



**MENUCHA**  
*Sacred Space - Purposeful Work*

# The Menucha Meander

## BUILDING BACK MENUCHA—Cloie Cohen, Development Director

March 13 marked two years since Menucha initially shut down due to the pandemic - an anniversary none of us wanted to commemorate. But thankfully we can finally look forward to building back Menucha and taking all that we've learned with us, both as an organization and as individuals. We're noticing a desire to return to normal, but of course the new normal hasn't been established yet, and we for sure want to remember the valuable insight gained since March 13, and new practices like:

- Prioritizing joy in our lives; engaging in daily activities that nourish.
- Attending to the mental health of ourselves and others.
- Understanding the difference between feeling tired and burnt out (and devising a plan to address each).
- Finding our communities, as resiliency is so often rooted in relationships.
- Making space in our lives for authentic connections with people we really care about.
- And remembering that detail we share in our orientations with guest groups: "Secure your own air mask before trying to help others."

Building Menucha back from these challenging two years will take some time, and hopefully the generosity that marked these years will endure. So far, we're optimistic for many reasons, including:

- Our first volunteer work party of the year yielded a freshly painted Beam House! And we've got more planned; check out our event calendar on page 6.
- 49 donors have contributed \$73,488 since the start of 2022! Our financial projections include about \$155,000 in donations, so we are well on our way.

And beyond what we thought the year would look like, the need for support grows. One of Menucha's primary heating units failed recently, and we're thankfully able to fund the replacement out of reserves, though as you can imagine, they were all but depleted during the pandemic. Donations will be utilized for repairs like this, general operating costs, and building back our emergency funds.

And of course your support will help us meet our mission to enrich even more lives, and start the important work of building Menucha back. Gifts can be made online through the Donate Now button on the Menucha website ([www.menucha.org](http://www.menucha.org)) or checks can be mailed to: Friends of Menucha Foundation, PO Box 8, Corbett, OR 97019-0008

## GRATITUDE FOR A GENEROUS GIFT TO MENUCHA

As we've shared in previous publications, the Johnson Family contributed generously to Menucha, and the timing couldn't have been more providential. With buildings not in use because of the pandemic, we found ourselves with the resources of both time and money to complete much needed updates around the property. They funded a renovation of the bedrooms in Wright Hall (and our guests particularly love the new mattresses), a second gift to refresh of Ballard Hall as well as several additional projects around the property, and most recently - a \$50,000 donation to support our work of keeping up 100 acres. If you've spent time out here after a storm, you'll understand why we're so thrilled to be able to purchase our own woodchipper. We'll also replace well-loved and ready-to-retire equipment, both gaining efficiency and improving safety for our staff and volunteers. In addition, a few other projects are in the works and we look forward to updating you in the coming months. We couldn't be more grateful for the Johnson Family and their support for Menucha.

If you or your family have ideas on projects you might be interested in funding, we encourage you to reach out to me by phone (503-695-2243) or by email ([cloie@menucha.org](mailto:cloie@menucha.org))



## TURNING THE CORNER

### Reverend Spencer Parks, Menucha Executive Director

We recently hosted our first music camp of the year. The Ukulele Band Camp is also the largest in-house event that we do on an annual basis. To be honest, when we opened the registrations for this event, we wondered if people would really sign up. Folks are a little nervous about gathering. The pandemic has made us a little reluctant to be in large groups of people that we may or may not know. We made as many arrangements as we could to make people feel safe, opened the registrations, and held our breath. We didn't have to hold it long as the registrations began to pour in. Within a few days all the spots were filled, and we started a waiting list - which would eventually have almost enough names to fill the camp again.



There was a special kind of excitement in the air the day folks arrived. The staff was excited too, once again, be doing the work we love. The participants were over the moon excited about attending the event. More than that, they were excited to see one another. Old friends exchanged hugs. First-timers were quickly gathered into the fold. Even before the instructors were introduced, people had pulled out their instruments and were playing together. From Monday until Friday, people laughed together, ate together, played together, and had a spectacular experience. It felt like old times. It was not only good for the participants, it was really good for us as a staff to be hosting folks again.

