

Good News from Good Samaritan



Episcopal

We live to serve Christ in joy and love, growing in ministry to each other, our community and the world.

333 NW 35th St. Corvallis, OR 97330 (541) 757-6647 fax: (541)757-1537 e-mail: officegs@peak.org

web site; <http://www.goodsamchurch-episcopal.org>

Volume 4 – March 2011

From The Clergy



Dear sisters and brothers in Christ –

March will see the start of **Lent** – finally! This year Easter it is about as late as it can be, so everything has been put back as well. That’s okay, it’s given us all a chance to ‘recover’ from Christmas and be really ready for our Lent spiritual ‘spring-clean’. We will be publishing a separate brochure outlining the opportunities for study and prayer during Lent. As always I encourage you to make use of this very intentional time of Christian living. Lent is a gift.

On another subject, I hope that those of you who have given Laura, our Office Manager, your email addresses have been finding the weekly e-mail “**What’s going on at Good Sam**” updates useful. We started this service at the beginning of the year. Our vision was twofold. First, to help all of us feel a greater sense of belonging to our church community. Secondly, the idea was to bring time sensitive activities to everyone’s attention. We have also been including requests for prayers for members who are in hospital or in special need. If you don’t yet receive this weekly email but would like to, please send your email address to Laura at: officegs@peak.org

As our new Vestry orients itself to the work ahead guiding our church community this coming year, it has become obvious that there are some significant gaps in our leadership. We need people who are called to volunteer to serve on the following committees:

- **Parish Life**

This committee is being re-formed and would help to lead the big church events such as the Pancake Supper, Seder Meal, Easter Brunch and Fall Parish Picnic. The intent is that this group would not lead these events themselves but would recruit teams to take on the organization of each separate event. The Parish Life Committee would serve as a group to think of new ideas, recruit teams for each event and act as a support to the teams.

- **Stewardship**

The Vestry would like to establish a committee to serve on a year-round basis to help run the fall stewardship campaign and to promote the philosophy of stewardship.

- **Music**

This committee helps Maria Dossin, our Director of Music, in the musical ministry of our church. The members would also provide support, ideas and feedback to Maria, as she leads this important ministry.

Appointment to any of these committees would be on an annual basis by the Rector and Church Wardens and can be renewed up to a maximum of three years if desired. Please let me know if you are interested in serving: simon.justice@gmail.com or 541 757-6647

May God continue to bless the work of our hands and hearts,

—Simon

Worship And Events For Early Lent

Calendar of Events for March

Tuesday, March 8th

Mardi Gras and Pancake Supper. 5:30 p.m. – 7:30 p.m. Pancakes and entertainment. Lots of fun. \$5.00 donation per person, \$20 maximum per family.

Wednesday, March 9th

Ash Wednesday. 10:00 a.m. Holy Eucharist and the Imposition of Ashes (Chapel). 7:00 p.m. Sung Eucharist and Imposition of Ashes (church).

Saturday, March 12th

Lent Quiet Day. 9:00 a.m. – 3:00 p.m. Join us for all or part of the day. Discovering the diversity of prayer. Bring a brown bag lunch (lounge, hall and chapel).

Sunday, March 13th

Holy Eucharist 8:00 a.m. and 10:00 a.m. with the Great Litany. Contemporary worship at 10:00 a.m. in Simpson Hall. 7:00 p.m. Sung Compline (church).

Wednesday, March 16th

Lent pot-luck supper and discussion groups – for 5 weeks in Lent. Beginning at 5:30 p.m. in Simpson Hall with a shared meal, followed by a short act of worship and then 4 or 5 different small study groups will be offered (details to come).

Lances' Corner

Sunday School



During the month of March and through the majority of Lent our Sunday School kids and volunteers will be exploring the parable of the Sower from Matthew (13:1-9, 18-23) and stories of the Disciples from Luke (5:1-11, 8:1-3) and Matthew (4:18-22, 9:9-13, 10:1-4). These are very important stories that seem on their surface to be very different – but each one offers us a unique perspective about hearing God's call in our lives. For each rotation every family is given a "Family Page" which is a resource for how to bring the lessons learned on Sunday into our daily lives. For those who don't receive a family page, I invite you to read these stories and ask yourself such questions as, "What seeds has God been planting in my life? How will this lead me to grow and change in my desire to follow where

Jesus leads?" Though the words may be different, these are the same questions that our children and youth grapple with at their own level of understanding. I wonder what stories you might have to share with them about your experiences of growth and discipleship? I wonder what you might learn about growth and discipleship by listening to and being with our children?

Rotation Calendar

Theme: Parable of the Sower - March 6 – 13

Thank you to those who have signed up to volunteer with this rotation!

Theme: The Disciples – March 20 – 27

Volunteer Opportunities – 3 rotation leaders, 3 story tellers, 3 shepherds, 2 snack providers

Theme: Holy Week and Easter – April 3 – 17

Volunteer Opportunities – 3 rotation leaders, 3 story tellers, 3 shepherds, 3 snack providers

Youth Group - Mission Trip Update

Our Youth Group will be representing this parish in our mission to “love each other and the world as Christ loves us”, by serving the people of the Yakama Indian Nation this July 24-29, 2011. We will also be joined by a youth group from California during that week. Together we will be doing special projects requiring physical labor in addition to supporting the children of the area in a type of Vacation Bible School. We currently have a group of 12 youth and adults who will be making this trip. Each person going on this trip has committed to raising \$350 to cover costs of food, lodging, transportation and the mission work itself. In total this is \$4200. The work of mission begins even before July 24-29 and our youth are actively engaged in serving this community in a variety of ways as well as attempting to raise funds. Please consider supporting the good work these teenagers are doing. One avenue of support is by joining us on March 8 for our Shrove Tuesday Pancake Supper. All donations support the Mission trip. Also, in May, the Mission Trip is one of our church’s designated offerings which you can participate in by simply placing donations in specially marked envelopes in the pews. I would ask for your prayers for our Youth and Volunteers as they prepare for this important time.

