



- 7th ELT Scholarship Committee
- 14th Esther Circle
- 21st UMM Pancake Breakfast
- 28th Endowment Board

Coffee Hour responsibilities include the set-up and clean-up of the coffee pots and providing refreshments for both the 8:30 AM & 11:30 AM Coffee Hour times in Criswell Hall.
Thank you to all who participate in providing for this special time!

September



- | | |
|--|---|
| 1st Closed for Labor Day | |
| 2nd Trustees | |
| 3rd Senior Health Screen. Staff-Parish | 18th Preschool Board Yellow Umbrella |
| 4th People's Kitchen Church Council | 18th Finance Committee |
| 7th Green Umbrella | 20th UMM Meeting |
| 9th Communications | AG UM Children's Center Family Fun Day |
| 10th Blue Umbrella | 21st Pancake Breakfast |
| 11th Esther Circle | 25th Red Umbrella |
| 13th RUMP | |
| 16th JOY Circle | |
| 17th Mary-Martha Circle | |



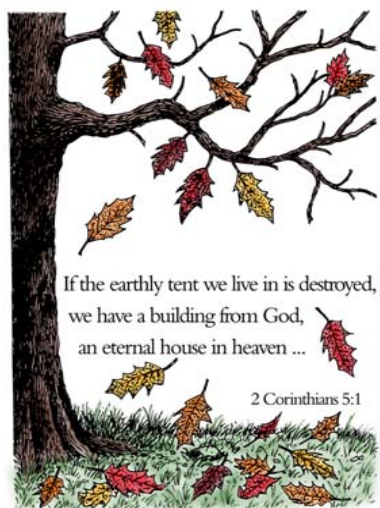
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Pastor: Rev. David Burgeson
Min. of Visitation: Rev. Harold Headrick
Secretary/ Newsletter: Sarah Barber

Bookkeeper /Consultant: Victoria Gandy
Multi-Media Coordinator: Sean Lehman
Website manager: Jamie Foster
Music Director: Julie Walters
Praise Team Leader: Susan Coho
Pianists: **open position**
Organist: Don McGuire
Grande Ringers Director: Leonard Lutz

Puppet Coordinators: Willy Ford-Raetz & Mike Herber
Youth Directors: Mike & Linda Herber
Children's Director: Nancy Baughman
United Methodist Children's Center
AG UM Children's Center Director: Madrigal (Maddy) Quaglino
Children's Center Office: (805) 481-2223

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The First United Methodist Church of Arroyo Grande

Cast~A~Net

SEPTEMBER 2008

"The kingdom of God is like a net that was cast into the sea" ~ Matthew 13:47
Phone: 805-481-2692 Website: WorshipWeekly.com Email: FUMCAG@sbcglobal.net



EXPLORE THE ADVANTAGES OF INVOLVEMENT & BELONGING

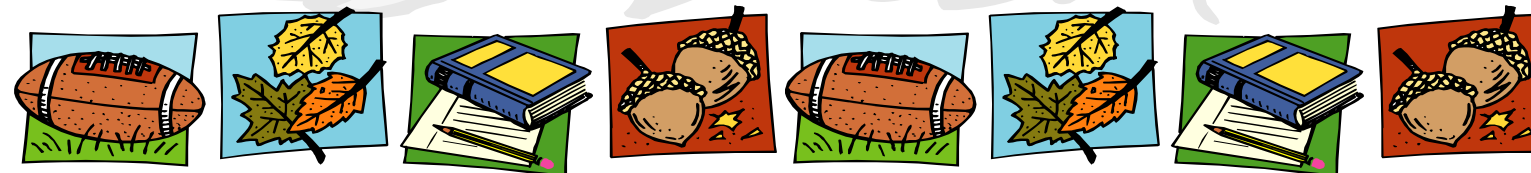
There's a small group for you! by David Beaman

One has only to check out the Calendar Page included in each monthly issue of the Cast-A-Net to see the vast availability of committees, organizations, outreach groups, classes and service clubs that provide opportunities for ALL age groups. Becoming a participant in these opportunities enriches your membership because you give of your time and experience for the benefit of your fellow members in the congregation and add to the success of sustaining and enhancing the mission of the church. Any amount of commitment you bring in service adds to your knowledge of operation details which may lead to sharing your ideas for improving the programs.

The First United Methodist of Arroyo Grande offers many possibilities for your involvement in the operation of the church; an outlet for your abilities, a place for socializing and making new friends, an opportunity to answer the call you have for charitable service to others, training and instruction for improving and practicing your talents, the sharing of your professionally acquired skills for the benefit of others, the chance to expand your knowledge and understanding of the Bible, serving in the network that provides spiritual comfort and care for the church family.

See page 14 - 17 for a listing of opportunities and choose what you can use yourself or what you might suggest to a friend or potential member you would invite to church.

First United Methodist Church of Arroyo Grande - "Every member a missionary"



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Inserts

Children's Center Chronicle



Cast-A-Net

COMMITTEE CHAIR: David Beaman
LAYOUT EDITOR: Sarah Barber
COPY EDITOR(S): Sarah Barber, David Beaman, and Virginia Mothes
COMMUNICATIONS COMMITTEE: Sarah Barber, David Beaman, Reverend David Burgeson, Sean Lehman, Virginia Mothes, Sandy Schwarzer, and Jerry Smith.
DEADLINE—10th of each month
 If you have an article or story idea that you would like considered for upcoming issues, please submit them to the church office by the above date.
ADDRESS UPDATES:
 Do you want us to remove you from our mailing list or need to update to your information or add a friend? Contact our church office at (805) 481-2692 or e-mail us at FUMCAG@SBCGLOBAL.NET

Rev. David Burgeson



FROM THE PASTOR

Amber and I had a good vacation just missing two tropical storms, we visited New Orleans, Florida and Nashville and let me say it again it's good to be back amongst you. I want to share with you some of the specifics during the next few weeks. I want to thank Pastor Harold Headrick for covering for me and for Sarah Barber our Church Secretary for keeping me aware of important matters while I was away.

September is the month when we head back to school and while groups that haven't met for a while are back meeting. There is a lot beginning and let me invite you to incorporate into your calendar those meetings and happenings that you are a member.

Last month I said in my Pastor Notes that I wanted to share with you how we might get better acquainted. First I want you to know I am available for visits so we might get to know a little more about each other. I will be visiting our shut-ins during September and also during September and October if you would like a visit here at the church office or in the home, please contact our Church Secretary, Sarah Barber to arrange a time. I will also be in meetings so we might be able to visit as well.

