# TPC SPIRIT

# January/February 2025



It's a new year and changes are in motion here at Tualatin Presbyterian Church. This year brings our 40th anniversary, a number biblically rich and so we anticipate continued blessings in our midst! A steering committee, led by Elder Sandy Gurney, is planning a celebration, currently slated for the weekend of May 4, 2025. Gather up your personal photos, recall your favorite memories, and dream into your hopes and visions for TPC's next 40 years and beyond.

We are thrilled to welcome our new Music Director, Ben Noyes who started with us on January 5, 2025. Ben has significant choral directing experience and our choir is already demonstrating much renewed joy. Singing is central to how we worship, and we look forward to Ben's leadership as we express our faith in uplifting and soulful ways.

In early April, our long-time church renter Rios, will be leaving our building and grounds. There have been joys and challenges in sharing space with another church; the time has come for us to part ways. Both TPC and Rios are growing, which is a huge blessing to each, especially when many churches are now declining. We are prayerfully seeking guidance to pass along to Rios for a new home. Please contact Susan in the office with any ideas.

We have much to be grateful for as this calendar year gets into full swing. On the heels of a successful 2024 stewardship campaign, with new staff in place, and more room to move and grow, we are ripe for exploring new ways of being community together. TPC is generous towards the larger community, and while I hope we will continue to show our love and care for our neighbors near and far, my ask as I close this letter is that each of you think about how you might help strengthen, internally, this spiritual home of yours. We have had two Elders resign recently: Eileen Eakins in December and Judy Nix in February. Our session misses the contributions of these talented women and thanks them for all their hard work over many years. With their absences, we need to grow our lay leadership team. If you feel called to serve TPC on session, or in other ways, please contact one of the members of our 2025 Nominating Committee (Marilyn Wood, Mike Shiffer, Greg Owen, Toni MacHaffie and Bill James); they are fast at work identifying new leaders.

Thank you for your generosity of time, talent, and treasure. You are doing God's work. I am grateful for the love you shower upon each other and the world around you.

Peace and grace,

Rev. Lisa M. Robechek RevLisa@TPCSpirit.org

Benjamin Noyes, choir and mariachi director at Hillsboro High School for the past 10 years, is very excited about joining TPC as the person leading music ministries. The church has been very welcoming of him and he has felt embraced by the community. He is excited to grow in music and faith with this amazing church family.



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# **HAPPENINGS COFFEE CONNECTION — FUTURE MEETINGS**

In January we assembled ten "Move In" baskets for Family Promise. It was a fun activity and many thanks for the donations that families will appreciate when they move into housing. Mark your calendars for future meetings, which are held at 10 am on the second Tuesday of the month.

- March 11 Rene'e James will speak to us on the topic of "Bone Health" and how to keep them strong. We will meet at the Marquis in Tualatin or in the narthex at TPC. Watch for an update.
- April 8—Carolyn Hale will share her experience in Thailand. We will meet at Judy Nix's home. Coffee Connection is open to all women of the church as a time for connection and camaraderie. Judy Nix jcnix@comcast.net

TPC STRING BENDERS UKULELE CLASS will meet at 1 pm on Thursday, February 13 in the Narthex. New students are welcome. Bill James billvalem@aol.com



TPC continues to shop monthly to obtain needed items. The monthly cost of groceries is usually \$300-380. Donations made to TPC Family Promise ly cost of groceries is usually \$ 300-380. Donations made to TPO specified for Family Promise pay for these groceries. Thanks so much for your continuing support. It is appreciated so much!!

Bridge to Home renovations continue. Currently 60 rooms can be occupied. Volunteer opportunities are available in many areas - food pantry, meal prep, yard maintenance, snow and ice removal, Coco club (tutoring), seasonal parties and activities, monthly bingo and movie nights, Sunday crafting, supervise children during meetings, birthday program, etc. If you are interested in getting more info, please call or email Derrilyn Bayha 661-747-8447 dabayha@mac.com OR email Gina Olson gina@familypromiseoftv.org There are flyers on the bulletin board in the narthex with sign up info.

