



**MENUCHA**

*Sacred Space - Purposeful Work*

# The Menucha Meander

## FIRST PRESBYTERIAN CHURCH CELEBRATES THE 50th ANNIVERSARY OF THE MENUCHA BALL

Reminiscent of "Christmases of Olde," members of the First Presbyterian Church Rasta Jana Vala fellowship group presented the 50th Anniversary Menucha Ball on December 6 in the historic Wright Hall.

The evening began with wassail and music provided by harpist Jenny Lindner. The pageantry of the procession of the Boar's Head



*Kathy Withycombe with traditional boar's head*



*Walt Grigsby and Emily Jensen*

lead by piper Ray Galloway and his niece Highlander dancer Rachel, was followed by three lovely ladies bearing trays of flaming plum puddings to entice the senses of the guests. The bringing in of the Yule log set the mood for the evening and was followed by a traditional Christmas dinner of Merry Olde England featuring prime rib; music to accompany dinner was provided by pianist Jean Hammond. Following dinner, guests were invited back into the Great Hall by the skirl of the Bagpipes and the lively entertainment of Highland dancing.

A brief account of memories from the fifty intervening years brought into focus that, although the Holly Berries and the Red Vesters who provided choral entertainment were not able to perform for this event, we did have our own Three Tenors and a Bass: Jon Stuber, Daniel Burnett, Jeff West and Bruce Lawson received great applause. Guests were greatly impressed by the talent and alacrity with which the James Paul Brown Band provided mood and music for all abilities. A group of wandering carolers provided for glorious caroling first from the balcony around the Hall and then by the fireside, inviting the guests to sing as well.

From the first view of the majestic gold and white glistening decorations throughout Wright Hall including the perfectly bedecked tree, through the delectable dinner as only the Menucha staff can provide, an atmosphere of frivolity, light heartedness as well as the wonderment and joys of Christmas prevailed. An atmosphere of Merry Christmas to all and to all a good night could be sensed as each guest departed. Many thanks to each person who helped to make this a Menucha Ball to remember!

*Photos provided by John Morris*



**From left to right: Menucha Commission member Dick Malin and his wife, Friends of Menucha Foundation member Joyce Malin; Menucha volunteers John and Brenda Morris**



*The entire Menucha staff joins in wishing you and your loved ones a happy holiday season. May peace and joy be yours now and through the New Year!*

### KITCHEN

Dorothy Canzler, Food Service Director  
Patti Story, Asst. Food Service Director  
Dennell Baher  
Colin Bradley  
Kayla Dhone  
Nick Erspamer  
Erika Hanson  
Karlee Hudgens  
Jeremy Martin  
Ariel Mock



Nicole Mock  
Jacob Paul  
Tanya Pixley  
Violet Pixley  
Connie Porter  
Julie Swenson



### HOUSEKEEPING

Cindy Wheeler, Head of Housekeeping  
Betty Jane Wright,  
Asst. Head of Housekeeping  
Erika Kerslake  
Marcia Lunsford  
Hailey Mock  
Denise Troen



### MAINTENANCE

Ernie Yoder, Maintenance Supervisor  
Lynn Gibbons,  
Asst. Maintenance Supervisor

### OFFICE

Spencer Parks, Executive Director  
Scott Crane, Program Director  
Pat Haffner  
Becky Leamy  
Donna Leamy  
Christine Olsen  
Betty Welch





## INTERESTING TIMES—Rev. Spencer Parks, Executive Director

There is a saying that is widely quoted in the media and attributed to be a Chinese curse that goes, “May you live in interesting times.” While it is doubtful that this saying has any roots in China it does seem to address our present situation. As I sit at my desk at the end of the year, I must confess that we do all seem to be living in interesting times. Whether that is a curse or blessing depends somewhat on your outlook.



