

## A MESSAGE FROM PASTOR KEN



Dear friends,

It has become cliché to say that the world feels strange or that we're in unprecedented times...but it does feel strange. And while civilization has faced many challenges, we have never faced exactly this particular situation before. And this isn't to mention the myriad personal crises so many are living through right here in our own community.

Our natural response to discomfort is to try to make it go away. My dad John for instance- tags on shirts and sweaters really bothered him. So, he would remove these tags. No tag; no discomfort. Problem solved. But what if what's bothering you isn't a tag or something that can be removed so easily? No problem. We have an arsenal of techniques to avoid dwelling on the annoyance in question- everything from looking away to distracting ourselves with other activities, dissociating into a daydream, or numbing ourselves with shopping, eating, or alcohol. And sometimes this works to be honest. Sometimes, if we distract ourselves for long enough, the person or problem that's on our nerves winds up going away. Voila! But. Things like global pandemics, aging, accidents, sudden illness, and death... no amount of distraction will be enough to keep us from having to face these things eventually.

This phase of the pandemic is turning out to be the hardest for me. I knew how to be before the pandemic. I figured out how to be during the lockdown phase of the pandemic. Yes, it was a challenging learning how to preach to a camera and hold prayer over zoom...but I figured it out and found my own rhythm. I'm not quite sure what I expected to happen when we came back physically, but instead of a return to normal it's more like a new start into yet another unknown. Now, hear me well- I'm SO grateful to be gathering again! I'm beyond thankful for the work that Greg Owen, Mike Shiffer, Rick Mauer, and others are doing to help us live stream. I'm grateful for Emily's leadership coming on board to lead our music ministry during a pandemic- I mean who does that? I'm thankful for Sarah continuing to care for our youth, for Susan and Mike in the office, for volunteers stepping up to help with the Janus project and other mission activities, and for you continuing to be a part of this community. And...it's hard sometimes feeling the strangeness of this new world we're in that really isn't going away.

What's helping me cope I learned from the somatic trauma therapy I've been practicing on myself and others. It's the simplest tool in the world...but one of the hardest. It's the practice of simply paying attention. Drawing closer to and paying attention to the discomfort actually transforms our experience of it. What changes is rather than *being* sad, angry, or frustrated, we realize that we *feel* sad, angry, or frustrated...and we can notice that these feelings aren't ultimate reality and they won't last forever.

The Israelites experienced this once in the desert. They had been wandering for a long time- far longer than we've been in this weird season. And they had no sense of when the end would come. Out of nowhere things went from bad to worse as venomous snakes began to slither into their camp and started biting people. People were dying. While the natural response would be to kill these snakes off, there were too many of them. And despite their attempts to flee, the Israelites couldn't seem to escape. So, God tells Moses to do a strange thing. God tells Moses to create a sculpture of one of these snakes and to put it up high where everyone would be able to see it. And then, when people looked at the sculpture, when they drew near to it and faced it- this is how their healing came.

In my own personal trauma work I've spent 17 sessions now voluntarily lying down with a blindfold on and allowing myself to sink into my body and going where the soft animal of my body wants to go. I mostly find myself back in that dang car with my left leg broken and pinned and my right arm broken in two places. The first 5 or 6 sessions I was hopeful and had a lot of energy for the work. But then it started getting old. Really old. I didn't enjoy the 8 hours I spent in the car during the accident, and I didn't really want to be spending any more of my precious life back in there remembering it! Nor was I always confident that this was helping- like, maybe I was just re-traumatizing myself I wondered. But I didn't give

up. I practiced what we call SI, or selective inhibition, meaning every time I wanted to distract myself or pull myself out of the experience with a deep breath I stopped myself and turned my attention back towards what was happening in my body as I remembered that night.

Is this pleasant work? Nope. Not even a little. But around session 10 things started to shift. I started to discover more freedom in the space and found more and more of what happened that night coming back to me, and I started ending the sessions in what we call a state zero, meaning my body felt connected to myself, to others, and the world. And most importantly instead of this moment owning me and intruding back into my awareness at any given moment, the charge behind this experience faded and the memory is becoming more of something that happened to me rather than being THE thing that happened to me and that defines me. This work has given me my life back even more deeply than I knew before the accident, and this comes through attending to the discomfort rather than avoiding it.

