



Sundays in August

Worship

10:00am~Sanctuary

Fellowship

11:15am~Parlor

Mondays in August

Bible Study

11:30am~Parlor

Badminton or Pickleball

6:30pm~Fellowship Hall

Wednesday, August 5

Postcard Writing Party

1:30pm~Community Room

Thursday, August 6

Ministry of Christian Discipleship

9:00am~Zoom

Saturday, August 8

Family Fun Day

10:00am~ Holmes Residence

Sunday, August 9

Adult Education

Presbyterian Foundation Presentation

11:15am~Chapel

Tuesday, August 11

Personnel

9:30am~Zoom

Properties

11:00am~Zoom

Thursday, August 13

Worship & Common Life

10:30am~Zoom

Monday, August 17

Session

5:30pm~Zoom

Wednesday, August 19

Postcard Writing Party

1:30pm~Community Room

Sunday, August 23

Deacons

11:15am~Chapel

The Pastor's' Pen

Let the heavens be glad, and let the earth rejoice;
let the seas roar with laughter, and all that fills them;
let the fields exult, and everything in them!
Then shall the trees of the wood sing for joy
before the coming of the Beloved, who reigns in glory!
For through Love will come truth and justice,
offering all the people gifts of new Life.

- Psalm 96:11-13, *Psalms for Praying* by Nan Merrill

Summer in Oregon makes you want to find excuses to be outside. Earlier this week we were running errands and before we went home decided to take advantage of the river walk along the Willamette. It is easy to get busy with our daily lives and forget that we live in a place where simply going and watching the water flow by is an option available to us whenever we choose to avail ourselves of it. And that isn't our only choice for getting closer to nature. With little effort we can be surrounded by tall evergreen trees, with the soundtrack of birds and the scents of the forest. Or we could take a short drive and be wowed by a waterfall or stunned by the vastness of the Pacific Ocean.

I recently read an article that reiterated decades of research proving there are positive mental and physical effects for spending time outdoors. These range from boosting one's mood by reducing stress and anxiety, all the way to improving blood pressure and even giving us a more positive body image as we remember we, too, are a part of this wondrous creation. ("The surprising science -backed reason being in nature makes you feel good" by Ashley Abramson, *The Washington Post*, June 5, 2026)

How often we get too busy, too distracted, too overwhelmed, and just don't make time to pause and take in the world around us. I was reminded this summer by a wise 9 year old how important it is to make time to stop and just look around, to make time for wonder. As a way of building on our look at the Psalms in worship, go outside and use all of your senses. Ponder some of them in a setting that reflects the natural images used by the psalmist. Here are a few suggestions to get your started:

Psalm 16 - a good one to consider as you walk along a path, perhaps as you are considering an important decision

Psalm 19 - contemplate this one as you look up at the sky, day or night

Psalm 42 - as you gaze at a waterfall or the ocean

Psalm 46 - while spending time by a lake or stream

Psalm 62 - if you can find a rock on which to sit and/or a rock to hold

Psalm 72 - while in a grassy field or meadow, maybe even barefoot

Psalm 92 - while pausing in the shade of a tree

Psalm 104 - as you observe birds

**Central Presbyterian Church Staff
& Elected Leaders**

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

SESSION

Charlie Wade	Nancy Richter
Nani Cagney	Rick Larson
Jean Tesche	Barbara Cookson
Pam Sheridan	Kathleen Beisse
Scott Pratt	

DEACONS

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

ENDOWMENT FUND COMMITTEE

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



Monique will be out of the office **August 3-6, and the office will be closing at 11:00am during that time.**

Thursday, August 13, Arlene, our Financial Secretary, will be out of the office, so the Financial Office will be closed that day. Thank you for your patience and understanding!

That same article about the benefits of nature said: "If you spend time on your phone in nature, the benefits are canceled out. . . Studies show this." So maybe take the radical step of leaving your phone at home, in your car, or at least silence it in your pocket. Give yourself permission to step away from the screens and the stressors of your life. Make time to remember who you are and Whose you are. Pause to look at all that is green and growing. Look out and look up. Take a deep breath. Touch the grass. Feel the breezes. Open your mind and heart to spend some time with the Creator as you remember you are their beloved child.

