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"Love
your Neighbor
as Yourself."

Mark 12:31



Senior Pastor:
Rev. David M. Burgeson

Minister of Visitation:
Rev. J. Harold Headrick

Ministers:
Members & Friends

Office Admin./ Newsletter:
Sarah Gandy-Barber

Bookkeeper:
Victoria Gandy

Website Manager:
Jamie Foster

Chancel Choir Director:
Julie Walters

The Lord's Crew Director:
Susan Coho

Organist:
Don McGuire

Puppet People:
Mike Herber

Grande Ringers Handbell Dir.:
Leonard Lutz

Adult Ministry Director:
Sandra Sawyer

UM Youth Directors:
Mike & Linda Herber

Children's' Ministry Director:
Seeking applicant

Christian Counseling Intern:
Carol Gandy

Bishop:
Mary Ann Swenson

District Superintendent:
Rev. Cathleen Coots

AG UM Children's Center
agumcc@sbcglobal.net
(805) 481-2223

Director:
Madrigal Quagliano



The First United Methodist Church of Arroyo Grande

Cast~A~Net

February 2010

"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



ADAM HAMILTON

LENTEN

STUDY GROUP

Advent prepares us for Christ's birth; Lent prepares us for the glorious act of Christ's resurrection. Most churches have special services during the weeks of

UMW Sunday

UMW Sunday will be celebrated on **Sunday, 28 February** and we are happy to announce that Ms. Mele Maka will be our guest speaker for both services. After having spoken to her over the phone, I'm sure we are in for a very special blessing.

Ms. Maka was born on the Island of Tonga and came to the US when she was 12 years old. She tells us that she was born a Methodist as both her father and grandfather were Methodist ministers. Her guiding light throughout life came from a statement made by a Sunday School teacher when she was just 6 yrs old... 'Nothing can separate you from the love of God.' These words have become a reality in her life.

She currently serves as Lay Leader for the SB District. She describes her duties in this miniatry job as going with, and assisting, our District Superintendent, Rev. Catie Coots, at gatherings such as Charge Conferences and other meetings. She is a member of the Board of Laity and has served as Lay Leader for the past 6 years.

Mele Maka wishes to convey to us is that she is a devoted disciple of Christ and loves to tell the good news whenever and wherever possible. "That everyone can have this same relationship with Christ" and describes herself 'as a spirit on fire for God'. Come and welcome her with us.

Lent, but it's what each of us does regarding our spiritual life that makes Lent most meaningful.

Lent is a good time to read, study and inwardly digest the four gospels. (The word gospel means "good news.")

A college student decided to work his way through Matthew, Mark, Luke and John for his Lenten devotional time. Soon he was fascinated by the stories, such as the Pharisees and Sadducees trying to trap Jesus in debate. The brilliant Jesus handled every occasion with wisdom, leaving the authorities dumbfounded.

During his devotional time, the student was filled with laughter and amazement at the brilliant son of God, who was only in his 30s. Get to know the good news, and you'll understand the young man's amazement.

You to can be amazed, beginning on Ash Wednesday and continuing for the 7 weeks thereafter, join us in the McMillen Room for the pastor's Weekly Wednesday study at 2 PM and 6 PM.



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Insert

Children's Center Chronicle

Our Team

Chair: David Beaman

Layout Editor: Sarah Barber

Proofers: Sarah Barber, David Beaman, Pastor David Burgeson & Virginia Mothes

Our Committee: Sarah Barber, David Beaman, Reverend David Burgeson, Heidi Carpentier, Virginia Mothes, Jerry Smith and Michael Thurman.

Photographer: Gary Hughes with varied monthly contributors.

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

Address Updates: Do you want to be removed from our mailing list? Need to update information? Add a friend? **Contact our church office at (805) 481-2692 or e-mail us at fumcag@sbcglobal.net**



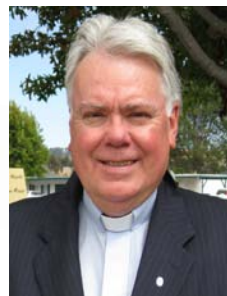
On Tuesday evening, January 26, we held our annual charge conference with 35 members in attendance. Our Santa Barbara District Superintendent, Rev. Catie Coots, was here and presided. I would like to highlight several actions taken at the Charge Conference.

1. Approved our budget for 2010. Total budget for 2009 was \$297,475 and 2010 is \$302,360. We have a balanced budget. Staff will receive a 2 % increase in salary for 2010.
2. Received money collected by Rev. Coots in one of our 125th "piggy banks". (She took one at our 125th Anniversary weekend last September and has been putting money in bank, and praying every time she did. Give money to missions was her request. She handed her piggy bank to our treasurer Joel Anderson, who gave it to Virginia Mothes, one of our financial secretaries.
3. Approved the Pastor's salary package for 2010.
4. Approved the removal of 28 from membership roles and added 15 that were received into membership. Membership is at 329 end of 2009.
5. Approved nominations for all ministry areas in our church.
6. Received reports from ministry areas and 125th Anniversary Committee of thier great work in 2009.
7. District Superintendent shared 2009-2012 four areas of (foci) focus for the United Methodist Church as approved by Council of Bishops at the 2008 General Conference. The four areas: Leadership Development, Church Growth, Ministry with the Poor, and Global Health.
8. Four Foci- What If We Rethink The Church, as a verb.

