



Coffee Hour

- 1st Yellow Umbrella
- 8th UMW Sunday
- 15th Board of Trustees
- 22nd Youth "Spud"-tacular

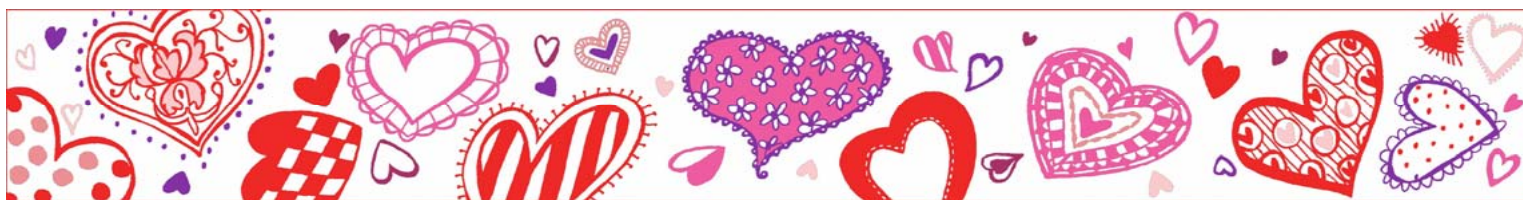
Coffee Hour responsibilities include the set-up and clean-up of the coffee pots and providing refreshments for both the 9:30 AM & 11:30 AM Coffee Hour times in Criswell Hall. Thank you!

FEBRUARY

- 1st Green Umbrella
- 2nd Groundhog Day
- 3rd Board of Trustees
- 4th Health Screening
- 5th Fire Department visits
- 6th AG UM Children's Center Staff Appreciation Dinner
- 8th AG UM CC Staff Meeting
- 8th UMW Sunday
- 125th Anniversary Celebration Committee Mtg
- 9th Life-Line Screening
- 10th Communications
- 11th USPS visits AG UM CC
- AG Hospital Luncheon
- 12th Red Umbrella
- Esther Circle

Events of UMC of AG

- 13th AG UM family Fun Night & Rain Gutter Regatta
- 13th Praise Team Rehearsal
- 14th Sweetheart Breakfast
- 15th Music for a Sunday Afternoon
- 16th Office closed
- 17th JOY Circle
- USPS Visits AG UM CC
- 18th Mary-Martha Circle
- Police visits AG UM CC
- 19th Preschool Board Church Council
- 22nd 'Spud'-tacular
- 25th Ash Wednesday
- Imposition of the Ashes
- 26th SLO Ambulance visit to AG UM CC
- 28th Praise Team



Bishop: Mary Ann Swenson
Superintendent: Rev. Cathleen Coots
Pastor: Rev. David Burgeson
Min. of Visitation: Rev. Harold Headrick
Secretary/ Newsletter: Sarah Barber
Bookkeeper: Victoria Gandy
Website Manager: Jamie Foster

Music Director: Julie Walters
Praise Team Leader: Susan Coho
Pianists: Sean Lehman
Organist: Don McGuire
Puppet People: Willy Ford-Raetz & Mike Herber
Grande Ringers Director: Leonard Lutz

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

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 Arroyo Grande CA 93420

275 North Halcyon Road
 Arroyo Grande, CA 93420
 ADDRESS SERVICE REQUESTED

DATED MATERIAL- PLEASE DELIVER BY JANUARY 31, 2009

He has sent me



to bind up the



Brokenhearted



Isaiah 61:1



VISIT OUR NEW WEBSITE AT WORSHIPWEEKLY.COM

The First United Methodist Church of Arroyo Grande

Cast~A~Net

February 2009

"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



UMW Sunday

with special guest

Reverend Jane Voigts



UMW Sunday is fast approaching. The excitement is building as we get closer to February 8th, 2009. All of the UMW Circles are gathering eager readers, leaders and various participants as we finalize the roles we will all play.

We are especially looking forward to our visiting pastor from the United Methodist Church of San Luis Obispo. Jane Voigts has only been the pastor there for three years but it's been an inspiring and invigorating three years. We can't wait to share her journey.

Prior to her current church, she served as Associate Pastor at the First UMC of Appleton, Wisconsin. Before that she was the Associate Pastor of Westwood UMC. She'll be bringing us a sermon filled with warmth, humor and, of course, the serious side of our search for God in these trying times.

Please mark your calendars and be sure to join us on February 8th as we share UMW Sunday with our church family.



Open hearts. Open minds. Open doors.

The people of The United Methodist Church

Homecoming Celebration Calendar

February

- 8th United Methodist Women's Sunday
- 14th UMM - Sweetheart Breakfast at the Mission Inn of Pismo Beach
- 15th Music For A Sunday Afternoon
- 22nd UM Youth "Spud"-tacular

March

- 15th UMM Pancake Breakfast

April

- 12th Easter Brunch and Egg Hunt
- 19th AG UM Children's Center Sunday
- Music For A Sunday Afternoon
- 26th Family Fun Day & BBQ @ the Wiemers

May

- 3rd Cluster Choir Festival
- 17th UMM Pancake Breakfast
- 31st Special Worship Service and picnic at Camp AG Tabernacle

June

- 7th Music Sunday
- 14th Youth Sunday

July

- 12th Ice Cream Social (after 2nd service)

...and so much more!!



