

First United Methodist Church of Arroyo Grande  
 275 North Halcyon Road  
 Arroyo Grande, CA 93420  
 Address Service Requested

Non-Profit  
 Organization  
 US Postage  
 Permit #27  
 Arroyo Grande  
 CA, 93420



Visit our website at [worshipweekly.com](http://worshipweekly.com)

**Senior Pastor:**  
 Rev. David M. Burgeson

**Minister of Visitation:**  
 Rev. J. Harold Headrick

**Ministers:**  
 Members & Friends

**Office Admin./ Newsletter:**  
 Sarah Barber

**Bookkeeper:**  
 Victoria Gandy

**Website Manager:**  
 Jamie Foster

**Chancel Choir Director:**  
 Julie Burns

**The Lord's Crew Director:**  
 Susan Coho

**Organist:**  
 Don McGuire

**Choral Pianist:**  
 Dennis Eiler

**Puppet People:**  
 Mike Herber

**Grande Ringers Handbell Dir.:**  
 Leonard Lutz

**Adult Ministry Director:**  
 open

**UM Youth Directors:**  
 Mike & Linda Herber

**Children's Ministry Director:**  
 Carolyn Russell

**Christian Counseling Intern:**  
 Carol Gandy

**Bishop:**  
 Mary Ann Swenson

**District Superintendent:**  
 Rev. Cathleen Coots

**AG UM Children's Center**  
[agumcc@sbcglobal.net](mailto:agumcc@sbcglobal.net)  
 (805) 481-2223  
**Director:** Madrigal Quagliano



The people of The United Methodist Church

## In This Issue

Shepherd's Notes.....2  
 Pastor's Study Review.....3  
 UM Men's News.....4  
 News of the UMW.....5  
 Part 2 by Jerry Smith.....6  
 Trustees Report.....7  
 Interview with Esther Miller....8  
 Healthy Corner.....9  
 Small Group News .....10  
 Music & Youth News.....11  
 Kid's Page.....12  
 March Calendar.....13  
 Endowment Report.....14  
 Birthdays & VBS teaser.....15

### Insert

▪ AG UM CC Chronicle

### Communications Committee

David Beaman, *chair*  
*(members in alphabetical order)*  
 Sarah Barber, Pastor David Burgeson, Susan Coho, Betty Johnson, Virginia Mothes, & Jerry Smith.

### Layout Editor:

Sarah Barber

### Proof Readers:

David Beaman, Betty Johnson, & Virginia Mothes.

### Photos by:

Gary Hughes and varied members.

### Article Deadline:

10th of each month

### PLEASE NOTE:

Layout Editor reserves the right to cut/edit articles to meet space limitations.

To be removed from our mailing list or to edit an address, notify our church office at (805) 481-2692 or via e-mail at [fumcag@sbcglobal.net](mailto:fumcag@sbcglobal.net).

# Cast~A~Net

## March 2011

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



## This Train is Bound for Glory

"Chapel Cars" once ran on the rails of the old west, bringing spirituality and morality "to an untamed world". This is a unique opportunity to learn about and experience this piece of church history from the late 1800s and early 1900s. Sunday services, Sunday Schools, weddings, funerals, and everything in between were held on chapel cars as they moved on the railroad from town to town. We'll meet at 9:00am on April 30th at the headquarters of the [Santa Maria Valley Railroad](http://Santa Maria Valley Railroad) (at the site of the old sugar mill in Betteravia) for a continental breakfast and slide show presentation by Jamie Foster called "This Train Is Bound for Glory". Following the presentation, we'll board the La Condesa, a vintage Pullman observation car, for a train ride along the SMVRR, including an *enroute* worship service led by Pastor David Burgeson and Rev. Bill Foster.

Tickets: \$45/person. Please contact Jamie Foster or the church office to make your reservation; payment will be due March 31st. There are 24 seats available—this event will sell out! Checks should be made payable to "The SMVRR".

Note: Monies for the tickets go to the SMVRR to cover direct expenses of operating the train. This is *not* a fundraiser for the church. The *La Condesa* is not handicap accessible.

This event will replace the April breakfast meeting of the United Methodist Men at the Mission Inn of Pismo Beach.





Pastor David Burgess



This month I am continuing on The Top 5 Church Growth Principles. Principle number 1 is Disciple-making is THE Priority. Principle number 2 is Social Networks are the Vehicle, and as I have been saying, non-Christians come to church by invitation from Christians.

Non-Christians come to Jesus Christ and the church primarily through relationships they have with Christians. This may sound "basic" yet there are Christians who believe something other than relationships with people will somehow have them come see our church. Yes there are a small minority of people who will come and see on their own, but the majority will arrive here because you believe there is something special about your church and you just can't wait to show them.

I read recently that Christian friends and relatives bring over twice as many new believers into the Kingdom of God. Take a minute before you finish reading this, and write down the names of your un-churched friends and relatives. Next, begin to pray specifically about these people, and pick a time each day, for 30 days, to pray for the persons on your list. Choose the time that works best for you. Lastly, let me encourage us all to invite and bring at least one person on your list to a church-related event in the next six-months. There are many church-related events happening here at our church so be sure to take note of them.

Let me remind us all that we may be God's only connection to these un-reached people.

Notice on the opposite page details about what we have been learning in the current Pastor's Study entitled "Deepening Your Effectiveness". It shows the different stages a person goes through along with primary people, question, relationship, barrier, and ministry. A quote from the back cover of the book by Dan Glover and Claudia Lavy says "Every church understands it has a mandate to go and make disciples of Jesus Christ, but not every church has a plan." More about this next month.

