T in 2005 after 27 years in sales and marketing management. Among his memorable assignments was negotiating with Ma Anand Sheela and the Rajneeshpuram in 1981. Other commercial accounts were more ordinary! He then was a sales director for an East Coast company for two years that required extensive travel. The travel helped him decide to back off and take a dream job—working 1-2 days a week in the pro shop at a golf course. Seven years later (last September) he decided to fully retire! Myrna taught secondary education for 31 years—17 as a business teacher and 14 years as a career development and business /school partnership coordinator. She taught at Newberg HS, Oregon City HS, and

Bend HS. She retired in 2002 and did consulting work for a couple of years. A former colleague asked her to substitute in her marketing class for 6 weeks back at Oregon City HS. Finding that it was kind of fun to reconnect with former colleagues and keep up with HS students, she ended up substituting 2-3 days a week for the next 5 years. Both Lynn and Myrna had rewarding careers and have transitioned comfortably into full retirement.

They enjoy travel, movies, reading, fitness (Lynn=golf), and spending time with family and friends. The oldest son, Ryan, and family live in NC so annual visits there usually get expanded to east coast exploration. The second son, Mark and family live in Colorado, which has become another fun vacation destination. The third son, Brett, and fourth son, Evan, live in Portland and Wilsonville with their families. The four sons have given Lynn and Myrna eight grandchildren—4 boys & 4 girls—ranging in age from 14 years to the most recent who is 3 months old. Every summer includes a week at Black Butte and all 18 make it a priority at least bi-annually for a fun reunion. As avid Beaver fans, Lynn and Myrna travel often with the teams and hold season tickets for both football and basketball. Hawaii is the favorite paradise destination—15 visits and counting! Italy was a dream vacation in 2014 and the list of "nexts" never seems to dwindle.

Lynn and Myrna have been members at TPC for over 25 years. There were plenty of years when regular attendance was in competition with the four sons' schedules of soccer, basketball, and baseball. Then there were a couple of years of "church sampling" and finally four years ago they decided to come home to TPC and get involved and attend regularly. They totally enjoy Ken's sermons and leadership, their church family & friends and taking a more active role. Lynn golfs regularly with the TPC men and has helped with maintenance, blood drives, and Habitat for Humanity. Myrna is finishing her two-year term as cookie coordinator and has been a part of the "Kitchen Angels", blood drives and Habitat for Humanity project. Both enjoy fellowship dinner activities. They live less than a mile from TPC and hold it close to their hearts.

Mary Maleta, Deacon

## WHAT'S HAPPENING AT TPC

Tis the season...Or it soon will be...

### PARENTS DAY OUT,

**Saturday, December 5, 10 am to 2 pm**

Chris Robertson and Andrew Hall will hold a special PARENTS DAY OUT on Saturday, December 5. This event gives parents the opportunity to get out, have lunch and prepare for Christmas. Your child will have lunch, make a craft and watch a movie with friends. This event is FREE to all who would like to participate. Please invite friends from the community to take advantage of these four hours of free childcare. To register, please email Drew at [andrew@tpcspirit.org](mailto:andrew@tpcspirit.org) ASAP.

### MEDICARE OPEN ENROLLMENT NOW THROUGH DECEMBER 7

If you have questions, talk to Karen Black, TPC Health Ministry Liaison and SHIBA counselor. She wears purple on Sundays. Her phone number is 503.679.2182. Her email address is [karendblack@comcast.net](mailto:karendblack@comcast.net). Time's getting short.

### HELP SERVE HOMELESS NEIGHBORS

**Friday, December 11 from 4:45 to 9 pm**

Come join the TPC youth at the Portland Rescue Mission from 5:30 to 8:30 pm on Friday, December 11, 2015. Meet at TPC at 4:45 and expect to return by 9 pm or later. Please email Andrew at [andrew@tpcspirit.org](mailto:andrew@tpcspirit.org) to register. Thank you for your service to this congregation and to our community.



The TPC Cookie Sale will be

**Saturday,  
December 12th**

**from 9 am to 1 pm.** Bakers, please drop off cookies on Fri., Dec. 11th, 9 am to 5 pm.

Russ Carlin, The Mission Cookie Guy

### WINTER PROGRESSIVE DINNER

Sunday, December 13. It will start of 5 pm with hors d'oeuvres at the home of Sue and John Hayhurst. If you would like to join this dinner gathering, sign up using the form in the Sunday, December 6 bulletin or contact Emily Ricker, Fellowship and Integration Elder, 503-701-3978 or email [EmilyERicker@gmail.com](mailto:EmilyERicker@gmail.com). Deadline to sign up is Sunday, December 6, so don't delay.

