

September 2008

In this issue

Birthdays	1
Anniversaries	1
Pastor's Perspective	2
Lectionary	8
Green Teams News	6
Youth News	5
Staying Safe at Home	3

Sunday
Schedule

9:45am
Hymn Sing

10:00am
Worship

11:15am
Fellowship

Deadline for Next Issue:
September 21

Birthdays & Anniversaries

September



- 1 Tiffany Bittman
- 5 Phil Armstrong
- 8 Travis Babikoff
- 14 Janice Armstrong
- 16 Mayanne Clatt
- 19 Eunike Guttridge
- 19 Robert Poore
- 19 Samantha Sturman
- 24 Erin Roden
- 24 Morgan Driskell
- 30 Joe Guttridge



September Anniversaries

- 8 - Kathleen & Vernon Souders
- 16 - Jennie Lou & Bob Poore
- 24 - Wilma & Joe Guttridge

Coming Events



Sept. 4 Labyrinth Maintenance - We are weeding, raking, and placing more stones in the labyrinth at 9:00am. Anyone who would like to help is invited.

Sept. 6 Youth Car Wash during the Grange Breakfast. 8-11am for donations

Sept. 7 ROUNDUP
potluck, games,
horses and more



Sept. 13 Quilt Show - 11:00am – 5:00pm -- "Quilts that tell Stories"

Sept. 20 Volunteer day at the Oregon Food Bank. 9:00am to Noon.

Pastor's Perspective

Almost as if God had planned it, Springwater's summer has confirmed the providential care of God.

Time has a variable speed, sometimes seeming to drag on forever, sometimes whizzing by before we know it. Last May 15, September 1 was a lifetime away. From the perspective of Sept. 1, May 15 is an eye blink ago.

Sabbatical Adventures at Home

At this writing, I am ending my three-month sabbatical with my traditional sermon-planning study leave. The last couple weeks were non-instructional, designed to provide time to reflect on and integrate what I've been learning and experiencing over the summer.

As you remember, Springwater received a generous grant from the Lilly Foundation to fund our mutual sabbatical, which we called, "Bringing Creativity to Faith." The congregational portion of sabbatical focused on the experience of three artists-in-residence. Your creative spiritual adventures took you through the experience of seeking God through the medium of visual art—even when you didn't think you were artists. Melanie Weider introduced you to visual meditation and prayer. Almost as if God had planned it, as session accepted the generous gift of new sanctuary seating and carpet, two artists-in-residence focused on the role of art in worship and sacred space. Almost as if God had planned it, Father Jim Galluzzo shared insights into creating sacred space in home, heart, congregation, world. Almost as if God had planned it, liturgical artist Kathleen Brown structured our conversation about using art in worship. She will join us again in the fall as we make practical application of liturgical art and Biblical texts.

Thus, the decision-making process moved from asking, "Should we get pews or chairs?" to "How does our purchase of seating serve the worship of God, now and for generations to come?" Springwater will continue to wonder about the difference between "decorating a space" and "preparing space for the worship of God," even as we give thanks for the blessing of the insightful leadership of sabbatical interim pastor Beverly Crow. Almost as if God had planned it, Beverly's gifts as liturgical theologian helped session decide how to make decisions about worship space.

Almost as if God had planned it, Springwater's summer has confirmed the providential care of God.

What a summer! I learned so much and am eager to share with you, as I hope you are eager to share your summer with me. What I learned will continue to develop and surface over time.

Sabbatical Adventures Away

Sabbatical has taken me up and down the west coast and halfway across the continent, discovering new ways to bring creativity to faith. Rick and I counted it up, and I was home eleven days between May 15 and August 22.

Our first stop was a month in Mendocino, California, where I studied with artist Nancy Chinn. July was spent at the Grunewald Guild near Leavenworth, Washington, where I learned weaving, lettering, and art-as-reconciliation. My conversations with Richard Caemmerer, artist and Guild founder, covered everything from God to art and

Art makes a difference, just as worship makes a difference. That you are with us in worship makes a difference.

preaching. As July moved into August, I left for Minnesota and the ancestral homeplace. Ask me about the fish I caught. Sabbatical ended at McCormick Seminary in Chicago, where I began preparation for ministry.

What a summer! I learned so much and am eager to share with you, as I hope you are eager to share your summer with me. What I learned will continue to develop and surface over time. Already I have discovered that art can be a doorway to deeper understanding of seemingly unrelated subjects. For example, here is a way of looking at the Christian life that I discovered through art:

- Just because you have less-than-perfect raw materials to work with, doesn't mean you can't make something beautiful.
- It will take time, patience, and risk-taking.
- Sometimes it won't work.
- If so, try something else.
- Spend time on just one thing so that the thing itself has time to develop.
- Unexpected combinations give work dimension and deeper beauty.

