



Menucha Retreat & Conference Center
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MENUCHA . . . Sacred Space, Purposeful Work

CONTACT INFORMATION



You may join our mailing list or update the information we have for you by returning this form to us, or by contacting us:

Name _____
Address _____
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Email address _____

I would like to receive Menucha communications via:
 Email Regular mail

PHONE 503-695-2243
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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 "Donate" link. You may also print out a Donor Form and mail it to Menucha.

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.



THE FRIENDS OF MENUCHA FOUNDATION PRESENTS

our 9th Annual Fundraising Dinner

"RECIPE FOR SUCCESS"

Sunday, September 11, 2011 5:30 pm in Wright Hall

Honorary Chairs: Don and Rosemary Pullin

Guest Speaker: Al Jubitz, President and Founder of the Jubitz Family Foundation

Tickets: \$100 per person, or \$700 for a table of 8

This year's event will once again be exceptional as the Great Hall is transformed into an elegant setting. Wine and hors d'oeuvres served on the lawn to friends old and new, combined with a view of the stunning Columbia River Gorge and a beautifully presented dinner, you will enjoy an evening that cannot be duplicated anywhere else.



Al Jubitz

We are honored to have Mr. Al Jubitz as our distinguished speaker. Al and his family have memories of Menucha and Portland First Presbyterian Church that span many years. An active member and Past President of the Rotary Club of Portland, he has been a long-time supporter of the *Rotary Youth Leadership Awards (RYLA)* program. Rotary has sponsored this week-long retreat at Menucha for over ten years to recognize young leaders in the community and provide them an opportunity to expand their perceptions and ideals. Participants gain knowledge about themselves, learn to work with others, learn about world fellowship, conflict resolution and environmental issues, and enhance communication skills in order to become better citizens and future leaders. Retired from an exceptional business career spanning 34 years, Al is currently President and Founder of the Jubitz Family Foundation, Director Emeritus of Morrison Child and Family Services, and an emeritus trustee of Outward Bound Wilderness School. He also serves on the Leadership Councils of the Portland Children's Museum, Yale University School of Forestry and Environmental Studies, and the Environmental Defense Fund in New York City. His personal interests include peace building, environmental stewardship, early childhood education, and building bridges out of poverty.

The Foundation is also very pleased to announce Don and Rosemary Pullin as Honorary Chairs of this year's event. Menucha has played a major role in the lives of the Pullins for decades. They are among our most treasured supporters and ambassadors, and continue to instill the Menucha tradition into the lives of their children and grandchildren.

We invite you to join us for a very special evening featuring the culinary skills of Menucha's kitchen staff and to learn more about this year's "Recipe for Success" fundraising campaign. The kitchen's heavily used and outdated equipment needs replacement and Menucha's dedicated and talented staff work wonders preparing over 50,000 meals for guests each year.

Tickets and table sponsorships for this special evening will become available on August 1st. For more information, call Menucha at 503-695-2243.



Don & Rosemary Pullin



IT'S NOT JUST A ROOF

Spencer Parks, Menucha Executive Director

There has been a lot of activity at Menucha recently. Old broken chimneys that topped Wright Hall have been torn down and rebuilt. Old roofing has been stripped away, to be replaced by new (and more) insulation, a new veneer of plywood and new roofing. Our leaking gutters have been replaced with gleaming new gutters. Rotting brickwork under windows has been removed and rebuilt.



All in all, Wright Hall has had quite a facelift. This is a result of our successful "Raise the Roof!" campaign. It has been exciting to see everything that has been done. I was recounting all this work to an old friend of mine (and I suspect not for the first time), when he remarked, "I'm not sure what the big deal is all about. It's only a roof."

His remark pulled me up a bit short and so we changed subjects. I do tend to get overly excited about projects and sometimes rattle on and on about them. But in retrospect here is what I should have said:

It's not just a roof. It is a symbol of something much more. First, it is a concrete representation of the love and commitment a whole lot of people have for Menucha. People and foundations gave us their hard earned money (right at \$250,000 dollars) not just because we needed a new roof for Wright Hall, but because of what happens under that roof. People are nurtured here. People are cared for here. People grow here. Lives are changed here. Our hope is that people leave Menucha better than they came and a lot of people, by their donations, told us that we had been meeting that goal.

Second, it is reminder that we live in the present. In order for us to move forward, in order for us to grow and improve, we need to take care of what we have. Our values (Menucha, and the board that governs Menucha) center around the idea of stewardship. We see Menucha as a wonderful gift to be treasured and cared for. Ultimately, the concept of stewardship means that the gift that has been entrusted to us should be cared for in such a way that it is not merely maintained, but in some way made better. We didn't just put a new roof on Wright Hall, we made an old building a bit more green by adding insulation, and using materials that were, in many cases, more durable than the original. We corrected a few design flaws to insure that repairs down the road will be minor or even avoided all together. We took the opportunity to make sure that the repairs made didn't simply address a problem but enhanced the life of a grand old structure for years to come.

