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THE LIFE.



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The First United Methodist Church of Arroyo Grande

Cast~A~Net

August 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



More than 1,700 laity and clergy from across Southern California, Hawaii, Guam, and Saipan gathered June 17 to 20 at the University of Redlands in California for the 2009 California-Pacific Annual Conference. This year's theme continued the Conference's vision. "To Be The Cup Overflowing" with this year reflecting the first of the denominational Four Areas of Focus on "Leadership."

During the service of ordination and sending, Bishop Mary Ann Swenson recalled Jesus' words that disciples are to be the "salt of the earth," and encouraged those to be ordained and commissioned to be sure their ministry includes doing work "that makes you sweaty"....and therefore truly salty. Take a shovel in your hands, pick up a hammer... and work up a sweat on a mission project overseas and in your own neighborhood...Be truly salty, and you will stay in touch with "those whom we are called to serve."

This was the 25th Annual Conference session of the California-Pacific Annual Conference, which was created out of the Pacific and Southwest Annual Conference. This session marks the 158th session since the organization of the Pacific Conference in 1851, the oldest of the merging Annual Conferences.

The Rev. Dr. Randy Maddox from the Divinity School at Duke University led Bible study focusing on leadership. He focused on leadership as it relates to his specialty of Wesleyan theology. He asked both clergy and laity, "When you're in leadership, toward what are we leading?" Maddox said the church is called to be a holistic salvation that draws wisdom from our Wesleyan traditions.

The Conference continued a pattern of welcoming a lay person to preach during the Annual Session. Ruth Pitts-Littman, a lay member of Palm Springs United Methodist Church, was selected through an audition process. Pitts-Littman, who recently lost her husband, preached from Acts 1:8 titling her sermon. "Let the Spirit Find You." She challenged those gathered to study Christ's teaching and practice them.

Members adopted a 2010 apportionment budget of \$12,897,982 representing a .06 percent decrease from 2009. The budget reflected other action by conference to begin having retired clergy members share in the cost of their health benefits for the first time.

Continued page 12



Join us for
Coffee

2nd Blue Umbrella
12th Mary-Martha Circle
16th Communications
23rd Trustees
30th Red Umbrella

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!



Senior Pastor: Mike Herber
Rev. David M. Burgeson
Minister of Visitation: Leonard Lutz
Rev. J. Harold Headrick
Ministers: Mike & Linda Herber
Members and friends
Office Admin./ Newsletter: Christian Education Director:
Sarah Gandy-Barber Seeking applicants
Bishop: Mary Ann Swenson
District Superintendent: Rev. Cathleen Coots
Website Manager: Rev. Cathleen Coots
Jamie Foster
Music Director: Julie Walters
Praise Team Director: Susan Coho
Organist: Don McGuire
Puppet People: Willy Ford and
AG United Methodist Children's Center
Children's Center Director: Madrigal (Maddy) Quaglino
E-mail: agumcc@sbcglobal.net
Grande Ringers Handbell Dir.: Leonard Lutz
UM Youth Directors: Mike & Linda Herber

Annual Conference
2008 Wrap Up

By Dr. Larry R. Hygh, Jr.

ANNUAL
CONFERENCE
2008

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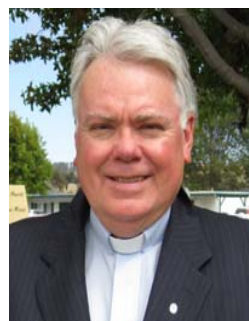


Inserts

Homecoming Herald
Children's Center Chronicle

Our Newsletter Team

Chair: David Beaman
Layout Editor: Sarah Barber
Proofers: Sarah Barber, David Beaman, Pastor David Burgeson and Virginia Mothes
Communications Committee: Sarah Barber, David Beaman, Reverend David Burgeson, Heidi Carpentier, Virginia Mothes, Jerry Smith and Michael Thurman.
Deadline: 10th of each month
 All 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 fumcaq@sbcglobal.net



Pastor David M. Burgeson



I want to say it is good to be appointed here for another year at UMC of AG. You have made me feel very welcome and for that I am very thankful. We have done many exciting things in the life of our church this past year. I consider it a privilege to work with you in carrying out our mission of the United Methodist Church which is "To Make Disciples of Jesus Christ for the Transformation of the World." And our local church provides the avenue where we are able to make disciples.

The Book of Discipline 2008 spells out our process for carrying out our mission. Quoting from paragraph 122: Process for Carrying Out Our Mission as disciples we:

- proclaim the gospel, seek, welcome and gather persons into the body of Christ;
- lead persons to commit their lives to God through baptism by water and the spirit and profession of faith in Jesus Christ; nurture persons in Christian living through worship, the sacraments, spiritual disciplines, and other means of grace, such as Wesley's Christian conferencing;
- send persons into the world to live lovingly and justly as servants of Christ by healing the sick, feeding the hungry, caring for the stranger, freeing the oppressed, being and becoming compassionate, caring presence, and working to develop social structures that are consistent with the gospel;
- continue the mission of seeking, welcoming and gathering persons into the community of the body of Christ.