*In ministry together.*

*David*



Sunday	8:30 AM	10:30 AM	Nursery	Kids/Youth	Teachers	TOTAL
First Sunday	42	126		n/a	n/a	
Second Sunday	42	133				
Third Sunday	54	131	0	15	5	<b>185</b>
Fourth Sunday	<b>Information not available at time of printing.</b>					



# Celebrating a BIRTHDAY in March

- Gary Bailey 3/2
- Carina Avila 3/2
- Tom Egan 3/3
- Lillian Taylor 3/4
- Jerry Smith 3/5
- Julie Wise 3/7
- Lucy Jacob 3/7
- Doris Leddy 3/7
- Marjorie Stinson 3/7
- Joe St. Laurent 3/7
- Ethel Gilliland 3/8
- Sue Davis 3/8
- Pat Wiemers 3/13
- Jeff Treat 3/14
- Shelia Riley 3/14
- Pam Campbell 3/16
- Arthur Lowe 3/18
- Jo Underwood 3/19
- JoAnn Wizeman 3/20
- Shirley Noll 3/20
- Toni Harvey 3/20
- Ronald Earley 3/22
- Marian Middleton 3/23
- Arletta Truesdale 3/25
- Ariel Waterman 3/28
- Tammy Wise 3/30
- Danica Leonard 3/30
- Chuck Ashton 3/30
- Imelda Lowe 3/30



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

**This VBS is something worth crowing about!**

Join us in Hometown Nazareth, where we'll explore what life was like when Jesus was a kid. You'll craft cool projects in the marketplace, laugh as you play Bible-times games, visit with Jesus' mom, Mary, and eat foods just like the ones Jesus ate. Plus, you'll meet lots of new friends!

**UMC of Arroyo Grande**

Travel back in time  
**June 20-25, 2011**

Celebration begins at **6 PM** and the day will end at **8 PM.**

Dinner served at 5:30 PM

**We need you to make our VBS a success! Call Sarah Barber if you would like to help.**



## Endowment Board Report to Charge Conference—January 30, 2011

Submitted by Wayne Huggins, *Chair*

The Endowment Board held four regular meetings this year. The Endowment Fund consists of several sub-funds in order to achieve adequate investment diversification – four are designated and five are undesignated. A gift of a \$50,000 annuity (Wizemann Fund) was received and income from this fund (about \$160/mo.) is forwarded to the Food bank to “feed the hungry”. A gift of about \$72,000 from the Ballagh Trust in 2009 was divided equally between the designated ELT Scholarship Fund and the undesignated sub-funds, in accordance with the wishes of the donors.

In accordance with the Endowment Board Resolution, the Board can release up to 5% of the total value of undesignated funds and up to 5% the value of the designated Sanborn Fund, based on the respective values at end of the previous year, i.e., 2009. All investments increased substantially in 2010. Accordingly, The Board voted to distribute approximately \$2,830 (5%) from the designated Sanborn Fund for missionary support. Distributions of \$11,900 (3.7%) from undesignated funds were

based on requests from various committees. See list below. In addition, an additional \$5,000 (1.3%) was “earmarked” for the Trustees for capital improvements if required in 2011.

The following were approved for distribution on December 7, 2010:

1. \$2800—Yellow Umbrella for missionary support
2. \$500—Red Umbrella, fee/expenses for music workshop for Praise Team Director
3. \$2600—UMC Children’s Center for new storage cabinets and workspace
4. \$800—Servant Keeper software for office
5. \$2000—Cal-Pac Conference, applied to building 2<sup>nd</sup> cabin in Camp AG
6. \$1000—UMC People’s Kitchen
7. \$5000—Trustees for property improvements

Wiseman Fund (Feed the Hungry); established March 2010:

1. Approx. \$160 from the Fund is forwarded each month to the Food Bank
2. The value of the Fund has increased more than 4% since March 2010

programs because the basic expenses of UMCOR are covered.

Lent is the season of repentance, self examination, and awareness of the hurts of the people of the world. *One Great Hour of Sharing* calls the church to share the goodness of life with those who hurt. (Par 263.2, The Book of Discipline 2008) Gifts provide refuge and relief to some of the world’s most vulnerable people during times of distress.

The Yellow Umbrella would invite you to take part in this offering as a part of your Lenten discipline of prayer as to how you can be part of the connection of the UMC in the important ministry that happens through United Methodist Committee on Relief.

You will find a special offering envelope in your bulletin come April 3<sup>rd</sup>, so that our giving will be a part of the connection of the UMC to support this important ministry of our church.

## Yellow Umbrella—Special Offerings

*Judy Atwood, Chair*

When we give from the heart, we receive unexpected blessings—especially the joy of making a difference in someone’s life. In The United Methodist Church, we have six annual opportunities to share beyond our regular gifts through church wide Special Sundays with offerings.

