FROM THE PRESIDENT:

Behold, children are a heritage from the Lord, the fruit of the womb a reward.

Psalm 127:3

I am preparing to celebrate my 15th Mother’s Day (I started counting the May I was pregnant with Erika) and I rejoice that just a couple of months ago, I was blessed again in motherhood. Three beautiful children, gifts from God to celebrate and raise in our faith. I enlisted Erika’s help in writing this month’s letter to the congregation and in typical Erika fashion, she was finished with her half of the article long before I sat down to write my portion. At first I thought she was telling the congregation that Todd and I look like we are too strict and have lots of rules that she has to follow. I started looking for scriptures to help me write my statement and temper her writings and I found verse after verse that emphasized teaching. I am still learning to be a teacher. I don’t suppose that I will ever master the skill completely but I went back and looked at Erika’s statement and realized that she has been a wonderful pupil. Here is what she wrote:

All my life my parents have created boundaries to protect me, to discipline me and to teach me. They are not unlike the Ten Commandments that God set on the Israelites. There are small things, such as “no eating in the living room” or bigger things like “you may not go there alone”. These boundaries are what make our relationship strong. My parents trust me to follow the rules and I trust that these rules are good for me. My parents set these boundaries because they love me and they want to keep me safe. Every once in a while, I over step my boundaries and I am punished. I may not like it. I go to my room and I scream, pout and cry. I get angry and frustrated and I sometimes say hurtful things, but then after a while, I start to pray and I ask God to forgive me, I ask my parents to forgive me. They always do and our relationship grows and I am trusted again.

I keep re-reading her statement and I see that she “gets it”! There is no need for me to worry and I don’t have to be an expert, God is with me and he is working in her!

Train up a child in the way he should go: and when he is old, he will not depart from it.

Proverbs 22:6

My prayer for all the mothers and fathers at Prince of Peace this month and always is to have faith and trust in your abilities as parents. Share the word of the Lord in your home and your children will remember as they grow older and pass it down to their children for generations.

Happy Mother’s Day and many continued blessings to all,
Kristina
**Council Highlights**

Council approved the School Board to proceed with plans to pave area near modular buildings at SAC end of the property that can be used for the elementary school age children during recess. The paved area will be approximately 5600 square feet and cost will be covered with school funds. Solicitation of bids is almost complete and we will honor good neighbor relationships with Sunset Athletic Club and the Town Homes behind PoP.

The Staff Selection Team posted the vacancy for the PoP Family Life Minister. Internal and External candidates were invited to send their resumes prior to 4/30. Interviews are scheduled for mid-May with plans to introduce candidates to the congregation in early June and affirm their selection at the June voter meeting.

Kid's Club has been well received with 11 and 19 kids attending in Week 1 and 2 of the program respectively. The pilot program has offered the planning team some valuable information to help with future planning and continuation of the program.

As requested by members of the congregation at the January Voter’s Meeting, the council has completed its review of the proposal to use Memorial Funds to help pay down the PoP building loan on the CLC. Council approved use of approximately $100,000 to pay down the loan balance to $500,000.

Save the date! 10/10/10 at 10:10 am (add all the 10’s up and you get 50! PoP is celebrating it’s 50th Birthday!

2010 Nominating Committee is preparing the slate of candidates for the June Voter’s Meeting. If you have a candidate to nominate for the council, please contact Ron Morris, George Thurston or Pastor Dan.

