

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 am

Contemporary Worship

10:45 am

Traditional Worship

The 5:01

@ 5:01 pm

Music-Message-Meal

Wednesday

6:00 pm

Contemplative Worship

Child care provided at all
worship times

CHURCH OFFICE CLOSURE

November 26-27

Next Faith Notes

Deadline

October 26 at Noon

Next Publication:

November 4, 2009

Pastor's Column

Henri Nouwen encapsulated the Christian faith in one sentence. He wrote, "The invitation of Christ is the invitation to walk away from the house of fear and walk into the house of love." Fear constricts. Love expands. Fear binds. Love frees. Fear fears. Love trusts.

What does it look like in the church to live by faith instead of fear? How might living by faith instead of fear impact how we live into our mission of sharing the unconditional love and compassion of Jesus?

I was reading "Passing the Plate: Why American Christians Don't Give Away More Money" by Christian Smith and Michael Emerson. They researched and put together a formula to determine what could happen if every Christian in America tithed their after-tax income to the mission of the church as the Body of Christ in the world. They calculated the amount of money would be somewhere in the ballpark of \$135 billion dollars . . . in case you missed the size of that number let me repeat it . . . \$135 billion dollars. The authors then began to dream about what could be accomplished if that money was used to share the unconditional love and compassion in the world. They did their research and offered well over 50 significant initiatives. Here are just a few:

- We as the church could complete eradication of polio and malaria;
- We as the church could finance 10,000 faith-based programs of AIDS/HIV prevention, education and medication in Africa;
- We as the Body of Christ could provide food, clothing and shelter to ALL 6,500,000 refugees in Africa, Asia and the Middle East;
- We as the Body of Christ could quadruple the current budget of Habitat for Humanity;
- We as the church could provide food, education and health care to 20 million needy children;
- We as the church could hire 10,000 new youth ministers and 50,000 Christian educators;
- We as the Body of Christ could finance the installation of heating, cooling and

SPECIAL CONGREGATIONAL MEETING:

A special meeting of the congregation has been called for Sunday, October 25 at 10:10 am for the purpose of creating a new ordained position for Greg Bolt and approving the terms of call. Greg is requesting ordination, and the Presbytery of the Cascades will be considering this step at its November 14 meeting. Action to create this position must be in the hands of Presbytery by November 7. Please come early if you attend the second service, or stay after if you attend the first service.

(Continued on page 2)

(Continued from page 1)

electrical systems in 20,000 of the most inefficient U.S. church buildings per year, including the installation of solar panels;


- We as the Body of Christ could finance 25 faith-based organizations that would provide assistance and to pay heating and utility bills for the most needy in the country;
- We as the church could sponsor 150,000 new medical missionaries to provide disaster relief assistance throughout the world. (pg. 13-18)

Wow! that is just to name a few initiatives if more and more people of faith walked away from the house of fear into the house of love. Can you imagine? These are not small band-aids or simple upgrades. These are huge bold strokes that would not only change the face of the church, but quite literally change the world. Of course, the authors are only offering hypothetical's. But it paints a picture of how we can be changed and how we can bring about change in the world.

I invite you to contemplate Christ's invitation to walk away from the house of fear and into the house of love. What does that look like in your life? What does that look like in our life together as the Body of Christ that is First Presbyterian? We are people of faith, sin-full and grace-filled, entrusted with a mission and vision that by its very nature calls us out of our comfort zones and into the world . . . Calls us out of the house of fear and into the house of love.

"Let us unswervingly to the hope we profess, for God who promised is faithful. And let us consider how we may spur one another on toward love and good deeds!" (Hebrews 10.23-24)

Yours in Christ,



Deacons Christmas Baskets

Last year we had 100 families. This year our goal is 125 families. Our estimated need to meet our goal this year is \$12,000 in food and monetary donations.

We're beginning to collect items we'll need from the grocery carts in the Commons. The non-perishable items we're currently collecting are:

Canned soup	Dry cereal & oatmeal	Muffin mix
Canned vegetables	Peanut butter	Rice
Canned fruit & applesauce	Jelly & jam	Spaghetti & spaghetti sauce
Pancake mix	Syrup	Rice-a-Roni & other side dishes
Tuna	Dish soap, bar soap, shampoo, toothpaste & toothbrushes	

Checks should be made out to First Presbyterian Church and designated for the Christmas Food Baskets. Non perishable food items can be left in the shopping carts in the Commons.