And in our next year together I would like us to continue and find ways we can be open for the Holy Spirit to help us make this a reality.

Your Partner in Ministry,



(JULY 2009)

5th	166
12th	151
19th	169
26th	180
Sunday Average = 167	

Monthly Goal
\$ 22,220

Received to date
\$ 22,358

Difference
\$138

Figures rounded to the nearest dollar

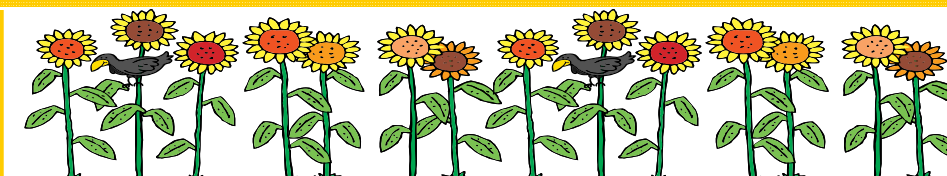


August Birthday!

Sean Lehman	01
Tina Moore	01
Jacqueline Ridge	02
Priscilla Alquist	02
Kay Orrell	05
John Romanelli	07
Doris Kielan	08
Nancy St. Laurent	08
Bob Lowry	09
Virginia Mothes	09
Frank Ridge	10
Peggy Gainer	10
Jeff Buhler	10
Trudy Romanelli	11
David Avila	11
John MacKeen	12
Bill Gerrish	13
Bob Underwood	15
Kathie Buckton	15
Nancy Gerrish	17
Hershel Whitefield	17
Nancy Burns	20
Brian Eichelberger	21
Ann DeVos	21
Christy Eichelberger	24
Nikki Raetz	26
Sharon Roemer	27
Peter Paredes	28
Chuck Burns	28
Cecile Huggins	30



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



Sermon Themes for August '09

2nd	John 6: 24-35	The Bread of Life (Part 2)
9th	John 6:35 ; 41—51	The Bread of Life (Part 3)
16th	Mark 8: 31— 38	<i>Cross Bearing</i>
23rd	John 6:60 -69	<i>Let's Talk About Puzzles</i>
30th	Mark 7: 1—8; 14—15; 21—23	<i>Where is UR Heart?</i>



Cyndee and Mike Rohla welcome their first grand-child baby **Faye Juliette** born July 15th weighing in at **7 lbs. 5 oz.**

Words alone cannot express my appreciation to Pastor David and this church for the gift of a white pulpit robe honoring my 50 years in ministry. I count it a pleasure and a privilege to be a part of the First United Methodist Church of Arroyo Grande. May God continue to bless us in all of our ministries together.

Harold



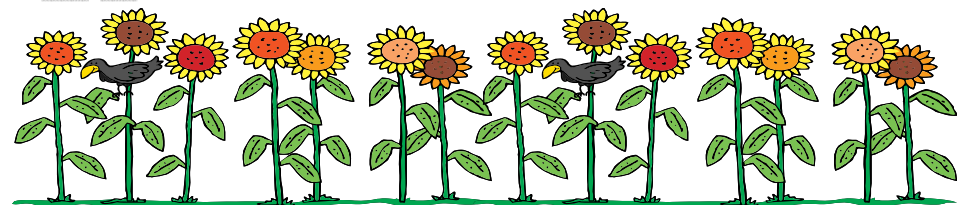
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Hello to all,

Just a short note to check in. We continue to meet through the summer on Wednesday nights and Sunday mornings. The youth were a big help in getting the props and scenery made for this years VBS at Camp Edge. Thanks to all those that helped. Our next project is the youths contribution of a cross for Cross Sunday in August.

Mike went to junior high camp in July with Anna, Patrick, Carina, and Galina as I write this. Look for more next month about their adventures and also the adventures of the Senior high campers.

In Christ's service,
Mike and Linda



“Rehearsal and Welcome Back Party Set”

Rehearsals for the Chancel Choir are scheduled to resume on Wednesday, August 26 from 7 to 8:30 PM. The Choir will be preparing for the *Evensong* on September 13th at 3 PM. This will take place at the old church in the Village. The Choir will also prepare for Charter Sunday on September 20th. Make plans to attend both of these important events as we continue to celebrate our church’s 125th Anniversary. A welcome back party will be held for both old and new choir members. Watch the bulletin for more details. Come and join us. See you at rehearsal!

Kent Unsworth, *Choir Publicity*



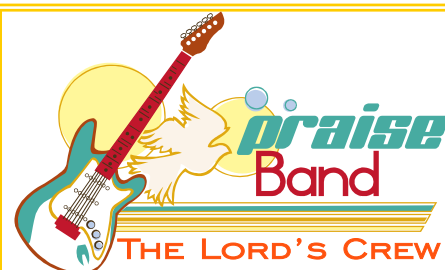
**Bible
Quiz**

Christians consider themselves to be people with whom God has made a New Covenant.