With wonder and gratitude,
Jennifer

SUMMER HYMN SING

Several of you have mentioned to Kendra that there are some hymns you miss singing in a congregation: perhaps a song from your youth or a different denomination or one you remember from church camp that's not in our current hymnal. During the month of August we will be looking at the Psalms, the songbook of the Bible, so we thought this was a good time to share some of our favorites hymns with one another.

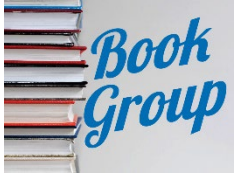
We need your help to make it happen! If you would like to request a hymn, fill out one of the slips of paper in the Narthex and leave it in the basket there. We will do our best to locate music for the requests and will plan to sing a verse or two of several hymns each week during the Psalm series as our prelude to worship. Plan to be here on time so you can join in this joyful chorus of praise!



FAMILY FUN DAY!
10:00 am - 1:00 pm,
Saturday, August 8

Jane & Quentin Holmes have invited anyone – children and adults – out to their home in the

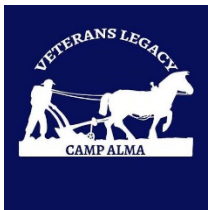
woods on the Mohawk River! Quentin will be cooking hamburgers & hot dogs on the grill. Bring a salad, or a dessert, or fruit & chips to share. There will be a Sign-Up Sheet later, along with driving directions, and you will be able to say if you will need a ride out to their home in Marcola, Oregon.



BOOK SUGGESTIONS WANTED

The CPC book group is taking a little break over the summer, but while we aren't meeting, that doesn't mean we aren't looking for a good read!

Maybe you found something intriguing to read this summer, or saw an article about a book that looks promising, or heard about one from a friend? If you have a suggestion for a book you think would be good to talk about together at the church, please send suggestions to Pastor Jennifer or let the church office know. We will need to make a choice in August so we can get a book order organized before resuming in September. If you aren't currently on the email list for the CPC book group, but would like to be added to it, let us know that as well! Thanks for your help in finding the next CPC read.



JULY/ AUGUST COIN OFFERING

Veterans Legacy Oregon/ Camp Alma

The Ministry of Mission and Christian Discipleship (MCD) are pleased to announce the

recipient for the July/August Coin Offering is **Veterans Legacy Oregon/Camp Alma**. Veterans Legacy's vision is to break the cycle of veterans' suicides, mental health disorders, and social costs from the underserved experiencing PTSD, substance abuse, and associated traumas. Veterans Legacy's philosophy is that healing and wellness is a function of a safe environment, meaningful therapeutic experiences, and a multi-faceted, community-based system of extended care. One of the ways to offer these is in a residential program located in a camp environment off of Siuslaw River Road outside of Veneta, Oregon, known as Camp Alma.

Camp Alma is located in a rural setting where veterans will be aided in coordinated, integrative services for PTSD and co-morbidities related to drug and alcohol, as well as with therapeutic skills so they can heal while learning skills and self-sufficiency.

This site off of Siuslaw River Road previously operated as the Lane County Sheriff Inmate Work Camp until 2008. Veterans Legacy Oregon (VLO) procured the property in 2006 to begin rehabilitation of the property. The camp is located on 108 acres and includes an administrative building with a commercial scale kitchen, dorms, shops, and farming and agricultural infrastructure.

The surrounding land of Camp Alma will be utilized for farming, including greenhouses and field cropping to offer self-sufficiency in food productions for the facility, as well as contributing to community food resources, such as Food For Lane County. Active involvement in forestry projects, such as forest fire mitigation, is anticipated for clients to provide community service. These projects combined with mental health therapies by professional staff assist the clients to begin the healing process while learning skills and gain self-sufficiency.

MCD wishes to thank everyone for their continued support and generosity of the Coin Offering Program and July/August recipient Veterans Legacy Oregon/Camp Alma.