You will find Charge Conference packets in the narthex and our church office, and I would invite you to pick one up. There is valuable information on what we have accomplished together in 2009.

Last, I thank you all for what you have done in ministry by being a faithful disciple for Jesus Christ. To God be the

David



Pastor David M. Burgeson

February Sermon Themes

Date	Scripture	Theme
2/7	Luke 5: 1—11	One More Time
2/14	John 3: 1—17	Love
2/21	Luke 4: 1—13	Fighting Temptation
28	UMW Sunday	Special guest Mele Maka

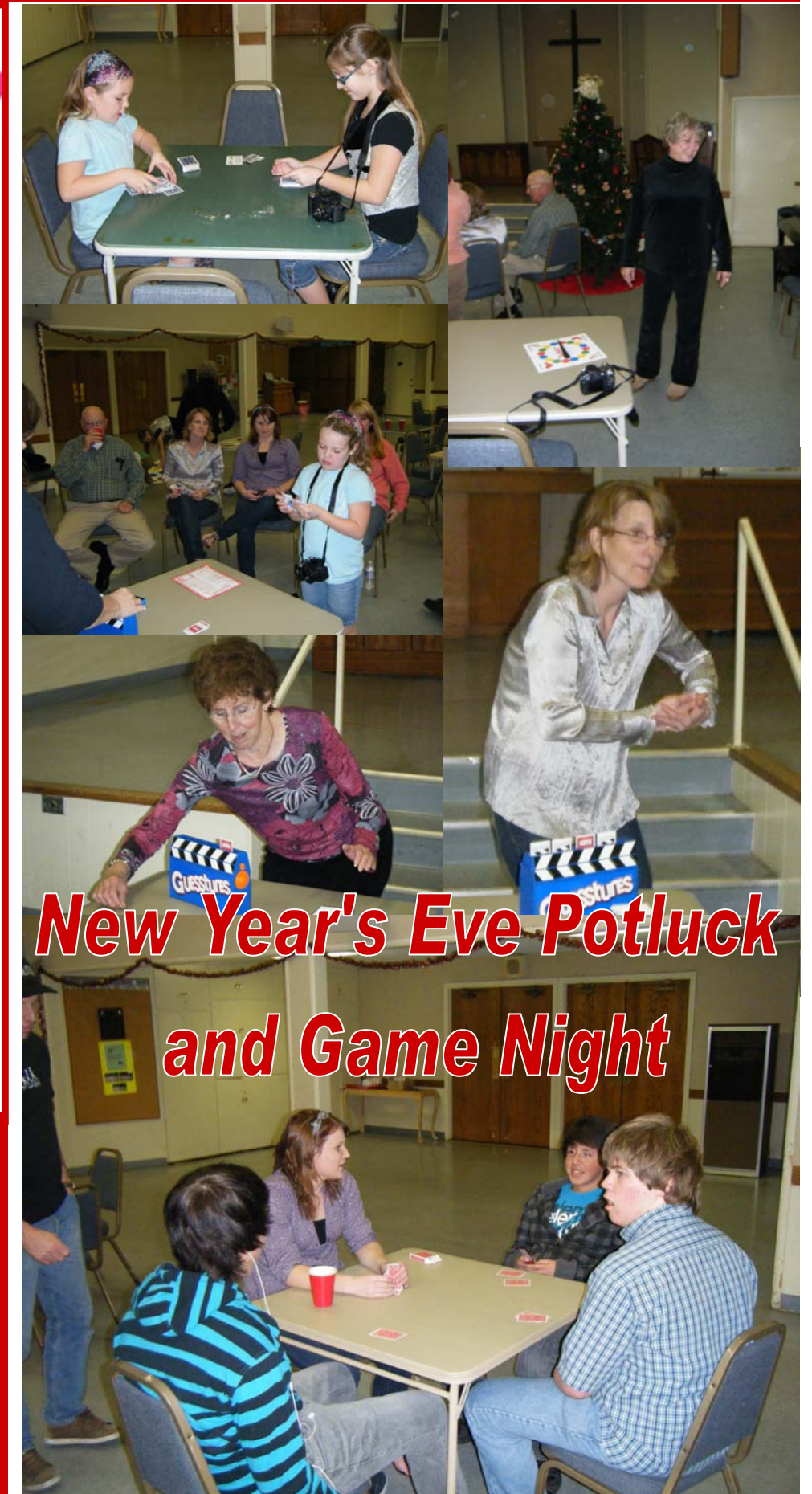


- Devin Paredes 2/2
- Barbara Reineke 2/3
- Ian Spalding 2/4
- Betty Ashton 2/5
- Wayne Huggins 2/8
- Victoria Gandy 2/9
- Guy Oates 2/9
- Cafi Cohen 2/9
- Bennie Duffin 2/10
- MaryBeth Lorenzen 2/14
- Chuck Perrigey 2/15
- Mary Fernamburg 2/18
- Irene Kliesch 2/19
- Ryan Roemer 2/19
- Michelle Paredes 2/25
- Paul Collagan 2/26
- Jackie Jackson 2/26
- Jan Treat 2/27
- Robbie Davis 2/28
- Mathew Jones 2/28
- Sean Treat 2/29