The instruction at this camp was excellent, but the return to community was what made the experience memorable. I've seen this in a number of guest groups that have recently gathered at Menucha. They are excited to see each other. They are reluctant to leave. The pandemic has made us hungry for the fellowship of other people. Generally speaking, we have a strong built-in desire to be a part of a community. We are not wired to live in isolation.

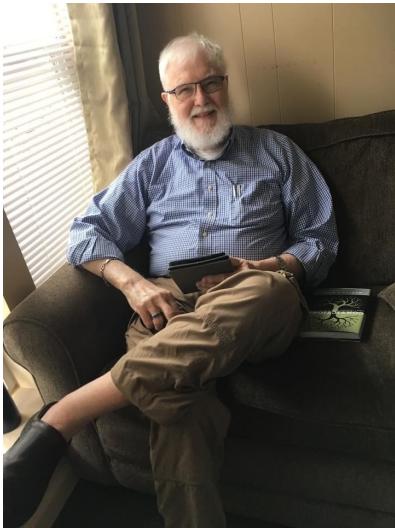
I hope that we have turned a corner in our fight against Covid-19 and its many variants. I'm cautiously optimistic that we have. It is good to see groups returning to Menucha and enjoying our space and our hospitality. People are still a bit nervous, and we do all we can to make them feel safe, but when they do finally arrive it always such a joyous occasion.

We are grateful for those people who have helped us make it through a dark time. We're still here and we're still ready to welcome people with open arms. As an institution, we are not out of the woods yet. It will take us some time to recover, and we are grateful for those of you who are and will help us do so. The next chapter of our life has yet to be written, but I'm confident it will be exciting and rewarding.

We look forward to seeing you here at Menucha soon. You don't have to wait for your group to book a time or for one of our programs to catch you at the right moment. There are plenty of opportunities for you to become involved in the extended Menucha community. It's going to be a little scary for a while, because the pandemic has left a few scars, but I think things are on their way to getting better. We'd like to be a part of that.



## REMEMBERING MAC



We are heartbroken to share that Merritt "Mac" McCall our beloved former Administrator, passed away on Saturday, April 9th at Providence Medical Center.

Mac and his wife Carolyn began working at Menucha in 1974, and Mac became our Administrator in 1977 until retiring in 2004. When they retired, here are a few words that Mac shared:

"Carolyn and I began working at Menucha in 1974, with no clear length of stay in mind, and to our amazement it has now been more than 30 years since we started. We have loved our work and we feel blessed! We have had the privilege of trying

to serve God in a place we love for many years, working side by side with deeply caring friends. Much has changed in the world since we started at Menucha, but Menucha itself has been a steady place of hospitality and caring, a beautiful place of spiritual calm. We have been told again and again how much people look forward to returning to Menucha because of what it does for them. To illustrate, the last two guests I talked with on the day we retired each told me, in individual conversations, about the impact it has on them to drive down the entrance road into Menucha. Both told me how much they had been looking forward to traversing that drive during the weeks prior to their arrival. Many other people have told us the same thing over the years. Menucha touches peoples' lives deeply. We will miss Menucha—the place, and our friends there, both co-workers and guests—but we leave convinced that the spirit of Menucha will remain unchanged. Menucha will continue to speak to those who are open to God's still small voice, experienced amidst the beauty and power of this very special place. We will hold it, and you, in our hearts."

We are grateful to Mac and Carolyn for all they did to lay the foundation of who we continue to be today. As Spencer said about the two of them when he came as our new Executive Director, "A lot of people have come to know and love Mac and Carolyn. Their essence permeates Menucha. You can see their personal touch in so many things, and you can feel the love they put into this place the second you set foot on the grounds."