**AUCTION A SUCCESSFUL “VOYAGE”**

The Forest Hill Auction, **Welcome Aboard**, sailed Saturday, April 17th with 240 passengers on board! The auction surpassed the goal, raising more than $90,000. A $30,000 match, offered by a generous family who believes in Lutheran education, generated excitement during the special appeal. The event included a silent, and live auction, as well as a special appeal. Trinity Lutheran church was transformed into a cruise ship. Passengers enjoyed diving for pearls, bingo, hors d’oeuvres, and a captains’ banquet catered by Maggies Bun. The special appeal gave guests an opportunity to donate to “Raising a Child Up”. It is the desire of Forest Hills to minister to young lives, raising them up for eternity. There is a $1,500 gap between the cost of tuition and the actual cost to educate each student at the school. The funds raised during the special appeal will help bridge that gap. Funds raised will also purchase a portable stage, risers and sound enhancement. This will allow students to raise praises to God during school programs and be seen, and heard, by all attending. You have not missed the boat, if you would like to get “on board” with a donation toward the special appeal, contact the school at 503-359-4853. Thank you to donors, guests, and volunteers in partnering to make this the most successful auction in the schools’ history.
Mission Statement: To know Him and make Him known by developing, coordinating and administering an effective and comprehensive education program that provides enriching education to all members of the PoP church and school family. The Family Life Educator will demonstrate faith founded in the theology of the cross which is grace centered. This will be evidenced by:
• Love for the Lord
• Love for His Church
• Desire to associate with people of all ages
• Willingness to receive coaching, additional education and training

Position Accountable To: The members of Prince of Peace congregation, with annual performance review by the elders and leadership team.

Education and Experience:
• Bachelors Degree in relevant field (for example, education or family life ministry)
• Experience in a school or church setting (will consider recent grads who have excellent qualifications)

Additional Preferred Qualifications:
• Previous experience growing a school or church education program, especially a large one
• Rostered Church worker (or willing to become one)

Job Summary:
This position will change over time as the church and programs grow, so to a certain extent it can be tailored to the candidate. The person who fills this position will become a member of PoP’s leadership team and will have the leadership team’s support in carrying out the responsibilities of the job. Depending on qualifications the candidate may be asked to complete additional training. This position will be full-time but working hours will vary according to the needs of the job.

Primary Duties and Responsibilities:
• Coordinate faith-focused education for all ages (including but not limited to Sunday School).
  1. Continue current programs and grow new ones such as Kids Club.
  2. Assist with coordinating family and other church events.
  3. Focus on young children with the intent to grow PoP’s education ministries as the children grow.
  4. Able to lead classes on parenting or other family-focused subjects as needed.
• Build bridges between church and school families; focusing on strengthening family relationships through faith.
  1. Bring church family to the school to build relationships.
  2. Provide worship opportunities for non-churched school families.
  3. Help PoP provide culturally relevant and Biblically based worship and growth opportunities for those who wish to join our worship community.
• Balance elements of modernity that attract younger families while retaining traditions that are the core of Lutheran faith.
• As part of leadership team, encourage and equip lay leaders in all ministry areas.
• Attend staff and board meetings and serve on committees as needed. May also represent the church at denomination committees or community organizations.
• Establish yearly goals and objectives that integrate with the leadership team and will change to fit needs each year. Plan an appropriate annual budget.

Personal Skills:
• Must be outgoing and good at building relationships.
  1. For example, willing to greet school families on a daily basis.
• Able to build programs but not at the expense of relationships.
• Able to work autonomously while still working well with the other members of the PoP leadership team.
• Motivated and able to inspire motivation in others.
• Demonstrated (or strongly expected) ability to reach out to families with young children.
• Excited to continually grow as both the church and the job change.
• Become an active member of PoP.
**Serving Our Community**

**Habitat for Humanity:**

No experience in construction? No problem!

I am looking for volunteers for a POP team to help on one Saturday to assist in building a home for someone in need.

Give me a call if you are interested.

Thanks. Ray Legault 503-617-3974.

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**Grandparents Raising Grandchildren**

**A Day for You**

Share a day of fun and learning with other grandparents!

Free event, lunch included!

Community Resources * Prizes * Interesting Presentations

Friday, May 14, 2010
9:00 a.m. - 2:00 p.m.

Beaverton Foursquare Church
13565 SW Walker Rd., Beaverton OR 97005
Pre-registration required. Call 503-615-4676 to save your space!

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**Human Care**

**Mother Hubbard's cupboard is getting bare!**

We need some more support. We are coming up on the summer where we will not have food coming in from Pre-school food drives. All items will be used and if you have perishable items there is a fridge. The office staff can help you get your food into the food closet.