Our church will be celebrating 125 years in ministry here in Arroyo Grande next year, as we celebrate our past, present, and look to the future. We are in the beginning stages of planning for our celebration. But we need to have your help. We need you give to us your suggestions on how we might celebrate this time in our church history. Yellow cards are in the pews at church with your suggestions and indicating what area you would like to be involved in, let me encourage you to do so soon. Thanks to Larry and Pat Wiemers for co-chairing this committee, and for the people who have stepped up already by volunteering and with suggestions for this a wonderful occasion.

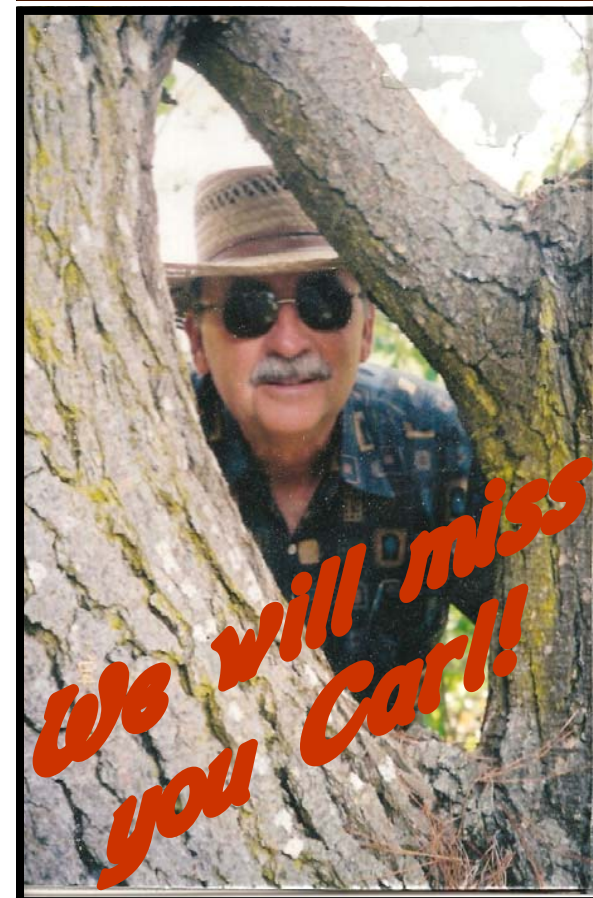
In Ministry Together,

David



"MALACHI MOUSE SAYS..."

Only YOU can help "feed" Malachi Mouse. Do you have some interesting news? Vacations, weddings, births, good golf scores, any announcement that's fit to print? Drop your news by the church office.



WE HAVE FELT A GREAT LOSS WITH THE PASSING OF 3 CHURCH FAMILY MEMBERS SINCE OUR LAST ISSUE...

A FOUNDATION BUILDING MEMBER HILO FUCHIWAKI; UMM PRESIDENT, CARL KLIESCH; AND MRS. THELMA OTTESON ALL WENT TO BE WITH OUR LORD IN AUGUST. WE HAVE GREATLY APPRECIATED THEIR LOVING PRESENCE AND APPRECIATE ALL OF THEIR CONTRIBUTIONS TO OUR CHURCH FAMILY. THEY WILL BE MISSED! WE WILL SEE YOU IN THE CHURCH TRIUMPHANT!

In loving memory of our mom,
Jean Elizabeth Olson
 1930—2008

We rejoice with you this day July 25, 2008 in the many ways you touched our lives.

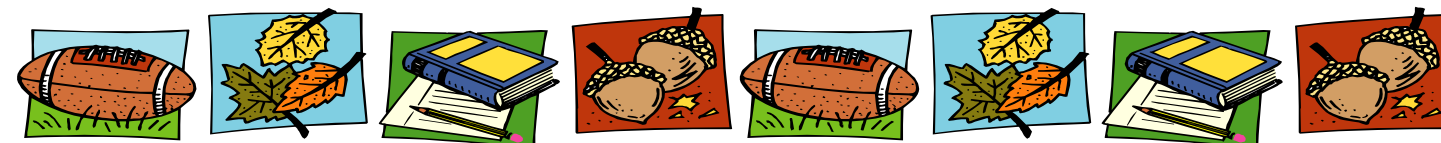
Thank you for all of your prayers, love and support!
 Cindy Beaudoin, teacher
 AG UM Children's Center



September

Ruth Joy	3
Hilde Hollinger	3
Marj Cawelti	5
Kay Walker	6
Carleen Minkler	8
Warren Holt	10
Yvonne Holt	11
Sally Weitkamp	13
Ann Bowers	14
Bob Atwood	14
Ben Baughman	14
Bob Thronson	16
Burt Cochran	16
Jan Treat	18
Betty Ann Quintana	18
Clydean Headrick	19
Peg Gallop	21
Judy Atwood	26
Elvon Houlding	28
Lois Fry	28
Claire Jacob	29
Jeremy Burns	29

OOPS! *Did we miss your birthday? Would you like to have your name or a family member recognized? Please let us know! We would love to hear from you!!*





Bible Quiz

What was God's plan for Adam in the Garden of Eden?

- A. To till it and keep it
- B. To manage the animals
- C. To enjoy its beauty and the food all about him
- D. To fill it with people

Answer: A (See Genesis 2:15, NRSV.)



Exposure to the sun may prevent burning!



IN CASE OF EMERGENCY

(more effective than 911!)

Are you sad?	John 14
Have you sinned?	Psalms 51
Does God feel far away?	Psalms 139
Your faith need a boost?	Hebrews 11
Feel alone and scared?	Psalms 23
Worried?	Matthew 8:19-34
Hurt or Critical?	I Corinthians 13
Wonder about Christianity?	2 Corinthians 5: 15-18
Feel out cast?	Romans 8: 31-39
Looking for Peace?	Matthew 11: 25-30
The world feel bigger than God?	Psalms 90
Need Christ like insurance?	Romans 8: 1-30
Leaving on a trip?	Psalms 121
Praying for yourself?	Psalms 87
Need courage?	Joshua 1
Are you facing danger?	Psalms 91
People have failed you?	Psalms 27
Financial investments & inflation on your mind?	Mark 10: 17-31
Depressed?	Psalms 27
Bank account empty?	Psalms 37
Loosing faith in mankind?	I Corinthians 13
People are unfriendly?	John 15
Loosing Hope?	Psalms 126
The world feel small compared to you?	Psalms 19
Want to bear fruit?	John 15
Paul's secrets to happiness	Colossians 3:12-17
Big opportunity/discovery?	Isaiah 55
Help getting along?	Romans 12
Alternate Numbers	
Dealing with fear?	Psalms 47
Need security?	Psalms 121:3
Need assurance?	Mark 8:35
Need reassurance?	Psalms 145:18

Taken from Voice—The Word August 2008 Santa Maria UMC



The Healthy Corner

By Patti Melsheimer

A Stubbed Toe or A Sprained Ankle or ???