### THE BEST CHRISTMAS PROGRAM EVER!

You are invited to Tuesday Treasures on December 15 at 7 pm to watch as the Tuesday Treasure group acts out the Christmas story.



I can assure you after seeing it many times, it is always an uplifting experience in the midst of this busy season to see these young people tell this story from their hearts, not their minds. They will gather at 7 pm, and after some



opening activities will act out this sacred story. You will see in their eyes how much they love this story. Hope to see you

there. If you have questions, please contact Carolyn Locke (503-656-1534)"

### LIVING NATIVITY

Please join our beloved community to celebrate the miraculous birth of Christ at our annual LIVING NATIVITY. Come experience music, food, crafts, and live actors as we usher in the Christmas season on **SAT., DECEMBER 19, 2015 from 5:00-7:00 pm at the church.** Please invite any and all friends and family to attend this event with us. 'Tis the season to glorify our Lord.

Andrew Hall,

Director of Youth and Family Ministry

### AS WE CELEBRATE THE JOYS OF THE SEASON...

Please join us this month as we decorate the Janus Tree in the narthex with hats, gloves, mittens, and warm socks. The Janus Project is an organization (see information on [www.janusyouth.org](http://www.janusyouth.org)) that distributes these items to needy youth in the area. Last year our congregation donated 65 hats, 110 pairs of gloves/mittens, 64 pairs of socks, 44 scarves, 3 jackets and 1 sweater to the youth served by this organization. Please help us provide a level of joy and assistance to these kids in need.

Bob Eddy, Mission Committee Member

## NOTES FOR THE SEASON

The seasonal greens have been hung and we begin waiting in anticipation for the arrival of the Christ Child. Each Sunday will bring us closer to His celebrated birth.

**On Sunday, December 20<sup>th</sup>**, our worship service will be enriched with glorious music lifted up by the Chancel Choir including additional instrumental accompaniment.

**December 24<sup>th</sup>, Christmas Eve, we will share the joy of Christ's birth at two services.** We look forward to welcoming all to come and share in these special celebrations.

**The first service is at 5:00 PM** Families are encouraged to bring their children to participate in this special service.

**The second service is at 8:00 PM – note the time change.** We will share in the joy of the Savior's birth with song, scripture, special choral and bell music and conclude our celebration by sharing in Holy Communion.

**Merry Christmas to all!  
Joan Nardi, Mission Elder**

## GIVING TREE

Please help a child in need celebrate Christmas by taking a paper ornament from the Giving Tree in the narthex. Simply purchase the item listed on the ornament and returned it wrapped, with the ornament taped on as a tag, by Sunday, December 13th. We are sponsoring 8 families (27 kids total) that were identified by the Tigard Tualatin school district as needing a little extra help this year. Cash or check donations are welcome as well and will go toward food baskets for the families. Please be sure to write "food basket" on the donation. It's a great way to give Jesus a birthday gift.

Rebecca Olsen, Mission Committee Member

## CHRISTMAS MEMORIALS

If you wish to remember or honor someone special this Christmas season, fill out a form in the Sunday bulletin on December 6 or 13, include a check and place in the offering plate. Proceeds will go to support Canine Companions for Independence (CCI), The Good Neighbor Center and Mental Health First Aid Team. Mission Committee

**The beautiful Boehm Porcelain Nativity Scene** resting on the blue velvet at the rear of the sanctuary is a bequest made of a gracious, now departed former member, Susan Collier. She collected the pieces over a number of years and proudly displayed them in her home for the Christmas Season. When she could no longer entertain guests, she brought the Nativity scene to TPC so her faith family could enjoy its beauty. At her passing, she left the Boehm to us as her generous bequest.

Please note that the porcelain is delicate and stains easily from handling. You are encouraged to share this beautiful, special gift with children. We do ask that the pieces not be handled. Thank you for your caring about this special gift.

## CHRISTINA'S ATTIC

We got the first round of art/decorations installed in the sanctuary, I hope everyone can worship together on Christmas Eve and enjoy the visual surprises. I'm experimenting this year—again—and if what I'm trying to do works....well...as I said, I hope everyone enjoys it.

What's ahead: Diane Adams will exhibit some of her wonderful photos during Ordinary time before Lent. Also, we're going to have another all-church art exhibit for Easter. This time I'm asking for photos—and other kinds of visual art pieces of sunrises. Has anyone ever made a sunrise quilt?

