

FIRST PRESBYTERIAN CHURCH

230 NE Ninth Street
Bend, OR 97701
Phone: 541.382.4401
Fax: 541.317.2838
www.bendfp.org
Twitter: @bendfp
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First Presbyterian
Church—Bend OR

Worship

Sunday

9:00 a.m.

Contemporary Worship

10:45 a.m.

Traditional Worship

Wednesday

Contemplative Worship
on Summer Hiatus

Child care provided at all
worship times

CHURCH OFFICE CLOSURE

Monday, September 7

Next Faith Notes

Deadline

August 10 at Noon

Next Publication:
August 19, 2009

Pastor's Column

A profound core value of First Presbyterian is that each and every person is welcomed into God's love. All are welcome always! If this faith community isn't for everyone, then it is for no one. Our hope is that through our mission, ministry and life together that people will discover they are loved beyond their wildest hopes and dreams. And, from the fountain of this ceaseless flow of love and grace, we will be empowered, inspired and equipped to live each day the unconditional love and compassion revealed in Jesus.

My mentor, Dr. Francis Macnab who is pastor of St. Michael's Uniting Church in Melbourne, Australia, recommended a book to me called "How God Changes Your Brain" by Andrew Newberg, a neuroscientist and Mark Waldman, a therapist. Their extraordinary research revealed that the way in which you contemplate God will change your brain.

Apparently, our brain begins to lose abilities and begins to slow down around the age of 30 (which is a frightening thought to me considering I am not sure my brain had much "ability" to begin with).

Here's the good news! Apparently, according to their research, meditation, centering prayer and contemplating God actually slows down the aging process. These spiritual practices actually help the brain to grow. Contemplating God actually changes the neural circuits that enhance our cognitive health. Contemplating God, according to their research, increases one's capacity for empathy and promotes peace.

Wow! this research has profound implications as to how the church can equip you to develop the spiritual practices for contemplating God that will improve your cognitive health and help you be a more loving and caring person.

Here's where the research gets really interesting:

Newberg and Waldman conclude from their research that anger and prejudice cause damage to the brain. However, the practice of imagining and contemplating a God who is loving rather than vengeful, reduces anxiety, depression and stress. Their studies show that contemplating a God of unconditional love literally increases feelings of security, compassion, and love.

The authors share a story in their book about a Cherokee legend about a little boy who received a drum as a gift.

It was a beautiful drum, and he loved it. Soon after he received it, he was playing with it, and his closest friend came up and wanted to play with it.

The little boy was torn, and he ended up grasping the drum and running away.

Frustrated, the boy went to one of the elders of the tribe and asked him what to do.

The elder responded that he often felt like there were two wolves inside of him. One was greedy, angry and selfish. The other was generous and kind. And the wolves were fighting. The elder turned to the boy and said that he thought that the boy had two wolves inside of him too.

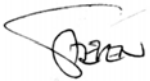
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The boy asked, “Which wolf will win?”

And the elder answered, “The one that you feed.”

Our goal is to help you feed your faith that your capacity to live unconditional love in your home, in your community, in your world grows and strengthens each day.



P.S.

Join me in the Sanctuary on Wednesday, August 12 at 7:00 pm for some tales and pictures from our journey Down Under.

Also I am beginning a new message series on August 16 exploring faith in the movies.

“Faith @ the Movies”

August 16 “Whale Rider” (my all-time favorite film!)

August 23 “Wall-E”

August 30 “Doubt”

September 6 “Babette’s Feast”

But first come and see and experience the movies each Saturday evening before Sunday morning worship.

I will show each movie that I will be addressing the following day. Saturdays at 6:00 pm in the Sanctuary. Snacks provided. There will be children-friendly movies offered as well. There is no charge! All are welcome!

If you can’t come to the Saturday showings, you may want to consider renting each film and viewing at home or make it an activity for your covenant group.

However, I will make sure the message will be meaningful for those who have not seen the movie.



Remember in Prayer

Jim and Helen Smith

Stan Hanna & Carol Smalley

Virginia Graham

Carl Casebolt

Make a Note—Rally Day September 13

Following a single combined worship hour at 10:45 am

BBQ, music, fun, games, ministry displays.

All are welcome . . . Bring a friend!

Join us at Crescent Lake!

Come camping with us August 28-30 or just come up for the day on Saturday, August 29. Register now; camping spots are limited and available on a first come, first serve basis. Registration forms are available on the outdoor bulletin board by the water fountain in the Commons or by email: bmsimpson@hughes.net. Turn the completed registration form in to the Congregational Life mailbox in the church office.

See you there!



Welcome and Congratulations to Our Newly Elected Officers for Presbyterian Women 2009-2010



Susan Shuck
Moderator



Marianne Watson
Co-Moderator



Kimberly Gassner
Treasurer



Marilyn Lakey
Secretary



Jean Hull
Search Committee Chair

Save the Date – August 8 – Garage Sale

August 8 is the Annual "Friends of Jesus" Garage Sale in memory of Lonna Davis.

This sale is to raise money to help send low-income kids to Presbyterian Summer Camp. We are sending 13 kids this year, so we need lots of items to sell.

