



- 7th **SPRC**
- 14th **Green Umbrella**
- 21st **RUMP**
- 28th **ELT Scholarship Committee**

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!



Events of UMC of AG

JUNE

- | | | | |
|------|--|-------|---|
| 2nd | Care-Ring Ministry Trustees | 11th | Esther Circle |
| 3rd | EOC Health Screening | 14th | Youth Sunday |
| | "Traveling Light" Study | 125th | Planning Meeting |
| 4th | People's Kitchen | 15th | Pastor Gone to Annual Conference |
| | Red Umbrella | 16th | JOY Circle |
| 6th | "This Train Is Bound For Glory" at SNVRR | 17th | Mary-Martha Circle |
| | Praise Team Rehearsal | | "Traveling Light" Study |
| 7th | Music Sunday | 18th | Preschool Board |
| | Green Umbrella | | Church Council |
| 9th | Communications | 20th | UMM Year-End BBQ |
| 10th | Blue Umbrella | | Praise Team Rehearsal |
| | "Traveling Light" Study | 21st | Father's Day |
| | | 24th | "Traveling Light" Study |
| | | 28th | UMW Sandwiches and Salad Lunch |



Bishop: Mary Ann Swenson
Superintendent: Rev. Cathleen Coots
Pastor: Rev. David M. 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
Organist: Don McGuire
Puppet People: Willy Ford-Raetz & Mike Herber
Grande Ringers Director: Leonard Lutz
Youth Directors: Mike & Linda Herber

Christian Education Director: Hilary Henderson
United Methodist Children's Center AG UM Children's Center Director: Madrigal (Maddy) Quaglino
 e-mail: agumcc@sbcglobal.net (805) 481-2223

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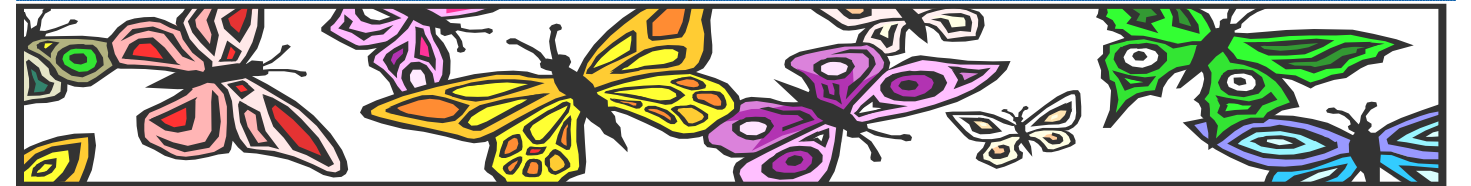
Visit our NEW website at worshipweekly.com



Cast~A~Net

The First United Methodist Church of Arroyo Grande
 June 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



125th Anniversary Cantata Music Sunday—June 7, 2009

At the 10:30am service on **Music Sunday, June 7th**, the Chancel Choir will present its 125th Anniversary Cantata. The choir will be accompanied by trumpet, trombone, handbells, and organ.

Hymns from the "old favorites" category will be glued together by readings that highlight our church's 125-year history. Other than the Bible itself, what we could well have most in common with the people of our church over the years are the hymns. The congregants of 1884 probably sounded much like we do today in a rousing chorus of "A Mighty Fortress Is Our God".

As great pieces of music and tunes and texts were combined across centuries and across continents to create the hymns we know and love today, so did God's hand bring together people across lands and time to be the lifeblood of our church for 125 years, ministering to the world and to each other from this little corner of the universe known as Arroyo Grande.

Hymns included:

- A Mighty Fortress Is Our God*
- O God, Our Help in Ages Past*
- O For a Thousand Tongues to Sing*
- Now Thank We All Our God*
- When We Are Living*
- Lord of the Dance*

The musical score is Hal Hopkins "Festival of Hymns."

~ You won't want to miss this special Sunday of worship though music!

UMC of AG Honors Graduating Students Youth Sunday—June 14th

Hard to believe that June is here again and it's time for another **Youth Sunday**. We hope to see everyone there to congratulate and honor our hardworking students. **June 14** at both services the youth lead us in worship. With skits, song and worship on the agenda, planning is underway. We hope to honor God as we incorporate the 125th Anniversary Celebration into our special service.

As always, we will recognize our graduates from junior high, high school, and college.

A special call to all graduating students: Be sure that you or any other graduating student who will be exiting junior high, high school or college, give their name and the school's name that they are graduating from to the office or Mike and Linda Herber **by June 10th** so that they may be recognized at the service on this special Sunday.

Don't forget to save up your sweet tooth for the annual bake sale after both services.

All proceeds going towards Camp Colby.

~Congratulations to you all!



JUNE

In This Issue...