Which Old Testament prophet first spoke of the New Covenant? Choose the correct name below:

- A. Isaiah
- B. Joel
- C. Jeremiah
- D. Obadiah

Answer: C. See Jeremiah 31:31.



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.

August 2009

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

- 1ST REHEARSAL
- 15TH REHEARSAL
- 29TH REHEARSAL

**PRESENTING OUR 2009-10
EVERETT LEE TAYLOR
SCHOLARSHIP RECIPIENTS**

“Our Fabulous Five-some”

Youth Sunday, June 14th, was a very meaningful day in the life of our church when we were able to celebrate the many accomplishments of our youth. One special recognition was the announcement of the 2009-10 Everett Lee Taylor Scholarship recipients. This year marks the nineteenth anniversary of our college scholarship fund. During these years, thirty-eight outstanding church youth and adults have received annual scholarships totaling over \$32,750 to help defray the cost of their education.

Thanks to the generosity of our church, we were able to award five scholarships this year. Our “Fabulous Five-some” are: Nick Ballagh, a graduate student at Chapman University; Caitlin Riley, a senior at UC Santa Cruz; Sheila Riley, a freshman at Cuesta College; and Mara Spaulding and Cassandra Williams, freshmen at Cal Poly State University.

Congratulations and best wishes to Nick, Caitlin, Sheila, Mara, and Cassandra, and thanks to all our church family who continually support this program.

May God bless you all!
Nancy Gerrish and the ELT Scholarship Committee

Recipients for 2009-10 Academic Year

- **Nick Ballagh** \$500
Four-time recipient ~ attending Chapman U
- **Caitlin Riley** \$500
Two-time recipient ~ attending UC Santa Cruz
- **Shelia Riley** \$750
First-time recipient ~ attending Cuesta College
- **Mara Spaulding** \$750
First-time recipient ~ attending CalPoly
- **Cassandra Williams** \$750
First-time recipient ~ attending CalPoly

Total ~\$3250.



To My Church Family,

Thank you for your prayers and loving concern as I experienced the loss of my sister (in Texas) and my brother-in-law (in California) both on the same day.

Your calls, cards and prayers have been and continue to be a source of strength and comfort.

Thank you for helping me on my faith journey.

God has truly blessed me with such a caring and loving church family.

In Christian love,
Pauline Castillo

The family of David Haupt acknowledges deep appreciation for your kind expressions of sympathy

Dear UMC family,

Your prayers, phone calls and cards were a great support to me and my family.

Your friendship to me and David for nineteen years is greatly appreciated.

May God continue to bless you in your endeavors.
Rose Haupt

Due to others having previous obligations, we were short four (4) trustees and therefore not enough present for a quorum. So....

- No votes were taken. Discussion was had. Financial were not complete. Bottom line: We are within our budget.
- The dishwasher in the kitchen was on the fritz and is now fixed.
- Ants extermination has started. Next spraying is in August.
- The sandbox for the kids is in use and is greatly enjoyed.
- The door from Criswell Hall to the parking lot has been fixed.
- The weather is getting warmer. It is time to re-stain the doors.
- August seems to be a good month to get some men together and have some work parties. One is to clean the filters and hoods above the kitchen stove. Another is to look at sealing the windows to the McMillen Room and the classrooms.
- Landscaping is ongoing. Weeds and gophers continue test my patience. Gophers 7; Egan 0
- We are looking for ways to brighten the choir loft.
- Other than that, the house of the Lord is in good shape!!!



TRUSTEES REPORT
July 2009

From Tom Egan, *Trustee Chair*



Construction Underway at Camp AG

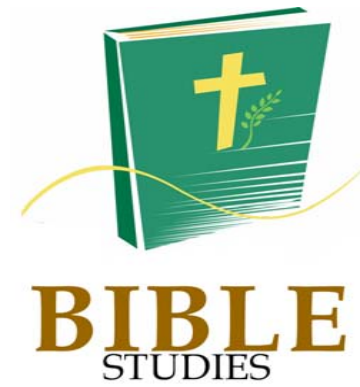
The bulldozers finally started major earth moving on Monday, July 13th 2009 at Arroyo Grande Methodist Camp (see photo). This is all in preparation for the building of one or two new cabins that has been planned since 2006. The site for the new buildings is on the north east corner of the camp on the road going up to the campfire pit. Steve Tallant, camp manager has been overseeing the preparations of the site which included all new water, electrical, sewer and drain lines. The moving of a huge amount of earth will

clear the pads for the new cabin construction.

The \$180,000 project began collecting funds in 2006 and received a \$50,000 grant from the California Methodist Conference to help get the project started. Under the leadership of Val McClure, the camp's Site Committee ran a three year campaign to raise funds for the project.

Bill Weitkamp, Tina Moore and Tom Egan from the AGFUMC also serve on the Site Committee and have been active in helping to raise project funds. The retired Pastor of the Arroyo Grande Church, Bob Underwood, has been working shoulder to shoulder with the camp manager to help prepare the site. The Arroyo Grande Methodist Church has donated \$15,000 to the project. Five other Methodist Churches have also participated in the project as well as many clubs and businesses in the Five Cities area.