If you have items to donate, please bring them to Thiel Larson's house before Friday the first week in August. The address to bring items to is 63598 Hunters Circle (on the corner of Cooley and Hunters Circle).

God Bless You All for your continued support of this program.

P.S. If you would like to work at the garage sale, we'd love your help. Call us.

Children's Ministry

To volunteer, register or get more information, contact Janet Pearson, Director of Children and Family Ministry (382-4401 or jpearson@bendcable.com).



Wow! We Rocked the Dock!

We had a wonderful four mornings of Vacation Bible School, July 27-30. We learned that God is with us, God is powerful, God does what he says he'll do, and God cares for us. And most importantly, we learned to "Fear Not!"

Under the leadership of Deb Klotz, our faithful VBS Director, there was fun, learning and snacks for 100 kids. We were aided by 15 middle school students. Ten high school and college students served in leadership positions. And we were blessed by over 40 adult volunteers. Thank you to one and all for your participation, donations and prayers. Crocodile Dock was awesome!

Summer Sunday School

During the month of August, we will have Godly Play at the 9:00 a.m. and 10:45 a.m. services. Treasure Quest will resume in September after Rally Day. Thank you to David and Katrina Starkweather, Kathy Hallowell, Lachlan Leaver, Carol Miller and Bonnie Altig for providing leadership for the Special Summer Sunday program in June. Their presence was a blessing to the children of our church and our many summer visitors.

New Cup Holder Installed

Thanks to our wonderful Church Building Engineer Doug Gillespie, we now have a new and much bigger place to hang our coffee cups! It is located on the wall by the stairs and gives us much more opportunity to be "green" and save our church money, as well as doing what we can to care for God's creation.

Bring your own coffee cup to church and hang it on one of these pegs. It will be there for you whenever you need a drink at church. Think how many paper cups will not be used and how much landfill space will be saved.

We will also have cups available that you can adopt. Just write your own name on the cup with permanent marker we provide and hang it up. A third option is to use cups we provide for a day. We will be washing these cups after church so they will be ready for the next Sunday. Your choice.

Please thank Doug when you see him. He's great!
- The Green Team

Youth Ministry

To volunteer or register or for more information, contact Greg Bolt, Director of Youth and Family Ministry (382-4401 or gbolt@bendfp.org).

All dates meet at 5:30 p.m..

August 5 – Parenting 2.0: Helping Your Teen Connect with Their Church Community. Dinner provided. Why doesn't my teen want to go to church anymore? Is she rejecting religion? This study helps parents explore these questions and provides parenting advice for helping teens connect to their church community.

August 12 – Movie Night: "Horton Hears a Who." Dinner provided.

August 19 – No Youth Group

August 26 – No Youth Group

September 2 – Parenting 2.0: Helping Your Teen Deal with Daily Pressure. Dinner provided. How can parents help their teen learn to navigate the many pressures they face? This study offers advice for parents on how to talk with their teens about the pressures of their life in this time of increased demands on teens.

Help Support Happy Learners Preschool

Safeway & Albertson's offer easy opportunities to contribute

Safeway has partnered with eSrip to create a system to reward customer loyalty by contributing a percentage of your purchase to Happy Learners Preschool every time you shop using your Safeway card. It is easy and at no cost to you.

Simply log on to:

www.escrip.com

- Click on "Sign Up It's Free" bubble
- Enter Happy Learners Preschool
- And follow the directional steps. You

need enter **only** your Safeway card number.

If you prefer, we can enter for you. Complete the "Put Education First on Your Shopping List" Safeway sign-up forms found in the Welcome Center kiosk. Return them to the church office

Attn Deb Klotz, and we will submit them for you.

For information, contact Deb Klotz at 385-3109 or email at dklotz@bendtel.net

For Albertsons shoppers:

- Log on to www.albertsons.com
- Click on "In the Community" (at bottom)
- Click on "Community Partners" Logo
- Click on "Shoppers Login"
- Enter your card number and telephone number
- Click on "my account"
- Happy Learners organization ID# is 49000120675. Albertsons will donate a small percentage of your purchase amount to Happy Learners to help us support this important mission.

Thank You

It has been wonderful to receive so much love and attention at church these last two months. Your thoughts and prayers have been like a blanket of comfort when I really needed it. It will not be forgotten.

Peace and blessings,

Meg Brookover

Thank you for all your love and concern during my healing. Harold and I are so thankful to be a part of such a caring church family.

Jean Hull

Support Groups

Depression Support Group

Meets in the Prayer Room on the second and fourth Wednesdays, 1:30-3:00 p.m.
August 12 & 26; September 9 & 23

Care Givers Support Group

Led by Elizabeth Stephan
Meets in the Prayer Room on the first and third Mondays of each month, 2:00-3:30 p.m.
August 17; September 7 & 21

Prayer Chain

If you would like to place a friend of the congregation or a family member on our church's prayer chain, please contact Elizabeth Stephan in the church office. If you would like to join this prayer ministry and be added to the e-mail or call list in order to pray for others, Elizabeth will see that your name is added to the prayer chain list.