Have you ever awakened to pain in your big toe or ankle? Did you think you must have bumped your toe or sprained your ankle but can't remember when it happened? Maybe you are having an attack of gout! Gout is a kind of arthritis and can cause an attack of sudden burning pain, stiffness, and swelling in one of your joints, often your big toe. These attacks can happen over and over unless gout is treated. Over time, they can harm your joints, tendons, and other tissues. Gout is most common in men.

Gout is caused by too much [uric acid](#) in the blood. When uric acid levels in the blood are too high, the uric acid may form hard crystals in your joints. Your chances of getting gout are higher if you are overweight, drink too much alcohol, or eat too much meat and fish that are high in chemicals called purines. Some medicines, such as water pills (diuretics), can also bring on gout.

Although the most common sign of gout is a nighttime attack of swelling, tenderness, redness, and sharp pain in your big toe, you can also get gout attacks in your feet, ankles, or knees. See your doctor even if your pain from gout is gone. The buildup of uric acid that led to your gout attack can still harm your joints.

To stop a gout attack quickly, your doctor can prescribe a large daily dose of one or more medicines. The doses will get smaller as your symptoms go away. Relief from a gout attack often begins within 24 hours if you start treatment right away. To prevent future attacks, your doctor can prescribe a medicine to reduce uric acid buildup in your blood.

To ease the pain during a gout attack, rest the joint that hurts. Taking ibuprofen or another [anti-inflammatory medicine](#) can also help you feel better. But don't take aspirin. It can make gout worse by raising the uric acid level in the blood.

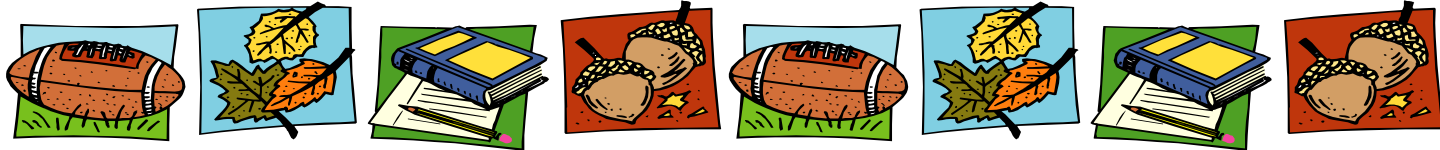
Changing the way you eat can help you manage your gout. Eat a healthy mix of foods so you get the nutrients you need. Limit foods like meat, fish, and beer. Drink plenty of water and other fluids.



GIVEN FOR YOU

join us AT THE LORD'S TABLE!

Holy Communion is observed on the first Sunday of each month as part of our 10:30 AM *Traditional Worship Service* and every Sunday during our *Contemporary Worship Service* at 8:30 AM.



Grandparents and the Success of School Children

By David Beaman

We are approaching the time when children will return, or initially start, the next school term. In the complex nature of this day and time, when the alarming statistic was recently published that 24% of California school children state wide (127,292) dropped out before high school graduation in 2006/'07 term, it continues to remain essential that every student is properly educated and able to adjust and thrive in the quest of a successful and fulfilling life. Closer to home, the rate for San Luis Obispo County is 15% dropout, although an improvement over the State number, that too, is much higher than should be tolerated.



Our AGUMC congregation includes many members who are grandparents and who are a valuable source for sharing inspiration and life experience that can have a profound and beneficial influence, not only on school life, but the entire life facing their grandchildren.

The obvious best chance for success is for the child's parents to take the lead role in the development of the child and for the grandparents to contribute their complementary support and confirmation.

PART ONE—Here are some ideas and areas that can help the child succeed: Everyone agrees young children love having someone read to them. The bond of sharing the stories lasts a lifetime. Children never tire from hearing the same story over and over and they can very soon reward the reader by quoting the whole story line, which is a valuable sign of favorable memory development.

All humans respond to a consistent routine of daily activities that form orderly habits, develop a positive sense of responsibility, participation, comfort, compatibility, belonging, cooperation and realization of the existence of the family unit. Ideally, when grandparents share in the development process of a child, they also provide support to the child's parents. The child senses the positive function of the family and accepts the beneficial events as a welcome and nurturing life experience.

Have not we all observed how grandchildren openly express and acknowledge their love for Grandma and Grandpa and vice versa from grandparents to the child? There seems to be something magically at work that never fails to form that bond. The hope is, that the experience we share during the very impressionable infant stages will carry on into the more difficult times of adolescence when the child begins to "find their own way". This implies that the bond with the child must continue to flourish into the teen years when the tragic impulse can overtake the unprepared child who makes the mistake of becoming one of the statistics mentioned in paragraph one above.

All of us want the child to experience success and all the very best life has to offer, including a positive attitude, empathy for others, "love of life", enthusiasm, interaction with family and friends, where to come for comfort and reassurance, and the list goes on and on.

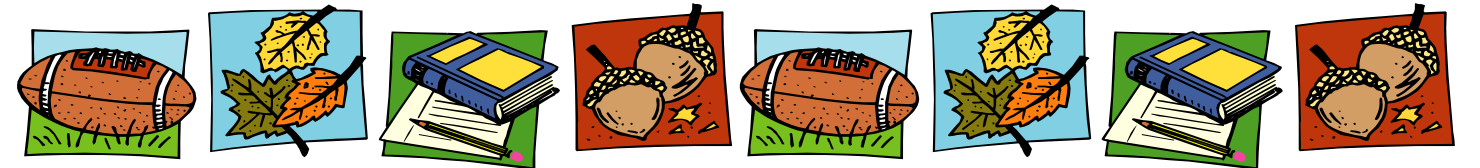
PART TWO - For a child from a disadvantaged home, or one who lives far away from their grandparents, or has no grandparents: Educators will readily confirm the benefits of multigenerational family life for children that provide wisdom, respect, life experience and nurturing of and by the elders.