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Inserts

Children's Center Chronicle

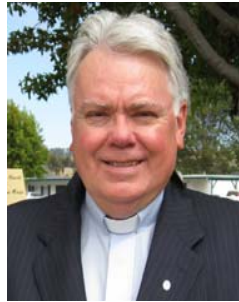
The New Homecoming Herald
 Kick-Off Edition



Chair: David Beaman
Layout Editor: Sarah Barber
Proofers: Sarah Barber, David Beaman, and Virginia Mothes
Communications Committee: Sarah Barber, David Beaman, Reverend David Burgeson, Virginia Mothes, Sandy Schwarer and Jerry Smith.

Deadline: 10th of each month
 Articles for consideration must be submitted by this date.

Address Updates: Do you want to be removed from our mailing list? 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



Pastor David Burgeson



January's sermons have focused on two of Jesus words to his disciples, yesterday and today.—"Follow Me." He doesn't say love me, worship me, give me something. He says follow me, walk with me, do what I do, learn form me, be close by...follow me.

As a Christian, when we hear those words we are called to a life of following Christ. We have the invitation and an opportunity.

First is the invitation. We can either say I'm coming or I'm not. Today we have the opportunity to once again say yes, I want to walk with you Jesus, as your disciple, in a life of discipleship, one who follows the teachings of Jesus Christ.

Discipleship is not about a "destination;" it is about the journey itself.

That is why Jesus makes it clear that as the Son of Man, He has "nowhere" to call a permanent home. So too must his followers be committed to, and invested in, a life of movement. Only by continually moving along, keeping up and in step with the beat of the Spirit, do disciples genuinely follow Jesus. There is no final "resting place" on this earth because our rest is nested on the journey, not at any final destination.

Sharks are one of the oldest, most primitive, and the most successful vertebrate group still in existence. But in order for a shark to keep breathing, and to keep the oxygenated water flowing through his gills, HE MUST KEEP MOVING. The gill slits on a shark lack the fluttering fins found in the bony fishes that work to constantly direct a stream of water over the gills. Thusly, sharks must invest their whole body in order to move oxygen through their system to keep them alive.

It's the same with Disciples. Jesus calls us to 'keep walking along', keep moving. Think of it like your investment that has a guarantee: you will spend your life traveling fresh paths and new roads.

I leave you with a question-

Where are the new paths and new roads that Jesus is calling you/us to "Follow Me?"

David

ATTENDANCE *Is Your Pledge Up To Date?*

December 2008	As of December 30, 2008
7th 175	Received To Date
14th 195	\$ 252,607
21st 225	Pledged Budget
24th 302	\$ 268,930
28th 138	Difference
	\$ -16,322
Sunday Average=183	<i>Figures are rounded to the dearest dollar</i>

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



Why Go To Church??

If you are spiritually alive...you will love this. If you are spiritually dead...you won't want to read this. If you are spiritually curious...THERE IS STILL HOPE!

A church go-er wrote a letter to the editor of a prominent newspaper and complained that it made no sense to go to church every Sunday. "I've gone for 30 years now," he wrote, "and in that time I have heard something like 3,000 sermons. But for the life of me, I can't remember a single one of them. So, I think I'm wasting my time and the pastors are wasting theirs by giving sermons at all."

This started a real controversy in the 'Letter's to the Editor' section as many can well imagine. Much to the delight of the editor, this went on for weeks until someone wrote this clincher:

I've been married for 30 years now. In that time my wife has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals. But I do know this. They all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be physically dead today. Likewise, if I had not gone to church for nourishment, I would be spiritually dead today!"

When you are DOWN to nothing...God is UP to something!
 Faith sees the invisible, believes the incredible
 and receives the impossible.
 Thank God for our physical and our spiritual nourishment!

When Satan is knocking at your door, simply say, 'Jesus, could you get that for me?'



- Devin Paredes 2/2
- Barbara Reineke 2/4
- Ian Spalding 2/4
- Betty Ashton 2/5
- Betty Johnson 2/7
- Wayne Huggins 2/8
- Victoria Gandy 2/9
- Guy Oates 2/10
- Bennie Duffin 2/11
- MaryBeth Lorenzen 2/14
- Charles Perriguey 2/15
- Mary Fernamburg 2/18
- Ryan Roemer 2/19
- Irene Kliesch 2/20
- Michelle Paredes 2/25
- Matthew Jones 2/28

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



Adult Bible Study

All are welcome to meet with us on **Fridays at 8:30 AM** in the library and get to know our church members in this small group setting. This is the perfect time to join us as we are starting our new book. *Keep a look out in our church bulletins for the new book title.* Join us!

.....
Mondays at 7 PM in room 215 you can join with other men who have committed themselves to Christ and who seek spiritual leadership through Christ's word and His teachings. Join us in this special time of prayer, study, and fellowship as we reset our focus on Christ. All are welcome!



New in the Library

Since Valentine's Day is this month, we thought you should know about a few books in the library about kindness and love. Among many others, you may want to "check these out:" take a look at these;

- *If There's Anything I Can Do*, which has ideas of what to do for people who are experiencing a hard time because of death, illness, economic problems, etc. It has very practical advice about food, cards, phone calls, visits, etc.
- *Random Acts of Kindness*. This book gives many examples of various things you can do to represent kindness every day with little or no cost at all. We can brighten someone else's day.
- *From Loneliness to Love*, a book that tells of actual case studies about people who have worked their way out of loneliness and despair. It also gives special help for people in recovery, children of dysfunctional families, disabled people and to divorced families.
- *Never Alone*. Author, Joseph Girzone, reveals his own spiritual journey. God is neither silent nor condemning, but patient and loving.