Gardens will soon be producing and when you have excess, please remember us. Your friends at church love sharing the fresh produce. Some of our older members do not have the opportunity or space to garden.

Can you spare some time on Sunday to transport someone who is having a problem getting to church because of driving restrictions?

Please call me! I would be happy to coordinate contact between you and the party needing the ride.

Don't want to commit to every Sunday? That's fine. Just let me know when you are available. Even contacting me a few days before will mean a lot to those who want to come but need transportation.

Anne Seim 503-646-7700

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**Adult Ed**

**Prayers of Jesus**

Continuing May 2 & 9
Led by Jeff Olttmann

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**Washington Co. Disability, Aging & Veteran Services**

**Family Caregiver Support Program**

Information Provided by Parish Nurses
## May 2010

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| **Remember Mother’s Day!**  
**Sunday, May 9** |        |         |           | **May is National “I Got Caught Reading” Month**  
Check the newsletter for an upcoming Reading activity. |        |        | **1**  
**KIDS CLUB**  
9-12, CLC |
| **2**  
8:00 am  
Communion Worship  
9:15 am  
Sunday Classes  
10:30 am  
Worship with children’s sermon | **3**  
7:00 PM  
Home Bible Study | **4**  
11:45 am  
Ladies Bible Study | **5**  
1:30 PM  
Avamere Bible Study  
7:00 PM  
Bell Choir Practice  
8:00 PM  
Voice Choir Practice | **6**  
2:15 PM  
Praise Team Practice |        |        |
| **9**  
8:00 am  
Worship with Children’s Sermon  
9:15 am  
Sunday Classes  
10:30 am  
Communion Worship  
children’s sermon | **10**  
1:00 PM  
Knot Tiers  
7:00 PM  
Home Bible Study  
7:00 PM  
School Board Board Room | **11**  
11:45 am  
Ladies Bible Study | **12**  
11:15 AM  
Amazing Grays  
1:30 PM  
Avamere Bible Study  
7:00 PM  
Bell Choir Practice  
8:00 PM  
Voice Choir Practice | **13**  
2:15 PM  
Praise Team Practice |        |        |
| **16**  
8:00 am  
Communion Worship  
9:15 am  
Sunday Classes  
10:30 am  
Worship with children’s sermon | **17**  
7:00 PM  
Home Bible Study | **18**  
11:45 am  
Ladies Bible Study  
7:00 PM  
Church Council Room 125 | **19**  
1:30 PM  
Avamere Bible Study  
7:00 PM  
Bell Choir Practice  
8:00 PM  
Voice Choir Practice | **20**  
2:15 PM  
Praise Team Practice |        |        |
| **23**  
8:00 am  
Worship with Children’s Sermon  
9:15 am  
Sunday Classes  
10:30 am  
Communion Worship  
children’s sermon | **24**  
7:00 PM  
Home Bible Study | **25**  
11:45 am  
Ladies Bible Study | **26**  
1:30 PM  
Avamere Bible Study  
7:00 PM  
Bell Choir Practice  
8:00 PM  
Voice Choir Practice | **27**  
2:15 PM  
Praise Team Practice |        |        |
| **30**  
8:00 am  
Liturgy Worship with Communion  
9:15 am  
Sunday Classes  
10:30 am  
Worship with children’s sermon | **31**  
7:00 PM  
Home Bible Study | | | | | **29** |

No Quilting for Kids this month.  
In June we will switch to first Thursdays
The search for someone to permanently fill the position of principal at Forest Hills Lutheran School continues. If you, or someone you know, is interested in this position please go to www.fhls.org or send a resume to fhls.search@gmail.com.

“Mother Hubbard’s Cupboard” is looking pretty bare. Any help you can give is much appreciated.

**FOOD PANTRY NEEDS**
- Canned fruit, vegetables & tomatoes
- Canned Pinto & Kidney Beans
- Crackers, Top Ramen
- Dry Cereal & Oatmeal
- Jams & Jellies
- Toiletries

May is National “I Got Caught Reading” Month
Join the fun! Catch someone reading at your house, take a picture & bring it in. The picture will be displayed & the reader will get a prize.

