



Menucha Retreat & Conference Center
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MENUCHA . . . Sacred Space, Purposeful Work

CONTACT INFORMATION



You may join our mailing list or update the information we have for you by returning this form to us, or by contacting us:

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Name _____
 Address _____
 City, State, Zip _____
 Email address _____
 I would like to receive Menucha communications via:
 Email Regular mail

**PLANNED GIVING:
 SECURING MENUCHA'S FUTURE**

Remembering Menucha in your estate planning can have positive consequences for both Menucha and you. By setting up a Charitable Trust, you provide Menucha with a source of income in the future while guaranteeing yourself and/or your loved ones a steady income stream now. You may even avoid costly capital gain taxes. It's a wonderful way to support the mission of Menucha for years to come. We have excellent representatives who can speak with you and your financial planner to answer any questions you might have about planned giving or estate planning. Please call our office at 503-695-2243 for more details.

DONATE ONLINE

Now, it's easier than ever to support Menucha. You can donate using your credit card with our secure on-line form. Simply go to www.friendsofmenuchafoundation.org and click on the "Donate Today" link. You may also print out a Donor Form and mail it to Menucha.

We are grateful for all gifts, large or small. Your gifts help us expand our programs, improve our facility and reach out to groups and individuals from around the Pacific Northwest and beyond. Please contact our office if you would like to remember someone special with your gift. Thank for your continued support.



OUR AMAZING VOLUNTEERS!

Lauren Deming, Menucha Marketing Director

The Menucha experience of Christian hospitality in a sacred space could not happen without the dedicated efforts of many, many people. This month, we would like to express our gratitude to the volunteers who cheerfully give hours of their time to make Menucha a better place.



In December, our staff selected Joyce Malin and Jon Clemens (shown at left) for the first-ever Menucha Rose Awards. According to Director Spencer Parks, "The Menucha Rose Award is given to folks who help Menucha bloom."

Joyce Malin, president of the Friends of Menucha Foundation, wrote five grant applications for which we received over \$150,000 in our Raise the Roof capital campaign. "Joyce told our story in a way that was compelling to every foundation we approached," Spencer noted. Those grants, plus the contributions of many Menucha supporters, helped replace the roof, chimneys, gutters and brickwork on Wright Hall in 2011.

Jon Clemens was recognized for his wisdom and expert leadership over his five years of service as Chair of the Menucha Commission. Spencer declared, "Jon's considerable skill in strategic planning, organizing, and motivating helped set Menucha on a course that will ensure its success for years to come."

Others who volunteered significant time at Menucha in 2011 include:

- Gift shop manager **Victoria House**, who logged over 370 hours buying and selling good things for our guests.
- **Brenda and John Morris** (shown at right), who spent one day every week to help as needed with gardening and grounds work.
- **Murlan Kaufman, Dick Malin and George Erdenberger**, who spent untold hours assisting our Head of Maintenance Ernie Yoder on projects large (managing the Wright Hall roof repair project) and small (installing our wireless network).
- **David Mesirow** spent many hours in the Menucha rockery, uncovering garden beds and stonework that had been overgrown. He is replanting them with beautiful azaleas and other flowering shrubs.



Some volunteers saw a need that they could meet from their homes or places of business. For example,



- Seattle resident **Gordon Kennedy** (shown at left) is a trained cartographer who created a new Menucha map. He spent hours on our grounds and on his computer, working to get it just right. Guests appreciate its clarity on where to park, which roads are one-way, and where they can find walking trails with viewpoints.
- **Chip Sammons** (shown at right) pledged to help with publicity by mentioning Menucha every week on his radio show, *Pet Nutrition and News*. You can hear him on Saturday mornings from 8-9 a.m. on KPAM AM 860.



Again, we offer our thanks to all who help us keep our commitment to offer the finest retreat and conference center possible. We could not do it without you!



FRIENDSHIPS OLD AND NEW

Rev. Spencer Parks—Executive Director

I have been thinking a lot about friendship as of late. I meet hundreds if not thousands of people each year. Some of them make it into the *acquaintance* category. These are folks that I'll recognize the next time I see them. I'll probably even recall conversations that I've had with them, although, since I'm terrible at names that part might not stick.



