



Sundays in October

10:00am Worship~Sanctuary
11:15am Adult Education

Mondays in October

11:30am Bible Study~ Parlor
6:30pm Badminton Group~Fellowship Hall

Tuesday, October 1

9:30am Staff Meeting ~Front Office
9:30am Miriam Circle ~ Parlor

Wednesday, October 2

11:30am Martha Circle ~ Parlor

Thursday, October 3

9:00am MCD ~ Zoom
6:00pm Bell Choir Rehearsal ~Sanctuary
6:45pm CPC Choir Rehearsal ~Sanctuary

Friday, October 4

10:00am Church Women United ~ Community Room

Tuesday, October 8

11:00am Properties~Zoom
1:30pm Personnel~ Zoom

Thursday, October 10

10:30am Worship & Common Life ~Zoom

Wednesday, October 16

1:00pm Fiber Artists ~Parlor

Thursday, October 17

6:00pm Bell Choir ~Sanctuary
6:45pm CPC Choir Rehearsal~Sanctuary

Monday, October 21

Central Articles Due
5:30pm Session~Zoom

Tuesday, October 22

1:30pm Prayer Shawl Ministry ~ Willamette
Oaks

Thursday, October 24

4:00pm Deacons~Zoom
6:00pm Bell Choir ~Sanctuary
6:45pm CPC Choir Rehearsal~Sanctuary

From the Pastor's Pen...



*I'm so glad I live in a world where there are Octobers.
- Anne Shirley in Anne of Green Gables by L.M.
Montgomery*

*Let the countryside and everything in it celebrate!
Then all the trees of the forest too will shout out
joyfully before the Lord
because the Holy One is coming!
- Psalm 96:12-13a*

It's no secret that I LOVE the autumn.

I just get happy when the weather gets a little cool and crisp in the morning, a variety of crunchy apples are ours for the picking, and leaves on so many of the trees seem to glow from within. It's a season of abundance, gratitude, and it teaches us that life is filled with changes.

Some changes are easier than others of course. Not all of them are as welcome as apple cider and autumn leaves. As our country prepares for fall elections, there are many who are feeling anxious about the changes that will bring. Several of our members face changes in family, health, and living circumstances that give them pause. Some of us are marking difficult anniversaries and facing hard choices. And, of course, some changes we simply cannot predict.

One change we face together is that as both the secular and church calendars wind their years down, ironically our activities here at CPC actually begin to pick up. There are many opportunities for us to gather, learn, pray, and play together in the coming

CENTRAL PRESBYTERIAN CHURCH STAFF

Pastor: Rev. Jennifer Martin
Director of Music: Kendra Taylor
AV Technician: Sunny Waldorf
Office Manager: Monique Jones Rodriguez
Financial Secretary: Arlene Hudgins
Maintenance Custodian: Jose Tobon

SESSION

Bev Day
Kathleen Beisse
Susan Schroeder
Jean Tesche
Barbara Cookson
Rick Larson
Pam Sheridan
Nancy Richter

DEACONS

Mary Breiter
Lu-Nita Hawkins
Gerry Keener
Laurie Inglis
Karol Buxton
Karen Dyste
Carolyn Keener
Quentin Holmes
Wendy Unsain
Yvonne Young

ENDOWMENT FUND COMMITTEE

Rick Larson
Peter Carlson
Jean Tesche
Quentin Holmes
Marian Smith
Marci Gordon
Scott Pratt

NOMINATING COMMITTEE

Helen Martz
Lousie deKluyver
Susan Schroeder
Julianne Stermer

**NewsLetter
DEADLine**

Central articles are due the third Monday of each month. Articles for the November Central Newsletter are due on Monday, October 21st 2024



weeks. Let's make time to notice the beauty of the season, to practice gratitude, to pray for one another and the world, to share ideas about how we might be the church together. It is my prayer that as we spend time intentionally focused on growing closer to God and one another and imagining new ways to serve our neighbors, we will be reminded that no matter what changes this season brings, with God's help we can weather them together.