The Yellow Umbrella plans to take leadership in promoting these offerings which are designated by the General Conference. The Special Sunday Offering are: *Human Relations Day, One Great Hour of Sharing, Native American Ministries Sunday, Peace With Justice Sunday, World Communion Sunday, and United Student Day.*

Our first opportunity will be on April 3<sup>rd</sup> with the *One Great Hour of Sharing* offering. This offering lays the foundation of all UMCOR’s work by covering the costs of doing business. This means all gifts designated to specific programs can go 100% to those

# Pastors Study in Review



### Deepening Your Effectiveness - Restructuring The Local Church For Life Transformation

uses the ocean as a metaphor for the body of Jesus Christ and the beach as a metaphor for the un-churched. People on the beach are represented as not knowing Jesus Christ. People, at various depths in the ocean, represent the six stages of discipleship pathway growth from accepting Jesus Christ as Savior to becoming His spiritually mature disciple. In each discipleship pathway stage, there are five primary components:

1. PRIMARY PERSON - the person traveling along the discipleship
2. PRIMARY QUESTION - the primary question he/ she is entertaining at each discipleship pathway stage
3. PRIMARY RELATIONSHIP - relationship needed within the church to help him/her continue moving toward the next development stage
4. PRIMARY BARRIER - what he/she must overcome to continue moving forward toward a deeper relationship with God
5. PRIMARY MINISTRY - that which can have a significant and positive impact on the primary person

Stage One	Life On The Beach			
Primary Person	Primary Question	Primary Relationship	Primary Barrier	Primary Ministry
Un-churched	“Is this real?”	Old & Trusted Friend	Cynicism	“Come & See”
Stage Two	Life On The Shoreline			
Primary Person	Primary Question	Primary Relationship	Primary Barrier	Primary Ministry
Curious	“What am I going to do about this?”	New Acquaintance	Heightened sensitivity	Authentic, High-impact hospitality
Stage Three	Life On The Waters			
Primary Person	Primary Question	Primary Relationship	Primary Barrier	Primary Ministry
New-rededicated believer	“How can I help?”	Effective Preachers, Teachers, Small Group Leaders	Comfort	Giving and Receiving
Stage Four	Life When Your Feet Come Off The Bottom			
Primary Person	Primary Question	Primary Relationship	Primary Barrier	Primary Ministry
Seasoned, but restless believer	“Is there anything else?”	Small Group Leader and Emerging Disciple	Fear, Confusion, questioning his/her values and lack of direction	“Go and See”
Stage Five	Life Beyond The Breakers			
Primary Person	Primary Question	Primary Relationship	Primary Barrier	Primary Ministry
New paradigm follower	“Where has this been all my life?”	Discipler and the Holy Spirit	Lack of focus and discipline, misinterpretation of suffering.	“Go and Make”
Stage Six	Life In The Deep			
Primary Person	Primary Question	Primary Relationship	Primary Barrier	Primary Ministry
Fully committed follower	“What do you want me to do Lord?”	Holy Spirit & authentic spiritual community	Isolation	One on One Discipling



★ EXTRA! EXTRA! ★  
**Men's News**

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

**The Sinking of the Montebello  
The Rest of the Story**

Many Central Coast residents have heard about the sinking of the Union Oil Company's Montebello tanker by a Japanese submarine off the coast of San Simeon on December 23, 1941. The Montebello, sailing out of Port San Luis, was 440 feet long and loaded with 3-4 million gallons of oil. Yet its wreckage wasn't surveyed from a small submarine until 1996. But there is much more to know about the strange, interesting and even humorous accounts of this and related attacks. Come to the monthly breakfast meeting of the United Methodist Men on Saturday, March 19 for Dr. Larry Vredevoe's Power Point presentation and learn about the rest of the story. The Mission Inn at 601 James Way in Pismo Beach is the place, the time is 8:30 a.m., the breakfast buffet is delicious and the fellowship is priceless. Everyone is welcome.

**Chapel Car Service—April 30th**

In April, the UMM will not meet for the monthly breakfast meeting, but will join with Pastor David and Rev. Bill Foster on a chapel car service. See cover for details.

**Carl Kliesch Memorial Golf  
Tournament Tees Off On May 21**

Save the date - bring a foursome. The annual Carl Kliesch Golf Tournament will be held on the Challenge Course at Monarch Dunes in Nipomo on Saturday, May 21. There will be a shot-gun start at 9:00 a.m. and a scramble format will be used, according to tournament chairman Bud Johnson. This is a 12-hole, par 3 course. Lunch and prizes will be available immediately after the last player arrives back at the club house. For more details, keep an eye on this newsletter in April and May or call Bud.

**Health Care Insurance**

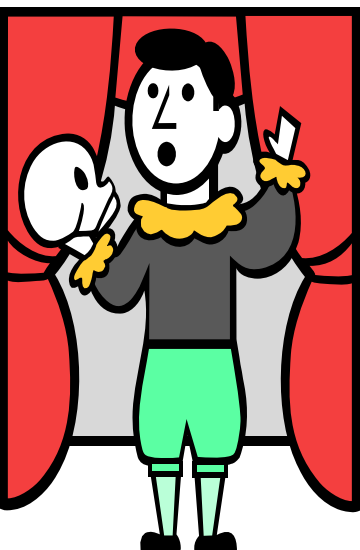
A courageous talk on health care insurance was given by Jeff Buhler of this church at the January 15<sup>th</sup> UMM meeting. We are now better informed but still a long way from understanding all the ramifications of the 2010 national health care legislation. Jeff assured us that we aren't alone. But he has us thinking about something we hope to eventually understand.