VISIT Continued , from 13

Life for Wendell at present is filled with the joy of family, including church family, daily household chores, church related activities, daily walks, a meal out occasionally with a family or friends, and maintaining contact with a number of people who have contributed to the fulfillment of his life through the years. Of special importance to him is an almost daily phone contact with a long-time friend and former co-worker who still lives in Oregon.

Thank you Wendell for sitting down for such a lovely chat, and for sharing your life with your friends and church family.

If you, or someone you know, has a story to share, and would like to take part in this section with our on-site reporter, David Beaman, please contact the church office. We would really love to hear your story.

Since the Middle Ages Christians in the "Western Church" have observed Ash Wednesday (the seventh Wednesday before Easter) as the first day of Lent. On this day, many receive ashes on their forehead as a reminder of their sorrow and remorse for their sins. The ashes are often times made by burning palm branches left over from the previous year's Palm Sunday. Ash Wednesday is February 25 for 2009.

Join us for a **Soup Supper in Criswell Hall at 6 PM**. After which we will meet in the Sanctuary for the **Imposition of the Ashes**.



Lent

Lent is the fourth season of the Christian year beginning with Ash Wednesday continuing for the 40 days preceding Easter—not counting Sundays.

The 40 days of Lent commemorate Jesus' fast and temptation in the wilderness of the Judea Province. According to the Gospel, Jesus confronted many temptations by *The Enemy* (Satan) during these 40 days. Through fasting and/or self-denial, many Christians focus on the most basic need as sinners: forgiveness.

The only way the forgiving power of our Lord can become effective in our lives is by taking initiative to confront our sins, confess them and repent. In short, Lent is a season of penitence. A time to express sorrow and regret for having committed our sins and misdeeds.

It is forty days...

- ✦ to strip down to the living essentials;
- ✦ to face truth about one's self-indulgent evasions;
- ✦ to fellowship with Christ in the desert;
- ✦ to rejoice in God's mercy and forgiveness.

Come, find out more in a 5 weeks Lenten Study led by Pastor David, Wednesdays beginning, March 4th at 6 PM in the McMillen Room.

Giving on a Budget

- **Clip manufacturers grocery coupons**—many are in the newspaper and in your junk mail. They are sent to our covenant missionary, Judy Atwood, in Kansas each week.



- **Campbell's Soup Label for Education** and **Box Tops for Education** Labels/UPC bar codes are mailed to the Red Bird Mission-Henderson Settlement House in the Appalachians. They help them purchase necessary items including, vehicles, building new clinics and schools along with various other projects to help those in need. There is a NEW way and complete list available in the church library.



- **The Five Cities Food Bank** is ALWAYS in need of non-perishables for the needy in our community. See what *you* can do. Try spending an extra \$5 or \$7 each week at the grocery store and bring any of the items to the church Narthex "Food Baskets." We deliver them regularly.
- **Greeting Cards** are also collected and sent to at least three different locations and are used by a special lady who makes "books" for the children in the local hospitals. They also are shared with an adult care facility to for the residents to make special projects for themselves or family members.
- **Aluminum pull tops** are saved and turned in to the Ronald McDonald House in Pasadena, California. This is a residential facility near Huntington Memorial Hospital. They provide housing for families whose children in need of treatment of long term treatment. One pound of tabs is worth 57 cents, and one gallon of pop tabs (4,175 tabs) is worth \$1.49.

Please remember that it only takes a few minutes to collect any or all of these things. Each of which will help many people. Please pick up a participating product list for the labels for education.

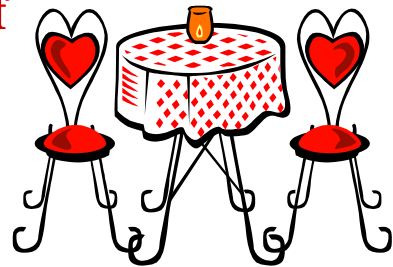
Sweetheart Breakfast

14 February @ 8:30 AM

The Mission Inn of Pismo Beach

\$17 per person

Special musical guest
"The Mudskippers"



UNITED METHODIST
MEN
more information

UMM SHIRTS

AVAILABLE

United Methodist Men will be taking orders for Polo shirts with the unique UMM logo. Sizes available are S, M, L, XL, AND XXL at \$15—\$20 payable on delivery. Aprons are available if enough of a demand is shown. To order please find Val McClure or **he'll find you!**

MEN'S UNITED METHODIST MEN



From the Fantail, Looking Aft

The Saturday, December 13th, breakfast planning meeting was well attended. The schedule is now clean and complete through June 20th.

On Deck

For January 17th, our regular monthly meeting at the Mission Inn of Pismo Beach was at the usual time of 8:30-9 AM for Breakfast and Social time. Pastor David opened with prayer and Dick Gainer introduced our special guest Dr. Del Dingus. Dr. Dingus is a retired professor at CalPoly after 32 years of service in Earth Sciences. This was an open meeting and all members of the church were invited. Dr. Dingus made his presentation on "World Hunger and the Food Supply" which was well received. His subject matter was both topical and informative. A 'Q and A' followed. Many thanks to Dr. Dingus for his time and presence.

