



**MENUCHA**

*Sacred Space - Purposeful Work*

# The Menucha Meander



## MENUCHA PROGRAMS OFF TO AN EXCITING START

Scott Crane, Program Director

With the coming of Fall, we are pleased to announce several new programs at Menucha.

"The Practice of Spirit Nurture" Women's Spirituality Retreat is scheduled for October 13-15, 2006. Led by two Spiritual Directors, this weekend retreat will give women the opportunity to experience several different styles of meditation and spiritual exercise that have deepened the life of the faithful. (See registration flyer on page 3.)

Next we have a wonderful event, scheduled for October 23-25. "Soul Tending for the Dying" is a conference on spirituality at the end of life with keynote presenter Richard Groves of the Sacred Art of Living Center in Bend, Oregon. He and his wife Mary's pioneering work in this area have led them to develop the Anamcara Project, a series of classes designed to train people to be spiritual friends for those nearing the end of their lives. Material gleaned from workshops at this conference will equip pastors, chaplains and other caregivers as they meet the spiritual needs of the dying. (See registration flyer on page 7.)

From November 5-11, the PCCCA national gathering of Camp and Conference Center leaders for the Presbyterian Church (USA) will be meeting at Menucha for resources, fellowship, idea exchange, and enrichment of their role as professionals in the life of the church. Folks from First Presbyterian Church, and especially the Menucha Commission, will be asked to help host these guests from across the United States.

January 15-18, 2007 we have planned an exciting Recreation Workshop. This event is designed to equip youth workers, children's ministers, and any others with an interest in empowering their ministry with the gift of play. It will be a powerful workshop to enliven us all as we learn how to incorporate team building, arts and crafts, storytelling, small group building, clowning, music, art and drama, and other recreational aspects to the ministry.

March 19-23 we will be hosting the first course in a series for a Certificate in Fund Raising Management, Principles and Techniques of Fund Raising, through the Fund Raising School at the Center on Philanthropy at Indiana University. This highly sought after course has been held throughout the country, and we are pleased to bring it to Menucha for the Portland non-profit community.

## PLAN TO ATTEND OUR HARVEST DINNER and AUCTION

September 17, 2006  
5:00 pm in Wright Hall

We hope you'll join us for our fourth annual Harvest Dinner and Auction on Sunday, September 17th. Chair Sharley Bryce and her committee are hard at work gathering donations and once-in-a-lifetime experiences. You won't want to miss this wonderful evening to support Menucha and its mission.

*Hors d'oeuvres · Wine · Dinner  
Raffle · Silent Auction  
Live auction with Pat & Pat Brothers  
Emcee Julie Emry  
Live Music by the Patrick Lamb duo  
Cocktail attire*

*Tickets are \$75 per person  
or \$525 for a table of 8  
and will go on sale July 16th.*

## WELCOME, BECKY!



We are delighted to welcome Becky Lindsay to our Menucha family. Becky, our new Assistant Food Service Manager, comes to us by way of the Western Culinary Institute where she received her degree in 2004. She has served in two food service positions since graduation and is excited about her work at Menucha. "My best jobs have always been working with non-profit organizations with lots of personality," states Becky.

Becky spends her spare time volunteering with the Oregon Food Bank Nutrition and Education Program. She has taught cooking classes for Senior Citizens and Middle School children. Her goal is to expand their food options and guide them towards eating healthier.

Becky is looking forward to continuing the great tradition of culinary excellence at Menucha but also hopes to bring a few new fresh ideas to jazz up our menu. Please stop by the kitchen and welcome Becky to our staff the next time you visit Menucha.



## THE MENUCHA COMMUNITY

Rev. Spencer Parks, Executive Director



One of my favorite movies is entitled "A Christmas Story." It is a nostalgic look at growing up in the 1940's told from a kid's perspective. And although my childhood was about 20 years later, there are enough similarities to keep a warm smile plastered to my face for the entire 90 plus minutes of the movie. It reminds me of my own experiences with scary Santas in the department stores, the "triple dog dares" of grade school, bullies, uncomfortable school desks, the oppression of homework and even of my own deep yearning for a BB gun. At one point in the movie, Ralphie (the kid telling the story) finally receives his long awaited Orphan Annie Decoder ring in the mail. This makes him an official member of the Little Orphan Annie Secret Society and enables him to decode secret messages sent each week via the radio broadcast. Upon receiving his first secret message, he rushes to the bathroom (only private place in the house) and feverishly begins decoding the message only to find out that it is an ad for Ovaltine.