It has been an incredible year. No matter which side of the political fence you sit, we all witnessed an historic election this past fall. Each candidate seemed determined to break down our previous notion of what a candidate was or should be. In the end, we elected a president who would have been unelectable a few short years ago. In just about every campaign the one word that was repeated over and over again was “change.” In my relatively short time on this earth I have found that change, no matter how necessary, is most often painful and, in the end, resisted. Such interesting times.

Then there is the current economic situation. Actually, it was a “situation” some months back. Since then it has transformed into an “economic downturn” and then became a “crisis” and is currently a “recession.” The stock market swings hundreds of points daily. Huge, previously thought to be stable, business concerns have fallen upon hard times. We all have been affected by this; some have lost their jobs, their homes, their savings. Food banks and homeless shelters are seeing higher than ever demands. At the very least, Christmas will be a bit leaner for most folks. Interesting times indeed.

I think one would only truly categorize these times as “interesting” if you were merely a casual observer. But we’re all deeply involved in *these times*, so I would like to suggest that we substitute “uncertain” for “interesting.” I see a great deal of uncertainty upon our horizon and I think this is causing a great deal of anxiety, both for individuals and for our communities. I see this in the faces and hear it in the stories of the guests who visit Menucha. I hear about lost jobs, delayed retirement plans, kids who will have to work a bit harder for their college education. As I have listened to these stories I have often asked, “So why are you visiting Menucha?” The overwhelming answer, in various forms is: “This is where I find my peace. This is where things begin to make sense.”

I think it is important that no matter what goes on out in the world, that we work very hard to be that center of peace for folks. A place where you can come and regenerate. A place where you can filter out all the noise of the world to concentrate on the truly important things in life. A place where you can find your spiritual center and experience a sense of quiet sacredness. A place where things begin to make sense. A place where you can regroup and plan for the interesting and uncertain times to come.

We feel that our calling to our community and our guests is even more important in uncertain and interesting times. So we invite you to give the interesting times a rest and visit us. Come and see what Menucha can do to better prepare you to live in our changing world.

May the blessings of this season be with you and your family.

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## WHO USES MENUCHA?

It may surprise you to know how many lives Menucha has touched in the past year. In 2008, over 400 different groups chose Menucha as the site for their retreats.

In addition to the programs Menucha plans and offers (see page 3 for our upcoming conferences) we are privileged to host a wide variety of groups from the non-profit community.

Here is a sample of some of these groups:

- 156 — faith-based (churches and religious organizations)
- 61 — educational (schools, universities, seminaries)
- 52 — from the not-for-profit community (hospitals, cultural groups service organizations, volunteer organizations)
- 9 — 12-Step recovery programs
- 13 — arts-related groups (music and arts)
- 15 — governmental groups (city, county, state)

It is a blessing to be able to offer sacred space for purposeful work.

**SAVE THE DATE**  
**Saturday, July 18, 2009**

**2nd Annual**  
**MENUCHA INTERNATIONAL**  
**CROQUET TOURNAMENT**  
**and LAWN PARTY**  
on the Menucha grounds  
Fun for the entire family!





## UPCOMING MENUCHA PROGRAMS FOR WINTER AND SPRING 2009

Scott Crane, Program Director

It's never too soon to look ahead! Menucha, located just inside the Columbia River Gorge National Scenic Area 25 minutes from Portland, Oregon) is pleased to offer a variety of programs coming up in the first quarter of 2009. You may be amazed by the diversity of opportunities here in your own back yard!

To kick off the year, we will once again be offering courses from Indiana University's Center on Philanthropy Fund Raising School. We will also present the Wright Lecture Series, and host a Valentine's Weekend Marriage Enrichment Retreat. We hope that as you read through the details of these events below, you will enthusiastically come join us for one...or two or more...programs to enrich your faith, your life, and your work. Call us today at 503-695-2243 or check out our recently updated web site: [www.menucha.org](http://www.menucha.org). We look forward to serving you!