A short business meeting finished our time together and we were sent forth with prayer.

On the Horizon

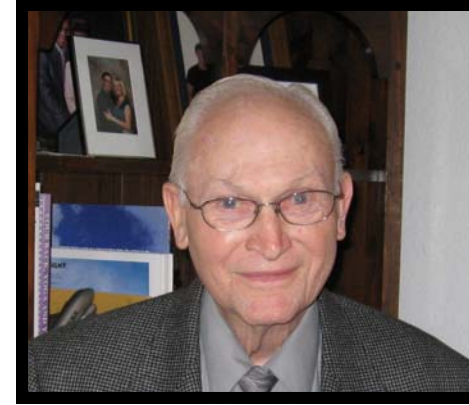
Saturday, February 14th will mark a special day, when our UMM will hold their Annual Sweetheart Breakfast at 8:30 AM at the Mission Inn of Pismo Beach. The Inn is located just east of Highway 101 off the 4th Street exit. Irene Kliesch will be our honored guest.

We invite all to attend. The cost will be \$17 per person (\$34 per couple.) Tickets will be made available to our church. Please see one of our UMM for information. All with or without an escort are welcome to attend. The Inn holds 80 for this seating, so seats are limited. Please get your tickets while they last.

Dick Gainer,
Interim (that means temporary) President



A Pleasant Visit with Wendell Curry











Wendell was born in Dallas, Oregon, in December of 1925. During high school, he and his fellow classmates willingly accepted the mature, home front responsibilities in the fire department and in forestry protection in his hometown, because many adults had left to serve in WW II. After finishing high school, he enlisted in the United States Navy on the Pearl Harbor Day Anniversary in 1943. Upon completion of training in Airborne Radio and Gunnery School, he flew long missions on patrol bombers in the Southeastern US coastal area. All went well with the exception of an incident that occurred while landing at night on a runway at Beaufort, SC. There was only one line of lights that night and confusion with the control tower instructions prevailed. The end result was that the plane crashed roughly on the dirt beside the runway, rather than on the runway. Although shaken, Wendell survived unhurt.

In 1946, Wendell enrolled in Oregon State College and began to study Forestry for a short while. He changed his major when he moved on to Oregon College of Education (now Western Oregon University) where he acquired his Baccalaureate and Masters of Education degrees. It was there that he met his wife Jeanne, also an Education major. In 1950 they began their careers as a husband and wife "teaching team" during which time he also served for 6 years as a principal at a school in Adams, Oregon. It was during this time their son, Curtis, was born. They then moved to Rainier, Oregon, where their daughter, Susan, was born. Curtis now lives in Silver Lake, California, and Susan lives in Canberra, Australia, with her husband.

Wendell earned the reputation of being a capable and respected principal and administrator, and in 1965 he was hired in Rainier to serve in the challenging positions of High School Superintendent of Schools and part-time as the Elementary Superintendent of Schools — each position representing two separate school districts. In 1972, a position with the State of Oregon Department of Education was offered to him. He would be called to serve in a number of upcoming programs, and the family moved to the capital city of Salem, Oregon. In 1985, his beloved wife Jeanne, who at the time was a school teacher in Salem, died tragically in an automobile accident on an icy road, while commuting from home to work. Wendell retired from his 40-year career as an educator in 1990.

Prior to the long dark period following the loss of his wife, Jeanne, the family participated in many outdoor activities such as camping, hiking, cross-country and downhill skiing, boating, water skiing and fishing. Wendell even converted a riveted, steel hulled, former WW I lifeboat into a power boat vessel with a Model A Ford, water cooled engine. You guessed it, they called her "The African Queen"! In 1980, when Mount St. Helen's catastrophic eruption occurred, the family lost the cabin they had built on the side of that beautiful mountain.

Wendell moved to Arroyo Grande in 1997 in order to be closer to his brother in Pismo Beach, and to his son in Silver Lake. He loves his friendly and welcoming Arroyo Grande UMC church family and serves on the Arroyo Grande UMC Church Children's Center Board of Directors, the Yellow Umbrella, works with Peoples Kitchen, and was recently elected to serve on the Staff-Parish Committee. One has to admire and appreciate the warm personality Wendell shares with even first time acquaintances, like me. He was, and is, the right kind of person to lead in the education of young and impressionable students. To this day, he still carries the small Bible with the enclosed instruction note given to him by his parents when he went off to war - to "follow the teachings in Psalm 121".

