



Sundays in August

Worship  
10:00am~Sanctuary  
Fellowship  
11:15am~Parlor

Mondays in August

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

Thursday, August 7

Ministry of Christian Discipleship  
9:00am~Zoom

Saturday, August 9

Intergenerational Summer Fun Day  
10:00am~ Holmes Residence

Monday, August 11

Endowment Meeting  
3:30pm~Zoom

Tuesday, August 12

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

Thursday, August 14

Worship & Common Life  
9:30am~Zoom  
Artist Way Class  
11:00am~2:00pm Parlor

Sunday, August 17

Create a Silk Banner Class  
2:00pm~5:00pm Community Room

Monday, August 18

Session  
5:30pm~Zoom

Tuesday, August 26

Prayer Shawl Ministry  
1:00pm~Parlor

Thursday, August 28

Deacons  
4:00pm~Zoom

Sunday, August 31

Intergenerational Game Night  
5:00pm~7:00pm Parlor & Lobby

## The Pastor's' Pen

So then, with endurance, let's also run the race that is laid out in front of us, since we have such a great cloud of witnesses surrounding us.  
Let's throw off any extra baggage, get rid of the sin that trips us up,  
and fix our eyes on Jesus, faith's pioneer and perfecter.  
Christ endured the cross, ignoring the shame,  
for the sake of the joy that was laid out in front of him,  
and sat down at the right side of God's throne. - **Hebrews 12:1-2**

### O ME! O LIFE! By Walt Whitman

O Me! O life! of the questions of these recurring,  
Of the endless trains of the faithless, of cities fill'd with the foolish,  
Of myself forever reproaching myself,  
(for who more foolish than I, and who more faithless?)  
Of eyes that vainly crave the light,  
of the objects mean, of the struggle ever renew'd,  
Of the poor results of all,  
of the plodding and sordid crowds I see around me,  
Of the empty and useless years of the rest, with the rest me intertwined,  
The question, O me! so sad, recurring—  
What good amid these, O me, O life?

Answer.

That you are here—that life exists and identity,

That the powerful play goes on, and you may contribute a verse.

It is easy to feel small, unimportant, and sometimes even a bit defeated in a world where some people seem to wield unlimited power funded by unimaginable wealth. Our faith teaches us that each and every person is important: that all of us are created in God's image, all are called to use our gifts, and with God's help, to make a difference in this world.

This month we continue and conclude our summer series remembering Holy Disruptors - mystics, prophets, and everyday saints - who all led with faith in times of great challenge. It is my prayer that those who have gone before us will give us insight, courage, and hope to face the challenges before us in our own times. For we, too, are called to lean on our faith, find our voices and our gifts, and be brave enough to let the Spirit work in and through our lives. Knowing we are called, gifted and loved; remembering we are never alone; looking to the saints that preceded us and always looking to Jesus, may we be empowered to run the race set before us, one brave step at a time.

With persistent hope and defiant joy,  
Jennifer

## ORDER YOUR CPC SHIRT HERE



## GET YOUR CPC T-SHIRT!!!

**Orders are being taken until the end of August.**

Several people have expressed a desire to have a t-shirt representing our church. Some have said they wished they could wear a CPC t-shirt when they are volunteering. Others have wished for one to wear when participating in social actions, all in the hope that folks might know it is their faith that inspires commitment to a variety of causes. Still others have said they would like a CPC shirt just because it is a non-threatening way to let people know one is involved in the life of a church and can spark conversation, perhaps even leading to an invitation for someone to visit.

To address this desire, our MCD team has worked with a local company (run by Barbara Cookson's grandson) who have graciously covered cost for art design. Shirts are available in unisex sizes XS - 6 XL. There is a sign in the office that shows the design and the cost for various sizes. (Like the information above but larger). You can place your order and pay for your shirt(s) in the church office throughout the month of August.

## Central Presbyterian Church Staff & Elected Leaders

**Pastor:** Rev. Jennifer Martin  
**Director of Music:** Kendra Taylor  
**Pianist:** Michelle Sulaiman  
**AV Technician:** Sunny Waldorf  
**Office Manager:** Monique Rodriguez  
**Financial Secretary:** Arlene Hudgins  
**Building Host:** Jose Tobon

## SESSION

Bev Day	Jean Tesche
Nani Cagney	Barbara Cookson
Kathleen Beisse	Nancy Richter
Pam Sheridan	Rick Larson

## DEACONS

Lu-Nita Hawkins	Karen Dyste
Mary Breiter	Lu-Nita Hawkins
Laurie Inglis	Quentin Holmes
Wendy Unsain	Jane Holmes
Patty MacAfee	Rick Ohlson
Janet Edmonson	Laura Mason
Susan Bloom	

## ENDOWMENT FUND COMMITTEE

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





## INTERGENERATIONAL SUMMER FUN DAY!

10:00 am - 2:00 pm,  
Saturday, August 9th

We have the opportunity to spend some fun time together at the beautiful rural home of Quentin &

Jane Holmes in Marcola. We will enjoy time in nature, fun and games, a nature-inspired craft project, and a picnic lunch. Maps to the Holmes' will be provided or you can come to the church at 9:30am to caravan or carpool with others. If you think you will be able to come, please sign up in the church office so we can order enough food for all.



## Create a Painted Silk Banner

Sunday, August 17  
2:00 - 5:00 pm

Come learn a new art medium and help design

and paint banners for the season of creation! Pastor Jennifer has had the opportunity to take silk painting classes at the Grunewald Guild and is happy to share what she has learned with the congregation. Plan now to join in this opportunity to experience fellowship and creativity this summer as we make art we can all enjoy in worship this fall. Our Worship and Common Life team received a grant from the CPC Endowment to cover the costs for supplies, so this opportunity is free. However, we do need you to sign up as spots are limited. You can call the church office or sign up on the office counter.

