

**“Know Christ, Grow in Christ, Go—Share Christ.”**



# Cast~a~Net

First United Methodist Church of Arroyo Grande    **SEPTEMBER 2017**

**UMCOR RESPONDS TO HURRICANE / TROPICAL STORM HARVEY**

The United Methodist Committee on Relief (UMCOR) is currently working with disaster coordinators and early response teams to provide relief to the many victims of hurricane / tropical storm Harvey.



Please continue to pray for those whose lives have been impacted by the hurricane. Please also pray for the Early Response Teams, disaster coordinators, and many volunteers in **The Texas Annual Conference of the Methodist Church, Louisiana Conference of The United Methodist Church, Rio Texas Conference of The United Methodist Church and Central Texas Conference** who are working tirelessly to provide relief after Harvey.

*Thank you to all from First United Methodist Church of Arroyo Grande who support UMCOR.*

**ADULT STUDY BEGINS SEPTEMBER 6<sup>th</sup>**

**CHRIST, PRAYING HIMSELF,  
TEACHES US TO PRAY**



Come to the Arroyo Grande UMC, Criswell Hall, Wednesdays starting September 6<sup>th</sup> — October 25<sup>th</sup> from 5:45-6:45 PM to join in “Praying Together”, a study class led by Dr. Alice A. Addison.

Using James Banks’s 2016 book, Praying Together—Kindling a Passion for Prayer, we will explore the invitation to pray with others, to praise and thank God when we pray, and learn strategies for encouraging more focused brief prayers, and simply talking with God.

Sign ups and books are available from Alice.

**BOOKLET NOW AVAILABLE ON ALL  
WEDNESDAY NIGHT ADULT STUDY  
September 6<sup>th</sup> through June 20<sup>th</sup>**

- Praying Together by James Banks  
Sep 6—Oct 25 Facilitated by Dr. Alice A. Addison
- The Wesley Challenge by Christ Folmsbee  
Nov 1—Nov 15
- FAITHFUL: Christmas Through the Eyes of Joseph  
Nov 29—Dec 27 by Adam Hamilton
- FIRST CORINTHIANS: Living Love When We Disagree  
Jan 3—Feb 7, 2018 by Melissa Spoelstra  
Facilitated by Patti Melsheimer
- THE CREED: What Christians Believe and Why  
Feb 21—Mar 28, 2018 by Adam Hamilton  
Facilitated by Nancy St. Laurent
- MOSES: In the Footsteps of the Reluctant Prophet  
Apr 4—May 9, 2018 by Adam Hamilton  
Facilitated by Judy Atwood
- REVIVAL: Faith as Wesley Lived It by Adam Hamilton  
May 16—June 20

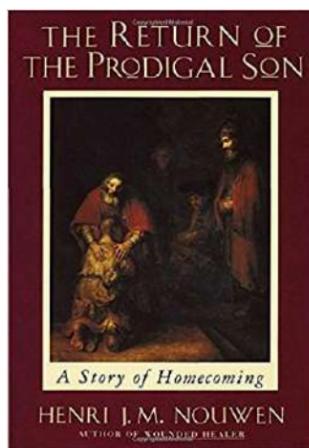
**275 North Halcyon Road . Arroyo Grande . CA 93420 . (805) 481-2692**

*From the Pastor*

## A SERMON SERIES FOR SEPTEMBER 2017

Luke 15:11-32

Pivoting on the story of “The Prodigal Son” (also titled “The Waiting Father”), and inspired by Henri Nouwen’s book *THE RETURN OF THE PRODIGAL*, this sermon series uses art and the insight of Henri Nouwen to bring the scripture to life today.



Jesus tells this parable, and invites us to find ourselves and to enter the story as participants, and not as observers. Walk with the rebellious child, the obedient child, the onlookers and the Father who loves all his children.

- |                                  |  |
|----------------------------------|--|
| <b>September 3<sup>rd</sup></b>  | <b>PORTAL OF GRACE: The Father</b><br>...an invitation to enter the story...                           |
| <b>September 10<sup>th</sup></b> | <b>LEAVING HOME: The Younger Brother</b><br>...bad decisions, poor choices, alienated, lost & alone... |
| <b>September 17<sup>th</sup></b> | <b>STAYING HOME: The Elder Brother</b><br>...obedient, yet lost in resentment & self-righteousness...  |
| <b>September 24<sup>th</sup></b> | <b>REUNION: Return to Grace</b><br>...living as reflections of God’s love, mercy and forgiveness       |

*“All of the Gospel is there. All of my life is there. All of the lives of my friends, there.  
... (this parable) is a window through which I can step into the Kingdom of God.”*

---Henri Nouwen

Rev. Mary B.