O God our Father, as you sent your Son, send us into this your world with your compelling love. Help us by your Spirit, to share your Gospel of love and forgiveness, of justice and peace, of compassion and care. Enliven your Church and save your people. Through Jesus Christ our Lord. Amen.

Upcoming Events

March 6 – Service Project – 12:30 p.m. - 3:30 p.m.

March 13 – Lunch and a movie – 12:30 p.m. -3:30 p.m.

March 20 (Spring Break!) – Youth Group – Fun in the Sun! – 4:00 p.m.-6:00 p.m.

March 27 – No youth Group

April 3 – Youth Group 4:00 p.m.-6:00 p.m.

— Peace,

<>< Lance >>

Church Staff News

A Cheery Voice and Smile at The Front Desk

As a weekday visitor at the church office or someone telephoning into Good Samaritan Church you will be greeted with a welcoming smile and cheerful voice. Yes the smile is there even when the telephone is answered, and this comes from one of our nine great volunteers.

These Parish Office Volunteers provide the following services:

- Greet and welcome visitors and parishioners
- Answer the phone - take a message or refer a caller to the appropriate resource
- Assist clergy or staff with projects as needed
- Sort and distribute mail

This may not sound like much, but their time is invaluable. Having a friendly face to greet visitors, answer the phone and help with other tasks is a huge time saver for the staff as it leaves them free to get their work done.

Currently we have a total of nine volunteers covering the week from Monday through Friday. Pictures of these people will be on a bulletin board in the church entry by the time you read this. Please take time to familiarize yourself with these great people and say Hi and Thank you.

—Laura Pfeifer, Office Manager

Treasurers Report

Summary through January 2011

January	January	2011	2011	Annual	
	Actual	Budgeted	Actual	Budgeted	Budget
Income					
Pledge Receipts	35115	31750	35115	31750	348000
All other DPA income	4496	3033	4496	3033	36400
Non-DPA income	1235	1024	1235	1024	12293
Total Income	40846	35807	40846	35807	396693
Expenses					
Cash and Diocese Expenses	5023	5023	5023	5023	60278
Personnel	21406	21823	21406	21823	261879
Administration - Operations	15939	14844	15939	14844	60984
Property	108	1767	108	1767	21200
Vestry Ministries	778	1150	778	1150	13800
Other Expenses	27	25	27	25	300
Total Expenses	43281	44632	43281	44632	418441
Net	-2435	-8825	-2435	-8825	-21748

1. **Income:**

- a) Pledge receipts for January are typically higher because it includes 1) 2011 pledge income that was received in 2010 and 2) 2010 pledge income that was received in 2011.
- b) As of 2/8/11, 2011 pledges total \$328,531 compared to a budgeted total of \$345,000.
- c) Donations from regular givers was \$1958 above budget.

2. **Expenses:**

- a) Operating expenses were slightly below budget.

3. Capital improvements

- a) The additional \$1400 for the Vestry approved modifications to the new sanctuary sound system was funded by investment earnings.
- b) The \$54,000 for the Solar Panel electrical generation project will be obtained from the Simpson House account. The projected annual income of \$6235 over the next 15 years will be returned to the same account, for a projected annual rate of return of 7.85%.

4. Treasurer's note: We do not have sufficient cash reserves in the operating account to fund the projected 2011 deficit. The needed cash can be obtained from savings, but only if authorized by Vestry.

Please direct questions to John Shea, Treasurer, John.Shea54@gmail.com, 541 754-6832.

Music Notes

News from the Music Ministry:

First, I would like to thank you as a congregation for your support of our Sundays@4 concert series. We have had great attendance so far and were able to break even between series' expenses and your donations! Your generosity is greatly appreciated and will allow us to maintain high quality performances! The next concert on March 6th will be quite different: you are invited to be a part of Choral Evensong. It is a great opportunity for you to pray, meditate, enjoy a worship service that is totally sung. Being a part of Sundays@4 series, this service is geared more toward Good Samaritan's congregation with the idea of Evensong restoration as a beautiful tradition in our church. The program will include Magnificat and Nunc Dimittis by Sir John Stainer as a center of this liturgy. The choir is working hard to prepare for this service, and we hope to see many of you there!



Shrove Tuesday celebration is our Youth group fundraiser and will include musical pieces performed by the members of our Adult choir, Youth choir, as well as solo instrumental and vocal performances. This event is on Tuesday, March 8th! Don't miss it, should be fun!

Finally, Easter Choir started rehearsing a great choral work: Haydn's Heiligmesse that will be performed during the 10:00 a.m. traditional service on Easter morning. Again, we had some wonderful singers/volunteers that stepped out and offered their time and talent easing the load of our Adult choir. I am so thankful for your continuous support! If you are one that wish to sing this Mass with us, it is not too late to start rehearsing: Thursday night 7:00 p.m.-7:30 p.m.



