

San Dieguito United Methodist Church

170 Calle Magdalena
Encinitas, California 92024

PHONE: 760.753.6582

FAX: 760.753.8936

24-HOUR EMERGENCY PASTORAL CARE
800.785.4391

EMAIL:

admin@encinitaschurch.com

WEBSITE:

encinitaschurch.com

Mark Feldmeir
Martha Wingfield

MINISTERS

THE MISSION OF
SAN DIEGUITO UNITED
METHODIST CHURCH IS TO
MINISTER to the hopes and
hurts of a troubled world,
NURTURE people in a
community of grace, and
INVITE all persons to
new life in Jesus Christ.

Worship Services
9:00 & 10:45 am

— ★ —

Sunday School

Pre-K thru High School at 9:00

Pre-K thru 3rd Grade at 10:45

UPCOMING ACTIVITIES

JULY 5th

CHURCH OFFICE CLOSED
INDEPENDENCE DAY HOLIDAY

JULY 6th

Tuesday | 7:00 pm | S.D. Bay
United Methodist Men

JULY 8th & 22nd

Thursday | 10:30 am | Lounge

Pinochle

JULY 11th

Sunday | 11:45 am | Rooms 9/10

Lunch with the Pastors

JULY 12th

Monday | 10:00 am | Room 6

SDUMC Knitters

CONTINUED ON PAGE 2

La Paloma

Volume X

J U L Y 2 0 1 0

Issue 7

From Strength to Strength Sunday | June 13th

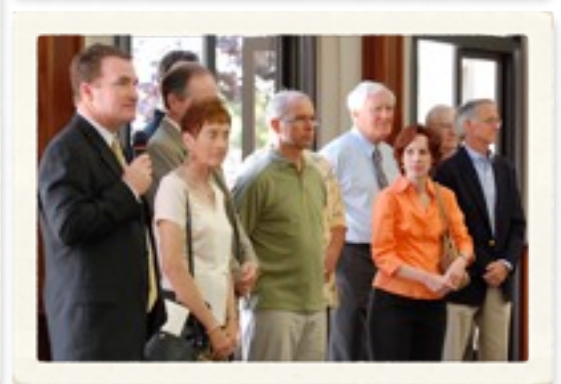
June 13th marked the official closing of the active eight week Capital Campaign. It was truly a day of celebration as the congregation came together and placed their Strength to Strength pledges in the baskets at the front of the sanctuary.

Each member was handed a Strength to Strength bookmark in honor of the day with Psalm 84: 5-7 printed on it. *Happy are those whose strength is in the Lord... They go from Strength to Strength.* —PSALM 84:5-7

Keb Mo's music played while the images of the church past and present flashed on the wall. "Let your light shine, let your love show, it's a short ride. Down the long road, when the rains come, and the winds blow, let your light shine, wherever you go."

The light was shining down on us all morning as we continued the celebration in Founders Hall and on the patio where we were treated to a delicious brunch of fruit and pastries, courtesy of Loydene Keith, and members had an opportunity to sign Strength to Strength posters showing their support of the campaign. During the reception Rev. Mark and Rodney Lappe, chair of the Strength to Strength campaign, announced the results of the preliminary count of the pledges. "Over 1.1 million was pledged over three years and we have every expectation that when all the pledges are in and counted we will surpass the 1.2 million mark." Rodney went on to say, "This has been an amazing experience and I thank everyone for the privilege to serve. The generosity, enthusiasm and support from the congregation is inspiring."

PICTURED BELOW: *From Strength to Strength* campaign chair Rodney Lappe (left) Emily Fountain assists with one of the campaign posters (T/right) Rev. Mark introduces the members of the Capital Campaign committee (B/right)



UPCOMING ACTIVITIES

CONTINUED FROM PAGE 1

JULY 12th

Monday | 4:00 pm | Conf. Room

Book Group

JULY 16th

Friday | 7:00 pm | Lounge

Bridge Group

JULY 20th

Tuesday | 12 noon | Lounge

Caregiver Support Group

— A N D —

2:00 pm | Kitchen

Bread of Life Dinner Prep

JULY 22nd

Thursday | 10:30 am | Lounge

Pinochle

JULY 26th

Monday | 10:00 am | Room 6

SDUMC Knitters

JULY 30th to AUGUST 8th

Monday | 10:00 am | Room 6

Sierra Service Project

— ONGOING —

STUDY GROUPS meet at various times throughout the month.