Whatever is happening for you if you can avoid it or distract yourself from it- always try that first. But if something gnaws at you in a way that isn't going away, consider this very strange, yet very Biblical possibility of accepting the painful reality for what it is. Accept it. Move closer towards it. Pay attention to it. This won't magically take this pain away, but I promise you that simply noticing it will change your relationship to it, and this will change you in the process.

In Christ,  
Pastor Ken



Happy Holidays, Everyone!

Just a reminder that we are still in a pandemic. My wish for everyone is that you find some good ways to enjoy the holidays while remaining safe. Safe for yourself and for others. We never know which person who gets Covid is going to get really sick and have a bad outcome. So please remember to limit the size of your gatherings; whenever possible maintain social distance and wear masks; get vaccinated and get your booster if it is time. And remember, vaccinated people can still get and spread Covid—they are just less likely to get seriously ill and require hospitalization. [Holiday Tips \(cdc.gov\)](https://www.cdc.gov/holidays)

Some Covid safe holiday ideas:

Plan a virtual game night with friends and family. Pictionary or charades are good. If you have one other family at your house and virtually get together with another household with a second family present, you double your fun with half the risk.

Have each family wear matching Christmas pajamas or Santa hats for the virtual game night to make it more fun. Do not forget to take pictures.

Rent a movie theater to host a small group, socially distanced movie viewing.

Take a virtual cooking class.

Go on a holiday lights tour.

Take hot chocolate and cookies with you to see the lights or on game night.

Adopt a letter to Santa with USPS Operation Santa.

Find a virtual volunteer opportunity at [www.volunteermatch.org](https://www.volunteermatch.org)

Give blood if you are able.

Donate to the food bank.

Send 12 holiday books to your grandchildren. Read one a night to each other either virtually or on the phone for the 12 nights leading up to Christmas. I did this with my grandkids before we had ever heard of Covid. They loved it. They kept the books and we read them for years.

Make a Christmas snack station of individually wrapped treats on your porch for busy delivery drivers.

Go to church and celebrate the birth of our Lord (with your mask and socially distanced or virtually.)

Count your blessings and give thanks for all that you have.

Remember those who are alone.

I wish you all a very Merry Christmas season.

Susan Fee, Parish Nurse



### WHY PLEDGE?

The definition of pledge is to commit to a person or organization by a solemn promise. A pledge is a promise not a contract. A promise to help fulfill the visions of the community called Tualatin Presbyterian Church for 2022. There are many variables in this crazy COVID world and that makes extra challenges for those pledging and for the Elders preparing a budget. The pledges are a foundation that the Finance Committee can build on to predict how much money is available to continue and grow the programs of TPC. Thank you to all who have pledged already. For those who haven't made that promise yet, there is still time to make a pledge at [tpcspirit.org/pledge](https://tpcspirit.org/pledge), or by mail.  
Lynne Neilson, Finance Admin. Elder



TPC will again be supporting Tigard-Tualatin School District by providing Christmas baskets for families in need. The program will run in the same manner that it did last year: we will set up a SignUp Genius link on the TPC website for each of the families identifying the specific needs/desires of each family member. You will go to the SignUp Genius website to choose the family member you wish to support. Families will not be identified by name, but will instead be given a color code.

Each family member will be identified by age, sex and size along with their need/desire. At this point, we are still coordinating with TTSD to determine the number of families that need support. Once we have that, we will send out the link to the congregation. All purchases need to be delivered to the church no later than Sunday, December 19th.

Guidelines for giving are:

- 2-4 gifts per child, toys and/or clothes, cost per gift under \$25;
- Food will be provided through gift cards from Winco, Walmart or Fred Meyer in the range of \$50 - \$150 per family;
- Wrapping paper for gifts, enabling parents to wrap gifts for their children.

TPC will support 5 families, with 2 - 3 kids each. Details of ages, etc. should be received by the church the first week of December.

You have been generous supporters of this program in the past and we hope that the tradition continues.

The Mission Committee



### TPC HOLIDAY COOKIE SALE - Saturday, December, 18, 2021, 9 am to 1 pm in the church narthex

Due to the Pandemic, we did not hold a cookie sale in 2020. We would like to host a cookie sale this year, with a few changes.

Bring cookies or other yummy baked goods to the church on Friday, December 17, between 1 and 3 pm, or Saturday, December 18 from 8 to 9 am.

