



MENUCHA

Sacred Space - Purposeful Work

The Menucha Meander

VOLUNTEERING: THE GIFT OF SACRED SERVICE by Patty Williams with Unity

In April, the Northwest Region of the Association of Unity Churches held our annual conference for Unity Ministers, Licensed Teachers and Lay Leaders at Menucha for the fifth year in a row. This year our conference dates included Earth Day, and we chose to celebrate by offering the gift of sacred service in support of the beautiful Menucha grounds.



Unity volunteers with Menucha volunteer George Erdenberger at the labyrinth

As a part of our conference, a group of committed volunteers invested several hours working on Menucha's labyrinth; others helped to rid the grounds of garlic mustard, an invasive non-native species on the Menucha property. Project coordinator Rev. John Butler stated, "The ideal is that we leave the grounds in better condition than when we arrived. Hopefully, next year we will walk this labyrinth knowing that our fellow Unity leaders helped in a small way to build it." According to Rev. Barbara Wilson, "Although it was a wet and chilly Earth Day 2008, I could not have spent my free time in a more satisfying way. The time passed quickly, the work went slowly. I have a



Wayne Green, Unity of Spokane, pulling Mustard Garlic

healthy appreciation for the immense labor of love that Menucha's labyrinth will be when completed."



Celebrate Renewal

6th ANNUAL FUNDRAISING DINNER and AUCTION Sunday, September 7th 5-9 pm at Menucha Wine, hors d'oeuvres, dinner, raffles, and silent and oral auctions

Tickets: \$85 per person, or \$595 for table of 8
Raffle tickets for Instant Wine Cellar (100 bottles)
\$25 each, or 5 for \$100

"Celebrate Renewal" is the theme of our upcoming fundraising dinner and auction on September 7th at Menucha...a place of "ever-changing stillness" in the Columbia River Gorge. Come and enjoy an evening of celebration as we gather to support Menucha and the ministry it provides to so many—"sacred space, purposeful work." We know life can be stressful, so we are creating an evening to celebrate renewal and will be providing opportunities for you to experience your own personal renewal. Start thinking and planning now. What do you like to do when you need some "time away?" Here are just a few possibilities we are putting together:

GETAWAYS: A week in an authentic Galway, Ireland thatched-roof cottage for 8...a week in spectacular Maui or Cabo San Lucas...a week in Montana exploring the Missouri River and Yellowstone National Park...overnights on the magnificent Oregon Coast for families or couples...a weekend in Colorado

FABULOUS FOOD: Six-course dinner for 6 in beautiful Germantown Gardens...a quiet dinner for 2 at the Viewpoint Inn...fabulous Spanish dinner for 8 including tapas and wines...dinner party with live jazz in NW Portland...fine wines from local vineyards...gift certificates to a variety of restaurants from the coast to the gorge—explore and find a new favorite!

WAYS TO HAVE FUN: Admissions to a wide variety of local attractions—orchestras, museums, aquariums, gardens, and activities to get your blood circulating (bowling, mini-golf, ice skating)...gift baskets...music...gift cards

We invite you to join us as we celebrate together...tickets will go on sale July 1st!



SPRING AT MENUCHA—Spencer Parks, Executive Director

Spring has been kind of slow to start here at Menucha, at least the warm part of spring. Flowers began to poke their heads up way back in early April. In fact, the daffodils were spectacular. We had a couple of warmish days and they sprang up almost overnight. It looked like it was going to be a regular sort of spring for a while. But then the warm went away and was replaced by snow showers. I must admit, the daffodils hung in there. But there is something a bit odd about seeing these bright yellow flowers bowing their heads under the weight of snow. It was equally odd walking past the little ponds in the rockery. The few days of warmth had also summoned the frogs and they were singing their hearts out while the snow was falling fast and furious.



A couple of weeks later we had another day or two of sunshine and warm weather. That prompted the tulips to bloom. The trees have been pretty steady about putting forth their new growth all along. It's taken them longer than usual, but they are almost fully leafed out now. They do seem to take advantage of every warm and sunny opportunity. It's not that we haven't had any warm weather, but rather that we've only had a day or two here and there. In fact, just last week it warmed up enough that we put the window air conditioning units in the office. We even turned them on. However it didn't last. It seems that no sooner than something opens up to the sun, the weather turns cold and grey again. It never really got terribly cold either, mind you, just cold enough so that you really didn't want to stay outside too long, and cold enough that things didn't want to grow really well. The only advantage I can see coming from this long stretch of coolness is that the flowers didn't seem to wilt and die as fast as they would have in warmer times. All in all, I was amazed that, given what little warm and sunny weather we've had things grew as quickly and as well as they did.