The next event is Heart For Kids on Friday, February 14 - You can help by assembling goodie bags, donating items for the bags, contributing baked goods, preparing crafts or volunteering at the party which will take place on February 14 from 4-5 pm.

#### FOOD FOR THE SOUL

# For the Living of These Days

Rev. Alan Kelchner will moderate a series of conversations about the times we are living through. "HOPE AND WISDOM FOR THE LIVING OF THESE DAYS." We'll meet Saturday mornings from 10:00 to 11:30 am on March 8, 15, 22 and April 5 and 12. Each week we will enjoy fruit,

yogurt, and bakery treats as we discuss recent articles written by spiritual leaders, authors, and pastors. How do we find hope in hard times? How should Christians respond in a time of political upheaval? How do we stay engaged without giving in to despair? Join us for food, fellowship, and lively conversation as we seek wisdom and inspiration. Please email Alan Kelchner at alan@kelchners.com to let him know you're coming (for refreshment planning).

**ADULT EDGE** meets every Sunday from 9 to 9:45 am in the library downstairs to discuss the scripture on which the sermon is based.

#### TPC MEN'S GROUP

A group of TPC men started meeting informally during COVID in the home of Bud Bender for men's connection. Now we meet every Wednesday morning from 10 am to 11:30am for breakfast or just coffee at Miller's Homestead Restaurant across I-5 from Bridgeport Village. Just come whenever you can; there is no pressure to attend every time.

2/12/2025 Page 2 Our group has grown smaller. Some passed away, some moved away and some have restrictive health issues. We invite additional TPC men to join us.

The only conversation topic not allowed is politics. Talk about sports, relate stories from your career or military service, brag about the grandkids, talk about your travels. Share any good movies or TV series that you have seen or are following.

Please tell Neil Reiling if you plan to attend, so we can alert restaurant staff how to set the tables. There is usually extra room, so even come spur of the moment. Questions? Contact Bob Nix. nixrw@comcast.net

# **HELP REQUESTED**

#### WORSHIP SERVICE PARTICIPATION

Are you interested in being a part of an upcoming service? Front-door greeters, liturgists, and communion servers are always needed and all are welcome to sign-up. A brief job description and a sign-up sheet can be found in the narthex after each service. Questions? Contact Carolyn Hale. halec@teleport.com

#### SUNDAY MORNING COFFEE AND COOKIE FELLOWSHIP AFTER WORSHIP

Thanks to the volunteers who come early to make the coffee and set out trays of cookies for fellowship time. If you would like to volunteer to help on Sunday morning, sign-up on the sheet that is on the wall by the kitchen door or on the table in the narthex. Thanks. If you have questions, talk to Derrilyn Bayha.

#### **2025 NOMINATING COMMITTEE**

On Sunday, January 26, 2025, the congregation elected Bill James, Toni MacHaffie, Greg Owen, Mike Shiffer and Marilyn Wood as members of the 2025 Nominating Committee. If you feel called to serve at church in a leadership capacity, please talk to one of these five individuals. Thank you.

# **GENERAL INFORMATION**

# TPC YEAR END CONTRIBUTION STATEMENT

Tax time approaches. Do you need a copy of your TPC year end contribution statement? Our financial assistant, Julie Flint, finance@tpcspirit.org, can send you one. Be sure to specify whether you want an electronic copy, or a paper copy.

## WHO IS MY DEACON? HOW CAN I FIND OUT?

Probably the easiest way to find out who your deacon is, is to look at the color dot on your TPC name tag.

Each parish has its own color:

Light blue is Parish 1, Macy Walchenbach, deacon

Yellow is Parish 2, Merle Olson, deacon

Red neon is Parish 3, Candy Richard, deacon

Orange is Parish 4, Jason James, deacon

Neon orange is Parish 5, Candy Ferguson, deacon

Lime green is Parish 6, Rosemary Willis, deacon

Dark blue is Parish 7, Susan Cameron, deacon

A list of these parish color dots and their corresponding deacons is on the wall with the name tags.

