

Central

A caring, inquiring, inclusive community of faith

Vol 23 No 5

May 2023

Not all events are listed here, Please check our website for all weekly events.

Tuesday, May 2

Miriam Circle
9:30am~Parlor

Wednesday, May 3

Martha Circle
11:30am~Parlor
Group Voice
5:30pm~Chapel
Choir Rehearsal
7:00pm~Sanctuary

Thursday, May 4

Ministry of Christian Discipleship
10:00am~Zoom

Sunday, May 7

Anniversary Sunday
Congregational Meeting
Presbytery Mtg
Presentation on Socially Responsible Investing
11:15am~Chapel

Monday, May 8

Endowment Mtg
3:30pm~Zoom

Tuesday, May 9

Personnel
9:30am~Zoom
Properties
11:00am~Zoom

Thursday, May 11

Worship & Common Life
10:30am~Zoom

Monday, May 15

Finance
4:30pm~Zoom
Session
5:30pm~Zoom

Tuesday, May 23

Prayer Shawl Ministry
1:30pm~Parlor

Thursday, May 25

Deacons
5:30pm~Zoom

Sunday, May 28

Pentecost Sunday
Installation of Officers
10:00am~Sanctuary



Rev. Martin is away on sabbatical focusing on the theme 'A Return to the Table.' While she is away, she is sharing some of her favorite seasonal recipes for us to try.

Asparagus & Cream Cheese Sandwiches

When I was in college one of our favorite places to go when we went off campus was a lovely little family owned health food store and lunch spot called The Tiffin Shop. The owner, a woman named Shanti, made the most delicious soups and sandwiches. This was one of my favorites. Although I never got her official recipe, I have tried to recreate it from memory, so it is more of a method than an exact recipe. If you don't want a whole

batch, it is also a great way to use up leftover roasted or steamed asparagus, and you can adjust the other ingredients accordingly. I enjoy it occasionally now when asparagus comes into season in the spring. It always brings fond memories of lunches with college friends.

INGREDIENTS

One bunch of asparagus, cleaned and any rough, woody ends trimmed
1-2 tsp Olive oil
Salt
Pepper
8 oz Cream Cheese, softened
(regular, light, or even tofutti tofu would probably work)
Rye bread
Butter
Parmesan cheese, grated

Make filling:

Preheat oven to 425. Lay asparagus on a rimmed baking sheet. Drizzle with olive oil, sprinkle with salt and pepper. Roast for 10- 20 minutes depending on thickness of asparagus. Remove from oven and let cool. Chop asparagus and place it along with the softened cream cheese in a food processor. Pulse until blended together well. Taste for seasoning and add salt if needed. At this point it can be stored in the fridge if you don't want to make sandwiches immediately.

Assembling Sandwiches:

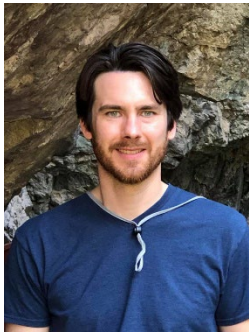
For each sandwich you make you will need two pieces of rye bread. Toast one of the pieces. Spread the toasted slice of bread with the asparagus filling. Butter the second slice of bread, and top the butter with grated

parmesan cheese. Place the second slice of bread on top of the toasted, bread and filling, leaving the parmesan side facing up. Finally, place the whole sandwich in a toaster oven or under a broiler and toast until filling is warmed and parmesan on top is melted and toasty. Let sandwich cool, then slice in half. It is very rich - yummy with a simple salad of greens.

Enjoy.... Rev. Jennifer Martin



Session Notes



Welcome new member Jeremy Caudle. During worship on Easter Sunday, Jeremy was received as a member of Central Presbyterian Church by baptism and profession of faith.