It is so exciting that our Youth Choir is growing! We had a few new members that joined in the last couple of weeks. Having a larger group results in it being more fun for everyone involved, and for this reason more should join! Sunday 8:30 a.m-9:15 a.m. rehearsal is a convenient time to get done with the practice early in the day. Please

consider joining us: you will love it! See Maria if you have questions or contact at: maria.dossin@gmail.com

—Maria Dossin, Director of Music

School Board News

School board retreat was held Friday, February 11, 2010 and the following items were discussed:

Marketing Plan Outline for 2011-2012 School Year

- 180-Day School Year (an increase of 10 student contact days)
- Individual Student Academic Plans
- Addition of Fifth Grade and Pre-Kindergarten Classes
- Student movement between classes to meet academic needs
- Small Class Size
- Music/PE/Language-Spanish
- Spiritual-Religious-Loving Atmosphere

Special Education Student Inclusions

Build capacity to meet the needs of the Special education students. Gain support from Corvallis School District 509J for Kindergarten through Grade 5 and Linn-Benton-Lincoln Education Service

District (LBL ESD) for Preschool and Pre-Kindergarten.

Tuition and Fee

- 10% Increase for 2011-2012 with NO increase for 2012-2013.
- Consider a plan to bundle fees and spread payments to ease out-of-pocket, up-front costs for families in September.

Financial Aid

Simplify processes, stating that financial aid maybe available. Work with families on an individual bases. Move away from documenting tuition discounts and scholarship.

Preschool and Kindergarten through Grade 5 Curriculum Alignments

Need to establish curriculum alignment between our programs, specifically at the Preschool level.

GSS Education Foundation

Plan to establish a foundation, 501(c) 3 by 2012-2013 school year.

Open House

Scheduled for Wednesday, March 16, 2011. Evening time schedule to be determined.

Religion Class

Pastor Simon began formal religious instruction for Grades 1 through 4 on January 10, 2011

—Jack Nickerson, Head of School

Vestry and Committee Reports

Rector's Warden Notes



First, I need to say that I am both humbled and thankful for the reception I have received from everyone since Simon+ announced his selection of me as the Rector's Warden. It is an honor to be allowed to serve in this position, and I promise that Good Samaritan will get the best out of me that I have to offer. I look forward to working with Simon+, and with all of you so that at the end of 2011, Good Samaritan will be able to look back on a year of outstanding accomplishments and visionary thinking.

I want to extend a special welcome to our newest Vestry members: Steve Amsberry, Dennis Pitts, Cris Rodriguez, Ann Rosser and Jean Marie Walker; and our new Clerk of the Vestry, Laura Bunsen. They have become dear friends to me and are now cherished colleagues. And I need to say good bye to Bob Bernhard, Brian Gifford, Paul Vecchi, and last but not least, my outgoing counterpart, Gail Wells. If the Vestry this year gets the best that I can give and it amounts to half of what Gail was able to achieve as Senior Warden, I will count my job well done.

The tasks before us are challenging but not daunting. We, like last year's congregation, have a hole in the budget to work on fixing. The Vestry has an internal mandate as expressed at our retreat, to place a priority on creating an inviting and welcoming environment for newcomers. We will also move to act with Simon+ in achieving our goals of building stewardship, improving adult education and spiritual formation, and continuing to enhance coordination between the parish, Good Samaritan School, and Good Samaritan Foundation. That is more than enough to have on our plates to start with, I think.

Concerning the financial situation, several more people have come forward with pledges, and several

others have increased their pledges following the appeal to you this past month. Our \$50,000 hole is down to approximately \$36,000 and will hopefully continue to shrink as the year progresses. Vestry Member Bob Moore is also working with the Finance Committee and Treasurer to complete an audit of Good Sam's books for 2009, and at last week's Finance Meeting, the Finance Committee decided to handle the Audit for 2010. They are going to use this opportunity to set up a manual of procedures to enable much more efficient audits for the future.

Our Vestry retreat was, simply put, inspiring to me. Peter+ gave us a vision for conducting the business of the church that is a paradigm shift from our standard format. As I see it, to begin implementing it will be an education process flowing from the Vestry on down to the committees and organizations of the church. Within each of our ministries we will need to educate the committees, re-framing our expectations of what they are to present to us at the end of their regular deliberations. More to follow on that.

My top priority is not to balance the budget, create a new welcoming committee or form new small adult groups; my goal is as follows: As the light of the candle marks the spot where the consecrated elements of the sacrament of the body and blood of Jesus are kept in this church, so I believe there is the light of Christ within each of us that is nurtured by our communal experiences within the portion of the Body of Christ that Good Samaritan represents. My fondest hope is that this light will burn a bit brighter at the end of my term as Warden within each person who comes through our doors, and within the community at large that we all touch each day. It will not have been my doing, but in following the path that God has set before me, I pray that through Christ Jesus and the Holy Spirit I might give as much as you are all giving me.

God bless each of you,

Rich

On a side-note; it may seem just a matter of semantics that John and I are referring to ourselves as the People's and Rector's Wardens. But we want to emphasize that we are a team - differing responsibilities but working together. I shall leave Junior and Senior Warden for the unavoidable technicalities and bylaws.

People's Warden Notes



Greetings in the name of our Lord Jesus.

As the People's (Jr.) Warden I attended the Leaders Meeting and the Buildings & Grounds meeting that followed after it on Tuesday, February 8th. I thought the leaders meeting was very well conducted and resulted in good communication between the various leaders.

I attended the Vestry Retreat and was very encouraged by the folks who are the current Vestry. We laughed, learned, sang, prayed, and discussed our paths. I like the idea of sharing how God is working in our lives at meetings. I want us to keep our focus on why we are doing this. For me it is to worship God and our Lord Jesus in the hope of attaining a place beside them after we leave this plane of

existence.

