

On the Way

January 4, 2011

CENTRAL PACIFIC CONFERENCE * UNITED CHURCH OF CHRIST

*Extravagant Grace * Generous Hearts * Renewed World*

You Are Invited!

After-Christmas Open House at the Penn Boris Home

Advent and Christmas are exciting and demanding times in the church year. We want to invite you to a quiet, relaxing post-holiday open house.

Sunday, January 9th

1:00 - 4:30 PM

at our home

787 W. Alder Ct.

Washougal, WA 98671

If you use navigation, the address will bring you to the back (bottom) of the house. Drive uphill 1/4 block from Alder Ct. to "Private Drive." We are the third house on the left. Parking may be an issue. If you park on Private Drive, please park on the south (downhill) side - leaving the rest of the lane clear for our neighbors. You can use our drive-way, or the 2-car parking pad just west of our house. You can also park on the surrounding streets and walk in to our home. ** Please note - if you drive through downtown Camas on 3rd Avenue, the 25 mph speed limit is strictly enforced.

home phone: 360-210-5945 wj cell: 206-235-3801

We'll provide a light holiday buffet.

If you can't be with us in person, we know you'll be with us in Spirit.

cindy penn & walter john boris

New Webpage for the Central Pacific Conference!

If you haven't visited <http://www.cpucc.org> recently, you're in for a surprise. We contracted with Ellen Yarnell (Yarnell Designs) to create a new website for us that offers a Northwest feel and provides more capacity for future enhancements. If you have comments or suggestions, send them to me at wjboris@gmail.com. Thanks!

CPC Ministry Team Meetings

Local Church Ministry Team – Saturday, January 8th, 9:00 – 12:00 noon, Interchurch Center

Wider Church Ministry Team – Saturday, January 8th, 1:00 – 4:00 PM, Interchurch Center

CPC Women’s Board – Saturday, January 29th, 10:00 AM, CPC Conference Offices

Covenants Ministry Team, Monday, January 31st, 9:00 AM – 5:00 PM, Interchurch Center

From the CPC’s Legal Counsel ~ David Avison

MINIMUM WAGE CHANGES. Conference churches are reminded that both Oregon and Washington increased their minimum wage requirement effective January 1, 2011. Idaho’s minimum wage did not increase. The applicable minimum wages are as follows:

Oregon	\$8.50/hour	effective 1/1/11 and after
Washington	\$8.67/hour	effective 1/1/11 and after
Idaho	\$7.25/hour	effective 7/24/09 and after

A Healthy Resolution ~ written by Gregg Brekke (UCC News) January 4, 2011



The UCC's Pension Boards has announced a new wellness program – Optimal Health – as part of its comprehensive Healthy Stewards program. Launched Jan. 4, 2011, this new well-being improvement program will be addressed in a member education webinar next Wednesday, Jan. 12, 2011, at 12:00pm EST.

Current Pension Boards members will note this program replaces MyHealthIQ for UCC (non-Medicare) health plan participants and their eligible dependents.

Optimal Health offers health and well-being support designed to help individuals achieve their personal best. The program includes an online questionnaire, an in-home or workplace wellness exam, telephone coaching, support in managing chronic conditions, online fitness and nutrition management plans, and resources for quitting tobacco use.

More information on the Optimal Health program and program incentives is available on the Pension Boards website (http://www.pbucc.org/interior_art.asp?id=Optimal_Health-What_s_New)

A computer with internet access and a phone for audio are required for all participants.

Save the Date – OWL (Our Whole Lives) Facilitators Training

Save the Date: Our Whole Lives Facilitators Training for the 7-9,10-12 curriculum will be held March 11-13, 2011, at First Congregational United Church of Christ, Eugene, OR More details and registration information will soon follow.

Our Whole Lives Evaluation and Promotion Project ~ Melissa Lopez

FREE Training! FREE Curriculum!!

Contribute to a project that will affect the lives of thousands of youth!!!