Then there are those that make it into the *friend* category. This group requires that we have some history together—that we've met several times, maybe shared a meal and had at least one really good conversation.

Lastly there is the *old friend* category. For me, there are not a lot of folks in this last list. To become an old friend takes time and a lot of shared experiences. It probably means that we've experienced some moments of great joy and walked through some difficult times together. Old friends are a priceless treasure, without which life would be dull and listless. A number of my really good old friends have started out as mere acquaintances, but it doesn't have to work like that. The formation of friendships is really much more complicated.

Technology has made an impact on friendship. We have more means to connect with others than ever before. Facebook, Twitter, LinkedIn...the list is endless. The data on how these impact friendships is mixed. Some folks say that they foster relationships, enabling people to speak more freely about themselves by operating in a less threatening environment (you don't have to look the other person in the eye). Others point out that while the quantity of relationships formed may be higher, the quality of those relationships may not be as deep as those that are formed face to face. I'm not sure which side I come down on in this debate. I'm leaning on the quantity over quality side, but that is probably just a sign of my age. I'm trying to keep an open mind.

I do know what I see at Menucha. I see lots of old friends greet each other year after year as they attend events here. A number of these are people, who I suspect, see little of each other throughout the year, but when they come here they pick up right where they left off from the previous event. It's a lovely and wonderful thing to see. Carl Jung wrote, "The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed." It is nice to be a part of that transformation process. I'm glad that we can provide an environment where friendships can form, grow and be nourished.

As Sarah and I leave for Africa, I wonder about the new friends (maybe even ones that will become old friends) that are on our horizons. I wonder how we will be transformed as a result of them and how we will in turn transform others. It's exciting to think about all of the possibilities!



You don't have to travel to some far away country for this to be on your horizon. There are plenty of things going on at Menucha that offer the same opportunity. I hope you'll take advantage of them. Make some new friends. Catch up with some old friends. Be an agent of transformation and in the process be transformed as well. It's pretty exciting stuff.

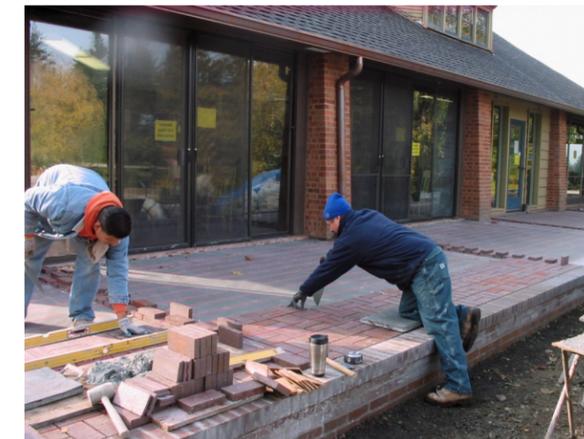
You can follow Spencer's sabbatical journey blog at <http://menuchadirector.wordpress.com/>



WRIGHT HALL TERRACE UPDATE

The final phase of our "Raise the Roof" renovation project, the brickwork on Wright Hall's new terrace, will soon be complete.

A run of temperatures below freezing slowed work down in December, but with some good weather, we are planning that the terrace will be completed in early April. Landscaping around the terrace will follow, as will the relocation of our historic bell tower.



As these photos show, the old brick patio was removed. The new, larger terrace will provide Menucha guests with a wonderful space to gather and enjoy the long view to the west and the closer view across our expansive lawn.

We imagine that the area around the circular fire pit (pictured below) will become a favorite conversation spot.

Our thanks go to Ron Summers of Summers Masonry and his crew for all of their hard work on this project.

We also cannot say "thank you" enough to everyone who gave to make our "Raise the Roof" project a reality. In addition, we are grateful to Friends of Menucha Foundation Board President Joyce Malin, who wrote grants that were generously funded for this project:

- MJ Murdock Charitable Trust
- The Collins Foundation
- Meyer Memorial Trust
- The Kinsman Foundation
- The Wheeler Foundation





SAVE THE DATES!

5th ANNUAL MENUCHA INTERNATIONAL CROQUET TOURNAMENT and LAWN PARTY at Menucha

Saturday, July 14th • 9:30 am - 4:00 pm
Ticket price: \$35 participants, \$10 spectators

If you like to play croquet, or simply enjoy watching the game, you won't want to miss our 5th Annual Croquet Tournament this summer!