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

L never fails

V
E 1 Corinthians 13:8



Small-Group News



New Study

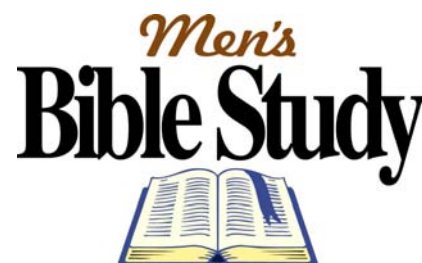
Join us Sundays as we continue our study on *The End Times* led by Tina Moore and Kathleen Ballagh.

You won't want to miss it every **Sunday morning** in the **McMillen Room** immediately following the 8:30 AM service. Be a part of the quest to seek God's will for your lives and strengthen your daily walk with Christ. Come and fall in love with the Lord and His plan for you!

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 a **new book for the season of Advent** entitled, *While We Wait*, by Mary Lou Redding. We look forward to having you with us!



Join our Men's Bible Study, 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 this book by Dr. Chuck Missler.



Meet us on Sunday's after worship in Criswell Hall. Hosts for a special time of fellowship will be:

- 7th Communications Committee
- 14th JOY Circle
- 21st UM Youth Spuds
- 28th UMW Luncheon



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 this group of special ladies.



Do you have a prayer request?

A grateful praise?

Bring it to our Prayer Chain.

Every **Thursday at 10 AM** 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. Contact the church office for more information.

Requests can remain anonymous.



ENDOWMENT GIFTS THAT KEEP ON GIVING

At the end of each year the Endowment Board submits a report to the Charge Conference regarding the status of the investments, and money distributed for various projects and programs. A summary of this information is also printed in the Cast~A~Net during the first quarter of the new year. The amount of money distributed is based on a percentage (0-5%) of the previous year's total value of the investments. The performance of our investments varies from year to year, depending on stock and fixed income investments.

How did / does the Endowment Board get money for investment and future distributions?

The Endowment Board was started many years ago and donations (seeds) from many generous people were invested and increased in value over time. The Board consults with Blakeslee & Blakeslee regarding diversification of investments. In recent years, substantial donations continued to come in and have been a help to increase the value of the Funds and thus enabled the Board to distribute money for many projects and needs. Donations to the Endowment Board can be designated for specific projects or left undesignated so the Board can use the proceeds from these investments on other projects that need financial support. When donations of \$500 or more are received, a leaf is added to the Tree of Life in our church Narthex as acknowledgement of the gift. No donation is too small and all are appreciated.

What are some of the projects that have been supported in recent years?

- Designated Funds – This Fund was originated by a large donation from Janie Sanborn specifically for missionary support. Distributions from this Fund are managed by the Yellow Umbrella. In accordance with the requirements of the donor, no distribution has been made from the Lew Hammond Fund at this time.
- Undesignated Funds – These sub-funds have received significant donations over the years (Paul Smith, Jessie Wickham, Edith & Archie Delane, Lois Rhome, the Loren & Jane Ballagh Trust, Rev. Ehrhardt and Cheryl Lang, and many others).

Money was distributed for support of several projects and needs in recent years. A summary of distributions for projects over the past five years is given below:

Yellow Umbrella	\$13,137	Cleaning of Bells	\$2,000
Facility Improvements/Portico	\$38,359	125 th Anniversary.	\$1,200
Toberman Settlement House	\$ 4,000	Camp Arroyo Grande	\$2,000
Training – Music & Office Staff	\$ 2,300	Youth Camperships	\$4,000
Safety Pad in Courtyard	\$ 1,600	Other Projects	\$4,000

Due to the generosity of many donors – past, present and future – the Endowment Fund will continue providing money for important projects and needs not covered in the budget.

Gifts to the Endowment Fund are gifts that keep on giving.

