



Menucha Retreat & Conference Center
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Our mission is to offer the finest retreat and conference center experience possible by providing opportunities for reflection, spiritual discovery, renewal, education and enrichment for individuals, families and communities.

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 _____
 City, State, Zip _____
 Email address _____
 I would like to receive Menucha communications via:
 Email Regular mail

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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.friendsofmenuchafoundation.org and click on the "Donate Today" 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 programs, 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.



MENUCHA
Sacred Space - Purposeful Work

The Menucha Meander

THANK YOU FOR A WONDERFUL EVENING!

Joyce Malin, Friends of Menucha Foundation Board President



The Shively Family

The Friends of Menucha Foundation's 10th Annual "Top it Off!" Fundraising Dinner on September 9 began with top hats and smiles as each of our guests were greeted with a personal photo opportunity as they entered Wright Hall to begin a glorious evening with old friends and new friends. Oohs and aahs were heard during the social hour held on Wright Hall's new and expanded terrace. Enjoying fine wines and delicious hors d'oeuvres, guests took in the setting sun on the Columbia Gorge as they listened to beautiful music provided by a string quartet.

Menucha's culinary staff once again showed their colors! Well known for the more than 50,000 home cooked family style meals they prepare for Menucha guests throughout the year, this is the night they get to creatively shine. A gourmet four-course dinner that surpassed all expectations was prepared and served with friendly smiles and helpful hearts by kitchen staff to 100 guests. Menucha is very proud of Chef Becky Lindsay and her culinary team.

Honorary Chairs Tom and Kathy Withycombe and their family made the evening extra special. They shared with guests how their many years of experiences at Menucha had helped shape the lives of their family, and that tradition has now passed on to their children and grandchildren.



Kathy and Tom Withycombe



Susan Hedlund

Our emcee Chip Sammons shared how Menucha has impacted his life. Susan Hedlund, our keynote speaker, captured us all with her heart-felt message focused on her many experiences at Menucha in facilitating retreats for individuals and families facing cancer. As the Manager of Patient and Family Support Services at Knight Cancer Institute, she shared how needed and powerful retreats are. "I have been coming to Menucha for the last ten years facilitating retreats for people with cancer and their loved ones. Menucha is the ideal place for reflection and renewal, and is especially meaningful for people who are healing from serious illness."

Culminating a two-year *Recipe for Success* fundraising effort to replace the kitchen's heavily used and outdated equipment by the end of this year, the focus of the evening was to *Top It Off!* We received monies totaling \$21,386.87 from ticket sales and donations that were made at the dinner as well as those given by those who were unable to attend the event. This brings us closer to our goal of \$45,000.

Meals shared around the table are an important part of the Menucha experience. We look forward to updating you on the progress of the kitchen renovation in our next newsletter.



SABBATICAL REFLECTIONS

Spencer Parks, Executive Director

The last newsletter you received was mailed to you while I was enjoying my sabbatical. All together (vacation time and sabbatical time) I was able to take a total of 4 months away for reflection and renewal. It was an amazing experience. I am back at work now and I can truly say that my time away equipped me with new perspectives and insights, not only about my work at Menucha but about the way I view myself in general.

My first month was spent in Uganda. Sarah (my wife) and I spent most of our time teaching at a school in rural southwest Uganda (the Kamwenge Secondary and Vocational Institute). Sarah worked with Teacher Beth and the "Baby Class" (a group of about 50 kids ranging in age from 17 months to 8 years) and I went to work with the secondary students. My students ranged in age from about 13 to 40 and I was assigned the task of teaching them basic computer skills.



The conditions at the school were challenging and made us realize how accustomed we are to our many modern conveniences. There are over 200 live-in students at the school and each day they head down to the well in the village (about half a mile away) to fetch water. (I'm happy to report that the new well at the school is now operational and they have water close at hand.) Electricity was provided by a generator which runs about an hour in the morning and about 3 hours in the evening (the generator broke down after our second week but has since been repaired). There were only 6 computers onsite: 4 laptops and 2 desktops. The laptops needed 2 days to recharge the batteries and would last, at best, about 30 minutes. There was no electricity available during the day for the desktops. There is no refrigeration and meals (for 200+ students and staff) are cooked over charcoal. Despite these challenges, the teachers are dedicated and talented and the kids who attend the school are bright, happy and enthusiastic. I don't think we've ever met students who were more eager to learn. We were warmly welcomed and made to feel at home in short order. Teaching computer skills without real access to computers was tricky, but also satisfying. The students were keen, engaging and inquisitive. During our time at the school we made friends whom we'll treasure for a lifetime.

