

San Dieguito United Methodist Church

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**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 2nd Grade at 10:45

Upcoming Activities

MARCH 2nd

Tuesday | 6:30 pm | Lounge
United Methodist Men

MARCH 7th

Sunday | 7:00 pm | Sanctuary
Haiti Benefit Concert

MARCH 8th

Monday | 10:00 am | Lounge
SDUMC Knitters

— A N D —

Monday | 4:00 pm | Conf. Room

Book Group

MARCH 11th

Thursday | 10:30 am | Lounge
Pinochle

CONTINUED ON PAGE 2

La Paloma

Volume X MARCH 2010 Issue 3

Doing Good Will Do You Good

BY CAROLE SERLING

One of my new year's resolutions is to be more "hands on" with my charitable giving. So I started out this January with volunteering for the first time to help serve dinner at Bread of Life Rescue Mission in Oceanside. This proved to be a wonderful way for me to be not just a "hearer of the Word, but a doer."

I'd heard the name Bread of Life over the years but until recently, I didn't fully understand the role our church has in helping this organization. Our church is one of many area churches which monthly take turns preparing and serving a hot cooked meal for the hungry and homeless in North County. Every night, rain or shine, a team of people arrives and provides a true feast for the guests at the mission location in a tiny strip mall. This ministry operates 365 days a year and it takes the money, time, efforts and dedication of many people to keep it running.

Dave Roach heads up our church's volunteers, some of whom spent a whole day at our kitchen preparing three huge roasters full of delicious, nutritious beef stew and large quantities of fresh salad. Bread, soup and desserts complete the meal. When I arrived at Bread of Life, the place was already bustling with activity and the many homeless guests were already arriving, gathering at the tables in the large dining room, visiting, having prayer time and looking forward to a great dinner. Word had gotten out...there was MEAT tonight. Apparently our church is known for not skimping on the meat offerings, and I can attest to how delicious the stew's aroma was that filled the kitchen in Oceanside the night I helped ladle the bowls for the people coming through the line.

The faces of the men and women, young and old, children too, were visibly brightening as they each received their meals; many smiled and said "thank you", "God bless you" and some returned for seconds, glad to know there was more than plenty provided. About 175 people were served that night!

My experience at Bread of Life proved the maxim: "To give is to receive." I'd played a small part in serving others in need and I had a really good time in the process. Bread of Life is a place where people really care. It's a big operation that needs helpers to shop, cook, serve and clean, as well as offer a smile and a few kind words to those who receive the meals. It also needs money to operate. Never underestimate the good even a few donated dollars can do. So, if you're looking for a way to extend a hand to someone who needs help, consider contributing to Bread of Life with your time or money or both.

If we look around, there are countless ways to do the work Christ calls us to do. Give Dave a call at 760.436.0496 to be a part of Bread of Life. Their website address is: www.bolrescue.org. I'll be volunteering again, so I hope I'll see you there.

Whatever you did for one of the least of these brothers of mine, you did for me.

MATTHEW 25:40

Upcoming Activities

CONTINUED FROM PAGE 1

MARCH 14th

DAYLIGHT SAVINGS TIME BEGINS

Sunday | 11:45 am | Room 9/10

Lunch with the Pastors

MARCH 16th

Tuesday | 2:00 pm | FH Kitchen

Bread of Life Dinner Prep

MARCH 19th

Friday | 7:00 pm | Rooms 9/10

Bridge Group

MARCH 22nd

Monday | 10:00 am | Lounge

SDUMC Knitters

MARCH 25th

Thursday | 10:30 am | Lounge

Pinochle

MARCH 28th

Palm Sunday

WORSHIP SERVICES

—ONGOING—

STUDY GROUPS meet at various times throughout the month.

IN ADDITION

SUNDAYS

10:45 am | Room 9/10

Adult Sunday School

WEDNESDAYS

9:30 am | Lounge

Mary Magdalene Circle

Bible Study

and at 7:00 pm

Jay & Wanda Williams' Home

Bible Study

THURSDAYS

7:00 pm

Mike & Ann King's Home

Centering Prayer

TUESDAYS/THURSDAYS

6:30 am | Room 6

& SATURDAYS

8:00 am | Lounge

AA



Pensamientos...