Shepherd's Notes2
 Calendar3
 UMM News4
 Trustees Report5
 UMW News 6 & 7
 Praise Team & Choir News... 8
 Help Wanted by Jerry Smith..9
 UM Youth News10
 Healthy Corner
11
 Weekly Bible Studies.....12
 Thank Yous.....13
 Kids Page.....14
 Birthdays & VBS info.....15
 Events / Coffee Hour.....16

Inserts

Homecoming Herald

Children's Center Chronicle

Chair: David Beaman
Layout Editor: Sarah Barber
Proofers: Sarah Barber, David Beaman, and Virginia Mothes
Communications Committee: Sarah Barber, David Beaman, Reverend David Burgeson, Heidi Carpentier, Virginia Mothes, Sandy Schwarzer 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 your information or add a friend? Contact our church office at (805) 481-2692 or e-mail us at fumcag@sbcglobal.net



Pastor David M. Burgeson



Dear Church Family:

As I shared with you last Sunday (5/24), I felt so blessed by being able to attend a preaching conference in Atlanta. Yet it always is good to come home! Thank you for allowing me this time of listening to great preaching, teaching, and variety of styles of music at this wonderful conference.

I hope that you are planning to attend our one worship service at the Camp Arroyo Grande Tabernacle on Sunday May 31st at 10:45 AM. I appreciate all of the work that has been put in to this service. This will be a special time in our celebration. o f 125 years in Christ's ministry here in Arroyo Grande. Bring someone new to service.

Also, this Sunday (5/31) is called Pentecost Sunday—the day that God made his presence known to a group of believers in a spectacular way—violent wind, fire and his Holy spirit. It is also referred to as the Church's birthday. Three thousand people were gathered in Jerusalem when the Holy Spirit came upon them. We need to remember that God uses dramatic ways even still to work in our lives and our church.

Speaking of our church, I want to invite you to join me in praying to God for our church for 15 minutes each day for 30 days. Beginning June 1 and ending June 30th, we will seek together better understanding of what God's vision is with the Holy Spirit leading us in to a future filled with much hope and promise. You will have an opportunity to make your commitment to join me in prayer over the nest two Sundays, during worship time.

Your Partner in Christ's Ministry,

ATTENDANCE
 (as of 5/24)

7th	205
10th	161
17th	186
24th	177
Sunday Average = 182	

FINANCES
 (as of 5/24)

Monthly Goal	\$ 22,220.
Received to date	
Difference	

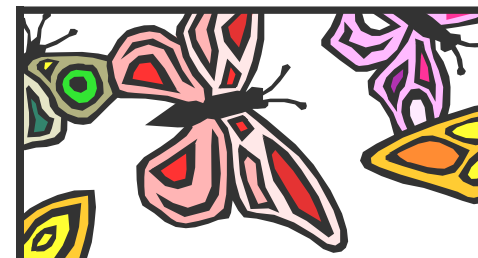
Figures rounded to the nearest dollar

June

- Linda Leonard 6/1
- Joyce Hammond 6/3
- Trevor Foster 6/4
- Mike Reineke 6/4
- Jim Steiner 6/5
- Ian Leonard 6/7
- Ray Douglas 6/7
- Sadie Krovious 6/8
- Bill Weitkamp 6/11
- Chet Kielan 6/15
- George Stewart 6/17
- Pauline Castillo 6/18
- Linda Herber 6/18
- Mary Lou Fink 6/19
- B.G. Perriguy 6/20
- Susan Potts 6/20
- Rob Gilliland 6/20
- Dick Gainer 6/20
- Jean Hubbard 6/22
- Sandy Underwood 6/23
- Bill Paulsen 6/23
- Victoria Paredes 6/24
- Richard Awalt 6/24
- Bobbi Merris 6/28
- Greg Riley 6/28
- Kaz Ikeda 6/29
- Bobbi Merris 6/28
- Carol Spaulding 6/29
- Willy Raetz 6/30



Did we miss your birthday?
 Would you like to have you or a family member recognized?
 Let us know!



Sermon Titles for June 2009

June 7	John 3:1—17 (No 10:30 sermon)	"Deep Commitments" Music Sunday
June 14		Youth Sunday
June 21	Mark 4: 26– 34	"Becoming Living Gospels of Jesus"
June 28	Mark 4: 35—41	"Can You Hear Me Now?"

Wanted: extreme adventurers ready to trek to the **E.D.G.E.—experiencing and discovering God everywhere!**

Would you like to spend a whole week this summer camping on the edge, complete with extreme adventures, exciting challenges, great music and hours of fun?