The trip was definitely life-changing. Experiencing that radical a change in culture helps put your own life in perspective. We came home with new insights into ourselves, how we live and how we want to live. I think we made some positive impacts upon the lives of students and teachers. I know they made a huge impact upon us.



The next several months were spent working on our farm. It was a good deal of manual labor and a lot was accomplished in a short period of time. At the end of each day there was a feeling of contentment with something tangible to show for my efforts. I even managed to complete a few major projects!

Couple all of the above with extended visits to friends and family on the East Coast and you have the bulk of my sabbatical. It was restful, it was renewing and I am grateful to the many that made it possible. I did make one important discovery when I returned to work. I discovered that because of my time away I came back more productive, more creative and with greater energy. I suspect this doesn't come as a surprise to many of you who have spent time here at Menucha. You already know the advantages of time

away. Frankly, I feel a bit embarrassed to have been telling folks about this for so long and waiting so long to actually experience it for myself. The long and short of it is, you really do need to get away to be your best. We hope to see you soon at Menucha - come and let us help you be your best.

BOISE FPC YOUTH GROUP MISSION TRIP SERVES MENUCHA



The Elephant Tree before

A group comprised of five adult leaders and fifteen 6th-9th graders left Boise, Idaho's First Presbyterian Church recently on a "destination unknown" mission trip. Their journey's end (known beforehand only to Associate Pastor Joanna Dunn) was Menucha, where they accomplished a great deal and had a lot of fun in the process. From July 15-20, the group performed much-needed maintenance to our trails, did rose garden metal edging work and cleanup, and painted the women's changing room ceiling to brighten it up, and painted the exterior of the changing rooms.

We were fortunate that they arrived here just when "the elephant tree," (the enormous oak downhill from Wright Hall that had a huge lower limb jutting out from it like an elephant's trunk) needed immediate attention. Ernie Yoder, Menucha's Head of Maintenance, described the situation this way: "That limb suffered a 'banana crack' which meant that it split inside. We had to take it down before it fell and hurt someone. Those Boise kids did a tremendous job, cleaning up the wood, splitting and stacking it."

The group brought their own food, stayed in The Barn, were great workers, and told us they would "spread the word" about Menucha. A week after they departed, we received a letter from Pastor Dunn, thanking us for giving them the opportunity to serve.

What an incredible gift to Menucha – thank YOU, Boise First Presbyterian Church youth and leaders! You were a blessing to us!



The Elephant Tree after



WHAT MENUCHA MEANS TO US The Withycombe Family

Tom and Kathy Withycombe

- Tom loved his work at Georgia Pacific, which required long hours and rigorous travel. He worked hard, but he played hard, too. Menucha provided him time to play all the time. Our kids remember challenging games of tennis as well as basketball—Tom’s first love.
- The first time one visits Menucha, the rewards are unknown. However, the anticipation of 3 days and 4 nights without having to prepare meals for our family of 7 during the Labor Day weekend was a much appreciated break.
- Menucha’s very special ambiance of selfless, loving care also enveloped the multiple weekends we have spent there for over 50 years—Presbyterian women’s retreats, FPC Quilters, choir retreats, men’s retreats as well as youth retreats.
- In addition to outstanding programs, a multitude of physical activities, inside and out in the beauty of God’s nature, being with friends and family and playing, one leaves Menucha with a feeling of blessed renewal.
- Menucha is like a smile. A smile is the light in the window of a face that signifies the heart is at home and is waiting. That’s Menucha! Waiting to greet you!



Members of the Withycombe family at this year’s dinner

Mike Withycombe

- Lots of childhood memories with friends like the Lawsons that continue today.
- Discovering old “rockeries”: clearing and excavating the area to original design. Note: this was actually Bruce Lawson’s Eagle Scout project which involved clearing a walkway all the way up to the ball field by Lindsay House. The original rocks and steps were literally unearthed.
- Rebuilding the picnic tables at the Kennels, sandblasting to test the integrity of the original wood, and cutting to spec the replacement planks, legs and supports. We spent three or four days, and had a lot of fun staying overnight, and jumping in the pool...a few times!

