

HOPE, JOY AND LOVE RISING

Cast~A~Net

First United Methodist Church of Arroyo Grande SEPTEMBER 2020

WHERE DO WE GO FROM HERE?

Away from the comfort and peace of worshipping in our sanctuary for some 24 Sundays, and 25 letters and 20 plus videos later, ***“Where do we go from here?”*** Praying that strength and stamina, perseverance and peace be yours in Christ Jesus, I greet you as we continue the trek.

By now most of us are feeling “stir crazy”. The definition says it all, ***“to become acutely anxious, restless, irritable, irrational, and/or depressed from remaining for too long in an unstimulating, confined, and/or isolated environment.”*** Amen! What are you doing to maintain equilibrium and, more than that, to find and experience joy in the days that are yours to live?

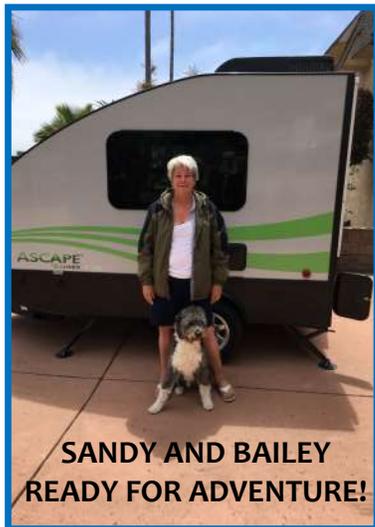
Some of you are gardening, reading, writing, cooking and baking. Others are knitting, crocheting, sewing and crafting or woodworking, fixing faucets and accomplishing tasks you never seemed to have time for before. Have you listened to more music, done a few puzzles or completed crosswords? Staff has been about the music and missives we send to you weekly, and key-leaders have been preparing and planning for the re-opening we long for, and helping the Children’s Center to the point of re-opening too.

I, for one, have only been farther than SLO once in six months and am craving the contact and interaction subverted by the limitations imposed by COVID-19 mandates. These are more than trying times. What’s happening in and around us is exhausting, so let’s share what is working for us with one another and help each other along. Have you found some peace of mind, do you sense the Presence of Jesus in your heart and soul, or are you hungry to receive some help?

If you’d like to connect with me personally, Friday & Saturday are the best times to reach out. Tuesday through Thursday, life is particularly crazy, but on those two days I am freer to connect in a more relaxed way, so call if you will at the number that is in our church directory. Hoping, it is well with your soul in the midst of it all.

Missing you so much,

Rev. MBB



**SANDY AND BAILEY
READY FOR ADVENTURE!**



PROGRAM MINISTRY

“God bless you all;
I miss you;
Stay safe!
I’ve gone camping
social distancing
just me and Bailey”

SUNDAY SCHOOL

Carolyn Russell reminds students that if you would like a weekly Sunday School lesson, go to Google Classroom.

You use a Chrome browser and search for Google Classroom,

And you can join our classroom with this code:

**Google Classroom Code
fwvs5fk**

Dear Students,

We hope you have been “getting ready” for school. Just as our church home is getting ready for when we return, our schools have been having construction and changes, too. Sometimes, we need to get ready in our hearts, souls and minds. We need to get ready to learn in school and in Sunday school .

We wish you all the best as you return to schools online.

See you soon!

Ms. Russell and Ms. Odom

North District Covenant Prayer List

From District Superintendent, Rev. James Powell

Dear Church Leaders,

As I have been able to experience worship in all of our North District churches, I am so impressed with how you diligently pray for each other. For this unexpected delay of the return to in-person worship, I ask us to continue to pray for all.

- Healing for those infected and affected by Covid-19.
- Healing for those who have experienced racism.
- Healing for those who have been injured through hatred.
- Healing of the separation we have from the Lord’s ways (Sin).
- Healing for the church that still awaits our time to gather for “in-person” worship
- Healing for the Body of Christ!

“...if my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.”

