

Open Hearts, Open Minds, Open Doors



# The Messenger

San Luis Obispo United Methodist Church

January 2012

## *SLOUMC* *All-Church Conference* *2012* *A Celebration of Grace!*

*Tuesday, January 17 at 7:00 p.m.*  
*in the Sanctuary*

*How many ways have we received grace, helped others receive grace through the ministries of SLOUMC this year? How many ways can we give thanks??*

*This year's All-Church Conference will begin with beautiful music provided by the Central Coast Children's Choir, one of the members of our "facility family." We will then learn about and celebrate the many ways God has allowed us to be vessels of grace and hope for one another and the world and prepare our congregation for mission in 2012.*

*"Yes, everything is for your sake, so that grace, as it extends to more and more people, may increase thanksgiving, to the glory of God." 2 Corinthians 4:15*

*Special Combined Worship Service January 29 — "Scattered For Service"  
More details inside!*

## Thoughts From Pastor Jane

Happy Epiphany! Very soon, January 6<sup>th</sup> to be exact, we will be celebrating this day, which in many parts of the Christian world way surpasses Christmas in importance, tradition, and gift-giving gusto. January 6 is, as you count, the 12<sup>th</sup> day after December 25, the day we celebrate Jesus' birth. This "Twelfth Day of Christmas" traditionally marks the date in which the Wise Men, following the star for several days, finally come upon the babe wrapped in swaddling cloths and lying in a manger. Upon arrival – and recognition that the babe lying in the cattle stall is indeed the long-awaited Messiah – these learned men bestow rich gifts upon him: gold, frankincense, and myrrh.

As I said above, in several countries Epiphany is a more significant day than Christmas. That's because the coming of wisdom, which is what the Wise Men symbolize, is of greatest importance. Without the smarts to recognize Jesus and understand why he is God's anointed, his entrance into the world goes by unnoticed.

White is the "liturgical color" of Epiphany. In our sanctuary you will see white fabrics draped against the windows until the beginning of Lent, our next liturgical season, when things will change to purple. I will wear a white or bright yellow stole (thin fabric draped around my shoulders atop my robe). This symbolizes light – the heavenly light that shines upon the Christ child so he can be duly recognized as well as the light bulb that goes off in our heads when we finally get it. Aha!

Typically the scriptures we read and contemplate during the season of Epiphany focus on what recognition of Jesus brings and what we can come to expect and desire as the star shines and the light bulb goes off in our heads: a desire for discipleship, healing from socially ostracizing disease, the infiltration of noxious spirits in order to neutralize Jesus' goodness....

This Epiphany season we're going to do things a little differently. Rather than focusing on Jesus per se, we're going to focus on the primary vehicle through which Jesus and the Spirit of God he embodies comes to be known. This Epiphany we're going to focus on The Bible.

The Bible is the foundational tool of our faith practice, but, let's face it, the Bible often comes off as too strange, culturally offensive, or passé to be relied upon for living, loving and choice-making in intelligent 21<sup>st</sup> century society. No epiphanies here!

I used to think that, before I went to seminary. But in my seminary studies during my seminary days the things I came to learn about scripture and how to approach it and the insights my wrestling with the text brought me caused me to fall in love with the Bible and desire to share what I've learned with others.

So that is my plan over the next several weeks: provide a grand overview of scripture. I discern five major narratives in the Bible, each one of them remarkably helpful for understanding and sculpting the stories our own unfolding lives and community. Let's take the "light of Christ" and shed it on the Bible and see how truly foundational it can become for our journey from this point on. For the coming year and beyond.

This Epiphany I also invite you to use God's light to shine on your memories of ministry this past year. Memories of our congregation's ministry. One of the things church consultant Ken Callahan asks us to do is estimate how many people have been served by our congregation's various ministries, how many have been helped to receive God's grace. We can consider how many ways we have received grace. This, he says, is one of the ways we gauge our effectiveness as a congregation and is going to be a focal point of this year's All-Church Conference. If indeed our mission is to help others experience God's grace, let us see quantitatively how we fared! Let us give thanks and prepare for the opportunities for growing grace in the coming year. Our

## Thoughts from Pastor Jane (cont.)

Church Conference should be a rich time of being together (btw it's going to be on Tuesday night, January 17 and more info is provided elsewhere in this volume of *The Messenger*). To top it off, and begin our meeting, we will be serenaded by the Central Coast Children's choir, who rehearse in our facility every Tuesday night.