FAITH BASED INVESTMENT WORKSHOP

Sunday, August 9th following

Worship, Chapel

Led by the Rev. Heidi Bolt

Northwest Region Ministry

Relations Officer for the

Presbyterian Foundation



We are pleased to have the Rev. Heidi Bolt joining us for a special education opportunity. Many of you have expressed interest in learning more about the socially responsible/faith based investments made on your behalf by the CPC Endowment Committee. Others have expressed interest in possibly making similar investments yourselves. Heidi will lead a workshop after worship on August 9, to help us all learn more about the ways faith-based investing tangibly helps people today. As a part of her presentation, she will help us understand the Presbyterian

acronym MRTI (Mission Responsibility through Investment) and how the work of that team informs faith-based investments for our denomination. She will also share information about how those who might be interested in participating in this kind of investment can get involved through the Presbyterian Foundation.

Rev. Bolt is a PCUSA minister who most recently served as the interim pastor at First Presbyterian Church, Portland, OR. Prior to this position, she served interim pastorates for several other congregations and served as co-pastor of First Presbyterian Church, Red Wing, MN, and as the COM Coordinator for the Presbytery of the Twin Cities Area. She served on the Board of Directors of the Presbyterian Church (U.S.A.), A Corporation, and on the Funding Model Development Task Force until taking her current position. Heidi holds a Bachelor of Arts in Business Administration from the University of Puget Sound and received her M.Div. from Union Presbyterian Seminary in Richmond, VA. She is months away from finishing her D.Min at Claremont School of Theology. She lives in Salem, OR with her husband Greg and their two teenagers: daughter Sophia and son Thaddeus.



**Art, Faith, & Community
Fall Sacred Arts @
The Grunewald Guild
October 18-24, 2026**

Would you like to get away for some time to explore faith and creativity in a beautiful setting? Pastor Jennifer and several members of the congregation

have had the blessing of experiencing just that at The Grunewald Guild in Plain, Washington. The Guild organizes a variety of opportunities for week-long experiences that include art classes, morning and evening prayer, delicious meals, and the chance to get to know folks who have chosen to spend a week in community. There is also the opportunity to soak in the beauty of the ponderosa pines as you listen to the rushing water of the Wenatchee River.

Pastor Jennifer would love to organize a group from CPC to attend one of the Guild's Sacred Art weeks this fall. She is signed up to attend on October 18-24 and would love for you to join in the fun. For more information about the art classes offered that week check out their website at <https://www.grunewaldguild.com/>. And if you have questions about the experience, don't hesitate to ask - Pastor Jennifer loves to talk about this thin place! If you are interested in going with a group from CPC this fall, let her know and we can begin to plan the adventure together!



**COVENANT NETWORK
OF PRESBYTERIANS**

Covenant Conversation: Cascades

**When Did We See You?:
Recognizing God's Image in All God's People**



Saturday, August 29
10:00am - 3:30pm
Westminster Presbyterian Church
1624 Northeast Hancock Street
Portland, OR 97212



<https://covnetpres.org/cascades>

In Matthew 25, we are challenged with one of Scripture's most piercing questions when Jesus is asked: "When did we see you?" That question feels just as alive today as LGBTQIA+ people continue to seek full belonging. Covenant Conversation: Cascades is an invitation to look more closely at Scripture, at the stories around us, and at ourselves. Through worship, conversation, and a range of workshops, we'll explore what our faith tradition has to say about inclusion, support church leaders navigating hard conversations, and ask what it means to be faithful witnesses in a time when LGBTQIA+ rights and dignity are under real pressure. Whether you're just beginning this journey or have been walking it for years, you belong in this conversation.



August 11
Don & Sharon Piper

August 26
John & Pat Hocken



6th
Kathleen Beisse
Nancy Carlson
Randy Lilyengren

12th
Jordan Ryder

7th
Alice Schroeder

20th
JoAnne Arnold
Gayle Cherry

CENTRAL PRESBYTERIAN CHURCH
555 E 15TH AVE
EUGENE OR 97401

Phone: (541) 345-8724
Email: centralpresbyterianeugene@gmail.com
Website: www.centraleugene.church

Mission Statement

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