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Super Bowl Sunday  Coffee Hour—Yellow Umbrella 8:30 AM Contemporary Service 10:30 AM Traditional Service 11:30 AM Green Umbrella	2 6 PM Debtors Anon 7 PM Men's Bible Study (215) 7:30 PM AIAnon (MMR) 7:30 PM AlaTeen (211)	3 8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 10 AM Care-Ring (L) 2 PM Endowment Board Mtg (MMR) 5 PM Grande Ringers 7 PM Trustees (MMR)	4 9 AM EOC Senior Health Screening 3:30 PM Cub Scouts Den 1 (211) 7 PM Chancel Choir Rehearsal 7 PM UM Youth Group (215)	5 8:30 AM Senior Exercise Group (CH) 10 AM Fire Dept. Visit's AGMCC 10 AM Intercessory Prayer Group 11:45 AM People's Kitchen 5 PM Grande Ringers 6:30 PM Staff Appreciation Dinner	6 8:30 AM Bible Study (L) 4 PM AG UM Children's Center Staff Meeting	7  Valentine's Day 8:30 AM Sweetheart Breakfast 12:30 PM Dr. Chess Valentines Day Chess Girls Tournament
8  WOMEN'S SUNDAY Coffee Hour - UMW UMW Sunday 8:30 AM Contemporary Service 10:30 AM Traditional Service 11:45 AM 125th Anniversary Committee Meeting	9 9 AM Life Line Screening 6 PM Debtors Anon 7 PM Men's Bible Study (215) 7:30 PM AIAnon (MMR) 7:30 PM AlaTeen (211)	10 8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 10:30 AM Communications Committee (PS) 5 PM Grande Ringers	11 10 AM US Postal Service visits AGUMCC 11 AM Blue Umbrella (MMR) 12 PM AG Hospital Auxiliary Luncheon 1 PM Alzheimer's Care Giver Support (MMR) 3:30 PM Cub Scouts Den 1 (211) 7 PM Chancel Choir Rehearsal 7 PM UM Youth Group (215)	12 8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group 12 PM Esther Circle (MMR) 5 PM Grande Ringers 7 PM Red Umbrella	13 8:30 AM Bible Study (L) 6:30 PM AG UM CC Fun Night and Rain Gutter Regatta 6:30 PM Praise Team Rehearsal (5:30 PM set-up) (S) 7 PM The Adventures of Dr. Chess set-up (211)	14  Valentine's Day 8:30 AM Sweetheart Breakfast 12:30 PM Dr. Chess Valentines Day Chess Girls Tournament
15 Coffee Hour - Trustees 8:30 AM Contemporary Service 10:30 AM Traditional Service 3:00 PM  Barbershop Quartet Music for a Sunday Afternoon	16  Presidents' Day OFFICE CLOSED 10 AM UMW Steering Committee 6 PM Debtors Anon 7 PM Men's Bible Study (215) 7:30 PM AIAnon (MMR) 7:30 PM AlaTeen (211)	17 8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 10 AM USPS visits AG UM CC 5 PM Grande Ringers 7 PM JOY Circle	18 9:30 AM Mary-Martha Circle (MMR) 3:30 PM Cub Scouts Den 1 (211) 7 PM Chancel Choir Rehearsal 7 PM UM Youth Group (215) 10 PM PD Visit to AGUMCC	19 8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group 4 PM Preschool Board 5 PM Grande Ringers 7 PM Church Council	20 8:30 AM Bible Study (L)	21 8:30 AM Bible Study (L)
22  TRANSFIGURATION SUNDAY Coffee Hour - 'Spud'-tacular Transfiguration Sunday 8:30 AM Contemporary Service 10:30 AM Traditional Service	23 6 PM Debtors Anon 7 PM Men's Bible Study (215) 7:30 PM AIAnon (MMR) 7:30 PM AlaTeen (211)	24 8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 10 AM Care-Ring Ministry (L) 5 PM Grande Ringers	25  ASH WEDNESDAY SERVICE 3:30 PM Soup Supper 6 PM Imposition of the Ashes 7 PM Chancel Choir Rehearsal 7 PM UM Youth Group (215)	26 8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group 10 AM SLO Ambulance to visit AGUMCC 5 PM Grande Ringers	27 8:30 AM Bible Study (L)	28 6:30 PM Praise Team Rehearsal (5:30 PM set-up) (S)

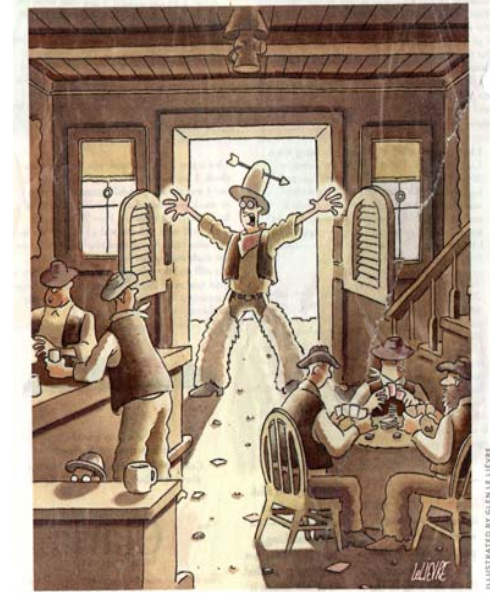


Last Laugh from Reader's Digest




The Lord's Crew is a praise band of worship leaders who leads our congregation during our Contemporary Worship Service at 8:30 AM every Sunday morning under the direction of Susan Coho.

February 2009
REHEARSAL DATES
 (REHEARSALS BEGIN AT 6:30PM AND SET-UP AT 5:30 PM)
 13TH FRIDAY REHEARSAL @ 7 PM
 28TH REHEARSAL



"CUPIDS!"



