



THE CROWNICLE

CHRIST THE KING LUTHERAN CHURCH



LISTENING TO MUSIC DEEPLY

“Lay Spiritual Practices” was one of my favorite elective seminary classes. The course title and description sounded interesting and less intense than the required theology classes. I envisioned the class sitting in a candle-lit room, chanting, meditating or praying. Instead, the instructor expanded our understanding of “spirituality” in surprising and delightful ways.

Our first assignment was to choose a spiritual practice from her long list and to engage in that practice a minimum of five minutes per day, five times per week for at least three weeks. The list included expected “practices”: sit in silence; read poetry; read scripture. It also included unexpected “practices”: playing ultimate Frisbee; dusting; doing dishes. Because I am a trained musician, I settled on “listening deeply to music”. Easy! Or so I thought. I tried listening to Mozart and got caught up in analyzing the music. I tried Bach with the same result. When I discovered the chants of Hildegard von Bingen, deep listening began (If you’re curious about Hildegard, let’s talk).

Each afternoon, at two I would lie down on my lumpy twin bed in my dorm room and close my eyes. An hour later I would wake to silence. I slept through the entire CD. Try again tomorrow. Again, at 2pm I would lie down only to wake an hour later having heard none of the CD. Well, I thought, this is not working very well. How can I write a 250-word reflection paper when I hadn’t even practiced listening deeply to any of Hildegard’s music? I shared my frustration with the professor. She smiled patiently, telling me to keep at it.

After two weeks and the assignment deadline fast approaching it became clear that I had been too literal in my thinking about “spiritual practices”. The practice of listening deeply to music had nothing to do with hearing the music. It had everything to do with my need to slow down, rest and refresh my body so that my mind and body could absorb the rigors of seminary.

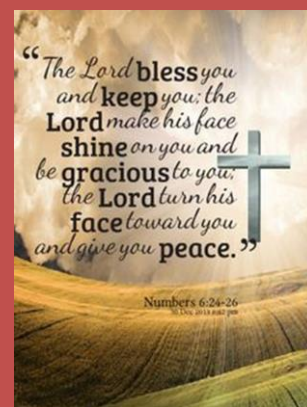
Are you in the habit of making New Year’s Resolutions? Yes? Why not consider one of your everyday tasks as your new “spiritual practice”? Washing dishes? As you wash, thank God for the food that was on this plate; thank God for everyone along the supply-chain, growers, harvesters, truck drivers . . . you get the idea. No, you don’t make resolutions? Why not consider this the year to make one simple resolution? Begin a spiritual practice. It could be as simple as walking the dog; feeding the birds; brushing your teeth or just about any everyday activity. Fulfill your tasks and activities with God on your mind and in your heart, intentionally.

Now, five years later, I continue the spiritual practice I began in seminary. Stop in my office anytime and you will hear music . . . it might be Hildegard’s chants and I might even be resting.

Blessings on your New Year and new practices, Pastor Dorothy

January 2017
Volume 17 Issue 1
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HAPPY NEW
YEAR!!



Christ the King
Annual Meeting
January 29, 2017
Following worship



Living in the Word – January 2017

Christ the King joins 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 one, or Cycle A, the Gospel of Matthew. You are invited to incorporate these readings into your daily Bible study in preparation for each Sunday's message.

Christmas 1 (January 1) or The Name of Jesus

Numbers 6:22-27
Psalm 8
Galatians 4:4-7
or Philippians 2:5-11
Luke 2:15-21

Christmas 2 (January 8) or Baptism of Our Lord/Epiphany

Isaiah 42:1-9
Psalm 29
Acts 10:34-43

Matthew 3:13-17

Epiphany 2 (January 15)

Isaiah 49:1-7
Psalm 40:1-11
1 Corinthians 1:1-9
John 1:29-42

Epiphany 3 (January 22)

Isaiah 9:1-4
Psalm 27:1, 4-9
1 Corinthians 1:10-18
Matthew 4:12-23



Epiphany 4 (January 29)

Micah 6:1-8
Psalm 15
1 Corinthians 1:18-31
Matthew 5:1-12
John 1:1-14

PRAISING THE PSALMS

September 1st we began praying the Psalms together. Join us in the spiritual, biblical practice. No need to start from the beginning to catch up, jump in the boat and begin January 1st with Psalm 124. Follow our Facebook page <https://www.facebook.com/ChristTheKingTigard/> for daily reminders or use the monthly calendar in this newsletter.

DISCIPLESHIP LEARNING

All of the Discipleship classes are starting up again in this New Year. Below is a list of the Small Groups meeting this month and anyone is welcome to join. Check the calendar enclosed with the date in January that they begin:

Monday evening **Spiritual Formation group** meets at 6pm in the library;

Tuesday evenings **Discipleship group** gather at 7pm to view and discuss a faith-based video in the sanctuary;

First Wednesday of the month the women gather for a **guided text study**;

Thursday evenings we gather for **Centering Prayer** at 5:30 pm in the Youth Room;

Thursday evenings at 7pm we continue **Opening the Book of Faith** in the sanctuary

Sunday mornings at 9am a second opportunity to **Open the Book of Faith**, in the library.