I can remember many such clubs and societies growing up. Each appealed to that basic need (somewhat more acute in children) of belonging. There is something inside each of us that desperately wants to be a part of a community, something larger than ourselves, a place where we are appreciated and celebrated for who we are and what we can contribute. We humans were somehow made to live in community with one another. There are few things we do outside of a group setting. We are educated in groups, play in groups, work in groups, we even think in groups. I suspect that part of this is due to an innate understanding that there is synergy in communities. Together, we are more than a total of our sums.

But good communities are seldom accidental occurrences. Successful ones are nurtured by caring people who want to see them grow and flourish. I know because I have been a part a number of wonderful communities. And in each of them I have experienced that same sense of truly belonging, of knowing my role, of having my own gifts and talents affirmed and celebrated. To truly be a part of an active, living, breathing community is very special. I hope that you have had similar experiences and that you have found them just as rewarding.

I believe that these experiences of community are essential to our existence. It is to that end that we have places like Menucha. At our very core, we are about community building and community nurturing. One of the wonderful things about my job is that I have numerous chances to observe communities as they move through their time here. It is always a joy to watch them grow under the careful guidance of their leadership and the loving hospitality of our staff.

I hope you will take time to consider coming to one of the programs we are offering in this newsletter, especially if you're looking for a community in which to become involved (either a new community or perhaps a deepening of an existing one). We will be expanding the number of program options we are offering in the Pacific Northwest over the next few years. I can promise that we will be very intentional about the community we build during these events. We invite you to come and truly be a part.



### THE COOKTOP...a favorite recipe from the Menucha Kitchen — Enjoy!

#### CRACKED WHEAT BREAD — makes one loaf of bread or 6-8 rolls

1 cup milk, scalded	1 tablespoon shortening	½ cup warm water
¼ cup molasses	1 cup cracked wheat	1 cup whole wheat flour
2 teaspoons salt	2 packages active dry yeast	2 ¾ to 3 cups white flour

Combine milk, molasses, salt, shortening and 1 cup cracked wheat in large mixer bowl. Cool to lukewarm.

Dissolve yeast in warm water. Add yeast, whole wheat flour and 1 cup of the white flour to the cracked wheat mixture. Beat 2 minutes on medium speed, scraping bowl frequently. Stir in enough remaining flour to make dough easy to handle. Knead for about 10 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour. Punch dough down and shape as desired. Let rise until double, about 50 to 60 minutes.

Bake in conventional oven at 375 degrees for about 25 to 40 minutes, depending on the size and shape. Rolls will not take as long as a loaf. Remove from pan and cool on wire rack. Brush top with melted butter if desired.



**Fall Women's Spirituality Retreat: The Practice of Spirit Nurture**  
 with Spiritual Directors LaVae Robertson & Kathy Stewart  
**October 13-15, 2006**

In this retreat, participants will experience the kind guiding of two professional spiritual directors. Together, we will explore several spiritual disciplines designed to deepen our faith as Christian women. We will experience labyrinth walking, a prayerful meditation designed to bring one deeper into communion with God. We will "pray the scriptures" using the four-part practice of *Lectio Divina*. We will experience group spiritual direction as we pursue scriptures together in an attitude of discernment, and we will discover methods of contemplative prayer for developing our prayer life..

In addition to these workshops, the Spirituality Center will offer information and materials for self-guided meditation or exploration of these and other spiritual disciplines. Some examples include Breath Prayers, Icons, Water Prayers, use of a Mandala and Sticky Note Prayers. And there will of course be Menucha's famous "soulful" family style home cooked food! This is a retreat you won't want to miss.

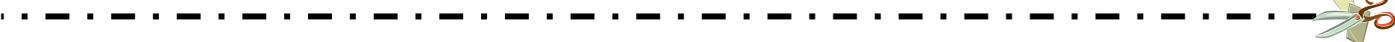
**COST:**

**Meals:** 5 meals are included with each price, with an option to purchase Lunch on Sunday for \$9.00 extra. Our delicious meals are served family style.

**Community Lodging:** \$80 per person (34 available. These are bunk style beds.)  
 Community lodging can be arranged by small group: 3 rooms of 6 or 2 rooms of 8 if desired.  
 Please indicate if you have a small group. The following options are available on a first come, first serve basis:

**Semi Private Lodging:** \$110 per person (9 available, 2 or 3 per room with hall bathroom)

**Private Lodging:** \$140 per person (only 3 available, Private bedroom with hall bathroom)



**REGISTRATION:**

Must be postmarked by Sept. 15, 2006. If submitting registration after Sept. 15, add \$25 late fee.

