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### Insert

- AG UM CC Chronicle

### Communications

#### Committee:

**Chair:** Heidi Carpentier

#### Members at large:

(in alphabetical order)

- David Beaman
- Pastor David Burgeson
- Sarah Burgeson
- Susan Coho
- Betty Johnson
- Kathleen Ballagh
- Jerry Smith.

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Sarah Burgeson

#### Proof Readers:

- David Beaman
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#### Deadline: 10th of each month

#### PLEASE NOTE:

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

To be removed from our mailing list or to edit an address, call (805) 481-2692 or [fumcag@sbcglobal.net](mailto:fumcag@sbcglobal.net).

# Cast~A~Net

The First United Methodist Church of Arroyo Grande

## October 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)





**Arroyo Grande United Methodist children's center presents**

**Family Fun Day**  
**Trike-A-Thon, BBQ and Carnival**

**When:** **October 22, 2011**  
**11:00 AM —1:30 PM**

**Where:** **UMC of AG**

- Trike-a-Thon** starts at 11 AM.
- Tri-tip sandwiches served** from 11:30 AM—1:30 PM.

Join the FUN! Old Fashioned Carnival Games, a Bounce House, Face Painting, Bake Sale & a Pumpkin Patch.

**Special Guest by Cal Fire with Smokey the Bear & Five City Fire Authority with Starkey.**

*SEE YOU THERE!*



## 30 October 2011

# ONE Service & Harvest Potluck

**Come to the service at 10:30 AM and Stay for food and fellowship**  
**Show off your best potluck dish...and try someone else's—Sign-ups TODAY!**

*Kathleen Ballagh has the skinny on this event!*



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

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

**Ministers:**  
 Members & Friends

**Office Administrator/ Newsletter:**  
 Sarah Burgeson

**Bookkeeper:**  
 Victoria Gandy

**Website Manager:**  
 Jamie Foster

**Chancel Choir Director:**  
 Julie Burns

**Lord's Crew - Praise Team Dir.:**  
 Susan Coho

**Organist:**  
 Don McGuire

**Choral Pianist:**  
 Dennis Eiler

**Multi-Media Director:**  
 Mike Coho

**Puppet People:**  
 Mike Herber

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

**Adult Christian Education:**  
 Susan Coho

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

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

**Bishop:**  
 Mary Ann Swenson

**District Superintendent:**  
 Rev. Cathleen Coots

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

### AG UM Children's Center

[agumcc@sbcglobal.net](mailto:agumcc@sbcglobal.net)

(805) 481-2223

**Director:** Madrigal Quaglino



The people of The United Methodist Church

Pastor David Burgeson



### Church Family and Friends,

Our current sermon series has sparked some interesting questions about what we as United Methodists believe.

Well, I am glad you asked!

I have a few key points listed below for you to ponder:

- We believe that God is given to us in three parts of one whole - as Father, Son, and Holy Spirit. These names are used to refer to the three-fold nature of God, called the Holy Trinity.
- We believe there is **one** God, the Father, Creator of everything!
- We believe God is sovereign - ruler of the universe.
- We believe God is love. It is because of this that we can experience *both* love and grace.

- We believe that Jesus was fully God and fully human. He lived as a man and that he died when he was crucified.
- We believe Jesus is divine—the Son of God.
- We believe that God raised Jesus from the dead and the risen Christ lives today.
- We believe that Jesus is our Savior. In Christ we have abundant life and forgiveness of sins.
- We believe that Jesus is our Lord and ruler of our lives. We are called to live our lives modeled after his.
- We believe that the Holy Spirit is God *with* us.
- We believe the Holy Spirit comforts us when we are in need and convicts us when we stray.
- We believe the Holy Spirit awakens us to God's will and empowers us to live obediently.
- We believe that The Bible is God's Word.
- We believe that the Bible is the primary authority for our faith and practice.
- We believe that Christians need to know and study the Old Testament and New Testament.

In ministry together,

*David*

**Look for more of these in next months issue of the Cast-A-Net.**



Sunday	8:30 AM	10:30 AM	Nursery	Kids/Youth	Teachers	TOTAL
Sept. 4	41	165	2	18	3	<b>239</b>
Sept. 11	n/a	150	1	14	3	<b>168</b>
Sept. 18	50	118	1	13	3	<b>185</b>
Sept. 25	38	112	1	19	6	<b>151</b>





**SUNDAYS-8:30 & 10:30 AM**

Kids of elementary age meet weekly in the Sanctuary at the beginning of worship on the front pews. Then following the **Children's Moment**, we are dismissed with our teachers to our Sunday School room 211.

The first Sunday of the month, we head to the MMR for **What We Know Sunday** when we play rapid-fire questions that remind us of our past lessons. Then return to the sanctuary to join in the sacrament of Holy Communion.



