

First United Methodist Church of Arroyo Grande

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Arroyo Grande, CA 93420
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Insert

▪ AG UM CC Chronicle

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Article Deadline:
*10th of each month (see important
notice on page two)*

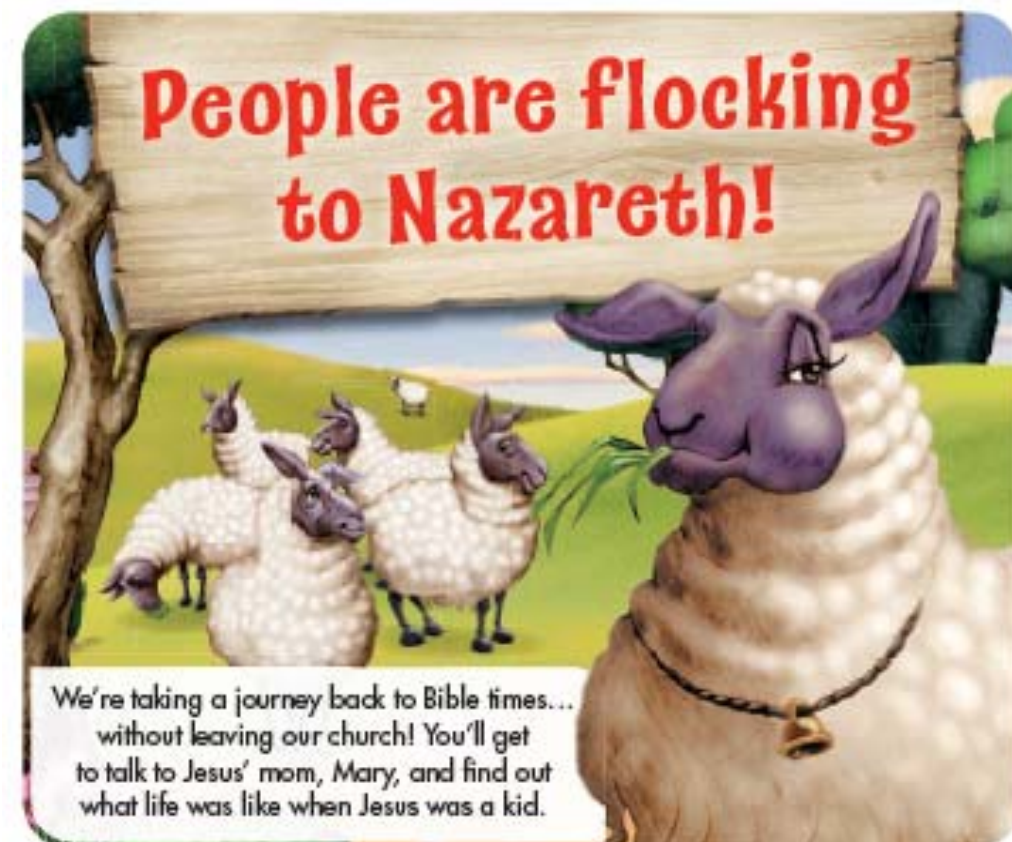
PLEASE NOTE: *Layout Editor
reserves the right to cut/edit
articles to meet space limitations.*

To add a friend, edit an address
or to be removed from our
mailing list, please notify our
church office at (805) 481-2692,
by fax at 481-2693, or via e-
mail at fumcag@sbcglobal.net.

**Our newsletter is available
online at worshipweekly.com**

The First United Methodist Church of Arroyo Grande Cast~A~Net June 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 Email: FUMCAG@sbcglobal.net



Mark your calendars for this Nazareth
adventure—*When Jesus was a kid!*

June 20th - 24th, 2011

6 PM - 8 PM

Join us for dinner at 5:30 PM—FREE!

Bring your whole family! This program is designed
for **adults and children** alike. Adult Tribes and
Child Tribes will travel this adventure for \$15 per
person (including dinner). *Special family rates
available.* Early registration includes a video
memory montage. Don't miss out!

Contact Sarah Barber at fumcag@sbcglobal.net or call
481-2692 to register and see how you can help.



Visit our website at worshipweekly.com

- Senior Pastor:**
Rev. David M. Burgeson
- Minister of Visitation:**
Rev. J. Harold Headrick
- Ministers:**
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Mike Coho
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open
- UM Youth Directors:**
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- Bishop:**
Mary Ann Swenson
- District Superintendent:**
Rev. Cathleen Coots

AG UM Children's Center

agumcc@sbcglobal.net
(805) 481-2223

Director: Madrigal Quaglino





Pastor David Burgeson



The last of the five church growth principles is "Relationships are the glue." Point here is having people coming to the church and joining is one thing, but keeping them from leaving out the back door is another. This brings me to the question: What is the primary ingredient that

keeps people active in church? Think for a moment, you know the answer: it's friendships. If people have friends in the church, they stay. If not, they're out of here.

According to one study, new members who remain active after the first year made an average of seven new friends. Those who left made fewer than two. Friendships develop when people share things in common such as age, marital status, family status, interests, problems, needs and culture. How do we get them on our church grounds?

One of the opportunities is to continue looking and praying for those we know who do not have a church home, and extend an invitation to come with you to church. Take a look at the many opportunities happening at our church by looking here in the Cast-A-Net. Try this, take some time and offer a prayer on how you might be used by God to extend an invitation to your un-churched family, neighbors, strangers and friends. Trust God and let's see what happens.

