



BETTY SHELLEY SHOWS TPC A DIFFERENT WAY
Betty Shelley and her husband, Jon, have been leading interested TPC members in a “Reduce Your Waste” class during the month of November. The Adult Edge class at TPC has been studying Eco Theology and Betty’s class seemed like a natural extension.

The Shelleys began their journey toward zero waste living in 1992 when they took the Master Recycler class in Portland, Oregon where they live. They also participated in courses like “Exploring Deep Ecology” and “Voluntary Simplicity” through Ecochallenge.org. Betty says “At first, the idea of

voluntary simplicity made me nervous. I thought I would have to give away all my stuff! But it made sense to live a calm life” and so they embraced the concept. Betty had managed a women’s clothing shop in her career and noticed that customers would purchase something to feel better about themselves or their circumstances. But in a short while these same customers would be back and do the same thing all over again. She says “it was like they were trying to fill their emptiness with their purchases.” Betty did not want to go down that path and became committed to voluntary simplicity and frugality in her own life.

The results are that Betty and Jon have produced just one 32-gallon garbage can of trash per year since 2006. In the class, we learned that Betty and Jon didn’t reach that goal by merely recycling; they started limiting what they would bring in to their home. There are many “R’s” beyond reducing, reusing, and recycling. One Sunday the class brainstormed a list of other “R’s” including repairing, refusing, repurposing, regifting, realigning, returning, rethinking, and reading. For example, we talked about using toilet paper that is made from recycled paper. John Martin brought a package of Charmin whose label tells us that for every tree used, they plant at least 1 more. This TP comes from a sustainable forest and that is also good. We can find products that are better for the planet even if they aren’t perfect!

Why is this important, you may ask? Several informative videos (links are listed at the end of this article) were part of the class homework. We learned that we are running up against limits: our planet is a closed-loop system. It is finite. In the past 3 decades, a third of our natural resource space has been lost. The planet has less than 4 percent of its original forests and 40 percent of our waterways are undrinkable. Amazingly, if everyone consumed at the rate that the United States does, we would need 3 to 5 planets.

Another homework assignment was going through our own garbage and cataloguing what was in it. This was very enlightening. We had food scraps, packaging materials, styrofoam and oh, the plastic. In one year, we use 220 pounds per person mostly in packaging materials. Betty introduced us to 5 principles that we can practice: 1) Use what you have (fix things, if possible) 2) Borrow what you need 3) Swap for it 4) Find it in a thrift store and 5) Buy it as a last resort.

All of these ideas really got the class thinking. In our last session, we all took a moment to write down individual pledges that we would carry out in response to all we had learned. Many of us said we would switch to cloth napkins and towels to reduce our use of paper towels. Remembering and using our reusable grocery shopping bags was also on the list. One person who noticed a lot of food waste in their garbage said they were going to try a 3-day planning cycle to lower that. Other thoughts were not running the tap while brushing teeth and not pre-rinsing dishes and also buying things second hand.

This was quite a learning experience and participants had very positive reactions. Rob Wiesenthal said “I learned that there’s a whole lot more that I should be doing, maybe not should, or could, but that I WANT to be doing. It’s inspiring.” Judy Nix reflected “I thought I was doing a good job. I have a new awareness that I didn’t have before. Do I leave the light on when I leave the room?” In a closing email, Betty shared her impression of the class at TPC: “It was the largest group to whom we’ve given the class and it was very well received. At the final session, Jon and I were both impressed with the pledges they made to change their behaviors moving forward.”

On behalf of the TPC attendees, I would like to say thank you to Betty and Jon and note that, after this class, I see my surroundings with very different eyes. It is an adjustment to realize there are so many LITTLE things I can do if I just think about it. Which brings me to one of the most important things Betty suggested. Share with other people what we are doing and why. Share the impacts. Let these ideas go forth and spread - love of Creation is care of Creation!

Links to the class videos:

1. The Story of Stuff - <https://www.youtube.com/watch?v=9GorqroigqM>;
2. Video about a Materials Recovery Facility (MRF) - https://www.youtube.com/watch?v=_c-_nA6S5ck
3. Video about how landfills work - <https://www.youtube.com/watch?v=uP9Tcf0CaV0>

Sheri Schipporeit
Deacon, Parish 12



Stewardship Corner - TPC is a Gift Worth Remembering this Christmas Season

Dear TPC friends,

I write this letter in earnest to share hopeful news, and honest news, about our financial outlook. I am so grateful for the many wonderful programs that have sprouted through the generous and adventuring work of our church members and staff. We are doing wonderful things to change the lives of those in need in our community!