**WEDNESDAYS - 6 PM**

All elementary age kids and 'tweens meet in Criswell Hall as we wander over to our Sunday School Room (room 215) for worship, the Word, and some fun and games. We will follow a child's friendly version of the Pastor's Wednesday Study on **what it is to be a disciple for Jesus Christ.**  
**A FREE dinner is served at 5 PM**



**MONDAYS - 7 PM**

All men seeking God's will for their lives are welcome to join us in room 215. This group is currently studying the books of Hosea and Amos.



**SUNDAYS - 10:30 AM & WEDNESDAYS - 7 PM**

Junior High & High School teens are invited to our Youth Lounge (room 215) for fellowship and fun as we dive into the life of a teen living for Christ. *Come, join the Fun!*



**THURSDAYS - 5 PM**  
**—rain or shine—**

Join us in the Sanctuary as we read the Bible **out loud.** We pray that you will be a part of this time to bless the Lord and speak His Word which never returns void.



**PRAYER CHAIN**  
**Bring it to the Lord!**  
Our Prayer Chain starts with **Pauline Castillo** who will set this chain in motion!

*Request can remain anonymous!*

**THURSDAYS - 10AM**

The prayers are lifted up each week by our **Intercessory Prayer Group.** These prayer warriors meet and pray for our church, community and ANY spoken or unspoken requests given to our church.



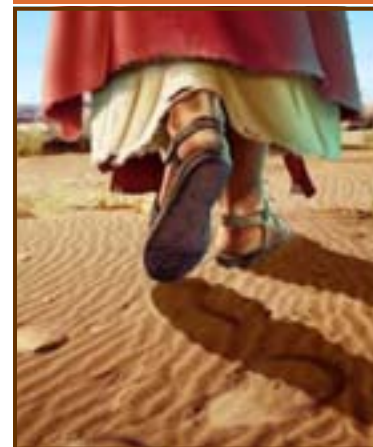
**FRIDAYS - 8:30 AM**

Meet weekly in the Library and will soon begin a new study—a perfect time to join!



**MONDAYS - 7 PM**

The **Women of Prayer** meet in the Sanctuary to pray for this church and others in the community, asking God to pour out His Holy Spirit of redemption, deliverance, healing and salvation. *Contact Susan Coho if you have any questions, prayers or praises.*



**"Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you."**  
Matthew 28: 19-20

**We, at FUMCAG, accept the great commission from our Lord, Jesus Christ.**



**OUR FOCUS THIS FALL IS "MAKING DISCIPLES OF JESUS CHRIST"**

Of ourselves and others .

Bible Study Begins Weds Sept 7th  
Sermon Series Begins Sunday, Sept 11th  
Discussion Group Begins Sunday, Sept 18th

**Deepening Your Effectiveness**

**Sermon Series - Disciple Discussion Groups - Bible Studies**

- Sunday—October 2      Sermon - **Pondering: Life When Your Feet Come Off The Bottom**  
9:45 - 10:25 AM Disciples Discussion Group
- Wednesday—October 5      **Class 5: Life In The Deep**
- Sunday—October 9      Sermon - **Discovery: Life Beyond The Breakers**  
9:45 - 10:25 AM Disciples Discussion Group
- Wednesday—October 12      **Class 6: Making Disciples of Jesus Christ**
- Sunday—October 16      Sermon - **Stability: Life In The Deep**  
9:45 - 10:25 AM Disciples Discussion Group

**Enough: Discovering Joy Thru Simplicity and Generosity**

**Sermon Series - Disciple Discussion Groups - Bible Studies**

- Wednesday—October 19      **Class 1: Enough Discovering Joy Thru Simplicity & Generosity**
- Sunday—October 23      Sermon—When Dreams Become Nightmares  
9:45 - 10:25 AM Disciples Discussion Group
- Wednesday—October 26      **Class 2: Enough Discovering Joy Thru Simplicity & Generosity**
- Sunday—October 30      Sermon—Wisdom and Finances  
9:45 - 10:25 AM Disciples Discussion Group
- Wednesday—November 2      **Class 3: Enough Discovering Joy Thru Simplicity & Generosity**
- Sunday—November 6      Sermon "Cultivating Contentment and Simplicity"  
9:45 - 10:25 AM Disciples Discussion Group
- Wednesday—November 9      **Class 4: Enough Discovering Joy Thru Simplicity & Generosity**
- Sunday—November 13      Sermon—Defined By Generosity  
9:45 - 10:25 AM Disciples Discussion Group



Submitted by Val McClure

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

## UMM Try New Meeting Place

The United Methodist Men enjoyed the new facilities of Sunrise Terrace Mobile Home Park on Sept. 24 and enjoyed a delicious breakfast prepared by JJ's Store Deli and was furnished for \$7 per person. Tom Egan, UMM President gave an overview of recent work on the camp. The new cabins hold 14 campers each and have their own bathroom and shower facilities. This is the first time that camper cabins have had restroom facilities in the history of camp. Up to this point, those using the rustic WWII cabins had to walk to restrooms in back of the dining hall. Over \$16,000 of the \$180,000 project has come from our own UMC of AG.








