

Your NFC

SEPTEMBER 19, 2014

A WEEKLY
NEWSLETTER FOR
THE PEOPLE OF THE
NEWBERG
FRIENDS CHURCH
COMMUNITY

ALL IN A DAY'S...LIFE

by Sue Hutchinson

In a world full of inevitable and perpetual change I have noticed in myself an ongoing desire for relief, a longing for a giant God-shaped Alka-Seltzer to drop into the aching upset of life. Plop. Plop. Fizz. Fizz. Relief. Now. *Relief* from sorrow, fear, guilt, or anger. *Relief* from a 9-year-old's 24-hour monologue. *Relief* from clutter, vulnerability, and stinky diapers. *Relief* from confrontation and decisions about the future. *Relief* from making dinner, the heat, and financial strain. Big, small—I want *relief* from it all. However, it doesn't seem like God and I are on the same page with this. It seems like I didn't get the Alka-Seltzer God. That's a bummer. Frustrating almost. As a matter of fact, I feel let down, angry even!

Something dawned on me one particularly disgruntled and disappointed night. It was not my finest moment. There was no reverence and praise in my heart. I was more of a petulant, whining, weasel-y child. Then I saw it. God is my PRT, not my Alka-Seltzer. What is PRT, you ask? It is Primary Restraint Technique. And, why do I know this? Well, there was this one time—when I was young, naïve, and childless—that I thought it would be cool to work in a residential program for 6- to 12-year-old foster kids who had behavioral and psychological issues. I had *no* idea. It was nothing like I expected, but I learned much while I worked there, including the nifty skill of how to restrain kids when they went physically out of control. The goal was to keep them safe and others safe around them—but mostly to protect them from themselves. According to my old training material, PRT is

“an orthopedically sound physical hold that offers unprecedented mechanical advantage without inflicting pain or injury.” Apparently, “There is not a more mechanically effective standing hold anywhere within the realm of passive and benign restraint.”

So when big or small things



Your
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Published weekly
for the purpose
of information and
community connectedness

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in life build up for me, and I start lashing out, having a metaphorical (and, secretly, sometimes literal) hissy fit, demanding relief from all unpleasant things—God crosses my arms over my chest, reaches his arms around me, and gently holds on. No amount of angry words, pleading, threatening, deal making, bites (metaphorical again... stick with me), scratches, or head slams can move him. When I have exhausted myself to the point of momentary stillness, I finally hear the quiet words he has been speaking all along. “You will be OK. You are not alone. I can take the worst you have to deal out. I am not going to leave you. I am your safe place.” My anger, indignation, disappointment, and need for control melt into tears of relief. *Relief!* He doesn’t tell me that everything is

fixed or that it will be easy from here on out. He doesn’t take the hard things I have to deal with away. Instead, what he offers me (and to all of his broken foster children) is a relief not dependent on all being right and easy in our worlds. It’s a relief that is unfazed by life’s turmoil and change. He allows me to struggle, trudge, and often flail through my tough situations, knowing better than I that a passive restraint gives me the ability to grow in understanding and character while never being abandoned. That is something my soul can sink into.

I will pitch another fit sooner or later, but in this moment of calm I say: Thank goodness for a patient PRT God who is bigger than my insistent tantrums for immediate relief.

Disclaimer: This is in no way my complete view of God. It is simply something that God has been teaching me in this season of life. My kids and I feel God’s generous hand in our lives as an advocate, relief worker, and abundant grace giver. These we have experienced never more powerfully and tangibly than in the five years we have been part of the NFC community.

Margaret Fell WMF Begins Fall Season

All women are invited to attend the Margaret Fell Women’s Missionary Fellowship gathering next Monday, September 22, at 7 p.m. at the Spaulding Oaks Community Center.

Marilyn Harmon will speak about Teachers Abroad.



Dear Friends,

A couple of Sundays ago you may have heard me mention during the Ministry Moment that a new group would be beginning to address grief and loss. That group will begin on **Wednesday, October 1**, and will continue for four weeks with the last Wednesday in October being an optional time to meet to reflect, pray, and care for each other. We will begin at 6:30 p.m. and end at 8 p.m. in Room 234 at the church.

