



**Menucha Retreat & Conference Center**  
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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 \_\_\_\_\_  
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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](http://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.



FRIENDS OF MENUCHA FOUNDATION PRESENTS  
 our 11th Annual Fundraising Dinner  
 "THE GREENING OF MENUCHA"  
 Sunday, September 8th, 2013 5:30 pm in Wright Hall  
 Honorary Chair: Phyllis Smith Special Guest Speaker: Judy Teufel  
 Tickets: \$100 per person, or \$700 for a table of 8

This year's event will once again be exceptional as Wright Hall is transformed for an elegant evening of celebration. We'll begin with wine and hors d'oeuvres served on the terrace overlooking the magnificent Columbia River Gorge, accompanied by a live string quartet. A beautifully presented three-course dinner will follow, served by our outstanding kitchen staff.



The Foundation is pleased to have Phyllis Smith as our Honorary Chair of this year's event. As long-time members of First Presbyterian Church, Phyllis and her late husband are among those that actively helped carry Menucha from its infancy to its maturity today. Among many other volunteer activities (such as painting chairs in the "early days"), Phyllis served as Chair of the Menucha Commission and was a member of the search committee that welcomed Rev. Spencer Parks as Menucha's Director. Phyllis is truly one of Menucha's most treasured ambassadors.

We are honored to have Judy Teufel as our speaker. Judy is a well-known artist and teacher. She was Artist in Residence at Contemporary Crafts Gallery (now museum) in 1969-70, and served ten years as Artist in Residence at Lewis and Clark College. A retired art teacher from The Catlin Gabel School, Judy has been coming to Menucha since 1976, serving first as a teacher, then as an enthusiastic student in the Creative Arts Community. A native Oregonian, Judy graduated from Willamette University, and worked with emotionally disturbed children in Madison, Wisconsin; Melrose, Scotland; and in Denver, Colorado. Dealing with the mentally ill and the community became her area of expertise. It was in Colorado that she became entranced with ceramics and attended the University of Colorado—Boulder's Master's program in ceramics, and returned to Oregon in 1969. She is a survivor of ovarian cancer, and in deep gratitude for support from a wide community of colleagues, students, and friends felt drawn to explore the pilgrimage to Santiago de Compostela in Spain. She received an Esther Daymon Strong lectureship that helped her carry out that dream and provided an audience for her story. She describes herself as a lifelong learner and credits family nurtured curiosity.



The focus of our fundraising effort at this year's dinner is phase one of a three-year effort we're calling "The Greening of Menucha." We are committed to taking care of our buildings and the earth by becoming as energy efficient as possible. We'll begin with Wright Hall, which was built in the 1920s, and will focus on installing new insulation, energy-efficient windows, a high efficiency heating system, and new plumbing that will provide hot water and hot showers without heating up our environment. These improvements will be good for Menucha, good for our environment, and good for our guests who come to think, heal, pray, dream and enjoy all that we have to offer.

Tickets will go on sale Sunday, July 28. We would love to have you join us!



## THERE'S ALWAYS ROOM FOR IMPROVEMENT

*Spencer Parks, Executive Director*

There is a tradition I have with the staff here at Menucha that each year, on the anniversary of my arrival, we sit down and they evaluate my work. I've found that no one can really evaluate your work like those who work with you on a day to day basis. They are the people who depend on you to do well in order that they might carry out their job to the best of their abilities. For the first couple of years folks here went easy on me. They nicely pointed out many good points and a few (and those very minor) not so good points. But as we've gotten to know each other better, the niceness was paired with a good dose of frankness. They still pointed out the good stuff but some of the not so good stuff was not so minor. The good things are always easy to hear; the "needs improvement" always a tad harder.



A lot of the "needs improvement" I already know even before they tell me. I already know that I shouldn't put off writing the newsletter article until the last possible second. I already know that I need to concentrate more on pesky details. And I already know that I sometimes allow the other hat I wear (as Associate Pastor at First Presbyterian Church in Portland) to distract from my focus at Menucha. Even though I already know them, it's still good for me to hear constructive criticism. Sometimes I hear things that I didn't know. The process is always helpful; I hope they've seen improvement over the years.

Now, while the process is always helpful, it is not always easy. I know to my very core that the Menucha staff have my best interest and the best interest of Menucha at heart. I also know that it's sometimes uncomfortable for them to say exactly what's on their mind. It borders on being confrontational and none of us looks for conflict. Most of us want to say things that please others. We look for ways to keep the status quo in place. No one likes to say the hard things, even though it's the hard things that we need to hear the most.

