



**Menucha Retreat & Conference Center**  
**PO Box 8**  
**Corbett, OR 97019**

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*Menucha is a sacred sanctuary held in stewardship as an ecumenical, community-based mission of First Presbyterian Church – Portland. 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:

**PHONE** 503-695-2243  
**FAX** 503-695-2223  
**EMAIL** office@menucha.org  
**MAIL** PO Box 8  
 Corbett, OR 97019

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

## 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](http://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.



## OUR KITCHEN REMODEL IS FINALLY UNDERWAY

We are so excited to update you on the progress of our kitchen project.

After an unexpected delay, we are making great progress. When the project is completed, the Friends of Menucha Foundation will have raised—and spent—\$105,000. We will have replaced every piece of cooking equipment that we had, and added three more pieces (a tilt skillet, a second stacked convection oven, and a beverage cooler). A new hood will accommodate the equipment and brings us into compliance with current building codes. The old equipment was not out of compliance, but was grandfathered in over the years.

The new equipment is more energy efficient. The new equipment will allow us to expand the repertoire of what we will be able to prepare. In addition, it is going to change the way we cook the food, but the taste we're known for will not change!



Already we have a more efficient kitchen in the way people work, with the beverage station/ice machine and bake shop consolidated into their own areas. The newly constructed serving window (pictured above) is welcoming, and has an "open kitchen" feel. It is our hope that it will provide an easier and speedier way for guests to get hot food to their tables.

Excitement is building, and the kitchen staff has done well working around the different phases of the project. We expect to be finished by the end of March, and hope you will take the opportunity to "peek through the window" and see all the new improvements we've made.



**“THE TIMES THEY ARE A-CHANGIN’ ...”**  
*Spencer Parks, Executive Director*

If all goes well, by the time you read this our kitchen renovation project will be finished! Due to circumstances beyond our control the project was delayed by about three months, but we’re back on track and progressing quickly.

This renovation project represents a major shift in the way we operate our kitchen. We’re not only replacing old, worn-out equipment, we’re also introducing equipment that we’ve never had before. We will also be making a fairly dramatic change to the flow of the work done in the kitchen. With the end in sight, folks are getting excited. Well....most folks. I’ve noticed that some of our people in the kitchen are approaching the new project with a bit of trepidation. There are, after all, a lot of new things to learn. The people who have practiced a well-choreographed ballet for so long will have to learn a few new steps! Change is never easy and no matter how exciting the prospects for the future are, there is always a bit of anxiety and uncertainty over the unknown.

By and large, we specialize in change here at Menucha. When you think of us you might most often think of a restful, peaceful environment where you can recharge your batteries. While that’s true, when you come right down to it, most folks come here to work on some type of change. Many of our guests who come with addiction recovery groups are here because they are committed to making very tough changes that will alter their lives for the better. We sponsor Cancer Survivors Retreats to support and assist women who are also dealing with difficult changes not only in their lives, but in the lives of their families.

Not all folks who come here are dealing with personal change. We have a number of groups who are from education institutions, governmental organizations, churches.....there really is quite a list. These folks come here because they either want to change something within their organization or within our society as a whole. Whether it’s working on building better community and stronger relationships within a congregation or developing new strategies for neighborhoods to address the problems of racism and homelessness, it’s all work towards change. No matter whether it’s personal change, small group change or change on a much larger level, it’s never easy and it always produces some anxiety and uncertainty.

That’s where we come in. You see, it’s that restful and peaceful environment that, in part, makes a lot of this change possible. Our goal is to take care of you and to take as much of the anxiety out of the equation as possible so that while you’re at Menucha you are able to concentrate on the changes you need to face or make. It doesn’t matter whether they are large changes or small changes, part of our mission is to give you room to breathe so that anxiety and uncertainty doesn’t become overwhelming. Change becomes a possibility at Menucha and it doesn’t seem quite as daunting.



So, we come full circle back to our kitchen project. We love and nurture people by feeding them good food. To that end we have updated our kitchen so that we can prepare a greater variety and a higher quality of tasty dishes. Sure, it will shake things up in our kitchen for a while, but our guests are not the only folks who need to face and conquer change. In the end, it helps us learn a little more about what you might experience when you visit us and that helps us provide you with as peaceful and anxiety-free an environment as possible. We hope to see you soon. Come and see what our change is all about.