### JANUARY 12-14, 2009 DEVELOPING MAJOR GIFTS

Menucha brings this popular course back for the nonprofit community. In this Fund Raising School (Indiana University's Center on Philanthropy) class, you will learn the specific skills in setting up and maintaining a major gift program for your nonprofit organization, be it church, charity, or mission.

### FEBRUARY 8-11, 2009 WRIGHT LECTURE SERIES

Dr. Stan Wood, Associate Professor of Congregational Leadership and Evangelism from San Francisco Theological Seminary will give several keynotes over the course of three days, engaging us in several of the key issues facing the church today. Join us overnight, enjoy our home-cooked meals, and participate in stimulating coffee house style discussion groups following each keynote address.



### FEBRUARY 13-15, 2009 VALENTINE'S DAY MARRIAGE ENRICHMENT RETREAT



With a mixture of informal presentations, story-telling on the humor and strengths of marriage, and opportunities to talk privately as couples, the time you spend together will be grace-filled, strengthening the bonds of marriage -- and fun, too! The Reverend Drs. Bill Arnold and Margaret Anne Fohl are a husband-wife team, both ordained Presbyterian ministers, who have been leading marriage enrichment experiences for over fifteen years.

### MARCH 16-20, 2009 PRINCIPLES AND TECHNIQUES OF FUNDRAISING

The main course of the four Fund Raising School courses, this week-long continuing education event will pack your tool box with fund raising skills. Taking this course and the other three offered this year will also earn you the Certificate in Fund Raising Management (CFRM) from Indiana University.

### MARCH 19-23, 2009 THE SPIRIT AND PEN IN NATURE WAY-POINTS PROGRAM

Join authors Christina Baldwin and Ann Linnea for three full days of creative writing and reflection in the beauty of the Columbia River Gorge. With Christina's passion for story and Ann's deep stewardship of wilderness, participants will experience joy making their connection between soul and the natural world, in the context of their faith perspective.



Menucha is a community-based outreach ministry of First Presbyterian Church, Portland.

In 1950 FPC purchased the estate from the Julius Meier family. The word, "Menucha," comes from Psalm 23 and is often translated as "still" in the line "He leads me beside still waters." The Hebrew term actually has a richer depth not often realized, conveying meaning such as "renewing," "restoring," or "rejuvenating." We at Menucha translate this as "ever changing stillness."

Come join us and experience the Sabbath rest you need.



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## THE COOKTOP . . . A FAVORITE RECIPE FROM THE MENUCHA KITCHEN

It's fast approaching the holiday season and most people love cinnamon rolls, but don't want to get up early on Christmas morning to make them. Here's our recipe that can be made the day before. Just refrigerate rolls (covered with plastic wrap) until the next morning. Unwrap the rolls, let them come to room temperature while the oven is preheating, bake and enjoy!



### CINNAMON ROLLS Makes 20-24 rolls

2 tablespoons fresh yeast (or one package active dry yeast)  
¾ cups sugar, divided  
2 teaspoons salt  
½ cup butter  
2 cups hot milk  
6 cups sifted flour

2 eggs, beaten  
2 teaspoons cinnamon  
½ cup raisins (optional)  
½ cup chopped nuts (optional)  
½ cup butter, softened to room temperature  
Melted butter

Soften yeast in ½ cup warm water. Add ¼ cup sugar, salt, butter and milk; stir until butter is melted. Cool mixture to lukewarm. Beat in 3 cups flour, stir in eggs and yeast mixture, beating well. Add remaining flour, stirring thoroughly. Dough should be sticky. Let stand for 10 minutes. Knead until smooth and satiny (no lumps). Place in greased bowl, turning once; cover. Let rise in warm place until doubled in bulk. Punch down; divide into halves. Let stand for 10 minutes.