I think part of why this works for us is that we feel pretty safe with one another. That kind of working relationship doesn't come easily. We've had to prove to each other countless times that there is a reason to feel safe. I also believe it has something to do with the place we serve. Menucha itself is a safe place. Some of our most fragile and vulnerable guests have stated over and over that Menucha is the place where they feel the safest and most cared for. It has been the place they have come to heal and the place where they have come to face the hard things in their lives. It's only after meeting those challenges head on that we can really become stronger and better folks. It is hard, but with such a caring staff as ours and such a place as Menucha it can happen. I've seen it time and time again.

So, we hope that you'll visit us soon. Whether you're looking for a place to face something hard, or trying to do a little head or heart work to improve yourself, I think you'll find that Menucha is a good place to start; a safe place to start.



## IN LOVING REMEMBRANCE

### BETTY WELCH



Our dear friend and long time Menucha employee passed away on June 2 at Portland Adventist Medical Center.

Betty joined the Menucha family in November of 1991 as part of our housekeeping staff. In 2002 she began covering the office for us on weekends and holidays. She was enthusiastic, responsible, flexible and humorous. She was careful in her work and dependable—we could always count on her to get the job done, and to do it well.

Betty loved people, and got to know many of our group leaders and guests. It was not unusual for guests to make the office one of their first stops to catch up with Betty! She was a good and compassionate listener.

Betty was a remarkable woman. Her longevity and stamina amazed us, and her dedication to Menucha and love for our ministry inspired us. To Betty, working at Menucha was more than just a job; it was part of who she was. Betty will always hold a special place in our hearts, and we will miss her.

### BARBARA PURDY

Barbara went home to be with the Lord on March 16. We will miss her warm smile and sweet spirit. She and her husband Bruce volunteered on a regular basis at Menucha for more than ten years.

Their history with Menucha, however, started much earlier. As young adults, they met at Menucha in 1957, which led to their marriage and dedicated involvement with First Presbyterian Church and Menucha. We honored them as our Volunteers of the Year in January 2010. She loved flowers, and kept ourroses and window boxes looking beautiful. Before her health challenges, you could find Barbara volunteering in our Gift Shop, visiting with guests. It was so fun to hear all about their trips to Ashland and Cannon Beach.



Barbara is survived by her husband of 54 years, Bruce and three children (Darrel, Annalee and Julia). Her service was held on March 24th at First Presbyterian Church in downtown Portland.



### CHARLES (CHUCK) KNAPP

Chuck passed away on April 19 at the age of 91. He was hired as Menucha's Director in the Spring of 1965. Over the next 12 years, he and his wife Rita developed the Menucha property into one of the busiest ecumenical conference centers in the region, attracting not only religious groups, but also non-profits in human services and the arts. One of their proudest accomplishments was the founding of the Creative Arts Community (CAC), a gathering of artists to work in various disciplines to share, teach and create together over a week or two. The program continues today, 47 years later ([www.creativeartscommunity.org](http://www.creativeartscommunity.org)).

Chuck is survived by Rita, his wife of 67 years, four children (Kristan, Timothy, Andrew and Jonathan), two grandchildren and three great-grandchildren. Friends and family celebrated Chuck's life on May 25th at First Congregational United Church of Christ in downtown Portland.



## FPC MEMORIAL DAY WORK WEEKEND

A huge "Thank You" to nearly 50 of our Portland First Presbyterian Church family and friends who gave up part of their holiday weekend to volunteer at our annual Menucha Memorial Day Work Party. The weather was a mixture of sunshine and rain, but absolutely nothing seemed to deter their energy and enthusiasm!



Here is some of the work they accomplished:

- Trees pruned around Ballard
- Trails cleaned up
- Windows washed at Ballard and Greenhouse
- Flowers planted at the entrance, at the labyrinth, and near Wright Hall
- Weed pulling in many places
- Painting on Ballard west side
- Touch up painting in Wright
- Weed eating
- Lawn mowing
- Wood splitting and stacking



Most likely we've missed a task or two that was accomplished during the weekend. The Menucha staff is extremely grateful for this annual event, which helps us get ready for our busy summer season. We appreciate each person who came and worked so hard in less than ideal conditions.

We thank you, and our guests thank you as well! Your work does not go unnoticed!



## THE COOKTOP A Favorite Recipe from the Menucha Kitchen

### CORN AND BLACK BEAN SALAD

10 Servings (approximate) - plan on about 1/3 to 1/2 cup per guest

- 1 cup corn (frozen, thawed or fresh, cooked)
- 1 tablespoon olive oil
- Finely chopped Jalapeno – small amount, or substitute diced green chilies for a milder flavor
- 1 cup black beans, cooked or canned (rinsed)
- 1 large red bell pepper, chopped
- 1/2 cup chopped green onion
- 1/2 cup chopped red onion

Dressing:

- 1/2 cup Italian dressing
- Juice of 1 lime (zest too if you like lime)
- 1 clove of garlic, minced (1 teaspoon)
- 1/2 tsp. ground cumin
- 1/2 tsp. red pepper sauce (such as Tabasco)
- 1/2 cup chopped fresh cilantro

Toss the corn with oil and roast in oven until lightly browned (roasting optional). Mix all ingredients together and season with salt and pepper to your taste.