Please bring a list of the ingredients in your baked goods so people with allergies can make informed selections.

The sale will run from 9 am to 1 pm on Saturday, December 18. To cut down on exposure, we will not weigh the cookies. Instead we will ask for a donation.

During the Cookie Sale, you can drop off items for the Giving Tree. See the above article for more info.

Masks will be required. We will practice social distancing as much as possible.

Questions? Contact Carolyn Hale 503-804-9203.



Thanks so much for all your continued support and donations. We continue to provide groceries during our “host” week. Donations are accepted; help with shopping, sorting, and delivery is appreciated (you can make donations to TPC and label for Family Promise).

The Eat, Drink and Be Giving event was very successful thanks to everyone involved. A video of a current family was shown, you can view it at <https://drive.google.com/file/d/1D9EmCAY7Cx9MPB8QpGaUma1iCKTYlpq3/viewusp=sharing>.

Family Promise continues to be so successful - all the 2020-2021 graduates are still maintaining housing. The need for housing continues to increase - last year they received over 130 requests for help and so far this year have received 500 requests. The Cold Weather Shelter Program will be serving an additional 22 families. It is located at the same Extended Stay in Tigard, providing room, food, and basic management services from 11/15/21 to 3/15/22. Our very own Gina Olson is super involved in this effort. Please contact us with any questions or if you would like to help.

Derrilyn Bayha and Pam Bowen  
[dabayha@mac.com](mailto:dabayha@mac.com) [pamelaabowen@gmail.com](mailto:pamelaabowen@gmail.com)



**JANUS PROJECT REPORT**

Once again the congregation has shown their incredible generosity supporting Janus Youth Programs. Two days before Thanksgiving over 500 items were delivered to Janus headquarters in downtown Portland. Items included knit hats, scarves, gloves, mittens, socks, coats, hoodies and blankets. Additionally, there were boxes of toiletries and personal care items. The Janus staff reiterated the desperate need for these items and said they would be put to immediate use. Thank you for your continued support of this special program.

The Mission Committee



**BUILDING AND GROUNDS CARETAKER**

With the resignation of Bob Paetsch, our very capable former Building and Grounds Caretaker, we are looking for someone to fill this position.

An abbreviated job description is below.

Provides general care and maintenance of church building and grounds. Responds to written building and grounds maintenance requests as approved by the Building and Grounds Elder.

**Primary Duties & Responsibilities:**

1. Interior care: Vacuum, make minor repairs, empty trash, as needed, restock paper supplies in restrooms, check and adjust thermostats on a regular basis, maintain uncluttered inside storage areas.
2. Exterior Care: Supplement landscaping contractor services, set out garbage, yard debris and recycling bins for weekly pickup.
3. Lighting: Replace failed light bulbs, adjust time for exterior lighting.
4. Painting: Touch-ups, as needed
5. Sanctuary and Narthex: Coordinate chair arrangement in the sanctuary with volunteer help, assist Art Director in changing and displaying seasonal art
6. Safety and Security: Meet with fire inspector during annual safety inspections, as directed by Building and Grounds Elder.

Provide backup to the Building and Grounds Elder in securing the church after Sunday services.

If you are interesting in applying for this position, please contact Greg Owen 503-819-5303, [GLO.Consulting@comcast.net](mailto:GLO.Consulting@comcast.net)



**VOLUNTEER OPPORTUNITIES at the Good Neighbor Center (GNC) homeless shelter**

GNC is asking our community more than ever before to help this holiday season. The pandemic has been a challenge, and they are unable to find enough paid workers to successfully fulfill their mission.

The GNC needs volunteers to work in shifts alongside their Resident Support Staff at both locations: either the GNC – Tigard location at 11130 SW Greenburg Road in Tigard, or 3333 SW 198th Avenue in Aloha. They are asking for folks to volunteer in, at least, 4 hour blocks.

Duties would include greeting donors and other volunteers, guests and residents, letting residents into their rooms, signing off chores, answering phone calls, sorting donations and other front desk duties. Those time blocks would look something like: 6AM – 10AM; 10AM – 2PM; 2PM – 6PM; 6PM – 10PM; we welcome your support for as long as you are able. We also need overnight host volunteers who can stay overnight at the GNC-Tigard location from 10PM – 6AM for evenings in December. If you want to help out, please contact Sarah Beck. She is putting together groups of volunteers through the church, ages 12 to 100.

