

Open Hearts, Open Minds, Open Doors



February 2011

Congregation Beth David
Mosque of the Nasreen
Mt. Carmel Lutheran Church
St. Andrew's Greek Orthodox Church
San Luis Obispo United Methodist Church

Present

A TASTE OF ISLAM



A 6-WEEK INTRODUCTION TO THE FAITH OF MUSLIMS

Taught by:

Dr. Stephen Lloyd-Moffett, Ph.D
Professor of Philosophy & Religious Studies,
Cal-Poly University

The Rev. Jane E. Voigts
San Luis Obispo United Methodist Church

Thursday Evenings
February 10 – March 17, 2011

5:15-6:30 pm

San Luis Obispo Public Library
Community Room
995 Palm Street
San Luis Obispo, CA

Lectures & Book Study (Reza Aslan's *No god but God*)
plus Good Food and Beloved Community!

Class is free; books can be purchased for \$10 at the first class

Questions? Contact Rev. Voigts at (805) 543-7580 or pastor@sloumc.com

Thoughts From Pastor Jane

Okay, I didn't want to tell anyone, but here goes: I somehow jabbed the inside of my thumbnail. You can only see a bluish dot where my nail and finger connect; it doesn't look like a big deal at all...but it hurts like CRAZY! It feels like my whole body is throbbing. It's hard to hold a pen (no writing checks for Pastor Jane tonight), and I almost didn't go to the gym because I was afraid it would be just too painful. When I got there I chose not to lift weights – that throbbing, afflicted jabbed spot simply precluded it. If when the next time you see me my biceps looking flabby, you can almost blame it on a hangnail.

I apologize for sounding so wimpy, so über-sensitive I put even the Princess of “Princess and the Pea” fame to shame, but I'm guessing you can probably relate. You've experienced some minor ouch that, before you know it, affects your whole body as well as your plans. Such situations confront you with the humbling and impressive truth that we are *so* sensitive and interconnected physiologically. Something only a little bit awry in one seemingly obscure part of the body influences everything.

It's very strange, and very challenging, that St. Paul described Christian community as a *body*, the “body of Christ.” If you've been around Christianity for awhile, you've probably heard the term used a lot and you don't really think much about it. But consider what Paul is implying...our congregation is by its very nature so intricately and interdependently woven together that the plight of one greatly affects us all. Conversely, the healing of one makes us all better. More than we know.

Paul isn't just saying this because it sounds dramatic and catchy. This is the way of love – it is wholly intricate, interdependent and true – and because love (also of course known as *God*) makes us a church, as we strengthen our ability to love one another, love more consciously and courageously, everything about the church body feels and *is* better. Everywhere.

I am privileged to witness and hear about many, many acts of love both big and small that you share with one another, with the world. How wonderful! What I want us to do now is to expand, strengthen and systematize (methodize!) our practices of love that we extend to one another and especially on Sunday morning, our prime time of being “the body.”

For the next several weeks in worship we are going to be examining and contemplating Paul's “first” letter to the Corinthians. This letter provides a fascinating and fabulous insight into the life and struggles of earliest Christian communities as well as Paul's passionate exhortations as to what would make them click, thrive, and heal the world through Christ. (Spoiler alert: It all comes down to *love* -- loving one another as an aware and intentionally interdependent body.) In order to do this, we need to figure out exactly what part of the “body” we are – how God has uniquely created and endowed us to interdependently love and serve.

My goal, as was Paul's when he wrote to the Corinthians, is for everyone in our church community to name and embrace a particular “gift” they have that especially empowers their ability to love and serve and heal and strengthen others and, hence, the whole congregation. My particular interest right now is having each of us name and embrace the spiritual gift we can offer others on Sunday morning, when we come together to be “Christ's body” at worship.

Thoughts From Pastor Jane (cont.)

You may be surprised how many different kinds of “spiritual gifts” there are to pick from that will make us even more fully alive, Spirit- and love-filled worshipping body bringing God’s healing and hope to long-time members and first-time guests alike.