Creating in the Image of Our Creator,  
Chris Robertson

## COOKIES FOR SUNDAY MORNING

Holiday bakers, you are invited to share your goodies for the Sunday morning coffee hour after worship. Cookies, bars, breads, muffins, etc. can be placed in a Ziploc bag and put in the freezer on the left in the kitchen. Please mark with the date and note if the item contains nuts. Much appreciated!

I am "passing the spatula" to Sue Hayhurst to be the new Cookie Coordinator. We will share the responsibilities until the end of the calendar year at which time Sue will take over completely.

Myrna Friese, about-to-retire Cookie Coordinator

**ADULT EDGE, the adult education class**, is taking the month of December off to reformulate our Sunday morning time of sharing, study and collaboration. We will return on Sunday, January 10 at 8:45 a.m. Please submit any suggestions to [jecasebeer@fedex.com](mailto:jecasebeer@fedex.com). Thank you.

John Casebeer, Adult Education Elder

## WHAT HAS GONE ON AT TPC?

### NOVEMBER STEWARDSHIP CAMPAIGN

Wishing you all the very best this Christmas Season and THANK YOU to all of you who have made your pledge commitment for 2016. On behalf of Session, we are all excited to launch into the New Year knowing that grand adventures are ahead of us. Thank you for your generous spirit and I am so grateful to be part of this generous community. Maureen Wolf, Stewardship Elder

### TREASURES: We are thankful

Our Treasure Night program, an outreach to developmentally disabled adults, met in November with each Treasure and volunteer sharing a reason for giving thanks: for family, turkey, my job, good people,



stuffing, God's provision, rolls, good health, pumpkin pie, friends, stuffing, the earth, treatment for pneumonia, mashed potato, grandchildren, turkey, people I work with, mince

pie, rain, stuffing, Holden (companion dog), and baby Jesus. We are overwhelmingly thankful for food! Relating to Jesus, we made advent wreaths to remind us to celebrate hope, peace, joy and love as we wait for His birth.

Carolyn Locke, TPC Treasures Coordinator

For more information please contact Carolyn Locke, TPC Treasures Coordinator.



### SPONSORED KIDS:

mail from Estalin in Ecuador

"Dear Tualatin Presbyterian Church, This time I want to tell you about my favorites. My favorite color is black. My favorite sport is soccer. My favorite food is Chinese rice. My best friend's name is

Daky. The animal I like most is dog. I want to thank you for your letter. Please pray for my family. And I also want to say that I made a short trip with the kids from the project. We went to the swimming pool in Intag. Estalin Quimbulaquin"

*TPC sponsors Sarah from Uganda and Estalin from Ecuador through Compassion International.*

### NOVEMBER SESSION HIGHLIGHTS

Jean and John Martin attended the Nov. 6th and 7th meeting of the Presbytery as TPC's delegates. They made an extensive report to Session, including the announcement that TPC's nominee, Leah Olson, was elected by Presbytery to be the Presbytery's Young Adult Advisory Delegate to the General Assembly meeting next June. They also reported the passage of four "overtures" to the General assembly dealing with divestment of Fossil Fuel holdings, asserting no conflict between science and religion, Gospel Vision, and our care of creation.

Dianne Lemmon, who is retiring from the position of Parish Nurse after several years of faithful service, is being replaced by Susan Fee. Session approved providing the registration fee for Susan to attend a short course on Parish Nursing.

In response to Katrina Weener's wish to retire from the Elder position on Family Ministry, the Session moved to dismiss Katrina with Love and Thankfulness, and to fill the vacancy during the upcoming regular Elder/Deacon election cycle.

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

Rick Crall, Clerk of Session



### TUALATIN SCHOOL HOUSE PANTRY

#### Donations of Food

The Pantry's immediate and on-going needs are:

Fresh fruits and vegetables, potatoes, canned goods such as tuna, **fruit**, corn, and hearty soups with protein, cereal (hot or cold), dried beans and rice, cooking oil, flour and **sugar**, hygiene items such as toilet paper, soap, shampoo, and laundry soap.

Your donations to Tualatin School House Pantry are tax-deductible to the extent allowed by law. TSHP is a registered 501(c)(3) nonprofit organization. Federal Tax ID 20-2253741.

## REDUCING HOLIDAY STRESS

The holidays can be a joyful time, offering a chance to reconnect with friends and family. But they can also be stressful. You may feel pressure to buy and give gifts. Maybe you are worried about money. The holidays can also be hectic. There never seems to be enough time to get things done. Think about the kinds of events that trigger stress for you during the holidays. Then you can focus on one or two things you can do that will help the most to reduce stress. Here are some ideas for preparing for the holidays.