TRUSTEES REPORT
 January 2009
 From Tom Egan, Trustee Chair

- We welcomed two new members to the Board for 2009—Steve Shrefler and Mike Herber. Tom Egan will remain Chair; Don McGuire as Vice Chair; and Helen Gugeler as Secretary.
- At the end of November there is \$96,089.60 in the Parsonage fund. If it loses again it will be pulled and we will wait for the money market to improve.
- The budget for the Trustees is \$45,470. A non-budget account with \$5,000 for major repairs will be applies.
- The large room in the nursery has been painted. Thank you to both Maddy Quaglino and Irene Kliesch who provided much of the help in this project.
- A rabbit hutch has been put together for the Children's Center and the new rabbit.
- There are new lights for the sign out front, they need to be adjusted; Sanctuary lights need inspection. We are looking into options that are cheaper to run & last longer.
- The Bell Choir has mentioned that the grounds are dark after practice and were shown two lights switches.
- Low flow toilets have been installed throughout the facility.
- When asked for ideas for projects, it was pointed out that the drain in the Court Yard is no good. A solution is in progress. A suggested that there might be a way to reconnect the air vent line to the north side of the Children's Center class rooms. This too will be looked into.
- The metal gate from the parking lot was discussed. Shall we move it? Shall we build new plastic ones? Do we need a double gate? More discussion to follow to come to one solution.
- It was pointed out that there are cracks in the wooden legs of the pews. This will be repaired.
- Since the old sign attached to the front of the building is not being used it was suggested that we move it to where it can be used. Options to follow.
- The Boards has learned that there is no hot water in some of the bathrooms. We will look into this.
- Burke and Pace has signed their new 2009 lease and happy to do so.
- Tom reported back to the Board that Charge Conference said no to a Parsonage.
- Thanks to a very generous donation, 5 projects can now be completed.'
- In the last newsletter, Tom mentioned that we are about to re-dedicate the redesigned sign out front. He also said that we will dedicate Guy Oates' memorial sign to his late wife. Due to short term memory loss, Mr. Egan, failed to mention it is also Marj Wolters' memorial to her late husband. Tom acknowledges this error and humbly apologizes for the error and is sorry to say that it won't be the last.

United Methodist Women

"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."



February is traditionally the month that we think of love. Not just the love that we have for our sweethearts, but love for our families, friends and neighbors as well.

As United Methodist Women we learn to widen our thoughts of love and to broaden horizons to include loving all of mankind.

Here at First United Methodist Church of Arroyo Grande, we currently have three circle groups for women. These are JOY Circle, Mary-Martha Circle, and Esther Circle which meets each month on the dates listed on page 7.

All women of the church are invited to join a group. You will find that a warm welcome awaits you. Our open minds, open hearts, and opened doors are here for you. The goal of these groups is to reflect God's love to all.

The ladies of our local UMW show our love through giving monies for mission work throughout the world. We donate money, food, clothing, daily necessities, and our time and love to help local groups such as the children of Grover Beach Elementary school, the local women's shelter and the Five Cities Christian Women's Food Bank.

Plans for Women's Sunday are underway. This will be Sunday, February 8th. We will be welcoming a visiting pastor from the San Luis Obispo Methodist Church. She is the Rev. Jane Voigts. We are looking forward to hearing from her. Women will also be serving as lay leaders, greeters and ushers on this Sunday. We are anticipating a healthy, harmonious and love filled 2009. We, the women of the United Methodist Church welcome all ladies to join us in our mission for the church.

P.S. We also have lots of fun!!!
Ann Williamson, UMW Publicity - 2009



Village women in Nicaragua work on housing project for single mothers, funded by United Methodist Women.

Women's Circles

All ladies are welcome!

We hope that you will join us for food, fun and fellowship as we serve the Lord in the missions of the church and our community.

Esther Circle meets on the second Thursday of each month at noon in the McMillen Room. This month, the ladies will meet on the **12th** in the McMillen Room.

JOY Circle normally meets the third Tuesday of each month at 7 PM **at the home of one of our members.** This month the ladies will meet on **17th.** Call the Circle Chair for details.

Mary-Martha Circle normally meets on the third Wednesday of each month at 9:30 AM in the McMillen Room. This month the ladies will meet on the **18th.**



The Healthy Corner

By Patti Melsheimer



The holiday season is over. But is your body over the holiday season? As Oprah said recently, "How did I get here again?" The problem, some doctors and researchers say, is that overeating during the holidays can cause biological changes in the body that can lead to more food cravings and cause your stomach to send mixed signals about when it's actually full. As the years go by, those holiday pounds add up. So indulging during the holidays can set the stage for routine overeating for the rest of your life! Maybe it's time to revisit those New Year's resolutions!

Today doctors aren't recommending starting a diet. Instead they suggest you change your life style! The Department of Health and Human Services, Center for Disease Control states, "A healthy weight contributes to good health now and as you age." Maintaining a healthy weight can make the difference in your quality of life and even in maintaining your life itself! The prevalence of obesity continues to be a health concern for adults, children and adolescents in the United States. Obesity increases the risk of many diseases and health.

It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

To lose weight, you must use up more calories than you take in. Since one pound equals 3,500 calories, you need to reduce your caloric intake by 500—1000 calories per day to lose about 1 to 2 pounds per week.

Once you've achieved a healthy weight, by relying on healthful eating and physical activity most days of the week (about 60—90 minutes, moderate intensity), you are more likely to be successful at keeping the weight off over the long term.

The good news is that no matter what your weight loss goal is, even a modest weight loss, such as 5 to 10 percent of your total body weight, is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars.