Marcus Hicks rehearsing with Paul Woodring for his interpretation of "Ave Maria" at the Christmas Eve Service

I hope you will be able to join in for epiphanies of scripture, service and song at SLOUMC this Epiphany. There is nothing more fun than aha-ing together!

Also, if you would like a good resource to learn more about the grand overview of scripture, and from a thoughtful, progressive perspective, may I suggest Marcus Borg's *Reading the Bible Again for the First Time* (HarperOne, New York, 2001).

### Sermon Schedule for Epiphany 2012

- |             |  |
|-------------|--|
| January 1   | Jeremiah 31:31-34; John 15:1-11<br>Service of Communion, Carols and Covenant Renewal with our neighbors Mt. Carmel Lutheran Church   |
| January 8   | Genesis 1:1-5; Mark 1:4-11<br>Reflection on Jesus' Baptism and invitation for all to renew their Baptism   |
| January 15  | Exodus 15:19-27<br>I Love to Tell the Story: The Torah (Genesis-Deuteronomy)   |
| January 22  | 1 Samuel 8<br>I Love to Tell the Story: The Histories (Joshua-2 Kings)   |
| January 29  | Isaiah 6<br>I Love to Tell the Story: The Prophets (Isaiah-Malachi)<br>Today there is one service only and it's a "Scattered for Service" Service. Info elsewhere in Messenger |
| February 5  | Mark 2:1-12<br>I Love to Tell the Story: The Gospels and Acts (Matthew-Acts)   |
| February 12 | 1 Thessalonians 5<br>I Love to Tell the Story: The Epistles (Romans-Revelation)  |
| February 19 | Transfiguration Sunday and a Festival of Praise!   |

# Health Note from Parish Nursing

## ‘Tis the Season (the FLU Season)

Wouldn't it be great if we could just take a magic pill and not get the flu or a cold this year? I wish! But there are lots of things we can do to boost our immune systems. Here's a list of strategies that can help:

1. Flu shot. If you missed our flu shot clinic, you can still get them in many places in town, such as doctor's offices, drug stores.
2. Wash your hands often with soap and water, if available; if not, use alcohol based gel or foam.
3. Don't cover sneezes or coughs with your hands. Use a tissue, then discard the tissue immediately.
4. Avoid touching eyes, nose, and mouth with hands. Germs are spread this way.
5. Avoid close contact with sick people. When you're sick, avoid exposing others.
6. Drink plenty of fluids—at least 8 cups per day.
7. Eat yogurt—a cup everyday. The beneficial probiotic bacteria seem to stimulate production of immune system substances.
8. Take a multi-vitamin daily. In addition, supplement with 1 or 2,000 IU Vitamin D daily.
9. Do aerobic exercise regularly. This can help increase production of natural virus killing cells.
10. Don't smoke.
11. Get adequate sleep.
12. Cut alcohol consumption.
13. Learn to relax—you can activate your immune system on demand. Take a couple deep breaths, close your eyes, and picture a calming site for a few moments—at least, once a day.
14. Eat a plant-based (phyto-chemical rich) diet.
15. Maintain your healthy weight level.
16. If you DO get a cold, try zinc lozenges (eg, Zicam Cold Remedy RapidMelts). There's some evidence that they may shorten the duration of a cold—by interfering with the virus' ability to replicate and it's ability to dock onto tissue cells.

Sources: WebMD.com, MayoClinic.com, Healthbeat—Harvard Medical School online

### Intro to Passage Meditation

Paul Woodring will be facilitating a 4-week course in Passage Meditation. This meditation technique centers around the slow, silent repetition of an inspirational passage. You will learn to slow down the mind's frantic pace and gain a degree of control over your thoughts. These four classes will be held on consecutive Tuesday evenings beginning on January 10th. Classes are held from 8 to 9:30 PM in the music room of SLOUMC. Each class will feature a videotaped talk by Eknath Easwaran (founder of Passage Meditation), a 1/2 hour meditation and a brief discussion. Refreshments will be provided. Limited to 20 participants. All materials will be provided and the classes are free of charge. For more info call the church office.

## Save The Date

Help make change in our United Methodist Church and right here in our Central Coast UMC Cluster. The Reconciling Ministries Network is conducting a training event on using public narrative to create change in the UMC. Join fellow Reconciling UMs to learn how we can be a fully inclusive church for all of God's children: gay, lesbian, bisexual, transgender, and straight. Save the date and be sure to join us on February 11th, 2011 from 9:30am to 1:30pm at the San Luis Obispo United Methodist Church, 1515 Fredericks St. in SLO. For more information, contact the church office.