If you haven't physically volunteered with Good Neighbor Center before, you must complete a volunteer application at [goodneighborcenter.org/volunteer-application](http://goodneighborcenter.org/volunteer-application). Please list days you are available and in the "Reason for Volunteering" section please list "Sarah's group."

**GNC now requires all volunteers who serve on-site to verify COVID-19 vaccination.**

**ART SHOW EXHIBIT IN JANUARY, 2022**

January, 2022, will be the two year anniversary of the start of the pandemic. The new year represents the resurrection of the church. Five pieces of original art on the theme of the miracles of Jesus will hang in the the sanctuary windows, as they will help mark the beginning of our transition from a season of grief, trauma and isolation caused by the COVID-19 pandemic, to a recovering, changed congregation moving forward in faith.

January 16th - February 7th, Tualatin Presbyterian Church will host an art exhibit of works created during the pandemic. If you have created some form of meaningful art during the pandemic, and would like to display it in the TPC art exhibit in January, please contact Sarah Beck for more information.

To the right is one of Rebecca Backen's photos submitted for the art exhibit.





## **GIFT**

Noun

A thing given willingly to someone without payment. “A Christmas gift”

A few weeks back after an intense Zoom appointment with my therapist I was mulling over our session, knowing I could ignore what I knew to be correct or I could continue an unhealthy way of thinking. I could continue with the “what ifs” or I could engage in some self love and walk away from the interior dialogue that was not serving me well.

Being outside, no matter the weather, is one of my most calming activities. Sometimes I walk the yard envisioning the changes I hope to make during the next season. Sometimes I admire all the different plants and flowers, greeting each individually. Many times I sit with a really hot cup of strong black tea, usually in my robe, and just observe whatever catches my attention. A bee, a spider, squirrels running amuck, the leaves and boughs of trees dancing in the wind. There is always something.

On this particular Friday I knew instead of curling up with my anxious mind I should head outside. Dave and I had been seeing Golden-crowned Sparrows for a few weeks and I was delighted to see what I thought to be our first White-crowned Sparrow of the year. It turned out to be one of those serendipitous moments when my brain corrected my assumption that what I thought I was seeing was wrong. Could it be that the little bird I was watching was a White-throated Sparrow? I had only seen one twice, and never for more than the briefest of moments. They are uncommon to our area and certainly I had never anticipated having one in our yard. Yet, there it was.

For the better part of the afternoon I was dazzled and mesmerized as it flew and scampered to different areas of the yard, accompanied by a Golden-crowned. What I know for sure, is when I decided to give myself a moment of peace, stepping away from worry, in return grace stepped in and handed me a gift in the form of a Sparrow with a lovely white throat and spots of yellow on either side of its eyes. My wish for all of us during this sometimes overwhelming month of finding that perfect gift, is that we gift ourselves instead. Take time away from all the shopping, baking, decorating and busyness and deeply breathe in the beauty of the season. Admire the festive lights while out on an evening walk, reconnect via a mailed card with an old friend, or sit with yourself and a hot cup of tea and recall a special memory of a Christmas past. The best gifts in life are free. They might be the very things that free us into a healthier, happier way of being.

The bird is a White-throated Sparrow.

Rebecca Backen

## **SUNDAY MORNING WORSHIP AT TUALATIN PRESBYTERIAN CHURCH**

Registration is requested to attend in person worship on Sunday mornings at 10 a.m. To register, go to the church website, [tpcspirit.org](http://tpcspirit.org) and click, on “Registration is requested to attend in person. [CLICK HERE to register.](#)” For those who don’t register ahead of time, there are sign-in sheets to record attendance. We need to know who is present each Sunday in case we need to do contact tracing. Thank you.

Currently on the church website, [tpcspirit.org](http://tpcspirit.org), there are links to view the recorded memorial service for John Martin and the memorial service for Art Barry.

If you scroll to the bottom of the website home page you will find a link to the Daily Morning Prayer at 9 am PDT. You are invited to attend.

## **CHRISTMAS EVE SERVICE AT TPC**

The Christmas Eve service at Tualatin Presbyterian Church will start at 5 pm.

