



MENUCHA

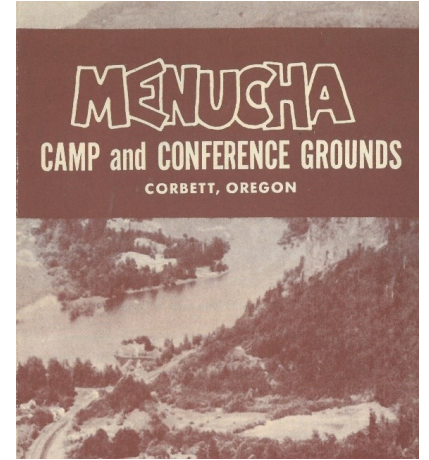
Sacred Space - Purposeful Work

The Menucha Meander

MENUCHA—A 73 YEAR-OLD START UP

We have exciting progress to share - the plans for Menucha to become a separate non-profit organization will come to fruition this summer!

Since 1950 Menucha, as a mission of First Presbyterian Church of Portland, has enriched countless lives, and it is with gratitude that Menucha walks confidently toward this new chapter. With the support and oversight of our board of directors, we are using this inflection point in our organizational journey to rededicate to our mission, values, and objectives for Menucha.



Menucha’s forthcoming launch provides a moment to pause and reflect on the practices and traditions that make this space sacred. As we work to reach a broader audience, develop new partnerships, plan for the future, and grow the community of those who love Menucha, our guests, friends and supporters can expect this thoughtful work to remain uninterrupted. We will continue to offer comfortable accommodations in a beautiful setting, delicious home cooking, community building, and respite from the outside world. We ask for your continued, active support. Menucha’s mission is unwavering: enriching lives through hospitality, learning, reflection and renewal. Our purposeful work in this sacred space remains as important as it was 73 years ago.



“Following a weekend at Menucha [...] I can say most sincerely that every busy man and woman should afford themselves a privilege such as this at frequent intervals. The richness of life’s deeper meanings become very evident when we pause significantly long to give them consideration.”

Janet Moore. “Menucha - A Dream Come True”
The Sunday Oregonian Magazine
August 23, 1953, page 15



BACK TO AFRICA—Reverend Spencer Parks Menucha Executive Director

At the time of writing this article, I'm heading to Uganda again with folks from my congregation at First Presbyterian Church. My first trip there was over ten years ago. This will be my 4th visit and I'm looking forward to renewing ties with a few old friends.

My congregation helps support a school in the southwest part of the country. The school is near a couple of major refugee camps and a number of the students come from these camps. Over the years I've watched the school grow from about 250 students to almost 1000. They serve people of all ages. I've seen toddlers stroll to school, some walking over a mile. And I've met students in the secondary school who were over 40. In the time I've been involved with this project they have convinced the government to run electricity to the school grounds, have plumbed in a reliable water supply, built a huge cafeteria (with a culinary program), built a three-story STEM Center, more housing for teachers and more housing for students. I can't tell you how satisfying it's been to watch them grow and to see education as a real hope for a better future.



When I tell folks I'm going on mission trip with my congregation, the first question I'm most often asked is "What will you be doing there?" Most folks expect that we'll be building something or providing some essential service that's hard to come by (think medical stuff). In truth, we do neither. We have in the past, and when we have, we've found that we just get in the way. (The Ugandans got a good laugh when we tried our hand at brick laying. We were a bit more successful when we carried a retired physician over, but the effect was short lived.) Now we only focus on a couple of things. First, we carry over some stuff that is hard to find there; we're taking an electron microscope to a local hospital and some hand tools for their carpentry program. Second, we go there to learn about and connect with the people at the school and the surrounding community. Over time, we've learned that what we think they need and what they really need are two different things. So now we go to learn what obstacles they are facing and how we can help either minimize or eliminate those obstacles. Which means that a lot of what we do is form, build and maintain relationships. We see ourselves as true partners with folks there as opposed to the American saviors.

Partnerships are two-way streets. We inevitably bring back as much as we give. I often think we bring back more than we give. That's the nature of good relationships. They are synergistic. Good relationships promote growth in each and every individual. I suppose the opposite is true as well; toxic relationships tear down people. I'm pretty sure we have a good relationship with folks there. I'm looking forward to my time with them.

We at Menucha are all about relationships - the good kind. We know how powerful they are in the lives of individuals and in the ways organizations grow and develop. We try and structure our programs and our hospitality so that relationships can grow and bloom. We think it's the most important thing we do. It's what makes us different from the run-of-the-mill conference centers. Frankly, it's what I like best about my job. When we do our job well, I get to see the changes that are made in the lives of our guests. It's pretty powerful stuff.

We hope that you'll visit us soon. Whether you attend one of our programs or you come with your own group, we hope you'll not only experience great hospitality, but that you will have the opportunity to make and nurture important relationships. Until we next meet, have a great spring. I'll let you know how the trip went when I get back.