2 Chronicles 7:14

Peace for the Journey,
Pastor Jim

*Pray for the continued mission of the UMC in the California-Pacific Conference:
To make disciples of Jesus Christ for the transformation of the world.*

Prayer Date	Church/Ministry	Pastor(s)
Sep 6, 2020	West Hills: Hindi Urdu Mission	Pastor Lemuel Jacob
Sep 6, 2020	Glendale: First German UMC	Pastor Kurt Poland
Sep 13, 2020	Santa Barbara First UMC	Pastor Mark Richardson & Pastor Alan Strout
Sep 13, 2020	Santa Maria: Beth Korean Mission	Pastor Kisung Nam
Sep 20, 2020	Los Angeles Immanuel UMC	Pastor Sangman Shin
Sep 27, 2020	Ojai UMC	Pastor Garth Gilliam
Sep 27, 2020	Santa Maria: Christ UMC	Pastor Marc Marcos

*FROM YOUR LAY LEADER**Patti Melsheimer*

Last week our Los Angeles Area Resident Bishop Hagiya included in his monthly letter a reference to an article in the Washington Post. I looked it up and was so impressed that I would like to share some of it with you all. The article is by Dr. Arthur Kleinman, a professor at Harvard University who learned while caring for his late wife during the last year of her battle with Alzheimer's disease, that a well-ordered day with close attention to mundane tasks can help us endure with purpose.

Dr. Kleinman writes, "These harrowing times are taking an emotional toll, even on those of us lucky enough to be hunkering down in our own homes. Our new reality—disrupted lives, fears of infection, worries about loved ones, the loneliness that can come with prolonged isolation—brings to the surface disorganizing feelings, from panic to despair, that a busy life might keep at bay. But there are ways to make this of self-quarantine not only endurable but rewarding. "

William James, the great philosopher and psychologist, observed that people are collections of habits but that we can rid ourselves of those habits that don't serve us well. He counseled us not to "sit all day in a moping posture, sigh and reply to everything with a dismal voice." New habits can carry us ahead in an organized way, letting us heighten our sense of control over our days and nights and keep disabling feelings in check.

He goes on to say, "Joan and I banished the feeling that we had fallen into limbo by reconstructing our daily activities. Exercise, cooking, eating, reading, work and even watching the news became more deliberate components of our daily ritual, giving us happy moments to look forward to, creating a mood of anticipation rather than paralysis. In a time of randomness and uncertainty, it made us feel proactive instead of reactive."

"Joan is gone now but the wisdom that I acquired giving care to Joan helps me cope with the solitude. The threat of feeling vulnerable and defeated is ever-present, but I know that I can manage it by organizing my day around highly ritualized activities and giving myself over to them."

Dr. Kleinman concludes, "We can all learn how to endure with purpose and make this a period of emotional and moral transformation. A plague, as Albert Camus knew, is the moment to ask what life is for. The response to Covid-19 suggests one answer: Care for yourself and others. So take a breath and take the time to change the daily rituals that make up life. Throw yourself into them as if your life were at stake, which it is."

A SUMMER OF IMPROVEMENTS FOR THE NARTHEX

Irene Kliesch refurbishes a narthex cabinet.

Further projects accomplished in the narthex:

- asbestos removed from the ceiling and made safe
- painting of the walls and trims to brighten the area
- new lighting fixtures that highlight the Tree of Life
- signs replaced
- new carpeting in a mixture of colors to augment the walls
- plus more to come!

For a visual preview, check out the worship video for Sunday, August 30 in which Patti Melsheimer gives a tour of the narthex.



PEOPLE'S KITCHEN NOON MEALS

September is “our month” to be in ministry to our community by serving at the People’s Kitchen Noon Meal on Tuesday, September 29th. We are to bring the meals. Individual servings will be prepared and bagged for people to come in at noon and pick up. I am guessing we will be serving about 60 individuals. We won’t know until closer to the time.

We will provide a nutritious casserole, green salad, a fruit cup, bread, and an individual dessert. Our casseroles will be put together on Monday and warmed for serving on Tuesday.

~submitted by Judy Atwood

A letter from the Community UMC in Nome, Alaska

Dear Brothers and Sisters of FUMC:

Just a note to thank you for thinking of us and supporting our layette ministry. The receiving blankets and other items are much appreciated.

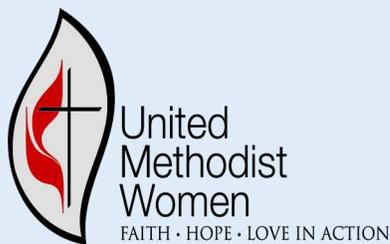
Hope you are all staying safe and well during this uncertain time.

Thanks again,

Mary Ready
CUMC, Nome, AK

Editor’s Note:

This ministry in Nome delivers baby items to all babies born in the Nome Hospital. The hospital covers much of that area of Alaska.



“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.”

