



# CENTRAL

CENTRAL PRESBYTERIAN CHURCH  
A CARING, INQUIRING, INCLUSIVE COMMUNITY

June 2021 Vol 21, No 6



Tuesday, June 1  
Miriam Circle  
9:30am ~ Parlor

Wednesday, June 2  
Martha Circle  
11:30am ~ Zoom

Book Group  
2:00pm ~ Parlor  
3:30pm ~ Zoom

Sunday, June 6  
Lord's Supper ~ 10:00am

Friday, June 18  
Office closed in observance  
Of Juneteenth

Sunday, June 20  
Father's Day

Mondays @ 11:00am  
Bible Study

## SUNDAY SERVICES

We have resumed weekly Sunday morning 10:00am worship services in the sanctuary. To join in live from home or view later, click this link:

<https://vimeo.com/centralpreseugene>



## Ordinary Time

In the church there are two blocks of time that revolve around our central feast days of Christmas and Easter. The Christmas season begins for us with Advent and stretches through to Epiphany. The Easter season begins with Lent and carries us through Eastertide to Pentecost. The Sundays in between those two seasons are sometimes numbered as the Sundays after Epiphany or after Pentecost, but they are more commonly called the Sundays of *Ordinary Time*.

Ordinary time is where we find ourselves as the month of June begins. But despite the freedoms we feel this June as compared to last June, time does not feel ordinary. The last year has caused us to remember just how precious each 'ordinary' thing in each 'ordinary' day really is. This June, we can meet up with friends for a meal. We can hug loved ones who don't live in our house. We can buy groceries - in person, at peak times - without worrying. There are so very many 'ordinary' things that feel extra-ordinarily precious this June.

Traditionally, one of the gifts of ordinary time in the church year is that it gives us each the opportunity to delve a little deeper into our own spiritual practices. One practice I have been drawn to as we emerge from this pandemic is the breath prayer. This is a practice that pairs your breath with a few short words. One way to form your breath prayer is to choose one of the names for the Divine (if you need ideas, the Bible has many!), and pair it with a simple prayer - either a petition or a reminder of a promise given us by God. You might say,



The Season of  
ORDINARY TIME

*Holy Spirit, Grant Us Peace*

*Jesus, Re-Member Me*

*Gracious One, I Abide in You*

Another method is to take a scripture and use the sentiment in it to form your breath prayer. That might look like:

*Your Grace, is enough for me. (2 Cor. 12:9)*

*There is no fear, in your Love. (1 John)*

*You are my Refuge, and Strength. (Psalm 46:1)*

Once you formed your short prayer, slowly take a deep breath in and silently pray the name for God or the first part of the verse. Then slowly let your breath flow out as you silently say the rest of your prayer. Some people find it helpful to add simple movements to each phrase, others prefer sitting still with their eyes closed, and still others like to do breath prayers while walking. However you practice it, repeat your prayer for a while, about ten to twenty times or more. Then, as you finish your time of prayer, give yourself a moment to rest in the presence of the Holy.

Breathing in and breathing out. An ordinary, everyday occurrence. Yet, also, a miracle that sustains us and gives us our very life. If you have never tried it before, I hope you'll give breath prayers a chance. It seems a fitting practice as we jointly catch our breath after a trying year and prepare to move together into this extraordinary ordinary time.

## CENTRAL MURAL UPDATE

Bev Day



Good news – the Session has selected an image for our eastwall mural. Our muralist, Kylie Nelson, has been very patient and has revised images multiple times to come up with just the right idea for our new mural. We will begin work this summer AND we will need lots and lots of helpers. Stay tuned for more information about ways you can participate. Volunteer to paint, provide snacks, and lead a cheer to keep the crew going. All will be welcome.

The final cost will be \$2000 to \$4000. Any help you can give toward the total, large or small, will be gratefully received.

## SHERYL PETERSON ACCEPTS NEW POSITION

THANK YOU!