Adult Christian Education



Women's Prayer

**Mondays at 7 PM**

Women come to pray together in the Sanctuary.



**Fridays at 8:30 AM**

Join us in the Library for Bible study, discussion, coffee, & friends!



**SEPTEMBER LITURGISTS**

**SEPTEMBER 3**

8:30 a.m. Elwood Hyden  
10:30 a.m. Cristy Van Hook

**SEPTEMBER 10**

8:30 a.m. Sharon Roemer  
10:30 a.m. B.G. Perriguy

**SEPTEMBER 17**

8:30 a.m. Joseph Brown  
10:30 a.m. David Beaman

**SEPTEMBER 24**

8:30 a.m. David Beard  
10:30 a.m. Virginia Mothes



Dates	Topics and Schedule
Sunday, September 3 13 <sup>th</sup> Sunday after Pentecost	<ul style="list-style-type: none"> <li>8:30 AM &amp; 10:30 AM Worship Services</li> <li>Sermon by Rev. Mary Birgelaitis</li> <li>PORTAL OF GRACE: "The Father"</li> <li>Luke 15:11-32</li> </ul>
Wednesday, Sep. 6	<ul style="list-style-type: none"> <li>Adult Study 5:45—6:45 PM</li> <li>"Praying Together"—facilitated by Dr. Alice A. Addison</li> </ul>
Sunday, September 10 14 <sup>th</sup> Sunday after Pentecost	<ul style="list-style-type: none"> <li>8:30 AM &amp; 10:30 AM Worship Services</li> <li>Sermon by Rev. Mary Birgelaitis</li> <li>LEAVING HOME: "The Younger Brother"</li> <li>Luke 15:11-20a</li> </ul>
Wednesday, Sep. 13	<ul style="list-style-type: none"> <li>Adult Study 5:45—6:45 PM</li> <li>"Praying Together"—facilitated by Dr. Alice A. Addison</li> </ul>
Sunday, September 17 15 <sup>th</sup> Sunday after Pentecost	<ul style="list-style-type: none"> <li>8:30 AM &amp; 10:30 AM Worship Services</li> <li>Sermon by Rev. Mary Birgelaitis</li> <li>STAYING HOME: "The Elder Brother"</li> <li>Luke 15:25-30</li> </ul>
Wednesday, Sep. 20	<ul style="list-style-type: none"> <li>Adult Study 5:45—6:45 PM</li> <li>"Praying Together"—facilitated by Dr. Alice A. Addison</li> </ul>
Sunday, September 24 16 <sup>th</sup> Sunday after Pentecost	<ul style="list-style-type: none"> <li>8:30 AM &amp; 10:30 AM Worship Services</li> <li>Sermon by Rev. Mary Birgelaitis</li> <li>REUNION: "Return to Grace!"</li> <li>Luke 15:20b-25, 31-32</li> </ul>
Wednesday, Sep. 27	<ul style="list-style-type: none"> <li>Adult Study 5:45—6:45 PM</li> <li>"Praying Together"—facilitated by Dr. Alice A. Addison</li> </ul>



**WE WELCOME YOU TO JOIN THE CHURCH**

All who regularly attend worship and haven't joined the church by taking the step of membership are invited to do so!



Let the pastor know you are wishing to join, meet with her, and we can schedule a Sunday to officially welcome you.



Val McClure, *publicity*



**UNITED METHODIST MEN  
CAMP ROBERTS  
ADVENTURE TIME TRIP**

Come join the UMM on a great adventure to visit Camp Roberts on **Thursday, Sept. 7<sup>th</sup>**. **FREE** bus transportation is provided on a Ride-On bus. Men and women are invited.

Paul Holden, UMM Vice Chairman, has arranged an interesting tour of the Army Base, which includes a \$5 lunch in the

Mess Hall, a tour of the Camp Roberts facility and a visit to the Base Museum. Sign up with Paul **right away** as the date is near and the seating is limited.