UMW ON THE MOVE

As I write this column the sun is trying to push through the layer of smoke from the fires of California. We long to see our friends and family and church again. We have all experienced these months differently. We have had to invent new ways of getting things done. We are using new routines, new schedules and using our creativity to get things done.

As Methodist Women we would have met in person to discuss ideas and make plans for our activities to meet mission needs. Then we would have just *jumped in and gotten it done*. In these times we need to use our creative talents to invent new ways of getting things done and to move past our complacency. We had planned to have a Quilt Show in the traditional sense (before the pandemic). Now we can't do that, so how can we move forward? ***We can have an outdoor Quilt Show!***

Things will be pretty much the same with some beautiful and exquisite quilts made by the many most talented quilters in our congregation on display for you to view, only we will be outside in the fresh air.

It will be like the traditional “airing of the quilts”!



We will also have quilts and quilted items for sale. **Set aside Sunday, September 27, 12-3 pm.** Watch for more information and details coming along soon.

We are learning how to observe social distancing, wear masks and communicate with others. We will make a difference in this world. For this chance to grow, learn and serve the United Methodist Women, I am grateful.

submitted by Gerry McGuire



Thanks to those who helped get the school ready to re-open, **Mon. Sept. 21, 2020.**

Not shown in the pictures, Joe Brown and Dave Bolterman.

Children's Center Chronicle



Arroyo Grande United Methodist Children's Center www.worshipweekly.com September 2020

Message from Ms. Maddy

Thank you to all our staff and families for patience and understanding while we were closed. We also appreciate all the support from the First United Methodist Church.

AGUMCC is re-opening Monday Sept. 21, 2020. **Hurray!!** Once again we will serve families as a Christian Ministry in our community.

It's Autumn and time to get back into a routine after being away for so long. We are looking forward to a great new school year. Thank you to our school families who have shared with others how happy they are with the quality of care and the low child to teacher ratio we offer. A satisfied family is our best advertisement.

We currently have openings in our program.

If you know of someone in need of quality please tell them about our program and have them call to make an appointment for a tour. After they receive a tour, then they can join our program or put their child on our "Waiting List" for our next enrollment opportunity.

Do you shop on Amazon? Shop "Amazon Smile" instead. It is the same Amazon you know: same products, same prices, same service. Amazon Smile will donate 0.5% to the Arroyo Grande United Methodist Children's Center whenever you shop at [www.smile.amazon.com](http://smile.amazon.com). Our charity's link is <http://smile.amazon.com/ch/95-6005757>. Our charitable name is: First Methodist Church A Corp.

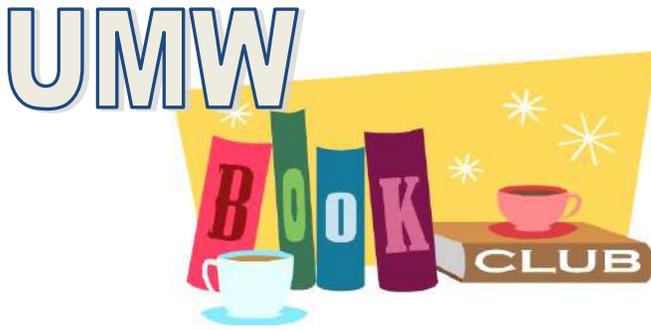


BIBLE STORY & "GOODIE BEAR" TIME

Our Bible Story from the Children's Beginning Bible is in Exodus 20. It's a story Moses and the 10 Commandments from God. Our moral teaching is: "Be Respectful".

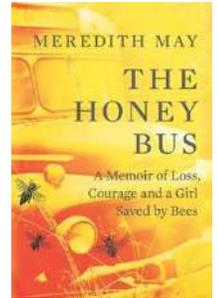


Let us be respectful to one another. We can show respect by using our manners in saying, "please" and "thank you". Also, we can be respectful by listening when someone is talking and answering with caring and kind words. Following directions is another way to show respect. Example: Make Playdough to demonstrate how to follow directions. Ingredients: 2 c flour, 1 c salt, 4 Tsp Cream of Tarter, 4 Tbsp oil, 2 c water with food coloring to desired color. Instructions: Combine all ingredients and cook over low to medium heat stirring constantly until a dough is formed and a smooth finish. Remove from heat and knead until cool. Store in an air tight container.

