



THE CROWNICLE

CHRIST THE KING LUTHERAN CHURCH



PRAY. PRAYER. PRAYING. PRAYERFUL.

Part Two

"Lord, teach us to pray, as John taught his disciples"
(Luke 11:1b)

Prayer is "the act of petitioning, praising, giving thanks or confessing to God . . ." Prayer is "conditioned by the biblical understanding of God as a personal being who hears the prayers of the people".¹ Last month on this page we explored prayer in our liturgical setting. This month let's examine communal prayer outside of worship.

In my role as pastor I am often asked to lead a group in prayer. Whether it is before a meeting, a meal or at the bedside of an ill or dying member or friend. It is assumed that the pastor "knows how" to pray. Surprise! We are no better at praying than anyone else. Perhaps we have prayed publicly more often than some. Yet, that does not make one better at praying, nor "know how" to pray.

The Bible is filled with examples of God's people praying. Beginning with the first humans in the garden. The Creator showed up for their evening chat but could not find the humans. He called out to them. The two, sheepishly came out from their hiding. God asked them why they were hiding. You know their answer. That is prayer. An evening or morning or noon day chat with God. God shows up, calls us by name and enters into a conversation with us.

Prayer is acknowledging God's presence our midst. Prayer is welcoming God at our community meals, meetings and assemblies. God is already there, so it's like greeting the guests we have invited. When guests arrive at our house we rush to greet them, share a hug, make them comfortable, ask about their activities and generally focus our attention on the guest. What better way to welcome God into our midst, with joy and gratitude?

When the meeting or the assembly gets slightly off track, this is a good time to turn the focus of the conversation back to God. When tempers flare or weariness sets in we turn to the source of peace and joy to bring us back together in service to the one who created us for service. When we are praying together it is nearly impossible to be angry with one another. Turning our collective attention to God reframes our perspective.

But, still you say you are uncomfortable praying out loud in public. Well, join the millions of Lutherans and other believers who share that discomfort, even pastors. The book of Psalms is the largest collection of prayers in the Bible. There we find a prayer for any occasion. This anthology of 150 songs is divided into five books or sections. They can be categorized as songs of praise, acts of thanksgiving, poems of trust in God, petitions or laments and wisdom poems. Whatever the need or occasion, we can turn to the book of Psalms and find a prayer that fits.

How about a Bible-Prayer challenge? As we begin a new season of discipleship learning together, will you join me in praying one Psalm per day? Beginning September 1, set aside five minutes to pray out loud one Psalm. On Sundays, or whenever we see each other, let's check in on our progress. And as we pray each Psalm, let us also pray for one another.

Learning to pray is like learning to ride a bike. It takes practice, intentionality and courage. Courage to call on God with all of your emotions, needs, fears, joys, triumphs, failures . . . Call on the name of the Lord.

Blessings
Pastor Dorothy

¹ *The New Interpreter's Dictionary of the Bible*, Abingdon Press, Nashville, Volume 4, 2009; pages 579-589

SEPTEMBER

2016

Volume 16 Issue 9



CTK POTLUCK
Sunday, Sept. 11
Following Worship

Living in the Word

Christ the King joins with Protestant Christians around the world by following The Revised Common Lectionary. A three-year cycle of assigned readings from Holy Scripture on which our weekly worship is based. This is year three, or Cycle C as it is known. You are invited to incorporate these readings into your daily Bible study in preparation for each Sunday's message.

Pentecost 16 (September 4)

Deuteronomy 30:15-20
Psalm 1
Philemon 1-21
Luke 14:25-33

Pentecost 17 (September 11)

Exodus 32:1-14
Psalm 51:1-10
1 Timothy 1:12-17
Luke 15:1-10

Pentecost 18 (September 18)

Amos 8:4-7
Psalm 113
1 Timothy 2:1-7
Luke 16:1-13

Pentecost 19 (September 25)

Amos 6:1a, 4-7
Psalm 146
1 Timothy 6:6-19
Luke 16:19-31



Beginning September 1, members and friends of Christ the King Lutheran Church are invited to pray through the Book of Psalms, one Psalm per day for 149 days (skip Psalm 119) using this ancient method of reading and praying. Use this instruction as your guide. Over time you will fall naturally into the rich spiritual rhythm and practice of Lectio Divina.

Lectio Divina-

"Lectio Divina" is Latin for "reading divinely." It is an ancient practice of reading and praying the Bible that assumes God's Holy Spirit inspires the Scriptures and that the Holy Spirit also desires to speak to us today through the scriptures. It was developed mainly by monks, but can be used by anyone. It is not a quick spiritual practice, but one that takes time, repetition, silence, thought and listening. It can take 10 minutes or it can take two hours. It is up to you.