All are welcome.

The Discipline of Giving

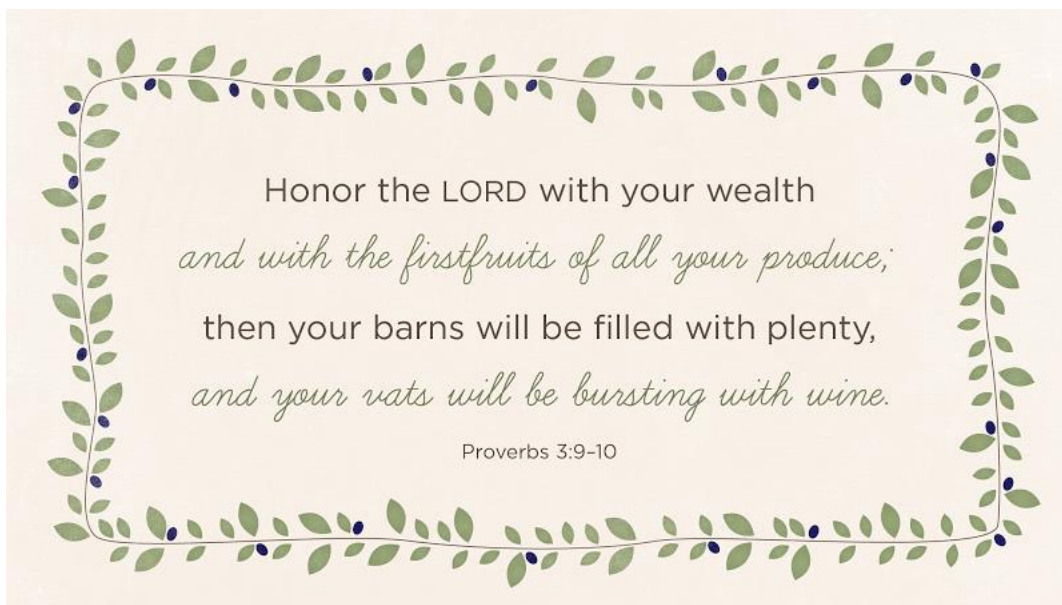
Maria von Trapp sings in the 1960s musical *Sound of Music*, "Let's start at the very beginning. A very good place to start".

So, that is where we will start:

"In the beginning . . . God created the heavens and the earth". (Genesis 1:1) God created the heavens and the earth and all that is in them. All that we have is a gift from God, created by God for our enjoyment. Right down to our socks and shoes. Throughout scripture, God asks us to return a portion of the gifts we have received to further God's kingdom on earth.

Fall is the traditional season for "Stewardship Campaigns" in the church. This year, Christ the King is doing something new, with a new title and renewed commitment. As we begin this New Year, we also begin a new year of Disciplined Giving. Beginning January 8th we will take time during worship to prayerfully consider our Declaration of Disciplined Giving Intent for 2017. On January 29th we will dedicate our intentions during worship, prior to the congregation's Annual Meeting.

God asks that *"all shall give as they are able according to the blessing God has given you" (Deuteronomy 16:17)*. Whether our blessings are great or small, regular giving is our joy-filled response for all that God has created, is creating and will create. We are called to give of our "first fruits", not what's left over. God is inviting us to prayerfully consider how we will respond to Proverbs 3:9 where we are told to *"Honor the Lord with your substance and with the first fruits of all your produce"*. May God continue to bless you with all that you need.



JANUARY BIRTHDAYS

2	Steve Larsen
9	Christina Heikens
10	Sarah Doss
13	Julie Helle
15	Jacob Stollberg
15	Annika Stollberg
16	Valerie Briggs
18	Tim Larsen
18	Tammy Brink
19	Elijah Kruger
20	Jeanne Durbetaki
20	Mark Henninger
22	Craig Jones
24	Carolyn Snow
27	Amanda Burtch

HAPPY ANNIVERSARY TO:

13 David & Nancy Doss

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

**VOLUNTEERS NEEDED**

Please plan to stay after the worship service on Sunday, **January 8th**, to help take the Christmas decorations down in the sanctuary and narthex. It won't take long if we have plenty of helpers. Thanks in advance for volunteering!

**CTK PRESCHOOL OPEN HOUSE AND REGISTRATION**

CTK Preschool is having their Open House and Registration for the 2017-2018 school year on Saturday, January 21st, 10 a.m. to noon. Anyone interested in enrolling in the TTH class for 3 years olds or the MWF class for 4-5 year olds for the next school is invited to attend to meet the teachers, explore the classroom, and get information. Refreshments will also be available. Questions? Contact Cathy McLean, Director, 503-740-1404

Also, the preschool Christmas programs were cancelled due to the weather and have now been rescheduled. The congregation is invited to the Tues/Thurs program being presented on Thursday, Jan. 5th at 11 am in Haven Hall and the Mon/Wed/Fri. program on Friday, Jan. 6th, 10:30 am in the sanctuary.