Parish numbers are also included in the church directory with your contact information.

#### ART BARRY'S WOODWORKING TOOLS AND WOOD

Art Barry's amazing woodworking shop needs to be emptied so the house can be sold. There are all sorts of power tools, wood, etc., which is free for the taking. Contact Martha Wilson at 503-313-7003 if you're interested.

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#### TPC CONTACT INFORMATION

Does the church have current contact information for you, such as mailing address, email address and phone number(s)? Have you moved recently? Have you dropped your land line? If yes, please send an email to office@tpcspirit.org to let us know where you are and how to get in touch with you. Thanks.



We continue to collect bottles and cans that are redeemable for cash. Pick up a blue donation bag from the church office. The bags are located on the right hand side as you enter the office, on the lower shelf of the table, in a wicker basket. Fill the bag with bottles and cans and drop it off at a retailer such as Fred Meyer or Safeway. Scan the code on the label to open the door and deposit your bag. (FYI: Green bags are for individual accounts, blue bags are for non-profits.)

**LOST AND FOUND** — Please check the pegs in the hallway for clothing. Abandoned coats, etc., will soon be donated to Goodwill.

# A LOOK BACK AT WHAT WE'VE DONE MEN'S GROUP MEETING SATURDAY, FEBRUARY 8TH

About ten men and women showed up for the Men's Saturday Group Meeting. Congregant Dee Dutoit shared her knowledge and told us how to protect our financial ID and avoid identity theft.

P.S. After I attended this talk, I tried to pay for my purchases at a local store with a gift card. The card had a balance of \$41. The card was rejected. Once home, I went on line to view the history of the card. I saw when it was purchased and when I first used it. Four days later, my card was debited for the full amount of the card! How is that possible since I had already spent part of it! Regardless, someone had helped themselves to the balance. Dee says there is no way to recover the money. Going forward, I will spend the gift card amount in one purchase. I won't leave a balance on the card.

Susan Springer



### **SOUPER BOWL SUNDAY, FEBRUARY 9TH!**

After worship, we had a chili taste testing before everyone headed home to watch the game! This activity was organized by the deacons. Thank you, deacons.

And thanks to everyone who brought cans of HEARTY soup to donate to the Tualatin Food Pantry.

The tally is in. We collected 741 pounds of canned goods. Wow! Thanks every one!!!

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# 2025 Schedule for TPC Readers

There is nothing like a good book to enjoy on these rainy winter days! If you like reading and talking about the books you read, we invite you to join one of the two TPC Readers opportunities. Both groups meet on Zoom once a month on Thursday mornings from 10 to 11:30 AM—one group meets on Second Thursdays, the other gathers on Third Thursdays. Priscilla Hagan facilitates our lively virtual discussions. We read all fiction and try to choose books that encourage spiritual reflection.

Here are the book selections for 2025. We'd love to have you join our discussion groups—small groups are a great way for newer members to connect and for longer-term members to reconnect. Please contact Priscilla Hagan (503-620-8275), Carolyn Hale (503-804-9203), or Jean Martin (817-422-1834) if you would like to participate. We have openings in both the Second and Third Thursday groups. If it's not possible for you to Zoom with us, check out our list of books for 2024 to add to your personal reading list!