Sign up for a Vacation Bible School leadership role and join in an incredible week or adventure and growing in God's love at **E.D.G.E.: Experiencing + Discover God Everywhere!** Feel free to contact me with any questions! Thanks! ~Hilary

The Lord is my strength and my right- Psalm 118:14

AG Chorus Members

- James Allen
- Jeremy Bond
- Heidi Carpentier
- Kalleen Corley
- Benadene Duffin
- Tom Egan
- Joyce Koehn
- C.J. Martin
- Liana Salinas
- Velrae Smith
- Jerre Sumter
- Kathy Wilding
- Evelyn Giray

Arroyo Grande Community Chorus Spring Concert - May 19, 2009

- Sallie Novinger—Director
- Haroldine Roberts—Accompanist





Just for KIDS

Fathers of faith

Fathers do amazing things for their families, but the greatest gift our dads can share with us is their faith in God. Complete this puzzle to read Isaiah's advice to fathers.

Directions: Working left to right, first write down all the 1's in the word blanks. Continue with the 2's and finally the 3's.

1 The	2 as	3 tell	1 living
2 I	3 their	1 the	2 am
3 children	1 living	2 doing	3 about
1 they	2 today	3 your	1 praise
2 fathers	3 faithfulness	1 you	

“ _____ , _____ , _____ , _____ ; _____ .”
 _____ .” Isaiah 38:19, NIV

Answer: "The living, the living — they praise you, as I am doing today. AIN 19, NIV fathers tell their children about your faithfulness."



SURPRISE DAD

..... at work!

Dads work so hard to provide for their families' needs. Here's a fun way to show your appreciation to your dad this Father's Day.*

What you need:

- Paper and envelope (any color)
- Markers and crayons
- Stickers
- Pencil
- Stamp
- Your dad's work address


What you do:

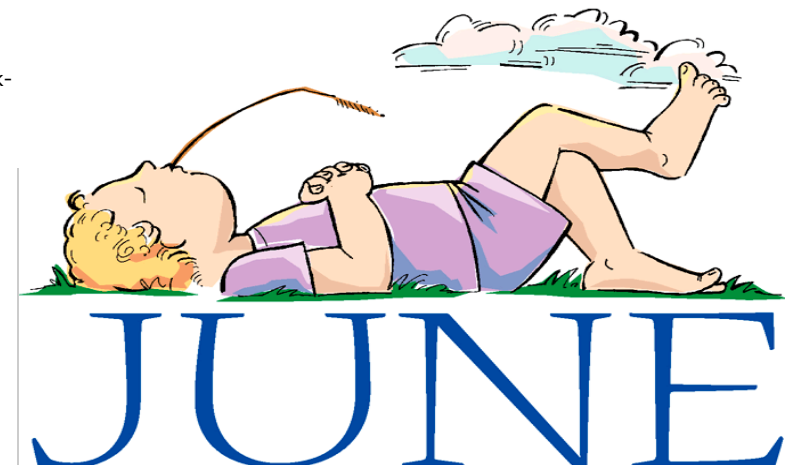
1. Decorate the paper with drawings, stickers, etc.
2. Write a message to your dad, letting him know how thankful you are for his love and hard work.
3. With an adult's help, write your dad's name and work address on the outside of the envelope and your return address in the top-left corner.
4. Place a stamp in the top-right corner and then mail your special gift.

Other ideas:

- Pack a lunch to eat with dad at or near his workplace.
- Send your letter in a box and include some homemade cookies.
- Pack your dad a special lunch. Place self-stick notes with messages of appreciation on various food items.
- Write appreciation messages on self-stick notes and, with your mom's help, place them all over the inside of your dad's car.