Departure will be at 9:00 AM from the Church parking lot for the one-hour ride to Camp Roberts. Don't miss this great kick-off

**Pancake Breakfast**



**PANCAKE BREAKFAST:**

Hard to believe, Sunday, October 15<sup>th</sup> is the first pancake breakfast for the 2017/ 2018 program year for UMM. Put it on your calendar now and invite your neighbor or friend to be your guest.

**FOR A COMPLETE LIST OF  
UMM ACTIVITIES —**  
See Val McClure, UMM Secretary





*"The organized unit of the 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."*

Sally Weitkamp, Publicity

### OCTOBER SPIRITUAL RETREAT

Our Spiritual Retreat will be held on **Saturday, October 7<sup>th</sup>**, at the home of Bill and Sally Weitkamp. We are blessed to have an ordained minister, the Reverend Dorothy (Dottie) Worley, as our leader. Dottie is a retired Methodist minister who has served in our California-Pacific Conference in Southern California where she was minister in several churches in the Los Angeles area. Although retired, she continues to lead Spiritual Retreats.

Spiritual Retreat theme: **"When Love is at Your Core"**.

We will be making a craft related to Love.

Refreshments and lunch will be provided. There is a \$20 charge to help defray the cost of this event. A sign up sheet will be in Criswell Hall during the month of September. More details will be in the October Castanet, or contact Gerry McGuire for more information.



### HOLIDAY BOUTIQUE SATURDAY, NOVEMBER 4<sup>th</sup>

Our Holiday Boutique is only two months away!! The UMW counts on the members of the congregation to help us out by making items for our Holiday Boutique. If you are able to make an item or two it would be appreciated. Or perhaps you can join us Thursday mornings on **September 14 and 28** and again on **October 12 and 26** in the McMillen Room, 10 AM to 1 PM. You don't have to be an experienced crafter or a gifted artist. We will find a craft you can tackle, and your help will be greatly appreciated. Bring a sack lunch or snack and join the fun at our crafting and fellowship group!

### FRIENDSHIP BASKETS

**Congratulations to the Friendship Basket Winners!**

<b>Pat Weimers</b>	<b>Chocolate Basket</b>
<b>Betty Ashton</b>	<b>Japanese Basket</b>
<b>Fern Farmer</b>	<b>English Basket</b>
<b>Betty Johnson</b>	<b>Mexican Basket</b>
<b>Harry Egan</b>	<b>French Basket</b>
<b>Alice Addison</b>	<b>Italian Basket</b>

**Thank you to all who made this "Friendship Sunday" such a special event!**

### UMW CIRCLE SCHEDULES

JOY CIRCLE is on summer break in July and August, and begins monthly meetings again this month, September.

MARY MARTHA ESTHER CIRCLE continues to meet during the summer and will take its break during November and December.

## KERREN BROWN'S INTERESTING AND IMPRESSIVE ACCOMPLISHMENTS

*There is a very lucky little boy in Arroyo Grande with a loving grandmother who provides the full time special care he needs during this early stage of his life. Kerren has a successful history of professional occupational therapy service that she practices, and little Reece is benefitting from and progressing very well.*



Kerren was born in Corpus Christi, TX while her father was in the U.S. Navy. The family lived on base in Subic Bay, Philippines during her elementary grades and moved to Pearl Harbor, Hawaii during her early high school years where she enjoyed the native dances, cultures and traditional celebrations. The next move was to Little Rock, AR from where she graduated high school. She then moved to Riverside, CA and attended Riverside City College for two years where she met Dean Brown, a practicing architect and USC graduate, at the college Methodist Youth Fellowship (MYF). She then transferred to Long Beach State University for one year, and they married. As a bride she entered Loma Linda University to prepare for her chosen profession of occupational therapy and graduated in 1969.

They established their home in Riverside where their two daughters, Heather and Wendy, were born. She and Dean pursued their careers, with her treating patients with muscular dystrophy, head trauma, spinal defects, and cerebral palsy. She served as Staff Therapist and Clinic Supervisor for children with physical disabilities at Sunshine Medical Therapy Clinic in Riverside. She also held a position, for 17 years, as a State Therapy Consultant for the State of California, which included many miles and days of traveling. Sadly, her husband Dean died in 2000, 32 years after they married.