## JOIN US TO CREATE MINI MASTERPIECES AUGUST 14, 11AM-1PM



### Description:

Learn to create beautiful little art masterpieces for cards, wall art, gift tags and more using paint, layering techniques and "bling". No art experience necessary.

**What:** You will create 24 (or more) 2"x2" "mini masterpieces"

**Fee:** Class fee is \$15 per person, cash only, all supplies are included

**Where:** Ground floor parlor of the Central Presbyterian Church, 555 E 15th Avenue, Eugene

**Reserve:** To reserve your seat, contact: Juliet Bender, (julietbender@aol.com) via email

**Sponsor:** Artist's Way art studio, ask about becoming a member!



## INTERGENERATIONAL GAME NIGHT @ CPC

5:00 - 7:00 pm,  
Sunday, August 31  
CPC Parlor & Lobby

Do you like playing

cards, rolling the dice, strategizing your next moves, building an imaginary empire, or perhaps testing your trivia knowledge? Or maybe you just have fun socializing and sharing some laughs with friends from CPC? Whatever the case, come join in the fun as we play some games, eat some pizza, and enjoy some time together. There will be games for people ages 3 - 133 to enjoy together - so plan to bring friends and family!



## JULY/ AUGUST COIN OFFERING



### HUERTO DE LA FAMILIA THE FAMILY GARDEN

**Huerto de La  
Familia Organic  
Garden  
Nancy Richter**

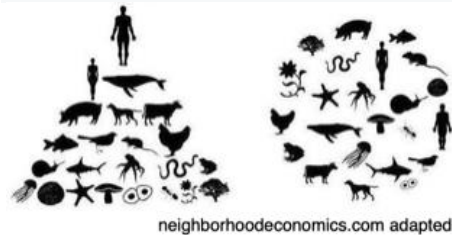
This Organic Garden Program offers Latinx and immigrant families the opportunity to grow their organic vegetables, fruit, and medicinal plants in six community gardens in Lane County. All of the services and workshops are offered fully in Spanish, and anyone is welcome to join.

Gardening is more financially accessible because each garden member has access to communal tools and supplies such as seeds, plant starts, and organic fertilizer. Members are also offered one-on-one garden support and other learning opportunities related to beekeeping, food preservation, composting, seed saving, and more. Many of these programs are led by members in a peer-led learning style. These gardens are spaces for the Preservation of Cultural Traditions around agriculture and food, building relationships, and strengthening community.

Families maintain their plot of land and have total autonomy over what to grow. The gardens offer members the opportunity to preserve traditional foods while also increasing their overall health and economic security for their households. Community-building is central to the program. Throughout the year, people come together to care for the gardens with community work parties and garden maintenance days. Many community celebrations are held and honored, such as the annual Fiesta de la Cosecha, a baile folklórico in the gardens, and the pressing of fresh apple cider in autumn.

Environmental stewardship is practiced with the use of organic materials and practices in all of the gardens. Everyone's actions must protect the water, soil, and biodiversity of the land that

is cultivated. Educational opportunities are provided to teach about organic practices and the unique agricultural climate of the Pacific Northwest. Siembra la cena (Seed to Supper) is a class taught by the garden staff team. The curriculum is developed by Oregon Food Bank and OSU Extension, teaching how to grow food from planting seeds. Harvesting and preserving the produce. Thank you all for your continued support of the Coin Offering Ministry and especially the July/August recipients: Huerto de la Familia Organic Garden.



### **A Letter from Your Ego Wesley Lachman**

Dear Reader:

It is I, your ego, writing to you. I have a confession to make. This is a little difficult for me. I have been pretending to be you for almost your whole life. Whenever you said anything with an "I" like—"I am going for a walk," or "I am angry about this"—you were referring to me, and not to your true self. I know, it was dishonest and devious of me, but it was so easy to do. I have enjoyed it so much.

You see, I am imaginary. I am just a thought of a person, not the real thing. I have no reality. I'm like a little plastic toy. I pretend to be separate from the rest of the world, from your friends and family. I want to be at the top of the pyramid of life, either as a man or as a woman. I want to be separate and supreme—see the triangle above. Yet I cannot be. For I am only a thought, tumbling along with all the other thoughts in the wide circle of your mind—see above again.

Early, very early, in your life, I convinced you that you were me, that you were an ego that looked like me, thought like me, and talked like me. I became the only "I" you knew. You went

about your life as if separate from the other egos. You had to defend yourself from all the egos and things in the separate world outside. You tried to be better than others, to rise to the top. It was a constant battle. Life was stressful for a separate one, an ego like you.

But now I am exposing all this as a sham. You are not an ego like me. You do have an ego-thought, like you have thoughts of many other things. But your ego-self doesn't represent anything in the real world. It is totally imaginary.

You are—in fact—the wide circle of life in which all thoughts and things are swimming, including me, your ego-thought. Various thoughts come and go within the wide sphere of your awareness. But you are the ocean. I, your ego-thought, am just one more fish swimming by.



**Don & Sharon Piper**  
**August 11**

**John & Pat Hocken**  
**August 26**



**6<sup>th</sup>**  
**Kathleen Beisse**  
**Nancy Carlson**  
**Randy Lilyengren**

**7<sup>th</sup>**  
**Alice Schroeder**

**12<sup>th</sup>**  
**Jordan Ryder**

**17<sup>th</sup>**  
**Richard Lin**

**20<sup>th</sup>**  
**JoAnne Arnold**  
**Gayle Cherry**

**28<sup>th</sup>**  
**Frank Carlton**

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**Mission Statement**

***Central Presbyterian Church is***

*a caring, inquiring, inclusive community of faith.*