In some ways this circumstance reminds me of a number of people that visit Menucha. They come immersed in their own kind of winter. I think it's a kind of greyness of the soul. There is hope there, but it's buried. There is a sense of wonder, but it's asleep. There is an excitement for life, but it's dormant. They seem to be waiting for something to come along to help them bloom. They need some special warmth, some particular brand of sunshine.

I like to think that this is where we at Menucha come in. Our staff has a gift for spreading sunshine and warmth. I have seen people really blossom here. I have seen hope restored, wonder awakened, and people really excited about living once again. All of this occurs from just a little exposure to some sun and warmth, the human kind of sun and warmth. It is the kind that is shown in our hospitality, in our meals, in the way we take care of our guests. It is even shown in the kinds of programs we offer. We like being about the business of helping people grow and bloom. We like being able to offer a little spring, even when spring is slow to come, even in the dead of winter.

So if you're tired of the cold grey weather, if you've had enough of winter, if you're ready for spring and a little color in your life, we invite you to come to Menucha. We can't promise that the weather will be any different, but we can promise that we will try and put a little spring into your life. We'll at least offer you the opportunity to bloom.

THE COOKTOP . . . A FAVORITE RECIPE FROM THE MENUCHA KITCHEN

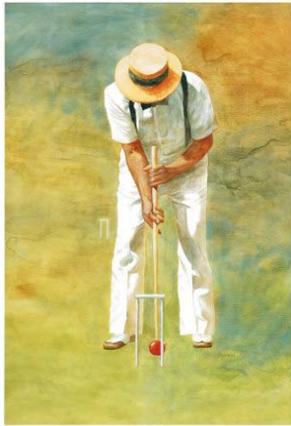
DELUXE CHIP COOKIES Makes 42 – 2 1/2" cookies



2 2/3 cups flour	2 eggs
1 teaspoon baking soda	1/2 cup white chocolate chips
3/4 teaspoon salt	1/4 cup semi-sweet chocolate chips
1 cup butter	1/4 cup milk chocolate chips
3/4 cup sugar	1/4 cup peanut butter chips
3/4 cup brown sugar	1/4 cup butterscotch chips
1 teaspoon vanilla	

Mix flour, baking soda and salt; set aside. Cream butter until light and fluffy. Add sugar and brown sugar to butter and cream until well mixed. Add vanilla and eggs and blend until well mixed. Add dry ingredients, a little at a time, until just mixed. Add all the different chips, just until combined.

Preheat oven to 350 degrees. Drop by tablespoonfuls onto non-stick cookie sheets. Bake for about 13 minutes. Cool completely on cooling racks. These cookies freeze well.



FRIENDS of MENUCHA FOUNDATION PRESENTS

The 1st ANNUAL INTERNATIONAL CROQUET TOURNAMENT and LAWN PARTY at Menucha SATURDAY, AUGUST 9th 9:30 am - 3:30 pm

Get your straw hat and come out for a day of fun at Menucha! Gather your friends for a little friendly competition to be the first engraved name on the trophy.

There are croquet matches all day long. Bring the entire family! We'll have croquet for the kids, and the pool will be open. Lunch will be provided by our excellent Menucha kitchen staff. Door prizes will be given away throughout the day.

Live music will include Ida Viper, based in Portland, with music ranging from bluegrass and swing to jazz tunes from the 20's and 30's. Mark Petteys (5-string banjo and guitar), Brian Oberlin (mandolin) and Russ Baker (standup bass) bring high-energy improvisational arrangements to their live performances that will have you dancing on the lawn!



Croquet tournament tickets: \$35 each.
Spectator tickets: \$10 each.
Tickets will go on sale soon; details to follow.

Mark your calendars for a fun day of sport, music and camaraderie at Menucha!



STAFF SPOLIGHT: Violet Pixley

Congratulations to Violet Hooser and Patrick Pixley, who were married on Saturday, April 26th at Corbett Community Church.

Violet joined the Menucha kitchen staff in August 2005 and is currently one of our fine cooks. We enjoy her bubbly personality and positive attitude.

Violet and Patrick, we wish you much joy and happiness as you begin your new life as husband and wife!

NOTES FROM OUR GUESTS

"The wonderful food was a big part of the reason I recommended Menucha to my church women, and over the years it has remained consistently good. This is my fourth retreat at Menucha. The nearness to Portland, yet removed feel, as well as the quality of the rooms and staff are all important."

"Thank you for providing this beautiful place, for completing the labyrinth, for the beautiful flowers. We loved our accommodations. Thank you to your staff; we want to come back again!"