The four steps of Lectio Divina

"Lectio"= Reading

Read the psalm slowly, out loud paying attention to punctuation and poetic phrases. Read it several times. Notice words or phrases that touch your heart or stick in your mind. Keep reading. Let the words wash over in your soul.

"Meditatio"= Meditation/Focus/Thinking

While you are still reading the Psalm slowly, you may notice that you are asking questions about this Psalm. What do the words mean? How do these words relate to me? What was being said here originally? Who is speaking? What happened in the writer's life? Focus and think on the words, especially any words that "jumped" out to you during the "Lectio" of the passage.

"Oratio"= Talking to God/Praying.

You have spent several minutes focusing on the words of the text and how it relates to you, now move on to asking God about the passage. Like Jacob (Genesis 32), you wrestle with God. Ask God, "what words are you wanting me to hear? Why? God what do you have for me?" This time of "wrestling" is filled with asking and listening; alternate between questioning and listening.

"Contemplatio"= Contemplation.

This is the hardest phase for most people. Seek to be quiet and let God's wisdom and love take over. Try to disengage from every thought. Do not allow yourself to think about the distractions that come into your mind, but rather let them simply dissolve. Just sit there. Let God speak to you in the silence. Don't pretend to speak for God. Just sit there and be silent. If you need something to focus on, just focus on breathing, don't think about it too much, just breathe deeply.

That's it. There is no defined end "result" of each session. Lectio is done to spend "quality time" with God. The "result" over time is a deepened relationship with God and a dependence on upon the Holy Spirit.

Adapted from "Basic Instructions from Pastor Corey Laughary" <http://pfc.palousechurch.org/Lectio%20Divina%20Basic%20instructions.htm>

DISCIPLESHIP LEARNING

Have you chosen the Discipleship Learning opportunity you will take advantage of? Sign-up sheets are in the narthex on the "Big Green Wall". Descriptions are below.

Women's Gathering: Using the materials compiled by the Evangelical Lutheran Church in America women's magazine *Gather* the women of CTK meet monthly to study scripture and apply it to today. Facilitated by the women of Christ the King (men are also welcome)
First Wednesday of every month, September to May, 12:30 to 1:30pm
Subscription to *Gather* magazine is helpful, but not required

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself.
Facilitated by Lynn Gerhard
Begins September 15, 5:30-7pm – Youth Room
Ongoing practice; not a series; come anytime.

Opening the Book of Faith: The purpose of the book of faith initiative is to increase biblical literacy and fluency for the sake of the world. The Evangelical Lutheran Church in America encourages all members of our congregations, from children to adults, to dig deeper into our book of faith, the Bible. The Book of Faith Initiative invites us to open scripture in new and surprising ways.
Facilitated by Pastor Dorothy
Sunday, 12-1pm, Rainbow Room
Thursday, 1-2pm, Youth Room
Thursday, 7-8pm, Youth Room
Five-week series; suggested donation for cost of materials, \$10

NOOMA Video Series: A series of short films that explore our world from Jesus' perspective. NOOMA is an invitation to search, question and join the discussions about what matters most in our lives.
Facilitated by Roger Heikens
Begins Tuesday, September 13, 7pm to 8pm
Continues for 24 weeks; sessions are stand alone, come anytime.

Unbinding the Gospel: This series is about "breaking the curse". It's about untying the knots that keep us from living exciting lives in the Spirit. It's about unbinding the Good News that God adores us and everyone else and that God has shown this to us through Jesus Christ. This is a book that is unabashedly about evangelism. But it's not what you think, it's about prayer and sharing our faith.
Facilitated by Pastor Dorothy
Begins Saturday, September 17, 9-11:30am.
Class size limited to 12
Eight-week series; suggested donation for cost of materials, \$15

Lutheran Questions, Lutheran Answers: Introduction and refresher course about Lutheranism, especially for those seeking membership at Christ the King, this course is helpful for current members, also.
Facilitated by Pastor Dorothy
Begins September 18, Sunday, 9:15-10am, Room to be determined
Contact Pastor Dorothy to sign up for the course.

Praying the Psalms Together: Beginning September 1, 2016 you are invited to join members and friends of Christ the King Lutheran Church in praying the Psalms using the *lectio divina* method, one psalm per day for 149 days. Detailed description of *lectio divina* are in this edition of The Crownicle.

Sacred Conversation: A series of conversations on a variety of cultural topics. Christ the King will host guest lecturers from communities of faith and non-profit organizations beginning in the fall. Watch this space for developing information.
Dates and times to be determined.
Contact Pastor Dorothy with topic and lecturer suggestions.

