



The Centralite

Central Lutheran Church, 1857 Potter Street, Eugene OR 97403

Office Hours: Monday -Friday, 8:30-Noon; 1:00-5:00p.m.

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November 11, 2009



November GEMS All Church Thanksgiving Dinner

On Thursday, November 19th, at noon, you are invited to the 5th Annual Thanksgiving Dinner at Central Lutheran in the parish hall. This is a potluck with the turkey, mashed potatoes, dressing, gravy, and drinks furnished. All are invited to this dinner whether GEMS members or not. Please bring your favorite Thanksgiving dish to share with everyone. You need to call the church, 345-0395, by Monday, November 16th to let us know you are coming so we will know how much turkey to prepare.

Thanksgiving Eve Worship Wednesday, November 25, 7pm, followed by a pie social in the parish hall. Please bring a pie to share.

Please remember in your prayers Helen Christofferson, Bill Clever, Chris Henry, Al Miksis. We extend our sympathy to **Bill Clever** upon the death of his father; **Chris Henry** upon the death of his grandmother, Lois Jones. May faith and trust in our risen Lord help sustain them in their sorrow.

Quilt Sunday was wonderful - 204 quilts adorned the pews to be shipped to hurting people throughout the world. We collected \$622 for Lutheran World Relief. Thanks Central! Yvonne Olsson



Dear friends,

On January 30, 2009, Garrison Keillor's *Prairie Home Companion* included a tribute to the late John Updike. In his writing, Updike was known to throw barbs at the religious and their institutions (Updike grew up Lutheran in a church family in Pennsylvania). Keillor quoted him describing his experience of church;

There was a time when I wondered why more people did not go to church

taken purely as human recreation, what could be more delightful, more unexpected than to enter a venerable and lavishly scaled building kept warm and clean for us one or two hours a week and to sit and stand in unison and sing and recite creeds and petitions that are like paths worn smooth in the raw terrain of our hearts? To listen or not listen as a poorly paid but resplendently robed man strives to console us with scraps of ancient epistles and halting accounts, hopelessly compromised by words, of those intimations of divine joy that are like pain in that, their instant gone, the mind cannot remember or believe them. (*Pigeon Feathers and Other Stories*, 1962)

In a similar fashion, David Buttrick writes that preaching has often told a biblical story replete with oodles of biblical background, a holy history, but has not permitted God to step out of the biblical world into our own. The God of biblical preaching has been a past-tense God of past-tense God events whose past-tense truth, the original biblical meaning, may be applied to the world but God remains hidden within a gilt-edged book.

Certainly our message centers around God's actions in history, in the story of Israel as God's chosen people, the life, death and resurrection of Jesus Christ and the spread of Christianity throughout the world but it must also connect with our own story. How does the story of Jesus matter in my daily life? How am I challenged and comforted by God in my work, in school, at home with my family? When we talk about the Real Presence it is not only sacramental theology (Jesus is truly present in, with, and under the forms of bread and wine, in the waters of baptism, in God's Word preached and believed). The Real Presence is also God in my life, making a difference with me today. Ministers spend years learning Greek and Hebrew, systematic theology and historical theology to speak about God's actions in the past-tense, consoling with ancient epistles and intimations of divine joy their instant long gone. May we be so bold to be able to tell each other what God is doing for us now, each one of us, today.

In Christ,

Pastor Kegel

November 22, 2009
is
FISH Sunday

FISH is an all volunteer, non-denominational, church supported, community service organization. FISH is primarily geared to meet emergency needs. FISH provides food boxes and clothing as well as transportation and prescriptions in emergencies. FISH is supported through 59 churches from various organizations and private individuals. FISH is completely staffed by volunteers with no paid administrators. Cash donations please make checks payable to FISH.

NEEDED FOR OUR FISH DRIVE:

Food items: oatmeal, pancake mixes, soup, rice, peanut butter, jam, canned meats, macaroni, noodles, spaghetti, tuna, canned stews, canned fruits and vegetables, powdered milk, canned milk, dry food and cereals, dried beans, peas, and complete dinner mixes.

LET'S FILL UP THE FOOD BOX FOR FISH

Share the Blessings

For I was hungry, and you gave Me something to eat; I was thirsty, and you gave Me drink; I was a stranger, and you invited Me in.” Matthew 25:35

We, the members of Central Lutheran Church, affirm that Christ has made us one body with many members, all sharing in God's wondrous grace and unconditional love. We celebrate both the human variation and inclusive unity of God's family. Following Jesus' example, we embrace all of God's people, regardless of ethnicity, physical and mental abilities, marital status, sexual orientation, gender identity, or economic circumstance. With welcoming hearts, we invite you to join us in worship, fellowship, and ministry.