*All these ideas will work also for Mom on Mother's Day or her birthday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6 PM Debtors Anon 7 PM Men's Bible Study (215) 7:00 PM Women of Prayer (S) 7:30 PM AlAnon (MMR) 7:30 PM Ala-Teen (211)	2 8:30 AM Senior Exercise Group 9 AM Sew 'n' Sews (MMR) 10 AM Care-Ring Ministry (L) 10 AM UMW Workshop (MMR) 7 PM Trustees	3 9 AM EOC Senior Health Screening 2 PM Bible study "Traveling Light" 3:30 PM Cub Scouts Den 1 (211) 6 PM Bible study "Traveling Light" (MMR) 7 PM Chancel Choir Rehearsal 7 PM UMW Youth Group (215)	4 8:30 AM Senior Exercise Group 10 AM Intercessory Prayer Group 11:45 AM People's Kitchen 7 PM Red Umbrella	5 AG UM Children's Center closed for staff development 8:30 AM Bible Study (L) 4 PM AG UM Children's Center Staff Meeting	6 9 AM "This Train Is Bound For Glory" Chapel Train Tour on the SMVRR 12:30 PM Dr. Chess Tournament (211) 6:30 PM Praise Team Rehearsal (5:30 PM set-up) (S)
7 Reception of New Members Trinity Sunday 8:30 AM Contemporary Service 9:45 AM Women's Bible Study 10:30 AM Traditional Service 11:45 AM Green Umbrella Meeting (MMR)	8 6 PM Debtors Anon 7 PM Men's Bible Study (215) 7 PM Women of Prayer (S) 7:30 PM AlAnon (MMR) 7:30 PM Ala-Teen (211)	9 8:30 AM Senior Exercise Group 9 AM Sew 'n' Sews (MMR) 10 AM UMW Workshop (MMR) 10:30 AM Communications Committee 7 PM VBS Meeting (MMR)	10 11 AM Blue Umbrella 1 PM Alzheimer's Care Giver Support (MMR) 2 PM Bible study "Traveling Light" (MMR) 3:30 PM Cub Scouts Den 1 (211) 6 PM Bible study "Traveling Light" (MMR) 7 PM UMW Youth Group (215)	11 8:30 AM Senior Exercise Group 10 AM Intercessory Prayer Group 12 PM Esther Circle (MMR)	12 8:30 AM Bible Study (L)	13 12 PM RUMP (MMR) - Canceled until further notice
14 8:30 AM Contemporary Service 9:45 AM Women's Bible Study 10:30 AM Traditional Service 11:45 AM 125th Anniversary Planning Committee Meeting (MMR)	15 Pastor Gone to Annual Conference 6 PM Debtors Anon 7 PM Men's Bible Study (215) 7 PM Women of Prayer (S) 7:30 PM AlAnon (MMR) 7:30 PM Ala-Teen (211)	16 Pastor Gone to Annual Conference 8:30 AM Senior Exercise Group 10 AM UMW Workshop (MMR) 7 PM JOY Circle	17 Pastor Gone to Annual Conference 9:30 AM Mary-Martha Circle (MMR) 2 PM Bible study "Traveling Light" (MMR) 6 PM Bible study "Traveling Light" (MMR) 7 PM UMW Youth Group (215)	18 Pastor Gone to Annual Conference 8:30 AM Senior Exercise Group 10 AM Intercessory Prayer Group 4 PM Preschool Board 7 PM Church Council	19 Pastor Gone to Annual Conference 8:30 AM Bible Study (L)	20 UMM Annual BBQ 10 AM UMW Boutique Workshop (MMR) 6:30 PM Praise Team Rehearsal (5:30 PM set-up) (S)
21 Father's Day  8:30 AM Contemporary Service 9:45 AM Women's Bible Study 10:30 AM Traditional Service	22 6 PM Debtors Anon 7 PM Men's Bible Study (215) 7 PM Women of Prayer (S) 7:30 PM AlAnon (MMR) 7:30 PM Ala-Teen (211)	23 8:30 AM Senior Exercise Group 9 AM Sew 'n' Sews (MMR) 10 AM UMW Workshop (MMR) 12:30 PM Chess Camp {Adventures of Dr. Chess(211)} 7 PM UMW Workshop (MMR)	24 2 PM Bible study "Traveling Light" 6 PM Bible study "Traveling Light" (MMR) 7 PM UMW Youth Group (215)	25 8:30 AM Senior Exercise Group 10 AM Intercessory Prayer Group	26 8:30 AM Bible Study (L)	27
28 UMW Sunday Luncheon 8:30 AM Contemporary Service 9:45 AM Women's Bible Study 10:30 AM Traditional Service	29 6 PM Debtors Anon 7 PM Men's Bible Study (215) 7 PM Women of Prayer (S) 7:30 PM AlAnon (MMR) 7:30 PM Ala-Teen (211)	30 8:30 AM Senior Exercise Group 9 AM Sew 'n' Sews (MMR) 10 AM UMW Boutique Workshop (MMR) 12:30 PM Dr. Chess Camp 211				



UNITED METHODIST
MEN

MEN'S



NEWS

HAPPY 125TH UMC OF AG

Looking Back

April 18, 2009

Don and Helen Gugeler gave us a taste of their wonderfully flavored trip to South Korea. Thank you Don and Helen for sharing your personal observations.

In Current News

(No Program this month—May 2, 2009)

Carl Kliesch Memorial Golf Tournament



Tourney Director, Bud Johnson, reported that everything went well and most importantly all had fun.

Treasurer, Wayne Huggins, reported that we cleared a little over \$1000, after bills were paid. The money will go to help our youth attend summer camp at Camp Colby. Thank God for generous people like you! Thanks to Bud Johnson and all of the people who worked so diligently on the planning and execution of this event making it such a success. We hope this will become an annual event. (See the Homecoming Herald for pictures from his event)



Work Party at Camp AG

Val McClure reported that he and 10 volunteers participated in the painting of the new cabins. (See page 5 more details and photos)

Pressing Onward

(no more programs for the 2008/2009 year)

- **June 20th UMM Year-End BBQ** - our last scheduled event for the 2008-09 year will be our year end BBQ. A special thank you in advance to Dick and Patti Melsheimer who have generously offered to host this event in their home on Saturday, June 20th. Tickets are \$13 per person. Directions will be made available with the purchase of your ticket. Thank you Patti and Dick!
NOTE: This event is adults only!