Submitted by Bill Weitkamp

**Talents and Treats**

Fun for all ages! Save the date and get ready for a fun-filled afternoon. Bring a treat to share and enjoy a show of talented members of our congregation on **April 3<sup>rd</sup>, 2011 at 3 PM in Criswell Hall.**

Do you sing, dance, play an instrument? Are you fabulous magician or comedian? Whatever your talent may be, whatever age you are, we invite you to put a **church appropriate and family friendly** act together by **March 20<sup>th</sup>** and contact Linda Herber, Julie Burns or the church office for details.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>March 2011</b>							
		1 8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 5 PM Grande Ringers 7 PM Trustees (MMR)	2 8:30 AM Senior Exercise Group (CH) 9 AM EOC Senior Health Screen. (N/L) 2 PM & 6 PM Pastor's Study (MMR) 5:15 PM Family Supper (CH) 5:45 PM Kids Night Out (S) 7 PM Chancel Choir Rehearsal (S) 7 PM UM Youth Group (215)	3 8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group (L) 11:45 AM People's Kitchen leave to serve 5 PM Grande Ringers 7 PM Red Umbrella (MMR)	4 8:30 AM Bible Study (L) 3:30 PM AG UM CC Closed 4 PM AG UM CC Staff Development (MMR) <b>World Day of Prayer</b>	5	
6 Coffee Hour Host ELT Scholarship 8:30 AM Contemporary Service 10:30 AM Traditional Service and UM Youth Group *Children's Sunday School at both services 11:45 AM Green Umbrella (MMR)  <b>Transfiguration Sunday</b>	7 5 PM Champion Youth Outreach Self-defense (CH) 6 PM Debtors Anon (MMR) 7 PM Men's Bible Study (215) 7 PM Women of Prayer (S) 7:30 PM AIAnon (MMR)	8 8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 10:30 AM Communications Committee (L) 5 PM Grande Ringers 6 PM AG MS Support Group (MMR)	9  8:30 AM Senior Exercise Group (CH) 11 AM Blue Umbrella (MMR) 1 PM Alzheimer's Care-Givers Support Group (CH) 2 PM & 6 PM Pastor's Lenten Study (MMR) 5:15 PM Family Supper (CH) 5:45 PM Kids Night Out (S) 7 PM Chancel Choir Rehearsal (S) 7 PM UM Youth Group (215)	10 8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group (L) 12 PM Esther Circle (MMR) 2 PM Yellow Umbrella (MMR) 5 PM Grande Ringers 6:30 PM AG UM CC Sunday BBQ Planning (MMR)	11 8:30 AM Bible Study (L)	12 10 AM AG UM Children's Center Baby Shower for staff (MMR) 6:30 PM Praise Team Rehearse (S)	
13 First Sunday in Lent  Coffee Hour Host UM Youth Spud-tacular & Children's Sunday School Bake Sale  One Combined Worship Service at 10:30 AM UM Youth Group and Children's Sunday School 12:30 PM Flute Fun (CH)  Daylight Savings Time Begins	14 10 AM UMW Steering (MMR) 5 PM Champion Youth Outreach Self-defense (CH) 6 PM Debtors Anon (MMR) 7 PM Men's Bible Study (215) 7 PM Women of Prayer (S) 7:30 PM AIAnon (MMR)	15 8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 9:30 AM Cluster Meeting (Lompoc) 2:30 PM Preschool Board - closed session (MMR) 3:30 PM Preschool Board - open session (MMR) 5 PM Grande Ringers 7 PM JOY Circle (MMR)	16 8:30 AM Senior Exercise Group (CH) 9:30 AM Mary-Martha Circle (MMR) 2 PM & 6 PM Pastor's Lenten Study (MMR) 5:15 PM Family Supper (CH) 5:45 PM Kids Night Out (S) 7 PM Chancel Choir Rehearsal (S) 7 PM UM Youth Group (215)	17 8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group (L) 5 PM Grande Ringers 7 PM Finance (L) 7 PM Sisters in Spirit—Living Out Loud (MMR) 	18 8:30 AM Bible Study (L) 1 PM Alzheimer's Care-Givers Support Group (MMR)	19 8:30 AM UMM Breakfast Meeting at the Mission Inn of Pismo Beach 2 PM SLO Chamber Orchestra re-hearse & set-up (S)	
20 Second Sunday in Lent  Coffee Hour Host UMM Pancake Breakfast 8:30 AM Contemporary Service 10:30 AM Traditional Service and UM Youth Group *Children's Sunday School at both services 3 PM Music for a Sunday Afternoon (S/CH) SLO Chamber Orchestra	21 5 PM Champion Youth Outreach Self-defense (CH) 6 PM Debtors Anon (MMR) 7 PM Men's Bible Study (215) 7 PM Women of Prayer (S) 7:30 PM AIAnon (MMR)	22 8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 5 PM Grande Ringers	23 8:30 AM Senior Exercise Group (CH) 2 PM & 6 PM Pastor's Lenten Study (MMR) 4 PM UMC of AG Book Club (MMR) 5:15 PM Family Supper (CH) 5:45 PM Kids Night Out (S) 7 PM Chancel Choir Rehearsal (S) 7 PM UM Youth Group (215)	24 8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group (L) 5 PM Grande Ringers 6:30 PM Sunday BBQ Planning Meeting (MMR)	25 8:30 AM Bible Study (L)	26 6:30 PM Praise Team Rehearse (S)	
27 Third Sunday in Lent  Coffee Hour Host Red Umbrella 8:30 AM Contemporary Service 10:30 AM Traditional Service and UM Youth Group *Children's Sunday School at both services	28 5 PM Champion Youth Outreach Self-defense (CH) 6 PM Debtors Anon (MMR) 7 PM Men's Bible Study (215) 7 PM Women of Prayer (S) 7:30 PM AIAnon (MMR)	29 8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 5 PM Grande Ringers	30 8:30 AM Senior Exercise Group (CH) 2 PM & 6 PM Pastor's Lenten Study (MMR) 5:15 PM Family Supper (CH) 5:45 PM Kids Night Out (S) 7 PM Chancel Choir Rehearsal (S) 7 PM UM Youth Group (215)	31 8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group (L) 5 PM Grande Ringers	<b>ABBREVIATION LEGEND</b> MMR McMillen Room CH Criswell Hall K Kitchen S Sanctuary N Narthex P/S Pastor's		





Kids Night out is going well and we have 12 regular attendees. One Sunday this past month we were blessed with 25 children in our second service - God is good! We enjoyed singing "Beloved" for the congregation on the 13th of February and look forward to singing a special medley again around Easter time. The children will also hold another BAKE SALE on Sunday, March 13th so you can enjoy desert after your great baked potato that day. We ask you to take a look at the mural our children did of their interpretation of the Lord's Prayer hanging in Criswell Hall. You won't want to miss out on Vacation Bible School which is coming in June (see page 15 for details).