As I have walked this path since a child I have always felt that God guided me gently. God does not hit me with two by fours to get my attention. Thank goodness for that. Instead God sometimes puts out a curved hand and changes my direction. I did not say I wanted my direction changed, just that it does. Just as now I find I am on my way to attend to an elderly woman who needs help.

I am a fan of the idea that the Vestry meetings ought to be completed in an hour and to do so, as Peter pointed out to us at the Vestry retreat, is going to mean asking the committees to take on the responsibility of finding solutions which are then presented to the Vestry for a vote. Hopefully limiting discussion time in the Vestry meeting.

I was not surprised to find that the folks on the Building and Grounds committee have a long list of tasks to be accomplished. There had been a work party scheduled for Saturday, February 12th, but due to a funeral it has been rescheduled. I, unfortunately, don't know whose funeral it is at the time of this writing. There is a continuing need for more able bodied people to step up and help maintain our physical plant. If there was ever a place where a person could donate time and talent and really feel it helped, it would be in working with the Building and Grounds folks on a work party. Every year there is a special push to spruce things up just before Easter and this year is no different. I did not get the date of the planned Easter cleanup and will have to ask someone else to supply it.

I am contemplating starting a support group for children of aging parents. There are a lot of people my age who are dealing with aging parents and especially where Alzheimer's and dementia are concerned, it can be difficult and enervating. There is not a group around at present of which I am aware and so I want to get one started. This is tough stuff to deal with alone and I know several people who are doing just that. I am open to suggestions.

Thank you for this opportunity to serve you all in this capacity. I look forward to this year anticipating good things. May God bless us and help us.

In the words of Lady Julian of Norwich,

“Whatever we inherit from the fortunate
We have taken from the defeated
What they had to leave us — a symbol:
A symbol perfected in death.
And all shall be well and
All manner of thing shall be well
By the purification of the motive
In the ground of our beseeching.”

—Humbly submitted, John R. Wells, People's Warden

Vestry Report for February

The first meeting of the 2011-2012 Vestry was one of orientation, delegation and a celebration of the special place that is our church. That sounds like an excellent theme for this year to me – Celebrate Good Samaritan! I know that is a goal of your leadership, and I pray that it is a goal each of you will share in achieving through your participation, ministry and fellowship in 2011.

We welcomed Steve Amsberry, Dennis Pitts, Cris Rodriguez, Ann Rosser and Jean Marie Walker, and much of our time together was spent in orientation and familiarization for our new Vestry members.

We discussed the improvements made to the church operations software and the hard work of people such as Tony and Dawn Denyer, Richard Halter Jr., Mary Frances Campana, John Shea, Robin Powel, Laura Pfiefer and Dee Dee Larew (to name only a few), in creating a first-class network and software system that will save countless man-hours and funds through more efficient management of our facilities and data bases. We examined the budget, and the deficit that is continuing, slowly, to shrink. I am proud of how this congregation has responded and is continuing to respond to this challenge to maintaining our church's ministries.

And we ended the meeting with about 15 minutes of discussion about personal experiences in the past month at Good Samaritan that were special to us: A strong effort to welcome a new family who'd moved halfway across the nation to become a part of Corvallis, a wonderful sermon from Lance+, the last Sundays @ 4 concert that brought outstanding talent as well as visitors from all over the valley, the memorial for Jack Brandis attended by over 500 people, and more. Not many vestry meetings have ended like this before, but it is our goal to make this an integral part of our meetings. It is a special thing to be called to serve you, and

we want to reflect that in our gatherings.

Ministries assignments were requested and handed out; they are as follows:

Buildings & Grounds	John Wells
Christian Education	Dennis Pitts
Communications	Steve Amsberry
Newcomers	Cris Rodriguez
Technology	Mary Frances Campana
Music	Stephanie Wohlwend
Outreach and Social Justice	Jean Marie Walker
Parish Life	Ann Rosser
Spiritual Nurture	Steven Blevans
Stewardship	Bob Moore
Worship	Stephanie Wohlwend
Youth	Richard Halter
Personnel	Mary Frances Campana
Foundation & School Board	Susan Parks

I ask you all to welcome these people into your spiritual activities. Some are already involved in the ministries they have been assigned oversight roles in, and for some of us these are areas in the church that we might not be as familiar with. We are here to sign the checks and help your committee or group manage their finances. But most importantly, with our personal involvement and through your feedback and hard work, bring the good news of what you do to our meeting each month. Good Samaritan is only as good as the sum of its parts, and if your Vestry does its job properly, it can be very good indeed.

May The Blessing of Christ be with You All,

—Richard Halter, Sr. Warden

Outreach, A New Fund Raising Policy

The Outreach Committee has produced a new fund raising policy which is intended to help solve duplication of fund raising activity. Several times last year various organizations within the Church had fund raisers at the same time, providing confusion and producing conflicts for some members as to where their support should be directed. Our new policy is not intended to discourage any committee or organization from fund raising projects but to coordinate them to avoid duplication of efforts. Simply put this is the new policy: A form will state the following: Fund Raising Event Request, Organization/Committee, Description of Event, Requested date of request, Purpose of fund raising: (Good Samaritan-local-national- international, Contact person, Phone and e-mail . The Outreach Committee will see if this request conflicts with others, inform the contact person and put their request on a calender put up by the Church Office. The form can be found in the Outreach box or obtained from Laura our Office Manager. Any questions please contact Paul Vecchi at 753-0711 or Sandy Potter at 753-2709.

—Paul Vecchi

Designated Offering March

United Thanks Offering is the recipient of March's Designated offering. UTO was established in 1889 with the mission to "expand the circle of thankful people."