I N A D D I T I O N

SUNDAYS

10:45 am | Rooms 9/10

Adult Sunday School

WEDNESDAYS

9:30 am | Lounge

Bible Study

Mary Magdalene Circle

and at 7:00 pm

Bible Study

Jay & Wanda Williams' Home

THURSDAYS

7:00 pm

Centering Prayer

Mike & Ann King's Home

TUESDAYS/THURSDAYS

6:30 am | Room 6

WEDNESDAYS

8:00 pm | Basement Room

& SATURDAYS

8:00 am | Lounge

AA



MARK FELDMER
Senior Minister

Pensamientos

Dear Friends,

One of our ministry objectives in the coming months will be to create an on-line resource for Bible study, prayer, and spiritual growth through our church website (www.encinitaschurch.com). Our hope is that we will achieve a congregation-wide commitment to grow daily in the Christian faith and life by practicing these, and other, essential disciplines of our tradition. John Wesley called these disciplines "Works of Piety," distinguishing them from the "Works of Mercy," such as doing good in the world, feeding and clothing and visiting people in need,

giving money or time or presence, etc... Wesley understood the importance of both kinds of "works," but believed that the power to transform society was kindled by one's disciplined devotion to the "Works of Piety" —specifically, prayer, self-examination, reading the Bible, and Holy Communion.

In the months ahead, we will be considering various models by which to help you, both individually and collectively, to practice the "Works of Piety" on a regular basis. As we consider our options, I would like to introduce you to a few resources that I have found helpful in my own devotional life and practice. Perhaps these will spark interest, or generate feedback, that will help us create the best resource for our own congregation. I would love to hear from you about your own needs and interests in this emerging area of our life together.

▶ For an excellent on-line daily bible reading guide that provides commentary from authors and scholars on texts for each day, see The Methodist Church of Great Britain's "A Word in Time" site (<http://www.methodist.org.uk>) and click on "Open to God." This is a great (and free) resource for establishing a daily discipline of Bible reading.

▶ If you are interested in praying and reading scripture multiple times throughout the day, you might consider the highly disciplined, ancient form of prayer known as "the daily offices," which provides brief prayers and readings for morning, noon, and evening times. Online, go to <http://www.missionstclare.com/english/index.html>, or if you prefer a written version, you can purchase a copy of *The Divine Hours*, a prayer manual for the daily offices compiled by Phyllis Tickle. I use both of these resources and have recommended them to many of you over the years.

▶ For a good United Methodist online resource, consider Ginghamburg UMC's (Ohio) "Transformation Journal" —a daily journal resource that provides prayers and scripture readings, and allows you to input your reflections and insights directly into your own personal, secure site. I know many people, unaffiliated with the Ginghamburg church, who use this resource. Go to <http://ginghamsburg.org/tj/>. Whether you are an adult, a child, or a youth, there's a format specific to your own age group.

▶ Lastly, if you would like to work your way through the entire Bible over a period of time, you can use the free on-line resource at Bible Gateway. Go to www.biblegateway.com and click on "Reading Plans."

Perhaps you have other resources, both written and/or on-line, that you have found helpful over the years. I'd love to hear from you as we consider developing our own resource here that will allow us to practice the works of piety together, as a congregation, in the months ahead.

Yours in Christ,

Rev. Mark

Church and Society

The United Methodist Church calls for the members of the church to be involved in society through service, education/information, witness, and social action. The Church and Society Committee provides our congregants with opportunities to be involved in local service and social action projects such as:

- sheltering the homeless at our church for two weeks in February.
- helping to build homes with *Habitat for Humanity*.
- volunteering at the *Community Resource Center* in Encinitas.
- collecting food for the CRC's food bank.
- preparing and serving dinner for the *Bread of Life Rescue Mission* once a month in Oceanside.
- working with the *Interfaith Committee for Worker Justice* to promote safe and fair working conditions for service workers in San Diego.

We are looking for new projects from parishioners who feel called and committed to serve. Please call chair ► RANDA KRAKOW at 760.942.2393 with your ideas and offers to help.



SDUMC CARE Team Congregational Assistance Resources & Encouragement

Make a Plan Not Just an Appointment

*How to get the MOST out of a visit
to a doctor or nurse practitioner:*

About 15 minutes is all the time allotted for a typical office visit with your physician or clinician. The only way to get everything you want out of this brief encounter is to organize and plan for it before you walk into the office.