## Forgiveness BRACELET

Jesus died on the cross to forgive our sins, and he tells us to forgive other people, too. Make and wear this craft as a reminder that you are forgiven — and should be forgiving.

### What you need:

- Clear plastic bottle (about 16 oz.)
- An adult to help
- Scissors
- Construction paper
- Permanent black marker
- Glue or clear tape
- Thin ribbon or yarn
- Small hole punch

### What you do:

1. Remove any label from the bottle. Have an adult help you cut the bottle in half, width-wise. At the middle, cut out two identical half-inch-wide strips.
2. Cut out paper the same size as the plastic strips.
3. On the paper, write "Forgive, and you will be forgiven" (Luke 6:37, NIV).
4. Place the paper between the two plastic strips.
5. Cut and glue the ribbon or yarn to run along the top and bottom of the verse, framing the words.
6. Punch a hole at each end, through all three layers.
7. Tie the bracelet to your wrist with ribbon or yarn.

**WHY FORGIVE?**

This Bible verse teaches an important lesson about how we should treat others — and why.

**Directions:** Start with the asterisk in the center circle and follow the arrows. Write the words in order on the blanks below.

Diagram description: A circular word puzzle with 'And' in the center, marked with an asterisk. Arrows point from 'And' to 'be', 'forgave', and 'kind'. From 'be', arrows point to 'tenderhearted' and 'another'. From 'forgave', arrows point to 'one' and 'Ephesians'. From 'kind', an arrow points to 'another'. From 'tenderhearted', an arrow points to 'one'. From 'another' (top right), an arrow points to 'one'. From 'one', an arrow points to 'forgiving'. From 'forgiving', an arrow points to 'one'. From 'one', an arrow points to 'another'. From 'another', an arrow points to 'even'. From 'even', an arrow points to 'God'. From 'God', an arrow points to 'as'. From 'as', an arrow points to 'in'. From 'in', an arrow points to 'Christ'. From 'Christ', an arrow points to 'you'. From 'you', an arrow points to '32'. From '32', an arrow points to 'NKJV'. From 'NKJV', an arrow points to '4'. From '4', an arrow points to 'Ephesians'. From 'Ephesians', an arrow points to 'you'. From 'you', an arrow points to 'forgave'. From 'forgave', an arrow points to 'be'. From 'be', an arrow points to 'And'.

Answers: \_\_\_\_\_ ,  
 \_\_\_\_\_ ,  
 \_\_\_\_\_ ,  
 \_\_\_\_\_ .”  
 \_\_\_\_\_ ,

Answers: And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Ephesians 4:32, NKJV



## United Methodist Women Faith, Hope and Love In Action

Taking a look back at January 2011, Patti Melsheimer, Sally Weitkamp and I attended the Local Officers Training that the Santa Barbara District offers to local units of the UMW. The first one was held on January 21st at the Simi Valley United Methodist Church and was attended by approximately 75 people. The second part of training was held on January 29th at the UMC of Atascadero at which approximately 40 people were in attendance.

It is always such a pleasure to meet and greet other members of the United Methodist Women who are clearly devoted to fulfilling the purpose of the UMW in their giving to mission and serving women and children both locally and abroad.

Again as we look back, this time to February 20th when we celebrated UMW Sunday. What a privilege to have our own retired covenant missionary, Ms. Judy Atwood as a new member of our congregation. Judy gave a wonderful sermon on serving in the many missions of the UMW. I was pleased with the opportunity to have her speak. We were also honored to also have her sister, Cristy Eichelberger, share a song with us as well. The Grande Ringers, our handbell choir, also performed for us that day.

Please look for the next month's Cast~A~Net as we have an exciting program being presented in April. All are welcome to attend and enjoy our upcoming presentation.

**An open invitation to the ladies of the church:** The Santa Barbara District is offering a bus trip entitled "Go See" tour on Saturday, April 2, 2011. The tour is of the David and Margaret Home in LaVerne and the Methodist Hospital in Arcadia and is open to only 47 passengers. The airbus will leave from Santa Barbara Airbus Center (750 Technology Drive in Goleta) at 8 AM. A box lunch will be provided at the Home and will be included in the \$20 trip fee (if you do not want a lunch the trip fee is \$15). Registration needs to be made by March 18th, so please contact Virginia Mothes after services or call 473-1157 to arrange for this interesting outing.

Submitted by Virginia Mothes



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.



- Esther Circle 3/10
- Mary Martha 3/16
- JOY Circle 3/15

**Esther Circle** meets the **second Thursday** of each month at **noon** in the **McMillen Room**. They have begun their new study on the book *Joy to The World—Mission in the age of Global Christianity*.

**Mary-Martha Circle** meets on the **third Wednesday** of each month at **9:30 AM** in the **McMillen Room** of our church. They will start the book *The Beauty and Courage of Sudan: Why A Dream of Peace Is Possible*.