UTO's simple purpose has remained constant: offerings that are given in thankfulness for everyday blessings of life provide blessings for others. Individuals in each parish take part spiritually by offering prayers of thanksgiving and actively dropping coins in the "Little Blue Box." These coins are gathered from each church and united with others from all over the country. This outward expression of thankfulness takes action around the world to places of urgent need.

UTO's vision is to significantly impact the lives of women and children because of Christ's love. To achieve this vision UTO will focus particularly on projects that implement significant change toward easing the profound human suffering that is addressed by the Millennium Development Goals. Money raised is given as grants to local and world-wide projects. An offering is a thanksgiving to God — always.

—Outreach Committee

We Care

WE CARE is the outreach program of the Corvallis-Benton County Religious Organizations, which provides one-time assistance to residents in urgent situations, most often for housing and utilities. Families with children are given special consideration. With the ever-increasing cost of housing and fuel and deteriorating economic situation, more requests for help have been made to WE CARE.

Good Samaritan is a founding member (1982-83) and provides ongoing financial support in conjunction with 20 other faith groups, 10 businesses and foundations, and many individuals. Good Samaritan's 2010 contributions of \$2,000 are part of outreach provided by Christmas and Easter offerings. WE CARE, and the people funded with these donations, are deeply grateful for the continued commitment of Church of the Good Samaritan to this cause.

Annual and quarterly contributions are divided into monthly portions to be more equitable to all requests. In 2010, the WE CARE board was able to fund 262 cases. Of those cases funded, 165 were families with children.

As of December 31, 2010:

Income: For current help = \$89,566; Gifts for Endowment = \$3,150.

Expenditures: Operating expenses (fees, newsletter) = \$291; To those in need = \$75,212

Cases funded: Housing help (rent, deposits) = 70%; Utilities payments = 20%; Transportation related expenses = 5%, medical, and miscellaneous needs = 5%

WE CARE was the recipient of \$11,000 from the Benton County Chili Cook-off, added to the endowment in 2010, bringing the fund to \$102,461. The endowment fund, established with Benton County Foundation in 2008, will help to ensure income for years to come.

—Sandy Potter, Outreach Committee

Stewardship

In view of our awareness that we can no longer expect our annual seasonal pledge drive to automatically meet our financial needs, we need to be more systematic in seeking funds. The process of Asking, Telling And Thanking our annual pledge drive can always be improved by review and renewal. I have received valuable suggestions so far and invite further input from the congregation and vestry on this matter as the year progresses. Please telephone or e-mail me [I don't text, twitter or facebook] with suggestions and observations at 541-757-4365 or robertmooreart@q.com.

—Robert W. Moore

ECW News

The Heartbeat Of God: Finding the Sacred in the Middle of Everything.

This is the title of Presiding Bishop Katharine's recently published book (2011). Good Samaritan ECW, in cooperation with Grass Roots Bookstore, is promoting sales of the book with 20% of the proceeds going to ERD to fund Micro Loans for Women. Books will be available between services on Sundays or can be ordered by contacting Ruth Burns (541-758-3551 or ketchr@msn.com). Price: \$21.99.

Through ERD's Micro Loan program, women in the countries served by ERD receive small loans and the essential tools and training to start small businesses, become independent and earn enough money to support their families. Each \$200 we give will cover one loan. Many women in these impoverished countries are the main breadwinner if not the sole support of their families. Increasing their ability to earn provides needed medical care and education for their children. Some of the loans are made to villages rather than to individuals with a collective responsibility for repayment. Borrowers are also trained in management, finance, marketing and how to juggle their dual responsibilities of business and family.

Although the Outreach Committee has set aside April as "ERD month" supporting ERD is a year-round priority of the National Episcopal Church in its support of the United Nations' Millennium Goals. Many of you make contributions directly. Special envelopes are available for this purpose in the church office. Others may prefer to make contributions through the church's special ERD account or by periodically emptying your HOPE box or loose change in the ERD jar kept in the church office. Whatever you can afford to do – Give A Gift For Life. Lift A Spirit. Heal A World.

—Ruth Burns for ECW

ECW Meetings

The ECW Board will meet on Tuesday, March 1, at 10:00 a.m. in the church lounge. All women of the church are welcome to attend. Patricia Wickman has accepted the office of president, Helen Dickason, recording secretary, Diana Logsdon, corresponding secretary, Dale Barnecott and Ruth Burns, co-treasurers, Beryl Smith, publicity.

ECW will hold a luncheon on Tuesday, April 5. The program will be a review of Presiding Bishop Katharine's new book, **Heartbeat of God: Finding the Sacred in the Middle of Everything**, by Father Simon. April is a busy month so be sure to mark your calendar.

All women of the church are members of ECW (Episcopal Church Women). If you are interested in assisting with memorial receptions, our bi-monthly luncheons or other activities, either on a regular or occasional basis, please call Patricia Wickman (541-752-4602) or one of the other board members.

If You Want Something Done Ask The Busiest Person You Know

In case you missed the article in the February 12 Gazette Times —

President Barack Obama recently announced that the Most Reverend Katharine Jefferts Schori will serve as a member of the President's Advisory Council on Faith-Based and Neighborhood Partnerships. She is one of eleven new members of the council which was established in February 2009.

In her acceptance, Bishop Katharine responded, "I am grateful for the opportunity to be of service to the larger community in this way. The ability to build partnerships between civic and religious bodies can only expand our capacity to heal a broken world."