There are other changes happening at TPC as well. Many of our members, now having fixed incomes, need to balance living costs or medical needs with their church giving. Members with school-aged children can also be challenged with economic demands. We have been mindful of our expenses, currently underspending our budget by approximately \$11,000. That will not be enough to fill the gap generated from reduced giving. November was a turning point as year-to-date revenue did not exceed our expenses, generating a \$6,800 net operating loss. For the first time in my budget planning role, we could end the year needing to spend some reserves to meet committed expenditures.

These financial challenges will also impact our 2020 Budget. I shared these concerns when I kicked off our 2020 Stewardship Campaign in October. From Session’s work with Dr. Corey Schlosser-Hall, we are looking at ways to grow the church and reach out to those who are seeking a church family. We believe TPC offers something unique that many are thirsty for. We hope that you will join our efforts to grow the church!

As you reflect on the many gifts of the Christmas Season, remember your church home. An additional Christmas donation to TPC will be greatly appreciated and valued. For online giving or tax savings strategies visit our website: <http://tpcspirit.org/members/giving/>.

With sincere wishes for a wonderful Christmas season,
Maureen Wolf , Stewardship & Admin Elder

TPC HOLIDAY GIVING TREE

It's time again for TPC's annual Christmas Giving Tree. We are sponsoring multiple families and children again this year. As is tradition, the Giving Tree has been set up in the Narthex. 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 place it in the box by the tree. Now the best part, take the colored ornament with you to know what the child wants and go shopping! When you return your wrapped gift, please tape the colored ornament to the gift as a label so the gift goes to the correct child.

The Giving Tree is in the narthex and all gifts should be returned and placed under the tree no later than Sunday, December 15th.

We also need eight Santa's Elves to deliver the gifts to a family. Please contact us if you are interested in helping out in that way.

Thank you for bringing a better Christmas to these kids in Jesus' name.

Emily and Stephen Ricker
Mission Committee, Giving Tree Coordinators



BAKERS WANTED

It is that special time of year. It is time for the Famous TPC Holiday Cookie and Baked Goods Sale. Every year we fill the Narthex with the glorious smell of holiday cookies and baked goods. Please consider baking your favorite holiday treats and delivering them to the church on Friday, December 13, 2019 from 9 am to 6 pm. 1-2-3-4-5 dozen cookies, cakes, pies, peanut brittle, brownies, fudge, however the spirit moves you.

The true joy occurs on Saturday, December 14th from 9 am to 1 pm when you can select your favorite types of cookies and baked goods from the offerings and create your own special bundle of holiday happiness. The proceeds from the sale support the Compassion International Children that TPC sponsors. Please join us in this delightfully tasty TPC tradition.

Scott and Kathy MacCluer,
Mission Committee Members



PARENTS AFTERNOON OUT

Sarah Beck is hosting a Parents Afternoon Out on Sunday, December 15th, from 1 to 4 pm. Snacks will be served.

If you wish to participate, please RSVP to Sarah by Friday, December 13th. A maximum of 18 kids can participate. Don't wait to talk to Sarah!

ADULT EDGE CLASS will meet on December 8 with a recap of our eco-theology study and the November recycling classes. December 15 will feature Advent Meditation.

PORTLAND SYMPHONIC CHOIR PRESENTS: Wintersong There Shall A Star...
A holiday tradition with Portland's oldest choir. Directed by Wendy Bamonte & Alissa Deeter Sat., Dec 14, 7 pm and Sun., Dec 15, 3 pm Rose City Park United Methodist Church Tickets at pschoir.org or (503) 223-1217.

MEN'S FELLOWSHIP GROUP will meet on **Saturday, December 21 at 9 am** for breakfast at Hayden's Grill in Tualatin, in the Lake Front Room. Each guy is asked to bring an unwrapped gift for a boy or girl, valued at less than \$25. We will each order from the menu and pay for our own meal, including tip.

PROGRESSIVE DINNER, SUN., DEC. 29
Save the date, a Progressive Dinner is being planned for Sunday, December 29, starting at 5 pm for hors d'oeuvres at Sue and John Hayhurst's home in Charbonneau. Then move to a second location for dinner and dessert. If anyone is interested in hosting the dinner and dessert portion of the evening, please contact Barb Crall, barbjcrall@gmail.com, or 503-692-1677.

HAPPENED

YOUTH NOVEMBER LOCK IN

Saturday, November 23, 8 pm through 8 am
Sunday, November 24. Nineteen kids participated in the Lock-In. They had a great time. Sarah came down with a cold. Such a trooper!