**JOY Circle** meets on the **third Tuesday** of each month at **7 PM** at a member's home. Contact the church office for February's location. They have completed their serious and thought provoking study on the Sudan.





## "Why We Worry" - part 2

compiled by Jerry Smith

Sometimes, worry is a form of damage control--since you're expecting the worst, you try to minimize the pain. And sometimes worry is just panic translated into thoughts. If, for example, you can't believe you'll survive that important meeting in the morning, you might find the anticipation of losing your job, being disgraced, and never ever--having another opportunity throwing you into a Chicken-Little mentality. And when the sky begins to fall, don't count on getting much sleep.

Bottom line, when you don't trust your capacity to handle life--to be spontaneously successful--you begin what-if-ing in a twisted attempt to figure out what can go wrong before it happens. You become seduced by the notion that if you can figure out what's in store for you (fortune telling), then you can feel less vulnerable. If not less vulnerable, then at least braced and ready. It would be like knowing the questions that are going to be asked on a test. Even Chicken Little's panic was an attempt to do something--anything--rather than let the sky keep falling.

Don't get me wrong, I have nothing against planning. After all, who wouldn't agree that it makes good sense to prepare for a presentation, to check the fluids in your car before a long trip, or to dress appropriately for bad weather? Anticipation of life doesn't make you a worrywart. It's when your anticipation focuses only on those things that can go wrong, the negatives, that's when good common sense is exchanged for the not-so-good sense of the worrywart.

Let's say you hear that sleet is expected for the morning commute. It's good common sense to anticipate the extra drive-time and get on the road a half hour earlier. No problem here. Given the same scenario, the worrywart may also hit the road a half hour earlier, demonstrating the same good common sense. The problem begins when insecurity starts to steer your thinking with what-if-ing: "What if I get stuck in traffic? What if I have an accident? What if my boss doesn't believe me?"

Since what-if-ing is based more on projections of

insecurity, worrying has very little to do with actual problems or their solutions. A worrywart suffers from chronic, often intense, insecurity. In the above example, it's not the difficulty with the morning commute that initiates the what-if-ing, it's the worrier's insecure presumption that, "Nothing ever goes right for me. I can survive only if I prepare for the worst." Doesn't make much sense when you understand the mechanics of worry. So, why do it? One reason: habit. Worry has become a habit of your insecurity. For now, recognize that all habits are learned (you weren't born insecure, you learned it) and all habits can be broken -- even worry.

--Dr. Joe Luciani [healthylivingnyc.com/article/5](http://healthylivingnyc.com/article/5)

### Fear, Anxiety and Worry...

#### What does the Bible say?

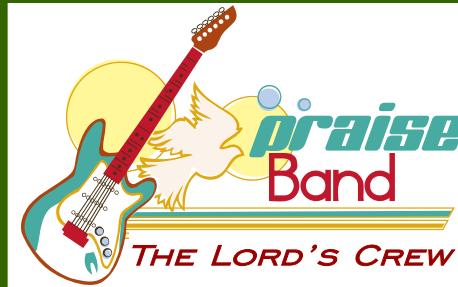
"According to the Bible, there is nothing wrong with realistically acknowledging and trying to deal with the identifiable problems of life. To ignore danger is fooling and wrong. But it is also wrong, as well as unhealthy, to be immobilized by excessive worry. Such worry must be committed to prayer to God, who can release us from paralyzing fear or anxiety, and free us to deal realistically with the needs and welfare both of others and of ourselves." (Dr. Gary R. Collins, *Christian Counseling*, p. 66.)

#### From the Holy Bible—God's own words!

*An anxious heart weighs a man down, but a kind word cheers him up.*  
Proverbs 12:25

*I sought the LORD, and he heard me, and delivered me from all my fears.*  
Psalm 34:4

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*  
Philippians 4:6-7



The praise band is a team of worship leaders we call **The Lord's Crew**. This Group leads our Contemporary Worship every Sunday during the 8:30 AM service and is under the direction of Susan Coho. The team meets for practice every other Saturday of each month, unless otherwise stated.

**March's rehearsals are scheduled for 3/12 and 3/26 at 6:30 PM.**

**Please contact the praise team director, Susan Coho, if you have any questions or cannot make the rehearsal.**



The choir is busily preparing music for our Lenten and Easter Seasons. We always have room for more singers. Join us on Wednesday evenings from 7 to 8:30 PM. We really do have loads of fun.

Still looking for a few page turners. Many thanks to those who continue to turn for us: Karen Brown, Rebecca Avila and Peg Gallop. And to those who have helped in the past. If you have an occasional Wednesday evening and Sunday morning available, give me call.

In Christ, *Julie Burns*

## Healthy Walkers Group

The Walkers are moving! We have decided to start our Wednesday morning walks at the Boardwalk in the parking lot next to Finn's restaurant at the end of Grand Avenue in Grover Beach. Walkers of all speeds are welcome. Start your day out right! Come join us at 9:00 a.m. Bring your walking shoes and your weather appropriate windbreaker or sweatshirt! If you have questions contact Patti Melsheimer or Mary Hawkins.



## New Book Club to Begin March 24th

The United Methodist Women are sponsoring a new Book Club. It will meet the forth

Thursday of each month at 4 p.m. in the McMillan room. If you like to read and would like to discuss your reading with others, please join us. Our first book will be ***Disfigured, A Saudi Woman's Story of Triumph over Violence*** by Rania Al-Baz. "Rania Al-Baz was ...the first Saudi woman TV anchor when her abusive husband assaulted her. Her agreement to make public photos of her injuries public sparked criticism of Saudi culture, and as a result the first Saudi research into domestic violence began in Riyadh. Rania's memoir is not simply a story of the violence she suffered, nor is it a tale of revenge. It is a story of generosity of spirit and of her evolution into an activist on behalf of women."