The project is the first step in a 15-20 year project to renovate the 29 acre facility into a first class camp and conference center. Current facilities include six cabins, three lodges, a live-in caretakers home, dining hall and kitchen, and the famous Tabernacle. Other amenities include a solar heated swimming pool, child play area, chapel, campfire pit and picnic tables. There are also eight hook-ups for RV's on the site. Reservations can be made for non-profit groups or family use by calling Steve or Debbie Tallant at 489-4139 who will direct you through the registration process. Over 100 groups and families use the facility yearly.



.....
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!

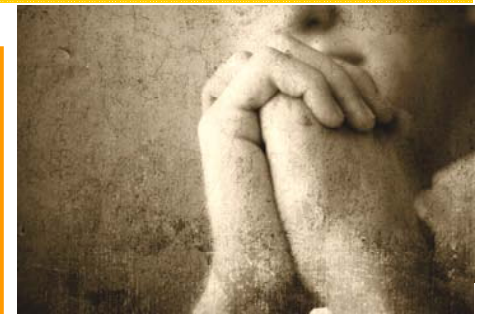
.....
Mondays at 7 PM in room 215 you can join with other men who have committed themselves to Christ and who seek spiritual leadership through Christ's word and His teachings. Join the men as they "*Learn the Bible in 24 Hours*" through a book by Chuck Missler. All are welcome!

.....
A Women's Bible Study is held every **Sunday morning** in **room 215** for the ladies of our church in search of strengthening their daily walk with Christ. This study is at **9:45 AM** and is open to all women who love the Lord and want to serve Him. The new book we will start is titled, "*Walking With God*" by John Eldredge. We hope you will join us.



We are excited about the historic items on display in the library. Come see the old church record book from the 1880's to 1904. It

has records of membership, marriages and baptisms. It also has an historical record. Some treasurer's reports are on display as well. There is a 1904 Christmas greeting from a teacher to her student and various other interesting historical items. Thanks to Jean Hubbard, our church historian extraordinaire! We are helping to celebrate our church's 125th anniversary year by exhibiting items of interest. We will be adding items weekly to extend our grand exhibit. It will change from week to week, so come and check it out. You will love it! *Thanks again to Jean for all of your help!!*



Do you have a prayer request? A grateful praise? Bring it to our Prayer Chain by contacting **the church office.**

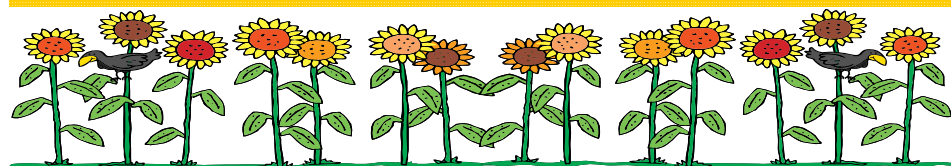
REQUESTS CAN

REMAIN ANONYMOUS.

Every **Thursday at 10AM** a group of dedicated prayer warriors, Our **Intercessory Prayer Group**, meets in the Library to pray for members of our church family, and other requests mentioned on the prayer request cards, those mentioned in services each week, those written in the prayer book and called in via prayer chain. We invite any who would like to join and lift up these requests to the Lord.



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* if you have any questions with regard to his group of special ladies.



2009 Conference Summary continued

More than 250 youth participated in the annual Youth Day.

During the Service of Commissioning, Ordination, and Sending Forth, Bishop Mary Ann Swenson welcomed Rabbi Mark Diamond. Rabbi Diamond is the Executive Vice President of the Board of Rabbis of Southern California. In that position, he directs a multi-denominational organization of 290 rabbis, and serves on the management team of the Jewish Federation Of Greater Los Angeles. He told those gathered for ordination that leaders dreams and interpret duties.

During the 16th Annual Conference Missionary Luncheon, the Conference was presented a plaque from The Advance for the highest designated giving and highest total amount of missionary support in 2008 in the Western Jurisdiction of the United Methodist Church.

In other business, conference members:

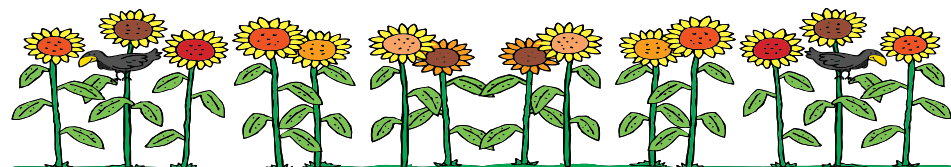
- Collected offerings; Grace Children's Hospital in \$4,630; Central Conference Pension \$3,200; Visiting Doctors' Hospital Program \$4,335; and \$1,900 for youth programs;
- Raised \$2,000 for 36 UMCOR buckets; and,
- Accepted health and sewing kits for the UMCOR West Depot.