It is with deep sadness that I will be leaving my position as the office manager at CPC. A childhood neighbor and schoolmate has asked me to join his long-time multi-generational family business as their office manager after theirs recently passed away. This is a wonderful opportunity to join their highly successful business that has spanned over 50 years in Eugene. I appreciate the opportunity to serve as your office manager and have enjoyed my time with CPC and will truly miss everyone. My last day in the church office will be Thursday, June 3.

## CENTRAL PRESBYTERIAN CHURCH STAFF

*Pastor: Rev. Jennifer Martin*  
*Organist: Dan Rinnan*  
*Director of Music: Cole Blume*  
*Sound Technician: Alex Pratt*  
*Office Manager: Sheryl Peterson*  
*Financial Secretary: Arlene Hudgins*  
*Maintenance Custodian: Jair Velasquez*  
*Building Host: Joe Olney*

### SESSION

Class of 2022	Class of 2023
Barbara Cookson	Bev Day
Jane Holmes	Nancy Richter
Susan Schroeder	Pam Sheridan

Class of 2024  
 Kirsten Kelso  
 Rick Larson  
 Alice Schroeder

*Moderator: Rev. Jennifer Martin*  
*Clerk of Session: Merle Bottge*  
*Treasurer: Del Hawkins*  
*Nominating Committee Chair: Barbara Cookson*

### DEACONS

Class of 2022  
 Laurie Inglis  
 Jordan Ryder

Class of 2023  
 Susan Bloom  
 Karen Dyste  
 Quentin Holmes  
 Patty MacAfee

Class of 2024  
 Nancy Carlson  
 Louise deKluyver  
 Jacquie Litchfield  
 Yvonne Young

### ENDOWMENT FUND COMMITTEE

Chair:	Kathleen Beisse
Marci Gordon	Pat Hocken
Patty MacAfee	Jane Rimerman
Steve Stermer	Jim Whitmore

PRESBYTERIAN WOMEN: Jane Holmes, Moderator

Newsletter  
**DEADLINE**

Central articles are due the third Monday of each month. Articles for the July Central Newsletter are due on Monday, June 21, 2021.



## MINISTRY OF CHRISTIAN DISCIPLESHIP

*Matthew 25:35-36. "For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me."*



**May and June Coin Offering:**  
The Hub: It's All Right Here is a partnership between Willamette Family, Inc. and St. Vincent de Paul of Lane County. The Hub is located in two modular clinics that were donated by Lane Community

College and were moved to the Dawn to Dawn site on Hwy. 99N. Long recognized as primary barriers to housing, painful and/or chronic health conditions, mental illness and substance abuse will be addressed by Willamette Family staff and volunteers, making it easy to access and have follow-up treatment if needed. Patients who lack medical insurance can receive help enrolling in the Oregon Health Plan.

By addressing health concerns early before they turn into emergencies and making referrals in more concerning cases, The Hub will reduce patient volume at urgent-care clinics and hospital emergency rooms. The Hub is open Monday through Friday from 8:00 a.m. until noon. The major health issues to be addressed are alcohol and drug assessment and treatment, detox referral, help with OregonHealth Authority paperwork, mental health support and referrals, referrals for housing, food, dental and/or more specialized care. One of the goals is to have all beginning services in one location to make all types of health care easier to obtain. Please visit their website to learn more. <https://www.svdp.us/news/article/the-hub>

**Thank you for your continued generosity in Mission giving this year.**  
We have been able to support two local nonprofits with our monthly coin offering.

January-/February - Burrito Brigade  
\$540.50

March/April - McKenzie River Trust  
\$995.00

These organizations appreciate our support!



Our congregation contributed \$2450 to the One Great Hour of Sharing Special Offering. Thank you!

## WHAT'S HAPPENING WITH FISH?

Merle Bottge

### FISH Is Reducing Its Hours for the Summer

When the Covid-19 pandemic hit, FISH thought it would be overwhelmed with requests for food and prescription



assistance, but the opposite has happened. Donations to FISH increased, but the calls for food and prescription assistance plummeted. It is only the requests for propane that have increased. And while we have some theories as to why this has happened, we really don't know.