With permission, we would like to share a recent prayer from the prayer chain at First Presbyterian Church in Portland remembering Mac:

*God of Everlasting Life, we lift up to you in prayer the soul of a most faithful servant, our friend Mac McCall. May his booming voice and spirit of delight accompany him as he is carried to that farther shore where pain and sorrow are no more. May he be welcomed with the same degree of cheerful warmth, compassion, persistence and enthusiasm with which he tended Menucha and enhanced our congregation for so many years. Grant comfort and grace to his family, to us and to all who knew and now mourn Mac so soon after the death of his dear wife Carolyn. While we mourn the loss of them both, we rejoice that Mac will be at peace, united with all the saints who went before him, in that eternal realm where there is no separation. In the name of the Risen Christ we pray. Amen.*



## 2022 PROGRAMS AT MENUCHA Lori Nance, Program Director



### BLUEGRASS IN THE GORGE May 5-8, 2022

Laurie Lewis and friends—Brandon Godman, Eli West, Hasee Ciaccio, and Dave Keenan are bringing the sounds of Bluegrass back to Menucha. Come for all the bluegrass musical goodness! Participants will get to take part in classes, jams, and get a ticket to the public concert!

### LAURIE LEWIS & FRIENDS - Live, In Concert Saturday, May 7

Grange Hall #267 in Corbett, Oregon

Concert at 7:30 pm, doors at 7:00 pm

Tickets are \$25 available beginning April 21 at [www.menucha.org/tickets](http://www.menucha.org/tickets)

### PUNCH NEEDLE, RUG HOOKING & RUG BRAIDING

May 16-19, 2022

Pat Finlayson, Gail Becker and Donna McKeever will be resources for you while you are working. Have a question? Need some advice? These masters of their craft will each lead a group focused on their area of expertise. Come and enjoy the company of other fiber enthusiasts, grow your skills, finish a project or start a new one. And, when you need to stretch, the grounds at Menucha are refreshing and welcoming.



### SCRAP AND SEW #2

May 20-22, 2022

A few spots remain for a weekend of crafting and creativity at Menucha. Come join the fun! Relax in this beautiful setting and let Menucha's staff take care of the cooking and cleaning. Focus on doing something you love: sewing, creating albums, making cards or other crafts that remind everyone who sees them of life's little blessings. Newcomers are always welcome! Come by yourself or bring a friend.

### CREATIVE ARTS COMMUNITY at MENUCHA

Week 1: July 31-August 6, 2022

Week 2: August 7-13, 2022

Each week has 7 workshops. So many choices! But – oh wait, a few workshops are already sold out. Visit our website to see which class you want to take so you can come and make art at Menucha.

[www.menucha.org/programs/creative-arts](http://www.menucha.org/programs/creative-arts)





# ENRICHING LIVES. BUILDING COMMUNITY. OPPORTUNITIES FOR REFLECTION AND RENEWAL. THIS IS WHAT HAPPENS IN OUR FAITH, ART AND MUSIC PROGRAMS.



## FUNDAMENTALS OF GOOD PAINTING September 16-19, 2022

Michael Orwick is an award winning painter. Even more importantly, he is a great teacher. Having an idea of what to paint is one thing, but translating that idea onto the canvas is accomplished through your individual technique and process.

Michael's painting class is open to all levels of painting experience. In it, we will focus on the fundamentals of good painting with oils and acrylics.

## BLUES IN THE GORGE October 5-9, 2022

5 days and 4 nights of acoustic guitar classes, jams, concert and good friends! We are delighted to welcome back Mary Flower as Artistic Director. She will be joined by Bruce Sunpie Barnes, Eric Lugosch, and Mamie Minch. Registration will open on April 27.



## HARMONICA NORTHWEST October 13-16, 2022

You heard that correctly – harmonica is taking the spotlight for this one! Artistic Director Kim Field has gathered the best players and teachers: Joe Filisko, Ross Garren, Eric Noden, Andrew Alli. Check the website for more info!



2022 Ukulele Band Camp

For more information  
about any of our  
programs, visit  
<https://menucha.org/programs>



## 2022 UPCOMING EVENTS AT MENUCHA

### MAY

- **Lilac Walk** - Sunday, May 15, 2:00-4:00 pm
- **Volunteer Work Party\*** - Saturday, May 21, 9:00 am - noon



### JUNE

- **Volunteer Work Party\*** - Saturday, June 25, 9:00 am - noon

### JULY

- Our calendar is filled up with guest groups, and we are grateful for that!



