

Springwater CURRENTS

Springwater Presbyterian Church
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A Place of worship, service and nurture for God's people of all ages

July 2010

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Summer Sunday Schedule

9:45 AM Hymn sing
10:00 AM Worship
11:15 Fellowship

Deadline for next
newsletter:

July 26



July birthdays

Jessie Jo Guttridge	7/05
Richard Scott	7/05
Mel Kramer	7/10
Don Guttridge	7/15
Cody Johnson	7/16
Stephen Shibley	7/17
Carol Sturman	7/26
Jennifer Souders	7/26

July Anniversaries

Robin & Sam Fisher	7/18
Tami & Don Guttridge	7/22
Don & Bettie Barbee	7/27



Special days in July

July 4: Independence Day
July 18: **Church Birthday**— worship and potluck in the canyon. Bring a folding chair and food for the picnic. Worship will feature speakers from the congregation.





Springwater Presbyterian Church

Pastor's Perspective

It might be the best thing we do all year. This year it was even better, because we shared it with so many children from outside our congregation.

This year's experience of Vacation Church School (VBS) was so amazing, I've had to think about the nature of gifts God gifts us. For a long time, I've known that working together as a community enhances our gifts as individuals. I only had to watch the youth and adult leaders at VBS this year to see how encouragement from others draws out the best in us.

But I grew up hearing that "God asks our best of us." What I thought that meant—as perhaps did many of you—is that we were supposed to work harder and accomplish more. For God's sake.

A Different Spin on Things

Now older and hopefully wiser, I have come to understand this saying differently.

What if "God asks our best of us" meant something different? What if it meant that God delights in empowering us to do what we love and to get better at doing it?

That puts a whole different spin on things. That makes *what we do* an act of worship, because we are offering it to God. That gives a completely different incentive to improve in what we do, because what we do is something that gives us joy. And the more we do it, the more joy it gives us.

I would never have figured this out had I not been the recipient of the generous encouragement of both adult and youth leaders at VBS this year. It was more than "making sure everyone gets a chance," although there was plenty of that going around. Maybe it was the adults modeling a gracious "What would you like to do?" at the beginning of the week. Maybe it was the permission to change positions when things weren't running optimally. Maybe there was so much to do so folks responded by being willing to do whatever was necessary.

I don't know, but it sure looked like "being church" to me—offering our best to God, giving each other the space and permission to get better at it.

See you in church

That makes *what we do* an act of worship, because we are offering it to God.

Springwater Presbyterian Church

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That is pretty hard to believe, isn't it? But it is true!
Springwater PC has become partners with

www.amazon.com and www.igive.com These 2 online companies want to help you support your favorite cause/charity. They both allow you to purchase online items through them and both will donate a percentage of your purchase price to the church.

If we all begin to practice this way of shopping, the church would receive a small, but steady, income stream and it would be painless and automatic.

Be watching for announcements about 15 minute training sessions with Kathy Scott. In July, the church will have CDs available to take home that will have instructions and a visual walk-through to help you learn more about this new thing we are doing.

Buildings and Grounds Actions

- We hired a property manager for renting the manse.
- The manse is rented and will be occupied July 1st.
- The committee will be focusing on windows in the church in July.
- We will be pruning shrubs later this summer. Watch for details about how you can help.
- The clean up of the maple tree taken down behind the manse is complete. Gilbert Shibley, Dick Scott and Gary Guttridge held several work parties to finish this job. Thanks to them for all their hard work.

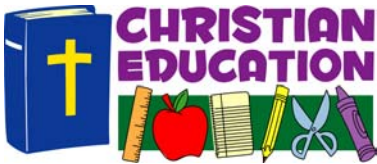
Springwater Youth Activities

The Springwater Youth Group is now planning to meet socially once per month. We gathered at the church on the first Friday of May and June to watch (and verbally embellish) old "Dr. Who" videos. As the first Friday in July fell on the holiday weekend we decided to postpone the July meeting. Peter will work with the group via e-mail to set up something for July.

We raised \$ 245.00 for the Youth Group at the car wash on June 5th. We discussed buying a ping-pong table but there did not seem to be a lot of interest within the group. There was a lot of enthusiasm for air hockey so if anyone knows of a decent used one please let Peter know.