One business matter coming in June is Annual Conference—June 16-19, held in Redlands, California. I will be attending this year with Judy Atwood who is our lay member to Annual Conference. This is a time when we hear what has happened throughout our Annual Conference since we last met. This year we will be electing delegates to the 2012 General Conference and the 2012 Jurisdictional Conference, approving legislation and a budget. Please keep us in your prayers.

In ministry together,

David

Our Office Will Be Implementing A New System For Our Newsletter.

Our Communications Committee has reviewed and identified some challenges with our publication and proofing. We will now be **strictly enforcing** the **due date of the 10th of each month** for articles to be in to the church office. **If not received by this date we will have no choice but to run the issue without the item.**

We will also be sending each group and committee a copy of the drafted calendar for review. You are responsible to review your group notices and events and return it to the office, **also by the 10th of each month.** This will ensure that our publications remain the best they can be. We hope this will allow our proofers and folding team time to schedule their jobs.

There is always room for improvement. Thanks!



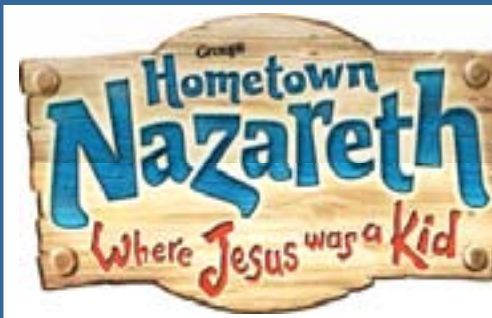
The 10th of each month



- 6/1 Linda Leonard
Neil Prestemon
- 6/3 Joyce Hammond
Jill Olsen
- 6/4 Trevor Foster
Mike Reineke
- 6/5 Jim Steiner
- 6/7 Ian Leonard
Ray Douglas
- 6/8 Sadie Krovious
- 6/11 Bill Weitkamp
- 6/15 Chet Kielan
Jan Moore
- 6/17 George Stewart
Steve Shrefler
- 6/18 Pauline Castillo
Linda Herber
- 6/19 Mary Lou Fink
- 6/20 B.G. Perriguy
Susan Potts
Rob Gilliland
Dick Gainer
- 6/22 Jean Hubbard
- 6/23 Sandy Underwood
Bill Paulsen
- 6/24 Victoria Paredes
- 6/26 Jim Wise
- 6/27 Dee Anna Shrefler
- 6/28 Bobbi Merris
Greg Riley
- 6/29 Kaz Ikeda
Carol Spaulding
- 6/30 Willy Raetz



We invite you all to attend—remember that seating will be first come first served, so arrive early. A light reception in Criswell Hall will follow the ceremony. We hope to see you all there!



Can you help? SURE! Here's how...VOLUNTEER!!

- Characters to set the Bible-time 'stage'.
- Supplies
- Donations
- Scholarships ...and more.

OR - just come for the fun!

We are praying to have 75 kids and adults on this journey for 2011. REMEMBER: **This adventure is not just for kids.** In fact, last year's adult tribe was sillier than the kids... have you heard about the infamous **conga line** the Pastor started? Ask him!

We trust you will join in teaching our kids about our Savior and learning a little from them also!



Sunday	8:30 AM	10:30 AM	Nursery	Kids/Youth	Teachers	TOTAL
First Sunday	43	133	2	17/5	6	206
Second Sunday	41	115	0	8/5	5	174
Third Sunday	43	143	0	8/2	4	200
Fourth Sunday	38	124	8	35/9	6	220
Fifth Sunday	no information at time of publication					

DEEPENING YOUR EFFECTIVNESS: Restructuring the Local Church For Life Transformation

PART III: INSTRUCTIONAL DISCIPLESHIP

Recap of Wednesday Evening Bible Study by Susan Coho



In the first installment of this series, we learned that the ocean diagram above parallels a new believer's path to becoming a fully committed follower of Jesus Christ; a path that can be implemented in the local church.

This pathway establishes a sequential order of primary ministries that helps people grow as His disciples. There are 4 parts in this Discipleship Pathway: 1) Invitational, 2) Instructional, 3) Relational, and 4) Servant. Last month we looked at the Invitational Discipleship segment, directed toward reaching un-churched folks and people who are curious about God. Our focus this month is Instructional Discipleship.

Instructional Discipleship focuses on the giving and receiving of instruction in classes and support groups that also create opportunities to build relationships. It is where God, through biblical community and careful instruction, can motivate individuals to look inward, identifying misconceptions and self defeating behaviors, and understand the purposes for which they were created. It is in this instructional section that men and women begin to hear the voice of God challenging them to follow Him.

Every church has someone that preaches a weekly sermon and most churches offer instruction in some form such as Sunday School or midweek classes. However, very few develop a comprehensive instructional ministry that systematically equips believers for Christian service. Most churches offer a hodgepodge of disconnected Bible studies, classes, and groups that pass information, but do not facilitate true transformation.

Many churches have chosen to follow the road that emphasizes spiritual growth through serving, which results in a church filled with actively serving believers. Other churches emphasize discipleship through instruction and relationships, which results in a church filled with spiritually developed servants.