About the trainer:



Shells is a second year seminary student. He is working towards receiving a masters in theological studies with the intent to move towards a phd program eventually. This is Shells first year working with RMN. He is a jurisdictional organizer for Northern Illinois, West Ohio, and California Pacific conferences, as well as an intern working on developing a transgender resource for the trans extension ministry. When he isn't studying and working he enjoys making music, playing with his cats, and date night with his beautiful fiancé.

## TEA AT THE PARSONAGE

January 22<sup>nd</sup> (3:00-4:30 p.m.)

Have you been attending our church for a while and asking questions like: How do I meet the people of SLOUMC? How do I get involved? What are the specific beliefs of SLOUMC?

If so.....we invite you to come to the Parsonage for tea, refreshments, and lively conversation. Pastor Jane will be there to answer any questions you may have about our church.



RSVP to Lori in the church office 543-7580 or [sloumc@charter.net](mailto:sloumc@charter.net)

### Children of Abraham Interfaith Prayer and Meditation

Jewish – Christian – Muslim

The Third Monday of the month from 5:30 to 6:30 p.m.  
in the SLOUMC Bell Tower Room

Brief readings from each of the faith traditions descended from Abraham will be followed by periods of silence with the intention of breathing God's spirit of peace and cooperation into this confused and hurting world. For additional information please call the church office at 543-7580. We hope that you will join us for this simple shared expression of God's love.

**United Methodist Women** will meet Thursday, January 19th at 10:30 in the Wesley Building. The program will be "Looking At 2012". Lunch will follow the program. Any interested woman of the church is welcome. Come and join the fellowship.

## Attendance Nov. /Dec.

November 20—164  
November 27—159  
December 4—206  
December 11—210  
December 18—174



## January Anniversaries

Ron and Ruth Fischbach	1/22
Wendy Fertschneider and Mike Bossenberry	1/24
V and Janie Holland	1/27

## January Birthdays

Mike Hicks	1/2
Adriaan Smulders	1/5
Mary Lou Janeway	1/5
Atalie Manning	1/6
Kent Butler	1/7
Chris Manning	1/8
Matthew Magie	1/8
Ruth Johnson	1/9
Beth Compton	1/11
Frances Broerman	1/13
Joy Kent	1/14
Judith Ashlock	1/16
Ann Brummell	1/19
Gerry Lawson	1/20
Jason Takagi	1/21
Pauline High	1/22
Jack Overland	1/22
Jeri Roseboro	1/22
Robert Emerson	1/22
Katie Webster	1/24
Mark LaFaille	1/27
Jan Regan	1/30
Marcus Hicks	1/31
VL Holland	1/31

## Tables For Eight

We will be signing up in January for Tables for Eight for 2012. Jan Wilson will have the sign up sheet or call the church office for more information.



Celebrating  
A Mitchell Park  
Christmas



## Widow to Widow Fellowship

Thirteen of us had a fabulous trip to the Melodrama in Oceano followed by dinner at Old Juan Cantina. We will meet Saturday, January 7th, in the Terrace Room at 10:00 for a program on Skin Care. Traci Truitt from Monterey Street Salon is our guest speaker. Sat. Feb. 11th at 10:00 meet in the church parking lot for a trip to the Monarch butterflies and lunch in Pismo Sat. Mar. 10th at 10:00 meet in the church parking lot for a trip to the elephant seals and lunch in Cambria Sat. April 14th at 10:00 meet in the church parking lot for a trip to see the wild flowers and a picnic If you have any questions please call the church office.

**The Lunch Bunch Book Club** will meet on Friday, January 27th at 1:30 pm in the Narthex. We will be discussing Major Pettigrew's Last Stand by Helen Simonson. I have copies of the book, so if you don't see me at church, please call the church office.

**"God Talk"** will meet on Thursday, January 12<sup>th</sup> 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.

## With Gratitude For Volunteers

As the New Year arrives we take a moment to pause and enjoy our thoughts of the passing of the Christmas Season. Before we let go of the season we want to thank the volunteers that set into motion the beautiful Christmas decorations throughout our church. During the "Hanging of the Greens", the following Christmas Elves helped decorate: Matt, Alexis and Josie Hass, Margaret Yun, Susan Richardson, Helen Slusher, Jan Wilson, Janie Holland, Pastor Jane, John Burdett, Ernie Lawrence and Dave Rau. We had a morning of fun and fellowship.