Continued Grandparents page 5

UM Youth News



Look to next month's issue for more pictures and stories from our United Methodist Youth!
See you on Wednesdays at 7 PM in the Youth Lounge— Bring a friend!



UNITED METHODIST MEN

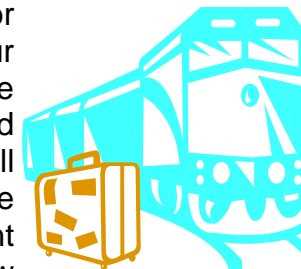


In Memoriam

Monday, 11 August 2008 we gathered to say goodbye to Carl Kliesch. He was president of the United Methodist Men for the last four years. We are grateful for the privilege of working with Carl and having him as our leader. Save a place at the table, Carl. Rest in peace and everlasting glory and we will see you in the "Sweet Bye and Bye."

Events This Month

On Saturday, September 20th, we will resume our monthly meetings on the third Saturday of each month, except for special occasions. Our September speaker will be our own Reverend David Burgeson. Pastor David will share with us the adventures of his recent vacation/train trip to New Orleans (and beyond.) The meeting will be at the Mission Inn of Pismo Beach, 601 James Way (located at the corner of 4th Street and James Way), held in the Mission Room, located on the lower floor, which is accessible by elevator, at 8:30 AM.

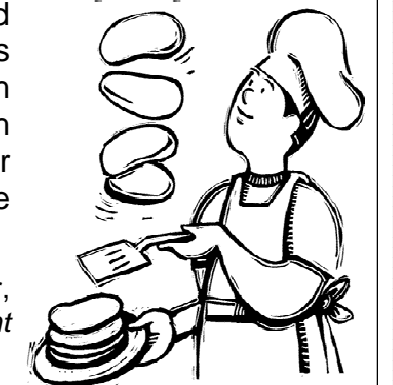


Breakfast will be buffet style and cost \$12 per person, including tip. We look forward to seeing you at the meeting!

On Sunday, September 21st, we will be hosting our first All Church Pancake Breakfast following the summer break.

Along with pancakes, we will be serving scrambled eggs, ham and/or sausage, fresh fruit, orange juice and coffee. Breakfast will be served between 8:30 and 10:30 AM in Criswell Hall for the amazing low price of \$4.00 for adults and \$1.00 for children. Come and enjoy a delicious breakfast and visit with your fellow church members. Tickets for the breakfast can be purchased at the door.

PANCAKE BREAKFAST



Dick Gainer, Interim President

Notes from the Chancel Choir...

Kent Unsworth, Choir Publicity

Come One, Come All! Can You Sing?

Do you enjoy singing various kinds of music including traditional, contemporary and spiritual music?

Do you want to be a part of a fun group who praise God with the gift of song?

If this is you...THE CHANCEL CHOIR WANTS YOU!

Join us in the church sanctuary Wednesday evenings at 7 PM . We look forward to "hearing" from you!



It's That Time Again!

Summer is nearly over and it's time to start tuning up the pipes and get ready for another exciting year in the choir loft. We are having a choir party at the Melsheimer's on Sunday, September 7, at 4:00 p.m. You are asked to bring an appetizer, salad or dessert. Bring someone along who may want to join us this year. If you have questions call Julie Walters or Patty Melsheimer.

Julie Walters, Choir Director



Praise Band
The Lord's Crew

THE PRAISE BAND IS A TEAM OF WORSHIP LEADERS WE CALL *THE LORD'S CREW*. THIS GROUP LEADS OUR CONTEMPORARY WORSHIP SERVICE SUNDAY MORNINGS AT 8:30 AM LED BY SUSAN COHO. THE LORD'S CREW MEET EVERY OTHER SATURDAY OF EACH MONTH, UNLESS OTHERWISE STATED.

September 2008

6:30 PM REHEARSAL SCHEDULE
(EACH REHEARSAL HAS A 5:30 SET-UP TIME)
6TH REHEARSAL
20TH REHEARSAL



Join the Choir...

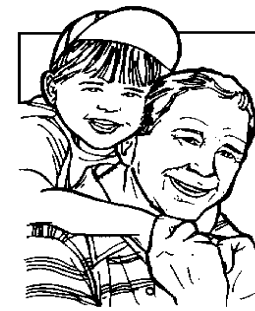
You'll Be Glad You Did!

Advantages of Joining the Choir

- † You never have to worry about what to wear.
- † You have excellent seats and are assured a reserved seat for Christmas and Easter.
- † From your advantageous seat, you can smile at, gawk at, ignore and otherwise enjoy the rest of the people in the congregation.
- † The pastor is nearly always looking the other way.
- † You're in a wonderful spot to see new members.
- † The cost for all these benefits? Just one evening a week.
- † Oh, yes, one more reason to join the choir: You're a leader in the worship experience.

And now these three remain; Faith, Hope and Love, but the greatest of these is LOVE.

I Corinthians 13:13



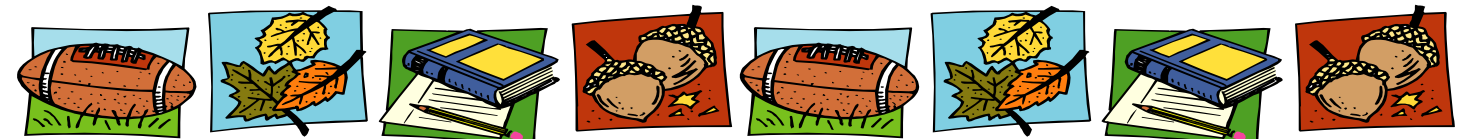
Continued, GRANDPARENTS from page 4

There are local opportunities available for citizens interested in volunteering or mentoring to fill voids some children have from no fault of their own. The key to success is for early childhood development at the impressionable age in an environment that fosters group learning in pre schools. As the child develops more programs like library story time, readers of literature to children, before and after school activities fill the need for supervision of children of working parents and provide purposeful learning endeavors.

Perhaps YOU are a mature person with mentoring ability, or a grandparent with developed skills, who is concerned for young persons who need encouragement to complete school, a sense of direction or advice with social interaction problems. By calling the local schools in your area, Community Resources under "HOTLINE" (in phone directory), you can obtain information to locate numerous possibilities to place you with the role you wish to fill.

We should all be concerned by the unacceptable dropout rates recently reported in the news. A great deal can be accomplished by volunteers who give of their time to help set the example for children from preschool age through high school as they struggle with the pressures of succeeding in school life. What better reward is there than to step up and contribute to the success of a child by sharing meaningful experiences you have?

