

# Springwater CURRENTS

Springwater Presbyterian Church  
24553 Springwater Rd  
Estacada, OR 97023  
503.630.5480

*A Place of worship, service and nurture for God's people of all ages*

August 2010

## Table of Contents

Birthdays	1
Anniversaries	1
Calendar	1
Pastor's Perspective	2
Lectionary	3
Donate While You	3
Shop	
Knit Night	4
Summer Prayer Time	4
Health Report	4
Windows	5
Session Notes	6
Financial Update	6
General Assembly	7
A Good Read	8

## Birthdays

Peter Sturman	8/11
Nancy Tedrow	8/13
Marge Varitz	8/14
Barbara Shibley	8/16
Miranda Kirby	8/16
Nona Shearer	8/17
Joe Hauck	8/17
Kathleen Souders	8/18
Joy Thompson Alford	8/20
Bettie Barbee	8/20
Bryce Babikoff	8/21
Marilyn Guttridge	8/21
Neal Jeppeson	8/26

## Birthdays &



## Anniversaries

### Anniversaries

Bill & Kathleen Leonard	8/4
Renate & Greg Jeppeson	8/6
Judy & Tom Coyne	8/8
Lynne & Tom Deshler	8/10
Barbara & Don MacKinnon	8/19
Connie & Bruce Ryan	8/21
Bill & Marge Varitz	8/27

## August Calendar

August 18, 6:30 Worship committee meeting  
August 22, after worship, Christian Education planning meeting  
August 25, 4:30 Knit Night, see article page 4

## Summer Sunday Schedule

9:45 AM Hymn sing  
10:00 AM Worship  
11:15 Fellowship  
Deadline for next  
newsletter:  
August 22



*It's not too early to brand yer cal-  
endars, pardners! The Round  
Up is happenin' on Sunday,  
September 12!*

## Pastor's Perspective

People have asked me, "Presbyterian pastors are so educated, why do they need study leave? Don't they already know everything they need to know?"

We are educated (some might say *hyper-educated*), but along with that education comes a need to continue to grow spiritually, staying informed and thus able to respond to changes in the world and Church. In July I took study leave to attend a conference entitled "Creation as the Body of God," at the Center for Active Contemplation in Albuquerque, New Mexico.

### Creation Continues

Session felt this opportunity was almost a continuation of our Vacation Church School and my Elijah-through-the-lens-of-creation preaching series. Indeed, it seemed as if everything Springwater has been doing this summer was preparing me for this event.

The speakers were theologians, futurists, environmentalists, spiritual directors. Their perspective was "participatory faith." Without needing to balance Darwinists with creationists, we spoke of God as Creator. The concern was not how God creates (and created), but rather **THAT God creates and delights in our participation in creating.**

We were able to recognize and grieve the situation in the Gulf of Mexico as one of the presenters led us in a ritual for grieving and giving voice to the thousands of species of animals threatened by the oil spill. I hope to include portions of that in our annual Blessing of the Animals service (scheduled for September 19 this year).

What makes the faith perspective so powerful, given all that threatens our world, is a theology that says, "To act is to pray."

### To Act is to Pray

In other words, we don't need to wallow in helplessness. **Christianity is the only religion of transformation**, and that is how the faith perspective makes a difference— *our* faith perspective. As Christians, we can grieve the losses, admit our complicity, and then **we can pray for the wisdom to act.** In speaking of the healing of creation, Sister Paula Gonzalez said, "**Every person, family, congregation, group has a vital role to play.**" In other words, *faith requires our action.*

Sister Ilia Delio noted that we keep treating environmental crises as if they were a matter of justice—action for action. **A religious response is a simple response**, and she outlined what she meant:

... it seemed as if everything Springwater has been doing this summer was preparing me for this event.

... *faith requires our action.*

The more we live  
*without possessing*  
the more free we  
will be...

- Live in the present moment
- Everything hangs on the threads of God's love
- The more we live *without possessing* the more free we will be, the more we will be able to engage with each other.

The only power that will meet our current environmental challenge, she said, is the power of love. **WE are the power of God's love.**

See you in church.