Add cinnamon to remaining sugar and stir to combine. Roll out one half of dough on floured board. Spread half of the room temperature butter (½ cup) over dough. Fold in thirds and roll out again. Brush dough with melted butter and sprinkle with cinnamon sugar mixture, (and raisins and nuts if using). Roll dough jelly-roll fashion; cut into 1-inch slices. Place on parchment lined pan. Repeat with other half of dough. Let rise until doubled. Bake at 325° for about 20-25 minutes.

### CREAM CHEESE ICING

4 oz. cream cheese, room temperature  
½ cup butter, room temperature

1 teaspoon vanilla  
¼ teaspoon lemon extract

1 ¾ cup powdered sugar

Combine all ingredients in mixer bowl until smooth and creamy. Frost cinnamon rolls and eat!



### GoodSearch

In 2007, Your online searching helped Menucha raise over \$36. This year, We have only raised just over twelve dollars. That means you aren't using GoodSearch or GoodShop to freely support Menucha as your nonprofit organizational charity of choice! Please consider using GoodSearch (powered by Yahoo! search engines) to do all your online searches. PLUS add online shopping revenues to your free gift to us! GoodSearch is a search engine that uses Yahoo! to find search results. In the last two years, GoodSearch has donated approximately \$0.013 to Menucha for every search performed. Here are the ways you can start using GoodSearch and increase how you help us by just searching the internet or shopping online:

1. Download the GoodSearch Toolbar on your computer(s): <http://www.goodsearch.com/toolbars.aspx>
2. Make GoodSearch the homepage on all computers in your company or school: <http://www.goodsearch.com/MakeHomepage.aspx>  
Get great search results and support Menucha all at the same time!

### GoodShop

In 2007, GoodSearch was expanded to include GoodShop, an online shopping mall of world-class merchants dedicated to helping fund worthy causes across the country. Each purchase made via the GoodShop mall results in a donation to the user's designated charity or school – averaging approximately 3% of the sale, but sometimes going up to 20% or even more. When you use GoodSearch as your home page and enter Menucha Retreat & Conference Center as your charity of choice, you can also click on GoodShop, which will take you to a menu of stores that will donate a percentage of your shopping dollars to us! Shop with the click of a mouse, support Menucha at the same time for free!

1. Go to: <http://www.goodsearch.com/goodshop.aspx>
2. Follow the 1 - 2 - 3 instructions to do your shopping and benefit Menucha at the same time!



## FRIENDS OF MENUCHA FOUNDATION UPDATE—Erich Merrill, President

On behalf of the Board of Stewards of the Friends of Menucha Foundation, I want to extend a heartfelt thank you to all who supported Menucha this year. 2008 was a memorable year in many ways. At Menucha, your generosity made these achievements possible: Completion of the outdoor labyrinth, planned as a centerpiece of the Menucha grounds. The labyrinth has already been enjoyed by hundreds of Menucha guests, who have used it for everything from quiet contemplation, to fun strolls, to group gatherings. If you haven't seen the labyrinth yet, stop by soon and ask about it. See if you can find the Oregon rock.

- The first annual international croquet tournament. This event celebrated Menucha's lawns and tested just how much of a slope it takes to make a croquet ball go way beyond where you intended. Participants enthusiastically asked if we will do it again next year. We will, and you're invited.
- The launching of the Way-Points program. Spencer Parks, Menucha's director, was instrumental in organizing this collaboration Of Presbyterian retreat centers around the country. Way-Points programs vary from educational to religious, from travel to training, from large group conferences to small experiences. The program makes Menucha's unique qualities and what we have to offer known to groups nationwide. Take a look at [www.Way-Points.org](http://www.Way-Points.org).
- Use of Menucha's facilities by over 9,000 people. Guests included participants in 12-step recovery programs, non-profit organizations, churches, ethics programs, educational programs, art and music workshops, individual retreats and family reunions. Your support made it possible for Menucha to open its doors to more people, and to offer more opportunities for personal growth, reflection, and enrichment. Menucha changes lives. Your gifts change Menucha for the better. For that, Friends of Menucha Foundation thanks you.