WRITE IT DOWN: To help organize your thoughts and information before meeting with your doctor or nurse practitioner, write them down. Some of the lists you need to bring to your appointment include:

- Health problems to discuss
- Your concerns of the day, listed in order of priority
- Your medications, including the dose and how frequently taken
- Your allergies
- Past surgeries/hospitalizations, including the date and hospital
- Your habits, including smoking, alcohol, sexual activity, and exercise

By bringing in these lists in written, prioritized form, you are more likely to remember to ask the questions you have, and the doctor will better understand your concerns. The office staff can copy the information and make it part of your permanent medical record.

If you take the time to gather your thoughts and the above information together, in written form, you and your clinician will get much more out of the appointment. The end result will be what we all want: the best medical care possible.

[EXCERPTED FROM THE SAN DIEGO UNION-TRIBUNE 6.1.10]



MISSIONS COMMISSION

Light Your WORLD

Wow! Things are starting to come together for our community service Sunday. First of all, we have picked a theme that is unique to our mission in this community and that is *Light Your WORLD!* So mark your calendars for our *Light your World Day*, on Sunday, October 17th. We will BE THE CHURCH, not just come to church. Many of our projects will be multi-generational so we can work side by side with everyone in our family and meet many others in our church. Our projects will be to reach out to the community and be the hands and feet of Christ. The projects will be beyond our doors and also on site at the church for those who choose to stay close.

Next month we will share a list of much needed supplies that we will begin to collect to help make our efforts a success.

If you have any questions please contact me at:
► koolkat820@hotmail.com.

Steve Lister is in charge of the projects. Others on the task force include Mary Ann Jones, Mike Breider, Randa Krakow, Shelly Kinney and Jani Sepanik. Cindy Fountain and Lynne McKiernan are heading the small groups and Mindy Scher is in charge of publicity and production.

Mark your calendars and look for messages and updates in the La Paloma, e-news and Sunday bulletin.

CINDY BREIDER
Light Your World, Chairperson



SDUMC Book Group

Our book selection for July is

The 19th Wife

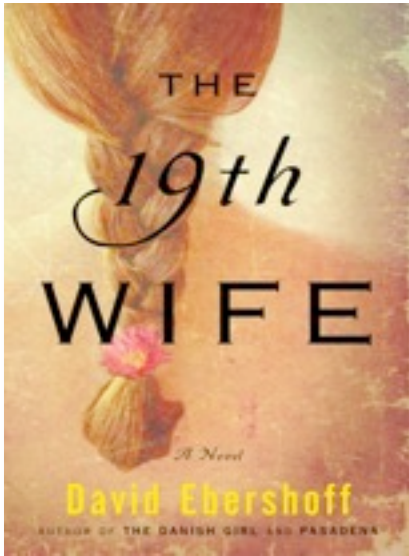
A Novel by DAVID EBERSHOFF

Two story lines about polygamy in the 19th & 20th centuries are intertwined. We meet on

Monday, July 12th

at 4:00 pm in the office conference room.

Everyone is welcome.



MARTHA WINGFIELD
Associate Minister



light
YOUR
WORLD

As we bring the *From Strength to Strength* Capital Campaign to a successful close, it is exciting to now turn our collective efforts to our second ministry priority for 2010 which is the *Light Your World* Emphasis and Service Project. Where our most recent effort focused on the stewardship needs of our church, *Light Your World* allows us to move our ministry focus into hands-on service in the community. In a nutshell, the *Light Your World* emphasis challenges us as a congregation to not just go to church but to be the church. It calls us to put our faith into action. On Sunday, October 17th, morning services will be suspended and all of us will be asked to give two to four hours of service that day in projects throughout our community and city. Projects will range from manual labor to convalescent home visiting; from putting together peace kits for children in Africa to light maintenance at the Ronald McDonald House. Over 30 projects have been organized by group leaders from our congregation. In the late afternoon, we will gather back at the church to worship and celebrate our experiences.

For the last several months, Cindy Breider, chair of the *Light Your World* steering committee, has introduced this program to us through the Missions column of *La Paloma*. I encourage you to read these articles carefully over the summer as we will continue to update you on preparations.

A critical component of the emphasis is a four-week study on Christian service and the Gospel of Luke. By offering a dozen small groups during the week beginning September 26th, we hope that most of our congregation will take part in this study which will provide a context for our service and a vital opportunity for growth in fellowship and care.