Save the Date! 10/10/10 at 10:10

Quilting News

- **Quilting for Kids**
  - NO MAY MEETING!
  - THURSDAY June 3, 10:00
  - Contact Mary Raetz
    - 503-629-2025

- **Knot Tiers**
  - May 10, 1:00
  - June 14, 1:00
  - Contact Anne Seim
    - 503-646-7700

All are invited, no experience necessary.

Prayer Shawl Ministry
No meeting in May
THURSDAY June 3rd, 10:00am
Is our next meeting
Please call Mary Raetz
If you are interested.
Mary 503-629-2025
mary@raetzfamily.com

VBS
Sail the High Seas!
June 21-25
Applications are available in the church office.
To volunteer, call Kim Goudy
503-291-9142

Amazing Grays
Leatherman Factory Tour 10am - 11:30 am
Wednesday, May 5th, directed by Val Schmidt
Wednesday May 12th, directed by Blanche Van Dorn
You must contact Val or Blanche to sign up.
Lunch out will be decided by each group.

Amazing Grays is open to all...no age or gray hair requirements!
Health Survey Update:

In February, the Health Committee asked members of the congregation to fill out a survey that we would use to help in the spiritual growth and personal well-being of our entire congregation. I want to share some of the results.

- **Number of people who responded to the survey:** 73
- **Top 3 Lifestyle concerns:** Weight/Eating, Lack of Exercise, and Stress
- **Top 5 Health concerns:** High Blood Pressure, Weight Gain/Loss, High Cholesterol, Arthritis, and Allergies
- **Top 2 Spiritual Health concerns:** Faith/non-Faith Relationships and Losing Interest
- **Top 4 Services you would use:** Weight Control Program, Exercise or Aerobic Classes, First Aid Classes, Nutrition/Healthy Cooking Classes

As you can see, there is a common theme to the results (especially in the lifestyle, health and services section). The committee reviewed these results and are discussing different programs and services that can be provided to the congregation. Based on the results, we will start our efforts on weight, exercise, and nutrition. Keep your eyes and ears and calendar open for an event that we are planning to have at the church the first week of June.

Ray Legault

Parish Nurse 2010 1st Quarter report

We are just starting to report our encounters and stats. So please understand that this is also a “growing” process. December of 2009 was included as this is when we started to record data.

<table>
<thead>
<tr>
<th>Blood Pressure</th>
<th>December 2009</th>
<th>January</th>
<th>February</th>
<th>March</th>
</tr>
</thead>
<tbody>
<tr>
<td># people screened</td>
<td>22</td>
<td>19</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td># people with Hypertension</td>
<td>9</td>
<td>5</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td># of referrals made</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>

**Number of contacts/visits**

- **Church**
- **Phone**
- **Hospital**
- **Home**
- **Other**

**Number of referrals**

**Other Activities**

- Monthly newsletter articles
- Story board for February- Heart Month and March -Nutrition
- March- Recipes weekly in Bulletin
- February- Go Red for Women Sunday
- February 13th Blood Drive.
- Hand Sanitizer in pews / encouraged change of soap dispenser in restrooms
- Health survey distributed and returned.
- Encouraged POP office staff and Ministry star point/ Human Care to attend Homeless education for WA County
- Held hygiene products drive for Washington county Project Homeless Connect
“So what’s this Stuff called Mental Health???”

Mental Health - that fascinating aspect of our lives that deals with our feelings, thoughts, and behaviors. When these aren’t functioning properly we are prone to experience anxiety, anger, or behaviors that can become addictive, abusive or otherwise unhealthy.

Psychologists and Therapists work with peoples’ thought processes. They help their clients define thoughts as ‘realistic and rational’ or ‘unrealistic and irrational.’ Sad to say, when we are challenged we frequently act in irrational ways thus making the problem worse. For example: a depressed person who drinks when depressed does so because he thinks nothing will change; but then his drinking leaves him drunk and unable to consider other options that leads to more drinking and depression - a never-ending cycle. It is at this point a therapist tries to lead the client to think positively and act differently - showing that choices are available and good choices often lead to positive changes.