"We loved the sense of space and spaciousness, the family-style food, and the bread!"



CERTIFICATION COURSE: REFORMED THEOLOGY with DR. CRAIG STEIN August 25-29, 2008

Meets all requirements for Certified Christian Educator, Certified Associate Christian Educator and Commissioned Lay Pastor Training

Course Description: This thirty hour intensive course is designed to provide Presbyterian Christian educators with knowledge of and an appreciation for the theological statements that are foundational for the Presbyterian Church (USA), the historical contexts out of which those confessions arose, and the contemporary significance those confessions have for the life of the church today. By means of lectures, small group exercises, discussions, and personal research, students will be able to gain a personal understanding of the Reformed theological tradition. Taught by Rev. Dr. Craig Stein, pastor of Eagle Creek Presbyterian Church in Eagle Creek, Oregon, this course will be an exciting dive into the foundational theology behind the Presbyterian Church (USA).



Craig Stein was Assistant Professor of Theology at Union-PSCE Seminary in Richmond, Virginia from 1995 to 2002. While teaching in Richmond, he oversaw numerous doctoral students in the areas of Education as well as taught classes in theology for both the Education Doctorate students and Theology Doctorate students. He taught the Doctorate of Ministry Seminar 1 as well as numerous Masters level courses including the Problem of Evil, History of Christian Thought, Costa Rica travel seminar, Community Call and Ministry, and courses in Theology including Contextual Theology, the Theology of Bonhoeffer, and an introduction to Theology.

Come join us! Registration is found at www.menucha.org.

MENUCHA'S FIRST GRADUATING CLASS!

Menucha is pleased to announce that its first graduating class of fund raisers has passed through the Indiana University Fund Raising School courses held at Menucha as a part of our program development. We had eight graduates on April 30th, including our own Rev. Spencer Parks. Five of the eight students took all four classes in the Certificate in Fund Raising Management series at Menucha.

We anticipate being able to serve the wider community of Portland and the Northwest by continuing to offer these four classes each year to the nonprofit organizations that abound in our area. If you or one of your friends, family members, or co-workers are involved with a nonprofit organization with a Development Officer or Fund Raising Coordinator (or similar title with such responsibilities), send them to our web page to check out the next course.



Beginning in November, we will start the series over again with the main week-long course entitled "Principles and Techniques of Fund Raising." Registration is available online at www.menucha.org.



THE ROCKS HOLDING UP MENUCHA: THE GEOLOGY OF MENUCHA

Paul E. Hammond

What holds up Menucha? Rock, good old hard, dark-colored rock — chiefly lava flows like much of the rock in the cliffs bordering the Gorge. This brief report has benefited from a fine study of the western part of the Gorge by Terry Tolan.*

Geologists are a little like archeologists. Archeologists dig a trench in recovering bones and old tools, and examine the walls of the trench, a vertical section in the earth. Using the law of superposition, which says that the youngest bone is at the top and the oldest at the bottom, archeologists determine the relative ages of their finds. Geologists look for steep slopes or accessible parts of cliffs to determine the order of rocks, the stratigraphy, and then portray the order in a vertical cross section (see figure, a north-south cross section through Menucha). I'll run up the section of underlying rocks, naming each in order, then explain the origin of each in the following paragraph. Please refer to the figure as you read the text.