So even if the overall goal seems large, see it as a journey rather than just a final destination. In addition to improving your health, maintaining a weight loss is likely to improve your life in other ways. One recent study found that those who had maintained a significant weight loss reported improvements in not only their physical health, but also their energy levels, physical mobility, general mood, and self-confidence. Let's get started!



UM Youth News



"Spud" tacular

Be sure to save room for the UM Youth "Spud"-tacular on February 22, right after second service. Tickets will be going on sale starting February 8th, UMW Sunday, in Criswell Hall after both services. Look for the youth table and get yours ASAP!!

We'll keep an 'eye' out for you!



Come and get "cozy" with our UM Youth every **Wednesdays at 7 PM in our Youth Lounge**. Bring a friend as we study God's word as it applies to **our world...the life of an American teenager**.

CALL ON HIM

Early in the 20th century, Howard Bliss, a missionary to Syria, wrote an article about what Christ can mean to anyone who would take him seriously. Consider these insights:

- ✦ *Does Christ save you from your sin?*
Call him **Savior!**
- ✦ *Does Christ free you from the slavery of your passions?*
Call him **Redeemer!**
- ✦ *Does Christ teach you as no one else has taught you?*
Call him **Teacher!**
- ✦ *Does Christ mold and master your life?*
Call him **Master!**
- ✦ *Does Christ shine upon the pathway that is dark to you?*
Call him **Guide!**
- ✦ *Does Christ reveal God to you?*
Call him the **Son of God!**
- ✦ *Does Christ reveal ideal manhood to you?*
Call him the **Son of Man!**
- ✦ *In following him, are your lips silent in your incapacity to define him and his influence upon you?*
Call him by no name, but **follow him!**



Wherever two or more are gathered in my name, there I am in their midst ~Matthew 18:20



Do you have a special prayer request? Do you have a praise to share? Simply bring it to our Prayer Chain by contacting **Betty Ann Quintana at 773-2896** and she will begin the process. The Prayer Chain is available to any and all who are in need of prayer for themselves or for others.

REQUESTS CAN REMAIN ANONYMOUS.

Every **Thursday at 10 AM**, a group of dedicated prayer warriors, known as the **Intercessory Prayer Group**, meets in the Library to pray for our church family and the requests mentioned over the week both in services, in the prayer book and via prayer chain. We invite any who would like to serve and join these people as they lift up these requests to the Lord. Contact the church office for more information.



The **Women of Prayer** is a non-denominational women's group that meet **at 7 PM on Mondays** 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. Please contact **Susan Coho**.



Walking The Dog



Dear Friends in Christ,
Thank you so much for your most generous donation of \$350 to our emergency Food Ministry!

The Five Cities Christian Women are grateful to you for your constant support of this ministry to the needy families in our community!

God Bless You!
Donna Murphy, Chair

Thank you for your prayers, visits, flowers, and cards. It is wonderful to have such a loving church family. Special thanks to Pastor David for his visits, prayers and concern. I am making a good recovery from my recent heart attack.

Love, *Betty David*

Thank you once again for the tremendous help in the distribution of Christmas boxes for the Five Cities Christian Women. You helped us to fill 72 boxes to families in our area. Many thanks to the following: **AG UM Children's Center** for their gift of almost \$56 collected from their "Pennies for Turkeys" fundraiser; the **CA Poppies Decorative Artist Association** for the gift of toys; to **Bill Paulsen and his crew** for their help with table set-up; **Boy Scout Troop 413** for their help in filling and distributing the boxes; and to the **many others** who donated, time, money and food. God bless you all!!

A woman was flying from Seattle to San Francisco. Unexpectedly, the plane was diverted to Sacramento along the way. The flight attendant explained that there would be a delay and if the passengers wanted to get off the aircraft, the plane would re-board in about 50 minutes.

Everybody got off the plane except one lady who was blind. The man had noticed her as he walked by and could tell the lady was blind because her Seeing Eye Dog was laying underneath the seat in from of her through out the entire flight.

He could also tell she had flown this very flight before because the pilot approached her, calling her by name. He said, "Kathy, we are in Sacramento for almost an hour. Would you like to get off and stretch your legs??" The blind lady replied, "No thanks, but maybe Buddy would like to stretch his legs."

Picture this:



All of the people in the gate area came to a complete standstill. They look up and see the pilot walk off of the plane with a **SEEING EYE DOG?! The pilot was even wearing sunglasses**. The people scattered. They not only tried to change planes, but they were trying to change airlines!!

This is said to be a TRUE STORY!

REMEMBER...

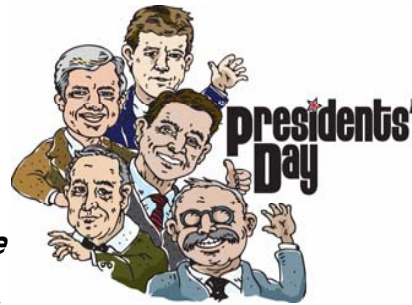
Things aren't always as they appear!





Our church office will be closed Monday, 16 February for President's Day.

Regular office hours will resume on Tuesday, 17 February at 9 AM.

