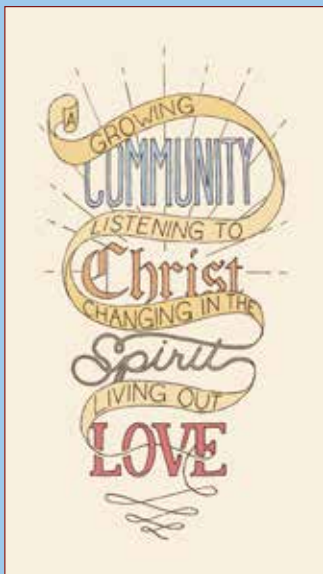


Your NFC

a weekly newsletter for the
people of the
Newberg Friends Church
community

October 28, 2016



Ministry Happens

by Deana VandenHoek

Turning points sometimes start small and build over time, motivated by our own unique set of desires and beliefs. Sometimes they come forcefully in ways we could never have anticipated. Sometimes they come as a combination of the two. For Carol Sherwood the turning point came after a full day of helping out with Serve & Celebrate. Arriving home tired and aching, she realized she was going to have to make some changes in her lifestyle if she wanted to continue being as active as she would like to be. It was very important to her to continue being an active participant in her grandchildren's lives. This provided a powerful motivation that led her to start the Strong for Life program at Newberg Friends as well as to learn to swim. Now nearly eight years later, she is in better shape than when she first retired. She is conquering her fear of deep water and has learned to swim. Carol began gradually increasing the distance she swam each session until she completed a mile this year!



Ron Stansell came to Strong for Life 2.0 after living through meningitis. Grateful to be alive and recovering, he told me, "I recognized after having meningitis I needed something that would improve my core strength and balance. I feel like Strong for Life 2.0 has many of the right kind of exercises to help me do this. I have been very pleased with my experience overall." Ron's physical therapist was aware of the program and encouraged him to participate. He finds that many of the exercises are similar to the ones the physical therapist gives him, and they have meshed well in providing a way to restore strength and maintain the gains he has made.

Sometimes making small changes in our activity level can have a significant impact on our health and can become a turning point



in how we feel physically, which impacts other aspects of our lives. "Strong for Life is a great example of how a little can do a lot. It doesn't always take a lot to get better," Carol shared. Ron echoed this when he told me

that Strong for Life 2.0 is not overwhelming. Ron believes Strong for Life 2.0 is well adapted to meet the needs of a wide variety of people. "I encourage both men and women to join. The class is very supportive and everyone is encouraged to work at their own level," Ron explains.

When Carol first got involved in Strong for Life as a volunteer, she was developing the Parish Nursing program at Newberg Friends. "I feel like Strong for Life is a natural outgrowth of being concerned for the health and well-being of others. Strong for Life addresses more than just the physical health of the participants. It also creates a place for friendship, social connection, and emotional support." For example, a few years ago a woman from the neighborhood around NFC joined Strong for Life. She was very isolated and the Strong for Life class at NFC came around her, offered her friendship, gave her a safe place to get stronger, took her shopping and out to lunch. The class became her community until it was her time to go home. From my perspective, the way the class expresses Christ's love to one another in very real, tangible ways is a beautiful example of what the community of Christ is meant to be.

Strong for Life 2.0 is a peer-led exercise program developed by doctoral students in the George Fox University Physical Therapy program. The students

researched and worked together with Faith in Action, Providence Newberg Rehab, volunteer coaches, and participants. Based on the latest research and the feedback they received, the students created an updated program that focuses on strength, balance, and flexibility for individuals

60 and better. Currently, there are 14 classes meeting weekly located from McMinnville to Sherwood, including one that meets at Friendsview.

The class welcomes new participants, and it is never too late to get started! The free classes are ongoing and offered at Newberg Friends. The 45-minute routine is held every Monday, Wednesday, and Friday in the Barclay building beginning promptly at 10:30 a.m. A doctor's consent and short orientation complete the enrollment process. Please contact [Carol Sherwood](#) or me ([Deana VandenHoek](#), 503-537-1471) for more information or to enroll.



Newcomer Gathering

If you are a relatively new attender at NFC, we'd like to invite you to a casual get together in the Prayer Room (236) on Sunday, November 6, between services (10-10:45am). Let us help you find the next step for involvement in the life of our church!

A short but important **THANK YOU** for your generous participation in this year's FEED THE NEED campaign. The food bank (F.I.S.H) expressed appreciation with big smiles and grateful hearts.



NFC ALL-CHURCH WORK MORNING

Saturday, October 29

8:30-11:30 a.m.

Stay for lunch! ALL COMERS!

Some tasks to accomplish:

- clean kitchen • weed flower beds • stack wood
- clean classrooms • grounds work at the cemetery
- rake leaves (bring a rake!)