So what can WE do?

Some things are really quite simple, and we at Prince of Peace do them all the time - often times without even realizing it. As a congregation we are always trying to grow and strengthen relationships with others.

My “secrets of therapy” would be as follows:

When you are struggling, or working with someone else who is:

A. Establish a relationship that:
   a. listens without judging
   b. expresses care for the other (even if you don’t know what to do)
   c. looks for signs of hope

B. Set goals for the future - and keep your/their eyes on the goals by:
   a. setting 1 or 2 goals rather than many (small steps before large steps)
   b. doing simple things to break out of old routines
   c. recalling times when things were better; working towards those times

C. Help yourself (or the other person) build:
   a. balance in life
   b. positive habits, routines, and rhythms in life
   c. hope for the future
   d. expectations for a miracle (solution) in difficult times; and
   e. trust in God and others who provide help

Whether we are professional therapists or not, using the gifts God has given each of us can make us vital parts of helping ourselves and other people recovering from mental health problems. In the list of therapy “secrets,” it strikes me as I reread it, these are things that our Pastor has covered in several sermons recently and other times in recent years. Our trust in God and our Faith that he is always with us, is often just what we need to be able to tap in to being positive, helping ourselves and in turn helping others.

Chris Camplair
“My child, keep your father’s commandment, and do not forsake your mother’s teaching. Bind them upon your heart always; tie them around your neck. When you walk, they will lead you; when you lie down, they will watch over you; and when you awake, they will talk with you.” Proverbs 6:20-22

Those caring conversations...they are as natural as walking, eating and sleeping. They are happening all the time. I am privileged to have many conversations with my three year old grandson, Joe. Joe celebrates life every minute of the day. “Look, Grammy, the squirrel is here.” “Where are those birds going?” “The red flowers are pretty.” And then he spontaneously bursts into a chorus of “Jesus loves me this I know…” These short conversations usually happen while taking a walk or at the park. I have the privilege of responding, “Oh, yes, Joe, Jesus loves you very much, and didn’t He give us a fascinating world to live in?”. Bit by bit we converse about the joy-filled faith of life in Jesus. And we are both blessed by the experience.

Serving the One Who Cares,
Darlene Thauland

Chapel Offerings

Love for others was demonstrated through our chapel offerings this school year. The children learned about the joy of giving, and we pray that our dollars will help others through the various organizations.

• $520.00 went to Heifer International, purchasing 26 flocks of chickens to provide a sustainable food source for an impoverished area.
• $365.00 was sent to Jamii Moja helping the Maasai of Kenya to build wells and other self-sustaining programs in their village. Helen, a Maasai and teacher of preschool age children, came to our school. She told us about life as a Maasai herder, and the children in Kenya. She even taught us some songs in Swahili.
• $300.00 has been collected so far for African SMILE.
• Teacher, Diana Renn, keeps us advised of the work that African SMILE is accomplishing in Tanzania. Our money this year went to help build Mzengi Primary School. The children have been blessed to have photos and see the progression of a dirt floor-three walled schoolroom to a building with roof and walls.

It is always bittersweet as we come to the end of a school year. Of course we look forward to a summer with family and vacation and a time with unhurried schedules. But, on the other hand, it is hard to let the little ones that we have grown so fond of grow up and go on to the next level.

The teachers have done a marvelous job preparing these children to be successful as they proceed through their school years. More importantly, there have been many conversations about Jesus, about His love and forgiveness. We send these little ones on, praying that there will be opportunity to continue the conversation, passing on faith.


Thanks be to God for their faithful service!
School Announcements

School Events

May 4 - First Annual 1st grade Poetry Festival
May 6 - Kindergarten Mothers’ Tea
May 7 - Cottage 4’s and 3’s Spring Program
May 27 - CLC 3’s Closing Program
May 28 - CLC 4’s and pre-k Closing Program
June 9 - Last day of school and Kindergarten Graduation

The Prince of Peace School Board meets each month to ensure the smooth operation of Prince of Peace School and to continue building our elementary school program so that children may continue to be “trained in the Way they should go.”