### Lectionary Readings

August 1 (CARE OF CREATION): Colossians 3:1-11; Psalm 107:1-9, 43

August 8: Isaiah 1:1, 10-20; Hebrews 11:1-3, 8-16; Luke 12:32-40; Psalm 50:1-8, 22-23

August 15 (Shirley Tormey, guest preacher): Isaiah 5:1-7; Hebrews 11:29-12:2; Luke 12:49-56; Psalm 80:1-2, 8-19

August 22 (LIFE!): 2 Kings 4:8-37; Luke 7:11-17; Psalm 71:1-6, 17-18

August 29 (COST OF DISCIPLESHIP): 2 Kings 4:1-7; Luke 14:25-33; Psalm 81:1, 10-16

September 5 (SERVANT LEADERSHIP): 2 Kings 5:1-27; Psalm 139:1-6, 13-18

### Donate while you shop!

While shopping online, don't forget to surf over to our website, [www.springwater-pres.org](http://www.springwater-pres.org) where you will find links to Amazon.com and iGive.com. Following these links when you buy will automatically donate a percentage of your purchase to Springwater Presbyterian Church.





### Can You Knit or Crochet?

Do you want to learn?

Are you already pretty darn good?

Springwater hosted Knit Night last week at church and it was so much fun, we are going to do it again. We had people join us who have been knitting most of their lives and young and old people who are still learning how to get started and it was a wonderful mix of everything in between.

This event was put together by Deb Odell and Dr. Beverly Crow. Beverly brought books and knit items for us to look at for creative ideas and she helped us tie the work of our hands to our lives as believers.

Our next Knit Night will be on the fourth Wednesday of August (25th) at 4:30. Bring finger foods to share and a knit / crochet project. Bring your friends. Just come!

### Summer Prayer Time

The deacons will not be meeting for prayer on Fridays during the month of August. They will resume prayer time with the congregation sometime in September. Prayer request slips will still be available in the sanctuary and you can still call any of the deacons with a request.

Deacons: Carol Sturman, Mary Johnson, Mary Shearer and Kathy Scott



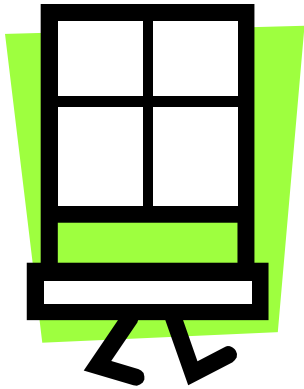
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### Vitamin B1

Vitamin B 1, also known as thiamine, helps fuel your body by converting blood sugar into energy. It keeps your mucous membranes healthy and is essential for nervous system, cardiovascular and muscular function.

Thiamine is one of 8 B vitamins. All B vitamins help the body convert carbohydrates into fuel (glucose), which is "burned" to produce energy. Thiamine is considered an "anti-stress" vitamin because it may strengthen the immune system and improve the body's ability to withstand stressful conditions.

Vitamin B 1 is a water-soluble vitamin. Whenever water-soluble vitamins are not used by the body, they (*continued on next page*)



### A Window, anyone?

There are six windows in the Fellowship wing of our church. It is time to replace them and your family is invited to help.

The original ones do not work as well as they should, both in how they open and close and how they much they fail to keep “the elements” from making the rooms uncomfortable.

For \$300 apiece new easy to use and energy-efficient replacements can be bought and installed. They are beyond our current budget so Session approved our Committee’s idea to ask for six families to contribute enough for one each.

In just a few years they should lower the heating bills enough to make up the cost, so consider this an opportunity for a gift that will keep on giving—both dollars and comfort. Find one of the blue cards in Fellowship Hall on which you can easily let us know of you acceptance of this invitation. We need to know by August 5, in order to get them ordered and installed by the end of the month. You may also just contact one of our Committee members, Wilma Guttridge, Renate Jeppeson, Dick Scott or myself.

*Gilbert Shibley, Bldg. & Grds. Committee*



are eliminated in urine. This means you need a continuous supply of them in your food. Women need 1.1 mg every day, and men should have 1.5 mg per day.

The best sources of thiamine are yeasts and liver. Other good sources are: pork, whole-grain cereals, rye and whole-wheat flour, wheat germ, navy beans and kidney beans. This vitamin is easily destroyed when exposed to heat.

It's pretty rare in the United States for a person to be deficient in this vitamin. A lack of it can cause beriberi, a condition that involves confusion, muscle wasting, nerve problems and a rapid heartbeat. People deficient in thiamine may experience fatigue, irritability, depression, and abdominal discomfort. It is usually only seen in the United States in babies who are fed formula that is not supplemented with vitamin B 1 or in people who drink large amounts of alcohol. Over taking of thiamine can cause gastric irritability. If taking digoxin, diuretics, and dilantin contact your physician before starting a B complex supplement.

Mary Johnson, RN

Session Members

Don MacKinnon  
Peter Sturman  
Wilma Guttridge  
Kathy Scott  
Cindy Babikoff  
Cindy Woodbury

JULY SESSION SUMMARY

We continue to study from the book, 'Leaders Who Last'. This month's focus was "know your church's history". Eileen looked back through the records and found some interesting bits of history of our church.