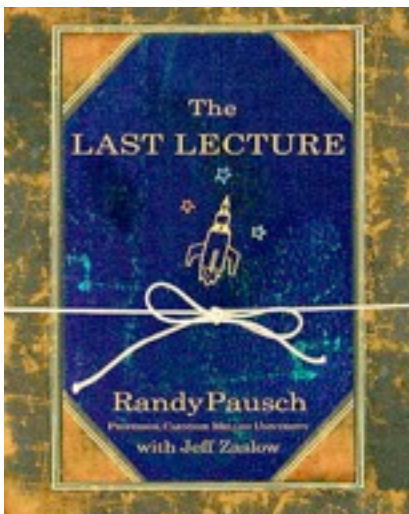
If you would like to lend a hand or have an idea to share, please contact

► CINDY BREIDER at koolkat820@hotmail.com or

► STEVE LISTER, Service Project coordinator at slrsm2@cox.net.

In Christ,

Rev. Martha



The Last Lecture
by RANDY PAUSCH
<http://www.thelastlecture.com>

United Methodist MEN

JOIN US | Tuesday Evening, July 6th

The United Methodist Men met at Oggi's Pizza on June 1st to discuss Randy Pausch's best seller *The Last Lecture*.

Randy was a professor at CMU who, when diagnosed with pancreatic cancer, compiled his perspectives on a life well lived through a "last lecture" and short book. We will continue our discussion

of *The Last Lecture* while sailing the evening of Tuesday, July 6th around San Diego's Harbor Island and Bay. If you would like to join us, please contact

► MIKE BREIDER (mabreider@yahoo.com) or ► SCOTT FOUNTAIN (scottfountain@att.net). Due to the venue, we will have a limit to the number

we can accommodate. Scott can provide a copy of *The Last Lecture* in advance for those interested (courtesy of John Trexel).





IN JULY

July is all about camps and retreats. The senior high youth leave for summer camp at Camp Cedar Glen the week of July 11th thru 17th, junior high the week after and elementary camp is July 25th thru 31st.

We will also be starting registration for the All-Church Retreat, September 17th thru 19th.

To help ensure that all kids and families can take advantage of the amazing spiritual resources offered by attending camps and retreats, the COCM's July 18th bake sale proceeds will benefit camperships and the All-Church retreat.

The *Rock-a-Bye* theme in the nursery for July is, *Jonah*. The July unit of *Rock Solid* for the children will be, *The Land of God's Promise*. And the July unit of *Rock Solid* for the tweens will be, *Some Prophets*.

See you in Sunday School!

SHANNON KARLICEK
 Director—Children's Ministries
 kids@encinitaschurch.com



ON
 THE
 WAY
 TO THE
 FORUM

The Forum meets on most non-holiday Sundays at 10:30 in the Lounge (note new time and venue) to discuss a wide range of secular and religious topics in a supportive atmosphere of Christian love and mutual respect. You are cordially invited to bring your expertise, your opinions, and your inquiring mind and to join us in an enlightening hour of educational, engaging, and sometimes controversial lectures, videos & discussions. To propose a topic or guest speaker for the Forum, please contact John Eldon at j.eldon@uclalumni.net.

Please check SDUMC's weekly bulletin and email message for details and last-minute program changes, but here is the Forum schedule for July, as currently planned:

JULY 4th: No Forum
 Happy Independence Day!

JULY 11th: Special local guest speaker JOHNNY FAY on his recent mission project in Africa and plans to adopt an orphan.

JULY 18th: SDUMC member DR. BILL BELL, a popular and well-regarded ophthalmologist, on new advances in eye health and eye care.

JULY 25th: Our own AL TSCHAECHER, a retired nuclear safety engineer, on this country's rediscovery of nuclear fission and current plans to build a dozen new power plants.



June is always a busy month with all the end of the school year activities and graduations. SDUMC celebrated our graduates as well as our Sunday School Promotions on Sunday, June 6th. The Sunday School teachers were recognized during the service, and a reception and promotion ceremony for Pre-K thru 6th grade was held on the Sunday School playground.