THE COOKTOP - A RECIPE FROM THE MENUCHA KITCHEN

Christina DeFrisco, Food Service Manager

TUSCAN ORANGE CAKE—makes one 9x13" cake

3 eggs	1 ½ tablespoons baking powder
1 cup sugar	Zest of 1 orange
¼ cup vegetable oil	Juice of 1 orange
½ cup milk, warmed	Powdered sugar
1 ½ cups flour	



Preheat oven to 350°. Grease a 9x13" pan with butter. In bowl, combine eggs, sugar, oil, warm milk, orange zest and orange juice. Add flour and baking powder. With hand mixer, beat until creamy.

Spread batter in pan and bake about 30 minutes. Remove from oven and cool 30 minutes. Flip cake out of pan onto board and sprinkle with powdered sugar.

Cake can be served plain or with fruit, chocolate sauce, etc.



WELCOME, SERGIO!

We are happy to introduce you to Sergio Calvillo-Ruelas, our new Assistant Food Service Manager, who joined our staff in March. He was introduced to Menucha earlier this year by his mother, who is working in our kitchen.

Sergio is a life-long Portland resident. After high school he studied to be a pharmacy technician for three years. He realized, however, that his dream was to own a food truck, and decided to gain some experience in the food industry.

He worked in a couple of restaurants, cooking a variety of foods and supervising staff. He still hopes to have his own food truck in the future!

As a boy, his heart was always in the kitchen, helping his mother cook whenever he could. He is proud to be Hispanic and enjoys cooking the food and celebrating his culture (his family is from the Guadalajara area of Mexico.)

When he isn't in the kitchen, Sergio enjoys spending time with his family and playing soccer. We hope you will get the opportunity to meet him during your next visit to Menucha!



PROGRAMS AT MENUCHA - Lori Nance, Program Director

Menucha's upcoming program calendar is filled with opportunities to grow relationships, skills, and enjoy time at this special place. Details and registrations are available on our website: www.menucha.org

Do you love live music? We have 3 more public concerts featuring the instructors for our music camps. Concerts are held at the Grange Hall in Corbett. Tickets are available online (www.menucha.org/tickets) or at the door.

MAY 12-14, 2023	Scrap & Sew Craft Retreat #2
MAY 15-18, 2023	Spring Watercolor Workshop with Sandra Pearce
JUNE 1-4, 2023	Bluegrass in the Gorge
JUNE 3, 2023	Laurie Lewis & Friends in public concert at the Grange Hall
JULY 30-AUG. 5, 2023	Creative Arts Community at Menucha, week 1
AUGUST 6-12, 2023	Creative Arts Community at Menucha, week 2
AUGUST 14-17, 2023	Fundamentals of Good Landscape Painting with Michael Orwick
AUGUST 18-20, 2023	Botanical Bouquets in Colored Pencil with Dorota Haber-Leigh
SEPT. 27-OCT. 1, 2023	Blues in the Gorge
SEPTEMBER 30, 2023	Mary Flower & Friends public concert at the Grange Hall
OCTOBER 12-15, 2023	Do you have kids? Life when the answer is "No." A retreat for childless and childfree women
OCTOBER 16-19, 2023	Watercolor Workshop with Steve Kleier
OCTOBER 26-29, 2023	Harmonica Northwest
OCTOBER 28, 2023	Harmonica Northwest public concert at the Grange Hall
NOVEMBER 3-5, 2023	Scrap & Sew Craft Retreat #3





Ukulele Band Camp 2023 was worthy of many smiles!

Thanks to everyone who attended, and for the awesome concert with our instructors at the Grange!

We can't wait for 2024 (March 25-29 in case you want to mark your calendar.)

FACILITIES UPDATE—Tim Kurkinen, Facility Operations Director

It has been a cold and snowy winter for everyone. We suffered many blustery storms and power outages throughout the season, even during Christmas. However, my kids sure got to enjoy some classic Corbett sledding! One event saw temperatures well into the lower teens, causing a water line to freeze and burst in our Barn building, resulting in quite a bit of damage. Not to worry though, it ended up being one of those blessings in disguise.

Now that Spring is here (the most recent snow was on April 3rd) we are eagerly awaiting the arrival of some warmer temperatures and sunlight.

Until then we are working hard on refurbishing the Barn with new flooring (see photo), paint, and beds. We are excited to see the project come together.

Here's to Spring and all it will bring!



STAY CONNECTED!



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Menucha.Retreat.Center



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menucharetreat



**WE GRATEFULLY ACKNOWLEDGE ALL THOSE WHO HAVE
GENEROUSLY SUPPORTED THE FRIENDS OF MENUCHA FOUNDATION
January 1 - December 31, 2022**

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John Crowell, Jr.	Janet Homrighausen	Paula McNamee
Will and Lauren Deming	Sara Hortenstine	Betty Meihoff



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January 1 - December 31, 2022**

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GIFTS GIVEN TO HONOR

Ann Leuthauser
Buck and Jenny Lindsay's 40th
wedding anniversary
Dan and Myra Rounsavell
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***“Giving is
not just
about making
a donation.
It is about
making a
difference.”***

Kathy Calvin





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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
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I would like to receive Menucha communications via:
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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.