



# Shalom

First Congregational  
United Church of Christ  
700 Marion Street NE, Salem, Oregon 97301  
Also available on-line at [www.uccsalem.org](http://www.uccsalem.org)

Reverend Gabrielle Chavez, Interim Minister      Margaret Jester Haining, Moderator  
Dr. Joanne Swenson, Interim Associate Pastor      February 15, 2012



## Seasoning Lent – Lenten Practices for Everyone’s Taste!

Would you like to prepare spiritually for Easter? Join us for study, worship, service, fellowship and “life-style transformation” (or, what we used to call “giving up something for Lent”!). Our *Seasoning Lent* program pulls all this together for you. Here are the highlights:

Each week *Seasoning Lent* features a new scripture reading, meditation, and a practical activity. These are especially family-friendly. *Seasoning Lent* takes the traditional activities of fasting and penance, and modernizes them by asking us to reconsider our food purchases, preparation and eating as an expression of our faith. You’ll find the 4-page *Seasoning Lent* hand-out in the church narthex, with the Sunday bulletins, and also in the Sunday School classrooms. It is also available on-line, at our website.

Worship with us each Wednesday, 5:30 - 6 p.m., beginning February 22, Ash Wednesday. These services, brief and interactive, will be led by our Pastors, WomanSpirit and Rev. Lynda Clark, and our Taizé team of Michelle Pedersen and Gary Vocana.

Join us for a simple soup supper following Wednesday Worship. These suppers begin February 29, starting around 6 p.m.

Join the Lenten activities following church each Sunday, as listed in the *Seasoning Lent* hand-out. For example on our First Sunday of Lent, February 26, Susan Smith of our Mission and Outreach Committee will be distributing collection cups for us to bank our spare change and savings from “giving up” unnecessary beverage purchases during Lent. These funds will be collected at the end of Lent, to support First Congregational’s *Water for Life* project in Haiti. Also on that Sunday we’ll have a kitchen gear swap at coffee hour. ~ Joanne Swenson, Interim Associate Pastor



### In Our Prayers...

**Joyce Smith and her children Curt and Pamela,**

who grew up in our church,

now mourning the loss of **Jerry**

**Smith**, who passed away on February 3. His 88 blessed years were celebrated

at a service in Capital Manor on February 10, including a moving tribute

from Pastor Emeritus Ed Henderlite, marking Ed's first public appearance

since his stroke last year...**Annemieke**

**Laport**, our Office Manager, who is in Holland attending the funeral of her

cousin...**Case Veldhuisen and Lynda Clark**, for health and strength...Joyful

"welcome home!" to the Gutterman-Johns family from David's teaching

semester in Prague.



Long time member Marge

Bowder is turning 90 on February 25. Happy birthday,

Marge!

### BZR BULLETIN

The Bazaar supplies are packed away for another year, all the pickles and loaves of bread are sold — BUT —

we still have a few pies in the freezer of the Women's Fellowship closet. If

you ordered pies and have yet to pick them up, please find Jean O'Grady,

Nancy Dilger, or any member of Women's Fellowship after church on

Sunday. We would be glad to help you with your pies!

*BZR Lady*



**FEBRUARY ADULT EDUCATION**

"That's Unthinkable: Hard Questions about God," facilitated by Stephen Patterson. What are your deepest questions about God? Have you ever pursued your questions beyond the traditional answers that lie ready to hand? For a few weeks this winter, we will let your questions run their course in an adult discussion about what we really believe about God. Here are my questions (and I hope you'll bring yours):

Is God Really Almighty?

Is God Really a Person?

Are Human Beings Really the

Crowning of God's Creation?

Join us on Sundays at 9:30 a.m. in Huntington Hall (downstairs). Child-care is available in the nursery and coffee is served!

### GETTING ACQUAINTED BRUNCH

If you are new to this church and would like to get to know us better, please join the Welcoming Committee and the pastors on Sunday, March 18 at 11:45 a.m. for a brunch served in Huntington Hall. An RSVP to the office would be much appreciated!

[office@uccsaalem.org](mailto:office@uccsaalem.org) or 503-363-3660.