Third, it is a visible hope for the future. We don't see just a new roof, we see countless people who will come and live under that roof. We see the meals that will be served under that roof, the laughter that will be shared, the communities that will be built and strengthened. We see the new and exciting workshops that will be offered, the relevant and thoughtful speakers that will be heard, the timely subjects that will be addressed. We see opportunities to help our community (both near and far) grow into a more loving, just and caring place. We see all the good we can and will do. It's not just a roof; it is our promise that we will continue to be faithful to our mission.

So, with all that in mind, I'd like to invite you to come and see our new roof. It's a dandy! I'm pretty excited about it. We all are. I'd love to show it to you and tell you all about it, for you see, it really isn't just a roof.



THE COOKTOP A Favorite Recipe from the Menucha Kitchen—Enjoy!

HUNGARIAN MUSHROOM SOUP—serves 6

Prep time: Approx. 15 minutes Cook time Approx. 35 minutes

4 tablespoons unsalted butter	¾ cup milk
2 cups chopped onions	4 tablespoons all-purpose flour
1 pound fresh mushrooms, sliced	1 teaspoon salt
2 ½ teaspoons dried dill weed	Ground black pepper to taste
1 tablespoon paprika	2 teaspoons lemon juice
1 tablespoon soy sauce	¼ cup chopped fresh parsley
2 cups chicken broth	¾ cup sour cream
½ cup half and half	



Melt the butter in a large pot over medium heat. Sauté the onions in the butter for 5 minutes. Add the mushrooms and sauté for 5 more minutes. Stir in the dill, paprika, soy sauce and broth. Reduce heat to low, cover, and simmer for 15 minutes.

In a separate small bowl, whisk the half and half, milk and flour together. Pour this into the soup and stir well to blend. Cover and simmer for 15 more minutes, stirring occasionally.

Finally, stir in the salt, pepper, lemon juice, parsley and sour cream. Mix together and allow to heat through over low heat, about 3 to 5 minutes. Do not boil. Serve immediately.



GARLIC MUSTARD UPDATE

Lynn Gibbons, Assistant Maintenance Supervisor

We continue to make good progress on the Menucha grounds and roadways in our fight against the invasive garlic mustard.

The Menucha grounds and roadways have been sprayed twice and picked twice since April, using grant monies received from East Multnomah County Soil and Water (EMCSW). The control is working well.

The areas below Menucha in forested areas have been sprayed once and picked three times by Community Service groups. In addition, we have had 70 Portland State University students come to pick for 2-3 hours each. Some of the PSU Faculty had come to Menucha for a retreat, and headed back to tell their students about our battle against the dreaded plants. Areas too steep to access have no control and continue to develop monocultures to the railroad tracks below. EMCSW is controlling the garlic mustard below the cliff face.

In the Columbia River Gorge, the State Parks Department, EMCSW and the Oregon Department of Agriculture and a number of volunteer groups continue to control areas east of Crown Point. The good news is that there are no new areas of infestation.

We are encouraged by the difference we see this year due to our efforts!

Follow Menucha Retreat on Facebook for updates, videos, and Menucha news:
www.facebook.com/menucha.retreat



"RAISE THE ROOF" UPDATE

Ernie Yoder, Menucha Maintenance Supervisor



New chimney built before the old roof was removed

We hope you will take the opportunity to visit us soon. We'd love for you to see, in person, all of the improvements that have resulted from your investment in the continuing ministry of Menucha to all of our guests.

We are thankful for each of you who have contributed to this project. In addition, we are grateful to the M.J. Murdock Charitable Trust, The Collins Foundation, Meyer Memorial Trust, The Kinsman Foundation, and the Wheeler Foundation for their generous partnership in this effort.



New roof, new gutters, new brickwork

We are well on our way to a completed project! The three chimneys, the brickwork underneath the three bay windows, and the roof replacement and gutters have been finished. We will cap the three chimneys with metal caps to protect the concrete caps from deterioration.

The north patio repair is being designed; we are hoping that we will be able to upgrade our original plan to make the area more usable for our guests and future events. We anticipate completion in early September.

With some painting, and replanting of shrubbery along the bay windows, we will soon have Wright Hall looking more inviting again.



The beautiful new brickwork under the bay windows



The Friends of Menucha Foundation invites you to the
**4th ANNUAL MENUCHA
INTERNATIONAL CROQUET TOURNAMENT and LAWN PARTY**

Saturday, July 16th 9:30 am—3:30 pm

Tickets: \$35 for participants, \$10 for spectators ▪ Children 6 and under are free

OUR ANNUAL CROQUET TOURNAMENT IS FUN FOR THE ENTIRE FAMILY!