During the conference session:

- Bishop Mary Ann Swenson ordained 10 elders in full connection; commissioned 9 as probationary elders, ordained one deacon in full connection, and commissioned one as a probationary deacon.
- Celebrated the retirement of 15 active clergy; and,
- Members rejoiced when Bishop Swenson baptized two infants.

Membership stands at 82,405, down 2,411 from the previous year. Worship attendance stands 48,881, down 2,275. Church school stands at 12,726, down 68.

** Hygh is director of communications for the denomination's California-Pacific Annual Conference which includes 380 churches with a combined membership of 82,000 in southern California, Hawaii, Guam, and Saipan.*



Health Care Reform

Everyone is talking about health care!

- 1) Are you concerned about Health Care Reform?
- 2) Would you like to know more about it?

Most Americans agree that our current system is broken and needs to be fixed but there are many opinions on how to fix it. Bills have now been introduced in both Senate and House of Representatives committees. These are now being discussed by your representatives.

Thursday, August 27th at 7 PM, join us for a **Health Care Task Force Meeting** in the **McMillan Room**. All are invited to come. We will be working on plans to find ways to provide information to the members of our congregation so that we can all make better informed decisions regarding this subject.



VACATION BIBLE SCHOOL A FAMILY EXPERIENCE UMC of AG

We broke new ground by offering an evening vacation bible school (VBS) to kids, teens, parents and grandparents. All were invited to attend Camp E.D.G.E. The acronym stands for Experience and Discover God Everywhere. Christian Education Director, Hilary Henderson, chaired the VBS committee and with the help of other members and numerous volunteers, together they brought the experience to life for 5 nights in early July. The evenings began with nutritious meals cooked and served by different volunteer connoisseurs each night. Campers then ventured into Criswell Hall which had been transformed into a wilderness wonderland. Here they enjoyed song and dance time. Then Extreme Jane, via video, got the campers ready for their Extreme Adventure. These nightly adventures included science experiments to discover God in nature, craft times to experience God's creativity, and recreation time to encourage fun and fellowship in games. The campers also took a trek through biblical times where they interacted with live characters and learned the many ways that God participates in our lives. Adults participated in a parallel study with Pastor David. Each night the children looked for a letter hidden somewhere at the camp. By the end of the week, the letters spelled out IXOYE which they learned stands for Jesus Christ, Gods Son, Savior. Memorable times have both the campers and the camp counselors looking forward to next summer as VBS proves to be an integral part of the Church's outreach. Many thanks to VBS Chair Hilary Henderson, Committee members, and the numerous volunteers that brought this dream to reality. **(see pictures in Criswell Hall)**

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WANTED!

Christian Education Director Needed
 We are currently in need of a person for this position. The purpose of this position is to coordinate and oversee all education activities of our church. *A full job description and compensation information is available in our church office.* If you feel that God has blessed you with a gift in this area, we hope that you will prayerfully consider your role in this position.

I would like to take this opportunity to thank all those who participated in a very successful Vacation Bible School. This truly was a group effort and would not have happened if all of you had not been willing to step out in faith. I have said before and will say again, that the team had more enthusiasm at times about the program than I, and it was that enthusiasm that made this a success.