Kerren moved from Riverside to San Luis Obispo County in 2008 for a new job following the suggestion of her daughter Heather, who lives in Arroyo Grande. Kerren became Supervisor of the three SLO County Pediatric Therapy Clinics and one satellite facility. Her responsibilities included supervision of the therapy staff, consultation, facility needs, and operation of the medical therapy clinics. She served SLO County three years before she retired

and bought her home in Nipomo. She now lives closer to her daughter Heather and her children, 9 year old Morgan and 4 year old Reece.

Her husband Dean always promoted and insisted that their daughters prepare for obtaining their college degrees. Heather earned her Master's Degree from Cal Poly SLO in Education Counseling and is a member of the faculty of Santa Barbara Business College at their Santa Maria facility. Daughter Wendy graduated from Cal Poly Pomona with her Masters Degree in Nutrition. She works as a Renal Dietician and lives in Orange County. Her children, Zachary age 13 and Jillian age 11, are avid water polo players.

Kerren has experienced the international traveling world with her father in the South Pacific, with friends in France and southern England, and enjoyed a two-week visit in Bath, England.

Kerren's parents and family were members of the Methodist Church during the time they lived in Riverside. When she moved to her Nipomo home and she started visiting our Arroyo Grande church, she felt very welcomed and comfortable, she had her Riverside United Methodist membership transferred in 2009 and is happy in her new church home. She appreciates all the prayers and support from the church with her grandson Reece's many challenges. Her "mission in life" is taking care of Reece.

She has served our church as a musician's page turner, is part of the usher team, and has recently started as a new member of the quilting group, as full time care for little Reece permits. Kerren attracts many friends with her warm personality and the interest and support she gives to everyone she encounters. She gives love to her church family.

*David E. Beaman, August 2017*

## FIVE CITIES CHRISTIAN WOMEN

~ submitted by Bennie Duffin



[Note from Editor: This is a continuation of the series from Bennie on the history of the organization.]

By now we are in our third pantry. We were first located in the garage of John and Edna Miller, members of our church.

The second was at the Bethel Baptist Church, now the Hillside Church on Newport St. in Grover Beach.

The third was at the Central Coast Baptist Church at the Rockaway entrance, but they needed the room so we had to move again.

After several months of searching, the Central Coast Baptist Church again came to our rescue. They were already allowing the People's Kitchen to serve hot meals in the yard across the street so they let us build a 16 x 24 ft. building for a pantry.

Many businesses donated materials or reduced prices, and people donated money. The Kiwanis Club of Greater Pismo Beach did the labor, and in October 1998 we moved in. We were still helping with the World Day of Prayer.

We had grown from an organization that served about 6 or 7 families a month in October 1973 to where we served 1,587 families consisting of 13,285 adults and 12,980 children per year totaling 26,265.

We started handing out the Christmas food baskets and gifts at our church in 1997; seventy-five baskets were handed out.

More to come!

## WRITING YOUR LIFE STORIES RESUMES SEPTEMBER 14

Want to write about your life? Want to leave stories—that only you can tell—for your friends and family? Then you should try out the *Writing Your Life Stories* group activity.

We meet monthly on the second Thursday at 1:30 PM in the McMillen Room. No preparation is required as the stories you want to write about are carried in your head! You will find it fun as you share your life experiences with other members of the group.



Contact Roger Sperling  
(free call at 925-933-5588) for more information.



Welcome!

Our kids are back in school now! The summer went fast!

Kids had fun with Vacation Bible School. Thank you, Sandy Underwood and crew—the children were engaged and happy! Great job!

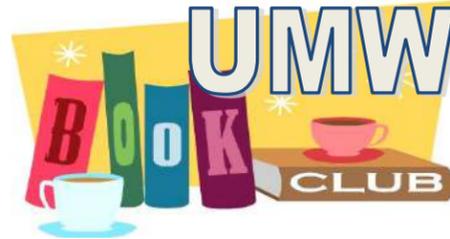
Looking forward, we are continuing our One Room Sunday school program. The Deep Blue curriculum will still be used, but we will be using the upstairs classroom.

We are still in need of once-a-month help with Sunday School. Please consider this important request.