Your ticket price includes:

- *Friendly competition—all skill levels welcome*
- *Music throughout the day*
- *Coffee, juice and pastries during registration*
- *Fun door prizes, with special door prizes just for the kids*
- *Barbecue lunch prepared by the Menucha staff and served by the pool overlooking the spectacular Columbia Gorge*
- *New this year: A small Silent Auction, featuring terrific items and culinary opportunities. The proceeds of the Silent Auction will go towards new flooring in The Barn.*

Come as a participant and join reigning champion Samuel Reid as he defends his title, or bring a lawn chair and join us as a spectator to cheer on your favorite player. Wear your croquet whites and fancy hats if you'd like, or just come as you are. Maybe yours will be the next name engraved on the trophy!

TICKETS ARE ON SALE NOW! Call the Menucha Office for details—503-695-2243





MENUCHA FALL PROGRAMS

PAUL S. WRIGHT LECTURE SERIES — AUGUST 31-SEPT. 2, 2011 "Contemporary Worship in a Reformed (and always reforming) Church"



We are privileged to bring Beth Watson to deliver the Paul S. Wright Lecture at Menucha August 31 - September 2. Ms. Watson is Director of Worship Arts for the Shepherd of the Hills Presbyterian Church PC(USA) in Austin, Texas. She will engage participants in a presentation entitled, "Contemporary Worship in a Reformed (and Always Reforming) Church."

Why this topic? Watson says, "As the reformed church, with a strong liturgical tradition, the appearance of 'contemporary' worship has been a

source of heated debate for mainline congregations for several decades. With the onset of accessible technology, the debate has intensified. Sanctuaries with drum sets and screens? Some rejoice, others moan and gnash their teeth. Can we be 'contemporary' and still be... 'us'? The very word 'contemporary' brings a variety of images and opinions to mind, none of them universal. What IS 'contemporary' worship anyway?"

Come to Menucha to hear Watson's answers! Her lecture also will address what makes worship vital and relevant as well as steps congregations may take to update and revitalize the worship experience within their liturgical tradition.

Watson promises that over the two-day event, "We will explore together the experiences of other congregations as they have struggled with these same issues, and look to the Holy Spirit to move us into closer communion with God. We will sing and worship together, ever trusting that God is in our midst!"

Beth Watson is a former PC(USA) Camp Director and former Associate for Liturgical Transformation at Trinity University's Campus Ministry. Beth was the Editor for PC(USA) resource "New Song, Ed. 1 and 2", the denomination's first contemporary music resource. Beth has led music and worship at too many conferences to count, but most notably: Presbyterian Youth Triennium, Montreat Youth Conference, Pathways/Princeton Youth Forum, and Faith in 3D. Beth lives in Wimberley, Texas with her four children and dog Lucy.

We encourage anyone with a passion for worship - especially pastors, worship leaders, and youth leaders - to attend. Depending upon the housing chosen, the event's cost ranges from \$265-\$365. Commuter rate is \$227. Early Birds may add \$50 to arrive on Wednesday night for a wine and cheese reception and continental breakfast with Beth Watson before the event. Registration ends August 10.

For more information or to register, go to www.menucha.org/programs.



MENUCHA FALL PROGRAMS

FALL RETREAT FOR WOMEN WITH BREAST CANCER NOVEMBER 8-10, 2011

Sponsored in part by a grant from The Oregon and SW Washington Affiliate of Susan G. Komen for the Cure®



This retreat is designed to be a time of renewal, shared journeying and encouragement for women with breast cancer. Participants will explore what it means to have healthy minds, bodies and spirits in the midst of living with cancer.

Participants are given time to consider the impact of cancer on their lives, and to reflect upon both the difficulties as well as the potentials that now exist as a result of their experience with illness. Preparing for this retreat includes setting an "intention," in other words considering what they, personally, would like to discover on the retreat. It also begins the process of slowing down and turning inward that is crucial to getting the most from the retreat experience. At the end of the retreat, we hope participants emerge with renewed perspectives and energy.

Susan Hedlund, LCSW, returns as our retreat facilitator. Susan has been a social worker in the healthcare field for twenty eight years and has extensive experience working with individuals and families facing life-threatening illness and loss. She is currently the Manager of Patient and Family Support Services at the Knight Cancer Institute at Oregon Health and Sciences University, and is on the faculty of the Graduate School of Social Work at Portland State University.



FALL SPIRITUAL RETREAT NOVEMBER 7-10, 2011

Today, in a culture where we are constantly attached to one another via cell phones, email, chat, Facebook, Twitter, texting, or instant messaging, we forget we must have a primary connection with God before we reach out with authentic contact to others. This retreat is designed for anyone wishing to deepen practical spiritual practices.

Our first day/night we will meet one another and introduce the Spirituality Center. During our first afternoon and evening together, we will practice the discipline of silence, broken only at meal times. The following day we will have an opportunity to discuss several of the spiritual disciplines from the Spirituality Center, followed by individual choices for which disciplines to practice during the following two and a half days. Each night you will have the chance to practice the Daily Examen and spiritual journaling (journals provided).

If you have questions about this retreat, please call Scott Crane at 503-695-2243.