AUGUST 8, 2014 NEWSLETTER FOR NEWBERG COMMUNITY A WEEKLY THE PEOPLE OF THE COMMUNITY

ALL IN A DAY'S...LIFE

Keeping Busy by Howard Macy

"How ya doin'?" "Keeping busy." Noting how often we hear and say this, a visiting friend and I explored how easily we let busyness pose as virtue. Being busy means you're doing well, maybe even doing good. But, even leaving out busy people who are up to no good, busyness may not gauge how we're doing.



If it did, we could invent devices to measure how fast we're spinning our wheels or how much we're cramming into our lives. Maybe a Cram-o-Meter. Or a Spindex. If "keeping busy" misses the mark, though, we might think of ways to avoid falling into its trap. I've been thinking about three ideas that might help.

The first idea is "margin." I first learned this term from Richard Swenson's book Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives. He writes in part from what he has seen as a physician and argues that we all need some margin between ourselves and our limits. That margin creates space for emergencies, for surprises, or for Murphy's Law: "Whatever can go wrong will go wrong." (I've checked and can confidently declare that this is not named after our Bruce Murphy.) Margin also breathes in availability to follow God's unexpected nudges.

The second idea comes from Richard Foster at Northwest Yearly Meeting sessions last summer. Annoyingly enough to me, he spoke of sleep as a "discipline." It's a way of noting our limitations, he said, a way of recognizing that we can never get it all done. Obviously that's quite meddlesome, even beyond calling some of us to better habits in sleep. Who says we can't get it all done? But I think about it.

The third idea is keeping Sabbath. I've thought about this very old idea for a long time and have experimented with it in a variety of ways. Simply put, Sabbath is taking a day each week to celebrate God and God's steady presence in our world and our lives. It's a day to step back and relish the gift of life, of love, of family and friends, and of our wondrous world. It's a day to live our trust in God. Abraham Heschel calls it a "sanctification of time," a time set apart, a holy time. In contrast, it's not a "day off" when we rush around doing personal chores, shopping, cleaning, and managing all of the personal work we have to do. That's not Sabbath rest.

Of course, Christians widely neglect Sabbath, and sometimes churches schedule so many Sunday meetings that it nearly wears you out. Our larger culture pres-



Published weekly for the purpose of information and community connectedness

Newberg Friends Church

307 S College Street P.O. Box 487 Newberg, Oregon 97132 503-538-8381

www.newbergfriends.org

Please direct all publications items to Sherry Macy sherry@newbergfriends.org sures us in many ways to live in 24/7 compulsive ways, pursuing consumption, achievement, fame and fortune, etc., or at least lots of gadgets and trinkets for body, home, and hovel. This is one of the reasons I like Walter Brueggemann's recent book, *Sabbath as Resistance: Saying No to the Culture of Now.* The key word is *resistance.* Sabbath resists the lies of culture.

I connect this particularly with the version of the Ten Commandments in Deuteronomy 5. In verses 12 through 15 God requires keeping Sabbath as a way of remembering the Israelites' liberation from Egypt, where they had to work as slaves 24/7. But it's not just remembering; it's living in the reality of a wonderful gift. God rescued them from Egypt with God's "strong hand and outstretched arm," and they are now to live boldly, knowing that God will continue to deliver them and provide for them.

The challenge of Sabbath is to learn to rest and rejoice in God. It is to act like we believe that God can and will care for us. It is to imagine that God might capably manage the world even if we're not working 24/7 to make sure it all runs right. This will challenge many of us who are "keeping busy," but I believe we can find creative and joyful ways forward to enjoy the freedom that God offers us.



Want to check out the Christmas play? Click here to read the script. Want more information? E-mail Jo Lewis or call 540-514-1847.

NEED · SHEET

NEEDED:

- Chehalem Youth and Family Services needs volunteers to work in our thrift store Lucky Finds, people who like to do yard work and gardening, and handymen or women to do minor maintenance for us. Anyone interested can stop by Lucky Finds Thrift Store Monday-Saturday 10-6 on the corner of Hancock and College Streets and pick up a volunteer application. The volunteer application is also on our website.
- Car loan or sublet—I'm moving to Newberg for the fall to work at GFU, and I'm in temporary need of a vehicle. I hope to find someone who has an old car sitting around who might sublet it to me while I'm in town. Approximate dates are August 18-October 25, but flexible. Contact me at meganjweaver@gmail.com or 917-703-6471.