Thank you,

Carolyn Russell



### UMW Book Club Meets on September 22<sup>nd</sup>

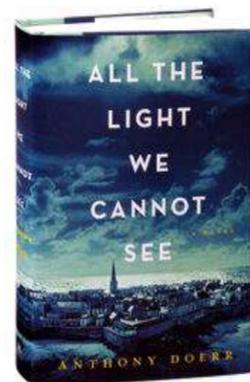
After a summer break we are excited about reconvening to discuss our September book selection, *All the Light We Cannot See* by Anthony Doerr.

This intriguing novel set in WWII France is a beautifully written love story. Two teenagers—one a blind French girl and the other a German orphan—possess special talents.

Marie-Laure's father builds her a miniature of her neighborhood so she can memorize it by touch and find her way home. Werner becomes an expert radio-builder which makes him valuable in tracking down the French resistance. Little do they know that they will encounter each other and how that will change their lives.

If you would like to hear more, please join the discussion on Friday, September 22<sup>nd</sup> at 11 A.M. in the McMillen Room.

Both regular and large print copies of the book are available through the public library system. Or talk to Patti Melsheimer about sharing a book with another reader.



~ submitted by Judy Leonard



# News from the Mission Team

By Judy Atwood, *chair*

## MISSION HIGHLIGHTS:

1. Mission Projects
2. Faith and Facts Peace Building
3. Special Giving totals for 2017

## GOD'S STEADFAST LOVE...IN ACTION

### 1. MISSION PROJECTS

We are blessed to have funds for mission projects through the designated giving to the Endowment Fund. With these funds we were able to make gifts to Haiti to assist students with their education, to the disaster response team in Lumberton, NC following the hurricane for home repairs, and to the PET program to assist with their mobility program. We also recently sent six (6) boxes of layette items to Nome, Alaska for their layette program. If you have ideas for mission support that you would like for the Mission Team to consider, please let us know.

### 2. FAITH AND FACTS PEACE BUILDING

#### What does the Bible say?

Blessed are the peacemakers, for they will be called children of God. (Matthew 5:9) Do not be overcome by evil, but overcome evil with good. (Romans 12:21)

#### What does The United Methodist Church say?

We believe war is incompatible with the teachings and example of Christ. As disciples of Christ, we are called to love our enemies, seek justice, and serve as reconcilers of conflict. We insist that the first moral duty of all nations is to work together to resolve by peaceful means every dispute that arises between or among them. We endorse general and complete disarmament under strict and effective international control. (Social Principles ¶165.C)

#### What do the facts say?

\*Conflict theorists often use three terms: peacekeeping, peacemaking, and peacebuilding.

\**Peacekeeping* means keeping people from attacking each other by placing neutral soldiers --- peacekeepers --- from the UN or a group of neutral nations. The soldiers do nothing to settle the conflict.

\**Peacemaking* is the process of forging a settlement between the disputing parties.

\**Peacebuilding* is a process that facilitates the establishment of durable peace to prevent the recurrence of violence by addressing root causes and effects of conflict reconciliation, institution building, and political as well as economic transformation.

#### What do you say?

\*Support and promote Peace with Justice Sunday, one of the six special Sundays that provides funding for peace with justice programs in our Annual Conference and the Church and Society Peace with Justice Program.

*Many hands continue to do many things.*



### 3. SPECIAL GIVING TOTALS FOR 2017

We began tracking our special giving totals for 2017 in January. Let's watch this grow throughout the year.

ELT Scholarship	\$1,181.64
Human Relations Offering (UMCOR)	310.00
Missions (Ehrhardt Lang)	3,500.00
People's Kitchen Food	414.67
People's Kitchen Misc.	12,913.00
South County Food Bank	356.79
UMCOR-UMCOR Sunday	582.00
UMCOR-Imagine No Malaria	2.00
UMCOR-Native American	131.00
Noisy Offering	12.40
UMCOR-Peace with Justice	<u>135.00</u>
7 Months Total through July	\$19,538.50

A THOUGHT FOR MEDITATION.

DON'T ASK GOD TO GUIDE YOUR FOOTSTEPS,  
IF YOU'RE NOT WILLING TO MOVE YOUR FEET.