Don MacKinnon led the devotions with a story of a leader who lasted, Joseph, in the Old Testament.

- Buildings & Grounds Committee
  - We have received \$375 in pledges for the 6 replacement windows in the fellowship wing. We need \$1800.
  - The manse tenants, Russ & Mindy, have agreed to use the church's mower to keep the upper church and manse lawn mowed. Someone from church will check and maintain the mower every month and mow the rest of the grounds.
  - We have contracted with the Akins to put aluminum storm windows on the sanctuary's east and south windows.
- Worship Committee
  - Don MacKinnon, who now chairs this committee, will be calling a meeting of this committee.
- Personnel Committee
  - If you ever wondered how our local church is organized or who's on what committee, we now have a colorful organizational chart called "Springwater Presbyterian Church Committee Structure". It's on the bulletin board in the fellowship room. Check it out.



Treasurer  
Gwen Shearer

Financial Update

Our General Fund expenses have exceeded our income by about \$1000 through July. This is mostly due to pledges not being up to date. With 58% of the year gone we have received only 55% of the money pledged. We have a new Fellowship Window Fund of \$675 that is earmarked to replace the windows in the Fellowship Hall. Since the windows cost \$300 a piece and we have 6 windows, we would greatly appreciate any additional donations. Vacation Church School donated \$405.51 to our mission partner in Tajikistan. Our congregation has donated \$434.56 so far this year to Heifer Project through the Birthday Bank and the special offering in June.



### Report from the General Assembly

The Presbyterian Church USA met as a General Assembly in Minneapolis July 3 to 10. This biennial gathering is the penultimate body of our connectional government.

### Refresher Course on Presbyterian Government

Our organization is neither “top-down” (hierarchy makes the decisions—Roman Catholic, Lutheran, Episcopal), nor congregational (local congregation decisions are final—Baptist, UCC). We are “connectional,” which means we are representative, with authority flowing both up and down. The difference between our form of government and that of the US Constitution, is that elected representatives in the church (we call them “commissioners”) are not expected to vote according to the electorate’s wish, but are to vote according to their conscience, as informed by the Holy Spirit.

### Letter to the Congregations

At the conclusion of the General Assembly meeting, a letter went out to all congregations in the country. You can see a complete copy posted on the board in fellowship hall. Here are a few highlights:

\*Pending approval by the presbyteries, the Belhar Confession will be added to *The Book of Confessions* and a revised Form of Government will be adopted. Another action involved changes to more reflect the accuracy of translation in an existing confession.

\*Pending approval by the presbyteries, a new (more streamlined) form of government will take effect.

\*Commissioning of 122 young adult volunteers and 17 new mission workers for service around the globe.

\*Check <http://gamc.pcusa.org/ministries/evangelism> to be inspired by stories of congregations that are growing in evangelism, discipleship, diversity, and servanthood.

\*Ordination standards, justice and peace in the Middle East, and civil union and marriage were discussed. Information on the more than 300 assembly actions is available at <http://pc-biz.org>. Frequently Asked Questions may be consulted at ([www.pcusa.org/ga219](http://www.pcusa.org/ga219)).

Commissioners sought and often found common ground. As the writers of the letter said, commissioners “exhibited well what it means for the church to ‘a provisional demonstration of what God intends for the world’ (Book of Order, G-3.0200).” It was signed by Elder Cynthia Bolbach (Moderator, 219<sup>th</sup> General Assembly), the Rev. Gradye Parsons (Stated Clerk of the General Assembly), the Rev. Landon Whitsitt (Vice Moderator, 219<sup>th</sup> General Assembly), and **(continued in sidebar)**

elder Linda Bryant  
Valentine (Executive  
Director, General  
Assembly Mission  
Council).



### A Good Read

If you enjoyed the creation lens we've used this summer in hearing the stories of Elijah, you may consider reading *The Book of Creation*, by Philip Newell. The book's structure is a Celtic perspective on each day of creation. At the end of each chapter, Newell offers a meditative response.

There are several copies of the book floating around the church, usually surfacing on the library book table in fellowship hall. The book is useful for reading during your quiet/devotional time, but you may enjoy it as something for your times of ordinary reading as well.

Newell is an engaging and accessible author. The VBS volunteers and others in the congregation have found the book very appropriate for the part of the world in which we live and minister.



Springwater  
Currents

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ADDRESS CORRECTION REQUESTED

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