PICTURED ABOVE: *Our wonderful Sunday School teachers (top); Suzanne Mumma promotes her 3rd grade class (left); Brett Killeen prepares to shake Anabelle Breider's hand as she is promoted from 1st to 2nd grade (right).*

UMYF

YOUTH NEWS

■ **Sunday, July 4th**
No UMYF
due to 4th of July

■ **Tuesday, July 6th**
Breakfast
10 to 11:00 am | Youth Room

■ **Thursday, July 8th**
District Day at the Beach
9 am to 4 pm | La Jolla Shores

■ **July 11th to 17th**
Senior High Camp

■ **Sunday, July 11th**
UMYF
6:15 to 8:15 pm | Youth Room

■ **July 18th to 24th**
Junior High Camp

■ **Sunday, July 18th**
UMYF
6:15 to 8:15 pm | Youth Room

■ **Tuesday, July 20th**
Breakfast
10 to 11:00 am | Youth Room

■ **Thursday, July 22nd**
District Day at the Beach
9 am to 4 pm | La Jolla Shores

■ **Sunday, July 25th**
UMYF
6:15 to 8:15 pm | Youth Room

■ **Tuesday, July 27th**
Breakfast
10 to 11:00 am | Youth Room

■ **Thursday, July 29th**
District Day at the Beach
9 am to 4 pm | La Jolla Shores

■ **July 30th to Aug. 8th**
Sierra Service Project



REBECCA HENSLEY
Youth Director

The end of the school year brings many transitions in the lives of our youth. For some it is simply the transition from waking up early and nights filled with homework to sleeping in and days filled with the beach and summer adventures. For others, the transition is the anticipation of starting at a new school in the fall. For our seniors the end of the school year brings the biggest transition so far, graduation from high school. This transition comes from many years of work, and the support of many. We are so proud of this accomplishment and each year celebrate our graduates and allow them the time to reflect on their journey through the youth group.

This year we celebrated the graduation of our seniors at a special dinner held Sunday, June 6th. The families of the seniors as well as the rest of the UMYF were treated to a wonderful dinner prepared by Courtney Savage and Eleanor Armen. We watched a special slideshow of all of the seniors including pictures from their early years in youth group. Each graduate was presented with a gift from the UMYF, a paperweight with Numbers 6:24 (The UMYF Benediction) inscribed on a small placard in the center. Laughter filled the room as the Seniors, other youth, family and friends reminisced about memorable times and trips. We congratulate our High School Seniors and wish them well; they will be attending summer activities with us until August, when we will say our farewells and send them off with our blessings.



2010
UMYF
SENIORS
(L to R)

*Shane Evans
Blake Wilson
Allison Scher
Laura Goodballet
Kyle Vander Schaff*



Rev. James Update

Dear SDUMC Friends,

Serena, Forrest, Silas and I are happily living in Laguna Hills now, though we do miss our loving friends at SDUMC. We also wanted to thank you all for your generous farewell gift. It has helped us to establish an important savings account and to buy some furniture which offers a lovely, daily reminder of our friendships with you all.

About a year into our time at Laguna Country UMC, we now feel more settled in our new home, and in our new church family. Forrest and Silas wound up in a great school (they'll enter 3rd & 5th grades next year!), and they greatly enjoy their sports as well as some new friendships. Serena and I are also happy here, and grateful.

With Christian Love and Fond Memories,

Rev. James & Family
pastor@lagunacountryumc.org

san dieguito UNITED METHODIST WOMEN

THE HEARTBEAT NEWSLETTER
VOLUME VII | ISSUE 7 | JULY 2010



CONGRATULATIONS TO OUR SDUMW QUIET DISCIPLE: *Joy Lappe*

A Quiet Disciple is one whose ministry is accomplished in a quiet and unassuming manner. Joy is a relatively new member of UMW and serves as the Publicity Chairman keeping the women informed of activities through newsletter, bulletin and website articles. In addition, she is one of the leaders of the knitting group, a member of the CARE Team, and Secretary of the church Administrative Council. We are pleased to have Joy and her joyful personality as part of our UMW unit.



*Allison Scher
Kyle Vander Schaaf
and Blake Wilson*

ARE THE RECIPIENTS
OF UMW's 2010
CHRISTIAN SERVICE AWARD

These graduating high school seniors have demonstrated outstanding commitment to service through their active participation and leadership within our church and our community. They are such excellent role models. Some of their contributions include participation in vocal and bell choirs; regular attendance at Sunday School and UMYF; participation in Sierra Service Project, Pancake Breakfasts, worship services, Christmas pageants and Bread of Life. We are so grateful for all they have done for their church and community. Congratulations to ALL our June graduates. We wish you well.

This year's fantastic UMW mission fundraiser will take place **October 8th/9th**. Summer is a great time to clean out your closets and garage and put aside gently used items you no longer need or want in anticipation of this great event. More details will be forthcoming.