Peter Sturman





CREATION STATION WRAPS UP



"God saw all that he had made,
and it was very good.
And there was evening, & there
was morning — the sixth day."

Genesis 1:31



At the beginning of the year, Renate Jeppeson and Pastor Eileen searched available Vacation Church School (VBS) curricula and agreed that nothing looked like something Springwater would feel comfortable doing. At about the same time, Pat Berger (pastor at Covenant Presbyterian in Gresham) discovered something similar for their church. A joint curriculum-planning meeting took place that hatched more ideas than could have hatched otherwise.

When Springwater's potential teachers met, each one contributed more exciting ideas, playing off the ideas of the others. If it takes a village to raise a child, it takes a whole congregation to make VBS.

As Director, Renate provided plenty of permission and encouragement for more creative thinking. In addition, she designed the beautiful promotional posters, made phone calls to volunteers, recruited teachers, took registrations, talked things over in the planning stages and understood their implications. She advocated, invited, organized, watching to make sure nothing fell through the cracks.

Eileen Parfrey was "storyteller extraordinaire". She led the opening and closing worship time, teaching the children special prayers for the earth and telling the creation story in a new and exciting way each day.

Our mission co-worker in central Asia was with us on Monday. She shared some of the special needs of children in that part of the world and some ways they celebrate creation. She really made an impact with the children, who were talking about her visit all week. The children of VBS raised over \$200 to send to her, for books for children who sometimes must sit three at a desk to share their rare books.

Kathleen Souders took a week of vacation to lead in music. Camp-named Kat, she searched for music to enhance each day's theme, in addition to writing several songs.

Jennifer Souders planned and executed cooking activities related to each day's theme of soil, fish, and animals, without resorting to actually eating those subjects!

Deb Ingamells brought her teaching experience to bear on developing arts and crafts—both for the children to take home each day and to enhance our sanctuary space. Deb reinforced the Creation Station Theme of caring for creation, by innovatively repurposing materials for the art projects.

Travis and Bryce Babikoff, camp-named Moose and Rock, led games related to each day's creation theme.



Springwater Presbyterian Church

Creation Station VBS

Leala Harris of Eagle Creek Presbyterian drove grandchildren and served snacks and made sandwiches for lunch. Cindy Babikoff trained and supervised the youth leaders. Margie Smith (daycare provider and our neighbor on Springwater Road) brought many of her young charges. Gilbert Shibley (aka "Planter") led the children through our woods and helped them appreciate the parts of creation closest to home. Mary Kirby treated everyone to face painting on Friday.

Session encouraged us to make VBS an outreach event. We knew that, for many children in our area, school lunch is the best meal of the day. We served. Tami Guttridge led that effort, with Deb Odell doing the shopping. Valerie Ballantyne (Hitchin Post Pizza) provided our celebration lunch on Friday.

Creation Station bibliography

Here is a list of the books used to tell the creation story at Vacation Bible School.

[And God Created Squash: How the World Began](#) by [Martha Whitmore Hickman](#) and Giuliano Ferri

[Mr. and Mrs. God in the Creation Kitchen](#) by Nancy Wood and Timothy Basil Ering

[At Break of Day](#) by [Nikki Grimes](#) and Paul Morin

[Big Momma Makes the World](#) by Phyllis Root and Helen Oxenbury

Letters to God– by VBS students

Dear God:

Thank you for the earth and I like the earth because it is my home.

Thank you for horses! Thank you for flowers!

Thank you for ladybugs!

Thank you for colored markers.

Thank you for making pear trees and apple trees.

I really like red apples. Thank you for trees.

Thank you for butterflies. I like them because they're so cute.



**Parish
Nurse
Report**

**Amount of Vitamin A in
some common foods**

Carrots, 1	8700 IU
Cantaloupe, 1 c	5400 IU
Spinach, raw, 1 c	2800 IU
Milk, fortified skim, 1 cup	500 IU
Egg substitute, ¼ cup	226 IU
Papaya, 1 c	1500 IU
Mango, 1 c	1300 IU
Peach, 1 med	320 IU



Benefits of Vitamin A

Vitamin A is a group of compounds that play an important role in vision, bone growth, reproduction, cell division, and cell differentiation. Vitamin A helps regulate the immune system, which helps prevent or fight off infections by making white blood cells.