Weekly Giving Recap for week of Oct. 26-Nov. 1, 2009:	Weekly	YTD
Regular Envelopes and Loose Offerings	\$12,138.00	\$506,384.07
2009 Budget	<u>\$12,230.77</u>	<u>\$538,153.88</u>
Giving to Budget +/-	\$ (92.77)	\$(31,769.81)

After hours pastoral contact information:

Pastor Kegel, 302-3365 (h) or 520-8054 (cell)

Pastor John, 520-9451 (cell)

Pastor Robyn, 579-1554 (cell)

Deadline: Articles for the Centralite are due: **Noon Monday, November 16**

Olive Oil from the Holy Land -- The 2009 crop of olives is now being harvested from the 800 olive trees on the slopes of the Mount of Olives on the property of the Lutheran World Federation's Augusta Victoria Hospital in Jerusalem. As an ongoing mission of Central Lutheran Church Women we have been taking orders for bottled olive oil in the narthex this past month to support its mission of healing, peace, and justice in the Holy Land. In addition we are selling bars of olive oil soap as well as small ceramic tableware created by Palestinian artisans. Stop by and do your Christmas shopping early!



Central's Sunday School Shoe Box Ministry

We invite the whole congregation to help our Sunday School help others in our community. This year we will be helping the First Place Family Center located on 1995 Amazon Parkway, Eugene (across from the baseball diamond).

We are asking people to fill shoe boxes labeled for either

1. a girl
2. a boy,
3. an adult female or
4. an adult male

with some of the following items requested by First Place Family Center:

Kids'/adult's toothbrushes

Dental Floss

Kids'/adult's toothpaste

Mouthwash

Deodorant

Shampoo/Conditioner

Soap

Hand lotion

Dark-colored Washcloths

Razors/Shaving Cream

Combs/Brushes

Small Mirror

Fingernail Clippers

Socks, etc

Small toy, Christmas candy...

And a signed Christmas Card

**BRING TO
CHURCH
NOVEMBER
22**



Eugene, Oregon USA

Please bring your filled shoe boxes to the church on or before NOVEMBER 22.
If you wish to wrap them, please do so in a way where we can take the lid off easily.

Questions? Talk to Kimberly Falk 345-0395 X26

The First Place Family Center offers crucial assistance to families with children who are homeless or at risk of becoming homeless. Services help meet families' immediate needs as well as help to promote self-sufficiency.

Case managers help families identify their immediate needs and personal support systems. The next step is to develop an individually tailored action plan, designed to move families toward stability. Components may include job searching, GED classes, locating affordable housing, drug and alcohol treatment, etc.

Each family receives on-going case management and advocacy as they secure housing, locate and maintain employment and take steps necessary to address issues that may have contributed to their homelessness.



Poinsettia It is the time when we begin to think about the birth of Jesus the Christ and providing color and beauty to enhance our celebration. If you would like to donate toward the purchase of the memorial poinsettias that decorate the church, please make your checks payable to

Central Lutheran Church marked POINSETTIAS and place them in the offering plate or mail to the church office by December 15th and let the office know the name(s) of those you would like to have listed "in memoriam" in the Christmas Day bulletin. If you prefer to bring a plant, please have them at the church by noon on December 24. ALTAR GUILD

U of O Duck Basketball Parking Passes Available!

We have parking passes still available for the 2009-10 Duck Basketball Season, and this is the last year we'll be running the basketball parking lot for games at Mac Court. Men's Basketball parking passes they are available for a donation of \$125 for church members and \$175 for non-members beginning with the Nov. 8th exhibition game. Women's Basketball parking passes cost \$50 and are only for Pac-10 games, beginning January 1st. Funds raised support Central's Youth and Music ministries. These passes guarantee a great parking spot for games at Mac Court, so don't miss out, and help us spread the word! (and, as usual, we'll have parking on a first-come-first-served basis for \$5 per game if you don't want to buy a pass.) Contact Pr Robyn Eddy or ElRay Stewart-Cook for more information.

We want to thank our church family for their thoughts and prayers for our grandsons Nick Caisse and Justin McNally both baptized members of Central Lutheran Church. Nick returned from Iraq in October and will be at 29 Palms California. Justin and his wife, Sierra, live in Beaufort, South Carolina and Justin will be deployed on a ship in March. The Hample family

WORSHIP SCHEDULE CHANGE for November 29

One Service only at 8:15 a.m.

Handel Messiah Performances (2½-3 hours in length):

Saturday, November 28 at 6 PM

Sunday, November 29 at 10 AM (no 10:45 service that day)

A Benefit for FOOD FOR LANE COUNTY

Messiah update

We had scheduled **Messiah** performances for the only weekend between mid November and Christmas (Thanksgiving Weekend) when the orchestral musicians were not fully booked for the Eugene Concert Choir, the Symphony or the Ballet. Unfortunately, for the first time ever, the Symphony called rehearsals on Sunday afternoon and evening of Thanksgiving weekend, so we lost a goodly number of players for **Messiah**. (Eugene has some fantastic orchestral players, but not enough for two events at the same time.) Initially, we cancelled the Sunday performance. But with the gracious consent of staff, this scheduling change was made possible so we could offer the second performance of **Messiah** on Sunday morning. Please help us pass the word around.

