

Open Hearts, Open Minds, Open Doors



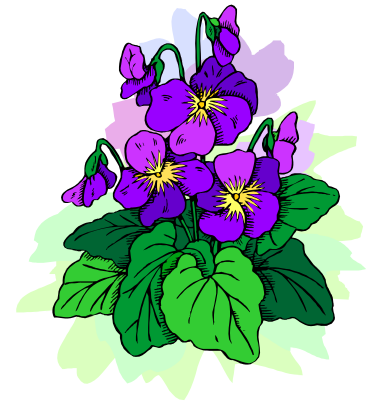
The Messenger

San Luis Obispo United Methodist Church

May 2011

MOTHER'S DAY MUSICAL BRUNCH

*A Benefit for
Get On The Bus &
Cuesta Chamber
Singers*



Sunday, May 8, 2011

Gourmet brunch with entertainment, plus concert following 11 o'clock worship service in the Methodist Activity Center (MAC)

Tickets: \$25.00 per person

For advance reservations (recommended), please call the church office.

Sunday May 29th at 10:00am

"Combined" Worship Service and All Church Potluck

Thoughts From Pastor Jane

Much has been said over the past several months of the claim made of our fair town, that it is “The Happiest Place in America” and one of the four happiest places in the *world*. Wow. That’s a pretty bold claim! But, as Dan Buettner, author of the book that started it all, *Thrive*, noted, there is much about San Luis Obispo that nurtures happiness: the beautiful surrounding environment, the mega-pedestrian-friendly downtown, the accessibility of hiking and biking everywhere, and the civic spirit of its residents.

Of course, this notoriety has also led to some amusing “backlash.” I had to chuckle after the *Oprah* segment about “Happy SLO” aired – I overheard some people complaining about what was chosen to be highlighted as good examples of “happy” in SLO. (I silently said to myself, “You better move to Pismo, you complaining, unhappy people you. There is no place for you in San Luis Obispo anymore....”)

Seriously, this has provided a good opportunity to ask ourselves, “Are we truly a community of ‘happy’ people?” From my observations and experience I would say there are many here who struggle with unhappiness but are afraid to let it show because we’re supposed to be happy here – it’s San Luis Obispo, after all. It’s paradise. Unhappiness and depression can run very deep in San Luis Obispoans and remain painfully silent...and destructively unattended.

Perhaps you’re one who finds all this “happiness talk” in and about our community rather frivolous and even off-putting. It can seem a distraction from or even avoidance of what we should be really feeling and thinking about: the great suffering of the world. Our own suffering that we can’t seem to shake.

Regardless of how much we talk about happiness and watch it on *Oprah*, Christians are, encouraged, called and even challenged to exude *joy*. “Joy” is a lot like “happiness,” but it is also quite different. Happiness is a state of mind we can manage and develop – happiness is something we control. Joy is a gift from God. Joy is a surge of overwhelming positive life-giving force that comes over us as it will, when it will. Because God is gracious, joy seeks to enter our hearts and lives all the time, bringing hope, newness, strength, color, laughter, peace, transformation...the Kingdom of God. Joy is something we can be prepared to receive, should be prepared to receive, and for good reason.

As Nicole Johnson said in her very astute essay, “My Friend Joy” which I shared in a sermon last December:

Many people get to know Joy better when they are going through a very difficult period in their lives. It comes as a shock when they discover, as I did, that she is not the fair-weather friend they first imagined or a bubbly, air-headed, emotional girl that distances herself from hardship. They see the family resemblance to her cousin Happiness, but they notice that she is altogether different, because joy will stay in the midst of tough circumstances while Happiness tends to sneak away.

More than happiness, joy is one of the most important tools for living we can embrace and use and share with others. And the good news is that joy is our legacy of Easter! In Matthew’s gospel, when

Thoughts from Pastor Jane (cont.)

an angel in the empty tomb tells the two “Mary’s” the good news that Christ has risen, we are told the news fills them with “fear and joy.” (28:8) In Luke’s gospel, the disciples are overwhelmed with joy and unbelief when he appears before them. (24:41) In John’s gospel he fulfills the promise he made before his death, that even as the disciples were in pain now, he would see them again “and your hearts will rejoice and no one will take your joy from you.” (16:22) In each of these cases, joy accompanied difficult emotions – fear, anxiety, paralyzing grief – and, as is joy’s way, she transported those individuals experiencing these difficult emotions into a new and beautiful “place” emotionally and with others.