Remember in Prayer

Pauline Wade, Rhonda Chesney and their family. A memorial service will be held for Pauline's son and Rhonda's brother, David Wade, and Gregory Spikerman at First Presbyterian Church on Saturday, October 24 at 2:00 pm.

In the midst of conflict where various issues are discussed, be it health care reform, global warming or military conflict, this guideline seems appropriate for peacemakers to try.

"State what you think you heard and ask for clarification before responding, in an effort to be sure you understand each other."
1992, Presbyterian Church, USA

The Peacemaking Team

INTRODUCTION TO CENTERING PRAYER

Friday/Saturday, October 23 & 24

First Presbyterian Church, Bend

A workshop and course presented by Contemplative Outreach of Central Oregon [COCO]

Centering Prayer is a *method* of prayer revived from ancient teachings in the Christian contemplative heritage that emphasizes prayer as personal relationship with God. It does not replace other kinds of prayer. Instead, Centering Prayer offers us a way to quiet our faculties. By taking time to “rest in God” each day, we prepare to receive the gift of God’s presence. Come learn more about this powerful spiritual discipline.

COCO will provide materials, instruction, and support for the course, which includes both the weekend workshop and six weekly sessions.

BE STILL AND KNOW THAT I AM GOD. (Psalm 46:10)

“The root of prayer is interior silence. We may think of prayer as thoughts or feelings expressed in words. But this is only one expression. Deep prayer is the laying aside of thoughts. It is the opening of mind and heart, body and feeling – our whole being – to God, the Ultimate Mystery, beyond words, thoughts, and emotions.” (Open Mind, Open Heart, Thomas Keating)

WHEN: Friday, October 23, 7-9:30 p.m. and Saturday, October 24, 9-noon; plus six Tuesday evenings for the follow-up sessions: October 27; November 3, 17, and 24; and December 1 and 15.

WHERE: First Presbyterian Church, 230 NE 9th Street, Bend, OR 97701 All Are Welcome

OTHER INFO: Suggested donation is \$25 (scholarships available), which includes all sessions. The book Open Mind Open Heart by Thomas Keating will be available.

REGISTRATION or INFORMATION: Contact Rita Weick at 541-382-0086 or ritaweick@gmail.com or Katlin Friedman at 541-389-8068.

Baby Shower!

Heidi and Greg Bolt’s baby is on the way. Let’s get them prepared for the big day.

You are invited to a baby shower!

Join us on Sunday, November 1, at 6:30 p.m. for fun and dessert in Heritage Hall.

The Bolts are registered at Target.

If you would like to contribute to a community gift or donate to a college fund for Baby Bolt, contact Janet Pearson, 382-4401 or jpearson@bendcable.com.

A blessing box will be available in the Commons for cards and blessings for the family.

Bend First Presbyterian Church,

Thank you so much to everyone that helped with my Girl Scout Gold Award project. We were able to provide clothing to over 700 Central Oregonians in need! If you donated, give yourself a big hug and know that you changed a life. Thank you and don’t stop giving!

Thanks,

Emily Rood

November Birthdays

- | | | |
|--------------------|--------------------|-------------------|
| 2 Darin Campbell | 11 Johanna Lockett | 21 Gale Laing |
| Jolyn English | Frank Rosga | 22 Harold Tejes |
| Anita Helm | 12 Kay Case | Kim Torrence |
| Steven Koski | Linnea Saverude | Jan Woodward |
| Julie Nelson | 13 Judy Beam | 23 Harold Hull |
| 3 Christian Marcy | Susan Paltzer | Joe Stidham |
| 4 Don Compton | 14 Carol Piersee | 24 Cole Nashem |
| 5 Kale Barton | Kipp Unrein | Marianne Watson |
| 6 Bob Armer | Renee Wilson | 25 Bill Buchanan |
| Greg Cashwell | 16 Harvey Helm | Fred Holdren |
| Kat Mastrangelo | Doran Katka | Bill Pack |
| Nita Rauch | Judie Sandell | Amber Peterson |
| 7 Gary Fish | 17 Jim Mullins | 26 Dee Campbell |
| Margaret Harvey | 18 Amy Campbell | Jay Lyche |
| 8 Rachel Barram | Bill Chenoweth | 28 Katie Benedikt |
| Meg Brookover | 19 Bruce McDonald | Emma Nordstrom |
| Chris Moon | Nancy Merrick | 29 Alex Hall |
| 9 Grace Rea | Lorraine Stuart | Pat Snively |
| Clay Smith | 20 Martha Ervin | 30 Chris Brown |
| 11 Grace Allardyce | 21 Aelea Hall | Scott Hill |