My husband, David; Cindy Johnson; and I will facilitate the group. The evening is meant to offer the opportunity to come and be cared for, prayed for, and to learn more about grief and loss. As we talk through the various aspects of grief and loss you may have questions to ask or experiences to share, although the group is not designed to be a talking/support group. During the four weeks we’ll be discussing the topics: 1) what grief and loss look like, 2) what helps with grief and loss, 3) questions that grief and loss bring into our lives, 4) how to find hope again.

Anyone who feels this type of experience would be helpful is welcome to attend. Your loss may be recent or distant. It may involve a loved one, a job loss, or the loss of a dream. Losses come in many forms but generally have similar effects on our lives. We want to provide you a place where you can begin to heal and receive balm for your hurt.

— Carol Sherwood, Parish Nurse

Your **NFC** THIS WEEK

READ AHEAD FOR SEPTEMBER 21

Colossians 2:16-19 linked to biblestudytools.com

SUNDAY

Sunday school for children and adults — for times and classroom information, find “Educational Opportunities” at each entrance, each “Info Center,” at the welcome center, or ask a greeter to help you.

9am | worship gathering

10-10:45am | Community Time | on the lawn (or inside)

10:15-10:45am | library staffed

10:45am | worship gathering

Monday, September 22

Intercessory prayer | 9am | Barclay C

Strong For Life | 10:30am | Barclay B

3M (Monthly Marriage Maintenance) | 6:30pm | social hall

Margaret Fell WMF | 7pm | Spaulding Oaks Community Center | featuring Marilyn Harmon, Teachers Abroad

Tuesday, September 23

High school youth group | 6:30pm | Youth House

Wednesday, September 24

Strong For Life | 10:30am | Barclay B

Middle school youth group | 6:30pm | Friends Center gym

WBFpm | 7pm | Barclay C

Thursday, September 25

Women’s Bible Fellowship | 8:45am | social hall

Friday, September 26

Strong For Life | 10:30am | Barclay B

Saturday, September 27

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

Sunday, September 28

Read ahead: Colossians 2:9-15

Plan Ahead

October 1 | Grief Group begins | 6:30pm | Room 234 | contact Carol Sherwood, 503-550-9802

October 2 | Pre-K Fun Night | 6-7pm | FC gym | ages 3-5 yrs | \$2/child, \$4 family max

October 6 | JOY breakfast | 8am | J’s Restaurant | for seniors 55 and older

October 8 | small group to explore Nathan Foster’s book begins | 6:45pm | Barclay A/B | contact Steve Fawver

October 11 | wood ministry work session | 9-11:30am | Friends Cemetery on Everest Rd | contact Larry Hampton, 503-538-6508

October 16 | K-2 Fun Night | 6-7:30pm | FC gym | dinner, games, and stories for children K through 2nd grade | \$2 per child, \$4 family max

October 23 | 3:4-5 Fun Night | 6-8pm | dinner, games, and a mission presentation for children in 3rd-5th grade. \$2 per child, \$4 family max

October 25 | NFC All-Church Serve Day | 9am-noon | Join with others in the camaraderie of serving your church community! Everyone welcome. We’ll close our work together with a simple chili meal.

Newberg Friends Church
a GROWING community
LISTENING to Christ
CHANGING in the Spirit
LIVING OUT love

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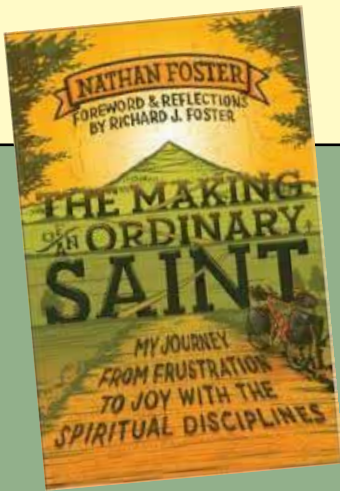
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NFC’s Calendar on the Web!



Small Groups Starting Soon

Exploring Nathan Foster's book

The Making of an Ordinary Saint: My Journey from Frustration to Joy with the Spiritual Disciplines

Come join others as we help test and shape small-group and individual resources being written by the NFC community. We will meet and read Nathan's book as we invite Christ to change us, help us learn, and teach us together. Nathan invited us to work with him to write resources to be published early next year. Therefore, we need people to use these resources and help give them shape.

10 weeks starting October 8
Wednesday nights, 6:45-8:30 p.m.
Barclay A&B

This is open to all, so come and be a part. If you can't do Wednesday nights but would still like to participate, you are welcome to gather a group to meet another time during the week.