- Trustees budget of \$43,644 was approved. As of the end of November we have spent 96.2% of 2009's budget. The Trustees have submitted a request to the Finance Committee for \$7,000 from the Pacific Homes Fund and put it in account # 5600 for 2010 repairs.
- The Trustees volunteered to help with the Nativity Scene so comments were requested. Most were positive since this was the first time such an event was held. There were a few negative comments which will be taken into consideration if we wish to repeat this event again next year.
- We were offered a chance to have all fluorescent lights and ballasts changed to the more economical electronic ballasts and the T8 bulbs. This would have been such a reduction in our electric bill. We were given less than a week to respond and missed the cut off. I am still trying to work out a deal with them. Stay tuned.
- Since Pastor David likes his new light, the same system has been installed for Pastor Harold.
- A defibulator class was set for January 22nd and 23rd. Friday's class was on first aid and Saturday's class was CPR and defibulator usage.
- We have received 3 bids to paint the bus. The Board had a few questions to be answered first.
- Norm has completed the French drain in the patio. What a fine job.
- Two classrooms and the outside of the Children's Center have been painted. In the classrooms, I got some really fine help from some parents. They were amazing. The other side is now being looked at. I think I started something.
- We are discussing the electrical needs in the classrooms. A big job.
- Although we have an ant eradication service, Maddy still has them when it rains. This will be looked into.
- Instead of signing a 12 month contract with Burke and Pace, they have requested a month by month for now. The economy has hit them too. The Trustees will discuss this at the next meeting.
- Don McGuire asked if the walls in Criswell Hall are going to be cleaned. The answer is yes but a few wrinkles have to be ironed out. The rental company up the street has moved to SLO.
- Mike Herber suggested getting one fresh Christmas tree next year and let it serve all of our needs. The mood in the room was a positive one.



Trustees Report January '10



ATTENDANCE FINANCES

January 2010

3rd	200
10th	207
17th	173
24th	202

Average = 196

Monthly Goal

\$ 22,220

Received thru 1/24

\$18,095

Difference

\$3,885

One Week to Go...We Can do It!



"WERE YOU THERE...?"



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 and meet every other Saturday of each month, unless otherwise stated.

6:30 PM REHEARSAL SCHEDULE

13TH AND 27TH

HAPPY VALENTINE'S DAY!

continued from previous page

Guy retired in 1978 with 31 years in law enforcement and the family moved to the Central Coast. His lovely wife of 42 years, Corlyss, died of pancreatic cancer in 2003. Their beautiful home in Arroyo Grande, with its spectacular views, has the walls in his office covered with impressive plaques and photographs of Guy with many famous people, including President Nixon, Governor Reagan and FBI Director Hoover.

As we talked, Guy kept repeating the acknowledgment that "he has much to be thankful for and that he was blessed to be involved, as a public servant, doing the work he loved".

The next time you see him at church, try engaging him in a friendly 'chat'. He has unlimited and great stories to share and is a truly "fine fellow".

New Gathering For Women "A TOUCH OF BEAUTY"

Come out to our newest program for all women of the church and the community on the 3rd Friday evening of each month from 7-8:30 in the McMillen Room.

*We enjoy food & fellowship
We lift our voice to the Lord in song
We hear a testimony
We receive a teaching from the Word
We close with prayer*

You won't want to miss this "date" with the Lord and the sharing of His love for you.

UM Youth News



"Spud" tacular

Be sure to save room for the UM Youth "Spud"-tacular on February 21, right after second service. Tickets will be going on sale starting February 7th, in Criswell Hall after both services. Look for the youth table and get yours ASAP!!

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

GUY OATES—A Biography on a Fulfilling Career

by David Beaman

Guy was born in Louisiana in 1923. He moved, with his parents, in 1925 to Los Angeles where he grew up. During WW II he enlisted in the US Merchant Marines and served in the Atlantic, Mediterranean, Middle East and Pacific War Zones. When discharged as a Chief Radio Officer, he returned to civilian life in the LA area. He used the services of the State Employment Agency to help identify his career preferences and soon began in Law Enforcement as a Correctional Officer at Folsom State Prison. In time he sought other opportunities and was hired as a Police Officer in the San Gabriel Police Dept., then on to LA County as a Deputy Sheriff. Wanting to move from LA, and needing a higher salary, he tested for and was hired by CHP as a State Traffic Officer. His first assignment was enrollment in the CHP Academy and his initial work assignments were back in the Los Angeles area: CHP offices at Norwalk, then East LA, and on to Baldwin Park, closest to his home.