- **September 19th The first meeting for 2009—10 UMM year** will begin Saturday, September 19th. Location and other information will be disclosed in further issues.

Drive safely in your travels this summer and stay well! God Bless You and your family.

~ Dick Gainer

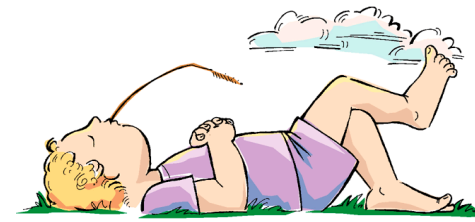


The church library now has an **"Adopt-a-Book"** shelf. Because so many good books have been donated to us, we want to make some readily available to our church members. Come in! Look them over! Take whatever book, or books, appeal to you. Return if you wish of keep if you wish.



A truly rich man is one whose children run into his arms when his hands are empty.

~Author Unknown



JUNE

Special Dates to Remember

- **June 6**
Chapel Car Service
- **June 7**
Trinity Sunday
Music Sunday
- **June 14**
Youth Sunday
Flag Day
- **June 20**
UMM Annual Year-End BBQ
- **June 21**
Father's Day
- **June 21**
First day of summer
- **June 28**



Dear UMC of AG family,

I have greatly appreciated the numerous cards, calls and prayers with the passing of my mother. Her death was not a surprise but was sudden.

As some of you know she had been battling diabetes. We were surprised to find her more advanced than she had let on.

Your concern and caring for me and my family is overwhelming. I have read and re-read the cards several times. You can't know what a comfort they are during this difficult time.

Your sister in Christ, *Nancy Baughman*

THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU!

Dear Julie and (AGUMC) Choir Members,

Thank you for a wonderful UMC Cluster Choir Festival on May 3. Everything was beautifully organized from the moment we appeared until we said our goodbyes.

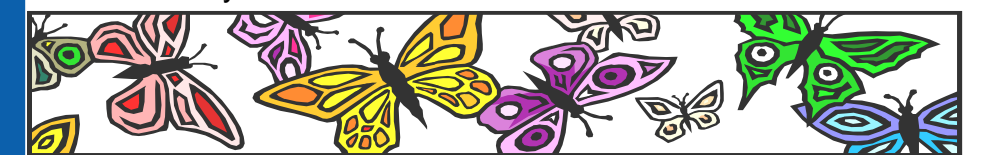
It was helpful to be greeted at the entrance by someone who knew exactly where our robe/warm-up room was. The refreshments were outstanding and the organization and run-through in the Sanctuary were just excellent. When we said we needed 3 chairs, and an extra stand for our instrumentalist and one singer who had more pain than usual when she stood, they were brought to us promptly.

We enjoyed Don's offertory, Prelude and Postlude and the AG Choir's performance of "Precious Lord" as well as their part in the "Anniversary March and Song." We also enjoyed the combined choir numbers. Julie's directions and conducting were clear and her "let's enjoy" approach was just right.

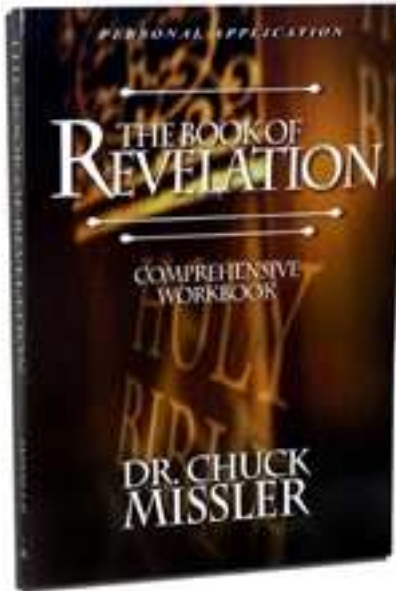
You all made it a most enjoyable experience, one of the best organized we've attended.

Thank you all who made it so.

Sincerely,
Bob Mott, *Very Temporary Director*,
and the Trinity UMC Choir.