The author of our study, Dan Glover, suggests the latter choice is best for fostering true discipleship. Asking people to go and make disciples when they have received little disciple training themselves is not only unrealistic, but it sets them up for failure, disappointment and burn out. Church leaders should wisely decide to emphasize discipleship over service (rather than emphasizing service only) as the way to spiritual maturity. It is the difference between focusing on who we are becoming in Christ and not just what we can produce for Him. When we emphasize growing in Christ, God compels people into service and they will respond as His servants

Making disciples is about helping people exchange their cultural worldview for a Christian worldview. This is accomplished by churches who are intentional about the classes provide, classes that focus on providing learning opportunities that are based on theology, spiritual disciplines, and the practical application of scripture. An effective Discipleship Pathway will include two ongoing core classes: a core beliefs class, i.e., Christianity 101 or Bible Basics, and a core principles class which teaches the non negotiable values of a committed follower of Jesus Christ. These classes, along with carefully selected elective classes, complete the initial Instructional component in building a Discipleship Pathway.

In the July *Cast-A-Net*, a look at the third pathway segment, Relational Discipleship, will be featured.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5</p> <p>Music Sunday Coffee Hour Host- Communications Committee</p> <p>8:30 AM Contemporary Service 8:30 AM Children's Sunday School 10:30 AM Traditional Service and UM Youth Group 10:30 AM Green Umbrella (MMR)</p>	<p>6</p> <p>Pastor's Day Off 10 AM UMW Steering Com. (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)</p>	<p>7</p> <p>8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 5 PM Grande Ringers 6 PM AG MS Support Group (MMR) 6 PM VBS Work Party (CH) 7 PM Trustees (MMR)</p>	<p>8</p> <p>8:30 AM Senior Exercise Group (CH) 11 AM Blue Umbrella (MMR) 1 PM Alzheimer's Care-Givers Support Group (CH) 5 PM Family Supper (CH) 5:45 PM Kids Night Out (S) 6 PM Pastor's Study 7 PM UM Youth Group (215)</p>	<p>9</p> <p>8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group (L) 12 PM Esther Circle (MMR) <i>last meeting before summer break.</i> 5 PM Grande Ringers (S) 6 PM Pastor's Study 7 PM UM Youth Group (215)</p>	<p>10</p> <p>8:30 AM Weekly Bible Study (L) 7 PM AG UM CC Pre-K Promotion and Acknowledgment Program (S)</p>	<p>11</p> <p>12 PM UMM BBQ At the Shefler's 12:30 —4:30 PM Adventures of Dr. Chess (211)</p>
10:30 AM AG UM CC Pre-K Promotion Practice (S) - June 6-9						
<p>12</p> <p>PENTECOST Coffee Hour Host Youth Group</p> <p>8:30 AM Contemporary Service 10:30 AM Traditional Service and UM Youth Group *Children's Sunday School at both services 11:45 PM SPRC (MMR) 1 PM Flute Fun (CH)</p>	<p>13</p> <p>Pastor's Day Off 9:30 AM Mary-Martha Circle (MMR) <i>last meeting before summer break.</i> 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)</p>	<p>14</p> <p>8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 10:30 AM Communications (L) 5 PM Grande Ringers 6 PM MS Support Group (MMR) 6 PM VBS Work Party (CH)</p>	<p>15</p> <p>8:30 AM Senior Exercise Group (CH) 5 PM Family Supper (CH) 5:45 PM Kids Night Out (S) 6 PM Pastor's Study 6:30 PM JOY Circle (Adelina's Restaurant—<i>last meeting before summer break.</i>) 7 PM UM Youth Group (215)</p>	<p>16</p> <p>8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group (L) 11:30 AM People's Kitchen <i>leave to serve</i> 5 PM Grande Ringers (S) 6:30 PM Women Of Worth (WOW) — (MMR)</p>	<p>17</p> <p>8:30 AM Weekly Bible Study (L) 12:30 PM Alzheimer's Care-Givers Support Group (MMR)</p>	<p>18</p> <p>12:30 —4:30 PM Adventures of Dr. Chess (211) 6:30 PM Praise Team Rehearsal</p>
Pastor Gone to Annual Conference—6/15-19 He will return to the office on June 21						
<p>19</p> <p>Handbell Sunday Coffee Hour Host Mary-Martha Circle</p> <p>8:30 AM Contemporary Service 10:30 AM Traditional Service and UM Youth Group *Children's Sunday School at both services</p> <p>Happy Father's Day</p>	<p>20</p> <p>Pastor's Day Off 5 PM Champion Youth Outreach Self-defense (CH) ON BREAK—no meeting 6 PM Debtors Anon (MMR) 7 PM Men's Bible Study (215) 7 PM Women of Prayer (S) 7:30 PM AIAnon (MMR)</p>	<p>21</p> <p>8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 2 PM Preschool Board closed session (MMR) 3:30 PM Preschool Board -open session (MMR) 5 PM Grande Ringers</p>	<p>22</p> <p>8:30 AM Senior Exercise Group (CH) 4 PM Book Club (MMR) 5 PM Family Supper (CH) 5:45 PM Kids Night Out (S) 6 PM Pastor's Study 7 PM UM Youth Group (215)</p>	<p>23</p> <p>8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group (L) 1 PM Yellow Umbrella (MMR) 4 PM Book Club 5 PM Grande Ringers (S) 5 PM Bible Reading (S)</p>	<p>24</p> <p>8:30 AM Weekly Bible Study (L)</p>	<p>25</p> <p>12:30 —4:30 PM Adventures of Dr. Chess (211)</p>
Hometown Nazareth VBS—June 20-24 from 6—8 PM (dinner at 5:30 PM)						
<p>26</p> <p>Coffee Hour Host Yellow Umbrella</p> <p>Peace With Justice Sunday 8:30 AM Contemporary Service 10:30 AM Traditional Service and UM Youth Group *Children's Sunday School at both services VBS Clean-up (If you can stay and help we would appreciate it)</p>	<p>27</p> <p>Pastor's Day Off 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)</p>	<p>28</p> <p>8:30 AM Senior Exercise Group (CH) 9 AM Sew 'n' Sews (MMR) 5 PM Grande Ringers 6 PM VBS de-briefing (CH)</p>	<p>29</p> <p>8:30 AM Senior Exercise Group (CH) 5 PM Family Supper (CH) 5:45 PM Kids Night Out (S) 6:30 PM Praise Team Rehearsal 7 PM UM Youth Group (215)</p>	<p>30</p> <p>8:30 AM Senior Exercise Group (CH) 10 AM Intercessory Prayer Group (L) 5 PM Grande Ringers (S) 5 PM Bible Reading (S)</p>	<div style="border: 2px solid red; padding: 5px;"> <p style="text-align: center;">ABBREVIATION LEGEND</p> <p>MMR McMillen Room CH Criswell Hall K Kitchen S Sanctuary N Narthex P/S Pastor's Study L Library</p> </div>	