*Left: Local craftsman Michael Yost*



**SAVE THE DATES!**

**6th ANNUAL MENUCHA  
INTERNATIONAL CROQUET TOURNAMENT  
and LAWN PARTY at Menucha**

**Saturday, July 20th • 9:30 am - 4:00 pm**  
**Ticket price: \$35 participants, \$10 spectators**

If you like to play croquet, or simply enjoy watching the game, plan to join us for our 6th Annual Croquet Tournament this summer!

The tournament is fun for all ages, with friendly competition, live bluegrass music, and door prizes for the young and the young at heart. Again this year we plan to have a small silent auction with a variety of items.

Pastries, coffee and juice on arrival, and a barbecue lunch by the pool overlooking the spectacular Columbia River Gorge are all included in your ticket price.

We invite you to come as a participant and challenge our three-time defending champion Samuel Reid, or join us as a spectator cheering on your favorite player. If you’d like, wear your croquet whites and fancy hats! Tickets will go on sale later this spring. We hope to see you on July 20th!



**11th ANNUAL  
MENUCHA FUNDRAISING DINNER  
presented by the Friends of Menucha Foundation**  
**SUNDAY, SEPTEMBER 8th**  
**5:30 pm in WRIGHT HALL**

We invite you to join us in September as we gather for an evening to enjoy and support Menucha.

A beautifully decorated Wright Hall...wine and appetizers served on the terrace overlooking the beautiful Columbia River Gorge...a spectacular dinner prepared by the talented Menucha kitchen staff...an evening of celebration!

The highlight of the evening centers around Menucha. We hope you will join us to hear firsthand how important Menucha is in the lives of the many guests who come here.

Tickets for table sponsorships and individual seats will go on sale mid-summer.

We hope you will plan to be part of this special evening.





## UNCOVERING A PIECE OF OUR PAST

Those of you who are coming to Menucha this year may notice the uncovering of the rock wall that lines the entrance road.

In 1926, when Wright Hall was built, Menucha was transformed from a rustic farm to a modern estate. Part of the improvement included the construction of a serpentine entrance road, with a birch alley and stonework on the upper side and a split-rail cedar fence with pink roses lining the downhill side.

The fence and roses are long lost, and the birch trees are succumbing to age and weather, but the stone wall remains. After 90 years, the stones have become buried under soil and moss, and in some places are completely hidden. With help from a crew from the Alternative Community Service of Multnomah County, the work of uncovering these beautiful stones has begun.

The stone masons who built the entrance road, as well as the rockery, were Dennis Murphy (the principle stone mason) and his assistant Jerry Shay. The work took them three years, with the rock coming from Corbett quarries on Mershon Road and Larch Mountain.

Thank you to the volunteers from Community Service and crew leader Denise Hansen for their back-breaking restoration. Dennis and Jerry would be pleased that their hard labor has been rediscovered.

## NOXIOUS WEEDS BEWARE!

Noxious weed control continues this spring thanks in large part to a grant from the East Multnomah Soil and Water Conservation District (SWCD).

Students from the Environmental Science Department at Portland State University has had students coming to Menucha for the last four years to pull garlic mustard and cut ivy from trees. This work is part of the students' course work and final grade, and gives them a first-hand look at the destruction of native systems due to invasives. In 2012, 100 students each volunteered three hours, adding up to 300 hours of work on our grounds!

Thank you to Dr. Richard Dewey and his students at PSU, and to our other noxious weed partners:

- John Cowan, Oregon State Parks
- Julie DiLeone, East Multnomah SWCD
- Multnomah County Alternative Community Service



PSU Students after a successful day of cutting ivy from our trees



## EASTER SUNRISE SERVICE AT MENUCHA Sunday, March 31st 6:30 a.m.

We invite you to join us for our annual sunrise Easter service in the Reformed tradition, led by the Presbyterian Churches of East County.

Weather permitting, we'll worship at the edge of the Gorge near our pool. Otherwise, we'll meet in Wright Hall in front of the fireplace. There will be pastries and warm beverages after the service.

For over 60 years Menucha has welcomed visitors as a community-based ministry of First Presbyterian Church of downtown Portland.

Menucha is located at 38711 E. Historic Columbia River Highway in Corbett, 22 miles east of Portland.

All are welcome here. We invite you to gather with us as we celebrate our Lord's resurrection.