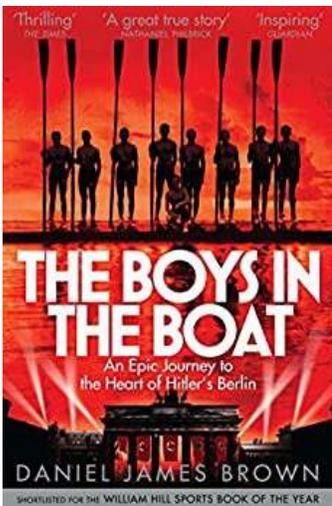


Enjoying Books At Home

Last month the UMW Book Club didn't meet due to COVID 19 concerns. Instead we read The Honey Bus by Meredith May and didn't meet. Members commented on how they learned so much about honey bee behavior as well as the importance of relationships in the bee and human worlds. Meredith related how difficult her relationship with her mother had been due to her mother's mental illness. Moving to her grandparents' house in Carmel Valley changed her world. Her grandfather was an incredible beekeeper who taught Meredith and her brother everything he knew about tending and loving bees.



Meredith shared that bees not only produce honey but are part of a supportive network in their hives. Each bee has its own role whether it's as a scout, nurse, drone, or queen. Bees are survivors who avoid self-pity and take care of themselves. Her grandfather reinforced these same attributes and showed her how to overcome any setbacks.



For September we will read The Boys in the Boat: Nine Americans and their Epic Quest for Gold at the 1936 Olympics by Daniel Brown.

This story is based on the story of a Washington state rowing team comprised of working class young men who were farmers, shipyard workers, and loggers. No one thought they would have a chance to beat the elite rowing teams from Ivy League colleges or Great Britain. This emotional story relates the courage, determination, and grit of an unlikely crew team.

Once again I will order these books as part of a set of "Books in a Bag" from the library system. When it has arrived, Patti Melsheimer will email members with regard to picking up books in the church office. Members must return their books to the office so I can return them as a set. We will not meet as a group in September.



submitted by Judy Leonard

News from the Mission Team

by Judy Atwood, chair

MISSION TEAM: September 2020
Judy Atwood

MISSION HIGHLIGHTS:

1. [God's Steadfast Love...in Action](#)
2. [God's Love in Action in Arroyo Grande](#)
3. [Special Giving Totals for 2020](#)

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

Because we are part of a connectional church we are able to learn about ministries in other areas around the world and ways to share God's love in community. A friend of mine, who is also a Church and Community Worker, (Shirley Townsend-Jones), works with the Bennettsville-Cheraw Area Cooperative Parish in South Carolina. There are nine United Methodist Churches in this cooperative ministry. Shirley's job is to connect with leaders and laypeople in all the churches and with community organizations and coalitions to bring people together to have a larger impact in the ministries they have chosen to do.

The ministry supports two mentoring ministries: Ladies of the Future for young women, and Project M.E.N. (Mentoring, Education and Nurturing) for young men. The women's group was created at a time when teen pregnancies were rising. The group meets once a month and helps teens deal with issues affecting their lives.

Project M.E.N. was embraced by the men of their parish to help young African American men focus on God's purpose for their lives and to navigate the racism and discrimination they encounter. Bennettsville, as the county seat, has both a state and federal prison. "I tell them, that's all the more reason we need to guide young men in our community, so they can be productive and not end up in those prisons right in our back yard," Shirley says.

The pandemic has challenged mission ministry, with members of the churches and the communities laid-off from work, with seniors losing their support networks and school children experiencing school closure. The churches have sought to help all people in need, not just their own church members. As a part of a unified body of believers making disciples for Jesus Christ

for the transformation of the world, the ministry does not discriminate.

In partnership with another agency seeking to reach the most vulnerable people in the community, they have been asked to identify at-risk seniors and families in the community who need assistance. The cooperative ministry has also contributed to other food drives and food delivery programs. Some of the churches have gardens. She hopes to work with them to create more gardens, so that neighbors can garden and harvest fresh food for their families.

"We learn to roll with the punches," she said, "We miss seeing one another, but this is a new day, a new plan God has for us. We just do what we need to do to stay safe. God will do the rest."

information from Global Ministries site

2. GOD'S LOVE IN ACTION IN ARROYO GRANDE

It's time to make good on our challenge to share God's Love in Action with our Preschool. We want to be able to help teachers with their needed supplies for the children. As you read in one of the weekly letters, the Preschool has been approved to open with children beginning September 21st. So, if you have been saving coins, or cash or wish to write a check the time is now to do that. If you have coins or cash you need to have picked up and you choose to not go out, let me know and we will make arrangements to make that happen. Joel Anderson, our acting treasurer, suggests that you contribute the way you do your regular giving and mark it "school supplies for the preschool."