We Invite You to Take Advantage of Three Weekly Bible Studies in the Church

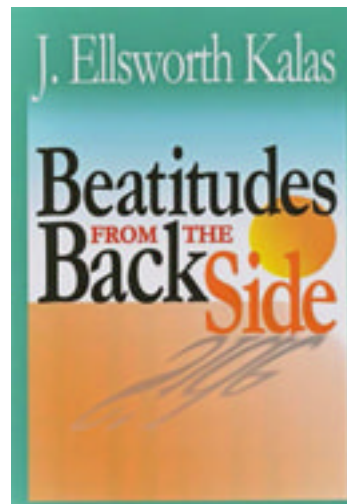
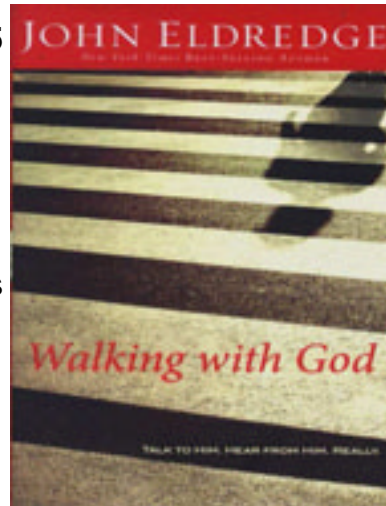


The Book of Revelation is the only book of the Bible with a Promise to the reader! Why? What makes this book so special? Revelation is a "lens" that puts the entire Bible into focus. The lens is focused on the person of Jesus Christ, and his destiny is imminent. This is a book of victory: We are overcomers! We are the ultimate winners in the game of life! (I read the ending: we win!) One of the reasons this book strikes us as strange is because of our lack of understanding concerning the Old Testament. The Book of Revelation consists of 404 verses that contain over 800 allusions to the Old Testament. These are detailed, along with Chuck's analysis of the design and structure of this fascinating book. Learn about the past, present and future of the Church and our ultimate destiny. This is an ideal "first study" and foundational for every Christian.

Men's Bible Study on Mondays at 7 PM in room 215 is open to all men who have committed themselves to Christ and who seek spiritual leadership through Christ's word and His teachings. All are welcome!

Join us for a Women's Bible Study every Sunday morning in room 215 at 9:45 AM. It is open to all women who love the Lord and who are eager to walk daily in His will. We hope that you will join us as we start a new book by John Eldredge, "Walking with God."

"Walking with God" moves through a year in the life of author, John Eldredge. In this book Eldredge shows and teaches what conversational intimacy with God can be like; teaching the reader how to make decisions aligning with God's will, understand barriers and "agreements" keeping them from the life God intends, fight spiritual battles for their own heart and for others, and much more. Ultimately, "Walking with God" shows readers that walking intimately with Him can be a normal part of the Christian life.



Friday Morning Bible Study is open to all men and women with a desire to learn more about God's word through study and fellowship. Beginning at **8:30 AM** in our **church library** the group focuses on various books. The group will begin a new book entitled, "Beatitudes from the Back Side" by J. Ellsworth Kalas.

In this study, the author opens up new possibilities of insight into the Beatitudes of Jesus' blessings for the Sermon on the Mount. In his own words Kalas describes the study: "When we start examining the Beatitudes we realize that in Jesus' view, happiness (being blessed) is not something we get by pursuing it; indeed, almost the contrary. In that we choose to live by the Beatitudes, we put ourselves into bondage to such things as poverty of spirit, purity of heart and readiness for persecution....Welcome to the Beatitudes and may you be eternally happy beginning now."



Trustees Report June 2009

From Tom Egan, *Trustee Chair*

- The Eagle Scout project has been completed. There is a new sign in front of the Children's Center with benches. It is well done.
- The yellow bus so graciously donated by the Weimers is now ours. The papers have been completed, tags and plates are on. Now it needs some diesel gas and we're set. Thanks Pat and Larry!!
- We purchased a sign for the front door to the office to display the hours of operation but it was the wrong design, so we'll try again!
- The two memorials are about to be dedicated. If anyone knows anything about the Martins, please contact me.
- Cal-Pac has a group of men and women that caravan in trailers to churches that have requested their services for repairs, paint, and various other projects. We have to provide a place to park their trailers, provide electricity and water. We can have a POTLUCK (my favorite word) so they can meet our congregation. This could be a year or two away but we are thinking about it.
- Then UMM donated money to the Trustees to purchase and install the basketball backboard for our youth. Steve Shreffler has the backboard and we need to install it.
- The Board unanimously thanked the Weimers for their outstanding BBQ.
- Once again, the subject came up of our children and youth using the patio after church. The answer is yes. They play out there but a parent must supervise. The Sunday School teachers are no longer responsible for the safety of the children. Parents must monitor their children!
- We need drivers. You will need a class B driver's license. The office has books to prepare you for the written test. There is also a medical exam sheet that needs to be attached. Then you are ready for the test. Anyone interested please let me know in advance.