Estate Sales

ECW has agreed to conduct two estate sales in the near future. Barbara and Bruce Black have already moved to their new home in Ashland and Al Joiner is planning to move March 1st. The exact dates of the sales have not yet been set but Marilyn Moore has agreed to chair this activity. We will need lots of help. If you are not comfortable pricing items, we usually work in teams or your assistance will be welcomed with setting up tables, sorting and arranging items, cleaning and polishing, making price tags, advertising, making signs, cashiering, packing, providing snacks for the workers — the list goes on. Please contact Marilyn (541-757-4365) or Ruth Burns (541-758-3551 or ketchr@msn.com) if you wish to volunteer or have questions.

Parish Health

We are pleased to welcome Cindy Cole, R.D, L.D. and George H. Constantine, Ph.D as contributors to the newsletter who have volunteered to provide us with health information both here in this publication and on the Parish Health bulletin board outside the office. On behalf of the parish I thank you both for this important and helpful ministry to the parish. I must also thank Maurine Jardine for the many years that she oversaw this information pipeline for us and the great articles provided during that time. I hope when you meet these people you will personally thank them.

—Dave Francis –Editor

Parish Health

In an effort to keep our community up to date with accurate health information, we are providing data below in an abbreviated form from the original sources. Parishioners, should they wish further information, should go to the Parish Health Bulletin Board, read the entire article and return it or have a copy made. Please do not remove the articles for any longer than necessary to make a copy as others may also wish to read it.

1. The “World cancer research fund” published a news release on 3 February. that up to 340,000 cases of cancers could be prevented a year if we ate a healthy diet, did regular exercise and limited alcohol intake.

Take Action Tip: *The U.S. Dietary Guidelines define moderate alcohol intake as up to one drink per day for women and two drinks per day for men. One drink is defined as 4 ounces of wine, 12 ounces of beer and 1.5 ounces of a hard liquor.*

2. On January 31, the U.S. Department of Agriculture along with the Dept. of Health and Human services, released the 2010 “Dietary Guidelines for Americans”. Key emphasis is on eating less, make ½ your plate contain fruits and vegetables, switch to fat-free or low fat milk, decrease sodium intake, and drink more water than sugary drinks.

Take Action Tip: *A significant challenge to those trying to follow these Guidelines will be trying to follow the recommendation to reduce daily sodium intake to 1500 mg or less per day if you are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. For perspective: 1 cup of canned soup is approximately 600-1000 mg sodium, and a Burger King Whopper is 980 mg sodium. Using mostly fresh and unpackaged foods seasoned with herbs and spices other than salt will dramatically cut sodium intake.*

3. In a relatively small study of 120 volunteers, Dr. Kirk Erikson of the University of Pittsburg , found that moderate walking can increase the size in a portion of the brain that is responsible for memory. People who walked had an increase in size of 2% whereas those that did not had a decrease of 1.2%.

Take Action Tip: *The National Heart Lung and Blood Institute defines moderate exercise as walking a mile in 20 minutes, biking 5 miles in 30 minutes, or a 30 minute water aerobics class. Your exercise can be done all at one time, or intermittently throughout the day.*

4. Consumer Reports has just produced a WEB site where people can find information on health conditions and medicines. It is a little more cumbersome to navigate than the “MedlinePlus” site done by the National Library of Medicine. The former is at www.consumerreport.org/health/health and the latter is at www.nlm.nih.gov/medlineplus.

Take Action Tip: *For times spent inactive on the computer, be sure to compensate this with some activity during the day. Also, avoid eating while using the computer in order to avoid consumption of undesired calories.*

5. An “American Heart “ journal article by a cardiologist at the Univ. of Michigan stated that in 1980

6.5% of children 6 to 11 were obese and in 2008 that number increased to 20% ! His explanation for such are bad eating habits and decreased physical activity.

Take Action Tip: *Children learn from their elders. Parents and Grandparents can help reduce a child's obesity risk by turning off the T.V. and eating together at the table.*

—Submitted by Cindy Cole, R.D, L.D. and G.H. Constantine, Ph.D.

Health Care, It's Not Fixed!!

“Call upon the President, Congress, governors and leaders to devise universal access to health care for the nation's people” . Adopted by the General Convention of the Episcopal Church in 1991

Maybe it is time to get serious about following this directive. How many people in our country must die every day because they have no health care...before we get serious? Last year 44,000 Americans died for lack of health care. How many more people must lose their health insurance for a variety of reasons ...before we get serious? Is it time to question the effectiveness of our current “system” of health care delivery and access and begin to explore other options?

There seems to me to be three practical reasons for suggesting that we develop a system of universal health care which is accessible to all:

All Americans should be able to pursue the American Dream. You can't pursue the American Dream if you are dead or if you are sick.

Our economic system is in trouble - health care costs are choking and drowning our businesses as well as our individuals. Foreign businesses are at a great advantage because their governments provide for the health of their citizens separate from employment. A healthy work force is needed to innovate, invent and start businesses.

As Christians, we should be our brother's keeper. Do we heed Jesus' words or not?

Certainly the current status is unacceptable. But changing it is a long hard process. The new Federal legislation (Obamacare) is certainly not perfect. But it is a start: for example - it **prohibits** lifetime limits on health benefits; it **prohibits** cancellation of health care coverage, except for fraud; it **requires** that preventive health care be free of co-pays and deductibles; it **restricts** annual limits on health care benefits. These are benefits that have gone into effect only since the passage last fall of the federal health insurance reform and other health care legislation. If this law is repealed, these benefits will be lost and currently there is in Congress a large group of folks who have determined to do just that - or at least pick it to pieces.