## **DRINK WATER FOR LIFE Starts February 26<sup>th</sup>**

Join us as we Drink Water for Life during the Lenten season. This is the 7<sup>th</sup> Lent during which we will be substituting the clean water we enjoy from the tap in Salem for sodas, lattes, bottled water and other expensive beverages. On Palm Sunday, we will collect the money we save and, through our partner, *Mouvman Peyizan Papay* (the Peasant Movement of Papay) bring clean water to another community in rural Haiti. Through this small Lenten sacrifice, we have brought clean water and sanitation to nine communities saving the lives of hundreds of children in central Haiti, eastern Kenya, and northwestern Honduras. Pick up your cups in the Narthex on Sunday, February 26<sup>th</sup> and DRINK WATER FOR LIFE.

~ *Susan Smith*

## **LUNCHES**

In January, we gave out 265 lunches, about 66 a week (70 last week). Week after week, the hungry people come. Thank you for including something for the lunches on your weekly shopping list. Thank you to the volunteers who organize the food and assemble the lunches: Susan Bearden, Russ Fowler, Barb Hosier, Marion Knox, Renee Hanson, and Lyndsey Houser. The

people who come to our door thank you, too.

We need more food donations for our lunch giveaway program. At this writing, we only have 40 left — and we are out of supplies to create new ones. If you can, please bring more items for lunches as soon as possible (Suggestions: Vienna sausages in pop-top cans, cereal bars, fruit cups, pudding, peanut butter crackers, nuts, chips, juices and other high-nutritious, non-perishable single-serve snacks).

~ *Nancy Stempek*

## **Talent/No Talent Show**

Thank you to all who made the 5th Annual Talent/No Talent Show another FABULOUS evening! The talent was varied, and wonderful as always. It is so fun to see people of all ages in a slightly different light. Thank you to Diane Corner for inviting Tiffany Ottis, Program Director of "Congregations Helping People," to join us for the evening. We were able to raise \$1,099 to give to CHP, which directly helps people in our wider Salem community with immediate emergency needs, including prescription medications, rent, utilities, and bus passes, to name a few. This organization was chosen by our Mission and Outreach Board as the sole recipient of our Talent Night funds this year, in response to the

extra economic strife that has plagued our community due to the economic downturn. Congregations Helping People has also been the focus of our church's special offering for February. The need is so great — please give what you are able.

It's always dangerous to thank individual people for helping out with the Talent Show, because it is too easy to leave people out. So if I have, please forgive me!!! But I do want to thank the Mission and Outreach Board, Don Lundberg, David Watson, Steve and Toby Rhine, Curt Ralston, Nancy Stempek, Susie D'Anna, Alejandra Clemens, Renee Hanson, and Jerry and Lyndsey Houser for their extra time and help. I also would like to thank everyone who shared their talents, and their snacks with us. And, as always, I am continually amazed at how well and efficient our take-down and clean up is with EVERYONE helping in a chaotic frenzy that always seems to work amazingly well. Thanks to everyone! Sincerely,  
~ *Rebecca Ralston*

### **SAVE THE DATE - Dine, Dance and Bid 2012**

It's Fiesta Time! Join us on Saturday, May 5, 2012 in celebration of *Cinco de Mayo* as First Congregational UCC holds one of its largest fundraisers of the year. Start thinking about items you can donate to the silent and oral

auctions. Also, there is a never-ending need for FOOD. Now is the time to pick up an extra box of appetizers for Dine, Dance and Bid (DDB) as you are shopping for your home parties and entertainment. More information to follow.

Blessings, *Jen Hartung*

### **Search Status**

At the time of this writing, the Search Committee has received 24 profiles from candidates who wish to be considered for our position of senior pastor. The profiles range in length from 17 pages to 28 and have been developed, over time, by the national church. In them candidates are asked to reply to a number of questions. The greatest amounts of text are taken up by essay statements that the candidates share. The first is called "Statement on Ministry" and deals, generally, with how the candidate is motivated/"called to" ministry. Another is a self-assessment part, also in essay style, that is immediately followed by the assessment of 8 other individuals who speak to the candidate's strength in both a rating poll and through written essays. While a person can certainly not be completely captured on paper, I find much of what we are encountering useful. I certainly have developed a deep sense of gratitude for what the candidates must experience as they put themselves out there...many with a great deal of transparency. It certainly

is great for us to know that in two short weeks (since publishing our profile), 24 candidates have expressed their sincere interest. And we are expecting to receive more. Stay tuned!