YELLOW UMBRELLA NEWS: MISSION/SOCIAL CONCERNS JUDY ATWOOD

MISSION HIGHLIGHT—JUDY ATWOOD

Each month I hope to highlight one of the ministries which we support. This month I asked Bennie Duffin to share with us about Five Cities Christian Women and their ministry. Thanks!

5 Cities Christian Women - Bennie Duffin

When we think of mission, we often think of foreign lands. Our Yellow Umbrella helps support these foreign missions, but it also supports national and local ones as well. Two local missions we support are People's Kitchen and Five Cities Christian Women.

In 1973, the Ministerial Association of this area, asked a group of women to conduct a World Day of Prayer, an ecumenical event celebrated worldwide in March each year. Because of this association, bonds were formed and the ladies decided to meet once a month. Thus, Five Cities Christian Women consisting of only four ladies was formed with a mission to feed the needy and provide layettes for new mothers, through Social Services.

One of the original members, Edna Miller, offered her garage for storage and distribution. At first, only seven families were fed. The food was delivered to the clients. As demand in the community increased, a larger facility was needed. Bethel Baptist Church offered a room where we remained for 6 years. Then we moved to Central Coast Baptist Church where we remained until 1998. At that time they were expanding still and had to find yet another place.

After a long search, the Kiwanis Club of Pismo Beach offered to construct a building for us. Many people in the community helped in the building of it. The Central Coast Baptist Church donated space in their parking lot during the construction. Finally in October 1998, we opened our current doors.

Food donations come from local churches, the Boy and Girl Scouts, local schools and other organizations in the area. We pick up food from local stores and the farmer's markets. Goods are purchased from the Coalition of SLO County County Food Bank and various stores.

The morning workers stock the shelves. If we re-

ceive extra food, we share it with other agencies. Afternoon workers distribute the food Monday-Friday from 2-4 PM. Clients are allowed to receive food twice a month. All workers are volunteers.

Christmas boxes are given out with gifts donated by the California Poppies Decorative Artist Association for the children. Boy Scout Troop 413 assists with the giveaway which has been held in Criswell Hall for many years. We give an average of 65 boxes.

Layettes are still given to new mothers through the County Social Services department. The Quilters Guild often supplies us with new quilts.

The Joy Singers go to the Arroyo Grande Care Center one Monday a month. They sing with a group from Grace Bible Church.

From those early beginnings of four ladies and seven families, we now serve an average of 600 families and 2,500 people a month, thanks to a very generous community. Our expenditures are \$2,500 to \$3,000 a month. All employees are volunteers. Only 10% of our income is spent on operational items, 90% is spent on food for the needy.

We are located at 192B S. 9th St., Grover Beach. Our mailing address is Five Cities Christian Women, P.O. Box 756, Grover Beach, CA 93483.

PEACE WITH JUSTICE SUNDAY

The 1980 General Conference created a church wide Peace with Justice program assigned to the General Board of Church and Society. The 1988 General Conference established Peace with Justice Sunday as the first Sunday after Pentecost to give churches a single more convenient date for the offering and a name that clearly identifies the ministries it supports.

The annual conference keeps 50% of the receipts for Peace and Justice ministries in the conference. The remaining 50% is used for Peace with Justice Ministries related to the General Board of Church & Society.

We will be taking this special offering on June 30th. Watch for more information in the bulletin inserts and your bulletins will have the offering envelopes that Sunday. **See Special Givings on page 8**



Mondays at 7 PM in the Youth Lounge (room 215) The men are currently studying the books of Hosea and Amos from the Holy Bible. Open to all men of God!



Fridays at 8:30 AM in the Church Library. No time like the present—we are starting a new study on **John 13-15**. This is a perfect time to join us. See you there!



This UMW supported group is open to all the women of our church and our community. We meet in the **McMillen Room** at UMC of AG every **3rd Thursday** of the month at **6:30 PM**. We invite you to join us and share in what God has done, and is still doing, in your life. We support one another in loving accountability and with God's grace according to the Scriptures.



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.



This is an **All-Church Challenge!** Grab a Bible Reading Schedule from the Narthex - join in reading God's Word in one year.



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.

WHAT'S UP ON WEDNESDAYS?