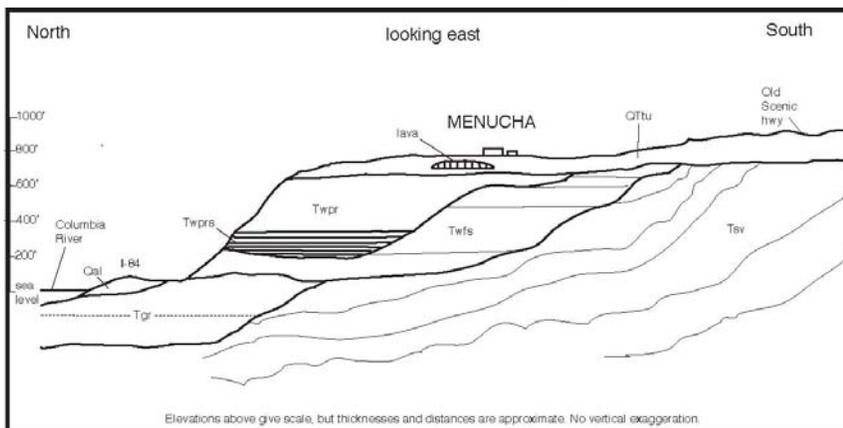
At the northeast base of the Menucha bluff, the oldest exposed lava flows, of a dense, fine-grained texture, up to about 500 feet thick, are part of the Skamania volcanic rocks (Tsv). Tsv and the other symbols in the figure are a common means of identifying geologic formations in maps and other diagrams. The next series of lava flows, extending almost to the top of the bluff, are all part of the Columbia River Basalt Group. They are also dense, fine-grained but generally darker colored than the Skamania volcanic rocks. The first two or more lava flows, about 300 feet thick, form part of the Grande Ronde Basalt (Tgr) lava flows. Next up is a stack up to five lava flows, up to about 300 feet thick, of the Frenchman Springs Member of the Wanapum Basalt (Twfs). The topmost lava flow is a single, 500 feet thick, lava flow of the Priest Rapids Member (Twpr) of the Wanapum Basalt. If one studies the cliff below Crown Point with a pair of binoculars, about 200 feet of dark-colored sedimentary rock (Twprs), forming thin horizontal stripes, lies at the base of the Priest Rapids lava flow. The Menucha bluff is capped, like icing on cake, by 5 to 200 feet of reddish brown colored sedimentary rocks, conglomerate (like cemented gravel) and sandstone, composed of pieces of basaltic lava rock, and lenses of glassy basalt lava flow, commonly showing gas holes. This deposit is the upper part of the Troutdale Formation (QTtu). A good exposure of this formation occurs along the Old Scenic Highway as it approaches Crown Point. Additional deposit shown in the figure is Qal, alluvium (sand and gravel) deposited by the Columbia River.

Now, to summarize how the various geologic formations at Menucha were depos-

ited. The Skamania volcanic rocks were erupted from several volcanoes in the area, one lying just east of Crown Point. At the close of their eruptive period, the volcanoes were reduced in height to low hills by stream erosion. After this long period of erosion, a series of fissure eruptions (from long extending cracks) of hot fluid basaltic lava occurred in the area of southeast Washington, northeast Oregon, and west Idaho. The lava of each eruption flowed down the westward gradient of the land, covering much of eastern Washington, now recognized as the Columbia Plateau. Some lava flows traveled 300 miles or more, reaching the coasts then of Oregon and Washington and descending into the Pacific Ocean. Erosional remnants of these flows occur as headlands along the Oregon coast, such as Capes Lookout and Kiwanda, Cascade and Yaquina Heads, and such promontories as Neahkahnie and Saddle Mountains, and Depoe Bay. The lava flows underlying Menucha formed a broad swath extending west from the plateau. Toward the end of the fissure eruptions, ensuing eruptions became widely separated in time; thus the streams in the east began to converge, forming a master river, the ancestral Columbia River. This river cut a steep walled channel, up to 600 feet deep, which the lava of the Priest Rapids basalt followed in its course westward. That channel is exposed underlying Crown Point. Only the west edge of that channel underlies Menucha. Another long period of erosion followed the outpouring of Columbia River Basalt. In more recent times a series of small basaltic volcanoes erupted in the general area. Ross Mountain, about 3 miles southeast of Menucha, is an erosional remnant of one of these basaltic volcanoes. The lava from these small volcanoes flowed into the ancestral Columbia River. The dynamic interchange between hot lava and cold flowing waters largely disrupted the lava flows, forming the deposits of the upper Troutdale Formation. Subsequent to these nearby eruptions the area of the Gorge and the entire Cascade Range began to rise in elevation. The abundant waters in the headlands of the Columbia River enabled the stream to maintain its course, cutting another deep channel into flows of Columbia River Basalt and underlying rock formations. The last geologic event in the Menucha area was a recent period of large volume flood waters, derived from extensive glaciers in the northern Rocky Mountains. These floods flushed out the Gorge, steeping the walls and removing rock debris from its floor, creating a spectacular

scene almost at the footstep of Menucha.

*Tolan, Terry L., 1982, *The stratigraphic relationships of the Columbia River Basalt Group in the lower Columbia River Gorge of Oregon and Washington: unpublished M.S. thesis, Portland State University, Portland, Oregon, 151 pages.*





FINALLY...OUR LABYRINTH IS FINISHED!

The year was 2005. The formal rose garden at Menucha needed a little bit of tender loving care. Menucha embarked on a restoration mission, balancing its historic value with future potential.

The design for a labyrinth was chosen to replace the formal rose garden and serve as a place for reflective thinking, meditative walking, and showcasing our historic gardens.