Central Presbyterian Church Staff

Pastor: Rev. Jennifer Martin
 Youth & Children Ministry Coordinator:
 Rev. Maggie Lewis
 Director of Music: Kendra Taylor
 Pianist: Michelle Sulaimen
 Organist: Barry Anderson
 AV Technician: Sunny Waldorf

OFFICE STAFF

Office Manager: Monique Jones
 Financial Secretary: Arlene Hudgins
 Building Host & Custodian: Jose Tobon

SESSION

Bev Day	Kirsten Kelso
Nancy Richter	Rick Larson
Susan Schroeder	Pam Sheridan
Alice Schroeder	

DEACONS

Susan Bloom	Karen Dyste
Quentin Holmes	Carolyn Keener
Gerry Keener	Patty Mac Afee
Louise deKluyver	Jacquie Litchfield
Yvonne Young	Karol Buxton
Jackie Onstad	

ENDOWMENT FUND COMMITTEE

Rick Larson	Quentin Holmes
Peter Carlson	Jane Rimerman
Steve Stermer	Jim Whitmore
Jean Tesche	

NOMINATING COMMITTEE

Susan Bloom	Helen Martz
Barbara Cookson	Nancy Richter



NEW ZOOM LINK

As you know, Jennifer is on her sabbatical. She is the owner of our Zoom

account, and for unknown reasons it will not let us host the Zoom meetings with that link.

Therefore, from now until July 12, when Jennifer returns, we will be using a temporary link. I will be sending it out with the "What's Happening" each week as well. Below is the Meeting ID and passcode needed for the Zoom meetings.

Meeting ID: 611 039 5659

Passcode: Central555





CONGREGATIONAL MEETING MAY 7

There will be a special meeting of the congregation in the sanctuary immediately

after worship on May 7 to elect elders, deacons, members of the Endowment Fund Committee, and members of the Nominating Committee. All members of Central Presbyterian are urged to attend.



MAY 7 + ANNIVERSARY SUNDAY

On this first Sunday in May, Central celebrates the 168th anniversary of it's founding in Eugene on 1855. We will celebrate Central's connection with the congregation,

community, and country in worship at 10:00 am and Adult Education at 11:15 am.

Rev. Rob Hagan, Ministry Relations Officer, Presbyterian Foundation, will lead worship and Jim Hitson, Assistant Vice President, Financial and Investment Planning, New Covenant Trust Company, will lead adult education, Socially Responsible Investing as a church mission.

Meeting Jesus at the Table class will resume next Sunday.



PRESBYTERIAN WOMEN NEWS CIRCLES

CIRCLES - The two circles, Martha and Miriam, are wrapping up the Bible Study *Celebrating Sabbath*. However, anyone can still

join in either group for fellowship and study. Contact Jane Holmes or Nancy Richter for details.

BIRTHDAY TEA Since 1922, Presbyterian Women cross the country have helped fund mission projects that improve lives. During COVID, we

were unable to gather for fellowship, lunch or tea to hear about the recipients of the Birthday Offering. But on June 13, we will again have a tea with cookies, etc, learn about the 2023 recipients, and receive our offering for these projects. More information will be coming, but **SAVE THE DATE!**

WELCOME KITS FOR PEACE VILLAGE

We are excited to participate in the mission of Peace Village, which is being built on River Road in Eugene for the unhoused. More information on this project in our backyard will be coming soon. A planning meeting will be held to assemble lists of items needed by people. In the meantime, you can drive by the development, located on the grounds of Peace Presbyterian Church off River Road, or see the Presbyterian Women bulletin board located in the narthex. Contact Person: Jane Holmes (541) 933-3324



PENTECOST SPECIAL OFFERINGS

**Nancy Richter
We Are There**

The Pentecost Offering is one of four Special Offerings in the Presbyterian (USA) Church. The Pentecost season this year is from April 10-May 28 with Pentecost Sunday on May 28, 2023. The Pentecost Offering is all about youth. 40% of this Special Offering will stay with our congregation to support local ministries with children, youth, and young adults. 25% supports Young Adult Volunteers serving in communities around the world and growing as leaders through transformative Christian service. 25% supports Ministries with Youth, especially the Presbyterian Youth Triennium. The remaining 10% is devoted to children at risk and supports programs to improve education and provide safe havens. We are there to create opportunities for young people to grow,

thrive, and take part in building up the body of Christ through our gifts to the Pentecost Offering. Please join us in supporting this Special Offering, *and remember, if we all give a little, it adds up to a lot.* We thank you.



**May/June
Coin Offering
Well Mama
Nancy Richter**

Our Coin Offering for May and June

is dedicated to Well Mama. This is a non-profit organization providing pregnancy and post partum mental health support services to new, expectant, and grieving parents. They support families and caregivers struggling with emotions related to reproductive health issues, including pregnancy, the first few years postpartum, adoption, infertility, and perinatal loss.