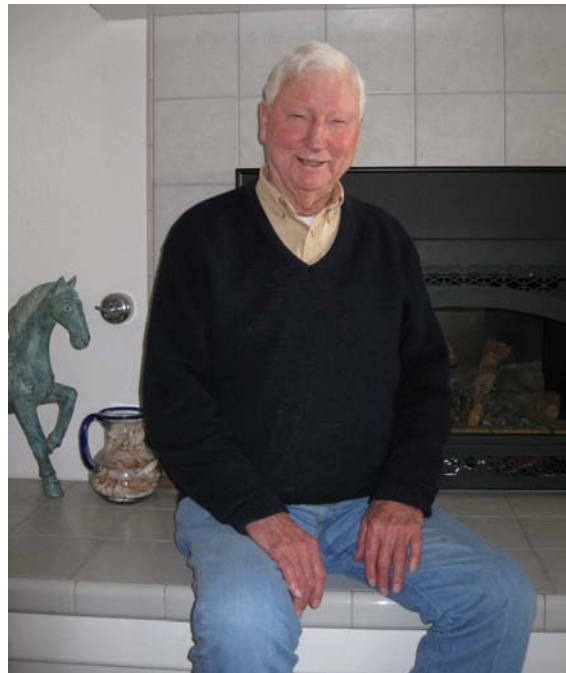
In 1955 he was selected for Planning Staff at CHP Headquarters, and the family moved to Sacramento. His new duties involved analysis and development of myriad details preparing procedures, manuals and orders involving budgeting, training, court attendance, modernization, legislation and all aspects that serve to achieve the mission and goals of a modern law enforcement agency. The California Highway Patrol is a very proud organization that continually emphasizes impeccably correct conduct and performance by every member. Guy found himself in a key position that provided invaluable experience in the administration and operation of a very important state agency. He cites two memorable assignments: #1 The development of a revised CHP Uniform Manual. This included obtaining enactment of state legislation prohibiting other police agencies from copying the exclusive CHP uniform. #2 The preparation of training movie scripts and providing technical advice during filming. "Routine Stops" won National Safety Council 1st Prize at annual Industrial Films 'Academy Awards'. CHP training films are used by other law enforcement agencies throughout the USA.

Next, Guy requested transfer from Planning Office to the CHP Academy and became Cadet Training Supervisor. Candidates lived at the facility for the 16 week duration and he provided counseling, instructing, administrative reports, and correspondence. He considers this assignment to be one of the most satisfying and rewarding jobs he held, with the enjoyment of observing the recruits develop into fully qualified officers.

Later he competed, and won, a position of Inspector with California State Police. His new duties were advice and counsel to the Chief, Internal Affairs Investigations, preparation of correspondence and other assignments. He was selected to attend the FBI Academy in Washington, DC and while there was notified by J. Edgar Hoover, FBI Director, of his new appointment as Chief of California State Police. The academy graduation ceremony was held in the White House with President Richard M. Nixon presenting the diploma to each graduate.

During Ronald Reagan's tenure as Governor of California, he participated in the annual Formal Inspection Ceremony in front of the State Capitol Building. In 1995 the California State Police and California Highway Patrol merged into one department.

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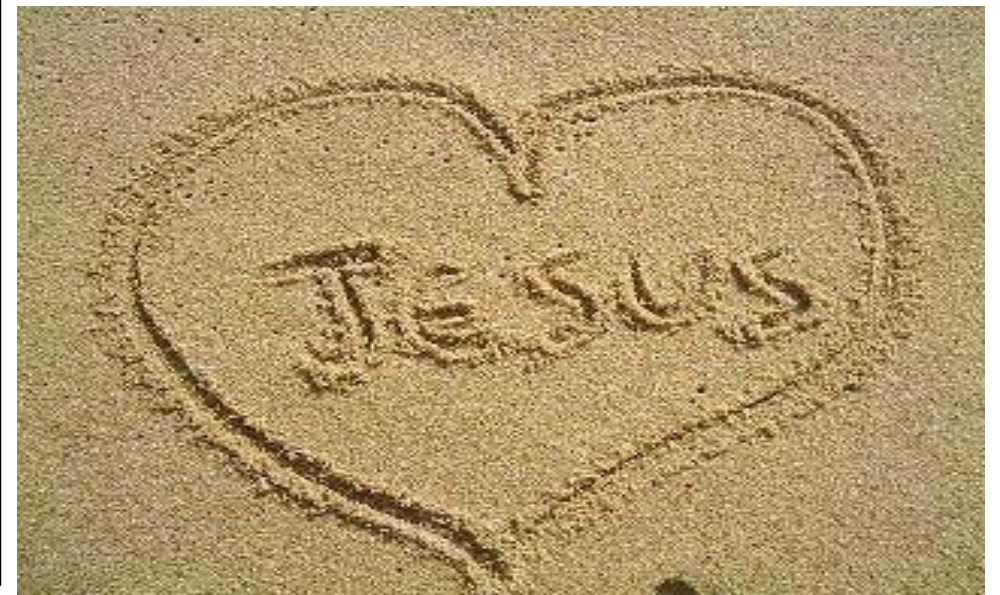
Special Dates

- African-American History Month
- Boy Scout Sunday, February 14
- Transfiguration of the Lord, February 14
- Valentine's Day, February 14
- Presidents' Day, February 15
- Ash Wednesday, February 17
- First Sunday in Lent, February 21
- Second Sunday in Lent, February 28

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 for 2010 is February 17.**

Join us for a **Special Supper** in **Criswell Hall at 6 PM** after which we will meet in the Sanctuary for the **Imposition of the Ashes at 7 PM** in the church sanctuary.

ASH
WEDNESDAY



New in the Library

Many of you have read Three Cups of Tea by Greg Mortenson. We now have his follow-up book, Stones Into Schools, which is equally interesting and inspiring.