For the next several weeks, a liturgical season known as “Eastertide,” we will be focusing on how we can best engage the power of resurrection joy for our lives here on earth and in preparation for the realm hereafter. We will be looking at the letter in our New Testament known as “1 Peter.” This brief document, filled with much teaching and encouragement, provides invaluable insight into the joyfull values and pursuits of the early Church and has much to bring to us. The letter is also challenging, perhaps a bit maddening....should make for some lively preaching...and talk-back! I hope you will be able to be a part for the whole series. (May 1 – June 5).

In the midst of our 1 Peter adventure, we will also be offered another favorite worship service in the SLOUMC “liturgical year”: Wesley Fellowship Sunday. On Sunday, May 22, our college-age ministry will be at the helm leading every aspect of worship include the message. It is always such a blessing to be a part of this service – to receive the gospel from the Wesley Fellowship’s unique and inspiring perspective. Again, I hope you will be able to join us on Sunday, May 22.

May this Eastertide be one of continued happiness and blessing for you. In the beautiful words of poet Carl Sandburg, “*Let a joy keep you. Reach out your hands and take it when it runs by.*” Especially now! Especially *here!*

APOLCALYPSE HOW?

An Exploration of the Book of Revelation.

Monday nights, May 9, 16, 23 and Wednesday, June 1

7:00 p.m.

Terrace Room (June 1st class at the parsonage)

The Book of Revelation is the last, and perhaps most misunderstood book of the Bible. Revelation contains fascinating and most-inspiring insights for the living of the present day (as opposed to preparing for the End Time). Join Pastor Jane on the journey! This four week class includes three weeks of text study and concludes with a “rapture party” at the parsonage. If you have questions, contact Pastor Jane.

Health Note From Parish Nursing

HEART ATTACK AND STROKE WARNING SIGNS



The following is an excellent, succinct list of warning signs that was put out by The American Heart Association. It's a good review and reminder of how to handle these emergencies.

I. Heart Attack Warning Signs.

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

a. Chest Discomfort. Most heart attacks involved discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

b. Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

c. Shortness of breath. This feeling often comes along with chest discomfort. But it can occur with or without chest discomfort.

d. Other signs. These may include breaking out in a cold sweat, nausea, or lightheadedness. If you or someone you're with has one or more of these signs, call 911 immediately. Get to the hospital right away.

If you're the one having symptoms, and you can't access the emergency medical services, have someone drive you to the hospital right away. Don't drive yourself unless you have absolutely no other option.

II. Stroke Warning Signs

Stroke is a medical emergency. Every second counts, because time lost is brain lost! Know these stroke warning signs and teach them to others:

a. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.

b. Sudden confusion, trouble speaking or understanding.

c. Sudden trouble seeing in one or both eyes.

d. Sudden trouble walking, dizziness, loss of balance or coordination.

e. Sudden severe headache with no known cause.

If you or someone with you has one or more of these signs, don't delay! Immediately call 911. Also, check the time so you'll know when the first symptom appeared. It's important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug can reduce long term disability for the most common type of stroke.

Betty Sorrentino, Parish Nurse

United Methodist Children's Center

It's carnival/BBQ/auction time at UMCC on May 7th 11:00 to 2:00! Please come and enjoy the family fun and delicious food. (Tri-tip, Veggie burgers, hot dogs) For the first time, the Sunday School classes will be presenting one of the games. The men from Phi Sigma Kappa will be helping on that day, and the Lions' Club will do the BBQ for us. You might recognize some pocket ladies! UMCC moms and dads do most of the work under this year's chairman, Crystahl Taylor. The money raised this year will go to our remodel of the classroom that will become our Jr. Kindergarten classroom.

Our architect for the Jr. K room project is Tom Reay from Omni Designs, and the plans are currently at the city planning Dept. We hope to have the remodel done by July.

Thanks to the Ortiz Organic Farm, Harvest Boxes are now arriving every Thursday at UMCC. The box is full of vegetables like artichoke, lettuce, snap peas, broccoli, carrots. There is always one fruit like blueberries or strawberries. The boxes are \$20 each and they are delivered in 10 week sessions. Should you be interested in purchasing a box each week up to June 9th, contact the UMCC office.

UMCC became one of the three schools that were visited on a special tour of accredited schools in San Luis Obispo on April 29th. The Pacific Coast Assoc. for the Education of Young Children planned the tour and, at this time, we anticipate many visitors who want to see our classrooms, and our yards...especially the creek.