Thank You to Maddy Quaglino and Lori Gochenour for their input to this article. *Statistics from articles in San Francisco Chronicle and SLO Tribune both dated 7/17/08*



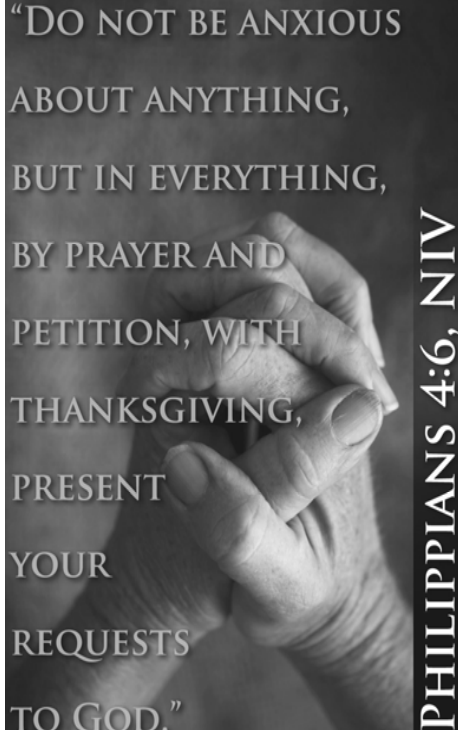

Support GROUP

Do You Want to Grow Closer to God?

God so much wants to have a relationship with you! A way I have found to cultivate this relationship is through small groups. I am praying about beginning a short

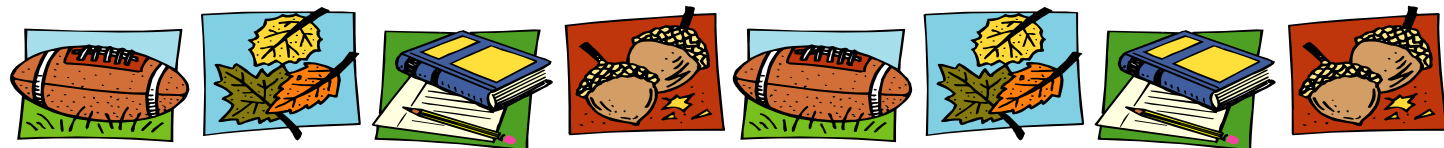
term study (6-8 weeks) in October on the topic of "grief." Let me know what you think—*Pastor David*

Is there a group or bible study that you would like to see grow in our church? We want to know your needs! Let us know of your ideas!

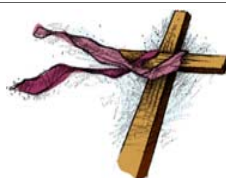


"DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD."

PHILIPPIANS 4:6, NIV



HYMN HISTORY



In 1913, Rev. George Bennard, an evangelist in the Methodist/Episcopal church had long been "praying for a full understanding of the cross and its plan in Christianity." Over a period of time he perused the study about the cross itself. He prayed and meditated on the cross of Christ, until one day he came to the following conclusion, "I saw the Christ of the Cross as if I were seeing John 3:16 leave the printed page, take form and act out the meaning of redemption." Through this experience and others in his life he penned the words and wrote the tune to the famous hymn, "The Old Rugged Cross."

On a hill far away stood an old rugged cross, the emblem of suffering and shame; And I love that old cross where the dearest and best for a world of lost sinners was slain.

O that old rugged cross, so despised by the world, has a wondrous attraction for me; For the dear Lamb of God left His glory above to bear it to dark Calvary.

In the old rugged cross, stained with blood so divine, a wondrous beauty I see; For 'twas on that old cross Jesus suffered and died to pardon and sanctify me.

To the old rugged cross I will ever be true, its shame and reproach gladly bear; Then He'll call me some day to my home far away, where His glory forever I'll share.

Chorus

*So I'll cherish the old rugged cross,
Till my trophies at last I lay down;
I will cling to the old rugged cross,
And exchange it someday for a crown.*

SPECIAL DATES SEPTEMBER 2008

- ☞ Labor Day, September 1
- ☞ Grandparents Day, September 7
- ☞ Patriot Day, September 11
- ☞ National Hispanic Heritage Month, September 15-October 15
- ☞ First Day of Autumn, September 22



My church is composed of people like me. We make it what it is. It will be friendly, if I am. Its pews will be filled, if I help fill them. It will do great work, if I work. It will make generous gifts to many causes, if I am a generous giver. It will bring other people into its worship and fellowship, if I bring them.

My church will be a church of loyalty and love, of fearlessness and faith, and a church with a noble spirit, if I, who make it what it is, am filled with those things.

Therefore, with the help of God, I shall dedicate myself to the task of being all the things that I want my church to be!



PLEDGE INCOME	
As of July 31st, 2008	
Received	Budgeted
\$ 145,321.57	\$ 156,875.80
Difference	
\$ -11,554.23	

ATTENDANCE	
July 2008	
6th	203
13th	152
20th	144
27th	167
Average	166



"It's no secret!! Almost twice as many women as men belong to the United Methodist Churches. The absence of men affects the spiritual health of families, congregations and communities."

~ Rev. David Abrams,
General Secretary, General Commission of the United Methodist Men

The United Methodist Men are striving to change that statistic. A simple way the UMM seek to attain this goal is by reaching out through events and retreats that enable men to touch lives for Jesus Christ. Creating an organization of members of the United Methodist Church who are dedicated to "Helping men to grow in Christ, so others can know Christ."

The UMM of the UMC of AG meet on the third Saturday of the month for Breakfast, Prayer and discussion of topics pertinent to our community and the world.

Join these men on their Mission to be the best men in service to Christ and the "every member a missionary"



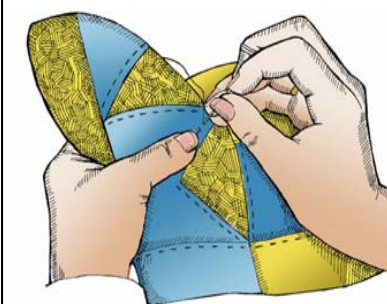
THE PRAYER OF THE RIGHTEOUS IS POWERFUL AND EFFECTIVE.



JAMES 5:16

Do you have a special prayer request? Do you have a praise to share?

Bring it before our Lord in numbers through the help of our Prayer Chain. Betty Ann Quintana is your first contact link and she will begin the process (please phone the church office for contact information). We also have a book in the Narthex where you can write your request without pressure or question. **Your request can remain anonymous.** The Prayer Chain is available to all who are in need of prayer for themselves or for others.