Speaking of being Spirit-filled, I want to thank Jaleen Davidson, Bryce Donovan, and, of course God, for all they did to help lead a most inspiring and joyful Confirmation Retreat a few weeks ago at the facilities of the First United Methodist Church of Pacific Grove. (I also SO want to thank FUMCPG as well – what warm and wonderful hosts they were.) We were so blessed that five of our wonderful jr. high youth wanted to go and, thanks be to God and to their parents, their schedules all permitted it! There was lots of learning about God, sin, salvation, the Holy Ghost, the Church – lots of pretty heady stuff – and they took to the learning and with one another – and also to having great fun together. Their creativity and quirky senses of humor made me laugh a lot. (And for this former stand-up comic that’s no easy feat I must admit!) Many true spiritual gifts were shared whether that was at all intentional or not. Certainly much love was intentionally shared, and I am so grateful. And very excited for our next confirmation retreat in early April. Each one of these retreats incorporates 1/3 of the confirmation curriculum, so after the third retreat (in June, I hope), we will be able to celebrate, in the embrace of our congregational body, these young people’s recommitment to Christian faith and Jesus’ Way. Please keep this very special ministry in your prayers...

(Btw, as I finish writing this Messenger article all about how love strengthens and heals “the body,” I notice that the blue spot under my thumb has ceased being sore. Consider that one more reason there is nothing better than being part of a church, and I’m not ashamed to admit it!

Children’s Ministries

It is important to help children realize that they are each unique with special gifts to share, in helping to spread God’s love.

This month we will be looking especially at all the variety of individuals and committees and groups in our church who do different things - all who are needed to help spread God’s message of love. There are people who visit those in hospital and people shut-in at home. There are people who speak out and work for peace and justice. There are those who help with fund-raising and those who teach Sunday School. There are those who look after the church building and those who help in worship preparing communion and making banners and ushering and singing in the choir. There are people who provide transportation to church for those who need it. There are those who send cards to people who are sick or bereaved or having a birthday.

There are so many different talents needed to help spread God’s love in this place that it is hard to name them all. But God needs all of us whatever our talents are. And God needs the talents of children as well as adults. We are never too small or too old to be a helper and spread God’s love. We need each other, as all of us together do Christ’s ministry in this place. What are the special talents in your family God can use to spread his message of love?

Beacon Art Show 4 "Art and Soul" -- Call for Artists

April 1 – May 1, 2011

The San Luis Obispo United Methodist Church is proud to announce BEACON ART SHOW 4. As with the previous shows, we honor the impulse of creativity in all people. This year's theme is "Art and Soul."

Any medium will be accepted and artists may submit up to 5 pieces. **All** artists are invited to participate. It will be a juried show. We anticipate purchase and merit awards of \$2,000. All income from this show is used for either awards or expenses. SLOUMC and volunteer organizers receive no profit from the show and we take no commissions on sales.

More exhibit information and artist's applications are available at the church website (click on the Beacon Art Show 4 link) at www.sloumc.com. Entry applications are due no later than 5PM, Tuesday, March 8, 2011.

Your UMW At Work

With your support of the Bazaar/Boutique, the United Methodist Women of our church have been able to help fund the following:

SLO Child Development Center
Grass Roots 2
Church Women United
SLO Women's Shelter
SLO Community Counseling Center
Casa Solano
SLO Alliance for the Mentally Ill
Santa Barbara District
Heifer Project
McCurdy School
Habitat for Humanity
World Neighbors
The David and Margaret Home

All Methodist women are invited to join us on the third Thursday of each month in the Wesley Building.

The United Methodist Women will meet Thursday, February 17 in the Wesley Building at 10:30 for fellowship, program and lunch. The program will be "What's there to Know About Autism?" presented by Julie Miller..... All women of the church are invited..

For more information, call 805-544-6409 or 805-543-6859

"God Talk" will meet on Thursday, February 10 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 or Sarah Bower at slosarahb@sbcglobal.net.

Attendance

Dec./Jan.

Dec. 24—300

Jan. 2—124

Jan. 9—189

Jan. 16—189

Become a Member of SLO UMC

If you are interested in becoming a member of SLOUMC, come to a one-time class to learn more about our church and its mission, plus ask questions and get to know others at this point in the journey. The next class will be held on Sunday, Feb. 13, 2011 at 1:30-4:30 in the Conference Room. Childcare will be provided.