All Saints Sunday Candle Lighting Rite: The wood candle stand(s) that was used during All Saints Sunday worship was made possible by memorial gifts given in memory of Knute Espeseth, Doris Jones, and David Leppaluoto. Thank you to Donna Espeseth, Bob Jones, and Joyce Spence for their affirmation for the funds to be used for this purpose. The candle stand is actually two units that can be used either as one unit or two separate units. The plan is to use the stand each All Saints Sunday. Other applications as appropriate will be considered as well. Lit candles possess a variety of spiritual and symbolic meanings not the least of which is a reminder of the everlasting light of God that shines in the world and which no amount of darkness can ever put out.



FLU PREVENTION: FLU SHOTS: Ask your doctor, but if you are in the high risk groups, you should almost certainly get the flu shots. Although the HINI flu is usually not life-threatening, it can be and it often takes the previously healthy. **Seasonal flu:** Flu shots are recommended for people from 6 months to 18 yrs, folks over 65, people with other health issues and folks in contact with the above risk groups. To find local places, go to “getaflushot.com” and put in your city and zip code. **HINI/swine flu:** The high risk folks here are different: 1. Pregnant women (Big-time risk here!) 2. Children 6 months to 24 years. 3. Caretakers and families of babies under 6 months. (Small babies are too young to get the shots) 4. Health care workers. 5. People 25-64yrs who have health issues such as asthma, heart disease, decreased immune function, etc. You might wonder why those of us over 64 are not included. It is because we have probably been exposed to a similar virus sometime before the 1950’s, and so probably have some immunity. (Still, my doctor recommended that I get the HINI shot “whenever it gets available for you....even if it is June. This virus is going to stick around for a while.” My advice: Ask your doctor. Also ask your doctor about a pneumonia vaccine, especially if you are over 65 or have health problems, because the pneumonia vaccine can prevent complications if you do get the flu) Recommendations and information change frequently so, for up-to-date info, go to “CDC.gov” or “flu.gov” on your computer or call 1-800-232-2636. The supply of this immunization is limited for right now, so check before you go to get the shots. Although HINI is usually not too bad, it can kill!

HAND WASHING: Viruses can be spread through the hands. (hand to hand, as in handshaking, and hand to thing to hand, as in doorknobs, water faucets, toilet handles, and miscellaneous objects that are touched in the course of life and the viruses stay alive on these objects for several hours at least!) You should use friction and soap, and be sure to wash the nails and between the fingers, by using the “prayer” hand folding position and rub back and forth the full length of the fingers. Do it for the time it takes too mentally sing the Happy Birthday song. Also be sure to wash your wrists. If you are out in public, dry with paper

towels if at all possible...or your shirt if necessary. Another note: Use a paper towel to turn on the faucet if possible. When you turn off the faucet, dry your hands and then use a DRY paper towel to turn it off. (Damp or wet towels provide a nice damp pathway for the germs to swim along.) The door handle going out of the public restroom is covered with germs. If there is a paper towel available, use it to open the door and then toss the paper towel into the trash. If there is no trash can, toss the paper towel on the floor in the corner and soon there will be a trash can there. If there is no other choice, I use my coat sleeves or shirt tail. (It is an imperfect world.) In addition to good nutrition, stress reduction and plenty of sleep, there are a lot of things you can do to keep healthy. You need to be careful not to touch your eyes, nose or mouth. **FLU GERMS ARE ALSO PASSED VIA DROPLETS IN THE AIR, SUCH AS BY COUGHING AND SNEEZING. THIS IS THE MAIN WAY FLU IS PASSED.** The droplets can spray 8+ feet at up to 100 miles per hour! Avoid sick people if you can. If you are sick, stay home until 24 hours after your symptoms end. (Golden Rule). Cough and sneeze into your sleeve. Disposable tissues are MUCH better than handkerchiefs. If you are sick use a separate hand towel. Use the wipes provided at grocery stores and wash your hands after you come home. You are probably thinking that this is really not worth all the trouble, but most of the stuff takes just seconds. Once you get the habit, it is no trouble at all. If you get the flu, you'll be sick for a week at least and could even die! Overall, it is a good swap! Clarice Bates, RN Source: Lane County Health Dept, *Consumer Reports On Health, 11/09, Univ. Calif. Berkeley Wellness Letter, 11/09, TV health reports++++* plus years of experience teaching nursing students to wash their hands, etc. **FOR A MORE IN-DEPTH ARTICLE: Get a copy at the hand-sanitizing station in the narthex.**

Central Lutheran's turn to host the Interfaith Emergency Shelter System is coming quick. We work in partnership with St. Vincent de Paul's First Place Family Shelter to help families get back on their feet. Our week in the rotation is Dec. 28-Jan. 3, and we will need kitchen help with breakfast and dinner preparation. Also, any help with driving (a new van this year!) and overnight stays at the church would be greatly appreciated. Sign-up sheets will soon be made available. Any additional questions can be directed to Daniel Buckwalter.