### WE GRATEFULLY ACKNOWLEDGE THOSE WHO HAVE GENEROUSLY SUPPORTED FRIENDS OF MENUCHA FOUNDATION Nov. 16, 2007 - Nov. 15, 2008

#### OLD GROWTH (\$2500 - \$4999)

Nanita McIlhattan  
Erich and Laura Merrill

#### TOUCHSTONE (\$1000 - \$2499)

Bob Blum and Carol Black  
Jerry and Sally Fish  
Tim and Linda Killen  
David and Janet Leatherwood  
Dick and Joyce Malin  
Oregon Community Foundation  
Steve and Candace Primack  
Steven and Judy Wilson

#### JOURNEY (\$500 - \$999)

Cam and Midge Birnie  
Jim and Nancy Boyle  
John and Justie Braestrup  
Graham and Sharley Bryce  
Steven and Ellen Chambers  
Creative Arts Community  
Custom Writing Services, Inc.  
John Walling and Susan Hedlund  
John and Sara Hortenstine  
Murlan and Ginny Kaufman  
Betty Jo Lee  
Rick and Sharon Malin  
John McSwigan & Dr. Benneth Husted  
Kent Neff  
Boyd and Dorothy Osgood  
Spencer Parks and Sarah van Haeften  
Peg Paulbach  
Evan and Diane Ponder  
Mark and Kim Reller  
Russell and Jean Smith  
Michael and Janet Starosciak

#### NURTURE (\$250 - \$499)

David and Mandy Bentley  
Hal and Sally Broughton  
Jon and Arlene Clemens  
Will and Lauren Deming  
Dave and Julie Dougherty  
Roger and Robin Garvin  
John and Jennifer Helmer III  
David and Diane Jothan  
John and Donna Leamy  
Terry Lewis  
David and Margaret Mesirow  
John and Brenda Morris  
Robert and Katherine Pamplin  
Travis and Christina Price  
Joey Razzano  
Steve Robards  
Dan and Myra Rounsavell  
Michael McDougall & Melinda Thorsnes  
Mark and Denise Troen  
Peter and Ann van Bever  
Kathy Wolfard

#### HERITAGE (\$100 - \$249)

Richard and Kathy Abel  
Herluf Anderson  
Shaun and Karla Benson  
Priscilla Carlson and Karen Wells  
Liz Dean  
Paul Dittman and Ken Brooks  
John and Holly Eddins  
Carnett and Ruth Falconbury  
Barbara Gay and K.P. Francis  
Kathrine Grinnell  
Jerry Grossnickle  
Brad and Katrina Halverson

#### HERITAGE (\$100 - \$249)

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Andrew and Marjorie Kerr  
Rick and Jill Lee  
Paul and Helen Lyons  
Ted and Nancy Magnuson  
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K Ann McCartney  
Mike and Diane McKeel  
Walt and Jean Meihoff  
Jim Milne  
Marv and Carol Mitchell  
Bill and Anna Meyers  
Jeanne Nadal  
Doug and Jan Shaul  
Judith Teufel  
Katheryn Thomas  
Robert and Lynn Thompson  
Don and Rosie Tuttle  
Cindy Wheeler  
Brian and Cynthia Wheeler  
Amy Wood  
Susan Workman  
Mary Ellen Wurm  
Dorothy Wysham

*Thank  
You!*





**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:

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

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.

### IF YOU WOULD LIKE TO DONATE TO MENUCHA

Your gifts to Menucha help us expand our programs, improve our facility and reach out to groups and individuals from around the Pacific Northwest and beyond. You can donate using your credit card with our secure on-line form. Simply go to [www.menucha.org](http://www.menucha.org) and click on the "Donate" link, which will take you to the Friends of Menucha Foundation Page. You may also print out a Donor Form and mail it to Menucha. We are grateful for all gifts, large or small. Please contact our office if you would like to remember someone special with your gift. Thank for your continued support.