Vitamin A promotes healthy surface linings of the eyes and of the respiratory, urinary, and intestinal tracts. It helps the skin and mucous membranes function as a barrier to bacteria and viruses.

Vitamin A found in foods from animal sources is called preformed vitamin A. It is absorbed in the form of retinol. Sources include liver, whole eggs, whole milk, and some fortified food products. Vitamin A found in colorful fruit and vegetables is called provitamin A carotenoid. Of the 563 identified carotenoids, fewer than 10% can be made into vitamin A in the body. Some provitamin A carotenoids have been shown to function as antioxidants.

The major contributors of retinol are milk, margarine, eggs, beef liver, and fortified breakfast cereals, whereas major contributors of provitamin A are carrots, cantaloupes, sweet potatoes and spinach.

Recommended Daily Allowances

1-3 year old 1000 IU per day
4-8 year old 1320 IU per day
9-13 year old 2000 IU per day
14-18 year old 3000IU per day for males and 2310 IU per day for females
19+ males 3000 IU per day, females 2310 IU per day, pregnancy 2565 IU per day
Breastfeeding moms 4300 IU per day.

Too much vitamin A is called hypervitaminosis which refers to high storage levels of vitamin A. This can lead to toxic symptoms. There are four major adverse effects: birth defects, liver abnormalities, reduced bone mineral density that can result in osteoporosis, and central nervous system disorders. A high intake of provitamin A carotenoids (eating too many carrots) can turn the skin yellow, but this is not considered dangerous to health.

So happy eating,

Mary Johnson, RN



Deacon Report

The deacons started training in June to learn the elements of visitation. We hope to be visiting members of the congregation and want to be sure that we are doing it in a way that is helpful to you and to the church.

Visitation is not just a friendly chat with a neighbor, it has a purpose.

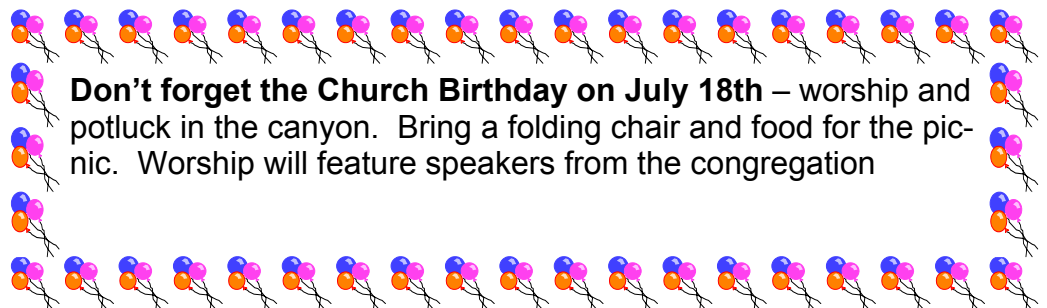
- First, we want to bring greetings from the church to each person.
- We want you to know that we hope you will come regularly and have the feeling that you are part of our community.
- We want you to feel that this is a place that can give support and enrich lives.
- We want to help new people find connections to church that can be life-giving.
- We want to get to know people better. We hope to find out who you are, what your interests are, what you hope to find here at church, a bit about your family and history.

These things are all aimed at finding how we can serve you and finding ways for you to connect with us.

We have invited the Eagle Creek PC deacons to join us in training. We hope to forge a useful relationship with them and we already have found that their experiences, though much like ours, bring a richer body of knowledge to this training and that we will provide another dimension for them as well.

Your current deacons are:

- Carol Sturman (hospitality)
- Mary Shearer (Mission promotion)
- Mary Johnson (Health and Wellness)
- Kathy Scott (Moderator)



Don't forget the Church Birthday on July 18th – worship and potluck in the canyon. Bring a folding chair and food for the picnic. Worship will feature speakers from the congregation

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LECTIONARY READINGS

July 4 (NATIONAL TROUBLER): 1 Kings 18:41-46; Galatians 6:1-16; Psalm 30

July 11 (ORDERLY TRANSITION OF POWER): 2 Kings 2:1-2, 6-14; Psalm 82

July 25 (ROOTED AND GROUNDED): Colossians 2:6-15 (16-19); Psalm 85

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: 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