November Anniversaries

- 4 Joe and Karen Gardner
- 5 Hollis and Joyce Brock
- Bob and Arlene Kooman
- 11 Tom and Aelea Hall
- 12 Jack and Sabra Cleveland
- 18 Bob and Bobbe Crain
- 25 George and Thiel Larson
- Bill and Joan Reckwerdt
- 27 Ruth and Michael Stenkamp
- 28 Charlie and Linnea Saverude
- 29 Joyce and Bill Padgham
- Ken and Betty Seidel

Happy Learners Preschool

Needs doll clothing for a small boy baby doll and a medium girl baby doll. Talk to Karen Sipes or Deb Klotz if you can help.

Happy Learners is also in need of gently used clothing. The clothing is needed for children who may come unprepared for winter outdoor play or for a change of clothes that become soiled during the school day.

Pants, tops, underwear and boots in sizes 3T to 6X as well as hats and gloves are welcome.

Donations may be placed in the box marked "Happy Learners" in the church office.

Presbyterian Women

Presbyterian Women of Bend present an afternoon of inspiration and encouragement.

Woman To Woman

Come hear how three local groups PW supports are making a difference for women and children in our community. Learn more how you can become involved with them and be part of women serving women in Central Oregon

Where: First Presbyterian Church of Bend
Heritage Hall

When: Sunday, November 15, 2:00-3:30 pm

Presenters

- Saving Grace
- Grandma's House
- Meadowlark Manor

Please join us. This event is free and we will be serving homemade pies, assorted desserts and refreshments. Dedication of our Fall Thank Offering will follow the program.

*Presbyterian Women needs ten pies for the Fall Gathering, Sunday, November 15. If you can bake a pie, any kind, please call Susan Shuck at 390-1684 or email her at sshuck2@yahoo.com.

- Every day men, women and children in our community go to bed hungry.
- Our church takes your non-perishable food donations to local food banks for distribution year-round.
- Thank you for continuing to keep our shopping cart in the Commons full!
- Checks are always welcome made out to St. Vincent De Paul Food Bank.

First Friday Fellowship, Friday November 1, 11:30 am, Heritage Hall:

All are welcome!

“Walk, Trot, Canter! Pipes and the Gait of the Horse” First Friday Fellowship gathers November 6 at 11:30 am for lunch and fellowship. This month's program features First Church organist, Boyd Levet, for a return concert. After lunch, at 1:00 pm, FF diners move to the sanctuary where Boyd will explore compositions expressing the movement of horses. Boyd says “Many of the composers themselves were equestrians and for some it was their principal mode of transportation. Their rides can be clearly heard in their music.” Most are timeless treasures, from the serenity of the “walk,” to the wind of the “trot”, and the airiness of the “canter.” It'll be a novel program!

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).

Youth Ministry

To volunteer or register or for more information, contact Greg Bolt, Director of Youth and Family Ministry

New Sunday Night Schedule

4:00-5:00	The Flock
4:30-5:00	The Fold Hang Out and Set Up Time
5:01-5:45	The 5:01 (Worship Experience)
5:45-6:30	Community Dinner (Soup and Salad)
6:30-7:30	The Fold
6:30-7:00	The Flock Hang Out and Take Down Time

If you have any questions or would like to lead one of these amazing opportunities, contact Greg (ggbolt16@gmail.com or 541-350-8074). If you would like to help out with dinner, contact Charlotte (cbradyappaiser@aol.com).

Support Groups

Depression Support Group
Meets in the Prayer Room on the second and fourth Wednesdays, 1:30-3:00 p.m.
October 28
November 11 & 25

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.
November 2, 16 & 30

Save the Date! October 24, 2009: 350.org's Global Day Of Climate Action

"350 may be the most important number in the world," says Bill McKibben, one of the country's most prominent environmental writers. "350" is the concentration of atmospheric carbon dioxide, measured in parts per million, that we need to work together to achieve. Before the Industrial Revolution, and for millennia prior, atmospheric carbon dioxide was at 275 ppm. Today, we stand at 390.