Contact steve@newbergfriends.org if you need more info.

International Day of Peace

Sunday,
September 21
7 p.m.

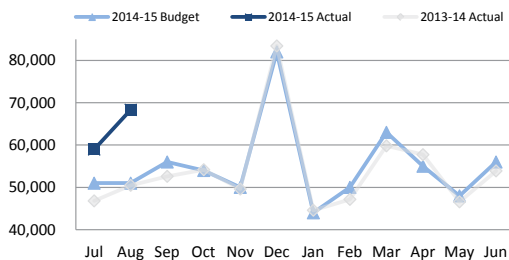
North Valley Friends Church

Please join us in observing and honoring this day with a contemplative Taizé Peace Service. We will gather for a time of music, scripture, and prayer with opportunities to light peace candles and make peace flags. You are also welcome to come early to walk the outdoor labyrinth.

NEWBERG FRIENDS CHURCH FINANCIAL RECAP + AUGUST 2014



YTD General Fund Giving



Difference (in thousands)
8 17
12 18

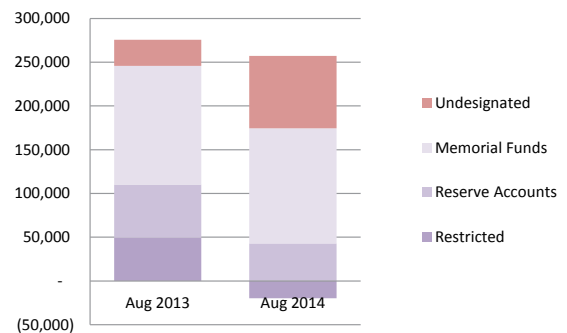
Actual vs. Budget
Current vs Prior Yr

YTD Donor Restricted Funds				
	Beginning	Income	Expense	Balance
Global Outreach	12,018	7,490	15,643	3,864
Outside Ministries	5,043	1,983	2,058	4,968
Compassionate Care	7,800	750	-	8,550
NFC Ministries	8,144	1,000	720	8,424
Scholarships	5,349	300	736	4,914
Facilities	(66,561)	350	9	(66,220)
Other Funds	15,720	97	-	15,817
Totals	(12,487)	11,970	19,166	(19,684)

General Fund Year-to-Date

	Actual	Budget	Ahead/ (Behind)
Income	168,829	141,450	27,379
Expense	(119,039)	(120,200)	1,161
Net	49,789	21,250	28,539

Cash & Investments



A complete financial report can be found on the bulletin board in the library.

What happened to 5 o'clock gathering?

FOG

For several years, we've had a worship gathering on Sunday nights called 5 o'clock gathering, or FOG. Over that time, we experimented with different ways to worship, with a planning team whose primary passion was communicating the gospel in creative, participatory, multi-voice, and multi-sensory ways. We smashed bottles and made art and engaged the bible and wrestled with injustice, and for those who were a part, it has been an important community of worship.

Last spring, we did some reflection and evaluation. The planning team felt that what we did last year was some of the most creative and helpful stuff we had ever done... and we also noticed that for whatever reason our critical mass of attendance seemed to be slipping. With the other changes going on at Newberg Friends with a new interim worship pastor, we decided to give FOG a rest, a sabbatical for this school year. We may pick it up again next year. Something new may emerge. You may see a Sunday morning this year planned by that planning team, a Sunday morning that will look very different from our normal Sunday mornings but will hopefully let others experience some different ways of encountering God that we have enjoyed over the years at FOG.

Our team wanted you to know the reasons behind FOG's sabbatical this year, and we look forward to how God leads in the future.

You are invited to celebrate
the 90th birthday of
Bonnie Arbogast
on
Sunday September 28, 2014
from 1:30-3:30 p.m. in the
Hess Creek Dining Room at
Friendsview Retirement Community,
1301 Fulton, Newberg, Oregon.

Please come for refreshments, sharing
of memories, and good wishes.



If you are unable to attend, Bonnie would
love to read greetings sent to her at
1301 Fulton, #305, Newberg, OR, 97132.

Questions may be addressed to:

Ronda Arbogast
503-538-4821

Cindy McCracken
503-538-1740

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In case you missed

NFC Story Slam

click this image
to hear the podcast.



photos by Denise Lyman