With love,
Pastor Jennifer Martin



**MEET YOUR DEACON &
SECOND SUNDAY POTLUCK
October 13**

The Board of Deacons joins with Second Sunday Potluck folks to invite the congregation to gather for lunch and conversation following worship on Sunday, October 13. The main dish and drinks will be provided. Those attending are invited to bring side dishes and desserts.

All Members and Friends of Central are part of a specific Deacon flock. On October 13, enjoy a delicious lunch and get acquainted with others in your flock. If you have questions, contact Karol Buxton or Julianne Stermer.



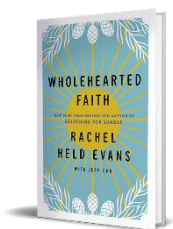
Do you have Medicare questions?

My name is Mary Breiter, and I am a long-time member of Central. I retired a couple of years ago and since then I have become a trained SHIBA counselor. SHIBA stands for Senior Health Insurance Benefits Assistance. We are a group of volunteers who can help answer

questions about Medicare. If you have questions, or issues like a need to appeal a denial of coverage, I can help and would be happy to meet with you. You can contact me at breitermary@gmail.com, or my cell #: 541-870-6093.

There are significant changes for 2025, brought about by the passage of the Inflation Reduction Act. If you are a person of a certain age, you may have received a recent email from Medicare that included the following information: Because Medicare benefits are getting stronger, it is more important than ever to look at your drug coverage for 2025 during Medicare Open Enrollment and make sure you are enrolled in the Medicare Part D plan that is best for you. You can learn more about these benefits and review your options at [Medicare.gov](https://www.Medicare.gov) starting in early October. Medicare Open Enrollment runs from October 15th through December 7th.

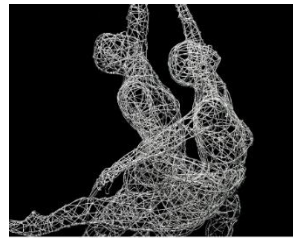
I have found [Medicare.gov](https://www.Medicare.gov) to be easy to use and helpful for comparing plans. It is a good idea to review your Medicare plan during the annual open enrollment time each year to be sure you are getting the coverage you need.



**BOOK GROUP TO RESUME
THIS MONTH
Thursday, October 17 at 3pm
Church Parlor**

Book group meetings will resume at the church on Thursday, October 17 at 3 pm. Our first book this fall will be *Wholehearted Faith* by Rachel Held Evans with Jeff Chu. The book came out in 2022, so you may be able to get it used or at the library. If you would like the church to order a copy, please sign up in the office by Monday, October 7. The first meeting will discuss the forward, introduction, and prologue. Whether

you have joined in the conversations before or not, you are more than welcome to pick up a book as we learn from the authors and one another!



Just to Be: Part I
Wesley Lachman

This is part I of a two-part article. The second part will come out next month and will

concern the revolutionary implications of “just to be.”

A couple of weeks ago I became all confused as I sat in my meditation group. If life was like this, how could it also be like that? And what did life mean anyway? So I analyzed my confusion and came up with a question for the teacher that might clarify things. I had only started to ask my question when the teacher interrupted me with these words: “Just to be.” I fell silent. I knew what he meant. He meant that I should stop trying to figure everything out. Life is far deeper than my most profound thoughts. Life flies higher than my most lofty ideas about it. Stop striving to do or know so much. It is so much better just to be and let the knowing and doing come to me.

Over the past year, since I first heard this phrase, I have come to see something of how it works. For example: It is Saturday morning and I am fretting about what to do first. I have writing due on Monday, I have stacks of papers here and there to clear up, and so on. What to do, what to do? Then I remember “Just to be.” I sit down, let the whole fret go, and just be. When I stop paying so much attention to what I think about all this, my thoughts calm down and some even disappear. This leaves an empty, open space. I sit with this open space for a minute, and something shows up in it. In this

case, it was a phone call I had promised to make. In my fret, I had forgotten all about it. So I go to make that call.