SEPTEMBER BIRTHDAYS

- 1 Patti Risdal
- 2 Joel Stollberg
- 5 Nicholas McNaught
- 6 Sydney Clifton
- 8 Dorothy Tague
- 8 Elise Martz
- 9 Betty Epps
- 10 Peggy Noles
- 11 Danielle Johnstone
- 13 Chris Frazee
- 15 Suzanne Metcalf
- 16 Sherie Knutsen
- 17 Barb Coufal
- 20 Hilde Konarzewski
- 20 Ernie Coufal
- 23 Ed Maggio
- 23 Bob Brink
- 25 Leanne Klein
- 26 Sam Fusick
- 27 Brian Liebenstein
- 28 Lauren Livengood
- 30 Mary Brown

HAPPY ANNIVERSARY TO:

- 1 Sherman & Mary Case
- 5 Bill & Gaynelle Dressel
- 6 Don & Sherie Knutsen
- 9 Roger & Linda Burke
- 11 Eric & Noelle Martz
- 12 Carl & Pastor Dorothy Cottingham
- 13 Bill & Marge Peters
- 21 Dan & Martha Morgan

Please call the church office if your birthday or anniversary date is not listed or is incorrect.



GOD'S WORK. OUR HANDS.

Christ the King will participate in this annual church-wide event. Plan to stay after church for the monthly potluck on September 11th and help with some much needed repairs to the Parish House. Contact Steve Larsen or Dan Morgan for more details.

Support Lutheran Community Services

Support Lutheran Community Services in two ways this year. One is a bit unusual, the other includes a free lunch.

Some of you will be reading this as Pastor Dorothy and her husband Carl are participating in the annual Portland to Coast Relay Walk. We began the relay walk at 6am, August 26 and are scheduled to finish sometime early afternoon, August 27. The team of 12 walkers is sponsored by St. James Lutheran, Portland – Carl's home church. We take turns walking 3–7 mile stretches of the 129-mile, 30-hour course from downtown Portland to Seaside. Thank you to all who pledged support for Lutheran Community Services through the walking team "Lutheran Ligaments". Please make your checks out to St. James Lutheran Church and write "Lutheran Ligaments" in the memo line. St. James will issue you a donation statement.

The second opportunity to support LCS is by attending the annual LCS luncheon. Pastor Dorothy is hosting a table and you are invited to join her. The luncheon is at the Marriott Hotel on the Portland waterfront on October 9. Gathering is at 12:30 pm, lunch and program begins at 1:30 pm. When you receive an invitation from LCS, please respond. If you do not receive an invitation and would like to attend, please see Pastor Dorothy as soon as possible.

BLESSING OF THE ANIMALS

God of the sparrow, God of the whale, how does the creature say awe, how does the creature say praise!

Sunday, October 2 is the day we commemorate St. Francis of Assisi. Following worship we will bless your animals. Bring your critters, great and small to worship, invite your friends and neighbors to bring their pets, also. All creatures of our God are blessed.



SEPTEMBER POTLUCK

Plan on staying for the September Fellowship Potluck after the church service on Sunday, September 11th. If you are able, please bring a favorite dish to share. It is always a blessing to fellowship with family and friends around the table. Hope to see you there!!

*You are cordially invited to the third annual
Fall Celebration & Fundraiser:*


Camp Lutherwood Oregon
HARVEST
Festival

Saturday, October 1, 2016
3 p.m. to 7 p.m.
Dinner and auction to begin at 5 p.m.

At Camp Lutherwood Oregon
22960 Highway 36
Cheshire, OR 97419

Farm-to-table meal, beer & wine, auction & events

The favor of your response is requested by September 15
via the included card and envelope or by calling 541-998-6444.
Tickets are also available online at lutherwoodoregon.org.

\$50 per person

**Sunday School begins for
Preschool through 6th
Grade on Sunday,
Sept. 18th**



SPECIAL THANK YOU

The Council and the congregation would like to express their appreciation to Lorna Kautzky and her great team for making the Mortgage Burning Celebration and BBQ a wonderful experience. The day was filled with meaningful worship, delicious food and great fellowship as CTK was able to come together to acknowledge this great milestone in our church history!

ATTENTION QUILTERS!

After our summer break we are starting to quilt again. We meet every first and third Wednesday of the month from 9:00 to 11:30 am in Haven Hall. We would love to have some new faces join us this fall. You do not have to be a quilter to help assemble the quilts for Lutheran World Relief. Everyone is welcome! Call the church office or Gaynelle Dressel at 503-639-0100 if you have questions.

On the first Wednesday of each month, following quilting, Pastor Dorothy leads a Bible study. Bring a sack lunch, stay and enjoy the Bible Study from 12:30 – 1:30.