And don't forget to have a look at our "Adopt a Book" shelves.

Bible Quiz

An Old Testament prophet wrote the following words about Jesus: "He was oppressed, and he was afflicted, yet he did not open his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he did not open his mouth."

Who wrote those words?

- A. Amos
- B. Jonah
- C. Jeremiah
- D. Isaiah

Answer: D (See chapter 53, verse 7)

★ EXTRA! EXTRA! ★

Men's News

**UNITED METHODIST
MEN**

"Helping men to grow in Christ, so others can know Christ."

Our UMM generally meet on the third Saturday of each month at the **Mission Inn of Pismo Beach** at **8:30 AM** for prayer, breakfast, and discussion of various topics pertinent to our community and the world. Check your bulletins or monthly newsletter for scheduled events and/or changes.

Amire

The UMM present
**Annual Sweetheart
Breakfast**

13 February 2010 at 8:30 AM
Mission Inn of Pismo Beach

\$17 per person—On sale now!
All are welcome to attend!



UMM Meeting Focus Review

An exciting program schedule was the main topic of the United Methodist Men at their monthly breakfast meeting on December 12. In addition to Jean Hubbard's history program on January 16, watch for a Sweetheart's Breakfast on February 13, a program on climatology by John Lindsey of PG&E on March 20, a golf tournament and more during the spring. Donations of \$300 to the Five Cities Christian Women and \$200 to the Five Cities Homeless Coalition were also approved at the December meeting.

UMM meetings are held at 8:30 a.m. on the third Saturday of each month for a breakfast cost of \$13 at the Mission Inn, 601 James Way, Pismo Beach, unless otherwise announced. Also plan to enjoy delicious church breakfasts of pancakes, sausage, bacon, eggs and beverage prepared by UMM on the Sundays of January 17, March 21 and May 16 and served for a price of only \$4 for adults and \$1 for children 12 and under from 8:30 AM to 10:30 AM in Criswell Hall.



WE CAN, Continued from page 10

Today annual conference and many local congregations of the UMC are reflecting upon these four areas of focus. Many conferences and churches, in the Wesleyan way, have been putting that discipleship into action for years, and the church looks to them as leaders. As we rethink our role in these four areas of focus, we rethink church. The leader becomes the servant. God and the church live among the people. We serve the poor instead of resenting them or blaming them for their plight. And we think of health in a positive, life-giving sense.

We've already begun to rethink church from the inside out. General Conference approved the focused efforts, a unified budget and the addition of "for the transformation of the world" to the denomination's mission. This message challenges us to take this thinking to the next level as we measure success—not only by packing the pews on Sunday morning but also by engaging the world in using the tools of our day.



Our church office will be closed Monday, 15 February for President's Day. Regular office hours will resume Tuesday, 16 February at 9 AM.



NEWS
from
CAMP

CAMP ARROYO GRANDE LISTS PROGRESS ON CABINS

Val McClure, our camp representative to Camp Arroyo Grande reports that the new cabin project is moving right along and will soon be to the stage where a call will go out that those who would like to take part in framing the cabins can sign-up to work on the project, Work that has already been accomplished has been: grading for the building pads, drain lines installed, retaining walls built and preparation for foundation work. Did you know that our former pastor, Bob Underwood, has been working side by side with Steve Tallant and a large part of the retaining wall was built by Tina Moore and her team of volunteers?

Bill Weitkamp and Tom Egan also serve on the Camp Advisory Committee.

At a recent meeting of the Camp Advisory Committee, Paul Cogger, director of all eight camps in the conference system, seemed to feel that the project was on target. Paul announced an exciting new funding program, Cal Pac Camps, that will raise funds in 2010 for all eight camps in the system. About \$100,000 is still in the local building fund, thanks to most of the work being done without a hired contractor. Steve Tallant, Camp Manager, announced that a \$3600 gift from the Coca-Cola Company will help to beautify and fence parts of the camp.

For information on the current camp project or the general plans for the camp, feel free to contact Val McClure.

Submitted by: Val McClure, AGFUMC Camp AG Representative



Together We Can! - PART-III

Compiled by Jerry Smith

“Feed my sheep.”

John 21: 17d, NRSV

- collaborate with the World Council of Churches and other ecumenical bodies to eradicate poverty.

#4 Stamping Out The Killer Diseases of Poverty by Improving Health Globally

When people regain health, lives change. This focus area calls United Methodists to reverse the greatest damage caused by poverty, which is disease. It urges us to ease the pain and suffering of the world's poor and those without access to affordable health care as a powerful, tangible method of witnessing to God's desire that all should experience life abundantly and flourish; and to create a sense of great uniting importance for United Methodists the world over.