An Orfalea conference for directors of high quality early childhood programs will be held on May 12, 13, and 14 at the Embassy Suites. Our UMCC will once again be part of a tour of "outdoor classroom space." Since our yards are sloped and sometime steep and uneven, they present a challenge that encourages program leadership to think "outside the box." Claire wrote a "Best Practices" article (as every participant does) telling about the construction of the creek. The creek will again be a focus of the tour.

A UMCC teacher who recently graduated from Cal Poly, Christine Roda, got accepted to graduate school at Harvard. We're proud of her as she continues her study of young children.

UMCC registration continues as we call our waiting list, and give tours of the school.

We appreciate John Phillips' work around the classrooms as he cuts down the weeds that would like to settle in around us and then invade our territory. Thanks John!

We thank Dave Rau for substituting for our outstanding custodians, Bob and Sarah Schumann. Bob and Sarah took a well deserved vacation over the spring break and beyond. Thank you all!

You are always welcome to come visit UMCC at any time.
Martha and Claire, Co-Directors



Attendance

Mar./Apr.

March 20—131

March 27—184

April 3—211

April 10—208

April 17—199

In Memoriam

Daniel Dirkes—March 18, 2011

Ruth Breizy—April 3, 2011



United Methodist Women will meet for program and lunch May 19th at 10:30 am in the Wesley Building. The program will be presented by the Child Development Center of San Luis Obispo. They will share information about the wonderful work they do with children. Visitors welcome.

Grace Circle will meet May 24 at 2:00pm, call the church office for location.

Martha Circle will meet May 26 at 9:30am, call the church office for location.

“God Talk” will meet on Thursday, May 12th at 10:30 am in the home of Sarah Bower. We’d love to have you join us for scones and coffee...and conversation about God. Newcomers are always welcome. For more information, contact the church office at 543-7580.

The Lunch Bunch Book Club will meet on Friday, May 27th at 1:30 pm in the Terrace Room. We will be discussing: *The Help* by Kathryn Stockett. *In Jackson, Mississippi, in 1962, there are lines that are not crossed. With the civil rights movement exploding all around them, three women start a movement of their own, forever changing a town and the way women--black and white, mothers and daughters--view one another.* We will be using “Book Club in a Box,” and I will have copies available for you. If you would like a book, look for me at church or call the church office (543-7580).

May Birthdays

Sarah Kramer	5/2
Michelle Bower	5/6
Andrew Brooks	5/7
Martin Lang	5/7
Emily Manning	5/8
Mike Gunkel	5/11
Jan Wilson	5/15
Wendy Fertschneider	5/15
Cailin Swarm	5/16
Paul Suhr	5/17
Miranda Stevenson	5/17
Sally Asbury	5/17
Lindsay Indermill	5/18
Art Henzgen	5/19
Edna Irving	5/20
Kathy Lamoree	5/20
Shirley Somogyi	5/21
Matt Nuzzo	5/22
Charlotte Johnston-Carter	5/24
Sevilla Priddy	5/27
Bill Compton	5/29
Howie Scholz	5/30
Carol Pratt	5/31

May Anniversaries

Tom & Eileen Spears	5/12
Dick & Jeanie Pottratz	5/13
William & Ruby Jean Howell	5/15
Tim Covello & Sue Bonitz	5/15
Roger & Krista Frederickson	5/17
Bob & Sarah Schumann	5/22

Welcome Our New Members!

Henri & Cindi Jones

Henry & Cindi are retired and moved to Cambria from Fullerton, CA for the beauty of the Central Coast. They live there with their pups, Quigley and Lily. They have family in Southern California, Northern California and Montana.

Henry likes book collecting and walking, and Cindi loves to bird watch and kayak. They said that they feel very welcome in the San Luis Obispo United Methodist Church.



Pat Frey

Pat moved to San Luis Obispo from Clovis to live with her daughter and her family. She has two children—Connie, who is CFO for John Madonna Construction and Gary, who is retired from Southern California Edison. She also has 5 grandchildren—3 in this area and 2 in Fresno. Pat worked 33 years with the IRS, 26 of them in management.

She notes that she was involved in several ministries in her former church. In addition to church ministries, she was a member of a local hospital guild for 15 years, serving as their president in 2003. She volunteered in two ways: assisting with registration and escorting patients in the Eye Surgery Center; and also in the Main Hospital Chaplaincy visiting and praying with patients who were having surgery that day.