Volunteering is a gift that keeps on giving. Throughout the year individuals from our church family volunteer at our church and in the community. From supporting one another through groups that meet and work throughout the church, to those of you helping the homeless and the ongoing work of our Mission programs, to tending the buildings and grounds of the church campus and many other ongoing projects, volunteers make it all happen. Each of us starting as an individual can make an impact making our world a better place.

**Thank you all for your commitment, you make a great difference.**

**Dave and Ernie**

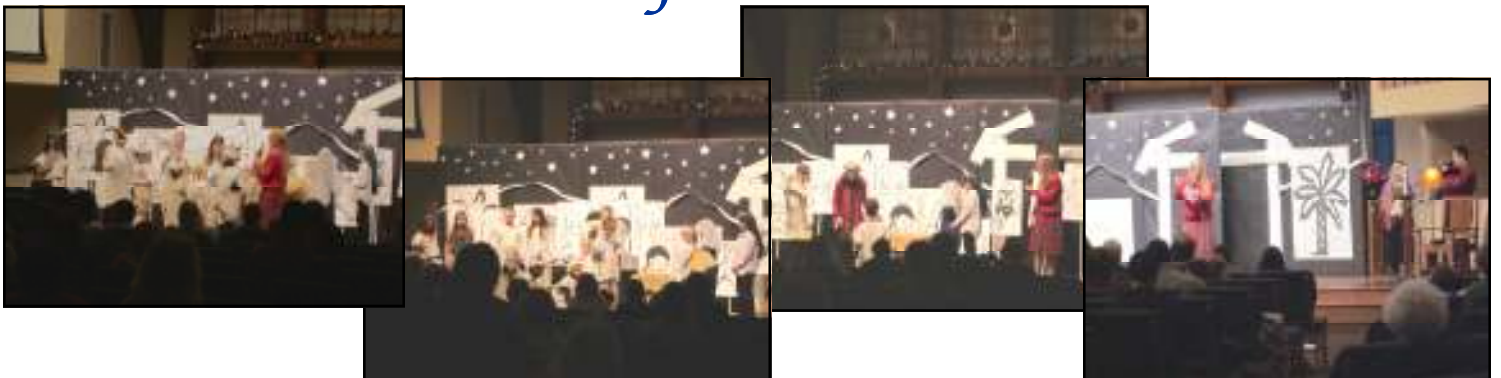
### Prayer Tent 2012!

SLOUMC has received a generous grant covering all permit costs for setting up our Prayer Tent at Farmer's Market in 2012. This is a great opportunity to take this ministry to the next level. If you are interested in being a part of the Prayer Tent team and/or helping plan our future, please come to the Kreuzberg Cafe at 685 S. Higuera at 5:30pm on Thursday, January 12. If you have questions, contact Pastor Jane.

## Small Groups In Study – The Wave of the Future

Join the surging wave – Jump into a small group study of your choice. There will be many opportunities for study in the New Year. The first of these groups will be weekly exploring the "The Bible" – its structure, its themes and its lasting importance for our lives. Pastor Jane's sermon will carry the theme along with weekly Bible passages, and with your ideas, will foster a lively discussion. Look for the times and places of the small groups starting the week of January 15<sup>th</sup>. Another study will be conducted by Jim Wilson using the book, Jesus, Apocalyptic Prophet For The New Millenium by Bart d. Ehrman. on Wednesday evenings...date and time to be announced. Also in the works, the study of the Gospel of Mark with correlating material from the book, What God Wants For Your Life, by Frederick W. Schmidt. So plan to surge into study as all together-- we become a "learning church".

## Christmas Eve. Worship Service





San Luis Obispo United Methodist Church



## Serious Erosion Repair and Rock Crew!!!



## Movie Night for Methodists!

On Sunday night, January 22, all are invited to the sanctuary to view a new feature film about the founder of Methodism, John Wesley. Titled, *Wesley*, it depicts the life and times and passionate faith and interesting story of one of the most significant figures in the history of Christianity. The cast includes June Lockhart and Kevin McCarthy. The film will show at 6:30, with discussion afterwards.

If you have questions, contact Pastor Jane or Wesley Director Molly Stuckey.

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