The reason for the move from the hotel to Sunrise Terrace is that the hotel is now under new management and because of increased business, a room was hard to come by and meal cost had increased. A discussion was held on a site for the regular meeting dates as only the last Saturday of the month would be available at Sunrise Terrace facility. A final decision was made to hold the regular meeting at the church on the third Saturday of the month and to have a caterer do the food service. Cost would be \$9 per person.

## Special October Meeting

will be on **Friday, October 28<sup>th</sup>** at the Melsheimers manufacturing plant in Santa Maria. The men will car-pool from the church at 8 AM where we will be treated to a free breakfast and a tour of the plant. The plant makes heavy duty drilling equipment for world wide distribution. Sign-ups are necessary and will be taken in Criswell Hall each Sunday of October after service. **NOTE: THIS IS A SPECIAL FRIDAY MEETING.**

**November Meeting** is scheduled for Saturday, **November 19<sup>th</sup>** at 8:30 AM at the church. The meal will be catered at the cost is \$9 per person. The **2nd UMM Pancake Breakfast** is scheduled for Sunday, November 20<sup>th</sup> in Criswell Hall. Cost \$5 adults and \$1 for kids under 10. Watch the church bulletins and posted reminders for this event. See you there!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>OCTOBER 2011</b> 						
<p><b>2</b> <b>Coffee Hour Host- Green Umbrella</b></p> <p><b>8:30 AM</b> Contemporary Service <b>9:45-10:25 AM</b> Discipleship Discussion Group (MMR) <b>10:30 AM</b> Traditional Service <b>10:30 AM</b> Youth Group (215) <i>*Children's Sunday School at both services</i></p> 	<p><b>3</b> <b>10 AM</b> UMW Steering (MMR) <b>5 PM</b> Young Champions Self-defense (CH) <b>6 PM</b> Debtors Anon (MMR) <b>7 PM</b> Men's Bible Study (215) <b>7 PM</b> Women of Prayer (S) <b>7:30 PM</b> AIAnon (MMR)</p>	<p><b>4</b> <b>8:30 AM</b> Senior Exercise Group (CH) <b>9 AM</b> Sew 'n' Sews (MMR) <b>5 PM</b> Grande Ringers <b>5:20 PM</b> Mom &amp; Dad Factor for Ladies (215) <b>6:25 PM</b> Boundaries for Ladies (215) <b>7:30 PM</b> Ladies 12- step Family Group (215) <b>7 PM</b> Trustees (MMR)</p>	<p><b>5</b> <b>8:30 AM</b> Senior Exercise Group (CH) <b>9 AM</b> EOC Senior Health Screen (NL) <b>1 PM</b> Alzheimer's Care-Givers Support Group (MMR) <b>5 PM</b> Family Supper (CH) <b>6 PM</b> Kids Night Out <b>6 PM</b> Deepening Your Effectiveness Pastors Study (MMR) <b>7 PM</b> Chancel Choir Rehearsal (S) <b>7 PM</b> Youth Group</p>	<p><b>6</b> <b>8:30 AM</b> Senior Exercise Group (CH) <b>10 AM</b> Intercessory Prayer Group (L) <b>11:45 AM</b> People's Kitchen <i>leave to serve</i> <b>5 PM</b> Grande Ringers <b>5 PM</b> Bible Reading</p>	<p><b>7</b> <b>8:30 AM</b> Bible Study (L) <b>3:30 PM</b> AG UM CC Closed for Staff Development  <i>*AG UM Children's Center Spirit Day—wear your AG UM CC shirt*</i></p>	<p><b>8</b> <b>12:30 —4:30 PM</b> Adventures of Dr. Chess (211) <b>7:30 PM</b> Salvation Army Concert (S)  <b>12:30 —4:30 PM</b> Adventures of Dr. Chess (211) <b>6:30 PM</b> Praise Team Rehearse (S)</p>
<p><b>9</b> <b>Coffee Hour Host- Esther Circle</b></p> <p><b>8:30 AM</b> Contemporary Service <b>9:45-10:25 AM</b> Discipleship Discussion Group (MMR) <b>10:30 AM</b> Traditional Service <b>10:30 AM</b> Youth Group (215) <i>*Children's Sunday School at both services</i></p> 	<p><b>10</b> <b>5 PM</b> Young Champions Self-defense (CH) <b>6 PM</b> Debtors Anon (MMR) <b>7 PM</b> Men's Bible Study (215) <b>7 PM</b> Women of Prayer (S) <b>7:30 PM</b> AIAnon (MMR)</p>  <p><b>Office Closed</b></p>	<p><b>11</b> <b>8:30 AM</b> Senior Exercise Group (CH) <b>9 AM</b> Sew 'n' Sews (MMR) <b>10:30 AM</b> Communications Committee (L) <b>5 PM</b> Grande Ringers <b>5:20 PM</b> Mom &amp; Dad Factor for Ladies (215) <b>6:25 PM</b> Boundaries for Ladies (215) <b>7:30 PM</b> Ladies 12- step Family Group (215) <b>6 PM</b> AG MS Support Group (MMR)</p>	<p><b>12</b> <b>8:30 AM</b> Senior Exercise Group (CH)  <b>5 PM</b> Family Supper (CH) <b>6 PM</b> Kids Night Out <b>6 PM</b> Deepening Your Effectiveness Pastors Study (MMR) <b>7 PM</b> Chancel Choir Rehearsal (S) <b>7 PM</b> Youth Group</p>	<p><b>13</b> <b>8:30 AM</b> Senior Exercise Group (CH) <b>10 AM</b> Intercessory Prayer Group (L) <b>12 PM</b> Esther Circle (MMR) <b>5 PM</b> Grande Ringers <b>5 PM</b> Bible Reading <b>7 PM</b> Family Fun Day Planning Meeting (MMR)</p>	<p><b>14</b> <b>8:30 AM</b> Bible Study (L)</p>	<p><b>15</b> <b>12:30 —4:30 PM</b> Adventures of Dr. Chess (211)</p>