John Wesley felt passionately about the value of ministry to the poor, and he taught in his *1741 Primitive Physick* and other teachings that health and wholeness are matters of spiritual concern. Through this focus we will:

- deploy new missionaries for global health, along with other medical missionaries, to Africa, Asia and Latin America;
- educate the people of The United Methodist Church on global health issues through mailings, presentations, and conference meetings;
- establish self-sustaining community radio stations to address ongoing social, spiritual and health issues, particularly in Africa;
- develop opportunities for annual conferences to become involved with advocacy for health issues that affect all lives, such as health-care access, disease and infant mortality;
- enlist health champions and nurses in each annual conference to advocate for the denomination's efforts to improve global health;
- rebuild the existing infrastructure of the United Methodist health-care system in Africa.

continued on next page, WE CAN

This is the third in a series of Cast-A-Net articles launched in December 2009, continued in January 2010 and now February 2010 the process completes an overview of the “**Four Focus Areas: Making Disciples of Jesus Christ For The Transformation of the World.**” UMC Work Book - 2009.

#3. Engaging In Ministry With The Poor

I can think of no greater calling than that of encouraging United Methodists to continue the long Wesleyan tradition on a worldwide scale, as an active expression of Christian discipleship. We are told that billions of people the world over, primarily women and children, exist without necessities. They live a life of preventable suffering, perpetually at risk. This expression seeks to empower them to achieve justice and assure them that the people called United Methodists will stand with them. Through this focus area, we will:

- promote awareness of poverty and advocacy for change, support adequate funding of anti-poverty initiatives at all government levels, and engage local congregations as advocates of justice and economic development;
- develop projects to provide appropriate and significant response to poverty in Africa, Asia, Latin America and the United States;
- equip United Methodists to understand the connection between greed and over-consumption and poverty, and to take personal, congregational and community-wide actions to share God's abundance more equitably;
- prepare and place with strategic mission partners emerging indigenous leaders with the capacity to respond to critical issues of importance to women, children and youth;
- prepare a generation of graduates from United Methodist colleges and theological schools to address issues of poverty;



FOLLOW-UP TO LAST UMW CAST~A~NET ARTICLE...AND MORE

Last month you may have noticed a statement in our UMW article which read something like this: The Steering Committee, our church UMW coordinators, have met and the 2009 funds are as follows: and then there was nothing following that statement. Well, things have a way of changing when you try to write articles ahead of time and that committee did not meet until December 29th which was well past the newsletter deadline. So, I will complete that unfinished statement now.

Our UMW, **with the help of everyone in the Church**, had a very successful financial year in 2009 which translates into our ability to

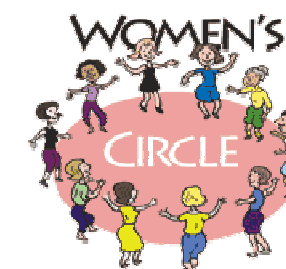
do more good things for more needy people than we had anticipated. The Holiday Brunch/Boutique and Quilt drawing netted \$4,500 and with that income and that of two after-church lunches, pledges from members and gifts from others, we were able to do the following:

- Santa Barbara District UMW - \$5,900 (\$3180 pledged)
- Grover Beach Elementary clothing /Scholarship fund for needy children—\$ 1,000
- Meals on Wheels—\$1,000
- 5 Cities Christian Women's Food Bank—\$1,800

And now we are gearing up to try to repeat that success in 2010. There will be three after-Church lunches this year instead of two, with the first being held February 28th. This particular lunch will be in combination with our annual UMW Sunday. UMW Sunday is that day of the year when the women are given special recognition for their contributions to the life of the Church. Our guest speaker this year, who will fill the pulpit for both services, will be Ms. Mele Maka (see separate article). Women will perform tasks usually provided by both men and women on any given Sunday. It is usually a very special day in the life of our Church. Look for more details as the day draws near. The other two lunches are scheduled for May 2nd & August 22nd.

And, as the 2009 Brunch/Boutique was such a grand success, we are planning to give it another try in November.

The other activity being anticipated this year is a gathering of all Circle members and interested persons who wish to learn more about the mission emphasis and projects being supported by our national UMW organization. One of the topics for this year is Sudan and the book being used is “The Beauty and Courage of Sudan: Why a Dream of Peace is Possible”; this could be a very interesting and informative program. It is very important that we in Arroyo Grande UMW familiarize ourselves with the broader outreach of our Church and organization as 60% of our budget goes to support the activities of the Women's Division of the Board of Global Ministries of the Methodist Church. Our PURPOSE statement directs us to “expand concepts of Mission through participation in the Global Ministries of the Church”. We recognize that there are “local” persons in need of help but we are also committed to helping the “global” community as seen in the distribution of our funds for the year - 2010 is getting off to a good start!



- **Esther Circle** 2/11
- **JOY Circle** 2/16
- **Mary Martha** 2/17

Esther Circle meets monthly on the 2nd Thursday at **noon** in the **McMillen Room** of our church.

JOY Circle meets at **7 PM** at a **member's home** on the 3rd Tuesday of each month.

Mary-Martha Circle meets on the 3rd Wednesday of each month at 9:30 AM in the McMillen Room of our church.