Sew 'n' Sews

This is a group of our UMMW meet on **Tuesdays at 10 AM in the McMillen Room.**

These talented ladies make quilts from old tops, and scraps that members turn into them. The ladies sell the quilt and donate the proceeds to missions. Their mission is

to keep the world warm with every loving stitch of each quilt. It is a time for fellowship and doing what you love to do...sew! Contact Helen Gugeler or Trudy Romanelli for more information.



Our Handbell Choir, *Grande Ringers*, meet every **Tuesday and Thursday** in **room 115 at 5 PM**. Led by Leonard Lutz, this group of intermediate and advanced players is open to any with the same gift. As we enter this special time of year, we look forward to the ethereal music of the season. Join now and come be a part of it.

Bible Study Group



Come and meet with us in the library at **8:30 AM Every Friday** and get to know our church members in a small group setting. Now is the perfect time to join us as we are starting our new book. All are welcome! We will begin reading *Old Testament Stories From the Back Side* by J. Ellsworth Kalas.

OUR UMW CIRCLES

We encourage all ladies to find a Circle that will meet her needs. Join us for food, fun and fellowship as we serve the Lord in ministry.

JOY Circle meets the third Tuesday of each month at 7 PM. This month the ladies will meet on **9/16**.

Esther Circle meets on the second Thursday of each month at noon in the McMillen Room. This month the ladies will meet on **9/11**.

Mary-Martha Circle meets on the third Wednesday of each month at 9:30 AM in the McMillen Room. This month the ladies will meet on **9/17**.



Mary-Martha

This non-denominational women's group meet at **7 PM on Tuesdays** in the UMC of AG sanctuary to pray for this church and others in the community; asking God to pour out His Spirit of redemption, deliverance, healing and salvation. Contact **Susan Coho** for more information.



Women of Prayer

R-U-M-P

Retired United Methodist Persons

We invite all retired persons to attend a noon pot-luck on the second Saturday of each month in the McMillen Room.

Welcome back!

Saturday, September 13th.

We ask that you bring a dish to serve 8 and your own tableware.

For more information contact **Bob and Vel Lowry.**

There's a Small Group for You!

Calling all men of God!! Join along with other men who have committed to spiritual leadership through Christ's word and His teachings. These men meet each **Monday at 7 PM in Room 215**. This is a special time of prayer, study and fellowship as we focus our hearts and minds on Christ.

Men's
Bible Study

DOLLARS & SENSE

Financial and Estate Planning

By Wayne Huggins

"Where there is a *will* there is a way" to ensure that your assets are distributed in accordance with your wishes."

"Were there is a *trust*, there is a way" for your trustee to carry our your wishes without going through probate court.

Do you have a will? If married, both spouses should have one. How about durable power of attorney documents for both health care financial decisions if you become incapacitated? Living Trust? Charitable Remainder Trust (CRT)?

What should you do?

Well, just review your existing documents and ensure that they still conform to your original intent and/or purpose. Situations change ~ marriages, births, deaths, financial status changes in personal and family relationships. In most cases, you may need to consult a qualified attorney. Before doing so, your Endowment Board suggests the following:

- ✓ **Prepare an inventory of your estate.** Your estate plan will direct the transfer of your assets at death, so make a thorough list of all of your holdings and obligations.
 - ✓ **Select key people that you want involved.** You want to make sure that you not only have primary names for each duty, but also alternatives. Remember to include your power of attorney.
 - ✓ **Decide what to give to family members.** This can be one of the most difficult parts of the whole process. You may want to discuss this subject with a trusted friend or personal advisor.
 - ✓ **Determine your charitable bequests.** Including a charitable giving component in your estate plan can have significant meaning to your survivors and communicate your values in a powerful way. It can also help establish a legacy that will outlive your children and your grandchildren.
- If you currently have included a bequest for our church in your will or trust, please provide a copy to the Endowment Board. All matters of this nature will be held in the strictest confidence. Thank you!

Lord Teach us to Pray
Luke 11:1

A Prayer For Perspective

This prayer was written for use during the Jewish New Year (September 30 - October 1) is pertinent to Christians, too:

Eternal God! Grant us gratitude enough to look backward and be thankful;
courage enough to look forward and be hopeful;
faith enough to look upward and be humble; kindness enough to look outward and be helpful. Amen.

UMW News

"The organized unit of United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church."



In the August issue of the Castanet we reported on having received a letter from the Grover Beach Elementary School stating that 70% of their students were under the poverty

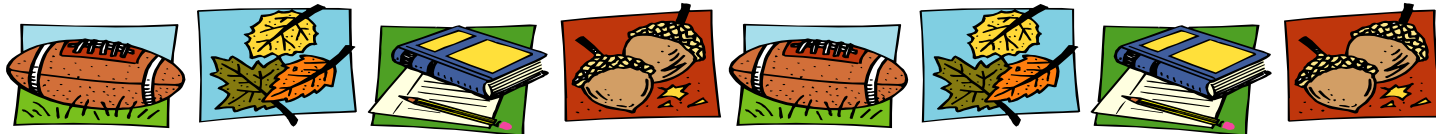
level and that they would welcome assistance from the UMW in establishing a "clothing fund" for needy children. So, on August 12th the Steering Committee voted to help support just such a program which shall begin with the fall opening of school; Pauline Castillo will act as liaison with the school. More information will be disseminated at the September Circle meetings.

This is a part of our community which needs our help and we are grateful that we are able to respond. As Jesus said, "Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me". We will keep you informed with the progress of this project and it will be re-evaluated at the end of the school year.

As reported earlier this summer, the Cal-Pac Conference UMW and the Women's Division School of Missions outlined the study topics recommended for local UMW groups for the coming year. They are: 1.) "Giving Our Hearts Away: Native American Survival" (covered in last month's article) which is a 2-yr. study. 2.) "Israel-Palestine"-the geographic study focusing on history and complexities of relationships between these 2 nations. 3.) "I Believe in Jesus"—a spiritual growth study addressing the gift of faith in Jesus Christ and the meaning of that faith in a post-modern world.

If you have questions about ordering study books, contact someone one on the Steering Committee.

Carleen Minckler, UMW Co-chairman and Mary Kelleher, Publicity chairman



Visit our Library News

Among the Christians who figure prominently in the history of mankind is Johann Sebastian Bach. He was known in many circles as "The Fifth Evangelist." You can read about him and 130 other Christians in a book recently purchased for the library, *131 Christians Everybody Should Know*.