<p><b>16</b> <b>Coffee Hour Host- AG UM Children's Center</b></p> <p><b>8:30 AM</b> Contemporary Service <b>9:45-10:25 AM</b> Discipleship Discussion Group (MMR) <b>10:30 AM</b> Traditional Service <b>10:30 AM</b> Youth Group (215) <b>11:45 AM</b> Green Umbrella (MMR) <i>*Children's Sunday School at both services</i> <b>**Handbells join our worship services</b></p> 	<p><b>17</b> <b>5 PM</b> Young Champions Self-defense (CH) <b>6 PM</b> Debtors Anon (MMR) <b>7 PM</b> Men's Bible Study (215) <b>7 PM</b> Women of Prayer (S) <b>7:30 PM</b> AIAnon (MMR)</p> 	<p><b>18</b> <b>8:30 AM</b> Senior Exercise Group (CH) <b>9 AM</b> Sew 'n' Sews (MMR) <b>2:30 PM</b> Preschool Board closed (MMR) <b>3:30 PM</b> Preschool Board -open (MMR) <b>5 PM</b> Grande Ringers <b>5:20 PM</b> Mom &amp; Dad Factor for Ladies (215) <b>6:25 PM</b> Boundaries for Ladies (215) <b>7:30 PM</b> Ladies 12- step Family Group (215) <b>7 PM</b> JOY Circle (MMR)</p>	<p><b>19</b> <b>8:30 AM</b> Senior Exercise Group (CH) <b>5 PM</b> Family Supper (CH) <b>6 PM</b> Kids Night Out <b>6 PM</b> Enough Pastors Study (MMR) <b>7 PM</b> Chancel Choir Rehearsal (S) <b>7 PM</b> Youth Group</p>	<p><b>20</b> <b>8:30 AM</b> Senior Exercise Group (CH) <b>10 AM</b> Intercessory Prayer Group (L) <b>11:30 AM</b> People's Kitchen <i>leave to serve</i> <b>5 PM</b> Grande Ringers <b>5 PM</b> Bible Reading <b>6:30 PM</b> WOW (MMR)</p>	<p><b>21</b> <b>8:30 AM</b> Bible Study (L) <b>12 PM</b> Alzheimer's Care-Givers Support Group (MMR)</p>	<p><b>22</b> <b>12:30 —4:30 PM</b> Adventures of Dr. Chess (211) <b>6:30 PM</b> Praise Team Rehearse (S)  <b>11 AM</b> AG UM CC </p>
<p><b>23</b> <b>Coffee Hour Host- Sunday School Bake Sale</b></p> <p><b>8:30 AM</b> Contemporary Service <b>9:45-10:25 AM</b> Study Discussion Group (MMR) <b>10:30 AM</b> Traditional Service <b>10:30 AM</b> Youth Group (215) <i>*Children's Sunday School at both services</i> <b>Yellow Umbrella presents Alternative Christmas</b></p>	<p><b>24</b> <b>5 PM</b> Young Champions Self-defense (CH) <b>6 PM</b> Debtors Anon (MMR) <b>7 PM</b> Men's Bible Study (215) <b>7 PM</b> Women of Prayer (S) <b>7:30 PM</b> AIAnon (MMR)</p>	<p><b>25</b> <b>8:30 AM</b> Senior Exercise Group (CH) <b>9 AM</b> Sew 'n' Sews (MMR) <b>5 PM</b> Grande Ringers <b>5:20 PM</b> Mom &amp; Dad Factor Group for Ladies (215) <b>6:25 PM</b> Boundaries for Ladies (215) <b>7:30 PM</b> Ladies 12- step Family Group (215)</p>	<p><b>26</b> <b>8:30 AM</b> Senior Exercise Group (CH) <b>9:30 AM</b> Mary-Martha Circle (MMR) <b>5 PM</b> Family Supper (CH) <b>6 PM</b> Kids Night Out <b>6 PM</b> Enough Pastors Study (MMR) <b>7 PM</b> Chancel Choir Rehearsal (S) <b>7 PM</b> Youth Group</p>	<p><b>27</b> <b>8:30 AM</b> Senior Exercise Group (CH) <b>9:30 AM</b> Story Time with Pastor David at AG UM Children's Center (MMR) <b>10 AM</b> Intercessory Prayer Group (L) <b>4 PM</b> Book Club (MMR) <b>5 PM</b> Grande Ringers <b>5 PM</b> Bible Reading</p>	<p><b>28</b> <b>8 AM</b> UMM Meeting at Melsheimer's Plant - meet in UMC of AG parking lot to carpool <b>8:30 AM</b> Bible Study (L)</p>	<p><b>29</b> <b>12:30 —4:30 PM</b> Adventures of Dr. Chess (211)</p>
<p><b>30</b> <b>Harvest Potluck Bring a dish to share!!</b></p> <p><b>9:45-10:25 AM</b> Study Discussion Group (MMR) <b>10:30 AM</b> ONE Worship Service <i>**Puppet People join Children's Moment</i></p>	<p><b>31</b> <b>After dark at the Burgeson's ...around 6:30 PM</b></p>		<p><b>ABBREVIATION LEGEND</b></p> <p>MMR McMillen Room CH Criswell Hall K Kitchen S Sanctuary N Narthex L Library</p>			