Art makes a difference, just as worship makes a difference. That you are with us in worship makes a difference.

Eileen

Parish Nursing Program



SAFETY AT HOME: PREVENTING FALLS

Falls are serious at any age, but especially for older people who are more likely to break a bone. Falls are the most common cause of nursing home placement.

The risk of falling increases with age. Regular exercise as well as regular eye and physical exams may help reduce the risk of falling. Getting rid of tripping hazards in the home and wearing nonskid shoes may also help. Getting enough calcium and vitamin D reduces the chances of breaking a bone if a fall does occur.

Some reasons why people fall:

- Tripping or slipping due to loss of footing or traction.
- Slow reflexes, which make it hard to balance or move out of the way of a hazard.
- Balance problems
- Reduced muscle strength
- Poor vision
- Illness
- Medication a person is taking, the higher the chances of falling.

Certain medicines increase the risk: blood pressure pills, heart medicines, diuretics (water pills), muscle relaxants, sleeping pills, and alcohol.

Mary Johnson, parish nurse

Clackamas County wants your help



Are you tired of higher energy costs? Are you concerned about global warming? Do you want to reduce your carbon emissions? Clackamas County wants to help. Pick up a brochure in the Fellowship Hall to read about some energy saving tips. Clackamas County is joining two challenges with other counties in the country to see how many people they can get to sign up for energy saving campaigns. One website, www.drivesmarterchallenge.org will give you personalized tips on saving fuel with your car. The other website will offer you tips on saving energy with Energy Star appliances and give you other home energy usage advice.

Clackamas County wants your help: sign up for the challenges to drive smarter and conserve energy. Then, read the county's new sustainability action plan and take the survey to let them know what you think. Pick up a brochure in the Fellowship Hall.

PGE offers energy saving tips

Here are some energy saving ideas from Portland General Electric. Visit their website at www.portlandgeneral.com/home/energy_savings and follow the quick tips link. Here are some of their tips:

1. Turn down the thermostat on your hot water heater. You can reduce the temperature of your hot water to 120 degrees. If you have a dishwasher that does not heat its own water, set your hot water heater to 140 degrees.
4. Replace your furnace filters every three months. Dirty filters block air flow, causing the fan in your furnace to work harder.
5. Turn down your home-heating thermostats at night. PGE recommends 68 degrees during the day and 55 degrees at night, during the cooler months. If you have a heat pump, turn down thermostat no more than 10 degrees at night.
8. In warm weather use fans instead of an air conditioner. Open windows at night for natural cooling. Use fans when possible to do so without sacrificing comfort.
10. Use compact fluorescent light bulbs (CFLs). Save up to 75% of your lighting costs. Take an inventory of your lighting needs. See if some small changes can save you energy. Use the lowest wattage bulb to accomplish the task. Replace your most-used lights with CFLs first. Don't forget to turn off lights when you leave the room!



Food Bank Volunteer Day

A quick reminder that our next volunteer day at the food bank is September 20th. 9 to noon. Call Jim Roden for more information. 503.630.5493

Youth Activities



During the youth's camp out in the Clear Creek canyon, they had an opportunity to talk about the proposed mission trip next summer. Initial thoughts for the trip focused on where to go how to get there, when we would be going, what would we bring to the mission and where are we bringing our mission.

Proposed travel would be to caravan to Bellingham, Washington and take the Alaska Ferry to Juneau and on to Hoonah, Alaska. We would walk on the Ferry and sleep in one of the passenger lounges. After the completion of the mission in Hoonah we would fly home from Juneau to the Portland airport.

It is proposed to take the trip after the Church Birthday in July and be gone about 2 weeks.

We would repeat the vacation Bible school that the youth work with for Springwater church in June, offering the lessons, songs and games to the children in Hoonah. Our youth have been involved with our Vacation Church School, developing skills that should serve them well in Hoonah.

We learned that Hoonah is a Thlingit Indian town located on Chichagof Island, about fifty miles west from Juneau. The population is about 900 people , 85% Thlingit Indians.



Many of the details will be worked out as we work and plan during the year. The estimate cost for the trip is \$1200 per participant. Each person will pay \$150 of the cost and will have fund raisers through out the year to raise the money.

NEXT FUND RAISER:

YOUTH CAR WASH

SEPTEMBER 6 FROM 8 - 11 AM

DONATIONS ACCEPTED

AT THE CHURCH DURING THE GRANGE BREAKFAST.