United Methodist Men (& friends) Paint Up A Storm at Camp

Nine members of our church spent Saturday, May 9th at Camp Arroyo Grande painting camper cabins #1,2 in place of their regular meeting. Our thanks to John McKeen, Val McClure, Bud Johnson, Mike Thurman, Richard De Bruyn, Don Gugeler, Bob Serby, Dick Melsheimer and our all star lady guest Virginia Mothes. The group enjoyed perfect painting weather and a huge glob of both paint and fellowship. The project overseer was Debbie Tallant wife of the Camp Manager, who helped the group while Steve Tallant was in Santa Barbara fighting fires (Steve is a member of the Arroyo Grande Fire Department). The Camp work day is an annual event of the United Methodist Men. The paint jobs can be viewed during our church service in the Tabernacle at camp on May 31st.

The next annual event will be the Annual BBQ to be held at the home of Dick Melsheimer on June 20th. Details and sign-up will be available the first week of June.





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."

UMW Holiday Arts & Crafts Boutique 14 November

Seasonal and general craft and gift items will be sold at this special event. We need your help to create the numerous items needed to make this boutique a success. If you would like to contribute the fruits of your labor...start creating now!

We trust that many will participate and donate their time and energy to the many aspects of this day. Please contact Virginia Mothes with ideas.

Join us in the McMillen Room each week on various days and times as we make various projects to sell at auction in the boutique. Check with the church office for dates and details or contact a circle chair for more information.

2009 UMW Steering Committee Leadership

- Virginia Mothes—*Chair*
- Betty David—*Co-chair*
- Carleen Minckler—*Secretary*
- Patti Melsheimer—*Treasurer*
- Rosemary MacKeen & Patti Melsheimer—*Co-Chairs, JOY Circle*
- Peggy Gainer & Mary Kelleher—*Co-chairs, Esther Circle*
- Bee Frantz & Eva McClure—*Co-chairs, Mary-Martha Circle*
- Ann Williamson—*Publicity*

We welcome with open arms all ladies who wish to join any of the following groups which meet each month:

Esther Circle meets the second Thursday of each month at noon in the McMillen Room at our church. This month we meet on **June 11th**. This circle is currently studying the book about Native Americans titled, "Giving Our Hearts Away."

JOY Circle meets the third Tuesday of each month normally at a member's home at **7 PM**. This month we will all enjoy each others company with a special dinner at a local restaurant to be determined. *This dinner will be **Tuesday, June 16th***. Please contact the church office for the location and time. We would love to see you there! JOY Circle is currently studying a book by Trevor Hudson titled, "Questions God Asks Us."

Mary-Martha Circle meets on the third Wednesday of each month in the McMillen Room at our church. This month we meet on **June 17th** at **9:30 AM** when we will all go out to breakfast. Call the office for details on this as well.

**Next October a possible joint UMW meeting is in the works. We are hoping to have a guest speaker, Judy Zaretzka, speak on the Chumash Indians.

FYI—Our circles will not be meeting in July and August due to summer vacations...Have a Great Summer!

The Healthy Corner

JUNE IS MEN'S HEALTH MONTH

By Patti Melsheimer

Did you know that, on average, men are less healthy and have a shorter life expectancy than women? Part of the reason for this health gap is that men don't take care of themselves as well as women do. Men are more likely to engage in unhealthy behavior, and less likely than women to adopt preventive health measures. Men are also less likely to have health insurance, more likely to work in dangerous occupations, and often put off going to the doctor. As a result, men die younger—and in greater numbers—of heart disease, stroke, cancer, diabetes, and many other diseases. In 1920, women outlived men by an average of one year. Today, that difference is more than five years.

Prostate cancer is one of the greatest concerns for men. Prostate cancer is the most common non-skin cancer in America; 1 in 6 men will be diagnosed with prostate cancer. And the older you are, the more likely you are to be diagnosed with it. But the roles of race and family history are important as well. African-American men are 56% more likely to develop prostate cancer compared with Caucasian men, and are nearly 2.5 times as likely to die from the disease. Men with a single relative with a history of prostate cancer are twice as likely to develop the disease. Although genetics might play a role in deciding why one man might be at higher risk than another, social and environmental factors, particularly diet and lifestyle, likely have an effect as well.

The PSA blood test and Digital Rectal Exam (DRE) can be used to detect the presence of prostate cancer when no symptoms are present. They can help catch the disease at an early stage when treatment is thought to be more effective and potentially has fewer side effects. The American Cancer Society recommends that both the PSA and DRE should be offered annually, beginning at age 50, to men who have at least a 10-year life expectancy. Men at high risk, such as African-American men and men with a strong family history of one or more first-degree relatives diagnosed at an early age, should begin testing at age 45. Men at even higher risk, due to multiple first-degree relatives affected at an early age, could begin testing at age 40. Although the PSA and DRE tests cannot diagnose prostate cancer, they can signal the need for a biopsy to examine the prostate cells and determine whether they are cancerous. In some men, changes in urinary or sexual function lead to a full evaluation by the doctor, and, if prostate cancer is suspected, a biopsy will be performed.