Name (as you'd like it on your name tag) \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Telephone \_\_\_\_\_

Physical/Dietary needs \_\_\_\_\_

Requested Roommate (Group okay) \_\_\_\_\_

Lodging + Meals \$ \_\_\_\_\_ (Please see above)      Program Fee \$25.00      Opt. Sunday Lunch \$9.00

**Late fee if postmarked after 9/15/06 \$ 25.00**      **Total Cost of Retreat**      \$ \_\_\_\_\_

**Please return this form with your check postmarked no later than September 15, 2006.**

**A late fee is charged after this time.**

*Confirmation of all deposits will be sent promptly. Online registration is available.*

We also take Visa or MasterCard    Online registration [www.menucha.org](http://www.menucha.org)

**Or send your registration and deposit to:**

Menucha, PO Box 8, Corbett, OR 97019    Phone: 503-695-2243    Email: [office@menucha.org](mailto:office@menucha.org)

**DIRECTIONS:** [www.menucha.org](http://www.menucha.org)

Complimentary Wifi is in many buildings, and there is a free computer lab available.



## LABYRINTH IS COMING TO MENUCHA Scott Crane, Program Director "Solvitur Ambulando" ~ "It is solved by walking" ~ St. Augustine

The labyrinth is an ancient pattern found in many cultures around the world. Labyrinth designs were found on pottery, tablets and tiles. Many patterns are based on spirals from nature. The Celts describe it as the Never Ending Circle. In Native American culture it is called the Medicine Wheel or the Man in the Maze. In mystical Judaism it is called the Kabala. The earliest historical record of a Christian congregation integrating a labyrinth in the life and ministry of its members was in A.D. 325. In Algiers, North Africa, Christians placed a labyrinth on the floor of their church. For many years, this kind of labyrinth was called a walking labyrinth or a "pavestone labyrinth." One feature all labyrinths share is that they have one path which winds its way to the center, unlike a true maze with many paths and choices. The labyrinth pattern is conducive to deep spiritual reflection. It offers a purposeful walk on a single path to the center and back out again. Some people find this on a walk through the woods, but others may need more structure. The labyrinth can be the structure that guides one's footsteps even as the Holy Spirit guides our spiritual footsteps.

### HOW IS THE LABYRINTH USED?

There are many ways to use the labyrinth. Here are a few ideas:

- Think of it as an unstructured walk to allow the Holy Spirit to bring forth God's presence.
- Intentionally set out to journey with the three-fold path of mystical theological reflection. Walking in: Purgation, emptying or letting go. Time in the center: Illumination, clarity, insight. Walking out: Union, initiative, integration, and action in the world.
- Pray intentionally for self and/or others or about a group issue. Share afterward.
- Ponder your life situation for wisdom and God's will.
- Let your breathing and your walking become a form of prayer itself.

The Labyrinth will be built at the site of the current rose garden, pictured below. We have begun to move the plants to save as much as we can. To recapture the original formal rose garden feel of the area, we will replace the roses and other plants in beds around the labyrinth at its completion.

We anticipate that the addition of our labyrinth at Menucha will greatly increase the spiritual program elements available for our guests. It will allow us to do workshops and retreats of our own using this as well as other spiritual disciplines (for example, see October 2006 Women's Retreat registration on page 3.)

If you would like to assist us in our labyrinth project, please make your checks payable to Menucha and designate the gift to the "Labyrinth." Work has already begun, and we anticipate completion sometime late summer or early fall. For more information, please contact our office at 503-695-2243.

For us, this is one more step toward excellence in fulfillment of Menucha's goal:

### ***Sacred Space, Purposeful Work.***



*Future site of Rose Garden Labyrinth*



# Donor Pledge Form

Name (Please Print) \_\_\_\_\_  
 Business (If Applicable) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Contact Phone Number \_\_\_\_\_ Fax \_\_\_\_\_  
 E-mail Address \_\_\_\_\_

## How would you like to make your monetary pledge? Please print clearly.

Amount of gift: \$ \_\_\_\_\_

Check Made payable to: Friends of Menucha Foundation

Bill me:

- Quarterly, starting \_\_\_\_\_
- Monthly, starting \_\_\_\_\_
- Semi-annually, starting \_\_\_\_\_
- Other, starting \_\_\_\_\_