**Need Prayer?  
Got Praise?**

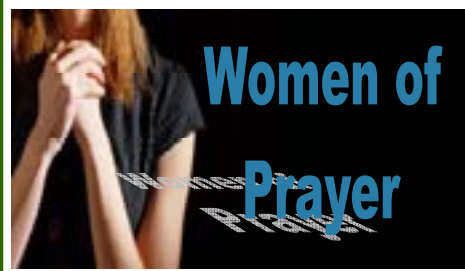
Bring it to our Prayer Chain. Contact **Pauline Castillo** and she will set the chain in motion.

**REQUESTS CAN REMAIN ANONYMOUS**

Every **Thursday at 10AM**, a dedicated group of prayer warriors, we call our **Intercessory Prayer Group**, meet in the Library to pray for members of our church family and the community as they lift up requests given to our prayer chain, those mentioned in worship, or on request cards.



**Fridays at 8:30 AM** in the church Library. No time like the present to get involved. We are starting a new study book—and this is a perfect time to join us! See you there!



This non-denominational women's group meets on **Mondays at 7 PM** in the UMC of AG Sanctuary to pray for this church and others in the community; asking God to pour out His Spirit of redemption, deliverance, healing and salvation. Contact **Susan Coho** through the church office if you have any questions.



Contemporary Worship Service at 8:30 AM communion is observed each Sunday as part of regular worship.

Traditional Worship Service at 10:30 AM observes this Sacrament on the first Sunday of each month.

This do in remembrance of Me.



**WHAT'S UP ON WEDNESDAYS?**

- 8:30 AM Sr. Exercise Group
- 9:00 AM 'Walking For Health' Group
- 2:00 PM Pastor's Study
- 5:15 PM All-Church Supper
- 6:00 PM Kids Night Out
- Pastor's Study
- 7:00 PM Chancel Choir
- UM Youth Group

**Pastor's Wednesday Study**

**Deepening Your Spiritual Effectiveness**  
*(final study on this topic is 3/2)*

**Wednesdays at 2 PM or 6 PM in the McMillen Room here at UMC of AG.**

FREE Dinner is served at 5:15 PM in Criswell Hall. Donations are appreciated!

Watch for an All-Church Bible Study when our children, youth and adults will study the *24 Hours That Changed The World* by Adam Hamilton beginning on the Ash Wednesday, March 9th.



**TRUSTEES REPORT FOR MARCH**

The Trustees met on February 1st at which time the following items were brought up for discussion:

- ~ Church Roof: we had no leaks in the Sanctuary following the last rain.
- ~ Preschool Cabinets: per Maddy, the cabinets will be installed within the next few weeks. They are easy to put together so it should not be a difficult task.
- ~ Termites in the Loft: termites are back in the choir loft, and Hydrex has been called to take care of the problem.
- ~ Children's Bathroom: the walls have been painted with pictures of flowers and animals and they look great. The floor, however, needs to be cleaned.
- ~ Champion Youth: this group is our new regular renters on Monday nights, and do a great job teaching karate to children from 5 to 12. They have a turn out of over 40 children, and are paying 100.00 per month.
- ~ Kitchen Ovens: the repairman came and adjusted the pilot lights. He can also install a gas regulator if needed.
- ~ Critters are Back: we have mice in the kitchen pantry again. Tom has set two traps with peanut butter.

**Many Thanks**

I would like to thank the United Methodist Men for bestowing on me the UMM Man of the Year award for 2010. I also appreciate being appointed Chair of Trustees for 2011 and will continue to work diligently in this position.

**ONE SERVICE**

March 13th, 2011  
10:30 AM

*Daylight savings begins that day so be sure to set your clocks FORWARD the night before so we will see your smile in church on time!*



**"Spud" tacular**

Tickets for a potato loaded with every imaginable topping will go for \$6 each (and family rates are available.)

Tickets will also be sold at the potato feed. All monies raised will go towards sponsoring some of our youth for camp.



**You'll want to be sure and check out our Children's Sunday School Bake Sale in Criswell Hall that day too! Yummy goodies will be a great desert for follow your great baked potato!**

**JUST A WEE REMINDER**



Its time to "Spring Forward" again. Daylight savings begins Sunday, March 13th so be sure to set your clocks FORWARD on Saturday night before you go to bed!



## ESTHER MILLER

Her Persistence to Overcome Her Early Life Problems ~ by David Beaman

Esther Miller's parents lived on the beautiful estate of her great-grandfather, "San Nicholas Ivarra Ranch," near Guadalajara, Mexico when she was born in April of 1917. The family estate is located along the shoreline of Chapala Lake, the country's largest freshwater lake, from where ample water was available for growing vegetables and raising cattle.

Seven months after she was born, Esther's father died from "Spanish Flu", leaving her mother and four siblings with the very daunting burden to survive on their own. Five years after her father's death, her great grandfather also died without leaving a recorded will. A secure life on the ranch might have continued for the family except her uncle resorted to *illegal* action to exclude her mother from sharing any inheritance.

A few years after she started elementary school, the country was in turmoil over a conflict between Mexico and the Catholic Church. The issue is described as a dispute by the Government over the "power and authority of the Catholic church". The government reacted by closing down the churches and the church schools. At the time, Esther had completed only the first 3 years of her elementary education. During the next five years of the conflict Esther did not attend school. No marriages in the church were not recognized and the citizens who wanted government recognition had to have been married by the government Justices of the Peace, with recorded documentation. Also, with the Catholic churches having been closed, confessionals were disallowed.