						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> <b>Spirit Day at AGUMCC</b> <b>8:30 AM</b> Bible Study-L <b>3:30 PM</b> AGUMCC Closed <b>4:00 PM</b> AGUMCC Staff Development—MMR	<b>2</b>
<b>3</b> <b>8:30 AM</b> Contemporary Service <b>10:30 AM</b> Traditional Service  Coffee Hour—Communications Team	<b>4</b> No Emergency Food Pantry due to Holiday  Church Office Closed   Labor Day	<b>5</b> <b>8:30 AM</b> Senior Exercise—CH <b>9 AM</b> Sew 'n' Sews plus Knitters—MMR <b>11 AM</b> UMW Chair Yoga Class—CH <b>5 PM</b> Handbells—HR	<b>6</b> <b>8:30 AM</b> Senior Exercise—CH <b>9 AM</b> Church Work Day <b>5 PM</b> Free Dinner—CH <b>5:45 PM</b> Adult Study Class—CH <b>7 PM</b> Chancel Choir —S	<b>7</b> <b>8 AM</b> Peoples Kitchen Prep—K—11:15 AM leave to serve <b>8:30 AM</b> Senior Exer—CH <b>9 AM</b> UMM Camp Roberts Trip by bus from church <b>10 AM</b> Intercessory Pr—L <b>5 PM</b> Handbells—HR <b>6 PM</b> Family Fun Day Planning Meeting—MMR <b>6 PM</b> Worship Team—Pastor's Study	<b>8</b> <b>8:30 AM</b> Bible Study-L	<b>9</b>
<b>10</b> <b>8:30 AM</b> Contemporary Service <b>10:30 AM</b> Traditional Service  Coffee Hour—JOY Circle	<b>11</b> <b>1 PM</b> Emergency Food Pantry—CH <b>5:45 PM</b> Quilting Class—G McGuire—CH <b>7 PM</b> Women of Prayer—S	<b>12</b> <b>8:30 AM</b> Senior Exercise—CH <b>9 AM</b> Sew 'n' Sews plus Knitters—MMR <b>11 AM</b> UMW Chair Yoga Class—CH <b>5 PM</b> Handbells—HR <b>7 PM</b> Trustees—CH	<b>13</b> <b>8:30 AM</b> Senior Exercise—CH <b>9 AM</b> Church Work Day <b>9:30 AM</b> UMW Steering-L <b>5 PM</b> Free Dinner—CH <b>5:45 PM</b> Adult Study Class—CH <b>7 PM</b> Chancel Choir —S	<b>14</b> <b>8:30 AM</b> Senior Exercise—CH <b>10 AM</b> Intercessory Prayer—L <b>10 AM</b> UMW Boutique Crafts—MMR <b>1:30 PM</b> Life Stories—MMR <b>5 PM</b> Handbells—HR	<b>15</b> <b>8:30 AM</b> Bible Study-L <b>12 Noon</b> Deadline Newsletter Articles—Office	<b>16</b>
<b>17</b> <b>8:00 AM</b> Contemporary Service <b>10:30 AM</b> Traditional Service  Coffee Hour—UMC Children's Center  <b>11:45 PM</b> Staff-Parish Relations Committee—MMR	<b>18</b> <b>1 PM</b> Emergency Food Pantry—CH <b>5:45 PM</b> G. McGuire Quilting Class—CH <b>7 PM</b> Women of Prayer—S	<b>19</b> <b>8:30 AM</b> Senior Exercise—CH <b>9 AM</b> Sew 'n' Sews plus Knitters—MMR <b>11 AM</b> UMW Chair Yoga Class—CH Preschool Board—MMR <b>1:30 PM</b> Open Session <b>2 PM</b> Closed Session <b>5 PM</b> Handbells—HR <b>7 PM</b> JOY Circle—at member's home	<b>20</b> <b>8:30 AM</b> Senior Exercise—CH <b>9 AM</b> Church Work Day <b>10 AM</b> Communications Committee—L <b>5 PM</b> Free Dinner—CH <b>5:45 PM</b> Adult Study Class—CH <b>7 PM</b> Chancel Choir —S	<b>21</b> <b>8:30 AM</b> Senior Exercise—CH <b>10 AM</b> Intercessory Prayer—L Team—L <b>5 PM</b> Handbells—HR <b>7 PM</b> Church Council—MMR	<b>22</b> <b>8:30 AM</b> Bible Study-L <b>11:00 AM</b> UMW Book Club—MMR	<b>23</b>
<b>24</b> <b>8:00 AM</b> Contemporary Service <b>10:30 AM</b> Traditional Service  Coffee Hour—Worship Committee	<b>25</b> <b>1 PM</b> Emergency Food Pantry—CH <b>5:45 PM</b> G. McGuire Quilting Class—CH <b>7 PM</b> Women of Prayer—S	<b>26</b> <b>8:30 AM</b> Senior Exercise—CH <b>9 AM</b> Sew 'n' Sews plus Knitters—MMR <b>11 AM</b> UMW Chair Yoga Class—CH <b>5 PM</b> Handbells—HR	<b>27</b> <b>8:30 AM</b> Senior Exercise—CH <b>9 AM</b> Church Work Day <b>10 AM</b> Mary-Martha—Esther Circle—MMR <b>5 PM</b> Free Dinner—CH <b>5:45 PM</b> Adult Study Class—CH <b>7 PM</b> Chancel Choir —S	<b>28</b> <b>8:30 AM</b> Senior Exercise—CH <b>10 AM</b> UMW Boutique Crafts—MMR <b>10 AM</b> Intercessory Prayer—L <b>1 PM</b> Mission Team—MMR <b>5 PM</b> Family Fun Day Planning Meeting—MMR <b>5 PM</b> Handbells—HR	<b>29</b> <b>8:30 AM</b> Bible Study-L	<b>30</b> 