Well Mama was founded by Csilla Andor, an Oregon coordinator for Postpartum Support International, to provide free social support services. These services are to support maternal mental health during and after pregnancy. Together, Andor and Amy-Rose White, who is also an Oregon PSI Coordinator, founded WellMama Maternal Mental Health and Support Services.

These two women created these services following their own experiences with perinatal anxiety and depression. Even though they were trained clinical social workers, neither Andor nor White had received education about reproductive emotional health issues. In 2017 WellMama served over 700 women and provided training to over 300 professionals.

WellMama offers accurate information and confidential, non-judgmental support to individuals who may be experiencing perinatal mood or anxiety disorders and

those who support them through a free warm-line, email and text support, and group and wellness services. WellMama also offers education, consultation, and training to the professional community on the most recent research on prevention, screening, diagnosis, and treatment of perinatal mood and anxiety disorders. WellMama has a commitment to Diversity, Equity, and Inclusion. The Ministry of Mission and Christian Discipleship thanks you for your continued generous support of the Coin Offering Program.



The Saturday Evening Post

**STUFF
Wesley Lachman**

When our youngest daughter moved into our home a few months ago, we discovered that during the seven years we

have lived here we have accumulated a lot of stuff. We needed to clear a space for her. Do you have stuff at your house? What is stuff, anyway? Perhaps stuff is things that get stuffed into closets, drawers, little spaces, or anywhere we can stuff the stuff. We may not have touched something for years but we keep it around anyway.

If we look at our stuff carefully, we will see that from a spiritual point of view, we are clinging to it. For example, I have a small, 3/4-size guitar. After several years of neglect, it would take some considerable time and effort for me to play it again. But during the wildfire season, when I heard that we might be evacuated due to a fire near Eugene, the guitar was the first thing that I thought of tossing into the back seat of our car. I was attached to it.

So what is attachment? We might say that attachment is to regard a person or thing as if it were attached to our body, perhaps even under the skin. We imagine that it would be so painful to remove it. But usually, this attachment goes unnoticed. We are not

aware of it. We just feel that we need to stuff this thing into our house somewhere because we're not ready to donate it to St. Vincent.

What is to be done when all the nooks and crannies are filled and we don't wish our living space to feature piles of papers, books, and things stacked everywhere? Can we learn to give away or throw away what is truly not needed?

Remember this? *Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal. Our treasured earthly stuff will be taken from us, sooner or later, and finally by death.*

An old story tells us how to deal with our attachments. Suppose that you feel pain, it's in your hand. You look down and find that you are holding a red-hot coal. Immediately you drop the coal and start to feel better. Again, say that you look down and see a big stack of old photos, programs, and souvenirs stuffed into your lower desk drawer. It looks as if no matter what you do, you are going to have some pain. You will have the pain of having to spend time selecting which ones to keep, the pain of losing some great photos if you throw them all out, or the pain of having them continue to clutter up your desk. But instead, you can begin to notice that this stuff is not actually attached to you. You can just let go of this stack in your mind. Then you may become more free of this stuff and see more clearly what to do next.

GROUP VOICE



Kendra Taylor our Director of Music is working with singers from the Eugene Gay Men's Choir

(EGMC) on Wednesday evenings from 5:30-6:30pm in the Chapel. We will work on singing technique, music reading, and applying the concepts of solo singing to choral singing. If you would like to learn alongside EGMC singers, you are welcome to join the EGMC community for this series of Wednesday evening classes. *Note: Due*

to the nature of the course, we will not be masked while in the Chapel. If you plan on attending, please let Kendra know by emailing: kendra.marie.taylor@gmail.com



3rd

**Julianne Stermer
Dan Rinnan**

6th

Matt Dyste

12th

**Dawn Brown
Patty Jacobs
Barry Anderson**

14th

Michelle Sulaiman

15th

John Freda

16th

Mary Gent

17th

G Choi

19th

Jim Whitmore

22nd

Linda Meadows

27th

Margie Lininger

30th

John Hocken

CENTRAL PRESBYTERIAN CHURCH
555 EAST 15TH AVE
EUGENE, OREGON 97401



1st

Jim & Mary Gent

16th

John & Kyung Gregor

20th

Dave & Kathy Raines

26th

Randy & Pat Kolb