JANUS YOUTH PROGRAMS

Once again the congregation demonstrated its generosity by donating cold weather clothing to the Janus Youth Programs. A total of 323 items were donated including coats and jackets, blankets, sweatshirts, mittens and gloves, hats, scarves and socks. These items were delivered to Janus two days before Thanksgiving and were gratefully received. Janus staff said the items would be put to immediate use, as there was a high need and their supplies were running low. The Mission Committee and the Janus Youth Programs thank you for your generous support of this effort.

Chip Kyle, Mission Committee Member



SESSION HIGHLIGHTS

Meeting of November 19, 2019

At its meeting in November, Session engaged in a lively in-depth discussion on the subject of Session's leadership through committees.

Session granted Joan Nardi financial authority for worship expenses in her role of worship coordinator during the temporary absence of a worship elder.

Session approved enlarging the role of the Bell Fund to include items other than bells in support of the Bell Choir. The bell choir is using that fund to obtain new music stands and lights.

The next Session meeting will take place on Tuesday, December 17th at the home of the pastor.

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

Rick Crall, Clerk of Session

GENERAL INFORMATION



TPC COOKBOOKS

In 2009 members and friends of Tualatin Presbyterian Church put together a cookbook entitled "Cooking With Soul." It was a labor of love. We shared some of our favorite recipes. Copies of this unique cookbook are still available. You can find them on the cabinet outside the church office. Help yourself, if you would like one.



SUNDAY MORNING VOLUNTEER OPPORTUNITIES

You can greet at the front door, or pass out bulletins at the glass doors before worship. There's a sign-up sheet on the bulletin board near the kitchen.

Or you can help serve coffee and cookies and help with clean up after fellowship time. Talk to Bonnie Nord or sign up on line at

<https://goo.gl/9imGAU>

Thanks for your help.

ANNUAL PER CAPITA

Per Capita in 2019 was \$35.50 for each member.
Per Capita in 2020 is \$36.50 for each member.

SARAH BECK AND MEMBERS OF OUR



YOUTH GROUP went to see the movie Frozen 2 during Thanksgiving break. They recommend it!



CHRISTMAS JOY OFFERING

Gifts are wonderful things. Giving them and receiving them, large or small, gifts can bring a smile, or even a tear of happiness. And the perfect gift for someone you love - well the perfect gift is more than just something they will like. The perfect gift reflects something about the person who receives it - it answers a deep need or recognizes something about them that perhaps very few people know or see in them. The perfect gift - that gift has power, the power to bring you closer together.

One of the most powerful things that Christians claim is that God saw the great needs of the world and offering a perfect gift, a gift that brought God and humanity closer together. God's perfect gift

to us, Jesus Christ, offered the power of being with us. According to Matthew's Gospel, one of the names given to Jesus is Emmanuel, which means "God is with us." In Jesus, God shared our human experience, and chose to be with those who were often overlooked, left out, vulnerable, or in need. "God is with us" we proclaim. What a powerful gift, a perfect gift, the gift of "with."

We offer our own gifts during this Advent Season through the Christmas Joy Offering. We give these gifts because God shows us how powerful it is to "be with." Because God is with us, we see the potential of students of color who will become our leaders and we seek to come alongside them, to encourage them, to be with them. Because God is with us, we see church workers who have critical financial needs and we come alongside them, to assist them - we are with them. The power of "with" is the power God shows us in Jesus Christ. God's perfect gift: Emmanuel, God is with us. Let us share our gifts and be with those who have need.

The Christmas Joy offering will be collected on Sunday, December 22.



The men singing "Good Christian Men, Rejoice" during Singing in Advent on Dec. 1.



Jazz Band, "Never Too Late Little Big Band" performed at Singing in Advent. Brandon Pursinger is playing trumpet on the far right of the photo.

FEELING UNDER THE WEATHER? SEE CHART BELOW TO HELP DETERMINE WHAT AILS YOU.

KNOW THE DIFFERENCE BETWEEN COLD AND FLU SYMPTOMS

SYMPTOM	COLD	FLU
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100 degrees F or higher for 3 to 4 days is associated with the flu.
Coughing	A hacking, productive (mucus producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves within a week.	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, Present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

Remember to stay home if you have the flu until you are fever-free for 24 hours without the use of Tylenol or Ibuprofen (of other fever reducers). Thanks to Susan Fee, Parish Nurse, for her help with this chart.

TPC 2019 FINANCIALS	Actuals	Budget	Dollar Difference
Operating Income Year to Date 10/31/19	\$329,904	\$332,305	(\$2,401)
Operating Expenses Year to Date 10/31/19	\$328,731	\$339,140	\$10,409

DECEMBER TUALATIN PRESBYTERIAN CHURCH CALENDAR

For the latest calendar updates, go to www.tpcspirit.org and click on EVENTS.