		Pook Selections fo	<u>or 202</u> .		
Month	Title	Author	Pages	Subject	
February 2025	Rush Home Road	Lori Lansens	416	Sharla Cody is only five when she finds herself dumped on an elderly neighbor's doorstep while her mother takes off for the summer.	
March	The Women	Kristin Hannah (author of Four Winds)	480	Hearing the words that "women can be heroes" prompts Frances to join the Army Nurse Corps in Vietnam 1965.	
April	The Wishing Game	Meg Shaffer	320	A reclusive, best-selling children's author resurfaces with a brand new book and a contest that will change the winner's life.	
May	James	Percival Everett	320	A brilliant, action-packed reimagining of <i>Adventures of Huckleberry Finn</i> , told from the enslaved Jim's point of view.	
June	The Cheesemak- er's Daughter	Kristin Vukovic	304	New Yorker Marina Marzic returns to her native Croatian island where she helps her father with his strug- gling cheese factory.	
July	In an Instant	Suzanne Redfearn	331	Life is over in an instant for 16-year old Finn Miller when a car accident tumbles her and 10 others over a mountain. Suspended between lives, Finn keeps vigil over the survivors.	
August	Crow Talk	Eileen Garvin (author of <i>The Music of Bees</i> )	368	When Frankie finds an injured baby crow near Mt. Adams, she doesn't realize how this charming bird will help heal three lost souls.	
September	The Extraordinary Deaths of Mrs. Kip	Sara Brunsvold	368	Clara Kip may be dying, but she's not quite ready to cash it in yet. She can see that God brought young reporter Aidyn into her life for a reason.	
October	The Measure	Nikki Erlick	368	Today, when you open your front door, waiting for you is a small box that will reveal how long you will live. Do you want to know?	
November	The Last Town on Earth	Thomas Mullen	432	Set in the Pacific Northwest, a town under quarantine during the 1918 flu epidemic must reckon with forces beyond their control.	
January 2026	Sipsworth	Simon Van Booy	240	Following the loss of her husband and son, Helen Cartwright returns to her childhood village to die. A chance encounter with a mouse sets her on a surprising journey!	

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## KIMBERLY RICHARDS—PARISH NURSE

Many of you know me as "Lynne Neilson's daughter" or recognize me as one of the bell ringers, but let me formally introduce myself. My name is Kim Richards and I am excited to be serving as TPC's Parish Nurse!

I graduated with my associates in nursing in 2000 from Hartnel Junior College in Salinas, California. After living briefly in Texas, I moved to Oregon in 2005 and began working at Legacy Meridian Park in the ICU. In 2019 I became a Psychiatric Nurse Practitioner with a masters degree from Gonzaga University. I couldn't leave my Meridian Park family to fight the pandemic without me, so I continued to work in the ICU every

other weekend, and at Sequoia Mental Health during the week as a Nurse Practitioner. I did finally leave Meridian Park in 2022 and officially ended my ICU career but I will always be an ICU nurse at heart.

So, what does this all mean for you? I hope to offer some insights into both physical and mental health (hint, it is all connected!) that can be helpful in your day-to-day life. I will also be available to you individually to offer support however needed. Mike, graciously, set me up with an email account so you can email me, (nursekim@tpcspirit.org), or catch me at service. As with most things in life, the parish nurse position is a work in progress, so if you know of a need that I may be able to help with, please let me know. I look forward to being able to serve my church family as we go through this new year together.

Here is an easy recipe for Protein Energy Balls. These little guys are packed with protein and Omega 3's and make a great snack. I personally like taking them on hikes.

1 cup old fashioned oats

½ cup nut butter ( I like creamy peanut butter or almond butter)

½ cup ground flaxseed

½ cup mini semisweet chocolate chips

½ cup honey

1 tablespoon chia seed

1 teaspoon vanilla extract.

Add in ideas - <sup>2</sup>/<sub>3</sub> cup toasted shredded coconut, or craisins.

Mix everything together in a bowl. Refrigerate for 2 hours. Roll into balls. That's it! They will stay fresh in the refrigerator in a sealed container for about 1 week and you can freeze them for about 3 months. You can also press the mixture firmly into an 8x8 inch baking pan lined with parchment paper and then cut into bars after refrigerating for 2 hours.

### THANK YOU

Many thanks to Diane and Bob Paetsch, Sarah Beck and Larry Nord for taking down and putting away all the Christmas decorations and cleaning up so thoroughly.