*In Our Thoughts and Prayers*

One of our members, Rosmary Close, passed away on Christmas Eve. A memorial service for Rosmary will be held at CTK on Wed., January 11, 2017 at 2 pm. Please ask God to be with Rosmary's family and loved ones in the days ahead as they mourn her passing and prepare to celebrate her life. May His presence bring comfort, strength and peace.

CTK ANNUAL MEETING

Please mark your calendar for Christ the King's Annual Meeting that will be held following worship on January 29, 2017. It is very important that you attend so that you can be aware of all the things that have happened in the past year at CTK and hear about the exciting plans for our church in 2017.

POTLUCK

Fellowship potluck following worship on Sunday, January 8, 2017. Please bring a favorite dish to share! Everyone invited.

JANUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Psalm 124 9am Vineyard Worship</p> <p>9am Choir Practice 10:30 CTK Worship</p> <p>HAPPY NEW YEAR!!</p>	<p>2 Psalm 125</p> <p>OFFICE CLOSED</p>	<p>3 Psalm 126 8:30-11:30am Preschool</p> <p>7pm Discipleship Class 7pm Vineyard</p>	<p>4 Psalm 127 8:30-11:30am Preschool 9-11:30am Quilting 12:30 pm Gather Bible Study 7pm Vineyard Youth</p>	<p>5 Psalm 128 8:30-11:30am Preschool</p> <p>5:30-6:40 pm Centering Prayer 7pm Vineyard Class</p>	<p>6 Psalm 129 Pastor Dorothy Off 8:30-11:30am Preschool</p> <p>2-7:30 pm Red Cross Blood Drive</p>	<p>7 Psalm 130</p>
<p>8 Psalm 131 9am Vineyard Worship 9am Book of Faith 9 am Choir practice 10:30 CTK Worship Undecorate the Sanctuary following worship 11:45 am Potluck</p>	<p>9 Psalm 132 8:30-11:30am Preschool</p> <p>7pm Council</p> <p>6 pm Spiritual Growth Group</p>	<p>10 Psalm 133 8:30-11:30am Preschool</p> <p>7pm Discipleship Class 7pm Vineyard</p>	<p>11 Psalm 134 8:30-11:30am Preschool</p> <p>6:30-9 pm Vineyard</p>	<p>12 Psalm 135 8:30-11:30am Preschool</p> <p>5:30-6:40 pm Centering Prayer 7pm Book of Faith 7pm Vineyard Class</p>	<p>13 Psalm 136 Pastor Dorothy Off 8:30-11:30am Preschool</p> <p>2-7:30 pm Red Cross Blood Drive</p>	<p>14 Psalm 137</p> <p>1 – 5 pm Pinochle</p>
<p>15 Psalm 138 9am Vineyard Worship</p> <p>9am Book of Faith 9am Choir Practice 10:30 CTK Worship</p>	<p>16 Psalm 139 8:30-11:30am Preschool Pastor Dorothy to Byberg Worship</p> <p>6 pm Spiritual Growth Group</p>	<p>17 Psalm 140 8:30-11:30am Preschool Pastor Dorothy to Byberg Worship 7pm Discipleship Class 7pm Vineyard</p>	<p>18 Psalm 141 8:30-11:30am Preschool 9-11:30 am Quilting Pastor Dorothy to Byberg Worship</p> <p>6:30-9 pm Vineyard Youth</p>	<p>19 Psalm 142 8:30-11:30am Preschool)</p> <p>5:30-6:40 pm Centering Prayer 7pm Vineyard Class</p>	<p>20 Psalm 143 Pastor Dorothy Off 8:30-11:30am Preschool</p> <p>2-7:30 pm Red Cross Blood Drive</p>	<p>21 Psalm 144</p> <p>10-noon Preschool Open House</p>
<p>22 Psalm 145 9am Vineyard Worship</p> <p>9am Book of Faith 9 am Choir Practice 10:30 CTK Worship</p>	<p>23 Psalm 146</p> <p>6 pm Spiritual Growth Group</p>	<p>24 Psalm 147</p> <p>7pm Discipleship Class 7pm Vineyard</p>	<p>25 Psalm 148</p> <p>6:30-9 pm Vineyard Youth</p>	<p>26 Psalm 149</p> <p>5:30-6:40 pm Centering Prayer 7pm Book of Faith 7pm Vineyard Class</p>	<p>27 Psalm 150 Pastor Dorothy Off</p> <p>12-6 pm Red Cross Blood Drive</p>	<p>28 Psalm 151</p>
<p>29 Psalm 152 9am Vineyard Worship</p> <p>9am Book of Faith 9am CTK Worship</p>	<p>30 Psalm 153</p> <p>6 pm Spiritual Growth Group</p>	<p>31 Psalm 154</p> <p>7pm Discipleship Class 7pm Vineyard</p>				



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

FEBRUARY NEWSLETTER DEADLINE:
WED. JAN. 25, 2017

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

MISSION STATEMENT
The mission of Christ the King
Lutheran Church is to:

WELCOME

All people with God's unconditional love

CELEBRATE

Jesus Christ and each other

GROW

In faith through the Holy Spirit

SERVE

Human and community needs

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

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JANUARY 2017