There is no "one size fits all" treatment for prostate cancer, so each man must learn as much as he can about various treatment options and, in conjunction with his physicians, make his own decision about what is best for him. Consultation with all three types of prostate cancer specialists — a urologist, a radiation oncologist, and a medical oncologist — will offer the most comprehensive assessment of the available treatments and expected outcomes.

Research in the past few years has shown that diet modification might decrease the chances of developing prostate cancer, reduce the likelihood of having a prostate cancer recurrence, or help slow the progression of the disease. Although it will likely take some time before results of these studies conclusively demonstrate the benefits of nutrition in prostate cancer, there is already good evidence indicating that some dietary changes, such as increasing consumption of fruits and vegetables rich in antioxidants as well as fish rich in omega-3 fatty acids, are beneficial in other chronic diseases, particularly heart disease. Adoption of these dietary changes can therefore be seen as an important step in a path toward a more healthy lifestyle overall. Is it time for you to schedule an exam??



Interfaith Week of Prayer for Health Care
for All—June 19 - 26



a Note from the Chancel Choir...

"This was one of the best Cluster gatherings we have had in years!"

"Julie did such a great job conducting and everything was very organized."

"All the choirs seemed to do especially well this year."

"Don McGuire's prelude and postlude were great!"

"The food was delicious."

Nine choirs from Methodist churches throughout the Central Coast gathered for the **Central Coast Cluster Choir Festival** on the first Sunday in May. This event was held at FUMCAG, adding to our churches 125th Anniversary Celebration. In addition to individual pieces, the choirs joined in performing two mass pieces. Highlights included a stirring rendition of The Barber of Seville by our organist Don McGuire, and the moving mass anthem "The Power of the Cross" featuring a solo by Heidi Carpenter. The event closed with a moving mass piece, "Holy is He." This was an outstanding event with over 125 choir members lifting their voices in song.

The choir also had a special service on **May 31st at the Tabernacle at Camp Arroyo Grande** which featured a special guest. The next Choir event is **Music Sunday on June 7th**. This will be a performance of Hal Hopson's "Festival of Hymns". This cantata features familiar hymns followed by readings. Make plans to attend this program, which is another 125th Anniversary event.



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.

REHEARSAL DATES

(REHEARSALS BEGIN AT 6:30PM AND SET-UP AT 5:30 PM)

6TH REHEARSAL
20TH REHEARSAL

UMC Church Choir Festival Celebrates 125th Anniversary



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.



Help Wanted - Thinking Outside the Box!

By Jerry Smith

We are told "thinking outside the box" requires a person to be willing to think past accepted concepts and perspectives, to strive for the different. Thinking outside the box means seeking creative ideas. This form of pondering requires practice. Are we thinking in such a way as to seek and explore new ideas, taking chances, moving beyond our personal comfort zone? Never losing sight of the "Big Picture" our existence as a religious foundation for Christians to express their love for God and his son Jesus Christ our savior.

Looking forward do you wish to see more young families attending our church services? We know attracting new members with children is a good way to ensure our future while meeting the spiritual needs of a growing community. There is no doubt our church mission remains focused on offering assistance to the less fortunate and wherever possible becoming more efficient and capable in the service we provide while casting a dependable spiritual net to meet the functional needs of the community seeking help.

Thinking outside the box could trigger your call to action. An impulse that "causes you to think in terms of change and new ideas, helping others and not waiting for someone else to do the work for you. We know how easy it is to become complacent. We must be concerned about the business of our church and the programs that require the congregation to support through active participation.

We in the UMC believe people want to

come to church. But before that happens a "prospective church visitor" might be overcome with apprehension of their being accepted into our church family. Meaning, they may need some gentle nudging, if you will, a steady helping hand from you. Isn't that what being a member of the UMC is all about? A responsibility for each of us to serve and maintain the emotional and physical needs of our church and its congregation". We know that once an outsider enters the open doors to the sanctuary they will discover we are a Christian church family with open hearts practicing what we preach with open minds. Our church evolves on the strength of prayer, presence, gifts, service and witness.

I'm sure some of you have thought about inviting a neighbor or a close friend to accompany you during a Sunday church service. However, once again, you hesitate to ask someone to come with you unless they have shown outright interest and asked to attend church with you.

Think about this, we are the host for frequent band concerts on the weekend and what better time to bring a friend who is not a member of our church and let them feel and experience the comfort and hospitality of the Arroyo Grande UMC. Free to enjoy the relaxation and comfort that music brings to all of us in one satisfying way or another.