# DECEMBER TUALATIN PRESBYTERIAN CHURCH CALENDAR

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

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			<b>1</b> 9 am prayer on Zoom 10 am Loving Stitches	<b>2</b> 9 am prayer on Zoom 7 pm bell choir practice	<b>3</b> 9 am prayer on Zoom	<b>4</b>
<b>5</b> 10 am in-person, and on-line worship at <a href="http://www.tpcspirit.org">www.tpcspirit.org</a> Also on Facebook and YouTube	<b>6</b> 9 am prayer on Zoom	<b>7</b> 9 am prayer on Zoom	<b>8</b> 9 am prayer on Zoom	<b>9</b> 9 am prayer on Zoom 10 am TPC Readers/Zoom 7 pm bell choir	<b>10</b> 9 am prayer on Zoom	<b>11</b>
<b>12</b> 10 am in-person, and on-line worship at <a href="http://www.tpcspirit.org">www.tpcspirit.org</a> Also on Facebook and YouTube	<b>13</b> 9 am prayer on Zoom	<b>14</b> 9 am prayer on Zoom 7 pm Stephen Ministry/Zoom	<b>15</b> 9 am prayer on Zoom 10 am Loving Stitches	<b>16</b> 9 am prayer on Zoom 10 am TPC Readers/Zoom 7 pm bell choir	<b>17</b> 9 am prayer on Zoom	<b>18</b>
<b>19</b> 10 am in-person, and on-line worship at <a href="http://www.tpcspirit.org">www.tpcspirit.org</a> Also on Facebook and YouTube	<b>20</b> 9 am prayer on Zoom	<b>21</b> 9 am prayer on Zoom	<b>22</b> 9 am prayer on Zoom	<b>23</b> 9 am prayer on Zoom	<b>24</b> 5 pm Christmas Eve Service	<b>25</b> Christmas
<b>26</b> 10 am in-person, and on-line worship at <a href="http://www.tpcspirit.org">www.tpcspirit.org</a> Also on Facebook and YouTube	<b>27</b> 9 am prayer on Zoom	<b>28</b> 9 am prayer on Zoom 9 am January newsletter deadline	<b>29</b> 9 am prayer on Zoom	<b>30</b> 9 am prayer on Zoom	<b>31</b> New Year's Eve	

## DECEMBER BIRTHDAYS

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



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

17-Greg Imus  
19-Bonnie Nord  
23-Ian Swanson  
26-Jackie Mazzuca  
27-Myrna Frieze  
28-Norm Dannemiller  
29-Dan Peters

TPC 2021 FINANCIALS	Actuals	Budget	Dollar Difference
Operating Income Year to Date 10/31/21	\$317,579	\$327,751	(\$10,172)
Operating Expenses Year to Date 10/31/21	\$312,105	\$344,815	\$32,710



**December**  
2021

**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 a.m. in person, and on line at [www.tpcspirit.org](http://www.tpcspirit.org)**

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

**Parish Associate:** The Rev. Dr. Richard Wiggers

**Elders:** Dave Backen, Russ Carlin, Sandy Gurney, Lynne Neilson, Judy Nix, Greg Owen, Carolyn Pursinger, Patrick Ramos, Ian Swanson

**Deacons:** Derrilyn Bayha, Susan Cameron, Linda Fukasawa, Carolyn Hale, Jason James, Dianne Lemmon, Karen Ramos, Herb Richardson, Sheri Schipporeit, Beth Schulke, Kerry Weaver, Rob Wiesenthal and Rosemary Willis.

Director of Family Ministries: Sarah Beck

Financial Assistant: Mike Shiffer

Administrative Assistant, Newsletter Editor: Susan Springer

Director of Music Ministries: Emily Bavaro

Accompanist: Dr. Ron Fabbro

Bell Choir Director: Debbie Ivanov

Building and Grounds Caretaker: Open

Art Director: Chris Robertson

Bereavement Committee Chair: Barbara Crall

Blood Drive Coordinator: Scott Cameron

Clerk of Session: Craig Bowen

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

Technology Chair:

Treasurer: Chip Kyle

Tuesdays Treasures Coor: M&M Shiffer, Denise Collins

Video Editor: Rob Thompson

Wedding Coordinator: Stacy Mauer

**The office is closed. Can leave voice message at 503 692-4160. We will get back to you.**