~ *Susie Francois, Search Committee Chair*

**We thank you** for the honor we received at Annual Meeting. We watched as Bernie Turner and Lynda Clark roamed the room to surprise someone/ones for their volunteer service. To say we were shocked when they stood by us would be an understatement. We look forward to using our gift certificate at the renowned *Thistle* restaurant in McMinnville, but we need no compensation for the work we have done — it has always been, and will continue to be, a labor of love to support this church which has meant so much to us.

~ *Dick and Susie Francois*

### **A Small Note of Big Thanks!**

Hats off to our own Jeff Standy, who planned and prepared the meal for the Leadership Team Building meeting on Saturday, February 11. It was superlative! The deliciousness factor was off the charts, and all the little details (homemade croutons! whipped cream star on the cheesecake!) made it that much more special. Jeff contributed a great deal of time and talent for this effort, and he did it all sans compensation. We hope Jeff knows how much

he is loved and appreciated for all his efforts! And if he decides to donate a meal to Dine, Dance, and Bid, jump on the opportunity to benefit from his culinary expertise!

~ *Margaret Jester Haining*

### **SIHN Update Family Update/Praise Report**

Maria and her three kids (Efrain, Lilly and Essy) moved into their own home in the middle of January. The kids are adjusting to a new school and Maria was able to find employment. Maria, with an ear-to-ear smile, glowed as she left the day center — moving into her new home. This is what SIHN ministry is all about. Thank you to all of you who help our church be a part of this ministry financially and also in providing a safe and warm shelter for the week they are with us. The families will be with us starting Sunday, February 19th

~ *Susan Bearden*



### **SHARING THE LOVE... OUR ANNUAL LOVE OFFERING IN THE MONTH OF FEBRUARY**

100% of the proceeds of this offering will go to Congregations Helping People, which assists people from our city who are in need. And that need is great.

## “Seasoning Lent” — Dr. Deborah Patterson

This year, instead of Walking to Jerusalem, during Lent we will be prayerfully considering what we eat, and elements connected with the process of meeting this basic need and form of nurture. While people generally give up something for Lent, “Seasoning Lent” invites us to take up healthy eating. This series, adapted from the Church Health Center, encourages us to eat simple, delicious meals as part of our spiritual practice for this season.

Lent, the forty days (excluding Sundays) before Easter Sunday, is observed by many through fasting from certain foods. *Seasoning Lent* invites us to “give up” unhealthy eating and “take up” the art and discipline of cooking healthy foods during Lent. We will have Wednesday evening worship services, followed by simple meals that we will eat together. Each week, we will have a special congregational activity that supports this endeavor, such as a “Kitchen Swap” on February 26, saving money to help support Water for Life, and several other things. Stay tuned for more, and be ready to “season” your Lenten season with healthy food, prayer, and times of eating simple meals together.

Here is a simple recipe to get you started, from the Church Health Center’s Wellness Kitchen:

## Cream Cheese, Apple, and Arugula Quesadillas

Prep Time: 10 min., Total Time: 20 min  
Makes 6 servings, Serving Size: 2 wedges  
Nutrition Facts (per serving): Calories: 100;  
Total Fat: 5 grams; Saturated Fat: 2.6 gram;  
Sodium: 182 mg; Carbohydrate: 10 grams;  
Fiber: .5 grams; Protein: 3.5 grams

### Ingredients

- 1 tablespoon Dijon mustard
- 2 teaspoons apple cider
- 3 (10-inch) flour tortillas (preferably whole-wheat)
- 6 oz reduced-fat cream cheese
- 1 Fuji apple, cored and cut into ¼ inch thick slices (about ½ lb)
- 3 cups arugula (or other spring greens)
- ¾ tsp freshly ground pepper

### Directions

1. Combine mustard and cider into small bowl and stir well.
2. Heat a large non-stick skillet over medium heat. Spread each tortilla with about 1 ½ teaspoons mustard mixture.
3. Place one tortilla mustard-side up in pan. Arrange 2 oz. of cream cheese over half of tortilla; cook 1 minute or until cheese begins to melt.
4. Arrange 1/3 of apple slices over cheese; top with 1 cup arugula. Sprinkle ¼ teaspoon pepper over arugula. Cook 2 minutes on each side or until golden brown. Remove from pan.