#### **ODDS AND ENDS**

Per capita for 2025 is \$50.00. Ways to donate to TPC. Use QR code



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# FEBRUARY 2025 TUALATIN PRESBYTERIAN CHURCH CALENDAR

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						1
2 10 am in-person, and on-line worship	Boy Scouts meet downstairs 6 to 9 pm	4 Bells of the Cascades practices 6:30-9 pm downstairs	5 10 am Loving Stitches at TPC 7 pm Vocal choir rehearsal	6 7 pm Bell Choir Rehearsal	7	8 Men's Group Meeting 10 am
9 10 am in-person, and on-line worship Souper Bowl Sunday; bring cans of hearty soup for food pantry.	Boy Scouts meet downstairs 6 to 9 pm 7 pm Deacon Meeting (Zoom)	Connections CANCELLED Bells of the Cas- cades practices 6:30-9 pm down- stairs.	7 pm Vocal choir rehearsal	13 10 am TPC Readers/Zoom 1 pm Uke class 7 pm Bell Choir Rehearsal	14	15
16 10 am in-person, and on-line worship	Boy Scouts meet downstairs 6 to 9 pm	18 Bells of the Cascades practices 6:30-9 pm downstairs.	19 10 am Loving Stitches at TPC 7 pm Vocal choir rehearsal	20 10 am TPC Readers/Zoom 7 pm Bell Choir Rehearsal	21	Z2 Tentative: Officer Training 10 am to 1 pm
23 10 am in-person, and on-line worship	Boy Scouts meet downstairs 6 to 9 pm	Bells of the Cascades practices 6:30-9 pm downstairs. 7 pm Session meeting	26 10 am Loving Stitches at TPC 7 pm Vocal choir rehearsal	27 1 pm Uke class 7 pm Bell Choir Rehearsal	28	

JANUARY BIRTHDAYS	18-Mary Maleta	07-Sharon Grove
Craig Kozak	21-Pam Bowen	07-Dale MacHaffie
04-Mary Elaine Shiffer	24-Greg Sundt	09-Lynne Winkler
06-Rosemary Willis	28-Mark Hansen	11-Tom Hahn
07-Riley Reding	28-Erin Hagan	11-Jason James
08-Deb Carlson	29-Janet Winterrowd	14-Ayden Owen
09-Steven Olsen	30-Pam Cameron	16-Alexis Holland
12-Jeff Cameron	31-Neil Olson	19-Mary Ortez
12-Wendy Love		20-Craig Bowen
12-Susan Springer	FEBRUARY B'DAYS	21-Chip Kyle
15-Karen Jones	02-Macy James	25-Jeannette Beeger
17-Joen Morris	06-Peggy Gibbons	

TPC 2024 FINANCIALS	Actuals	Budget	Difference
Operating Income Year to Date 12/31/24	\$381,094	\$342,800	\$38,294
Operating Expenses Year to Date 12/31/24	\$344,833	\$360,406	\$15,573

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9230 SW Siletz Drive Tualatin, OR 97062



JANUARY/ FEBRUARY 2025

#### **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 a.m. in person, and on line at www.tpcspirit.org

Pastor: Rev. Lisa M. Robechek

**Elders:** Sandy Gurney, Family Ministries; Bunny Lewis, Mission; Susan Kelchner, Stewardship and Administration; Greg Owen, Technology and Building and Grounds, Open, Connections; Open, Worship.

**Deacons and their parish number:** Macy Walchenbach (1), Merle Olson (2), Candy Richard (3), Jason James (4), Candy Ferguson (5), Rosemary Willis (6), and Susan Cameron (7).

Director of Family Ministries: Sarah Beck

Financial Assistant: Julie Flint

Administrative Assistant, Newsletter Editor: Susan Springer

Director of Music Ministries: Ben Noyes

Pianist: Dr. Evan C. Paul

Bell Choir Director: Debbie Ivanov

Building and Grounds Caretaker: Larry Nord Art Directors: Jeff Cameron, Bill James 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: Derrilyn Bayha Membership Coordinator: Judy Nix

Men's Fellowship Group Coordinator: Dale MacHaffie Men's Breakfast Group Coordinator: Neil Reiling

Parish Nurse: Kimberly Richards Prayer Chain: Greg Imus

Treasurer: Chip Kyle

Wedding Coordinator: Stacy Mauer

Archivist: Rick Crall

The office is open limited hours. Leave voice message at 503 692-4160. We will get back to you.