**Mark Your Calendar!**  
**Committees, Councils, Boards & Meetings**

Date	Meeting	Time
10/3	UMW Steering	10 AM
10/4	Trustees	7 PM
10/7	AG UM CC Staff Development	3:30 PM
10/9	SPRC	12 PM
10/11	Communications	10:30 AM
10/13	Esther Circle	12 PM
10/13	AG UM CC Family Fun Day Plan. Meeting	7 PM
10/16	Green Umbrella	11:45 AM
10/18	Preschool Board - Closed session	2 PM
10/18	Preschool Board - Open session	3:30 PM
10/18	JOY Circle	7 PM
10/20	Women of Worth	6:30 PM
10/26	Mary-Martha Circle	9:30 AM
10/28	UMM Breakfast Meeting	8 AM to carpool

**Don't see your meeting in our highlights?**

Contact the church office to ensure that you have submitted your paperwork. ~Thanks!

**On Campus at UMC of AG—Tuesdays**  
**Christian Women's Recovery Group**

**Mom & Dad Factor—Group for Ladies 5:30 PM-6:20 PM**

This is a Biblical route to wholeness, growth and more satisfying bonds with your family, friends, and spouse. You will build a new healthier way of relating to authority figures. This group is also a safe place to heal from hurts, losses, and struggles from past authority figures.

**Boundaries for Ladies 6:25 PM—7:25 PM**

- Do you have self control?
- Do people take advantage of you?
- Do you have trouble saying "no"?

As Christians, we can often focus on being loving and giving person that we forget our own limitations. Boundaries are biblical personal property lines that define who we are, and who we are not, and that influences all areas of our lives.

**Ladies' 12-step Family Group 7:30 PM—9:00 PM**

The only power we have is the power of choice. Hurts, habits, struggles, obsessions, addictions, and compulsions remove our choices. Therefore, we are able to make sane and Christ-like decisions. This Christ-centered 12-step model, based on the Beatitudes, is a pathway to a more intimate relationship with Jesus Christ—who has the power to bring us to wholeness in Him!

**Contact Tina Baker with questions.**  
(number available in church office).

**Note from the Green Umbrella**

Green Umbrella is responsible for Coffee Hour on October 2nd. Members, please bring a nibble and help with set up.

Reminder that our **October meeting is scheduled for Sunday , 10/16 in the McMillen Room after second service.** Our agenda will include discussion on November and Decembers activities.

We encourage our members and friends of UMC of AG to renew their *own* spiritual growth through the many opportunities provided with the UMC of AG.

Thank you, *Alice Addison*



submitted by Eva McClure



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

*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.*

**World Thank Offering-- Sowing Faith, Hope and Love**

The period of emphasis on giving "for the many good things God has given us" will come to an end at Circle meetings in October. These offerings will be dedicated in a service of thanksgiving at that time. As stated in the UMW handbook 2009-2012, "All mission projects depend heavily on United Methodist Women's Mission Giving" and Arroyo Grande women want to make sure that we are "sowing in good soil the worldwide mission field" of our organization.

If you have not had the opportunity to share in this offering and would like to do so, please contact Eva McClure or Patti Melshimer for information and a thanksgiving calendar which helps focus on areas of gratitude.

**Holiday Boutique & Bake Sale**

Our Fall Boutique is being down sized this year to a mini boutique or "boutique-ette", as you will, with accompanying bake sale. We will be hosting this sale in Criswell Hall after church on **Sunday, November 6<sup>th</sup>**. The afternoon will continue as the SLO Chamber Orchestra will perform in our Sanctuary and, hopefully, concert goers will be interested in making a purchase.

Hand crafted items, jams/jellies, flower arrangements, place mats, items with a fall or holiday theme in addition to baked goods will be gratefully accepted and if you wish to help with this project in any way, contact Virginia Mothes. Items can be brought to Criswell Hall from 1- 5 PM on November 5<sup>th</sup>.