Prayer Ministry

Write your prayer requests on the blue cards found in the pews or on the shelf under the prayer request box at the back of the sanctuary. The confidential requests intended for the pastors only should be placed in the prayer box, and all others should be placed in the offering plate during worship.

Study and Fellowship

CPR CIRCLE will meet Tuesday, August 25, at 6:00 p.m. at the home of Sharon Lichti (947 SE Sunwood Court – 388-9982) for a salad dinner followed by an evening of fellowship and prayer. This is an open circle; all women of the church are invited. Please bring a salad topping to share. Co-hostesses are Laura Jo Gildersleeve and Judy Beam. Please RSVP to Sharon at 388-9982 or slichti@bendcable.com if you plan to attend. However, if you don't RSVP and find that you can come, please come.

MEN'S BOOK STUDY GROUP meets in the Library every Monday from 4:00 to 5:30 p.m. We're beginning a new study of the book *Amish Grace*, the story of how the Amish community responded when some of

their children were murdered. Come join us.

MEN'S DISCOVERY BIBLE STUDY meets Tuesday mornings, 9:45-11:00 a.m. at the home of Chuck Piersee in the Touchmark Community. It's an open discussion based on ideas and texts from the Bible. As the name suggests, we try to discover what the Bible is saying to us. This year we are studying the Gospel of John. All are welcome. Call 312-1628 for directions.

THURSDAY CENTERING PRAYER GROUP meets on Thursdays, 12:00-1:00 p.m., in the Prayer Room. For more information, please call Linda (318-0407).

LISTENING HEARTS is a contemplative prayer group practicing centering prayer together and reflecting on the spiritual journey. We meet Tuesday evenings, 7:00 - 8:15 p.m., in the Prayer Room. (We don't meet the 2nd Tuesday of each month.) For more information, please call Lorraine (318-0384).

EARLY BIRD BIBLE STUDY - We are taking the summer off. See you in September.

TILTERS is a group of women who read and discuss books related to faith. We are currently reading *A Credible Jesus* by Robert W. Funk. Order a copy and join us on Thursday mornings, 8:00-9:15 a.m., in the library. Call Cheryl Shay at 526-0964 with questions.

CIRCLE OF FRIENDS is taking a summer break. We usually meet on the first and third Tuesdays of the month from 9:30 to 11:00 a.m. in the Youth Center. We invite you to join us for Bible study on September 15 as we continue to grow as friends in Christ.

THE TRAVELER'S BIBLE STUDY will take a break for the summer. We will resume in September. Those interested in getting together once a month, please call Carol Piersee (312-1628).

GATHERED TOGETHER All are invited to gather together for prayer, silent and spoken, for our church, community, and God's world. We meet the 1st and 3rd Tuesday mornings, 11:15-12:00 noon in the Prayer Room.

Sunriver Music Festival—Rehearsal schedule

All performance rehearsals for the Sunriver Music Festival are free and open to the public.

August 12 & 13

9:30 a.m. and 7:30 p.m. at Community Bible Church of Sunriver.

August 14 & 15

9:30 a.m. Great Hall

August 18

9:30 a.m. Summit High School Auditorium

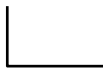
August 21 & 22

9:30 a.m. Tower Theatre

Art Show at the High Desert Museum

Native American artist Rick Bartow will have an art showing at the High Desert Museum on August 13. He's been featured by the Oregon Arts Commission as part of Oregon's Cultural Trust, shown at the Smithsonian and commissioned by the White House.

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Community Bulletin Board

Faith Notes will include a community bulletin board section for the listing of events not related to church activities. The bulletin board will contain a disclaimer that these activities do not necessarily represent the theology of the church and that they are not necessarily endorsed by the church. The listings will be brief and will be informational only; they will not contain position statements of the party submitting them.

FOR SALE Men's Schwinn Mesa mountain bike. \$200. Only ridden 100 miles. Call Jim Emerson @788-6676.

WANTED—Old keys, any kind. Call Eldon Wilson @330-6492.

1998 FORD EXPLORER EDDIE BAUER EDITION, very well cared for and has all of the receipts to prove it. Excellent all-weather truck with a comfortable ride. It has not been used for snow plowing or towing. Details: dark blue exterior with tan leather interior, 160K mileage, 4.0L V6 engine, automatic with four-wheel drive, keyless entry, great stereo, power driver's seat, alloy wheels with new Les Schwab tires. Asking \$4,750 or OBO. Please call Mark DeJohn@ 541-948-0993 to schedule a test drive.

HOME FOR SALE—BARNEY & ROSANNA DUBEROW are needing to reduce the amount of effort put into gardening. We have a gross acre of which 3/4 of an acre is in lawn/garden with an automatic irrigation system. Our home has three bedrooms downstairs and a large playroom and bedroom upstairs. We also have a two-car garage with a large work bench and storage cabinets. The living room has an open-beam ceiling and beautiful fireplace. Kitchen, utility and bathrooms have plenty of storage. If you are interested, please call 382-1233.

FLASHBACKS – A service to document your family history. Free consultation. Susie Burns 541-788-5936, davidandsusie@bendbroadband.com.