February Birthdays

Hannah Richardson	2/2
Katy Reno	2/2
Molly Overland	2/3
William Howell	2/3
Thomas Trimble	2/7
Vera Jensen	2/9
Glenna Berry- Horton	2/11
Andrew Carter	2/12
Chet Newman	2/14
Colette Gunkel	2/15
Melva Coates	2/15
Rebecca Johnston-Carter	2/15
Joanie Scholz	2/17
Mary Ellen Gold	2/17
Mary Takagi	2/18
Tina Niebuhr	2/18
Miriam Weisenberger	2/20
Moriah Schumann	2/22
John St. John	2/23

New Class on Early Christianity

A discussion group on the growth and marvelous vitality of the Christian Church from the days immediately following Jesus' resurrection until Constantine made Christianity the official religion of Rome. We will use the book "Lost Christianities" by Bart Ehrman. We will meet Monday, Jan 24 at 7pm in the Bell Tower. For more information contact Jim Wilson at jwilson9@gmail.com

The Lunch Bunch Book Club will meet on Friday, February 25 at 1:30 pm in the Terrace Room. We will be discussing: *Pearl Diver* by Jeff Talarigo. *Her expectations about living out her life as a Japanese pearl diver shattered by the discovery that she has leprosy, a nineteen-year-old girl is rejected by her family and exiled to a leprosarium on the island of Nagashima, where she forges a new identity among fellow patients and rediscovers her love for the sea.* 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 contact me at slosarahb@sbcglobal.net or call the church office (543-7580).

—Sarah Bower

February Anniversaries

Sil & Judy Cadenasso	2/14
Gerry & Donna Lawson	2/14
Clancy & Katy Reno	2/18

Shutterbug Ministry at SLO-UMC

Many of you take photos of people and activities during the many ministries that take place on and off our church campus. Using such photos, we would like to celebrate and give thanks for these special moments with a short, rolling photo show during our Sunday services, perhaps accompanying the music during our offering. To get this Shutterbug Ministry kicked off, initially please e-mail any photos you would like to share with the congregation to lauren.brown@sbcglobal.net and Lauren will prepare a weekly PowerPoint show to celebrate these moments. Be sure to include some description to accompany any photos, highlighting what is being celebrated.

Longer term we would like to set up a system for collecting and archiving such photos at the church so they can be shared with the whole congregation and used in a variety of ways. If you would like to help brainstorm how we can do this or to help prepare slideshows for our church services, please let Lauren know and he'll organize a discussion session during February.

Health Note from Parish Nursing; Alzheimer's Disease

I've lost my car keys again! And where are my glasses? What's wrong with me—am I getting Alzheimer's? Or is this a normal “senior moment?” It's really scary to think we may be losing ourselves to Alzheimer's Disease (AD), but normal age-related brain shrinkage does produce those “senior moments” that make us worry. It may be helpful to see a list of the signs of normal changes vs. early symptoms of AD.

Normal

Can't find your keys.
Search for casual names & words.
Briefly forget conversation details.
Can't find a recipe.
Forget to record a check.
Miss an occasional turn.
Can't find your glasses.

Early AD

Routinely place important items in odd places.
Forget names of family and common items.
Frequently forget entire conversations.
Can't follow recipe directions.
Can no longer manage checkbook.
Get lost in familiar places.
Forget that you wear glasses.

Most people over 65 experience forgetfulness that is merely inconvenient and that generally involves unimportant information, while more significant forgetfulness can signal AD or mimic early Alzheimer's.

When symptoms appear suddenly, it's important to seek medical attention to rule out a stroke, drug interactions, tumors, head injuries, or seizures. There are also multiple other conditions that demand attention, such as hypothyroidism, diabetes, kidney or liver failure, depression, and infections.

Research is ongoing to find a cure for AD; to date, there is none. Researchers are looking at not only medications to treat or prevent the disease, but also blood tests to check for early detection, a vaccine to prevent it, and a genetic connection. The lack of definitive answers leaves us to search for preventive strategies. No. 1 is to decrease or control your risk factors:

Diabetes	Obesity	Liver & kidney disease
Hypertension	Chronic stress	Smoking, alcohol, drug use
High cholesterol	Lack of sleep	Head injury
Heart disease	Sedentary life	Toxic brain insults

There are also several lifestyle strategies that we can utilize to help prevent and delay the onset of AD. See next month's Health Note for details/practical guidelines. But in a nutshell, those strategies are:

1. Get moving! (Exercise)
2. Eat a brain healthy diet.
3. Build brain reserves.
4. Sleep to restore memory.
5. Relax/manage stress.
6. Protect your brain.
7. Have an active social life.
8. Have a fulfilling sense of purpose.

Source: www.helpguide.org; www.time.com Betty Sorrentino, Parish Nurse

United Methodist Children's Center

The new year started out well for UMCC. We had volunteers helping create our new "creek bed" on the upper yard. Under the direction of Allan Anderson at the Pond Place and J.R. Stitt of JRS Construction (a Dad volunteer), seven Dads (including John Overland, the superhuman digger) and Moms and Land Grether dug the creek bed and moved tons of rocks that will soon be cemented in for the creek bed. The children are excited about "the river" and the process. They got involved in tramping down a path. Thank you also to Steve Haymaker of Specialty Construction for extending our water supply to the upper edge of the yard. We anticipate completion of this project by April.