Come in and have a look!

Welcome Back Celebration for Bishop Mary Ann Swenson

4 October 2008
3 PM to 6 PM
Pasadena First UMC

Look for details in our September bulletins



Vine Club

The Vine Club is open to all children of elementary school age. We would love to have you join us! Bring a friend and discover God's word with us!

SEPTEMBER



Neighbors Helping Neighbors

As Jesus tells us in the Parable of the Good Samaritan, all people are our neighbors. You can make a difference for others, beginning in your own neighborhood. Make and share this craft so people know you care and are thankful for your community.

What you need:

- Clear, disposable, non-powdered, non-latex gloves
- Craft paint
- Paintbrush
- Popped popcorn (about 3 cups per glove)
- Rubber bands
- Ribbon or raffia
- Construction paper or cardstock
- Markers or crayons
- Hole punch

What you do:

1. Paint one side of the glove's fingertips to look like fingernails.
2. Fill the fingertips, then the rest of the glove, with cooled popcorn.
3. Wrap a rubber band around the wrist of the glove.
4. Tie ribbon or raffia around the rubber band.
5. Make a card. Ideas include "Welcome to the neighborhood," "Thanks for being such nice neighbors," "Here's how we'd like to serve you," etc.
6. Punch a hole in the corner of your card and tie it to the glove.
7. With an adult, pass out your "neighborly" gifts.

THE SECOND GREAT Commandment

In the Gospels, Jesus tells us that the greatest commandment is to "Love the Lord your God with all your heart and with all your soul and with all your mind" (Matthew 22:37, NIV). Do you remember what the second great commandment is? Use the code below to discover it.

"L

4,5	6	8	2	8,9	6	7,8	6,7
5	2	4	3	3,4	1,2	6	6,7
			1	7			
8,9	6	7,8	6,7	7	2	4,5	2,3

Matthew 22:39, NIV

Answer: "Love your neighbor as yourself."



The Mission Corner

A Word From Our Bishop *August 2008 Voice, The Word*

This year, General Conference made a shift that many would not have predicted even a few years ago; now deacons are authorized to offer the sacrament of communion, something that has traditionally been limited to the order of Elder. This is a part of our internal journey of discernment about the various orders of ministry that is continuing to evolve.

When I look at the history of our church and of our culture, what becomes clear to me is that every generation feels a need to draw a line in time, to fix some things in one place. I grew up knowing quite clearly that as much as I wanted to be a pastor, women could not be ministers, but only missionaries; a line had been drawn, setting certain things at a point in the past that were intended to be unchanging.

But things changed, and in my own lifetime, not only did I become ordained, I became a bishop, something I could never have imagined when I was growing up. The line that was fixed, became fluid. No, that isn't right, it is more like this; a line that was a barrier, drawn crossways, turned or pivoted and instead became a direction into the future.

I believe that our need to fix points in time and say, "That's the way it is, and always shall be," will continue to be turned by the only One who is "now and forever shall be." The only certainty is God, who we know incompletely, even as God loves us more completely than we can ever truly know. It is in this loving that we experience our boundaries being stretched, that we find our lives transformed and born again, a new starting line displacing the old. Thank God for this transforming love, which saves us, and pulls us beyond our boundaries into the kingdom that is coming—every day.

Your sister and bishop in Christ,
Mary Ann

Bishop Swenson Stays to Lead Cal-Pac Conference for Four More Years

By the Rev. Han Wiley and The Rev. Gary Keene
August 2008 Circuit West a publication of the United Methodist Church Cal-Pac Conference

The Western Jurisdiction has assigned Mary Ann Swenson as the Resident Bishop of The Los Angeles Area for the 2008-12 quadrennium. Meeting in Portland, Oregon, July 16-19, delegations from the six Episcopal areas celebrated Bishop Beverly Shamana upon her retirement, honored Bishop Edward Paup as he leaves the Episcopacy to become Global Secretary of the General Board of Global Ministries and elected two new bishops to serve the Jurisdiction.

The Rev. Dr. Grant Hagiya of Redondo Beach was elected to the Episcopacy on the 16th ballot Friday evening. He has been assigned to lead the Seattle Area.

The Rev. Elaine Stanovsky of Seattle was elected to the Episcopacy on the 25th ballot just shy of 1 AM Saturday July 19. Her election was the last of eight elections across the denomination in July..

Meeting into the wee hours of Saturday morning, the Episcopacy Committee developed its report to the Jurisdiction which recommended to assignment of the Bishop as follows:

- † Los Angeles Area (Cal-Pac Annual Conference): Bishop Mary Ann Swenson
- † San Francisco Area (California-Nevada Annual Conference): Bishop Warner Brown
- † Phoenix Area (Desert Southwest Annual Conference): Bishop Robert Hoshibata
- † Seattle Area (Pacific Northwest and Alaska Missionary Conference): Bishop Grant Hagiya
- † Denver Area (Yellowstone and Rocky Mountain Annual Conferences); Bishop Elaine Stanovsky.

CAMP ARROYO GRANDE TO BREAK GROUND

Music, a free BBQ, a Methodist Bishop and Superintendent, local officials and those who supported the project will gather for a joyous celebration in Camp Arroyo Grande on Saturday, September 27, at 4 PM The groundbreaking ceremonies are scheduled for that date, and will mark the end of a two year fund raising campaign to replace aging cabins and start a long waited updating of the facility.

The renovation of the camp is part of a 10 -15 year master plan to convert the facility into a first-class camping and conference center. The camp was established in 1885 and will have served the Central Coast for 123 years. The famous 12-sided Tabernacle building is still serving campers since it was completed in 1897 and has served the camp for 111 years.

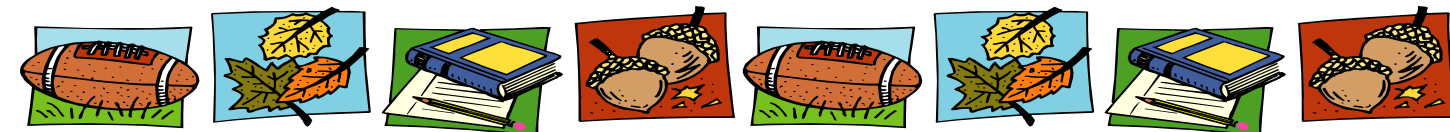
The camp today is a modern facility and has a swimming pool, dining hall, three lodges, chapel, campfire put and campers cabins. There are also hook-ups for 8 RV's. The current camp capacity is 110. The camp is open to all community and family groups. It is used by schools and youth organizations as well as churches of many denominations.