**Wanted—A Few Good Women**

...to lead our UMW Steering Committee into 2012. As the year comes to a close, we are looking for a Chairperson, Secretary, and Treasurer to lead our group for the coming year. We hope that you will prayerfully consider joining us in some capacity. If God has laid it on your heart to serve on the Committee and you would like more information, please contact Mary Hawkins, who is our leader on the nominating commit-

**Esther Circle**  
Every 2nd Thursday at noon in the McMillen Room.

**JOY Circle**  
Every 3rd Tuesday at a members home at 7 PM.



**Mary-Martha Circle**  
The last Wednesday of each month at 9:30 AM in the McMillen Room.

**Women of Worth**  
Every 3rd Thursday in the McMillen Room at 6:30 PM.



**United Methodist Women sponsored Book Club**

All are welcome to join us on the **4th Thursday** of each month at **4 PM** in the **McMillen Room** for some thought provoking discussion.

The goal of this program is to:

- expand understanding of and participation in God's mission.
- increase sensitivity to all human beings—their needs, interests and concerns.
- encourage critical thinking about issues facing humanity today.
- grow in understanding of Scripture as it relates to the Christian faith in contemporary life.
- enhance self-knowledge and to act from that knowledge.
- and to strengthen involvement in local and global Christian mission.

# Healthy Corner

by Patti Melsheimer

## Asthma Affects As Many As 25 Million Americans

The number of people with asthma continues to grow. One in 12 people (about 25 million, or 8% of the population) had asthma in 2009, compared with 1 in 14 (about 20 million, or 7%) in 2001. About 1 in 10 children (10%) had asthma and 1 in 12 adults (8%) had asthma in 2009. Women were more likely than men and boys more likely than girls to have asthma.

Asthma is a disease that affects your lungs. It is one of the most common long-term diseases of children, but adults have asthma, too. Asthma causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. If you have asthma, you have it all the time, but you will have asthma attacks only when something bothers your lungs.

In most cases, we don't know what causes asthma, and we don't know how to cure it. We do know that if someone in your family has asthma, you are also more likely to have it. Luckily, researchers are beginning to target specific genetic and environmental factors that may lead to asthma development.

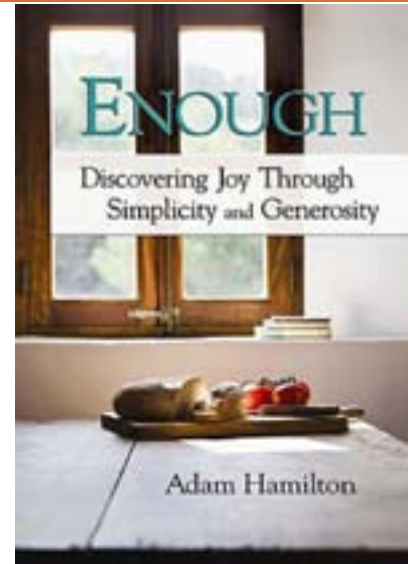
"So far, family history is the most important risk factor," says Muhammad T. Salam, a Ph.D. candidate at the Keck School of Medicine of USC. "Genetics and how environmental factors affect these genes are key factors in asthma risk."

A new study led by Salam and others at USC found that children who carried variations in two specific genes and lived within 75 meters of a major road were up to nine times more likely to develop asthma than children who lived further away and did not carry the variations.

There are steps people can take in their daily lives to lower their risk. Smoking during pregnancy is a consistent risk factor for asthma in children, Salam says. There is also evidence that maternal diet during pregnancy can impact the risk of children developing the disease. For adults, a healthy lifestyle will help to lower asthma risk. "Don't smoke," Salam advises. "That is the main factor that people can control."

We do know that most people with asthma can control their symptoms and prevent asthma attacks by knowing the warning signs, avoiding asthma triggers, following the advice of your doctor and correctly using prescribed medicines, such as inhaled corticosteroids.

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Money has great power in our lives. Used wisely, it is one key to accomplishing our goals, providing for our needs, and fulfilling our life purpose.

In recent years, many of us ignored the wisdom of the past when it came to managing and spending our money. Credit card debt soared and savings rates plummeted. We felt an insatiable desire for more. And found ourselves spending tomorrow's money today to have what we hoped would satisfy. The result was not greater happiness and satisfaction, but greater stress and anxiety.

*Enough* invites us to rediscover the Bible's wisdom when it comes to prudent financial practices. In these pages are found the keys to experiencing contentment, overcoming fear, and discovering joy through simplicity and generosity. This book could change your life, by changing your relationship with money.