A just-released report from the United Nations Environment Program said that without prompt action, sea levels could rise as much as 2 meters by 2100. Put another way, our current inaction will cause irreparable damage to the planet in the lives of today's children. Children experience the effects of climate change more dramatically than adults, since their physical and psychological health is not as fully developed. Change in living conditions, loss of food sources and more prevalent disease will all affect children more dramatically.

The goal of 350.org, accordingly, is to bring things back down a bit. McKibben is confident that we can do it. All of us can help. Join us Saturday, October 24, at 10:30 a.m. at the top of the parking garage in downtown Bend to show the world we care. Walk, bike, or use the Bend Area Transit (which will be free that day) to come to this event. Let's have a large contingent of First Presbyterians!! A climate symposium will be held in the afternoon at the Environmental Center. Call Thiel Larson for more details. 388-4895

Spiritual Formation & Education

Are You “A Just Neighbor” or “Just a Neighbor?”

Sarah Holtzclaw, Director of Asset Development with the Partnership to End Poverty, will lead a five-week series through November 1 at 10:45 a.m. in the Adult Center. Nearly one in three people in Central Oregon cannot make ends meet. These are our neighbors. How well do we know them? How well do we know the choices they have to make and the difficulties they face each day? Join an interactive discussion. The class will walk us through what it is like to live day-by-day and then how we might be part of the solution and advocate for those in need. Come to all or any of the classes.

Meet JOHN CALVIN! Portrayed by Rev. Dr. Brad Kent, Sundays, through October 25 at 9 a.m. in the Adult Center

Who was John Calvin the person, and what are some of his key theological contributions to Reformed theology?

Inviting participants to familiarize themselves with Calvin’s life, including his education, teaching, preaching, writing, and family.



H1N1: History, Risk Factors and Prevention

November 1 at 9:00 am is your chance to ask questions of Dana Muller, a retired nurse who has done extensive study. H1N1 is now considered a pandemic by the World Health Organization. What is the Christian response? Christians draw together from all corners and walks of life, which makes us susceptible to any illness. What are the risk factors and how do we prevent its spread. Also, what is our ethical obligation to help protect ourselves but also help protect and care for others? Adult Ed Center

Caring for Your Parents

On November 8 at 10:45 am Chuck Frazier will present the topic "Caring for Your Parents." Chuck is a Commissioner on the Governor's Commission on Senior Services and is a member of FPC. The presentation will be a video and discussion and is sponsored by Adult Ed and the Deacons.

Being Christian in a Muslim Country

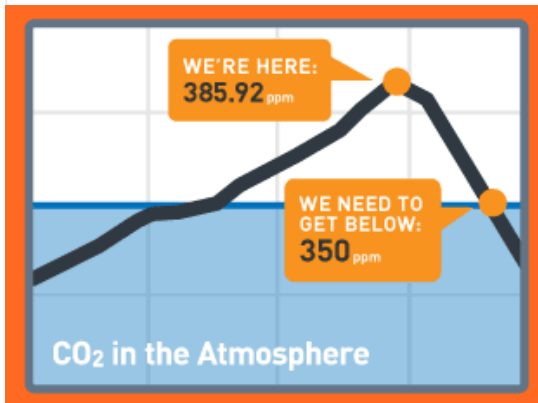
Rebecca Locklear, who just spent two years teaching English and music in Morocco, will share interesting experiences about being a Christian in a Muslim country. She will also address the issue of how to spread Christianity when it is against the law to proselytize, using Mark 6:7-9 as a focus. November 15 at 9:00 and 10:45 a.m.

Some Light on the Health Care Reform Issue

A four-week class on health care reform will be held at the St. Helens Center of the Episcopal Church on Thursdays, November 19 and December 3, 10, and 17, from 9:30-11:00 a.m. Dr. W. Daniel Klingler will lead the discussion based on the book *Health Care Will Not Reform Itself* by George C. Halverson, CEO of Kaiser-Permanente. All participants will need to purchase a copy of the book. Joining the usual group of participants in this ongoing class, we hope to have people from various aspects of the health care industry participate. Also, a secondary resource is T.R. Reid’s book *The Healing of America*. This second book focuses on the various plans other industrialized countries use to cover all their population. For more information, call Dan Klingler at 318-8163.

10 Things You can Do to Reduce Climate Change

Submitted by Thiel Larson



Scientists say that 350 parts per million CO₂ in the atmosphere is the safe limit for humanity.

Our combined actions to reduce climate change add up to a huge effect.