Join our master recycler in making our environment a better, healthier and life-sustaining place for all to live in.

Give her a call or send an email and volunteer to help with this vital work

enviromom@peoplepc.com

503.637.6855

Session has approved formation of a Green Team at SPC

Do you recycle at home? Do you turn off lights when you leave a room? Do you turn down the thermostat at night? Are you always thinking of ways you can “reduce, reuse, recycle”? If so, Springwater Presbyterian Church’s new Green Team is for you. Why not apply your “green” habits to the operation of the church? Your local Master Recycler would like some help in “greening the church”. I have many ideas (and I’m sure you have more!) for our church to help us conserve resources and become a more sustainable organization, protecting God’s creation for all people. This is something I cannot and do not want to do without support and participation from the congregation. So, join me!

Some projects I have in mind include completing an energy audit and working on our building’s energy efficiency, beginning a battery recycling drop-off program and an electronics recycling collection program, using reusable dishes instead of disposable, as well as education. I am sure you all can think of many more. So, send me an email enviromom@peoplepc.com or speak to me at church- we’ll plan our first meeting soon.



CHANGES IN PASTOR’S SCHEDULE

Recognizing that Pastor Eileen’s Terms of Call are only for 40 hours, session has asked her to adjust her work schedule when she returns in September.

Starting when she returns, Pastor Eileen will take off Monday and Tuesday.

As a general rule, her days at the church will be Wednesday, Thursday, and Sunday. Session asks your cooperation in protecting this new schedule.

Office hours for now will be Wednesdays, 3-5pm. This may be changed or adjusted according to how workable it is.

Pastor's Schedule Has Changed

Please
Note that on
Mondays & Tuesdays,
Eileen is not working and
the congregation should
leave her in peace

The Floor is Done! Long Live the New Floor!

Our fellowship room floor can stay looking good for many years if we just treat it right. And treating it right for long life is not too hard. Just a few simple common sense rules:

Wipe up food and other spills immediately using a dampened (not soaking wet) paper towel. Every Sunday after fellowship time we need to take a look around for spills and clean them up before leaving.

Do not drag or slide the furniture into place. Lift your weight off the chair as you stand or sit, don't simply push back—you'll grind dirt into the floor. Chairs on castors are a no-no.


All furniture needs to have felt floor protectors applied—we haven't done this yet, so please be extra careful if you move any furniture around.

We don't have plants in the fellowship room right now, but if we should get any, please do not over-water them. Soil, fertilizers, and plant foods may have chemicals in them that could damage the finish.

Do you remember how large the gaps were between the boards? These were filled when the floor was refinished. The room needs to be maintained at 60 degrees minimum to keep the filler in place and avoid larger gaps developing.

The finish is a Swedish product called Glitsa. Glitsa finished floors should *never* be waxed. Do not use oils or waxes, or cleaners that have these properties. If wax or other treatments are applied, recoating may not be possible. From a safety standpoint, wax on these floors will be extra-slippery and could cause a fall.

If the floor begins to show wear and does not clean easily, recoating is recommended. Glitsa Aerosol is available for minor repairs or touch up.



These kinds of floors should never be waxed. Do not use oils or waxes, or cleaners that have these properties. If wax or other treatments are applied, recoating may not be possible.

LECTIONARY READINGS

August 31 [RE-BOOK: WHAT I LEARNED ON SABBATICAL]:
Exodus 3:1-15; Psalm 105:1-6, 23-6, 45c; Romans 12:9-21; Matthew 16:21-28

September 7 [ROCKIN' ROUND UP] (Communion):
Exodus 12:1-14; Psalm 149; Romans 13:8-14; Matthew 18:15-20

September 14 [A STITCH JUST IN TIME] (Quilt Show):
Exodus 14:19-31; Psalm 114; Romans 14:1-12; Matthew 18:21-35

September 21 [YOU'VE GOTTA BE KIDDING!]:
Exodus 16:2-15; Psalm 105:1-6, 37-45; Philippians 1:21-30; Matthew 20:1-16

September 28 [LET'S BLAME OUR LEADERS]:
Exodus 17:1-7; Psalm 78:1-4, 12-16; Philippians 2:1-13 ; Matthew 21:23-32

[Return to Home Page](#)

Springwater Presbyterian Church

Mailing Address:

P.O. Box 1017

Estacada, Oregon 97023

Location:

24553 S. Springwater Rd.

Estacada, Oregon 97023

Forward & Address Correction