## Meet Our CHURCH STAFF

Church Office: (805) 481-2692  
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Find us on Facebook at: United Methodist Church of Arroyo Grande  
[www.facebook.com/fumcag](http://www.facebook.com/fumcag)

**Senior Pastor:**

Rev. Mary B. Birgelaitis

E-mail: [revmaryb@fumcag.org](mailto:revmaryb@fumcag.org)

**Missionary (retired) / Lay Leader:**

Judy Atwood

**Office Administrator:**

Frances Robertson

**Website Manager:** Jamie Foster

**Choir Director:** Julie Burns

**Choral Pianist:** Dennis Eiler

**Multi-Media Director:** Duncan Leonard

**Handbell Choir Director:** Leonard Lutz

**Children's Education Director:** TBD

**Bishop:** Grant J. Hagiya

**District Superintendent:**

Rev. James Powell

**AG UM Children's Center**

**Director:** Madrigal Quaglino

E-mail: [agumcc@sbcglobal.net](mailto:agumcc@sbcglobal.net)

Office: (805) 481-2223



**Chair:** Joe Brown

**Members At Large (alphabetically):**

Judy Atwood, David Beaman, Rev. Mary Birgelaitis, Judy Leonard, Virginia Mothes, Frances Robertson.

**Layout Editor:** Frances Robertson

**Proofing Team:** Judy Atwood, David Beaman, Joe Brown, Judy Leonard, and Virginia Mothes.

**Other contributors:**

Varied Teams / Committees

**Deadline for October Issue  
Friday, September 15 at Noon**

**PLEASE NOTE:**

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

## Come Relax with Chair Yoga

Join Niccola Nelson for an introduction or refresher to chair yoga on Tuesdays from 11-11:45 a.m. in Criswell Hall.

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing and using the chair as support. This class is perfect for every BODY and is a great way to relax head to toe. We also incorporate meditation and breathing techniques into this class.

Chair yoga is ideal for those who travel and drive a lot, or sit in a chair all day long, the elderly, those in wheelchairs, and those with limitations or injuries looking for healing yoga.

Enjoy the benefits of yoga in a safe, gentle and fun environment. This class is appropriate for beginners too and is open to all ages.

Just \$5 a person!

~submitted by Judy Leonard



Our chair yoga instructor, Niccola Nelson, with a group at Avila Beach.

# happy birthday

*Awesome  
People  
are born in  
September*



Marj Cawelti	05
Mike Coho	06
Kay Walker	06
Carleen Minckler	08
Sally Weitkamp	13
Alice Addison	14
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Have we missed **your** birthday? If so, it is not listed on our computer. Please contact the church office and we will be glad to add your birth date to our monthly birthday list!



# First United Methodist Church of Arroyo Grande

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### What Is In These Boxes?



The Mission Team sent six boxes of baby items to the Methodist Church in Nome, Alaska, which they have received. This has been an ongoing mission project for several years. Included in the boxes are blankets, sleepers, long-sleeve and short-sleeve onesies, jackets, socks, caps. The Methodist Church in Nome makes up layettes for every baby born in the Nome Hospital, which also serves the many little villages all around the Nome, Alaska area.