FOR SALE:

- Husqvarna Viking sewing machine, \$150; sewing machine table, \$25; Bose radio, \$75; 4/4 (full size) violin with bow and case \$350. Call Donna at 503-538-4318.
- Spinet piano for sale. Paid \$400; make an offer. Call Edna Williams at 503-554-7415 (please speak up).
- Matching set of three hard-sided suitcases—all in excellent condition; medium brown in color. Sizes: $22" \times 17$," $20" \times 16$," and $16" \times 16"$ zippered bag. \$8 for all three. Call 503-538-6578.
- Hard-sided brown briefcase, excellent condition; \$3. Size is 18" x 14" x 4." Call 503-538-6578.

To place a one-time free ad— • e-mail: sherry@newbergfriends.org • mail: NFC, P.O. Box 487, attn. Sherry

• bring a written ad to the NFC office at 600 E. 3rd Street

deadline: August 20 • no phone-in ads; please resubmit repeated ads

The Need Sheet can now be found online at newberg friends.org/resources/need-sheet/



READ AHEAD FOR AUGUST 10

Matthew 5:27-32

linked to biblestudytools.com

SUNDAY

Summer Sunday school for children! Nursery care provided during 9am and 10:45am services. Pre-K (Rm 124) and K-5th grade (Rm 121) large-group Sunday school class provided at 9am only. Regular schedule for middle/high school and adult Sunday school. See an usher or greeter for specific class information.

9am | worship gathering

10–10:45am • Community Time | on the lawn or inside

• blood pressure checks | Room 234

10:15-10:45am | library staffed 10:45am | worship gathering

Intercessory prayer | 9am | Barclay C

Strong For Life | 10:30am | Barclay B

WBF steering team meeting | 9am | Barclay C

Strong For Life | 10:30am | Barclay B

Men's prayer meeting | 8am | Friendsview Creekside, 2nd floor, TV room

Read ahead: Matthew 5:33-37

Plan Ahead

August 23 | College-age BBQ and Pool Party | 4-8pm | for any college age people | Koskela home / 1225 NE Chehalem Dr. | drinks and burgers and veggie burgers provided; bring snacks to share if you can

August 25 | children's ministry orientation 7pm | Room 132 | for parents, grandparents, volunteers, all NFC attenders | review of procedures and policies in place for the safety of our children and volunteers; discuss the importance of children; celebrate the opportunity to serve and worship with children | alternate opportunity September 4 at 10am

September 7 | Kick-Off-the-Fall Picnic | noon | on the lawn | food provided! (\$ donations accepted) | if possible, bring your own tableware to help cut down on disposable products

September 7 | congregational business meeting | 6pm

NFC's Calendar on the Web!



PASTORAL TEAM

Michelle Akins

pastor, children and family ministries michelle@newbergfriends.org

Steve Fawver

pastor, spiritual health and care steve@newbergfriends.org

Cindy Johnson

pastor, seniors ministries cindy@newbergfriends.org

Gregg Koskela

lead pastor gregg@newbergfriends.org

Eric Muhr

pastor, youth ministries eric@newbergfriends.org

Elizabeth Sherwood

pastor, administration elizabeth@newbergfriends.org

Nolan Staples

pastor, worship ministries nolan@newbergfriends.org

SUPPORT STAFF

Denise Lyman

bookkeeper/receptionist denise@newbergfriends.org

Sherry Macy

admin assist / communications sherry@newbergfriends.org

Arnie Mitchell

buildings manager arnie@newbergfriends.org

Dan Ritter

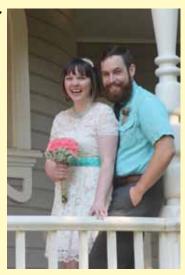
buildings manager dan@newbergfriends.org

Mark Thompson

cemetery sexton mark@newbergfriends.org

66 I DO I 99

Tim Fodge and Liz Kettner were married on Saturday, August, 2, at the Settlemier house in Woodburn. The newlyweds will live in Newberg. Tim will continue working his carpentry job and Liz will teach in Woodburn while she finishes her master's degree in teaching. Tim will also continue to keep an eye out for chances to audition for acting work.



OH, BABY!



Chris and Theresa Breighthaupt welcomed Evelyn Hope to their family on July 15, 2014. Evelyn joins big brother, Haven.



Were you married at NFC?

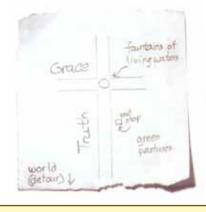
If yes, please call 503-538-8381 or e-mail **Sherry Macy** to find out why she wants to know!







Safer Sidewalks—that was the goal (along with the city's directive to repair them). David Nafziger (left, on knees) and VOW volunteers graciously gave of their time to assist our building managers with the project.



Meet Me at the Crossing of Grace and Truth

Friends Women Retreat

Twin Rocks Conference Center Rockaway Beach, OR

September 26-28, 2014

Questions? Contact Terri Bowen / 503-550-1364