In your home or business, please consider taking some or all of the following actions:

Energy: Use Less and Go Renewable

Estimated CO₂ Reduction
(in pounds/year)

- | | | |
|---|--|-----------------|
| 1 | Buy 100% renewable energy from my utility. (single highest impact) | 24,000 |
| 2 | Complete a free home energy audit offered by the Energy Trust of Oregon and implement at least two of the recommended conservation measures. Call 1-866-ENTRUST or visit www.energytrust.org (Pacific Power customers only) | 1,000 (or more) |
| 3 | Install a solar water heater and/or electrical system on my home. | 720 (or more) |

Change My Transportation Habits

- | | | |
|---|---|-------|
| 4 | Drive a fuel efficient (more than 32 mpg) vehicle or alternative-fuel vehicle. | 5,600 |
| 5 | Drive less. Use an alternative to my car—walking, biking, riding the bus, telecommuting, and/or carpooling—for at least two trips per week. | 1,590 |

Reduce, Reuse and Recycle

- | | | |
|---|--|-----|
| 6 | Use less stuff and recycle the rest. Identify where I can use less stuff and reuse and recycle more. Apply this rule before I buy more stuff: use it up, wear it out, make do or do without. | 850 |
|---|--|-----|

More Energy Conservation Ideas

- | | | |
|----|--|-----|
| 7 | Install a programmable thermostat and/or adjust my thermostat to energy conserving temperatures (68° for heating and 78° for cooling). | 500 |
| 8 | Replace the incandescent light bulbs in my home with compact fluorescent bulbs (SFLs). | 500 |
| 9 | When purchasing new appliances and office equipment, buy only products with the Energy Star® label. | 440 |
| 10 | Other (visit www.envirocenter.org for other actions you can take.)
Start a compost bin. Less waste equals less energy to transport and treat it.
Eat locally grown and/or organic foods, which use less energy to be produced and distributed. | |

My Total CO₂ Reductions

Study and Fellowship

CPR CIRCLE will not meet in October.

CIRCLE 3 will meet on Monday, November 9, at 1:15 p.m. in the Adult Center. Call Ginny Boone (389-3128) if you would like additional information.

CIRCLE 2 will meet at 1:00 p.m. on Tuesday, November 10, in the Adult Center. All women in the church are invited. For more information, call Betty Armer (388-2347).

MEN'S BOOK STUDY GROUP meets in the Library every Monday from 4:00 to 5:30 p.m. We're studying *Christ of the Celts* by J. Phillip Newell. 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 - 8:00-9:00 am Wednesdays in the Adult Center. Leader Dr. W.

Daniel Klingler. Current subject is the Book of Hebrews.

TILTERS is a group of women who read and discuss books related to faith. We are currently reading *Take this Bread* by Sarah Miles. 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 meets from 9:30 to 11:00 a.m. in the Youth Center on the first and third Tuesday of the month. We invite you to join us as we study the book of Acts and grow as friends in Christ.

AFTERNOON WOMEN'S BIBLE STUDY Looking for an afternoon study? Traveler's Bible Study meets on the 2nd & 4th Thursdays at 1:30 p.m. in the Youth Center and is studying the Gospel of Matthew. Traveler's is an

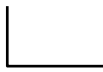
informal study designed to discuss a portion of the Bible each time we meet. The value of this group is to spend time with other women, to get to know each other better, plus sharing some of the spiritual insights that come to us. We are all "Travelers" on a spiritual journey, but also like travel literally, so it is not necessary to commit to being there every time we meet. Just bring yourself and your Bible. For more information, contact Carol Piersee (312-1628 or carolpier@aol.com).

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.

Try Transformative Yoga on Thursdays at 9:45 a.m. in Heritage Hall

This practice, is a blend of T'ai chi, stretching, gentle yoga, deep relaxation, transformational imagery with affirmations and finishing with a period of silent witness meditation. Developed by human potential pioneers George Leonard and Michael Murphy, this is a well-researched path to actualizing your personal best. Many positive changes, including weight control and improved physical health, as well as personal growth, have resulted from this balanced and comprehensive practice. Appropriate for all levels. Donations accepted. Taught by Sandra Barkman, M.S. C.N.S

First Presbyterian Church
230 NE Ninth Street
Bend OR 97701



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.

LOOKING FOR WORK Jerry Schultz owns a small business that provides “Computer Solutions,” experienced help in network assistance, hard drive crash repair, virus and spyware problems and more. Phone 541-390-3045 or jerrys@bendbroadband.com.

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