**Know your spending limit.** Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget, and don't spend more than you've planned. It's okay to tell your child that a certain toy costs too much. Don't buy gifts that you'll spend the rest of the year trying to pay off.

**Give something personal.** You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Or use words instead of an expensive gift to let people know how important they are to you. Make a phone call or write a note and share your feelings.

**Get organized.** Make lists or use an appointment book to keep track of tasks to do and events to attend.

**Share the tasks.** You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts, and preparing the holiday meal.

**Learn to say no.** It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.

**Be realistic.** Try not to put pressure on yourself to create the perfect holiday for your family. Focus instead on the traditions that make holidays special for you. And remember that just because it's a holiday, family problems don't go away. If you have a hard time being around your relatives, it's okay to set limits on your time at events and visits.

From Web MD

Submitted by Dianne Lemmon, Parish Nurse

PORTLAND 2016



## 222nd General Assembly of the Presbyterian Church (U.S.A.) June 18-25 in Portland, OR

Get plans in motion now for the 222nd General Assembly (2016) of the Presbyterian Church (U.S.A.), June 18–25, in Portland, Oregon. Commissioners and advisory delegates from all 171 PC(USA) presbyteries, coupled with other delegates and observers from around the world, will converge on the Oregon Convention Center (OCC) in downtown Portland for celebrations, deliberations, and inspirations in support of the denomination's biennial gathering.

Hosted by the Presbytery of the Cascades and united under the theme "The Hope in Our Calling," from Ephesians 1:18, the General Assembly will include vibrant worship services, the election of the Moderator and Vice Moderator, and action on a plethora of overtures, and much more.

There will be many opportunities to be a supportive part of hosting this gathering which only comes our way every fifty years or so. While the Official Volunteer Sign-up won't begin until mid-February, you can keep up to date and encourage participation by seeing us regularly on Facebook, the Committee on Local Arrangements (COLA) website, and in CEE and Omnibus.

For More Information:  
The Committee on Local Arrangements (COLA)  
Toll Free: 1-844-503-1289  
Facebook: COLA PDX/222<sup>nd</sup> GA  
Website: gaportland.com  
Executive Coordinator:  
Carolyn.Zelle@pcusa.com

**Holiday Concert**  
Tualatin Valley Community Band  
Tualatin High School Auditorium  
**Sunday, December 13, 2015**  
**3:00 pm**

Free admission

Band concerts are very family friendly, and there will even be a Christmas carol sing along to delight all.

(The Rev.) Steve Norcross,  
Band member

More information at [www.TVCB.org](http://www.TVCB.org).

**CHRISTMAS JOY** - Special Offering  
Promises made. Promises kept. For God who has promised is faithful. Hebrews 10:23

What does the Christmas Joy offering do?  
By supporting the Board of Pensions, the Christmas Joy Offering honors the faithfulness of current and retired church workers in their time of need by providing financial assistance to support them through life's challenging circumstances. These actions of generosity bear witness to our faithful response to God's charge to love one another as Christ commanded.

PC(USA), with its historic commitment to higher learning, has long promoted education and leadership development through the establishment and support of racial ethnic schools and colleges

Our future racial ethnic church leaders are able to receive much-needed assistance while they discover and pursue their professional goals at Presbyterian-related schools and colleges. Your gifts allow these ministries, which Presbyterians have carried out for decades, to continue.

Presbyterian Mission Agency

**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.

**In November TPC received a check from Amazon Smile** for \$15.12 . Thank you to everyone who made purchases that resulted in cash to TPC.

**ARE YOU INTERESTED IN JOINING TPC?**

If yes, let us know! Mark the "Wish to Join This Church" box on the Attendance Registration form that passes down the rows on Sunday morning. Or send an email to [office@tpcspirit.org](mailto:office@tpcspirit.org). Or email our Membership Coordinator, Jeni Wiggers at [wiggerscal@gmail.com](mailto:wiggerscal@gmail.com). However you choose to let us know of your interest, we will get back to you!!!

**UPDATED CHURCH DIRECTORY**

Copies of the church directory are available in the office on the small table to the right as you enter. If your current directory is more than a year old, please take a new one. If the supply runs out, more directories will be printed during the week.

**JANUARY NEWSLETTER**

The deadline for the January newsletter is 9 am on Tuesday, December 29. Please email articles to [susan@tpcspirit.org](mailto:susan@tpcspirit.org). Thank you.

**BLOOD DRIVE AT TPC**

The next Blood Drive at TPC will be Friday, January 15.