Pastoral Team

Michelle Akins
children and family ministries

Steve Fawver
spiritual health and care

Cindy Johnson
seniors ministries

Gregg Koskela
lead pastor

Eric Muhr
youth ministries

Elizabeth Sherwood
administration

Nolan Staples
worship ministries

Support Staff

Kara Estep
youth ministries coordinator

Denise Lyman
bookkeeper/receptionist

Sherry Macy
admin assist / communications

Arnie Mitchell
buildings manager

Dan Ritter
buildings manager

Mark Thompson
cemetery sexton



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www.newbergfriends.org

Please direct
all publications items
to Sherry Macy.

READ AHEAD FOR SUNDAY

[1 Kings 21:1-19](#)

What's Ahead

SUNDAY

9am | 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 | in the social hall and library

10:15-10:45am | library staffed

10:30am | Agape Sunday school class

10:45am | worship gathering

1pm | Bible Quiz Practice | FC Room 100

Monday, October 31

Intercessory prayer | 9am | Barclay C

Strong For Life | 10:30am | Barclay B

Wednesday, November 2

Red Cross Blood Drive | 10am to 3pm | social hall

Strong For Life | 10:30am | Barclay B

Middle School youth group | 6pm | Friends Center

Exploring the Fruit of the Spirit | 6:45-8:30pm | Barclay A/B

Choir rehearsal | 7pm | Room 246

WBFpm | 7pm | Barclay C

High School youth group | 7:30pm | Friends Center

Thursday, November 3

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

Friday, November 4

Strong For Life | 10:30am | Barclay B

Saturday, November 5

Men's prayer meeting | 8:15am | Friendsview Creekside, 2nd floor, TV room

Daylight Saving Time ends — set clocks back!

Sunday, November 6

Read ahead: Exodus 22:21-24

Newcomer Gathering | 10am | Room 236

Taizé gathering | 6pm | NFC sanctuary

Plan Ahead

November 7 | JOY breakfast | 8am | Friendsview Hess Creek dining room | \$4 | for seniors 55 and older

November 12 | wood ministry work session | 9-11:30am | Friends Cemetery on Everest Rd | contact Larry Hampton, 503-538-6508

November 13 | Equipo meeting | 3pm | North Valley Friends

November 14 | Call to Prayer | 6:30pm | Room 236

November 16 | Julia Pearson WMF | 1:30pm | Friendsview Hess Creek Classroom | featuring Linda Byrd

November 20 | Combined Thanksgiving Service at Bauman Auditorium

November 24-25 | NFC office closed for Thanksgiving holiday

November 28 | Margaret Fell WMF | 7pm | Spaulding Oaks Community Center | featuring Loren Van Tassel, international students

NFC's Calendar on the Web!



Click image above to watch a “Quaker Speaks” video of Gregg sharing the top ten reasons he is a Quaker.



Sandals Sunday School Class Invitation

Jim Fitz, previously a farmer, spent significant time with with Christian Peacemaker Teams (CPT) in Colombia, accompanying 80 farm families threatened by guerillas and paramilitaries. All are welcome to join the Sandals class in the social hall at 9 a.m. this Sunday as Jim shares thoughts about “Making Peace with ISIS Nonviolently” based on his experience with CPT.



ANNUAL THANKSGIVING SERVICE
AT BAUMAN AUDITORIUM
NOVEMBER 20
10 AM—COMMUNITY TIME
10:45AM—WORSHIP

This year we were approached by North Valley Friends; they wanted to join us for a combined worship experience. We invited other Newberg area Friends churches to come, and 2nd Street will attend!

2016 FALL JUSTICE CONFERENCE

AT GEORGE FOX UNIVERSITY

Peace: Personal and Global

Monday, Oct. 31

The Very Good Gospel: How Everything Wrong Can Be Made Right

Edwards-Holman Science Center 102

6:30-8 p.m.

Tuesday, Nov. 1

Chapel – Peace: Personal and Global

Bauman Auditorium

10:50-11:40 a.m.

Shalom is what God declared. It is what the kingdom of God looks like. It is when all people have enough. It's when families are healed. What can we do to bring shalom to our nations, our communities and our souls? Through a careful exploration of biblical text, particularly the first three chapters of Genesis, Lisa Sharon Harper shows us what “very good” can look like today, even after the fall.

WITH **LISA SHARON HARPER,**

chief church engagement officer of Sojourners;
 author, *The Very Good Gospel: How Everything Wrong Can Be Made Right*



GEORGE FOX UNIVERSITY

CENTER FOR PEACE AND JUSTICE

Need Sheet

Needed:

• Do you have room at your holiday table to share your traditions with one or two international students? Hosting a student during the holidays could give a student the chance to experience the joy of the American holiday season with a loving family. Lives have been changed, friendships have been formed, and even marriages made over conversation and food with George Fox University international students. You may want to teach them about football, explain the difference between pie and cake, or give them a chance to cut the turkey. One host family said “Those we have hosted have become dear friends.” Please contact Ping-Yi— pyshih@isionline.org— or Joanna— jcox@isionline.org—for more details or information.