Repeat procedure twice with remaining two tortillas, cheese, apple slices and 2 cups arugula and ½ tsp pepper. Cut each quesadilla into 4 wedges.

## Calendar

Wednesday, February 15	1:30 p.m. <b>Women's Fellowship Day Circle meeting @ Ruth White's</b>
	1:30 p.m. <b>Women's Fellowship former Evening Circle at Lyda Rice's</b>
Thursday, February 16	6:30 p.m. <b>Deacons meeting</b>
Sunday, February 19	9:00 a.m. <b>Shrove Sunday pancake breakfast</b>
	5:30 p.m. <b>Salem Interfaith Hospitality Families arrive for a week's stay.</b>
Ash Wednesday, February 22	5:30 p.m. <b>Taizé Prayer Ash Wednesday Service</b>
Sunday, February 26	8:00 a.m. <b>SIHN families depart</b>
	11:30 a.m. <b>Seasoning Lent kitchen utensil swap</b>
Monday, February 27	6:30 p.m. <b>Woman Spirit meets at Bev &amp; Jenny's <a href="mailto:bevnjenny@comcast.net">bevnjenny@comcast.net</a> for more info</b>
Thursday, March 1	6:15 p.m. <b>Joint meeting of Peace &amp; Justice and Mission &amp; Outreach committees</b>
Sunday, March 4	<b>Shalom deadline</b>
Wednesday, March 14	7:00 p.m. <b>Council meeting</b>
Thursday, March 15	6:30 p.m. <b>Deacons meeting</b>
Wednesday, March 21	1:30 p.m. <b>Women's Fellowship Day Circle meeting @ Lyndsey Houser's</b>
	1:30 p.m. <b>Women's Fellowship Former Evening Circle @ Lois Alexander's</b>
Sunday, March 25	<b>Shalom deadline</b>

### RECURRING EVENTS

**Adult Study** Mondays at 12 noon in the Choir Room,  
They are reading and discussing "Twelve Steps to a Compassionate Life"  
by Karen Armstrong. Join in!

**WomanSpirit** meets every 2nd and 4th Monday of the month  
at Bev Pratt and Jenny Whitmire's home. More info? Mail [bevnjenny@comcast.net](mailto:bevnjenny@comcast.net)

**Chancel Choir Rehearsals** Thursdays at 7 p.m. in the Sanctuary.  
New voices are always welcome!

**Taizé Prayer Service** — 4th Wednesdays at 5:30 p.m.

### Our Sunday Schedule

Adult Learning Hour 9:30 a.m.

Worship 10:30 a.m.

Fellowship Time 11:30 a.m.

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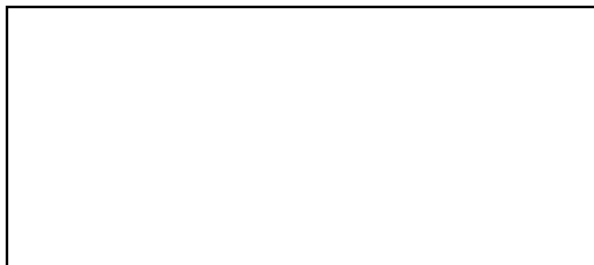
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**From The Trustees:**

The Annual Spring Cleaning of the Church Grounds is planned for Saturday, March 31st. It is that time of the year again when the congregation gets together for sprucing up the church's outdoor grounds. Although it is a month and a half away, we would like to reserve the date. Working together with many hands will make the workload lighter and above all, much more fun. The Trustees will provide the needed sweets and coffee to ensure you'll have enough energy to do the job. Thanks in advance for participating. More details will follow soon. ~ *Jeroen Laport, Board of Trustees.*