Geri Smith

Geri moved to SLO from Baton Rouge, LA, but was raised in northwest Alabama. Her son, Billy Smith and his family live locally, and she came to be near them and to get to know her three lovely grandchildren. Her husband (Mel) is deceased. They had three sons (Lyle, Billy, and Steve), one daughter (Kim), and seven grandchildren. Lyle lives in Davis, CA, Kim lives in Atlanta, GA, and Steve lives in Colorado Springs, CO.

Geri is a retired Federal Civil Service Secretary with a total of 39+ years of service—beginning with the FBI. Most of her years were with the US Air Force. Her husband was in the Air Force for 23 years. Geri states she likes to do computer projects, memory writing, and handwriting analysis. She also loves drama.



She says, “I feel so blessed and thankful to be living in SLO. We lived in “Paradise” (Hawaii) for three years. Now I feel like I’m living in “The Garden of Eden.” I’m excited about becoming a member of SLOUMC and want to be truly part of the “Beacon on the Hill”—such a beautiful and inspiring church.”

A huge thank you to John Phillips and John Long for the new handrail up to the altar. What great trustees we have, and what a talented woodworker John Long is!

Get On The Bus

Thank you, again, to all of you who have supported Get On The Bus over the years! This year's Get on the Bus Father's Day Event is Saturday, June 4th. More than 350 children will be visiting their fathers at California Men's Colony and SLO United Methodist Church UMC will host about 60 of them for a short reception afterwards.

Would you like to help? We need:

Donations for Stay in Touch Bags:

Please visit the Get On the Bus display in the Narthex and pick up a gift tag to donate key items for the "Stay in Touch" bags. Each child visiting his/her father will receive a bag of items to help them continue their connection after they've returned home. We need items like disposable cameras, stamps, and notecards and enough to fill bags for 30 children! Please take as many tags as you like and return your donated item(s) with the tag attached to the GOTB display by May 21st.

Donations of Food:

Please consider a donation of snack items or baked goods for all of our GOTB volunteers and the families who will come to our site reception. Child-friendly snacks like goldfish crackers, string cheese and granola bars and adult-friendly snacks of all sorts are desired.

Volunteer Hosts:

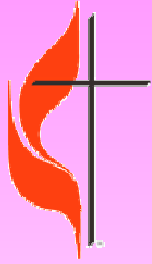
We are seeking volunteers to "host" a family at the reception. Hosts greet our GOTB guests, show them where the bathrooms and refreshments are and do what they can to make our guests feel welcome and comfortable while briefly recouping from their visit to CMC. It's an emotional day for the children and the prospect of immediately jumping on the bus to travel the 6+ hours home can be overwhelming. Our reception allows them to better physically and emotionally prepare for leaving their fathers. It's a wonderful opportunity to witness the power of the program and share a friendly smile with someone who needs it.

The total time commitment is from 1:30-5:00 on Saturday, June 4th. Volunteers will be given a brief orientation and training and will spend approximately 60 minutes with the families. Children are welcome to volunteer along with their parents.

Volunteer Kitchen Helpers:

If you only have an hour or so to spare, but would like to participate in the event, we do need assistance with preparing snacks for guests and volunteers and clean up at the end of the day.

Thank you, in advance, for your willingness to help with this special UMC tradition! Please call the church office if you have any questions and to sign-up to volunteer or donate food items.



San Luis Obispo United Methodist Church



Homeless Sheltering

During the entire month of June 2011, we will be hosting the ICH Homeless Shelter Overflow project in our Activity Center (MAC). SLO UMC shares the month of June with Unitarian Universalist Fellowship (UUF). This year the tentative plan is for us to host for the first half of the month, June 1 through June 15 and for UUF to host June 16 through June 30. The Overflow Project shelters single women and families. This will be the fourteenth year of our participation in this outreach service, but due to our space crunch we did not participate in 2003 through 2007.

Each night we will need two volunteer hosts (to be present from 7:00 PM in the evening to 7:30 AM in the morning), and one or more evening friends to help out from about 5:30 PM until about 9:30 PM in the evening. Both hosts are on duty from 7:00 PM until about 10:00 PM, and then take turns sleeping for 4 hours until 6:00 AM the following morning. New hosts will be paired with experienced hosts if possible.

Please sign up on the sheltering calendar that will be posted in the Narthex during the month of May. I will start filling the calendar from outside our church on Wednesday, May 30, so please sign up early.

I am also looking for two additional people to help out with evening coordination and supervision. Coordinators open the building at 7:00 PM and usually stay until the clients have gone to bed at around 9:30 PM. Coordinators also perform any orientation needed by the hosts for that evening. For further information, please contact the church office.

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