- 8:30 AM Sr. Exercise Group
- 5:00 PM Wednesday Night Church Supper
- 5:45 PM Kids Night Out
- 6:00 PM Pastor's Study
- 7:00 PM Chancel Choir UM Youth

NEW ON THURSDAYS

BIBLE READING

Every Thursday—rain or shine—we will meet in the Sanctuary and continue reading the Bible aloud from 5—6 PM. We pray that you will join us in this time to bless the Lord and read His Word. *Your word is a lamp to my feet And a light to my path.* —Psalm 119:105



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.





Praise God – You all helped our kids raise the money to get that Mule to Haiti. What a blessing! We even have some left over to help with scholarships for VBS in June. Thank you to the many who helped our kids raise over \$230 at our Bake Sale on Children’s Center Sunday (5/22).

We will continue our Wednesday study at 5:45 PM, on the *Fruit of the Spirit* followed by *The Armor of God*. (Dinner at 5 PM)



This year’s trip back in time will take us to Nazareth when Jesus was a boy. Join us the week of June 20th, for a special walk in the home town of Jesus the Son of God.

We will need your help!

Sarah Barber has the answers to your questions. A Child **AND** Adult track will be planned for this journey— for \$15 per person for the week you will enjoy dinner at 5 PM and the trip back in time from 6 PM— 8 PM each night.

We hope to see you all there!

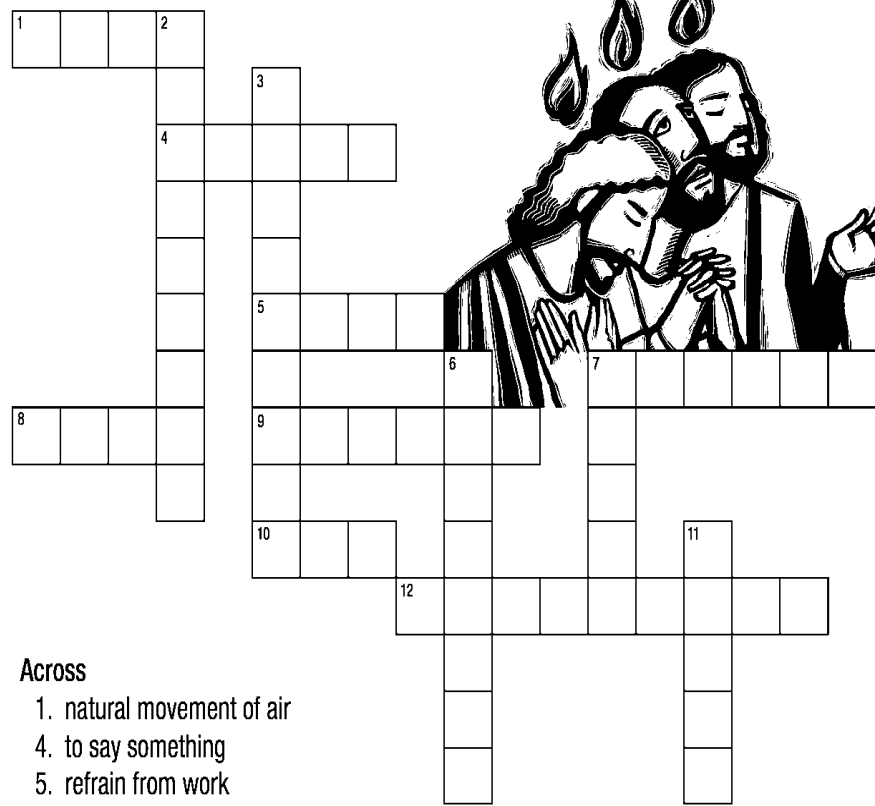


PUZZLE

The Spirit Comes

ACTS 2 TELLS ABOUT A SPECIAL DAY WHEN THE HOLY SPIRIT CAME TO THE DISCIPLES.

Use the clues below to complete the crossword puzzle.



Across

- 1. natural movement of air
- 4. to say something
- 5. refrain from work
- 7. place where God is
- 8. a combustion or burning that gives light, heat and smoke
- 9. part of mouth that can taste and lick
- 10. the time between sunrise and sunset
- 12. the day the Holy Spirit descended on the disciples

Down

- 2. followers of Christ
- 3. moved apart
- 6. quickly and unexpectedly
- 7. a building where people live
- 11. vibrations that travel through the air

Answers: Across 1. wind, 4. speak, 5. rest, 7. heaven, 8. fire, 9. tongue, 10. day, 12. Pentecost; Down 2. disciples, 3. separated, 6. suddenly, 7. house, 11. sound

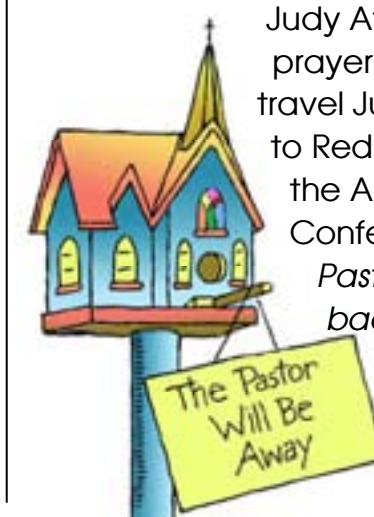


Where Are The Name Tags?!

If you have never had one, we will order one for you. If you have lost or miss-placed yours, we can re-order you a replacement at the cost of \$6 for each badge. Contact the church office to order one.

It's time for Annual Conference!