The tournament is fun for all ages, with friendly competition, live music, fun door prizes for the young and the young at heart. Again this year we will have a small silent auction, organized by Joey Razzano. Plan to come and bid on some terrific items.

Pastries, coffee and juice on arrival, and a barbecue lunch by the pool overlooking the spectacular Columbia River Gorge are all included in your ticket price.

We invite you to come as a participant and challenge our two-time defending champion Samuel Reid, or join us as a spectator cheering on your favorite player. If you'd like, wear your croquet whites and fancy hats!

Tickets will go on sale later this spring.



Mark your calendars for our 10th ANNUAL MENUCHA FUNDRAISING DINNER presented by the Friends of Menucha Foundation SUNDAY, SEPTEMBER 9th 5:30 pm in WRIGHT HALL



We invite you to join us in September as we celebrate and support Menucha! The Great Hall will once again be decorated and transformed especially for this event. You will be warmly welcomed for an evening that begins with wine and hors d'oeuvres on the lawn overlooking the beautiful Columbia River Gorge, followed by a spectacular dinner prepared by Becky Lindsay and her amazing kitchen staff.

The highlight of the evening centers around Menucha. It is always so encouraging to hear firsthand how important Menucha is in the lives of those who come here. We want to continue this vital ministry for many years to come!

Tickets for table sponsorships and individual seats will go on sale mid-summer. We hope you will plan to be part of this special evening.



UPCOMING MENUCHA-SPONSORED PROGRAMS Please visit our website (www.menucha.org/programs) for more information about all of our upcoming programs

WATERCOLOR INTUITION! with Carol Carter March 25-29, 2012

We are looking forward to an intimate watercolor workshop with renowned artist Carol Carter, and currently have a waiting list started for this event.

As part of the Artistic Expressions Series at Menucha in partnership with the Watercolor Society of Oregon, we are pleased to bring Carol (recently named one of 25 "watercolorists to watch" in Watercolor Magazine) to the Pacific Northwest. You can also find details about our autumn (November) watercolor workshop with famed artist Kathleen Conover on our website.



BREAD AND WINE: A CHRISTIAN JOURNEY

This year, we are offering a "Bread and Wine Christian Journey" retreat that can be tailor made to fit your small group. Contact us for the opportunity to schedule this two-night retreat. You will bake bread, go wine tasting, and experience several spiritual disciplines (such as labyrinth walking and *lectio divina*) geared toward reflecting on the Christian season.

UKULELE BAND CAMP May 7-11, 2012

Our popular Ukulele Band Camp is happening again this year! Join us for a privileged, intimate residential camp where five band music styles will be offered:

- Ukulele Big Band with James Hill
- Ukulele Symphony Orchestra with James Hill
- Pop Arrangements for Ukulele with Brook Adams
- Jugless Ukulele Skiffle Orchestra with Del Rey
- Old Time Ukulele Stringband with the Canote Brothers



3rd ANNUAL COLUMBIA RIVER GORGE MOUNTAIN DULCIMER FESTIVAL May 31-June 3, 2012



This lively group gets to welcome dulcimer greats Janita Baker, Robert Force, Madeline MacNeil, and Scott Snyder.

Guests are welcome to bring other compatible instruments, but we will not focus on providing workshops for other instruments. That said, if you play one, bring it and have a mini jam session with your friends! If you can teach the basics, set up a time during the open areas on the schedule to introduce it to others if interested.



REFLECTION ON LENTEN THEMES

Scott Crane, Menucha Program Director

In Lent, our task is to reach inwards and grasp at the meanings, to realize in our own hearts what is most important, and to live in humble grace as we accept with thanks the lessons we learn. Let us learn from each dream that dissolves into mist, from each castle in the sand that we recreate from those same mists. After all, it is not always that we know in the exact moment it happens the importance of any single event in our life—but through Lenten reflection we are given that chance to look back at the culmination of events - pause - and then take our next step forward.

Lent is like the winter of the soul; a time of preparation for the springtime Easter that is yet to come. The practice of calling this time Lent began during the Reformation movements when sermons began to be preached in the vernacular, or the everyday tongue of the people, instead of Latin. The word, *Lent*, comes from a Germanic language root meaning both *spring* and *long*, as light blooms earlier each day and dissolves softly into night later each evening during this season.