## 6th ANNUAL MENUCHA INTERNATIONAL CROQUET TOURNAMENT and LAWN PARTY at Menucha

Saturday, July 20th • 9:30 am-3:30 pm  
Ticket price: \$35 participants, \$10 spectators

If you like to play croquet, or simply enjoy watching the game, we invite you to join us at Menucha on July 20th.

Our tournament is fun for all ages, with friendly competition, live bluegrass music, and door prizes for the young and the young at heart. Again this year we plan to have a small silent auction with a variety of great items, including wines, tickets to sporting events, and jewelry. 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 three-time defending champion Samuel Reid, or join us as a spectator cheering on your favorite players. If you'd like, wear your croquet whites and fancy hats! Tickets will go on sale Sunday, June 16. You may call the Menucha office (503-695-2243) to order them.

Take a look at our website ([www.menucha.org](http://www.menucha.org)) and watch a video to see why you should join us this year. Your name would look great engraved on the trophy!



## UPCOMING MENUCHA PROGRAMS

Scott Crane, Program Director

Know someone who has battled breast cancer recently? We have two retreats designed to support women in recovery for body, mind and spirit. Thanks to an ongoing partnership with Pink Lemonade Project, generous scholarships are available. Our September retreat is for couples; our November retreat is just for women.

Know someone who cares deeply about the future of the church? The Wright Lecture Series brings renowned author/speaker Phyllis Tickle in October. This year will be her last touring year as she addresses the ongoing development of Emergent Christianity—where it seems to be going and what it may look like in the next reformation of the protestant Christian faith.

Know someone who enjoys writing or painting? Writer Amy Minato will teach a two-day course in October called *Falling Leaves*. Past students praise her ability to inspire writers of all levels and her instruction on ways to express the inexpressible. Guest watercolor artist Linda Aman, who will lead a workshop on triads, was chosen by our partner organization the Watercolor Society of Oregon because she is both an excellent artist and teacher.



September 5-7	Pink Lemonade Retreat for Breast Cancer Thrivers and their Partners
October 13-15	Wright Lectures with Phyllis Tickle <i>Embracing Emergence Christianity</i>
October 26-27	Writing Workshop with Amy Minato <i>Falling Leaves</i>
November 10-13	Watercolor Workshop: Linda Aman <i>Color Study – Triads</i>
November 15-17	Pink Lemonade Retreat for Breast Cancer Thrivers

Please tell your friends or join us yourself at Menucha for enriching programs this fall!

For additional details, visit our website at [www.menucha.org/programs](http://www.menucha.org/programs)



## KITCHEN UPDATE

Our kitchen project is finished! There are two small details to finish (a roll down window and a new slicer), but the big stuff is done! Amazingly, we were able to do the work without major disruptions for our guests. We received no grant money for this project and all funds were raised from generous donations from individuals.

Our old kitchen equipment was well beyond its useful life. While we were able to provide many fine meals with that equipment, our brand new equipment will allow us to operate more efficiently and consistently.

Here is a list of what we have done with the gifts we were given for this project:

- Remodeled part of a under-utilized pantry into a baking area
- Remodeled an area into a dedicated beverage area complete with a new under-counter refrigeration unit



Some of our shiny new equipment



Becky Lindsay with our new tilt skillet

- Replaced our old ice machine with a new, larger and more capable model.
- Replaced our old warmer with a more efficient model
- Replaced our old convection ovens (we had two) with more efficient models and added two additional ones for a total of four.
- Remodeled the area where guests pick up food for their tables to include a pass-through window.
- Installed an additional exhaust hood that is appropriate for the equipment we now use. This is a state-of-the-art unit that is efficient and economical to operate, provides additional safety features, and provides tempered (heated in the winter and cooled in the summer) make-up air to our kitchen. (This one item was over \$35,000 and was required by the county building codes in order that the rest of the project could be completed).
- Replaced our old two burner range with a new more effective six burner range.
- Replaced our old griddle with a new, similar size, but more efficient griddle.
- Purchased a new tilt skillet (a piece of equipment like an electric skillet one might use in a home only MUCH bigger and operates efficiently on propane).

All of us—but especially our kitchen staff—are thrilled with the results, and would like to express our heartfelt gratitude for those who made it possible. We are confident that our tradition of excellent food will continue for many years to come. Thank you so very much for your generosity!