Please keep our Pastor and Judy Atwood in prayer as they travel June 16-19 to Redlands for the Annual Conference. *Pastor will be back in the office on June 21.*



The Brick

A young and successful executive was traveling down a neighborhood street, going a bit too fast in his new Jaguar. He was watching for kids darting out from between parked cars and slowed down when he thought he saw something.

As his car passed, no children appeared. Instead, a brick smashed into the Jag's side door! He slammed on the brakes and backed his Jaguar back to the spot where the brick had been thrown. The angry driver then jumped out of the car, grabbed the nearest kid and shouted, "What was that all about and who are you? Just what the heck are you doing? That's a new car and that brick you threw is going to cost me a lot of money to fix. Why did you do to a thing like that for?"

The young boy was apologetic. "Please, mister, please," he cried. "I'm sorry but I didn't know what else to do. I threw the brick because no one else would stop." With tears dripping down his face and off his chin, the youth pointed to a spot just around a parked car. "It's my brother," he said. "he rolled off the curb and fell out of his wheelchair and I can't lift him up."

Now sobbing, the boy asked the stunned executive, 'Would you please help me get him back into his wheelchair? He's hurt and he's too heavy for me.'

Moved beyond words, the driver tried to swallow the rapidly swelling lump in his throat.. He hurriedly lifted the handicapped boy back into the wheelchair, then took out a linen handkerchief and dabbed at the fresh scrapes and cuts. A quick look told him everything was going to be okay.

'Thank you and may God bless you,' the grateful child told the stranger. Too shook up for words, the man simply watched the boy push his wheelchair-bound brother down the sidewalk toward their home.

It was a long, slow walk back to the Jaguar. The damage was very noticeable, but the driver never bothered to repair the dent in the door. He kept the dent there to remind him of this message: 'Don't go through life so fast that someone has to throw a brick at you to get your attention!' Take action for God's plan before he throws a brick at you to get YOUR attention.

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

Submitted by Bill Weitkamp

Come to the UMM Barbecue on June 11

A barbecue will wind up another busy year for the United Methodist Men on Saturday, June 11 at the home of Steve and DeeAnn Shrefler on the Nipomo Mesa. We will be gathering at noon with the meal served at 1:00 p.m. Tickets will be available in Criswell Hall following church services on June 5. Directions to the Shrefler home will be included with the tickets.

UMM Officers for 2011-2012 Year

At the March UMM meeting, Tom Egan was re-elected as president and Wayne Huggins was re-elected as treasurer for the year that begins with the September 17th meeting. Tom, Wayne and UMM committee chairmen welcome the assistance of the men of this church in carrying out the activities of the coming year. Ask Tom how you can help.

Kudos to Bud Johnson and Wayne Huggins

Many of the UMM activities in this church would not be possible without the diligent efforts of Bud Johnson and Wayne Huggins. Bud has been the chairman and hardest worker in carrying out the five Sunday pancake breakfasts and the Carl Kliesch Golf Tournament each year. His advice has been called on frequently by the UMM co-chairmen as plans for meetings and other events have been made and carried out. Wayne has also been a part of these plans and has steadfastly carried out his many duties as UMM treasurer. In addition to keeping us in the black, he is in charge of getting the tickets pre-

pared and sold for pancake breakfasts and other UMM programs. Thanks also go to Sarah Barber who has helped us with the ticket printing and the Sunday bulletin and monthly Castanet articles.

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 was 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 met at 9:00am at the headquarters of the [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 boarded the La Condesa, a vintage Pullman observation car, for a train ride along the SMVRR, including an en-route worship service led by Pastor David Burgeson and Rev. Bill Foster (Jamie's Dad).



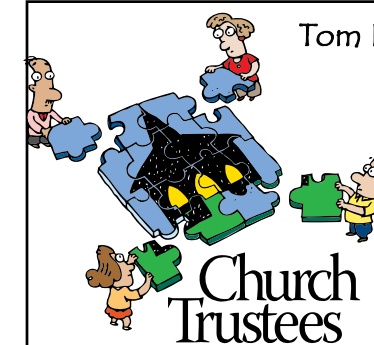
WELCOMING, from pg 10

Our Theological Foundation

Our spiritual forebears, John Wesley, Jacob Albright and Philip William Otterbein, shared a passion for evangelism. They worked and prayed for people to open their souls to God's grace, to be reconciled to God and one another and to become disciples in a community of believers. The process was understood as a symphony in three movements. The first notes were proclamation and invitation. The second movement crescendoed to the new believer's acceptance of God's forgiveness and repentance. It resolved in the third movement: lifelong dedication to spiritual growth, compassionate outreach and disciplined living. The earliest members of Wesleyan, Evangelical and United Brethren movements were known for the energy and innovation with which they invited people to Christ and welcomed them to their circle. They took every opportunity and used every means at their disposal to proclaim God's love.

(To be continued)

Source: © 2010 United Methodist Communications.



Tom Egan, *Chair* ■ The Trustees are staying within their budget and our Parsonage Account has grown to \$169,000+ at the end of March.

■ Due to the tremendous outreach of People's Kitchen, they need more storage space than what is available within our 4 walls. The Trustees will see if it is possible to build a 20 foot by 20 foot storage shed out by the metal storage shed. More to follow.