Thanks to:
Anne Morris, chair
Jackie Fishkin, Roy Kravitz
Jody Thurston & Vanessa Warren

PoP School: Farm to You

Mission Fair

First Hot Lunch!
Kid’s Page

May is National “Get Caught Reading” Month

Check out the activities at our local libraries:
Cedar Mill - 12505 NW Cornell Rd (503) 644-0043
http://www.cedarmill.plinkit.org/news-events/lib-cal

Bethany- 15325 NW Central Dr, J-8 (503) 617-7323

OR...find a good reading list:
http://school.familyeducation.com/literature/reading/34576.html

Here’s a great resource for Christian books, puzzles etc.
http://www.christianstorybooks.com/

Catch your child reading a book, take a picture and bring a copy to the church office.
We will display the picture of your child caught in the act of reading and your child will get a prize!

Reading Interest Inventory
I most like to read (circle all that apply)
mystery adventure fantasy friendship science fiction biography
humor sports tales history sports animals space
Other _______________________________________________________

I like to read because ________________________________________________

I do not like to read because ___________________________________________

Outside of school I read:
every day _____ about once a week _____ about once a month _____ almost never _____

I have a library card: yes _____ no _____ Source: www.funlessonplans.com

Make a strawberry smoothie to share with Mom on Mother’s Day

Strawberry Smoothies can be made with fresh or frozen strawberries. If you’re using frozen strawberries, look for pre-sliced frozen strawberries, because they are easier to blend. If using fresh strawberries for this strawberry smoothie recipe, add ice to achieve a milkshake-like texture.

Ingredients:
2 cups frozen unsweetened strawberries
1/2 cup cranberry raspberry juice
1/4 cup orange juice
1/2 cup vanilla yogurt
2 fresh strawberries for garnish (optional)

Preparation:
Place the strawberries in the bottom of a blender, or food processor fitted with a metal blade.

Add the juices.

Top with the yogurt and puree until smooth.

Pour into glasses and garnish with each with a strawberry.
Serve immediately. Makes 2 servings

Prep Time: 5 minutes
Total Time: 5 minutes
On the fifth day, God made the birds in the sky and the fish in the oceans.
## Devotional Guide

Scripture helps to prepare yourself for Sunday Worship

<table>
<thead>
<tr>
<th>Date</th>
<th>Week</th>
<th>Scripture</th>
</tr>
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<tbody>
<tr>
<td>May 16</td>
<td>7th Sunday of Easter</td>
<td>Acts 16:16-34, Ps 97, Rev 22:12-14, 16-17, 20-21, John 17:20-26</td>
</tr>
<tr>
<td>May 23</td>
<td>Day of Pentecost</td>
<td>Acts 2:1-21 or Gen 11:1-9, Ps 104:24-34, 35b, Rom 8:14-17 or Acts 2:1-21, John 14:8-17 (25-27)</td>
</tr>
<tr>
<td>May 30</td>
<td>The Holy Trinity</td>
<td>Prov 8:1-4, 22-31, Ps 8, Rom 5:1-5, John 16:12-15</td>
</tr>
</tbody>
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Celebrating a

2 Sarah Goudy
3 Roy Stern
3 Pauline Buchanan
3 Shirley Zschoche
3 Jean Jesse-Murphy
5 Steve Bjorklund
6 Don Kaster
6 Nathan Morris
6 Vicki Bjorklund
9 Rob Kaster
10 Jon Mannan
13 Jennifer Romadka
15 Dot Godfrey
16 Bryan Dorn
17 Chris Camplair
21 Jeremy Legault
23 William Prins
24 Lucille Dement
24 Terry Taylor
25 Patty Jones
26 Herbert Van Dorn
27 Bill Mayer

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Happy Anniversary

3, 1962 William & Mary Prins
18, 2002 Doug & Jean Murphy
25, 1980 Don & Suzanne Kaster