### AUGUST

- **Homecoming Picnic**  
Saturday, August 6,  
11:00 am - 2:00 pm



### SEPTEMBER

- **Fall Fundraising Dinner**  
Sunday, September 11, 5:00 pm  
Tickets available starting in August
- **Volunteer Work Party\***  
Saturday, September 24  
9:00 am - noon

\*RSVP for the work parties to [cloie@menucha.org](mailto:cloie@menucha.org), or reach out with questions.



Events may be added, or change slightly. Keep an eye out for details as they get closer.



## THE COOKTOP - A Recipe from the Menucha Kitchen

### David Bell, Executive Chef

#### Gluten Free Lemon Poppy Seed Cake—serves 8 (Can be baked as a cake or as muffins)

3 tablespoons heavy cream	1/2 cup sweet rice flour	1/4 teaspoon salt
3 large eggs	3/4 cup sugar	1 tablespoon lemon zest
2 teaspoons vanilla extract	1 teaspoon baking powder	3 tablespoons poppy seeds
1/2 cup tapioca flour	1 teaspoon xanthan gum	13 tablespoons softened butter
1/2 cup potato starch		

Preheat the oven to 350° while mixing the batter. Butter the bottom of your cake pan and line with parchment paper to keep the bottom of the cake from sticking. Whisk the cream, eggs, and vanilla together briskly. Set aside.

Put all the dry ingredients into a Kitchen-Aid mixer (or a bowl waiting for a hand mixer). Add the lemon zest and poppy seeds. Make sure you blend them well.



Add the softened butter and half the cream-egg mixture to the dry ingredients.

Let them blend well for at least one minute. Scrape down the sides of the bowl with a rubber spatula. Add half of the remaining mixture and blend. Scrape. Add the rest of the cream-egg mixture.

Slowly pour the cake batter into the cake pan. Smooth the top with the rubber spatula. Slide the cake pan into the oven. Bake for 55 to 65 minutes, depending on your oven. You'll know the cake is done when a toothpick (or butter knife) comes out clean.

Frost with your favorite icing.

#### FACILITIES UPDATE

#### Tim Kurkinen, Facility Operations Director

We are thrilled to announce that Menucha has received an extremely generous donation to help specifically with the grounds!

I have to say, we have had a long wish list of needed and wanted upgrades, new equipment, and major repairs for a very long time. We are finally getting some of these items on our list! One of the most exciting items is a wood chipper! This will allow us to turn our garden trimmings and tree debris into mulch for our gardens, greatly enhancing our ability to keep up with the ever-growing needs, reduce burning, and maintain our views.

Thank you so much to all of our generous donors, and supporters! You help us achieve our mission.

*"Life is beautiful not because of the things we see or the things we do.  
Life is beautiful because of the people we meet." Simon Sinek, Together is Better*

#### STAY CONNECTED!



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[Menucha.Retreat.Center](http://Menucha.Retreat.Center)



Follow us on Instagram  
[menucharetreat](#)



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*Menucha is a sacred sanctuary held in stewardship as an ecumenical,  
community-based mission of First Presbyterian Church – Portland.  
Our mission is to enrich lives through hospitality, learning, reflection and renew-*

## 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  
EMAIL office@menucha.org  
MAIL PO Box 8  
Corbett, OR 97019-0008

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email address \_\_\_\_\_

I would like to receive Menucha communications via:

Email       Regular mail



## MAXIMIZING YOUR GIFT

Setting up a **Recurring Gift** can be a great way to make a larger gift than you might be able make at once. \$25 over a year adds up to \$300, or \$100 totals \$1,200! Sustaining gifts like this secure the day-to-day operations at Menucha and are greatly appreciated.

**Matching Gift** programs offer a way to sometimes double your gift as well as an employee benefit you don't want to miss out on utilizing. You might also consider asking family members to match your gift. This is a great opportunity for older generations to talk to younger family members about what is important to them and how Menucha has impacted the family.

If you are 72 or older and must take **required minimum distributions** from your **IRA**, you can transfer up to \$100,000 annually from your IRA directly to Menucha without having to recognize the distribution as income.