**We hope you will join us on this discovery on Sundays, beginning October 23rd in the Sanctuary and Wednesdays, beginning October 19th in the MMR.**





# FREE CONCERT

**SATURDAY, OCTOBER 1, 2011 - 7:30 P.M.**

**Celebrating the return of The Salvation Army to San Luis Obispo**

## TUSTIN RANCH BAND

**A british style Brass Band**  
**also featuring David Dunford (Piano)**  
**& Sarah Koo (Cello)**

**First United Methodist Church**  
**of Arroyo Grande,**  
**275 N. Halcyon Road**  
**Arroyo Grande, CA 93420**



815 Islay Street, San Luis Obispo, CA 93401 • (805) 544-2401 • [http://www1.usw.salvationarmy.org/USW/www\\_usw\\_southcal.nsf](http://www1.usw.salvationarmy.org/USW/www_usw_southcal.nsf)



## Music Notes

### A Cue from the Director

October is a fine time to decide to come back to choir, or join us for the first time. It won't be long before we start on our Thanksgiving and Advent Music. Join us Wednesday evenings at 7:00 in the sanctuary.

We have been back about a month now, and have enjoyed singing some new and old anthems including "Heavenly Sunlight", "Jesus, What a Savior", "Even In The Valley" and "Build Thee More Stately, Mansions."

Look for some of our highlights in October like "Jesus Walked This Lonesome Valley", "Down by The Riverside" and "Ride The Chariot." It is always such a blessing to sing with and for the congregation.

We offer a special thank you to Dick & Patti Melsheimer for hosting our summer party.

In Christ,  
*Julie Burns,*  
 Chancel Choir Director



## One Woman's Walk

by Victoria Gandy

Many have asked me about my *Walk to Emmaus* and what it is all about. Now...like you, I heard it described as quite an experience, and let me tell you, it was just that, *an experience!* An AMAZING one.

For me, there are no words to describe those 72 hours I spent in the presence of Godly women (and a few men) who wanted nothing more than to show the love of God through giving and sharing.

Being a giver, and one who has walked with Christ for much of my life, I came to find out...I am not a receiver. OK – big surprise! But it really did open my eyes to how hard it is for me to *receive* the blessing that the Lord puts in my lap not only during that weekend, but every day.

My 72 hours, brought deep introspection and a time to grow *my* relationship with God. It was a time to face my giants and ‘fell’ them the way David did Goliath...*through the mighty power of God.*

The outpouring of love was immeasurable. Now, I thought I knew what forgiveness was. But on this walk I discovered what it truly IS. To truly forgive and lay everything at the feet of Jesus is the best gift of all!

The end of the journey left me tired and strengthened, weak and empowered, broken and renewed. I came away with a fresh sense of my relationship with God.

I cannot tell you how that 72 hours has changed me. BUT, I can say—**Go!** Take this special journey in A *Walk to Emmaus* along side Jesus!



# The Emmaus Experience

The Walk to Emmaus is a spiritual renewal program intended to strengthen the local church through the development of Christian disciples and leaders. The program's approach seriously considers the model of Christ's servanthood and encourages Christ's disciples to act in ways appropriate to being "a servant of all."

The Walk to Emmaus experience begins with a 72-hour short course in Christianity, comprised of fifteen talks by lay and clergy on the themes of God's grace, disciplines of Christian discipleship, and what it means to be the church. The course is wrapped in prayer and meditation, special times of worship and daily celebration of Holy Communion. The "Emmaus community," made up of those who have attended an Emmaus weekend, support the 72-hour experience with a prayer vigil, by preparing and serving meals, and other acts of love and self-giving. The Emmaus Walk typically begins Thursday evening and concludes Sunday evening. Men and women attend separate weekends.

During and after the three days, Emmaus leaders encourage participants to meet regularly in small groups. The members of the small groups challenge and support one another in faithful living. Participants seek to Christianize their environments of family, job, and community through the ministry of their congregations. The three-day Emmaus experience and follow-up groups strengthen and renew Christian people as disciples of Jesus Christ and as active members of the body of Christ in mission to the world.

The Upper Room, a ministry unit of the General Board of Discipleship of The United Methodist Church, sponsors the Walk to Emmaus and offers it through local Emmaus groups around the world. Although connected through The Upper Room to The United Methodist Church, The Walk to Emmaus is ecumenical.

from *What Is Emmaus?*  
by Stephen D. Bryant.  
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by The Upper Room.



### Channel Islands Emmaus

Walk No. 46 Dates:

Men's Walk - February 23rd - 26th

Women's Walk - March 1st - 4th



# YELLOW UMBRELLA NEWS: MISSION/SOCIAL CONCERNS

by Judy Atwood

## MISSION HIGHLIGHT: JUDY ATWOOD

This month I am sharing some upcoming opportunities for sharing in mission and ministry.

### World Communion Sunday - October 2

This is our next church wide Special Giving Sunday. When we make gifts on World Communion Sunday we support:

- **World Communion Scholarships**, administered by the General Board of Global Ministries beyond the United States.
- **Ethnic Scholarship and Ethnic In-Service Training** programs related to the General Board of Higher Education and Ministry.

### Alternate Christmas Sunday—October 23

I know Christmas is a few months away, but I am already seeing Christmas decorations beside the Halloween and Thanksgiving ones.