With wonderful leadership provided by Jenny Beck and Lisa Stephens we are well underway with our preparations for the Rummage Sale. You are invited to bring your gently used items (clothes, toys, books, furniture in good repair and household good---please no electronics) to the MAC after 3 PM on Sunday, January 30th. We will be accepting items until 12:00 noon on Friday, February 4th.

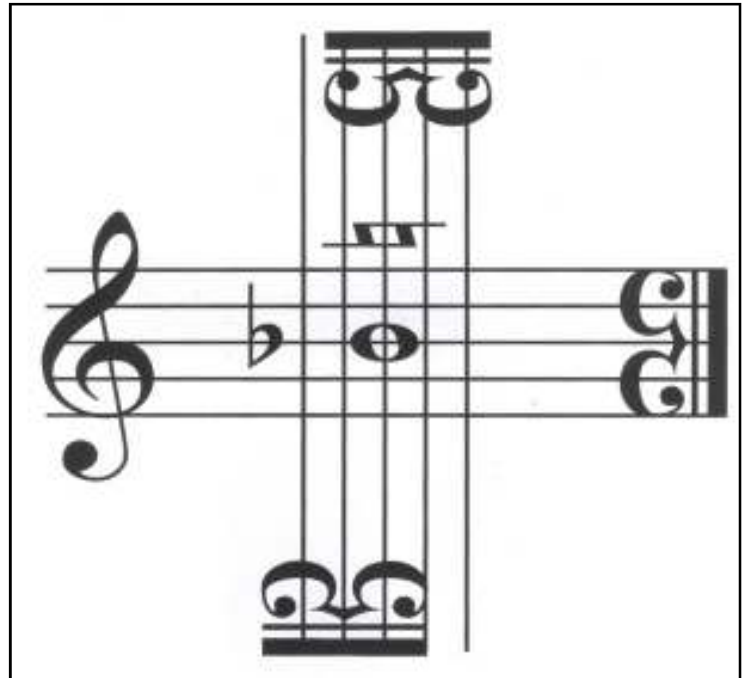
The big sale is Saturday, February 5th from 8 am to 2 pm. The pre-sale which requires a \$5 donation is Friday, February 4th from 4 to 6 pm and the deep discount sale is Sunday, February 6th, 9 am to 1 pm. We are grateful for the support that our church family has given to the Rummage Sale over the years. The funds raised send our teachers to the CAEYC or NAEYC Conference annually, and the whole staff appreciates all we learn at the conference.

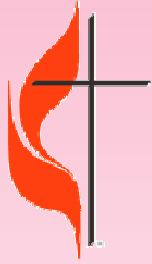
UMCC continues to be blessed with a warm, loving staff, 135 happy children and ongoing interest in attending our school. Thank you for everyone's prayers.

Choral Corner

The musical graphic shown here is what is called a "rebus": a visual puzzle that can be translated into a word or words. Remember the old TV show "Concentration?" Then you know all about rebuses! The question is, who can figure out what this rebus means? I'll give you one clue -- it has a musical answer. If you can't read music at all, ask a friend who can; maybe he or she can help you figure it out. (another hint -- in the German musical alphabet, B-natural is called "H". Does that help?) The first person who calls or emails me with the right answer gets a CD of choral music by John Rutter, a beautiful recording sure to brighten your day!

Paul Woodring
704-2062
pwoodring@charter.net





San Luis Obispo United Methodist Church



Habit for Humanity build date of March 12th

WHO: Anyone that wants to make a difference by volunteering to help build safe, decent, affordable homes. No experience is necessary..... just an enthusiastic attitude!

WHAT: Habitat for Humanity International (HFHI) is a nonprofit, ecumenical Christian housing ministry.

WHERE: In San Luis Obispo county. Two single family homes are being built in San Luis Obispo at Johnson Ave and Phillips Lane.

WHY: HFHI seeks to eliminate poverty housing and homelessness from the world, and to make decent shelter a matter of conscience and action.

Volunteers are need to help work on the latest Habitat for Humanity build which is in San Luis Obispo. The next build date is March 12th. Volunteers are also needed to help provide lunch. A sign up sheet will be located in the narthex of the church between the first and second service. For any questions, please call Steven Gee at 544-1994 or e-mail sgee@ieee.org.

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www.sloumc.com