Today, with countless volunteer hours and work, the space has opened up and the landscaping has been worked on to restore the formal reflective space with the health of the plants in mind. The labyrinth fits in as if it has always been there. Over



FPC volunteers Eric Merrill Jr. and son Eric III



the Memorial Day weekend the labyrinth was finished, thanks to the concentrated efforts of the annual Portland First Presbyterian Church work party and Menucha staff volunteers. With just the centerpiece left to put into place, we anticipate hosting a dedication service for later in the summer. Our heartfelt thanks go to all the many volunteers that have helped make our labyrinth a reality by giving their time, labor and money.

... Directing the Feet, Settling the Mind, A Centering Journey for the Soul...

WITH GRATEFULNESS, WE THANK YOU

A special thank you to everyone who purchased roses (as of June 5th) for our Rose Garden Labyrinth. Thank you for sharing in this project with us, and for remembering the special people in your lives.

Bob Blum – two roses in memory of Lynn Hermanson Blum

Steve and Judy Chown – six roses: in memory of Frank Chown, in memory of Eleanor Chown, in memory of Charles Graham, in memory of Eileen Graham, in memory of Jim Graham, and in memory of Carol Hertvig

Will and Lauren Deming – two roses: in memory of his parents Andrew and Maidee Deming, and to honor her parents Walker and Diane Wellford

Jerry and Sally Fish – four roses: to honor their family (Jerry, Sally, Michael and Natalie), to honor Betty Jo Lee, to honor Janet Eastman, and to honor Charles and Charlotte Faries

Scott Fleck and Diane Murray-Fleck – two roses: to honor Celia J. Murray and in memory of John P. Murray

Ilene Hays – in memory of Isabella Paulson

Sara Hortenstine – two roses: in memory of Henry and Muriel Hortenstine and to honor John H. Hortenstine

Murlan Kaufman – in memory of his mother Solveig Kaufman

Ginny Bistodeau – in memory of her mother Emma Wheeler

Mary Ellen Langman – two roses in memory of her mother Florence P. Martin and father Charles C. Martin

Sharon Nelson – in memory of her husband Richard M. Nelson

Tom and Phyllis Phillips – to honor Mr. and Mrs. Edward F. Phillips

Bruce Purdy – two roses: to honor his wife Barbara Purdy and in memory of his father Lloyd Purdy

Jon Stuber - in memory of his mother Kenny Stuber

Doris Swanson – to honor her husband Gregg for his birthday

Gregg Swanson - to honor his wife Doris for her birthday

Tom and Kathy Withycombe—eight roses: in memory of Jody Withycombe, to honor Kent Withycombe, to honor Bruce and Kathy Withycombe, to honor Mike and Brenda Withycombe, and to honor Laurna and Willard Shively

Dorothy Wysham – in memory of her husband Donald N. Wysham





Donor Pledge Form

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 Contact Phone Number _____ Fax _____
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How would you like to make your monetary pledge? Please print clearly.

Amount of gift: \$ _____

Check Made payable to: Friends of Menucha Foundation

Bill me:

- Quarterly, starting _____
- Monthly, starting _____
- Semi-annually, starting _____
- Other, starting _____

Credit Card: Visa Mastercard
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 Exp. _____

Other _____
 (Call Menucha at 503.695.2243 to discuss details)

Categories of Support:

Seven Generations	\$5,000 or more
Old Growth	\$2,500 to \$4,999
Touchstone	\$1,000 to \$2,499
Journey	\$500 to \$999
Nurture	\$250 to \$499
Heritage	\$100 to \$249

Please check one:

This donation is unrestricted

This donation is restricted for _____

Signature _____
 Date _____

Compensation, goods or services have not been given by Menucha in return for this contribution

P.O. Box 8
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E-mail: office@friendsofmenuchafoundation.org
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You may join our mailing list or update the information we have for you by returning this form to us, or by contacting us:



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PLANNED GIVING: SECURING MENUCHA'S FUTURE

Remembering Menucha in your estate planning can have positive consequences for both Menucha and you. By setting up a Charitable Trust, you provide Menucha with a source of income in the future while guaranteeing yourself and/or your loved ones a steady income stream now. You may even avoid costly capital gain taxes. It's a wonderful way to support the mission of Menucha for years to come. We have excellent representatives who can speak with you and your financial planner to answer any questions you might have about planned giving or estate planning. Please call our office at 503-695-2243 for more details.

DONATE ONLINE

Now, it's easier than ever to support Menucha. You can donate using your credit card with our secure on-line form. Simply go to www.menucha.org and click on the "Giving to Menucha" link. You may also print out a Donor Form and mail it to Menucha, or simply fill out the Donor Form in this newsletter and send it to us. We are grateful for all gifts, large or small. Your gifts help us expand our program, improve our facility and reach out to groups and individuals from around the Pacific Northwest and beyond. Please contact our office if you would like to remember someone special with your gift. Thank for your continued support.