A Capital Fund Campaign was started in 2006 to begin the renovation. The goal was to raise \$200,000 to lay the foundations for six new cabins and to build two of the six. The campaign reported in July that a total of \$158,704 had been raised to date. The camp is managed and supervised by The Board of Camping and Outdoor Retreat Ministries of the California-Pacific Conference of the Methodist Church. Site Managers are Steve and Debbie Tallant.

Interested in making a donation? - Contact Val McClure, Building and Site Committee Member.



CAMP NEWS



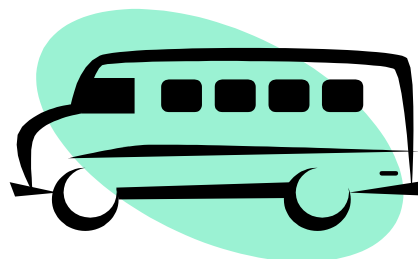
To my loving church family,

Words cannot express how supportive and loving you all have been toward me and my family at this difficult time. Carl's passing was such a shock to us all and I know that losing him so soon will be a big adjustment in my life. All of the prayers that you have lifted up have given me strength to go forward. God has truly blessed me with your love. ~ Irene Kliesch



Thank you dear friends;

What a precious gift to treasure when life brings special friends, because it brightens up the heart with joy that never ends. My grateful thanks for the prayers, calls, lovely cards and flowers, gifts and yummy chocolates. And thank you for the loving care of my family. Knee is healing fine-just not up to doing the jitterbug (YET!)-blessings are many-as is God's healing care. Love and hugs ~ Kay Walker



Need A Ride?

Sometimes some of us need help getting where we are going. With a little planning and a reservation, seniors can get inexpensive door to door service. We thought we would provide you with some of those options.

Five Cities Shuttle runs Tuesday thru Thursday from 9 AM until 5 PM. For only \$3 each way, they will pick you up at your door, take you directly to anywhere in the Five Cities area and bring you back home. You can make your reservations as far in advance as you like, just be sure to call no later than three or four days in advance as they get booked up fairly quickly. For reservations, please phone Five Cities Shuttle at 541-8747.

The Ride-On Senior Shuttle operates Tuesday and Thursday from 9 AM until 5 PM. The fare is \$3 each way. The shuttle will pick you up at your door and take you to your destination anywhere in the San Luis Obispo area. If you need an errand in San Luis Obispo, Avila and/or one of the Five Cities or Nipomo, Ride-On is the place to call. They will not go over the grade however. Again, make your reservations well in advance and as early as you like. Contact the Ride-On shuttle at 541-8747.

Los Osos and Nipomo residents are truly in luck as each town has its own Dial-A-Ride. Los Osos Dial-A-Ride operates within the Los Osos area and only costs \$1.10 each way, Monday thru Friday from 9 AM until 12 noon and again from 1:30 PM until 4:30 PM. Be sure to call at least a day ahead at 528-7434.

The Nipomo Dial-A-Ride operates the same as the one in Los Osos within the Nipomo area with the same hours of operation for \$1.74 each way. Call at least a day in advance for this shuttle as well at 929-2881.

We, your church family, are glad to share this information with you.



<u>Name</u>	<u>Phone #</u>	<u>Days & Hours</u>	<u>Price each way</u>
Five Cities Shuttle <i>(Five cities area only)</i>	541-8747	Tuesday thru Thursday 9 AM—5 PM	\$3
Ride-On Senior Shuttle <i>(San Luis Obispo area)</i>	541-8747	Tuesday & Thursday 9 AM—5 PM	\$3
Los Osos Dial-A-Ride <i>(within Los Osos only)</i>	528-7434	Monday thru Friday 9 AM—12 noon & 1:30 PM—4:30 PM	\$ 1.10
Nipomo Dial -A-Ride <i>(within Nipomo only)</i>	929-2881	Monday thru Friday 9 AM—12 noon & 1:30 PM—4:30 PM	\$ 1.75



MOVING AHEAD TO CELEBRATE 125 YEARS IN SERVICE TO GOD AND THE COMMUNITY

In case you missed the announcement in the July issue of the Cast-A-Net, let it be known that big plans are underway to celebrate the 125th anniversary of our church next year. However your help, suggestions, and ideas are vital. In that regard please take a moment and fill out the enclosed sheet, **"I WANT TO BE A PART OF THE 125TH CELEBRATION."** EVERYONE in the congregation is urged to take an active role in the celebration of this ministry. We would really like to have your input by September 25th so we can organize the ideas prior to our next meeting.

This is not just a one day event but a year long endeavor to give thanks for the ministry of this church. Tentatively, (awaiting your input and participation), there will be a kick-off in January with continuing additions to our worship service during the year regarding our past and involving the entire congregation. We anticipate holding special events also. This will wind up with a HOMECOMING CELEBRATION, beginning with a dinner at the Regional Center on Saturday September 19, 2009 followed by Sunday's worship service honoring our past and focusing on the future. All past, present and future members and friends of the church are invited. If you are in touch with any former member, please make a note on the sheet below *(or find a yellow Celebration card in our church Narthex)* with their name and address so they can be kept up to date on the celebration events.

Everyone is welcome to attend our next meeting on October 12th in the McMillan Room at 11:45.

Yes, I Want To Be A Part of the 125TH Anniversary Celebration

I am excited about being involved in our 125th celebration and would like to serve on the committees as indicated by my initials on my selected choices.

Name _____ Telephone _____ E-mail _____

- Homecoming dinner September 19, 2009** – assist in making arrangements, decorations, food preparation, and/or entertainment. Circle which area interests you. _____ *(Initial Here)*
- Membership** – assist in establishing a list of former members and friends of the Church and contacting them regarding the activities of the celebration. _____ *(Initial Here)*
- Communication** – assist in writing articles for the Cast-A-Net, newspaper releases, and updates in the Sunday Bulletins and on the screen. _____ *(Initial Here)*
- Outreach** – assist in visiting super seniors with news of the 125th and providing transportation for them to attend the events. _____ *(Initial Here)*
- Programs** – assist in contacting and scheduling all groups of the Church for their presentations, regarding our history, at events or during Church services, i.e., the UMW, UMM, Umbrellas, Youth, RUMP, Choir, Praise Team, Hand Bells, Pre School, etc. _____ *(Initial Here)*

SUGGESTIONS AND IDEAS Please return by September 25th, 2008