Kent Withycombe

- As a child, Menucha was a place to explore, recharge, spend time with my entire family, and get a better sense of my role in our family, and our family’s role in our church, our community, and the world.
- Family Camp at Menucha was an integral part of an ideal childhood created by two very loving, caring and giving parents. My siblings (and the Lawsons) were part of that whole schmaltzy mix.
- I remember the fantastic views from the pool, and watching the sunset from the west side of Wright Hall. It is a spectacular sight that distills the Menucha experience like no words ever could.

Laurna Withycombe Shively

- I remember the anticipation of going to Menucha as a child, and when we finally arrived, winding down the beautiful entrance way. I couldn’t get there fast enough. As an adult, when I turn into the driveway, I can feel my whole body relax and a sense of calm fill me.
- I have a favorite song from my childhood that reminds me of Menucha. It goes...“In a land, where the river runs free. In a land, where the children run free. In a land, where you and me are free to be...you and me!”

Mark Hoffmann

- When I come to Oregon to visit, I have three homes: Mom and Dad’s, Laurna’s on the farm, and Menucha.

Bruce Withycombe

- For me, the best view from Menucha is to the east from the swimming pool, when at certain times of the year you can see around the curves of the river following the mountainous areas, the reflection of the sun rising in the waters of the Columbia River even before the sun had come above the horizon.



WINTER IS THE TIME TO RETREAT

PERSONAL RETREATS

Have you ever considered spending a day or two alone? Come to Menucha for a personal retreat and get away from the noise of everyday life. As Richard Foster wrote in *Celebration of Discipline*, “We can cultivate an inner solitude and silence that sets us free from loneliness and fear. Loneliness is inner emptiness. Solitude is inner fulfillment.” Call our office for available dates in our Hideaway (only \$55 per night).

PACKAGED RETREATS

If your faith community would like to have a retreat but doesn’t have anyone able to plan or lead it, let us help! Menucha is now pleased to offer several retreat packages for smaller guest groups.

Bread and Wine - a Christian Journey

On this retreat, make bread, sip wine, and learn about Christian devotional practices. We’ve designed this retreat for groups wishing to add sensory experience to reflections on their Christian journeys. We will provide devotional materials, a tour and tasting at a local winery, and opportunities for community building. Perfect for small churches with limited time to plan a retreat.

Contemplative Retreat

We provide the time and space for silence, prayerful labyrinth walking, reflection and renewal. Visit our Spirituality Center to explore several models for practical spiritual disciplines. A retreat journal is provided. This experience is designed for 1 – 12 participants. Contact Scott Crane, Program Director, to begin your arrangements.

JUST AROUND THE CORNER:



PINK LEMONADE RETREAT for survivors and their partners Nov. 3-5, 2012

Susan Hedlund, LCSW and Sara Goodman, LCSW, return to facilitate this wonderful retreat sponsored by the Pink Lemonade Project, a Vancouver-based foundation funding ongoing support networks for those women affected by breast cancer. The two fall Pink Lemonade retreats were filled this year, and we anticipate next year’s retreats will also be in high demand. Four more retreats, two survivors events and two for survivors and their partners, will take place in 2013. The first retreat (March 1-3, 2013) will begin accepting registration applications November 1st, 2012. Stay tuned for more date releases.

MENUCHA ARTISTIC EXPRESSIONS SERIES CONTINUES

Nov. 12-15, 2012

In partnership with the Watercolor Society of Oregon, internationally known artist Kathleen Conover will join us at Menucha to teach “Chaos to Order: Watermedia Painting Workshop in Composition and Design.” Conover comes highly recommended as both an excellent artist and an excellent teacher. Only a few spaces remain! Register at Menucha.org/programs/wcwnov2012.



CONTINUING EDUCATION OPPORTUNITY FOR SOCIAL WORKERS

December 1, 2012

Susan Hedlund will lead a cancer retreat facilitator’s training seminar. This 9:00 AM to 4:00 PM training includes optional continuing education units from the Oregon chapter of the NASW. Designed primarily for counselors and social workers, the purpose of the training will be learning to plan and implement retreats for people with cancer. Planning, structure, activities, and evaluation will all be addressed. It is helpful if participants have had some experience with facilitating groups.

PASTORS UNPLUGGED February 3-6, 2013

Pastors Unplugged is a time for pastors and their spouses to unwind, relax and renew. Rev. Robin Garvin will be present, Bible in hand, for optional exploration of discipleship themes and scripture study. Make this your annual event for “less conference – more conversation.”



THE PROJECT IS FINISHED!

The final piece of our "Raise the Roof" project was completed on August 27th. The installation of the gas fire pit has become a delightful addition at the west end of the brick terrace overlooking the scenic Columbia River.