Steve Hayes has graciously offered to take over the reins of the jewelry table from Thelma Miller who will continue to assist. We wish to thank Thelma for her many years of dedication to the success of the jewelry sales. Jewelry items may be given to Steve and Thelma NOW so that cleaning and tagging may get underway. Volunteers are also needed to assist with the prep work.



Stay Connected this Summer

Do you love the beach? The ocean? The outdoors? Then come out on Fridays, from 10:00 am to noon, to Moonlight Beach south of the lifeguard stand. Bring a chair and snacks to share. You will surely find a familiar smiling face. **Fridays at the Beach** starts June 25th through the end of August. Men, women and children welcome!

umw calendar: SUMMER RECESS FOR JULY & AUGUST

NO Board, General or Circle meeting except Mary Magdalene which meets weekly on Wednesday mornings.

July 23rd to 25th: *School of Christian Mission*
at Chapman University

upcoming events:

September 12th: Rescheduled *Guatemala Project*
JEWELRY & EMBROIDERY SALE

September 25th: District Annual Meeting

October 8th/9th: UMW Rummage Sale



*Membership is open to all women of the church who desire to belong.
For information contact Ann Clarke, UMW President, at 760.753.4853.*

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website | encinitaschurch.com

Mark Feldmeir & Martha Wingfield | MINISTERS

C H A N G E S E R V I C E R E Q U E S T E D

Non-Profit Organization
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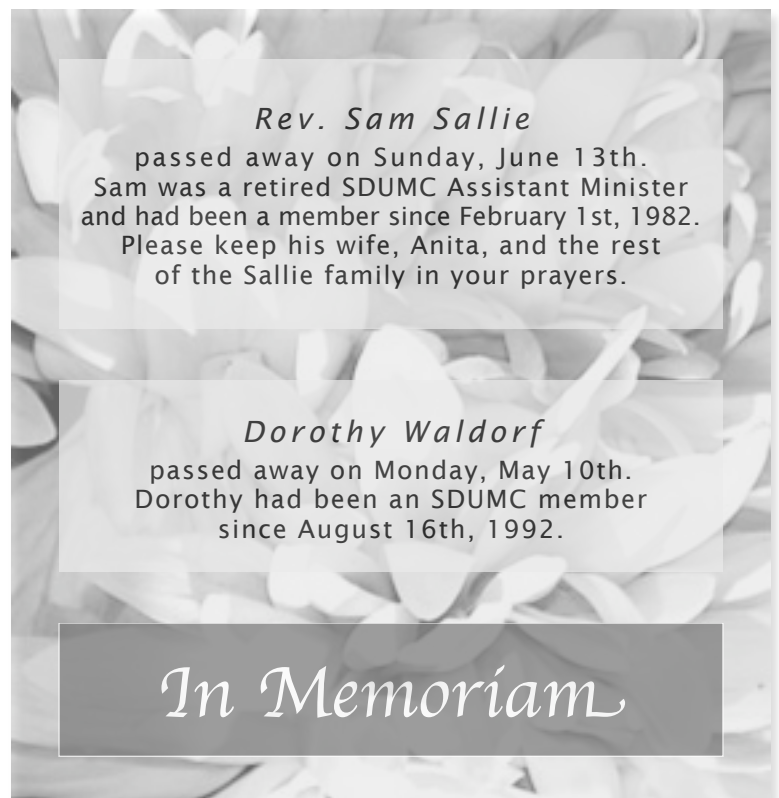
LA PALOMA Newsletter | July 2010
SAN DIEGUITO
UNITED METHODIST CHURCH

*Dear Ringers and Parents,
Thank you so much for honoring me with a beautiful bouquet of flowers and gift card on May 23rd. It has been my pleasure to teach music to the younger ones and to help steer all ringers to perfection in their efforts to bring glory to God through handbell ringing. You're the best!*

Love,
Karen

Thank you!

CHURCH OFFICE
Holiday Closing
MONDAY | JULY 5th
Independence Day



Rev. Sam Sallie

passed away on Sunday, June 13th.
Sam was a retired SDUMC Assistant Minister and had been a member since February 1st, 1982. Please keep his wife, Anita, and the rest of the Sallie family in your prayers.

Dorothy Waldorf

passed away on Monday, May 10th.
Dorothy had been an SDUMC member since August 16th, 1992.

In Memoriam