*"He is not here, for He has risen, just as He said." (Matthew 28:6)*

## THE COOKTOP

### A Favorite Recipe from the Menucha Kitchen

#### DOUBLE RICH CHOCOLATE COOKIES Makes 25 large cookies

- |                        |                        |
|------------------------|------------------------|
| 2 ½ cups flour         | ¾ cup sugar            |
| ½ teaspoon baking soda | 1 cup brown sugar      |
| ¼ teaspoon salt        | 3 eggs                 |
| ½ cup cocoa powder     | 2 teaspoons vanilla    |
| 1 cup butter           | 2 cups chocolate chips |



Preheat oven to 325° F. Combine flour, baking soda, salt and cocoa powder in a bowl and set aside. Cream butter until soft and creamy.

Add sugars and mix well. Add eggs and vanilla; beat until light and fluffy. Add flour mixture, a little at a time, until just combined. Add chocolate chips, until just combined.

Bake on parchment-lined cookie sheet for about 14 minutes.

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@MenuchaRetreat



## UPCOMING MENUCHA PROGRAMS

For additional information on any of our programs, please go to our website: [www.menucha.org/programs](http://www.menucha.org/programs)



### MOUNTAIN DULCIMER FESTIVAL May 30-June 2, 2013

Our 4th annual festival has an exciting lineup of faculty: Nina Zanetti, Robert Force, and Erin and Amber Rogers of Scenic Roots. Pack your lap dulcimer and music stand—we would love to have you join us!

### PINK LEMONADE RETREAT FOR BREAST CANCER SURVIVORS June 7-9, 2013

This deeply moving retreat focuses on the path forward after cancer. Participants take a look at their life and engage in thoughtful discussion as well as collage and other activities. They leave invigorated with a plan for self-care.



### SUMMER WATERCOLOR WORKSHOP "Flow and Form: The Synergy of Ebb and Flow Painting" June 9-14, 2013

We are pleased to partner with the Watercolor Society of Oregon to bring Robbie Laird to Menucha for four full days (9 am—4 pm) of painting.

A perfect summer enrichment opportunity for art teachers and painters alike!

### WRIGHT LECTURE SERIES: Phyllis Tickle on Emergence Christianity October 13-15, 2013

Phyllis Tickle, one of the most sought-after voices on the state of Christianity today, is author of *The Great Emergence* and *Emergence Christianity: What It Is, Where It Is Going and Why It Matters*. The Wright Lectures is your chance to hear her in an intimate setting (space is limited to 60 participants) with ample opportunity for questions. Tickle is frequently quoted in print sources (*USA Today*, *Christian Science Monitor*, and *The New York Times*) as well as in electronic media (PBS and NPR).



## SCOTT'S THOUGHTS

*A few words from Scott Crane, Menucha Program Director*



At first glance, one might think that Menucha seems to be drifting to the artsy side a bit more than the spiritual with our program offerings. Let me point out that often times artistic expression is one of the only gateways left to some people when finding the way to their spiritual home, whatever that may be.

I was reminded of that as I drove through the darkened foggy skies of the Portland metro area on my way to work last week. Emerging from the thick soup that seemed to hang over the city, I broke out into sunny skies just past Troutdale, the "gateway to the Columbia River Gorge." When I arrived at work about ten minutes later, I paused in front of the office and looked back west. Menucha sat up above the cloud and fog bank, bringing the metaphor to me of being in a place that offers clarity of sight for the journey, no matter what activity is taking place, and receiving that internal message that in effect says, "All of life is mountain and valley, until we all eventually follow our rivers of life down to the ocean and across to our farther shore."

Our programs, no matter what they may be, are an invitation to come away for a while to the mountain and see more clearly.

## A FEW COMMENTS FROM OUR WONDERFUL GUESTS

"Your bread is the best!" "Thank you for the lovingly prepared meals."

"Homey, clean and warm. You've made a 90 year old building feel comfortable."

"What a beautiful view!" "Love the grounds; the rock wall on the entrance road is beautiful."

"I had so much fun! I feel really relaxed here." "Thank you for a peaceful visit."

"Staff is very nice and accommodating. Great customer service. Everyone went out of their way to help us and make us feel welcome."

"The meals were excellent...in fact, beyond excellent! The bread is off the charts. I hope you always serve it. It feels sacred."

"It was wonderful to have so many new and tasty dishes! I've been coming here for several decades, and really noticed a huge improvement in the food this weekend in terms of variety, taste and overall quality. Great job!"

**THANK YOU . . . WE ARE GRATEFUL!**