At the Yellow Umbrella meeting we decided to go with three opportunities: Local, National and International for your giving on Oct. 23. We are relating to Advance Projects of the United Methodist Church for the National and International projects. Watch for articles in the coming bulletins that will assist you in learning how you wish to share as you plan your giving this year.

**Let us share our abundance with those in need.**

### THANKS FOR SPECIAL GIVING & MINISTRY RESPONSES

I continue to say thank you on behalf of the recipients of all the special givings which you have shared with others. We are:

- Measured by our hearing and responding;
- Measured by our freeing the oppressed;
- Measured by feeding the hungry;
- Measured by healing the sick;
- Measured by housing the homeless;
- Measured by clothing the naked;
- Measured by bringing Good News to the poor;
- Measured by the beauty of our spirit.

Many hands can do many things!



### Special Giving Updates for

Domestic Disaster Response	25.00
So. County Food Bank	1015.70
Goat for Haitian Goat Farm	50.00
Haiti Relief	50.00
Japan Relief	1830.00
Native American Ministries	409.00
Mule for Haitian Goat Farm	350.00
One Great Hour of Sharing	785.00
Peace with Justice	307.00
People's Kitchen	489.56
Spring Storms	405.00
VBS Mission Project	303.61
<b>TOTAL</b>	<b>6019.82</b>

**HOW ARE YOU "PLUGGED INTO" ONE OF THEM?**

**THANKS TO THE MANY HANDS THAT MADE THE RECENT RUMMAGE SALE HAPPEN!**

**WE RAISED OVER \$1,500 FOR SCHOOL KITS FOR FOSTER KIDS... WAY TO GO!**

COME ON OVER AND JOIN IN THE FUN!  
**A Night To Shine Into the Neighborhood at**  
**The Burgeson's**  
**October 31st, 2011**  
**Drop by after dark...around 6:30 PM**  
 Enjoy a warm glow of a campfire...  
 sing along with the guitar...  
 grab a fire side treat...  
 or simply wave as you pass us by!

*We ask that you bring a nibble for friends and family to share **OR** treats for the passers-by. Thanks!*

**Contact Sarah Burgeson for directions and other information.**

*YOU WERE ONCE DARKNESS, BUT NOW YOU ARE LIGHT IN THE LORD. WALK AS CHILDREN OF LIGHT.*  
 EPHESIANS 5:8-10



**Alternative Christmas**  
**October 23rd**

**Are you trying to find that perfect gift for a family member or a friend?**

Consider a donation to Advance Projects of the United Methodist Church, both National and International.

For more on this event and other mission projects, contact Yellow Umbrella Chair—Judy Atwood.

**COFFEE HOUR**

**OCTOBER 2011**

2nd	Green Umbrella
9th	Esther Circle
16th	AG UM Children's Center
23rd	Sunday School Bake Sale
30th	Harvest Potluck

**Tom Egan, chair**

**Church Trustees**

- The Parsonage Fund dropped from \$166,000 to \$165,000. Just over \$1,000.
- The termites are back and sprayed but to no avail. We are now waiting on a bid to have the entire facility tented. Just remember, God will not give us more than we can handle. Sometimes, I think His level and mine are not the same.
- Trustees are thinking we need an All-Church Work Day. Maybe we can do this in October—we are thinking 8:30 AM to 1:30 PM with a lunch served. We have a major project list plus those listed in the youth on their repair list. There are a lot of things to do like: window cleaning and pew polishing. More to follow.
- Our initial bid for re-keying was \$1,500. This can go up or down depending on how many keys we will need.
- Part of the Children's Center security is done. Bernie has installed two motion sensing lights inside the play area. We are looking into a camera.
- If you have noticed, the two atriums have had a few changes done. This was made possible by the Betty Bailes Memorial Fund. What a blessing it is to have these memorials for our church family. Beautification is made possible. If non-budget items come along, we will look at them. Thank you for your gracious support and generosity.
- Because the Trustees money is LOW, we are dipping into the Capital Investment Account to handle improvements. (Sometimes my definition of improvements is loose) .
- Since the parking spaces in front of the dumpster make it unavailable to the trash truck, we have put up "NO PARKING" signs, allowing availability at all times. In the same vein, I will be installing two "VISITOR PARKING" signs in front of the church office.



**Pledge Income August 2011**

**Budget Goal:**  
 \$ 22,000  
**Received:**  
 \$ 20,886  
**Difference :**  
 \$ - 1,114



**MEALS SERVED**

September 2011: 250  
 YTD: 1,695

**SOCKS DISTRIBUTED**

September 2011: 237  
 YTD: 3,050

**Thank you to**  
**Chuck & Betty Ashton and**  
**our People's Kitchen Teams!**

**The People's Kitchen**

crew serves hot meals to the needy in our community at the *Shouts of Grace Church* in Grover Beach. The UMC of AG team leaves here at 11:30 AM on the 1st and 3rd Thursday of each month with eager hearts for service.



Our team also distributes NEW socks, gently used clothes, and small travel-sized toiletries !! These items are a CONSTANT need.

If you have donations or would like to serve on our team, please contact the Ashtons on Sundays or through the church office.