The Healthy Corner

Dealing with Disaster

By Patti Melsheimer

In the wake of Haiti's terrible earthquake, here are some things to consider.

Many people who have an emergency survival kit in their home or car may feel prepared for a natural disaster. But if you aren't ready to deal with the emotional and psychological effects of a catastrophic event, you may not be as prepared as you think. The trauma of a natural disaster, such as an earthquake, hurricane, fire or flood, can affect survivors, rescue workers, friends and relatives of victims and witnesses—even those who have only witnessed the event on television. The impact of the trauma depends on several factors, including a person's level of involvement in the event, how terrifying or hurtful it was, past experiences of crisis and the level of support the person receives after the event.

There is a wide range of possible emotional and physical responses to a disaster, and there is no right or wrong way to respond according to John Gaspari, licensed clinical social worker and executive director of the USC Center for Work and Family Life. While people may experience specific disaster-related stressors, some underlying concerns and needs are universal, such as:

- A concern for basic survival;
- Grief and loss over loved ones and loss of valued and meaningful possessions;
- Fear and anxiety about personal safety and the physical safety of loved ones;
- A need to talk about events and feelings associated with the disaster, often repeatedly;
- A need to feel one is a part of the community and its recovery efforts.

Although these reactions can cause significant distress, Gaspari says that there are ways to deal with them and find comfort. These include:

- Talking about the experience with friends, family or anyone understanding and supportive;
- Getting involved in recovery/relief efforts;
- Writing or journaling;
- Feeling free to express strong emotions, including crying;
- Participating in exercise like walking, jogging, cycling or fitness classes;
- Minimizing intake of stimulants like caffeine, nicotine and sugar, which increase anxiety

Experiencing a natural disaster can have physical and emotional repercussions, but with support, the effects can be managed. "Experiencing a disaster does not mean you will be damaged by it," says Gaspari. "But you will likely be changed by it."



A View From The Choir

special feature by Val McClure, Former Chancel Choir Member

Some people in our congregation have been asking why I am no longer in the Chancel Choir? I have explained to them that I had to resign after 30 years, in the tenor section, as I could no longer see well enough to read the music and my hearing is such as I can no longer hear the rest of the choir or instructions from the director. This combination really made it difficult to for me to continue my service.

As I look back over my thirty years I have noted some things I would like to share with the congregation, and I am sure would be appreciated by the choir

Looking both ways – As the Congregation sits in Sunday service and looks at the choir, we tend to forget the choir is sitting in excellent seats and looking back at you. It is duly noted those who nod off during the service and which ones do it on a regular basis. **But have no fear** – the code of the choir requires no choir member ever to divulge the names of those napping.

A persistent problem – I have noted over the years, happens during the Sunday morning choir practice between 9:45 AM and 10:15 AM. This is an especially important time for choir members to finalize their presentation of the anthem for the following service. It is very distracting to have congregation members sitting in the pews socializing and talking. It has always been a mystery to me why the members do not use Criswell Hall for this purpose. Coffee and tables are there and it would take the disturbance away from the choir.

I think we would agree – that Don McGuire is our "church jewel". His faithful service over 30 years has had a great deal to do with the success of our services. He is indispensable to the choir. His understanding and patience with the choir is legend. He spends a great deal of time on practicing the music he produces each Sunday. Think of how flat the service would be without the music in the Prelude, Hymns, Anthem and Postlude. Sometimes I feel that we should listen more to some of the great music Don produces for the **Postlude**. I'm sure he would appreciate it.

Our Pastor has spoken many times about putting our Christian beliefs into action. I hear many great singing voices in the congregation. Why not consider joining the choir; you will be repaid with fellowship and a real sense of accomplishment in praising God through the music. Besides, you can have the fun of seeing who is nodding off during the service.



Choir Celebrates 2009 And Begins A New Year

2009 turned out to be an exciting year for both our church and the Chancel Choir. During the last year the choir helped celebrate the 125th Anniversary of AGFUMC. The Chancel Choir participated in several special events including the Tabernacle Worship Service, Music Sunday Worship Service, Evensong at the old church in the Village, and Charter Sunday. The choir also hosted the Central Coast Cluster Choir Festival which was a great success. We also welcomed new choir members alto Alice Addison, and tenor— Neal Prestemon, and welcomed back former choir member Jan Moore. As we begin a new year, a special thank you to Choir Director Julie Walters, whose enthusiasm and dedication continue to inspire us.

The Chancel Choir has continued rehearsals after taking the Sunday after Christmas off. They started off the new year by singing the new anthem, "Follow the Star". They have been rehearsing a mix of both old and new anthems to begin the season of Epiphany. They will also soon begin to rehearse music for the season of Lent. A page turner is still needed for our Organist, Don McGuire. For more information, contact Choir Director Julie Walters or the church office. We also welcome new singers. Rehearsals are on Wednesday evenings from 7 to 8:30 PM. See you there! ~Kent Unsworth, *Choir Publicity*