The United Church of Christ has enthusiastically endorsed a research evaluation of the ***Our Whole Lives, Sexuality and Our Faith*** 7th – 9th and 10th – 12th grade programs. Although many congregations have been impressed with the program, it has not had a scientific evaluation. We owe it to our congregations to produce real evidence to support the program's expanding use, and to help improve it. Those participation in this study will be doing something of great value for your people, parents, congregations, and communities.

Our Whole Lives provides information about sexual development, but also helps participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. Our Whole Lives can be a resource to parents, educators, religious communities, and community organizations as they share the responsibility of creating an environment that supports the development of healthy sexuality.

If you are interested in participating or would like additional information, call Melissa Lopez at Christian Community, Inc. 1-800-744-3360 or go to www.churchstuff.com. Thanks!

Portland CROP Hunger Walk * Church World Service

January 23, 2011 (1-2 p.m.): Recruiter's Meeting for the Portland Church World Service CROP Hunger Walk, First Congregational United Church of Christ of Portland, 1126 S.W. Park Avenue. Lynn Magnuson, Managing Regional Director, Pacific Northwest Church World Service, will present. Contact Ron MacKenzie, ron.w.mackenzie@gmail.com for more information.

April 9, 2011 (10 a.m.): Portland Church World Service CROP Hunger Walk. Start and Finish in front of the Union Gospel Mission, 3 N.W. Third Avenue. The course is approximately three miles and will pass several homeless agencies in downtown Portland, as well as City Hall. Please contact Ron MacKenzie, the Coordinator, at ron.w.mackenzie@gmail.com for more information.

MLK - Not just "Prophetic," but "a Prophet!" ~ Jim Doane

I was looking in the Prayer Book for the Anglican Church in Aotearoa, New Zealand and Polynesia. In its list of special days, it lists Dr. Martin Luther King Jr. as a prophet. I had never quite thought of him as a prophet, but upon reflection that was one of his roles.

***Taking Action for Social Justice:
“A Tough Mind and a Tender Heart!”***

The Inter-Religious Action Network of Washington County
The Human Rights Council of Washington County and
The City of Beaverton Human Rights Advisory Commission
Portland Community College Rock Creek Campus
present

The Washington County
Martin Luther King Day Celebration
Sunday, January 16 at 4:00 PM
Southminster Presbyterian Church
12250 Southwest Denney Road in Beaverton

• **KEYNOTE SPEAKER**

Oregon State Senator Suzanne Bonamici

• **DISPLAY AND AWARDS PRESENTATIONS**

Human Rights Council of Washington County Poster Contest Winners

Beaverton Human Rights Advisory Commission

Human Rights Creative Expression Contest Winners

• **MUSIC**

Vose Elementary Chorus

Southminster Presbyterian Choir
and more!

• **EXHIBIT**

No Easy Road: Unlearning
Discrimination in Oregon

• **SPECIAL PRESENTATION**

Inter-Religious Action Network

Everyday Hero Awards to

Bob Leitner

(Habitat for Humanity/
Bethel United Church of Christ)