Experiment with me, with "just to be."
Experiment with sitting down a few times with the intention of not doing anything. Stop trying to figure anything out. Just to be. Be patient, something will come to you.



Nancy Richter

Our Peace and Global Witness Offering assists the church to promote the peace of Christ by addressing systems of injustice in our own communities and across the world. Our gifts to the Peace and Global Witness Offering are helping our neighbors in need—those who live next door, down the street, and across the globe.

25% of the offering stays within our congregation to support peacemaking and reconciliation in our own community.

25% of this offering goes to our presbytery to join with other congregations to support peacemaking work in our region.

50% of this offering supports the work being done by Presbyterians across the globe.

The Ministry of Mission and Christian Discipleship has recommended to Central's Session that our 25% of the Peace and Global Witness special offering go to support Cahoots. With the Session's unanimous approval, we will be supporting Cahoots to continue its mission in helping individuals of our community to lead more productive and fulfilling lives.

Our neighbors need us. Please give what you can to the Peace and Global Witness Special Offering. "When we all give a little, it adds up to a lot." We thank you for your generosity.

For more about CAHOOTS, Keep reading!



CAHOOTS: Crisis Assistance Helping out on the Streets is a mobile crisis intervention

program staffed by White Bird Clinic personnel using the City of Eugene's vehicles (two white vans). This relationship has been in place for nearly 30 years and well embedded in the community.

CAHOOTS is dispatched on the Eugene Police Department's service channel, and calls are triaged through Central Lane Communication Center. Each van is staffed with a medic (nurse or EMT) and an experienced crisis worker. CAHOOTS provides support for EPD personnel by taking on many of the social service calls such as crisis counseling, initial contact and transport for people who are intoxicated (drugs or alcohol), mentally ill, or disoriented, as well as transport for necessary non-emergency medical care. Over the last few years, the demand for CAHOOTS services has dramatically.

Current statistics

*2014-CAHOOTS dispatched for 9, 646 calls.
2021-CAHOOTS dispatched for 16,479 calls.*

If not CAHOOTS, an officer would be dispatched to handle the situation. Some of the CAHOOTS calls are joint responses, or CAHOOTS is summoned by the police or fire department, depending on the service needed to resolve the situation. However, CAHOOTS remains a primary responder for many calls, providing a valuable and needed resource to the

community. CAHOOTS is a nationally recognized program in the United States that has been featured on *CBS 60 Minutes*.

The Ministry of Christian Discipleship appreciates the generosity of this faith community in your support of our special offerings. "Remember, if we all give a little, it adds up to a lot."



Affordable Community Room Ready for Action!

If you know of a support group, club, or other community group looking for meeting space, help us spread the

word that our Community Room is available. Our properties team has been working to make it accessible to groups as an ongoing part of our recent remodel. What was formerly our nursery area is now a room with tables, chairs, a flat screen, heat/AC, an adult-sized bathroom, and a kitchenette. Plus we now have the capability of giving a group access to that space separately from the rest of the church building, which means they do not have to pay to have a building host present. The affordable rates for meetings up to 2 hours are \$15 for groups up to 30 people and \$25 for groups.



Chuck & Barbara Cookson **Oct 2**

Lance Deal & Nancy Deal- Whitacre **Oct 21**



5th

David Lim
Chuck Cookson

8th

Yvonne Young

11th

Liz Degner

14th

Peggy Lilyengren
Pam Towne

23rd

Bev Day
Kyung Gregor
Nonie Koelling

24th

Scott Pratt

25th

Dolores Haddad

26th

Mike McPherson

Central Presbyterian Church
555 E.15th Ave
Eugene, OR 97401

Mission Statement

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