- Two weeks ago the Children's Center was broken into. Nothing was stolen but we might not be so lucky the next time. What little damage was done has already been repaired. We will look into placing a motion detector in the play ground area that will cause lights to come on and maybe place an alarm inside the building if any door is opened. More to follow.
- Drawers in the kitchen that hold table cloths are in bad shape. I will try to replace the runners.
- Maddy has asked permission to install an A/C in the nursery that is a nap room for the little ones. The Board said yes.
- We still need two kiosks built but we also need a time to do so.
- I have pleaded with you in the past to lock all doors when you leave. This has fallen on deaf ears. Doors are CONSTANTLY being left unlocked or locked but not latched. We have no answers as to why. This is your Church. You should no anticipate that someone else will shut and lock a door. That is your responsibility— it is everyone's responsibility. Since this has not happened, and since Maddy's break in was too close to home, we are now looking into re-keying the entire facility. This will cost us money I don't want to spend. Our options are very few.
- With 7 Easter Lilies now being planted, maybe by next year we will have our own home-grown lilies.



Monthly Goal

\$ 22,000

Received

\$ 19,003

Difference

ONE Sunday to go!





Welcoming Ministry! (PART-1)

Compiled by Jerry Smith

Since 2001, UMC churches all over the country have taken to heart the denomination's promise of "Open hearts. Open minds. Open doors." Welcoming resources and training have given churches new hope, new ideas and new challenges. Pastors have preached on the subject. Church councils have adopted vision statements reflecting the desire to live up to these words. Individual members have examined their hearts and minds to assess whether they can claim the promise as their own. During this time, careful analysis, soul searching and feedback from Newcomers have challenged some of our churches and affirmed others.

Perhaps your church has experienced such changes. You've held training activities and small groups. You've preached the messages, played the videos and implemented the ideas. You've seen the lives of current members and newcomers changed, yet you've sensed complacency. Your team may be suffering welcoming burnout. The results of your efforts might not be as outstanding as you'd hoped. You see old behaviour creeping back into the congregation and wonder, "What's next?"

A UMC **Welcoming Ministry Training Manual and Planning Handbook** will help. Building upon the ideas and exercises of key resources, this guide offers suggestions for sustaining a congregation's welcoming, inviting and discipline efforts. It incorporates all the training United Methodist Communications has done nationally since 2001 into one resource. It provides new ways of looking at existing materials and offers new suggestions for helping your entire congregation.

Our goal is to help your church live the promise of "Open hearts. Open minds. Open Doors." Here's a starting point: Think of welcom-

ing as you would physical fitness. We all have some potential to be fit, but different people have different challenges in realizing that potential. Some are clumsier than others. Some have little motivation or limited will power. Some have physical limitations and challenges. Some see no need to change. Even when someone overcomes these challenges, other hurdles can arise along the way. Plateaus occur when nothing seems to be improving. Reaching a target or goal can lead to slackening a regimen and starting to slip into previous habits. In these cases, simple tweaks can make a difference. A slight change in diet improves blood pressure. A targeted exercise tones an atrophied muscle. Just as it takes constant effort to maintain physical health and fitness, so it is with welcoming. A slight change in attitude improves openness.

Targeted training strengthens a welcoming conversation or enhances an invitation to participate in some spiritual activity. Remember, like health and fitness is for individuals, welcoming is a lifelong journey for the whole church community. This resource offers ideas for building Welcoming Ministry training into some common situations in the life of your church. It can help you adapt ideas you've learned through training events and personal study in ways that fit into the existing structures and meetings of your congregation. Each session should take an hour or two with some options for expanding to multiple sessions and all-day workshops or retreats. With a few simple tweaks and new ideas, you may find your church re-energized (or set afire for the first time) about welcoming, inviting and discipline. Welcome to the journey.

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United Methodist Women

Faith, Hope and Love In Action

Submitted by Virginia Mothes

Here we are almost through mid-2011 already. Hope you've all had a good year so far. I wasn't able to attend the UM Women's Historical Tea but from all accounts - and the terrific pictures Gary Hughes took - I was able to relive the event posted on the bulletin board in Criswell Hall (thanks, Heidi). The testimonials given were exceedingly special as was the Women's History skit put on very winningly by the company of players involved.

July is the time Cal-Pac offers their annual School of Christian Mission. This year it's being held at Biola University in La Mirada. The dates are July 22-24 and three studies are offered covering 1) spiritual growth, 2) geographic area and 3) an issue impacting society. All attending pick one area to study. The spiritual growth class is titled "Coming Out on the Side of Grace: Forgiveness and Reconciliation"; the geographic study is on Haiti; the social class is titled "Joy to the World - Global Christianity". Registration deadline is June 20, 2011. Anyone interested, please contact Patti Melzheimer or myself for more information.

Just an early notice to all: UMW luncheon following church services will be on July 3rd. We are planning an all American picnic style with hot dogs with all the trimmings, salad and apple pie. Hope to see everyone there.



God Of The Little Things

Little things matter. When God gets involved in the minutia of life, unmistakably intervening in the smallest details of our day-to-day dilemmas, it means he cares enough to bother with what's bothering us. The God who created the vast universe works through life's circumstances to bring about his good purposes. That's big.

We know, too, that if God is involved in our everyday lives, he's also working on the more complicated situations — the big things. He might just be working behind the scenes.

When troubles come and God seems not to notice, think of times when he's intervened. Recount and revel in them. Rest assured in God's perfect plan for big and small. "We know that all things work together for good for those who love God, who are called according to his purpose" (Romans 8:28, NRSV).



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
6/9
Mary Martha
6/13
JOY Circle
6/15

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 **second Monday** of each month at **9:30 AM** in the **McMillen Room** of our church. The women are studying the first Chapter of *John*.