Too often, the volunteers at FISH are ready to hand out food, but no one comes. So starting June 1 the FISH call line and food cupboard will be open only on Tuesdays and Thursdays. Therefore, FISH is suggesting that you either hold your food donations and paper bags for a while, or donate them to another group. Thank you for all your generosity; we'll let you know when the need returns.

## CENTRAL REMODEL UPDATE

Steve Stermer

When you are in the church building look at the Shadow Box of Colors and Materials as prepared by our Architect Q Sperry and his staff. The box is in the office on the reception desk. There is a key that goes with the box so you can see what goes where.



The Remodel Committee met in May, and we are happy with what was prepared but want to possibly fine tune a couple of the color options.

Architect Quince has received information back from the structural engineer. Once plans are completed, he will submit them to contractors for construction bids.

Thank you for keeping the remodel project and committee in your thoughts and prayers. We will continue with updates as the project progresses.

Committee members are Alice Schroeder, Bob Bottge, John Sheridan, Nancy Richter, Steve Stermer, and Rev. Jennifer Martin.

## CHEERS FOR RECYCLING

Barbara Cookson



Thanks to all who continue to recycle at Central. All items must be rinsed in a bleach solution because of the COVID-19, and we will not accept material from anyone exposed to COVID-19.

Check with Barbara for more information or, perhaps, to volunteer help next time. Barbara would like people to put their name and phone number on the bags of plastic that they will eventually bring to Central. We will have Recycle Sunday as soon as we can. Please save the usual items.

## LECTIONARY FOR JUNE

### Sunday, June 6

1 Samuel 8:4–11 (12–15) 16–20 (11:14–15)

Psalm 138

Psalm 130

2 Corinthians 4:13–5:1

Mark 3:20–35

### Sunday, June 13

1 Samuel 15:34–16:13

Psalm 20

Corinthians 5:6–10 (11–13) 14–17

Mark 4:26–34

### Sunday, June 20

1 Samuel 17:(1a, 4–11, 19–23) 32–49

Psalm 9:9–20 or 1 Samuel 17:57–18:5, 10–16

Psalm 133

2 Corinthians 6:1–13

Mark 4:35–41

### Sunday, June 27

2 Samuel 1:1, 17–27

Psalm 130

2 Corinthians 8:7–15

Mark 5:21–43



18 Frank & Nancy Carlton  
21 Gerry & Carolyn Keener  
29 John & Nonie Koelling



3 Martha Shaebanyan-Bady  
9 Joe Olney  
10 James Brown  
15 George Grier  
19 Michael Boonstra  
20 Quentin Holmes  
23 Lu-Nita Hawkins  
29 Karen Dyste  
30 Cyndee Childs

## LITTLE FREE PANTRY UPDATE

Nancy Richter

The Ministry of Mission and Christian Discipleship would like to thank you all for helping to make our Little Free Pantry program help meet the needs of those experiencing food insecurities. We have been up and running for two weeks and being well received by those in need. We are currently using the cupboards by Room 121 as our storage for the Little Free



Pantry program. On Pentecost Sunday, the MCD team restocked the Little Free Pantry and took inventory of some food items in need of being refilled.

Remember, many of those who use this pantry will not have a way to heat or cook the food. So fully cooked foods are preferred. Items currently in need are: canned meats; tuna, chicken, stews, chili (pop top lids preferable); pasta sauces; mac and cheese pkgs; canned veggies; canned fruits or fruit cups; canned soups (pop top lids preferable); cereals.

These items may be dropped off at the church during normal work hours or brought to church on Sunday mornings. You yourself, may also refill the Little Free Pantry any time.

The MCD team thanks you for your continued generosity of our Mission programs.



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**Mission Statement**  
*Central Presbyterian Church is  
a caring, inquiring, inclusive community of faith.*