Serving Him,
Hilary



Christian Education



1
UM Youth Senior
 High return from
 Camp Colby
 6:30 PM Praise
 Team Rehearsal
 (5:30 PM s/u) (S)

<p>2 Coffee Hour <i>Blue Umbrella</i> 8:30 AM Contemporary Service 9:45 AM Women's Bible Study 10:30 AM Traditional Service 11:45 AM Green Umbrella Meeting (MMR)</p>	<p>3 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 AlaTeen (211)</p>	<p>4 8:30 AM Senior Exercise Group 9 AM Sew 'n' Sews (MMR) 10 AM Care-Ring Ministry (L) 10:30 AM Communications (P/S) 12:30 PM Chess Camp (211) 7 PM Trustees (MMR)</p>	<p>5 8:30 AM Senior Exercise Group 9 AM EOC Senior Health Screening 2 PM Bible study "Traveling Light" 6 PM Bible study "Traveling Light" (MMR) 7 PM UM Youth Group (215)</p>	<p>6 8:30 AM Senior Exercise Group 10 AM Intercessory Prayer Group 11:45 AM People's Kitchen</p>	<p>7 4 PM AG UM Children's Center Staff Development (MMR)</p>	<p>8</p>
<p>9 Coffee Hour <i>Mary Martha Circle</i> School Supply Kits Collection 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</p>	<p>10 Pastor on Vacation 11 AM UMW Steering Committee 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 AlaTeen (211)</p>	<p>11 Pastor on Vacation 8:30 AM Senior Exercise Group 9 AM Sew 'n' Sews (MMR) 12:30 PM Chess Camp (211) 5 PM Grande Ringers</p>	<p>12 Pastor on Vacation 8:30 AM Senior Exercise Group 1 PM Alzheimer's Care-Givers Support Group (MMR) 7 PM UM Youth Group (215)</p>	<p>13 Pastor on Vacation 8:30 AM Senior Exercise Group 10 AM Intercessory Prayer Group 12 PM Esther Circle (MMR) 5 PM Grande Ringers</p>	<p>14 Pastor on Vacation</p>	<p>15 Pastor on Vacation 12:30 PM Dr. Chess Tournament (211) 6:30 PM Praise Team Rehearsal (5:30 PM s/u) (S)</p>
<p>16 Coffee Hour <i>Communications Committee</i> Pastor on Vacation Cross Sunday 8:30 AM Contemporary Service 9:45 AM Women's Bible Study 10:30 AM Traditional Service</p>	<p>17 Pastor on Vacation 6 PM Debtors Anon 7 PM Men's Bible Study (215) 7 PM Women of Prayer (S) 7:30 PM AlAnon (MMR)</p>	<p>18 Pastor on Vacation 8:30 AM Senior Exercise Group 9 AM Sew 'n' Sews (MMR) 5 PM Grande Ringers</p>	<p>19 Pastor on Vacation 8:30 AM Senior Exercise Group 7 PM UM Youth Group (215)</p>	<p>20 Pastor on Vacation 8:30 AM Senior Exercise Group 10 AM Intercessory Prayer Group 4 PM Preschool Board 5 PM Grande Ringers</p>	<p>21 Pastor on Vacation 1 PM Alzheimer's Care-Givers Support Group (MMR) 5:30 PM CA Poppies Paint-In set-up (CH)</p>	<p>22 Pastor on Vacation 8:30 AM CA Poppies Decorative Association (CH)</p>
<p>23 Coffee Hour <i>Board of Trustees</i> Pastor on Vacation 8:30 AM Contemporary Service 9:45 AM Women's Bible Study 10:30 AM Traditional Service</p>	<p>24 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 AlaTeen (211)</p>	<p>25 8:30 AM Senior Exercise Group 9 AM Sew 'n' Sews (MMR) 5 PM Grande Ringers</p>	<p>26 8:30 AM Senior Exercise Group 7 PM UM Youth Group (215)</p>	<p>27 8:30 AM Senior Exercise Group 9 AM AG UM CC Development Training 10 AM Intercessory Prayer Group 5:00 PM Grande Ringers 7 PM Health Care Reform (MMR)</p>	<p>28 9 AM AG UM CC Development Training</p>	<p>29 6:30 PM Praise Team Rehearsal (5:30 PM s/u) (S)</p>
<p>30 Coffee Hour <i>Red Umbrella</i> 8:30 AM Contemporary Service 9:45 AM Women's Bible Study 10:30 AM Traditional Service 10AM UMW Sunday Salad Bar</p>	<p>31 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 AlaTeen (211)</p>					



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."

Welcome to August!! This is the time of year that some refer to as the Lazy Dog Days of Summer.

Well, our UMW ladies may be enjoying a quieter-maybe less hectic time of the year, but we are still busy with our purpose. We are expanding our concepts of mission through participation in the global ministries of the church.

We are busy producing items for sale at our arts and crafts festival which will take place at our church on Saturday, November 14. Although we are not meeting on Tuesdays in the summer, our ladies are busy at home making all sorts of wonderful items for our sale. The proceeds from our sale will go directly to local and global mission funds. As we have been reporting in past issues, you have learned of many wonderful needs that have been met near and far from our contribution to mission work.

Keep up the good work ladies!

Respectfully submitted,
 Ann Williamson,
 UMW Publicity

Each year the Women's Division of the Board of Global Ministries develops topics of study with accompanying resource information to be made available for use in all local church United Methodist Women groups. These studies, if used by Circle groups, connect all UMW groups together in one common theme of study for the year. The topics which are chosen, even though years in advance, are about very current conditions which are occurring in the world today. The study materials help UMW members explore their role as Christians in the larger community through study of spiritual, geographical and social topics. Schools of Christian Mission (theme for this year is: "Together at the Table") are conducted in more than 90 sites around the country each summer in order to share and instruct in these studies to as many as 20,000 participants. Attendees at these schools are expected to return to their home churches and share this new information with fellow members. Recommended studies for 2009-2010 are:

Giving our Hearts Away: Native American Survival which is a continuation of the 2008-09 study. This is a straightforward narrative of the history of what is now the United States, told from a Native American perspective. This is the story of events that unfolded out of the clash of Native and immigrant cultures with their competing ideologies, religious practices and spiritual lifestyles.

The Beauty and Courage of Sudan: Why a Dream of Peace is Possible which will be another two-year study. This study guide offers a portrait of Sudan's spirit of courage, promise and hope despite years of war and destruction. The country has been plagued with drought and a shortage of food for years in addition to ongoing war for most of its history but yet at Sudan's core is beauty.

Food and Faith A focus on comfort food, health food, soul food, home cooking, haute cuisine—how we talk about food shows that it is more than a simple matter of "fuel" or nutrition. Food is emotional. Food is cultural. Food and the traditions related to it are important to our families yet multitudes go without adequate food as food aid systems around the world are stressed. What does it mean to pray, "Give us this day our daily bread"? How are we to be faithful in a world of hunger and abundance?