JOY Circle will meet this month on **Wednesday, June 15 for dinner at 6:30 PM at Adelinas' Restaurant**. They have completed their serious and thought provoking study on the Sudan and are now studying *Just Choose Happiness*.



Greetings to all. The youth just recently finished the "24 Hours That Changed The World" study, which we were studying in conjunction with the adults and the Kids Night Out crew. The night the youth carried a rail road tie, weighing and similar in size to the cross Jesus would have carried, was a memorable experience. Next up for us is a study on the book of Revelation. We have had our first lesson and will put the rest of the study on hold as we all prepare for Youth Sunday. This year we will present services at both 8:30 am and 10:30 am, with our theme this year being **"Dare You To Move—Step Outside Your Comfort Zone"**. There will be music and musical groups, video skits, and live skits, and, of course, our annual photo montage featuring what we have done over the last year. This year, Amanda Trecartin, will be our featured senior speaker. I also heard there might be farm animals; I guess you will all have to come and find out for sure.

We, of course, will meet during the summer at 7 PM on Wednesday nights and 10:30 AM on Sunday mornings in the Youth Lounge. Don't forget to come by and check us out and, bring a friend.

In His Service, *Mike and Lou*

Special Giving Updates

Alleluia!

Domestic Disaster Response	\$ 25.00
Food Bank	\$ 639.39
Goat for Haitian Goat Farm	\$ 50.00
Haiti Relief	\$ 25.00
Japan Relief	\$ 1810.00
Native American Ministries	\$ 379.00
Mule for Haitian Village	\$ 413.62
One Great Hour of Sharing	\$ 785.00
People's Kitchen	\$ 307.00
Spring Storms	\$ 350.00

The Reason You Are Stressed

"Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall He not much more clothe you, O ye of little faith?"
Matthew 6:30

Do you know the reason we're stressed?

Because we think our needs are not going to be met.

We say, "Oh my goodness, I'm not going to have what I need!"

Jesus tells us not to worry about what you are going to eat.

And don't worry about what you are going to wear.

He's saying only one thing is important – His righteousness.

These things don't even take significance until your deepest needs are met.

You are to find your satisfaction in Him. If you don't find your satisfaction in Him, you're going to be stressed.

Are you stressed out about something today? Turn it over to Jesus and turn your focus to Him.

Let Jesus meet your needs and transform your heart today.



At one time or another, most of us have experienced what it's like to have trouble falling asleep, to lie awake in the middle of the night, or feel sleepy and fatigued during the day. However, when sleep problems are a regular occurrence—when they get in the way of your daily routine and hamper your ability to function—you may be suffering from a sleep disorder.

Sleep disorders and other sleep problems cause more than just sleepiness. Unfortunately, even minimal sleep loss takes a toll on your mood, energy, efficiency, and ability to handle stress. Ignoring sleep problems and disorders can lead to poor health, accidents, impaired job performance, and relationship stress. If you want to feel your best, stay healthy, and perform up to your potential, sleep is a necessity, not a luxury.

Everyone experiences occasional sleep problems. In order to tell whether your sleeping problem is just a minor, passing annoyance or a sign of a more serious sleep disorder, start by scrutinizing your symptoms. If you are experiencing any of the following symptoms on a regular basis, you may be dealing with a sleep disorder. Do you feel irritable or sleepy during the day? Have difficulty staying awake when sitting still, watching television or reading? Do you fall asleep or feel very tired while driving, have difficulty concentrating? Do you often get told by others that you look tired? Do you react slowly or have trouble controlling your emotions or feel like you have to take a nap almost every day? Do you require caffeinated beverages to keep yourself going? If you answered "yes" to any of the previous questions, you may have a sleep disorder.

Insomnia, the inability to get to sleep or sleep well at night, is an all-too common sleeping problem—in fact; it's the most common sleep complaint. Insomnia can be caused by a wide variety of things including stress, jet lag, a health condition, the medications you take, or even the amount of cof-

fee you drink. Insomnia can also be caused by other sleep disorders or mental health conditions such as anxiety and depression. Whatever the cause of your insomnia, being mindful of your sleep habits and learning to relax will help you sleep better and feel better. The good news is that most cases of insomnia can be cured with changes you can make on your own—without relying on sleep specialists or turning to prescription or over-the-counter sleeping pills. After insomnia, the next most common sleep disorder is sleep apnea.

Sleep apnea is a common sleep disorder in which your breathing temporarily stops during sleep due to blockage of the upper airways. These pauses in breathing interrupt your sleep, leading to many awakenings each hour. While most people with sleep apnea don't remember these awakenings, they feel the effects in other ways, such as exhaustion during the day, irritability and depression, and decreased productivity. Sleep apnea is a serious, and potentially life-threatening, sleep disorder. Symptoms of sleep apnea include loud, chronic snoring; frequent pauses in breathing or gasping, snorting or choking during sleep; waking up with shortness of breath, chest pains, headaches or a dry throat. If you suspect that you or a loved one may have sleep apnea, see a doctor right away. Sleep apnea can be successfully treated with Continuous Positive Airway Pressure (CPAP), a mask-like device that delivers a stream of air while you sleep. Losing weight, elevating the head of the bed, and sleeping on your side can also help in cases of mild to moderate sleep apnea.

Regardless of your sleep problem, a consistent sleep routine and improved sleep habits will translate into better sleep over the long term. You can address many common sleep problems through lifestyle changes and improved sleep hygiene. Happy dreams!

Condensed from an article found at <http://www.helpguide.org>