Credit Card:  Visa  Mastercard

#: \_\_\_\_\_  
Exp. \_\_\_\_\_

Other \_\_\_\_\_

(Call Menucha at 503.695.2243 to discuss details)

## Categories of Support:

Seven Generations	\$5,000 or more
Old Growth	\$2,500 to \$4,999
Touchstone	\$1,000 to \$2,499
Journey	\$500 to \$999
Nurture	\$250 to \$499
Heritage	\$100 to \$249

## Please check one:

This donation is unrestricted

This donation is restricted for \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Compensation, goods or services have not been given by Menucha in return for this contribution

P.O. Box 8  
Corbett, Oregon 97019

E-mail: [office@friendsofmenuchafoundation.org](mailto:office@friendsofmenuchafoundation.org)  
Web: [www.friendsofmenuchafoundation.org](http://www.friendsofmenuchafoundation.org)

Phone 503.695.2243  
Fax: 503.695.2223



## STAFF SPOTLIGHT CINDY WHEELER Head of Housekeeping

By 1991, I had been living in the Corbett area for several years and working full time at a furniture factory in Vancouver, Washington. One fall day I drove into Menucha asking about a temporary part-time job. I began working in the Housekeeping department on Fridays and often on Sundays.

By 1993 my employer in Vancouver had closed and I left Menucha for another position. In just a few months I returned and worked full time in the kitchen.

One of the first people I met at Menucha was Betty Welch; she began working in Housekeeping the same time that I did. When the Head of the Housekeeping department opened up in 1996 she insisted and encouraged me to apply for it. She remained my support through a difficult, challenging but enjoyable transition. Hard work, dedication and good staff has brought me to where I am today as Supervisor of the Housekeeping Department.

I was raised in several Midwestern states. My father was a Mennonite minister, and his position allowed our family to take month-long vacations each year. Consequently, we had traveled through all 48 states by the time I was 16 years old. My sisters and I had been taught good cooking and cleaning skills by our mother, which have been an asset in my work at Menucha. My mom also spent many hours teaching me to identify birds not only by sight, but by sound. I have always enjoyed bird watching and have identified over 40 species here at Menucha including the pigmy owl, red-breasted sapsucker, osprey, bald eagle and Vaux's swift. I enjoy hiking and have hiked several of the Columbia Gorge trails. My spare time is spent in my flower garden where I am adept at growing many varieties of plants.

I have two adult children. My son Daniel is a Staff Sergeant on the security force at the Portland Air National Guard base and lives in Gresham. My daughter Michele is Project Coordinator for a Portland financial company. She is also a Cub Scout leader for the den my grandson Garrett was in. Garrett is ten years old, in the fifth grade, and is now a Boy Scout. They are living in Lake Oswego.

Working at Menucha has been the most rewarding job I have ever had. I enjoy the staff, the guests, and seeing that my crew and I continue to keep Menucha a clean and attractive retreat that our guests will enjoy.

## MENUCHA NIGHTS Tom Showalter

Spring has come to Menucha and the winter grey has lifted. Believe it or not, a few intrepid souls did make their way to the telescope site a couple of times this winter only to be faced with cloudy skies or a brisk east wind. Needless to say our stay was brief on both occasions. But Spring is here and the next six months show great promise.

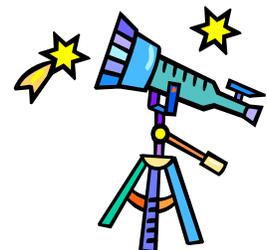
Spring brings back old friends that many of us remember from our childhood, when our first experience of the wonders of the night sky were seen from a backyard and pointed out to us by family members or friends. Many of us first learned about the Big Dipper, that familiar pattern of stars that was the starting point in our journey through the night sky. Technically, the Big Dipper is not a constellation, but a part of Ursa Major. It is called an Asterism but since it is easily seen and recognized, it is a good place to start your journey. The pointer stars, Merak and Dubeh, form the front of the cup and point to the North Star which marks the point around which all the other constellations appear to revolve.

If you come to Menucha, Dan Rounsavell will be your guide on your celestial journey, and with his "magic wand" will point out and tell you about ancient constellations that are visible in the spring and summer. Cygnus the swan, the giant Hercules, Cassiopeia, Bootes the herdsman and many more storied characters will become companions on your journey.

At the same time, David Leatherwood, Rito and Tom will be operating the Nadal telescope and others through which you will be able to see planets, globular clusters, galaxies and a host of other amazing objects. Get a group of friends together and carpool to Menucha. Call first to find out if the crew is available.