For information regarding study materials contact Eva McClure at 474-1458 or go online to www.missionresourcecenter.org.

The Healthy Corner

By Patti Melsheimer

The Truth About Cataracts

Did you know that 20.5 million Americans age 40 and older have cataracts, one of the most curable causes of vision loss?

A cataract is the clouding of the eye's normally clear lens, blocking the passage of light needed for vision. The lens lies behind the iris and the pupil. It works much like a camera lens. It focuses light onto the retina at the back of the eye, where an image is recorded. The lens also adjusts the eye's focus, letting us see things clearly both up close and far away. The lens is made of mostly water and protein. The protein is arranged in a precise way that keeps the lens clear and let's light pass through it.

As we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract. Over time, the cataract may grow larger and cloud more of the lens, making it harder to see. A cataract can occur in either or both eyes. But it does not spread from one eye to the other. Researchers suspect that there are several causes of cataract, such as smoking and diabetes. Or, it may be that the protein in the lens just changes from the wear and tear it takes over the years.

A cataract needs to be removed only when vision loss interferes with your everyday activities, such as driving, reading, or watching TV. You and your eye care professional can make this decision together. Once you understand the benefits and risks of surgery, you can make an informed decision about whether cataract surgery is right for you. In most cases, delaying cataract surgery will not cause long-term damage to your eye or make the surgery more difficult. You do not have to rush into surgery.

Contrary to popular belief, cataracts are not removed using lasers. Lasers are used in follow-up procedures, if needed. Cataract surgery is most often done as an outpatient procedure under local anesthesia. The cloudy natural lens can be replaced with an artificial lens to give the eye proper focusing power. In most cases, the improvement in the patient's vision is profound.

After cataract surgery, itching and mild discomfort are normal. Some fluid discharge is also common. Your eye may be sensitive to light and touch. If you have discomfort, your doctor can suggest treatment. After one or two days, moderate discomfort should disappear.

For a few days after surgery, your doctor may ask you to use eye drops to help healing and decrease the risk of infection. You will need to wear an eye shield or eyeglasses to help protect your eye. Avoid rubbing or pressing on your eye. When you are home, try not to bend from the waist to pick up objects on the floor. Do not lift any heavy objects. You can walk, climb stairs, and do light household chores.

In most cases, healing will be complete within eight weeks. Your doctor will schedule exams to check on your progress.



Are you a member?

It's not complicated! Begin by joining us for our monthly breakfast meetings at the Mission Inn of Pismo Beach at 8:30 AM.

Our next meeting will be on September 19th, 2009.

METHODIST MEN HAD A BUSY PROGRAM YEAR in 2008-09

Under the guiding hand of President Dick Gainer, the United Methodist Men of our church had a busy year of outstanding programs including some new events that the group had never experienced. The men met during the year at the beautiful Mission Inn in Pismo Beach at 8:30AM to enjoy a great buffet breakfast and hear a wealth of outstanding programs which included:

- September– Rev. David Burgeson
- October– Richard Leonard, Dept. of Consumer Affairs
- November – Bill Weitkamp, “Modoc Indians of Tule Lake”
- January - Dr. Del Dingas, “World Hunger and the Food Supply”
- February – Annual Sweetheart Breakfast (featuring the “Mud Skippers”)
- March- Steve Tanaka, “Desalination Project”
- April – Don and Helen Gugeler, “Adventures in South Korea”
- May- Camp Arroyo Grande Work Party
- June- Annual Year-End BBQ at the home of Dick and Patti Melsheimer

In April the group also elected new officers who included **Tom Egan**, **Bill Weitkamp**, (co-chairs), **Wayne Huggins**, Treasurer and **Val McClure** UMM Publicity.

SPECIAL EVENTS – Included: Five All Church Breakfasts, The Carl Kliesch Memorial Golf Tournament, Annual Sweetheart Breakfast, Camp Arroyo Grande Work Party and the Tabernacle Program. The warm fellowship that the men experience, working together to present these events is surely one of God's blessings to members of the organization.

The Program year ends with the BBQ in June. Men of the church that do not usually participate in United Methodist Men activities are invited to attend and consider active participation in the coming program year.

Recognition Awards – At the UMM BBQ held on June 20th the men renewed a long standing program for outstanding contribution by individuals in the UMM to the church and the organization. This years recipient for the **MAN OF THE YEAR** award was **Bud Johnson**. Bud is past president and vice-president and has been a key player in the monthly Pancake Breakfast and Sweetheart Breakfast programs. He was chairman of the Carl Kliesch Memorial Golf Tournament which raised \$1,000 for youth summer camp scholarships. **A hearty congratulations, Bud!** The plaque of past and present men honored is displayed in Criswell Hall.

More information will be available the first meeting of the new program year which begins at the Mission Inn on Saturday, September 19th at 8:30 AM. Look for more details in upcoming publications. September 2009 program will be “**Sailing the Hawaiian Islands**” presented by Del and Hilde Hollinger. For further information call the new co-chairs Tom Egan and Bill Weitkamp.