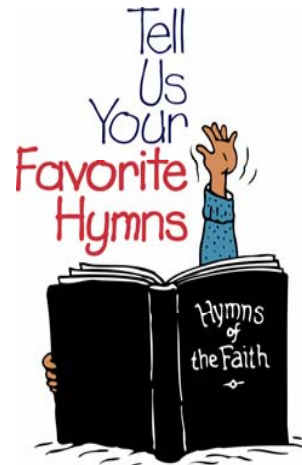


RUMP

Retired United Methodist Persons

RUMP will not meet this month. We invite you to join us at the **Sweetheart Breakfast!**

Contact the church office or Bob and Vel Lowry for information on future RUMP events. We invite all retired persons to attend a noon potluck in the McMillen Room on the second Saturday each



Hymn History wants your input!!

If you have a hymn you would like researched or a story that you know is a good one to share, we would like to hear about it. Please contact Sarah in the church office with the name of your hymn and we will do the rest.



Bible Quiz

Second Kings, Chapter 5, tells of Namaan, an army commander who had leprosy. A certain prophet of the Lord sent a message to Namaan, telling him to go wash in the River Jordan seven times. Reluctantly, Namaan did so and was healed.

What was the prophet's name from the list below:

- A. Micah
- B. Elisha
- C. Elijah
- D. Judah

Answer: B (See 2 Kings 5.)



Why an 'X'

During the Middle Ages, when few people were able to write, many documents were signed with an 'X'. Signers kissed the letter to affirm their sincerity in the same way

they kissed the Bible when taking an oath.

The letter X wasn't selected at random. It was the sign of St. Andrew, who was crucified on an X-shaped cross. The X implied a sacred promise to fulfill one's obligation in the saint's name.



by Jerry Smith

The Transfiguration of Jesus Christ!

What is the significance of the Transfiguration of Jesus Christ?

"After six days Jesus took Peter, James, and John with him and led them up a high mountain, where they were all alone. There He was transfigured before them. His clothes became dazzling white, whiter than anyone in the world could bleach them. And there appeared before them Elijah and Moses, who were talking with Jesus. Peter said to Jesus, 'Rabbi, it is good for us to be here. Let us put up three shelters - one for you, one for Moses and one for Elijah.' (He did not know what to say, they were so frightened.) Then a cloud appeared and enveloped them, and a voice came from the cloud: 'this is my Son, whom I love. Listen to him!' Suddenly, when they looked around, they no longer saw anyone with them except Jesus. As they were coming down the mountain, Jesus gave them orders not to tell anyone what they had seen until the Son of Man had risen from the dead" (Mark 9:2-9).

The account of the transfiguration of Jesus Christ as recorded here in Mark (parallel passages are found in Matthew 17:1-3 and Luke 9:28-36) is a demonstration to three witnesses that Jesus Christ was who he claimed to be. In all three accounts of the transfiguration of Jesus Christ, we are given the names of the three disciples who accompanied Jesus and who stood as human witnesses to the glory that was Christ's. There were also three heavenly witnesses, Moses, Elijah, and the voice of God from heaven. Therefore, the Old Testament law of three witnesses required to attest to any fact (Deuteronomy 19:15) was satisfied both in earth and in heaven.

The word "transfigured" is a very interesting word. The Greek word is *metamorpho* and it means to transform, literally or figuratively to metamorphose, or to change. The word is a verb that means to change into another form. It also means to change the outside to match the inside. The prefix "meta" means to change and the "morpho" means form. In the case of the transfiguration of Jesus Christ it means to match the outside with the reality of the inside. To change the outward so that it matches the inward reality. Jesus' divine nature was "veiled" (Hebrews 10:20) in human form and the transfiguration was a glimpse of that glory. There-

fore, the transfiguration of Jesus Christ displayed the Shekinah glory of God incarnate in the Son. The voice of God attesting to the truth of Jesus' Sonship was the second time God's voice was heard. The first time was at Jesus' baptism into His public ministry by John the Baptist (Matthew 3:7; Mark 1:11; Luke 3:22).

Therefore, the transfiguration of Jesus Christ was a unique display of His divine character and a glimpse of the glory, which Jesus had before He came to earth in human form. This truth is emphasized for us in a passage in the Apostle Paul's letter to Phillippi. "Let this mind be in you, which was also in Christ Jesus: Who, being in the form (*morphe*) of God, thought it not robbery to be equal with God: But made Himself of no reputation, and took upon Him the form (*morphe*) of a servant, and was made in the likeness of men: And being found in fashion as a man, He humbled Himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted Him, and given Him a name which is above every name: That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father" (Philippians 2:5-11).

The Son of God came to earth in the form of a man to be the true servant of God and to gift mankind with the greatest gift ever given, eternal life. The transfiguration of Jesus Christ was a visible sign in the presence of reliable witnesses of the reality of the power of God and the glory, which is Christ Jesus...

The Gospels according to Matthew (17:1-13), Mark (9:2-13), and Luke (9:28-36) describe an occasion on which Jesus took his disciples Peter, James, and John to a mountaintop (traditionally Mount Tabor, although Mount Hermon is preferred by many scholars) and there appeared "transfigured" (manifesting glory) with Moses and Elijah. The Transfiguration is understood by Christians as a testimony that Jesus fulfilled the Old Testament prophecies of the Messiah. The Feast of the Transfiguration is observed on Aug. 6."

SOURCE: Thanks to AllAboutJesusChrist.org for their transfiguration of Jesus Christ.