As you take your Lenten Journey this spring, perhaps you would like to visit us at Menucha for a chance to reflect on your last year, set goals for this next year. If so and you would like to schedule a personal retreat with us, the program office is ready to offer prepared materials for you. These are tailor-made for you and available for a small fee.

We are delighted to announce our new partnership with the Pink Lemonade Project to host retreats for breast cancer survivors. Pink Lemonade's stated purpose is to "facilitate hope and healing through the shared experiences of others who have been diagnosed with breast cancer...enriching their lives through support, education and emotional healing."

Menucha's Pink Lemonade retreats will feature:

- Small groups
- Experienced retreat facilitators
- Massage
- Gentle exercise/Yoga
- Organic food
- Tiered price structure with grant subsidies to make attendance affordable



Menucha also enjoys an ongoing partnership with the Watercolor Society of Oregon (WSO) to host art workshops that we call the Artistic Expression Series. The WSO selects and invites nationally-known artists who are also known to be good teachers. This month's workshop is "Watercolor Intuition!" with Carol Carter of St. Louis, MO (www.carol-carter.com). In November, we'll host "Chaos to Order!" with Kathleen Conover of Marquette, MI (www.kathleenconover.com). Past participants in our Artistic Expressions retreats have been overwhelming in their praise of the instructors and comment favorably on the camaraderie that is built as they live and paint with fellow artists.

EASTER SUNRISE SERVICE AT MENUCHA Sunday, April 8, 2012 6:30 a.m.



We invite you join us for our annual Easter Sunrise Service on Sunday, April 8th.

This community service, sponsored by Menucha and the Presbyterian Churches of East Multnomah County, will begin at 6:30 am.

Weather permitting, we will gather at the pool area. If the weather is poor, we will meet in Wright Hall.

Coffee, tea, hot cocoa and pastries will be served following the service.

Menucha is located at 38711 E. Historic Columbia River Highway in Corbett, 22 miles east of Portland.

All are welcome. We invite you to gather with us as we celebrate our Lord's resurrection.

"He is not here, for He has risen, just as He said." (Matthew 28:6)



KITCHEN UPDATE

It is always challenging and sometimes surprising to renovate older buildings. This is especially true when that building is Wright Hall and the room in question is our kitchen.

In the course of upgrading our kitchen equipment we discovered that our ventilation hood is way out of date and needs to be replaced as well.



This one discovery has produced a cascading effect that has raised the cost of our kitchen upgrade by about \$40,000. While the response to our "Recipe for Success" campaign has been good, we will be extending it for another year in hopes that we can address this unexpected expense.

A heartfelt thanks to all who have participated in this campaign to date. We are about halfway to our new goal. We are in the process of making some changes to our kitchen and hope that we can complete the project by year's end. Watch for an update in our next newsletter and on our Facebook page.

THE COOKTOP

A Favorite Recipe from the Menucha Kitchen—Enjoy!

CRACKLING COD—Serves 8

- 8 cod fillets (4 to 6 oz each)
- ¼ cup mayonnaise
- 1 tablespoon + 1 teaspoon lemon juice
- ¼ teaspoon Tabasco sauce (adjust to your preference)
- 2 cups cornflakes
- 2 teaspoons grated lemon peel

Lemon wedges
Tartar sauce



Pre-heat oven to 350° (convection) or 375° (conventional).

Combine the mayonnaise, lemon juice and Tabasco in a small shallow bowl.

Crush the cornflakes to make coarse crumbs. Add the lemon peel and mix. Transfer to a shallow pan or bowl.

Lightly coat the fish with the mayonnaise mixture. Press the corn flake crumbs into both sides of the fish fillets. Place on a greased pan, leaving 1" between pieces.

Bake without turning until the fish is opaque in the center, flakes easily and the crumbs are golden brown (about 15-20 minutes) or until internal temperature of 145° is reached.

Serve with lemon wedges and tartar sauce.

Our mission is to offer the finest retreat and conference center experience possible by providing opportunities for reflection, spiritual discovery, renewal, education and enrichment for individuals, families and communities.