The Spring Parent Survey 2009 Results

The survey stated for the overall quality of the program families were 80 % *very satisfied* and 20% were *satisfied*. A written comment indicated, "We are very happy with the program. We like the flexibility of early bird and extended care." Another written comment stated, "It is a great program. We especially like how all the teachers step in and help each other out. Everybody soon knows all the kids. Very professional and very kid centered."

The main reason why families choose our program is for socialization and the second reason is for the age appropriate curriculum. Another comment written added, "It's wonderful for our child's learning and development of skills."

The survey found that the families were 81% *very satisfied* and 11% were *satisfied* with the background and experience of the staff. Also, the survey indicated that 72% were *very satisfied* with the communication, interaction with the children, meeting the individual needs of the child, and with the equipment and materials provided for the children and 27% were *satisfied*.

All the parents who turned in a survey participated in their child's conference. The survey participants found that the conferences were informative and that their child reached the goals that were set. A comment written said, "This program has really helped bring out our child and prepare him for kindergarten." Another comment was, "We love the school and are very satisfied and happy with the program."

Regarding *Parent Participation* topic 30% of the parents were *very satisfied*, 60 percent were *satisfied*, and 20% were *unsatisfied*. A more in depth explanation regarding parent participation, 60% of the families would like to help with activities in or outside the classroom and 40% would like to help with fundraising. One written comment said, "Try to get more parents involved. Start a PTA." Another comment received said, "A roster for my child's class would be nice to arrange play dates and develop friendships. Because of these comments and active parents in our program, we have formed a Parent Action Committee or "PAC". If you are interested in finding out more information about "PAC" contact Gen Yamada at 431-4521. The program is also interested in starting a PTA or Parent-Teacher Association. This is a non-profit organization that provides a variety of benefits that would be great for the school.

The Board of the Arroyo Grande United Methodist Children's Center would like to thank you for your time and comments in completing the survey. The findings are beneficial and very important in providing us with the information we need to improve the program. The goals that we have set from this survey are to improve communication and increase our parent participation. A final comment from a parent said, "We are very happy with the program and recommend it to others. "Word of mouth is the best advertisement. When I ask families where they heard about our program, they say, "We have friends that go here." Also I hear, "Moms that I met at the park told me about your program." Because of the wonderful families supporting our program we only have a few openings left in the preschool program. Both the young and older toddler programs and the Pre-K program are full for the next session. We look forward to a fun and exciting new year that nurtures the development of children and fosters new friendships for children, families, and staff.

Sincerely,
Maddy Quaglino,
AGUMCC Director



compiled by Jerry Smith

Smiling Can Be a Healthy Habit!

We all know how enjoyable it is to be around happy, smiling people attending Sunday worship. These are both the young and older church members who make it a practice to share a smile during fellowship. In a heartbeat they can turn it on and immediately you're smiling in return. Who doesn't appreciate being welcomed in such a personal and respectful way. That beaming grin tends to melt away any belated thoughts or nagging concerns that may be distracting/troubling you at that moment.

Remember, the First United Methodist Church encourages all members * To comfort those in need * To work together to help people in their community * To accept you for who you are * To offer a place to belong * To care for and support each other * To show respect for other religions * To support people facing difficulty * Welcome diverse opinions and beliefs * Guide others to find deeper meaning.

It's healthy to believe a smile can and will elevate your mood while reducing stress. Why allow yourself to be frustrated and angry or look grumpy and then your wife says: "What's your problem?" Then you respond with a sheepish look saying "I'm not sure honey -- what's bothering me." She smiles and you laugh thinking about the silliness of it all and suddenly it's over. The moral to this story, try a little more restraint before giving in to negative or unhappy thoughts that sometimes follow with anger or despair.

HEALTH BENEFITS

Medical practitioners tell us: There have been a number of studies worldwide about the health benefits of smiling. It can lengthen your life, make

you more successful, confident and attractive, and [improve your health](#). Plus, smiling is infectious and makes you and others around you feel good. Smiling helps you to relax and it's so easy to do. Smiling opens the doors to a positive attitude as well.

PASS ON A SMILE

A daily devotional out of South Hills Baptist Church in Oklahoma reads: "We all come in contact with people everyday that feel they don't have much of a reason to smile. Life for them isn't going so well. Perhaps it's the clerk in the store who has to deal with one too many crabby customers or the waitress who is barely making ends meet. Maybe it's your boss who isn't making your day so great. Perhaps it hits closer to home with a child who is having trouble in school or your spouse who's had a bad day. God puts people in our path everyday that need to be encouraged. We may not need to say a word – just give them a smile."

A SMILE GIVES...

- S**-upport
- M**-otivation
- I**-nspiration
- L**-ove
- E**-ncouragement

PRAYER: Father, help me to learn to rejoice and smile everyday. Help me to treasure everything you have given me to smile about. Help me to share the joy I have in you with those I come in contact with by giving them a smile. AMEN (Kim Pickett)