So — what can we as private citizens, do? There just happens to be a Workshop coming up in Corvallis on Saturday, March 12, 2011 at First Congregational United Church of Christ out on West Hills Road. Knowledgeable local experts and state policy makers will present options for improving health care delivery and financing - for our State of Oregon. Whether you already know what “patient-centered medical homes”, “insurance exchange,” “single payer,” and the Oregon Health Policy Board are all about, or are just starting to look at current health care issues, this workshop promises to enlighten and challenge you. The keynote speaker will address the topic of Health and the Economy; there will be breakout sessions on Single Payer Legislation, the Insurance Exchange, the Oregon Health Authority and its recommendations, and Patient Centered Medical Homes. In the afternoon there will be a panel discussion about Financing Health Care, followed by an opportunity to meet with other concerned folks to talk about what individuals and local groups can do to move the process along.

Save the date - March 12, 8:30 a.m to 3:30 p.m - and start becoming one of the “movers and shakers” in this critical effort.

Registration materials will be out soon. Questions? Edie Orner ediestewart29@msn.com or 541-926-5989

—Edie Orner

Happenings

Episcopal Church 101

There has been a request for a repeat of “101”, a series of classes about the Episcopal Church designed for new comers and old-timers who have questions about what we do and why we do it. We have four sessions which cover (briefly) the history of the Episcopal Church, the Book of Common Prayer, Baptism and the Holy Eucharist. Our fifth session will be a tour of the church which is open to everyone hoping to learn the “churchy” names for our worship space,

Classes will be held March 13, 20, 27 and April 3 in the lounge from 11:30 a.m. to 12:30 p.m. The tour will be April 10 starting in the Chapel at 11:30 a.m..

If you have any questions, please contact Deacon Peggy at 541-745-5816.

—Deacon Peggy

Monday Morning Bible Study

The Monday Morning Bible Study group would like to welcome anyone to join them. We meet from 9:30 a.m. to 10:30 a.m. in the Library. We read and discuss the lessons for the upcoming Sunday.

However, we are also a caring community who spends time sharing about our lives and praying for each other, the members of our congregation, persons in the community and world. If you think that you would enjoy being part of such a group, we'd love to have you!

—Joyce Skogen

Fun, Fellowship And...Good Food

Many of our best times and memories are found around a dinner table. Such an atmosphere lends itself to expressing ideas and feelings and especially, getting to know one another. Our Good Samaritan community is formed in many ways such as our luncheon and dinner groups. If you would like to invite company to your home and enjoy going to other homes then the dinner group is a must. The luncheon group explores different restaurants in the area seeking the best food in the Willamette Valley. Please call Marilyn Moore at 541-757-4365 if you would like to be a part of either group

—Marilyn S Moore

Library Listings

Lent is fast approaching. What will be your special study topic this year? One thing you might consider is getting acquainted with some of the very fine reference tools we have in our library as aids to Bible study or perhaps to a better understanding of other religions? I will put several of our reference books on the usual display shelves - but we have a whole section of shelves plus another 4 or 5 full of such materials. Take a look at the first set of shelves on the left as you enter the library. We have several Biblical Dictionaries, Concordances of the Bible and more than one Atlas of the Bible ...and among others —

“NIV Nave’s Topical Bible” - a Zondervan publication providing Biblical references, citing over 100,000 verses - a combination of Biblical Dictionary, Bible handbook, and Bible Concordance

“Atlas of the Christian Church” edited by Henry Chadwick and G.R. Evans

“The Orthodox Church” - a clear, detailed introduction to the Orthodox Church written for the orthodox as well as the non-orthodox. A history of the eastern church over the last 2000 years. Part II explains the beliefs and worship and explores the possibility of a reunion of the eastern and western churches.

“The Oxford Dictionary of the Jewish Religion”

“The Four Translations of the New Testament” in a comparison format - King James Version, New American Standard Bible, Williams’ New Testament in the Language of the People and Beck’s New Testament in the Language of Today

“The Five Gospels, What did Jesus Really Say?” — New translation and Commentary by Robert W. Flunk, Roy W. Hoover and the Jesus Seminar

A twelve volume set of “The Interpreters Bible” as well as a copy of “The Interpreters One Volume Commentary on the Bible”

“The Battle for God” by Karen Armstrong - detailing the rise of fundamentalism, not only among Christians.

“Letter to a Mormon Elder” - eye-opening information for Mormons and the Christians who talk with them.

“Nine Parts of Desire, The Hidden World of Islamic Women: by Geraldine Brooks

“The Inclusive New Testament” and “The Inclusive Psalms” edited by Priests for Equality - (“Priests for Equality is a movement of women and men - lay, religious and clergy - that works for the full participation of women and men in the church and society. One ...of the founding goals in the words of its seventeen-point charter is to ‘eliminate sexist language.’”

Normally, our reference books are used in the library - but maybe a special dispensation for Lent - check them out for one week so you can really have time to examine them. Others listed are not necessarily considered reference books, so of course they may be checked out.

Our somewhat limited collection of books especially geared for Lent will be on display and check-out on the table outside the door.

Also we have one copy of Bishop Katharine’s new book, “The Heartbeat Of God - Finding the Sacred in the Middle of Everything” - (first come-first serve - but ECW is selling copies so don’t despair)

—BROWSE – BORROW — AND BRING BACK—

—Eddie Orner, Librarian

—A special note — Please, Please do not leave boxes of books in the library without some notation about who they are from and for what purpose) Several large boxes of Bibles and Prayer books have miraculously appeared lately and no one knows from whence they came or where they were to go. You may have noted, our shelf space is somewhat limited!