Having earlier been denied the education she needed and wanted, at age 11 Esther's mother sought other opportunities to make up for the lost years of no schooling. A teacher who had started a make up class told them "Esther was too old" to participate. Esther's siblings had mar-

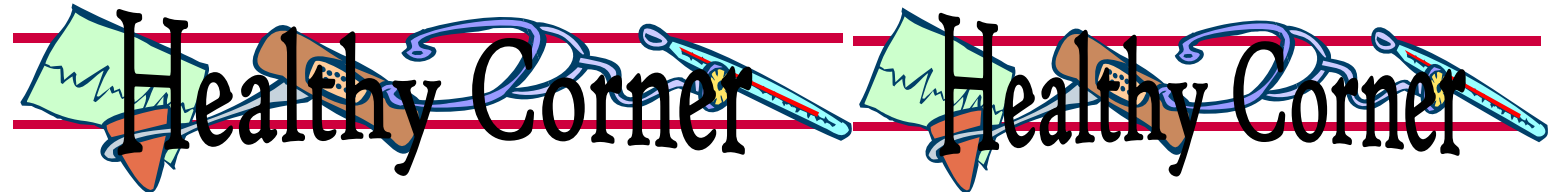
ried and moved to Guadalajara, so she was sent to live with an older sister and family. Her mother found work and remained in Chapala. She sent 25 centavos per week for tuition so Esther could attend a home school at night.

At age 17, Esther worked in homes caring for children, or in stores to earn money. All of the family members shared contributions to sustain each other. Living away from her mother's care, Esther was removed from night school because she now had *a boyfriend* and the big city had "unseen perils and temptations."

In 1951 at age 34, Esther married Jesse Miller and together they moved to Grover City in 1953 and started a family. Esther continued to endlessly apply herself to learn to speak, to read, and to write English. If she encountered words or issues that needed definitions, Esther used her many friends to help her learn and understand the meanings. English was difficult to master for Esther, but after many attempts she obtained US Citizenship.

Jesse searched the area for a friendly church and chose the "Methodist Church in the Arroyo Grande Village". Esther's first friends were Wilma Dixon and Jane Ballagh, two names remembered as matriarchs of our church. Esther's children, Kathy, Ray and Barbara, all grew up in our church. The family made the transition from The Village to the present day site in 1968. Sadly, Jesse passed away in 1985.

Through Esther and Jesse's encouragement, all three children obtained college degrees and are pursuing successful lives. Esther never forgot the many problems she had to overcome in her early life. She keeps in touch with her many friends, including me, when we have our weekly chat after church. Right here in our congregation, we have a very courageous member who has overcome hardship we can only imagine.



## Over 10 Million Americans Suffer from Fibromyalgia

Fibromyalgia entered the medical dictionary relatively recently. It seems to include a smorgasbord of symptoms. According to the National Fibromyalgia Association (NFA), "Chronic, widespread body pain is the primary symptom of fibromyalgia. Most people with fibromyalgia also experience moderate to extreme fatigue; sleep disturbances; sensitivity to touch, light and sound; and cognitive difficulties." Depression also is a very common symptom. Women suffer disproportionately from fibromyalgia. Based on NFA statistics, between 75 percent and 90 percent of those with fibromyalgia are women. Most fibromyalgia patients are diagnosed between the ages of 20 to 50.

Although fibromyalgia presents in a plethora of forms, to meet the syndrome's diagnostic criteria patients must have widespread pain in all four quadrants of their body for a minimum of three months. Pain is considered widespread when all of the following are present: • pain in the left side of the body; • pain in the right side of the body; • pain above the waist; • pain below the waist; • pain in the neck, front of the chest, mid-back or lower back.

As there currently are no laboratory tests to confirm fibromyalgia, physicians apply pressure at 18 locations on the body—based on American College of Rheumatology guidelines—to determine the existence of tender points. Fibromyalgia is diagnosed when tenderness or pain is found in at least 11 of the 18 specified locations. Doctors also take into account a patient's medical history and self-reported symptoms.

Given the multi-faceted nature of fibromyalgia, treatment doesn't come in a one-size-fits-all

form. As Daniel Arkfeld, M.D., associate professor of clinical medicine at the Keck School of Medicine of USC observes, "There's no single treatment pathway, as patients present with a variety of symptoms." For those requiring pain management, there are three FDA-approved prescription medications -- pregabalin (Lyrica), duloxetine (Cymbalta), and milnacipran (Savella). Localized areas of pain also can be addressed through lidocaine injections. Sleep disturbances commonly associated with fibromyalgia can be countered by prescription sleep medications or low-dosage antidepressants; patients experiencing depression might receive higher-dosage antidepressants. Lifestyle modification—such as avoiding caffeine, sugar and alcohol before bed—also can prove beneficial. Arkfeld additionally advocates exercise. "Medication is one pathway," he explains, "but exercise is an important part of treatment as well."

While the underlying cause of fibromyalgia remains somewhat elusive, recent research is shedding light on likely physiological suspects. "Findings are increasingly pointing to central pain mechanisms deep in the brain," says Arkfeld. Evidence indicates that fibromyalgia sufferers experience amplified pain due to abnormal sensory processing in the central nervous system. Looking ahead, Arkfeld is "optimistic for the future. Twenty years from now, we'll have fibromyalgia well figured out."

condensed from an article by *Carrie St. Michel* in an recent issue of "USC Health Now"



Submitted by Patti Melsheimer