**GOOD NEIGHBOR
CENTER NEWS**

You may not be aware that one of the outreach ministries CTK contributes to is the Good Neighbor Center, which is an emergency shelter for homeless families with minor children in Washington County. Each year CTK provides a place for their annual Back-to-School Party. The party was held at CTK on Thursday, August 18th and this year they handed out a backpack of age appropriate school supplies to 40 school children staying in the shelter, in their housing program, or to former resident families that they continue to support. Each child also received a gift card

redeemable at Payless Shoe Source so that he or she can start the academic year with a new pair of shoes. Snacks for the party were donated by Jimmy Johns.

This project is made possible by support from CTK as well as the Strand Condominium Homeowners Association, Unity Church of Beaverton, and the Rotary Club of Tigard, and many others who drop by with a sack of crayons or binders or pencils. The Good Neighbor Center has served several hundred families since they opened the doors in 2000. They rely heavily on community support and the Back-to-School project is just one example of how groups all over the metro area make their programs possible.

CTK also provides an evening meal six times during the year. If you could help with this outreach, please talk to Mary or Sherman Case or see the sign-up sheet on the kiosk.

*Prayer Shawl
Ministry*



The Prayer Shawl Ministry is looking for more help with knitting or crocheting the shawls. If you could help, there are directions on line, just pick your own pattern, or come by the church office to pick up a pattern. They can be any pattern or color you like. If you have questions, call the church office 503-639-2789

SEPTEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Pastor Dorothy Off 2-7:30 pm Red Cross Blood Drive	3
4 9 am Vineyard Worship 10:30 CTK Worship	5 LABOR DAY OFFICE CLOSED	6 7-9 pm Vineyard Bible Study	7 9-11:30am Quilting 12:30 Gathering Bible Study 6:30-9 pm Vineyard Youth 7pm Choir	8 8:30-10am Preschool	9 Pastor Dorothy Off 8:30-10am Preschool 2-7:30 pm Red Cross Blood Drive	10 1 – 5 pm Pinochle Group
11 9am Vineyard Worship 10:30 CTK Worship CTK Potluck	12 8:30-11:30am Preschool 6pm Spiritual Growth Group 7pm Council	13 8:30-11:30am Preschool 7pm Discipleship 7-9 pm Vineyard Bible Study	14 8:30-11:30am Preschool 6:30-9 pm Vineyard Youth 7pm Choir	15 8:30-11:30am Preschool 1pm Book of Faith 5:30pm Centering Prayer 7pm Book of Faith	16 Pastor Dorothy Off 8:30-11:30am Preschool 2-7:30 pm Red Cross Blood Drive	17 9-11:30am Unbinding the Gospel
18 9am Vineyard Worship 9:15am Membership Class 10:30 CTK Worship Sunday School Begins 12noon Book of Faith Crownicle Deadline	19 8:30-11:30am Preschool 6 pm Spiritual Growth Group	20 8:30-11:30am Preschool 7pm Discipleship 7-9 pm Vineyard Bible Study	21 9am Quilting 8:30-11:30am Preschool 6:30-9 pm Vineyard Youth 7pm Choir	22 8:30-11:30am Preschool 1pm Book of Faith 5:30pm Centering Prayer 7pm Book of Faith	23 Pastor Dorothy Off 8:30-11:30am Preschool 2-7:30 pm Red Cross Blood Drive	24 9-11:30am Unbinding the Gospel
25 9am Vineyard Worship 9:15am Membership Class 10:30 CTK Worship 12noon Book of Faith	26 8:30-11:30am Preschool 6 pm Spiritual Growth Group	27 8:30-11:30am Preschool 6:30pm Executive Meeting 7pm Discipleship 7-9 pm Vineyard Bible Study	28 8:30-11:30am Preschool 6:30-9 pm Vineyard Youth 7pm Choir	29 8:30-11:30am Preschool 1pm Book of Faith 5:30pm Centering Prayer 7pm Book of Faith	30 Pastor Dorothy Off 8:30-11:30am Preschool 2-7:30 pm Red Cross Blood Drive	

CTK OFFICE HOURS
MONDAY-FRIDAY
8:30 AM TO 12:30 PM

OCTOBER NEWSLETTER
DEADLINE: SUN., SEPT. 18

CHRIST THE KING LUTHERAN CHURCH
11305 SW BULL MOUNTAIN ROAD
TIGARD, OR 97224

Church Staff

Dorothy Cottingham, Pastor
Craig Jones, Music Director
Linda Wesolowski, Business Administrator
Cathy McLean, CTK Preschool Director

Sunday Services

10:30 am Worship
Nursery Provided

Phone 503.639.2789

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SEPTEMBER 2016



September

2016