People of The Parish

As a member of Samaritan Village which was built and supported by The Church of the Good Samaritan right across the street, I thought it would be interesting to find out a little bit about the Rector Rev. Simon Justice. Simon conducts a communion service every Monday morning in the lounge of the Village. It’s open to all the inhabitants and you need not be an Episcopalian. Simon also makes himself available for personal counseling to any of the Village members

Simon was born in the Midlands of England in 1966. After living in Germany for four years his family settled in the southeast of England, which is where he went to school and more importantly came to the faith at Saint John’s Church High Wycombe, Buckinghamshire. He felt a call to the priesthood from his mid-teens, which lead him to study Divinity at the University of Wales and Theology at the University of Edinburgh. He completed his ordination training at Cramer Hall in 1992 and the Priesthood in 1993 both in the Diocese of Oxford.

He has served congregations in Portland, Oregon, Troy, NY, Edinburgh, Scotland and Reading, England.

Simon and his wife Michele have been married for 18 years and have a daughter and twin boys. When asked he says his passions in ministry include: traditional Anglican liturgy and music, congregational development, small group ministry, the ministry of healing, the discernment and implementation of vision and mission stewardship. For fun he enjoys reading, hiking, history, gardening, movies, good wine (in moderation), cooking and friends.

—Marge Mackin

Other Activities

Dear Church Family,

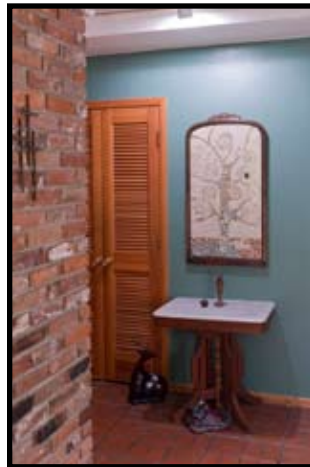
At the Annual Meeting on Sunday, January 23rd, Simon presented to me a lovely mosaic by a local artist entitled 'The Tree of Life.' I want to express my sincere appreciation for this lovely piece of art in gratitude for my work with our school for the past 17 years. It is a very beautiful multi-media piece of colored glass, ceramic, bead and metal. We've hung it in our foyer where it receives natural light. Every time I look at it I see something different embedded within it's beautiful design.

I will forever treasure this lovely gift and remember your endless support and encouragement during my tenure as Head of Good Samaritan School.

Thank you Simon and everyone who contributed to my gift.

Very Sincerely,

—Jane Edson



Knottingham Guild News

At a recent luncheon meeting, the Good Sam needlework group (Knottingham Guild) decided to shift our focus. We will no longer be knitting prayer shawls because we don't have enough steady knitters to support that ministry. We have decided to meet twice a month at the church on the first and third Thursdays from 1:00 p.m.-3:00 p.m. beginning in March 2011. Our focus will be on personal knitting, crochet, embroidery and building fellowship around the love of hand work. Some do knit for charity, however, like baby hats, chemo caps and shawls/hats for the needy. Please join us. For more information contact Marsha Bianconi (541) 738-6203.

—Marsha Bianconi

Youth Garden Project

The new youth garden project in southwest Corvallis is off to a great start! We've plowed and amended 5,000 square feet of rich soil, recruited a batch of enthusiastic young adults, and begun the work of building a strong team. But we need a few more adult volunteers! So do you, love to garden? want to make a difference in the life of a young adult? Are you curious about how research is done? This may be the perfect opportunity for you! You will help develop a new organic garden and veggie business in partnership with low-income youth ages 17-22. This is a Community Based Participatory Research project aimed at improving health outcomes for vulnerable youth, building youth/adult partnerships, and addressing issues of social

injustice. Your commitment would be approximately 10 hours per month. Contact Dr. Leslie Richards at (541) 737-1071 or leslie.richards@oregonstate.edu to learn more about Producing for the Future: A Collaboration Between Low-Income Youth, Congregations, and Researchers, funded by the National Institutes of Health. We hope you will join us!

—Tasha Galardi

Polar Plunge

A huge thank you to everyone who came to cheer Michelle Millar, myself and the more than 300 participants who took the Polar Plunge in aid of the Special Olympics last Saturday. And yes, the river was cold - very cold! The good news is that our small Good Samaritan team raised \$824 (mostly Michelle). The extra special good news was that the Corvallis Plunge raised more money than the plunge that took place in Eugene the previous weekend - Go Beavs!

—Simon



Some of the onlookers and 300 participants



OK Michelle! What's our strategy for this?



Strategy! There is no strategy, run fast, get wet and of course some get wetter than others



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The Bishop of Oregon:

The Right Reverend Michael J. Hanley

The Clergy of the Parish

Rector	The Rev. Simon C. Justice
Assistant Rector	The Rev. Lance V. Peeler
Deacon of the Parish	*The Rev. Margaret M. Bernhard
Chaplain, Samaritan Village	The Rev. B. Shepard Crim
Priest Assisting	*The Rev. Alvin P. Lafon
Priest Assisting	*The Rev. Tom Stevenson
Rector Emeritus	*The Rev. William R. McCarthy

The Officers of the Parish

Senior Warden	Richard Halter
Junior Warden	John Wells
Clerk of the Vestry	Laura Bunsen
Treasurer	John Shea
Assistant Treasurer	Robert Bernhard

The Parish Staff

Director of Music	Maria Dossin
Contemporary Music	*Dawn Jones
Office Manager	Laura Pfeifer
Facilities Manager	DeeDee Larew
Head of School	Jack Nickerson
Pastoral Care	*Pat Wollwend
Parish Nurse	TBA
Bookkeeper	Robin Powel
Newsletter Editor	*David Francis

* Indicates Non-paid staff