3. SPECIAL GIVING TOTALS FOR 2020

Your second mile giving totals will be caught up when we have the information

Many hands made much possible!

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
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September

		1	2	3	4	5 Marj Cawelti Birthday 
						
6 FOURTEENTH SUNDAY AFTER PENTECOST Mike Coho Birthday 	7  Labor Day	8 Carleen Minckler Birthday 	9	10	11	12 Jan Herber Birthday 
13 FIFTEENTH SUNDAY AFTER PENTECOST Sally Weitkam Birthday 	14 Alice Addison Birthday 	15	16 Mason Baybayan Birthday   Bob Thronson Birthday	17	18 Betty Ann Quintana Birthday  Jan Treat Birthday 	19
20 SIXTEENTH SUNDAY AFTER PENTECOST	21 Peg Gallop Birthday  AGUMCC RE-OPENING	22 John Emery Birthday  Autumn Begins 	23	24  Glen Werling Birthday	25	26 Judith Atwood Birthday 
27 SEVENTEENTH SUNDAY AFTER PENTECOST	28 Jeanne Stephenson Birthday 	29 Claire Jacob Birthday 	30	 Fall		



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PLEASE NOTE:

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

**You are cordially invited to DROP IN!
 TUESDAYS**

(anytime between 10:00 a.m. -12:00 Noon)

Sometimes there are only one or two all morning and sometimes several more. Nevertheless, the sanctuary is preserved as a place of prayer where you are remembered, the church is remembered and you can offer your prayers for friends, family and our world. So, come ahead!

A simple sign in, a signed waiver on hand, a quick temperature check is all it takes to claim a spot in the pews to pray. Judy Atwood or Mary Hawkins will be there to meet you and usher you in. Brad Bettencourt will be playing softly at the organ or pre-recorded music provided by Dennis Eiler will set the tone for reflection and contemplation. Consider coming. God will bless your time in this sanctuary.

FLOWERS!

Always a good idea!!!

Order flowers to honor or remember someone special. Your floral tribute will be placed on the altar as we record our mini-worship service on Sunday, and then if you can't swing by we will get those beautiful flowers to you. We can order as usual from the GRAND BOUQUET like we always do when we gather in person, or Brad Bettencourt (long-time florist himself who actually owned a flower shop for years) will arrange some pretty Trader Joe's flowers that we pick up on your behalf. Let us know if this is up your alley even "from a distance". Maybe everything will come up roses after all!

~ MBB



- Marj Cawelti.....09/05
- Mike Coho.....09/06
- Carleen Minckler.....09/08
- Jan Herber.....09/12
- Sally Weitkamp.....09/13
- Alice Addison.....09/14
- Mason Baybayan.....09/16
- Bob Thronson.....09/16
- Betty Ann Quintana.....09/18
- Jan Treat.....09/18
- Peg Gallop.....09/21
- John Emery.....09/22
- Glen Werling.....09/24
- Judith Atwood.....09/26
- Jeanne Stephenson.....09/28
- Claire Jacob.....09/29



Have we missed **your** birthday? If so, it is not listed in our data base. Please contact the church office and we will be glad to add your birthdate to our monthly birthday list!

Hope, Joy & Love Rising



First United Methodist Church of Arroyo Grande

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Thank You to all who have been bringing boxes of breakfast cereal and macaroni & cheese to the church office for The Five Cities Christian Women’s Food Pantry. Your donations are appreciated. We have had between 30-40 participants each day at the Food Pantry in Grover Beach. We need the above items and if you would like to bring something different, rice and dried beans are always welcomed. You can bring these items to the church office, which is open between 9 AM and 2 PM Monday—Thursday. They will be delivered to the Pantry by church members who volunteer at the Pantry.



If you have an **overabundance of items in your garden** or if your **fruit trees are weighed down**, those items can also be brought to the church office. If you are not able pick the fruit yourself, you can call the San Luis Obispo Food Coalition,. They will send the “Gleaners” to pick for you and deliver it to the Pantry.

Please contact the GleanSLO Program Coordinator, Emily Wilson, at ewilson@slofoodbank.org or (905) 235-1180 to arrange a glean.

submitted by Patti Melsheimer