We've received so many positive comments from guests about the new chimneys, roof, terrace, fire pit, and the meandering path at the east end of Wright Hall.

A special thanks to everyone who contributed their time, labor and resources to the successful completion of all the improvements that will enrich the ministry of Menucha and First Presbyterian Church of Portland.



We hope that you will take the opportunity in the near future to experience all that Menucha has to offer. We think you'll like what you see!

THE COOKTOP A Favorite Recipe from the Menucha Kitchen

BLUEBERRY CHEESECAKE ICE CREAM

Adapted from multiple recipes found online

This delicious ice cream was served at our 10th Annual Fundraising Dinner in chocolate cups with fresh whipped cream and a cherry on top. The blueberries were picked on the Menucha property at the McCall House.

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| 2 cups granulated sugar | 1 cup half-and-half |
| ¾ cup Neufchatel (low fat cream cheese) | 3 cups fresh blueberries, coarsely chopped |
| 4 large egg yolks | ¼ cup powdered sugar |
| 3 cups 2% milk | ¼ cup water |

Combine sugar, Neufchatel and egg yolks in a large bowl and beat with a mixer at high speed until smooth. Combine milk and half-and-half in a heavy saucepan; bring to a boil. Remove from heat. Gradually add hot milk mixture to cheese mixture a spoonful at a time, stirring constantly with a whisk. This is to temper the mixture and not cook the egg. Once it has all been incorporated return to pan. Cook over medium-low heat until a thermometer registers 160°, stirring constantly. Place pan in an ice-filled bowl and cool completely, stirring occasionally.

Combine blueberries, powdered sugar and water in a small saucepan; bring to a boil. Reduce heat and simmer for 10 minutes or until mixture thickens slightly, stirring frequently. Remove from heat and cool completely.

Once both mixtures are chilled, combine and refrigerate several more hours until very cold. Pour into freezer can of ice-cream maker. Freeze according to manufacturer's instructions.

Put ice cream into a freezer-safe container; cover and freeze for one hour or until firm.



AND THE WINNER IS . . .

Congratulations to Samuel Reid, for winning his third straight title as Champion of the 5th Annual International Croquet Tournament and Lawn Party, held Saturday, July 14th at Menucha.

We couldn't have asked for a more beautiful day! 30 players competed to have their name on the coveted Menucha trophy, cheered on by a crowd of enthusiastic spectators.

The day started with coffee, juice and tempting pastries, prepared by Menucha's kitchen staff and served on our new Wright Hall terrace overlooking the spectacular Columbia River Gorge. Teams were announced, courts assigned, and the first rounds were underway. The Loafers joined us again this year, and provided great live bluegrass music.



From left, George Webb (2nd place), Cam Webb, Champion Samuel Reid, Dylan Reid and Erich Merrill (3rd place)



Silent auction coordinator extraordinaire Joey Razzano and Tournament Chair Carolyn Nesbitt

Our wonderful emcee, Melinda Thorsnes, gave away a variety of fun door prizes throughout the day. Many thanks to our Tournament Chair Carolyn Nesbitt, along with Joey Razzano, who put together a fabulous silent auction to add to the excitement of the day. There were baskets galore, along with artwork, home baked goodies, hand made jewelry, Trailblazer tickets, and much more. The bidding was friendly and spirited, and folks took home some great items!

Before the final rounds of the day took place, everyone headed to the pool picnic area for a delicious lunch, prepared by the Menucha kitchen staff. Our Head of Maintenance Ernie Yoder manned the barbecue, and received rave reviews for his Amish chicken, a recipe he has perfected!

We raised \$4200, which will go toward our "Top it Off" project to replace aging kitchen equipment and purchase a new hood. Many thanks to our fabulous team for helping to make this year's tournament a success:

- Tournament Sponsor, Leamy Printing and Design
- Tournament Chair Carolyn Nesbitt
- Judges Daniel Dick, Dave Fuller, Mike Killion, John Leamy, Forrest Nesbitt, Chris Rasmussen, Russell Smith and Elizabeth Smith
- Volunteers Helen Crowell, Andrew Wendeheart and Amy Wood
- Silent Auction coordinator Joey Razzano
- Emcee Melinda Thorsnes
- The Loafers Bluegrass Band
- Photographer Judy Wilson
- The entire Menucha staff

We hope you will consider joining us next year! Mark your calendars for Saturday, July 20th!