Available:

• Friendsview Christmas sale! We have so much Christmas stuff this year, a separate sale—*All Things Christmas*—will be held this **one day**, Saturday, November 5, from 8 a.m. to 4 p.m.

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: November 9 • no phone-in ads; please resubmit repeated ads

online at newbergfriends.org/resources/need-sheet/



Happy November Birthday



1 Polly Peterson
Noah Rathkey
2 Tamara Brand
Dan McCracken
4 Zinabu Czarnecki
Keian McDonough
6 Melvin Marshburn
7 Kimberly Goss
Nick Maurer
8 Marion Comfort
Bethlin Harmon
9 Elenita Bales
Yvonne Carr
Jesse Goodfellow

12 Brian Beals
Hannah Lee
13 Lawson Evans
Betty Hockett
Cindy McCracken
Kay Passmore
15 Lew Goslin
Jay Shaw
16 Hayley Howard
19 Sandi Hutchens
Johndy Lewis
20 Kati McKee
22 Stephanie Anderson
Corban Harwood
Celeste Stone

23 Levi Briedwell
24 Brian Carlson
Ken Howe
25 Crystal Headrick
Madeleine Kern
26 Austin Drew
Jerry Nance
Jessica Ragsdale
Bike Witter
27 Ursa Shaw
28 David Brown
29 Pat Auld
Kelsey Hampton
30 Martin Millage
Florene Nordyke

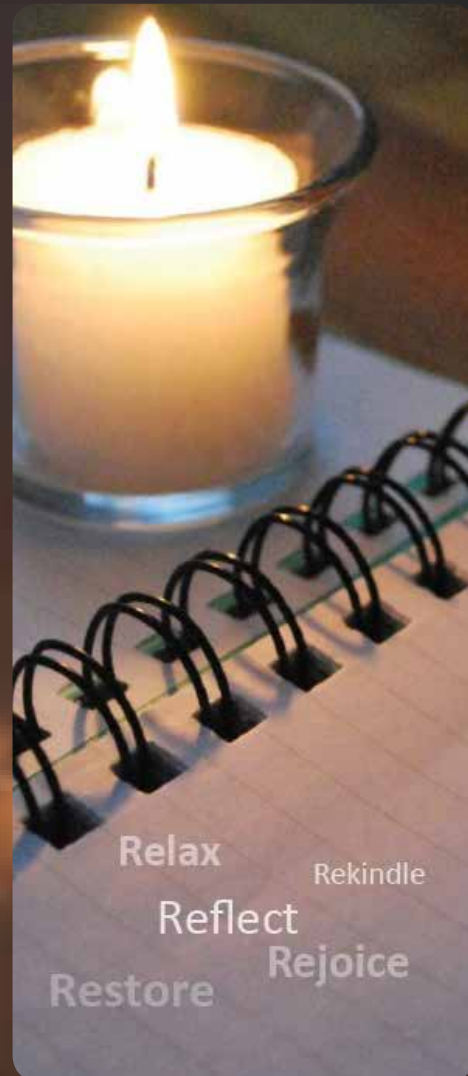
Sabbath ^{by} the Sea

I want to personally invite each of you to consider taking some time to come away and be with Christ this coming January. I have the opportunity to work with an exceptional group of people (including many NFCers) as we lead week-long and half-week retreats at Twin Rocks Harbor Villa on the beach in Rockaway, Oregon. Sabbath by the Sea is spacious, restful, and open for you to be with God. Bracketed by simple morning and evening prayers, the schedule leaves you free to explore, walk on the beach, nap by a fire, read, eat scrumptious food, and spend time with Jesus. Groups are limited to 12 participants.

Not everyone can get away for a whole week, so we offer opportunities to come from Monday to Thursday or from Thursday to Sunday. Those who work during the week can take one day off on Friday and still have a good chunk of time to pray and listen to God. I invite those who have attended a January retreat in the past to consider going again and taking someone with you who might need time and space in life right now.

Visit the website or give us a call! We will send you a brochure. The table is always set and Christ invites us to come away to listen, rest, and abide with him.

—**Steve Fawver**, pastor of spiritual health and care
503-538-8381



Daily schedule:

- 7:45- Pre-breakfast scripture & prayer
- 8:30- Breakfast
- 9:30- Morning gathering
- 10:15- Personal time
- 12:30- Lunch
- 1:30- Personal time
- 4:00- Optional spiritual direction
- 5:30- Dinner
- 6:45- Worship, highlights, and prayer
- 8:00- Sleep, play, relax, read...

Leaders:

- December 29–January 1 • Gary and Susan Fawver
 - January 2–8 • Steve Fawver and Martha Wood
 - January 9–15 • Jo and Hank Helsabeck
 - January 16–22 • Paul Bock and Bethany Lee
 - January 23–29 • Bruce and Di Murphy
 - March 23–26 • Gary and Susan Fawver
- Worship singing will be led each week by Mauri Macy or Nate Macy*