Should you be interested in joining our group on learning how to operate the telescope, you are welcome to join us for training sessions at the Nadal site at Menucha.

Call Menucha at 503-695-2243, give them your email address, and we'll be in touch.





# Spirituality at the End of Life Soul Tending for the Dying

with Keynote Speaker

Richard Groves

October 23-25, 2006

Anyone, regardless of profession, spiritual background, or previous experience is encouraged to participate in this conference. The focus of this program is to identify how best to assist others dealing with emotional and spiritual suffering at the end of their lives.

For those who care for others at the end of life, this will be an excellent introduction on how to identify and meet the spiritual needs of the dying. Just as importantly, this conference will provide sacred time for personal reflection on life's priorities. Workshops will teach practical skills that encourage and support anyone interested in end of life issues.

The program features an introduction to the highly acclaimed "Sacred Art of Dying program" by conference keynote speaker Richard Groves (Co-director of the Sacred Art of Living Center for Spiritual Formation in Bend, Oregon.) Other workshops include: "Counseling in a Time of Grief" (Mary Groves, Co-director of the Sacred Art of Living Center for Spiritual Formation), "Caring for the Terminally Ill" (Susan Hedlund, Cancer Care Resources), "Hospice Care 101: The Role of Hospice Care" and others.

### **COST:**

**Meals:** 6 meals are included with each price, with an option to purchase lunch on Wednesday for \$9.00 extra. Our delicious meals are served family style.

**Community Lodging:** \$145 per person (74 available. These are bunk style beds )

Community lodging can be arranged by small group: 7 rooms of 6, 3 rooms of 8, or 2 rooms of 4 if desired.

The following option is available on a first come, first serve basis:

**Semi Private Lodging:** \$175 per person (45 available, 2 or 3 per room with hall bathroom)



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## **Registration for Spirituality at the End of Life: Soul Tending for the Dying**

**Must be postmarked by Sept. 15, 2006. After Sept. 15, add \$25 late fee.**

Name (as you'd like it on your name tag) \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ Telephone \_\_\_\_\_

Physical/Dietary needs \_\_\_\_\_

Requested Roommate(s) (same gender please) \_\_\_\_\_

Lodging + Meals \$ \_\_\_\_\_ (Please see above) Program Fee \$ 195.00 Opt. Wednesday Lunch \$ 9.00

**Late fee if postmarked after 9/15/06 \$ 25.00 Total Cost of Retreat \$ \_\_\_\_\_**

**Please return this form with your check postmarked no later than September 15, 2006.**

**A late fee is charged after this time.**

*Confirmation of all deposits will be sent promptly. We also take Visa or MasterCard*

Online registration [www.menucha.org](http://www.menucha.org).

Or send your registration and deposit to  
Menucha, PO Box 8, Corbett, OR 97019

**DIRECTIONS:** [www.menucha.org](http://www.menucha.org) Phone: 503-695-2243 Email: [office@menucha.org](mailto:office@menucha.org)

Complimentary Wifi is in many buildings, and there is a free computer lab available.



**Menucha Retreat & Conference Center**  
**PO Box 8**  
**Corbett, OR 97019**

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**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:

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Email address \_\_\_\_\_

**PHONE** 503-695-2243  
**FAX** 503-695-2223  
**EMAIL** office@menucha.org  
**MAIL** PO Box 8  
 Corbett, OR 97019

I would like to receive Menucha communications via:  
 Email  Regular mail  
 Is this a change of address (mailing or email) notification?  Yes  No

**WAYS TO GIVE TO THE MISSION AND MINISTRY OF MENUCHA**

**PLANNED GIVING**

If you would like to remember Menucha in your estate planning and see the ministry and mission of Menucha into the future, please contact us. Many people have discovered the joy of planned giving as a way of being responsible stewards of the blessings God has entrusted to them. We have excellent

representatives who can talk with you about planned giving and answer any questions you might have.

**DONATE ONLINE**

You can now donate money to Menucha using your credit card with our secure on-line form. Simply go to [www.menucha.org](http://www.menucha.org) and click on the "Giving to Menucha" link. You

may also print out a Donor Form and mail it to Menucha, or simply fill out the enclosed Donor Form in this newsletter and send it to us. We are grateful for all gifts, large or small. Your gifts help us make Menucha available to groups and individuals from around the Pacific Northwest. We are grateful for your continued support.