## HAPPY DECEMBER BIRTHDAY!

0? - Rebecca Olsen  
01 - Debby Owen  
01 - Karen Carlin  
01 - Henry Harris  
04 - Tomette Schumann  
04 - Emma Steffen  
06 - Wayne Willis  
06 - Greg Owen  
07 - Rick Crall  
07 - Nancy Catanese  
08 - Liz Reding  
09 - Leah Olson

10 - John DeHoney  
10 - Tanuja Carlson  
13 - Barbara Kozak  
13 - Ches Evers-Hood  
14 - Barb Thomason  
15 - Jackie Dannemiller  
15 - Tessa Kehoe  
17 - Greg Imus  
18 - Barbara Kerr  
19 - Dorothy Butts  
19 - Bonnie Nord  
22 - Rick Norse

26 - Jacki Mazzuca  
27 - Myrna Friese  
28 - Norm Dannemiller  
29 - Dan Peters

# TUALATIN PRESBYTERIAN CHURCH CALENDAR

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

## December 2015

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b> 7 p.m. Choir rehearsal	<b>3</b> 10 a.m. Project Linus 7 p.m. Bell choir rehearsal	<b>4</b>	<b>5</b> PARENTS DAY OUT 10 am to 2 pm
<b>6</b> 10:00 Worship  5 p.m. The Awakening for youth with Andrew Hall.	<b>7</b>	<b>8</b> 7 p.m. Mission meeting. 7 p.m. Fellowship meeting	<b>9</b> 10 a.m. Loving Stitches  7 p.m. Choir rehearsal	<b>10</b> 7 p.m. Bell choir rehearsal	<b>11</b> Drop off cookies for cookie sale, 9 am to 5 pm  4:45 to 9 pm Serve at Portland Rescue Mission	<b>12</b> 9 am to 1 pm Cookie Sale
<b>13</b> 10:00 Worship  5 p.m. The Awakening for youth with Andrew Hall.	<b>14</b>	<b>15</b> 7 pm Tuesday's Treasures	<b>16</b> 7 p.m. Choir rehearsal	<b>17</b> 7 p.m. Bell choir rehearsal	<b>18</b>	<b>19</b> 5 - 7 pm Live Nativity
<b>20</b> 10:00 Worship  5 p.m. The Awakening for youth with Andrew Hall.	<b>21</b>	<b>22</b>	<b>23</b>  Chancel and Bell choir rehearsal	<b>24</b>  Christmas Eve Services 5 pm and 8 pm	<b>25</b>  Christmas Day	<b>26</b>
<b>27</b> 10:00 Worship	<b>28</b>	<b>29</b> 9 am January newsletter deadline	<b>30</b> 7 p.m. Choir rehearsal	<b>31</b> 7 p.m. Bell choir rehearsal		

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.

“I’ve learned that people will forget what you said, people will forget what you did,  
but people will never forget how you made them feel.” Maya Angelou



9230 SW Siletz Drive  
Tualatin, OR 97062



TUALATIN PRESBYTERIAN CHURCH  
9230 SW Siletz Drive, Tualatin, OR 97062  
**Phone:** 503-692-4160 **Email:** [office@tpcspirit.org](mailto:office@tpcspirit.org)  
**Web Address:** [www.tpcspirit.org](http://www.tpcspirit.org) We're also on Facebook.  
**Worship Service – Sundays at 10:00 a.m.**

**Pastor:** The Rev. Dr. Ken Evers-Hood

**Parish Associates:** The Rev. Charlie Brown, The Rev. Dr. Dick Wiggers

**Elders:** Craig Bowen, John Casebeer, Cathy Lambeth, Joan Nardi, Judy Nix, Bob Paetsch, Emily Ricker, Katrina Weener and Maureen Wolf

**Deacons:** Becky Backen, Karen Black, Susan Cameron, Russ Carlin, Rebecca Crall, Bob Eddy, Susan Fee, Dianne Lemmon, Deborah Lewis, Mary Maleta, Bonnie Nord, Jackie Norman.

Administrative Assistant: Susan Springer  
Financial Assistant: Diane Goetz  
Director of Music Ministries: Dr. David Kelly  
Accompanist: Dr. Ron Fabbro  
Bell Choir Director: Debbie Ivanov  
Director of Youth & Family Ministry: Andrew Hall

Art Director: Dr. Christina Robertson  
Bereavement Committee Chair: Barbara Crall  
Blood Drive Coordinator: Scott Cameron

Clerk of Session: Rick Crall  
Cookie Coordinator: Myrna Friese  
Membership Coordinator: Jeni Wiggers  
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