and

Pat Wolter

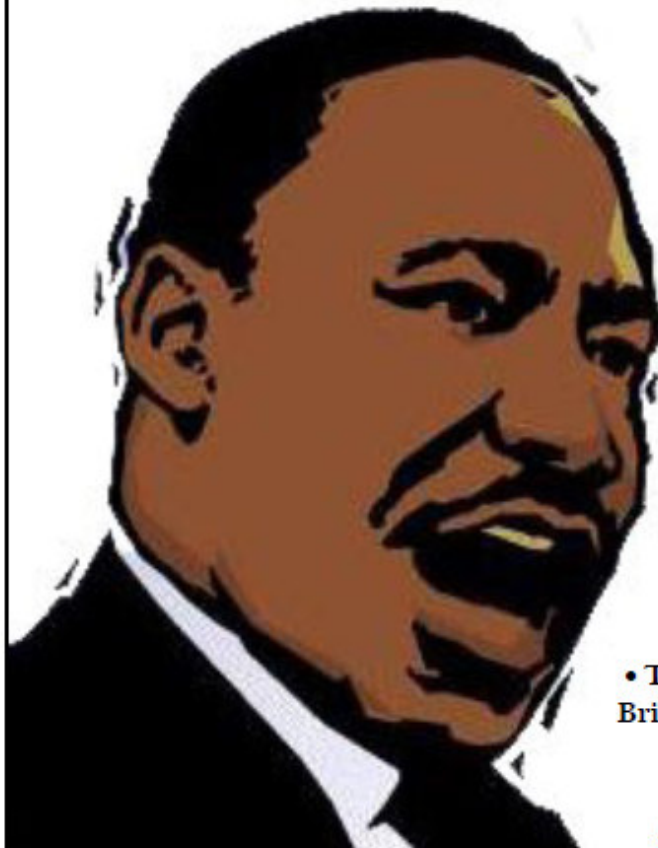
(Environmental Sustainability/
Unity of Beaverton)

• **TAKE ACTION IN HONOR OF DR. KING!**

Bring warm socks, coats, or full-size toiletries
for Project Homeless Connect

FOR INFORMATION

503-846-5792 or www.ianofwashingtoncounty.org



Create a Healthy Environment at Your Congregation ~ Erica Gomez (EMO)

Create a Healthy Environment at Your Congregation with the Congregational Health Index and Wellness Mini Grants (Applications Due January 17, 2011) Do you care about wellness and want your congregation to be a place that enhances the health of your members and the community? The Congregational Health Index (or CHI) can get you started. The CHI is a self-assessment and planning guide that will show you how to build a wellness team (small group health ministry) at your congregation; it will also help you identify ways to use your building, land, traditions and policies to increase community access to healthy eating and physical activity.

Download the CHI at no charge at faithandwellness.org:

http://www.faithandwellness.org/images/stories/Complete_CHI_8-26-10_GRAY_FINAL.pdf.

The website includes a Spanish version of the CHI, sample guidelines and policies, tips on creating healthy faith community and home environments, information on being an effective health equity advocate, and words of inspiration.

Oregon and Southwest Washington congregations that have completed a CHI assessment are encouraged to apply for a Congregational Wellness mini grant to help you begin transforming your environment. Application instructions are available at:

http://www.faithandwellness.org/images/stories/Mini_Grant_Cover_Letter/Mini_Grant_Rating_Criteria_and_Application_Instructions_FINAL_2010.pdf.

On the faithandwellness.org home page, you'll also find a Word version of the application and a letter summarizing the program. Mini grants can be used for CHI action plan items that change your building and grounds or that support healthy eating or physical activity policies. Some examples: installing a bike rack on your property to encourage people to use their commute to your services and meetings as an opportunity for exercise; putting in vegetable garden boxes to grow food for families in need at your congregation or in your neighborhood; or buying pitchers, glasses, and a water filter to be able to serve water instead of soda pop at all your gatherings - along with a policy you create to put that commitment in writing.

Please apply by the end of the day on Monday, January 17th, 2011. You can send applications to: faithandwellness@emoregon.org; fax them to: (503) 223-7007; or drop off or mail to: EMO, Interchurch Center, 0245 SW Bancroft Street, Suite A, Portland, OR 97239, attn. Wellness Mini Grants Program.

For more information, contact Laura Raymond in the Portland area: (503) 939-7507 or lraymond@emoregon.org or Luis Acosta in the Corvallis area and beyond: (541) 220-9686 or lacosta@emoregon.org. Both Luis and Laura speak Spanish and English, but Luis is your best contact in Spanish. Please note that, because of the holidays, staff will be away from now until Monday, January 3rd.

- Erica Gomez, Congregational Program Assistant at Ecumenical Ministries of Oregon

**The Rev. Dr. Walter John Boris – Conference Minister
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