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 10:00 Worship and Kid's Sunday School 4 pm Singing in Advent with soup supper	2 7 pm Bell Choir Rehearsal	3 9 am December newsletter deadline	4 7 pm Chancel Choir Rehearsal	5 10 am Project Linus	6	7 3-7 pm Boy Scout Court of Honor
8 10:00 Worship and Kid's Christmas Play 2 pm Band Concert	9 7 pm Deacon Mtg	10 7 pm Stephen Ministry Class Continuing Ed and Supervision	11 10 am Loving Stitches 7 pm Chancel and Bell choir Rehearsal	12 10 am Book Club at Hagan home	13 Cookie Sale set up; cookie drop off 9 am to 6 pm	14 9 am to 1 pm Mission Cookie Sale
FAMILY PROMISE DECEMBER 8 THROUGH DECEMBER 15						
15 10:00 Worship and Kid's Sunday School Choir Cantata 1-4 pm Parents Afternoon Out	16 6-9 pm Boy Scout Court Of Honor	17 6-9 pm Session/Deacon Xmas Party 7 pm Tuesdays' Treasures	18 7 pm Chancel Choir Rehearsal	19 10 am Book Club at Hagan home 7 pm Bell Rehearsal	20	21
22 10:00 Worship and Kid's Sunday School	23	24 Christmas Eve services at 5 pm and 8 pm.	25 Christmas Day	26	27	28
29 10:00 Worship and Kid's Sunday School 5 pm Hors d'oeuvres at Hayhurst home	30	31 New Year's Eve	1 New Year's Day Office closed.	2	3	4

DECEMBER BIRTHDAYS

??-Rebecca Olsen
01-Karen Carlin
01-Debby Owen
03-Anya Ramos
04-Tomette Schumann
04-Emma Steffen
05-Megan Swanson
06-Greg Owen
06-Wayne Willis

07-Nancy Catanese
07-Rick Crall
08-Liz Redding
09-Leah Olson
10-Tanuja Carlson
10-John DeHoney
13-Ches Evers-Hood
13-Barbara Kozak
14-Barb Thomason
15-Jackie Dannemiller

17-Greg Imus
18-Barbara Kerr
19-Dorothy Butts
19-Bonnie Nord
22-Rick Norse
23-Ian Swanson
26-Jackie Mazzuca
27-Myrna Friese
28-Norm Dannemiller
29-Dan Peters

OFFICE HOURS will vary in the months ahead. If you're planning to come by the church and need a door to be unlocked, please call ahead to be sure someone is here.

503-692-4160

Vacations happen. Life happens. Typical hours are:
Monday, 9 am to noon, Tuesday thru Thursday, 9 am to 3 pm., Friday, 10 am to 1 pm



TUALATIN PRESBYTERIAN CHURCH

9230 SW Siletz Drive, Tualatin, OR 97062

Phone: 503-692-4160 Email: office@tpcspirit.org

Web Address: www.tpcspirit.org We're also on Facebook.

Worship Service – Sundays at 10:00 a.m.

Pastor: The Rev. Dr. Ken Evers-Hood

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

Elders: Craig Bowen, Russ Carlin, John Casebeer, Jeff Engh, Greg Owen, Carolyn Pursinger, Ian Swanson, and Maureen Wolf

Deacons: Derrilyn Bayha, Susan Cameron, Peggy Gibbons, Emily Gibson, Carolyn Hale, Donna Hammersly, Jason James, Julie Nader, Karen Ramos, Herb Richardson, Sheri Schipporeit, Kerry Weaver, and Rob Wiesenthal.

Director of Family Ministries: Sarah Beck
Administrative Assistant: Susan Springer
Financial Assistant: Mike Shiffer
Director of Music Ministries: Gary Young
Accompanist: Dr. Ron Fabbro
Bell Choir Director: Debbie Ivanov
Building and Grounds Caretaker: Bob Paetsch
Art Director: Chris Robertson
Bereavement Committee Chair: Barbara Crall
Blood Drive Coordinator: Scott Cameron
Clerk of Session: Rick Crall

Cookie Coordinator: Sue Hayhurst
Fellowship Director: Barbara Crall
Hospitality Coordinator: Bonnie Nord
Membership Coordinator: Diane Paetsch
Men's Fellowship Group Coordinator: Mike Weaver
Parish Nurse: Susan Fee
Prayer Chain: Greg Imus
Treasurer: Chip Kyle
Tuesdays Treasures Coor: M&M Shiffer, Denise Collins
Webmaster: John Martin
Wedding Coordinator: Stacy Mauer

Office hours may vary; call ahead to confirm.