As you read this article, I'd like you to pull out your calendar and circle **Sunday, October 17th, 2010**. Use a large red pen, with indelible ink. Inside the circle, draw two ovals for eyes, a generous nose and one large a smile. On October 17th, your pastors will give you one big reason to smile: on that particular day, you will not have to go to church. We're giving you the morning off from church—no questions, no guilt, no excuses from your doctor. I've already cleared it with the Boss upstairs.

We both agree that, on October 17th, we really do not want you to come to church. Period.

Now that I have your attention, return to that smiley face on your calendar. Add an arm and a hand to each side; attach some legs and feet below. Make the hands extra-large; be generous with the feet, as if they belonged to a clown. If your primitive sketch looks anything at all like a person, you're ready to give it a name. Underneath the sketch, write the words, "Body of Christ". It's a fitting name, I believe: a large, hospitable smile; capable hands to do the work of God; feet big enough to take you out into the world. These are the distinguishing marks of the church, otherwise known as the Body of Christ.

On October 17th, we're going to be the "hands and feet" of the Body of Christ in the world. We will not go to church on that day; instead, we will be the church, out in our community - serving, loving, giving, sharing. We're calling October 17th FAITH IN ACTION SUNDAY, and were counting on every one of you (and your friends and neighbors) to join your church in this amazing initiative. Instead of attending worship on that morning, we'll deploy (some in teams, others as individuals) into our surrounding community to perform various tasks for others. Some will paint walls at the Ronald McDonald House; others will stock shelves at the Community Resource Center; still others will visit the homebound, or pull weeds for a needy family, or serve a hot meal at the Rescue Mission, or pick up trash at the beach, or pray, or sew. We'll identify approximately 35 to 40 projects that will include people of all ages, abilities, and interests; everyone will find something to do. At 9:00 am on Sunday morning, with God's help, we'll do it.

The Faith in Action campaign will ultimately span five weeks, and will include a four-week small group study/reflection component (three studies prior to October 17th, and one study the week after). Our goal is not simply to do community service, but to be transformed spiritually in the process of serving our neighbors and our community in the name of Jesus Christ. The small group time will help us foster a sense of calling, purpose, and grace in all that we do.

There will be much more to share with you in the coming weeks and months. For now, please circle that date, add the smile and the arms and feet, and begin thinking about what it means to be the hands and feet of Christ in the world. Also, pray for those who already are working hard to make Faith in Action Sunday a success: CINDY BREIDER (Chair), SHELLY KINNEY, STEVE LISTER, MARY ANN JONES, CINDY FOUNTAIN, MIKE BREIDER, MIKE KING, LYNNE MCKIERNAN, JANI SEPANIK, MINDY SCHER and REV. MARTHA.

In the meantime, be the hands and feet of Christ wherever you are, at all times, giving thanks to the head of the body, Christ himself, who calls you to love the Lord your God with all your heart, soul, mind and strength, and to love your neighbors as yourself.

Yours in Christ,

Rev. Mark



Don't forget to "SPRING AHEAD" one hour before you go to bed on SATURDAY, MARCH 13th!



4th Annual Butterfly Release—Reserve Yours Now!

To make a wish come true, whisper it to a butterfly. Upon these wings it will be taken to Heaven and granted, for they are messengers of the Great Spirit.

NATIVE AMERICAN LEGEND

We will again be celebrating Easter by releasing butterflies for their first flight after each worship service. On Sunday, February 28th, we began taking reservations for butterflies in preparation for this special day. Butterflies can be reserved for a \$5 donation in Founders Hall and in the playground area.

Proceeds from this event help support Children's Ministry events such as Vacation Bible School, Elementary Camps and our annual Family Fellowship Retreat.

The Simple Gifts

When you read this we will have begun the Church's Liturgical Season of Lent.

Lent is a 40-day period before Easter. It begins on Ash Wednesday, February 17th and ends on Saturday, April 3rd, the day before Easter.

We skip Sundays when we count the forty days, because Sundays commemorate the Resurrection.

Lent is a season of soul-searching and repentance. It is a season for reflection and taking stock. Lent originated in the very earliest days of the Church as a preparatory time for Easter, when the faithful rededicated themselves and when converts were instructed in the faith and prepared for baptism. By observing the forty days of Lent, the individual Christian imitates Jesus' withdrawal into the wilderness for forty days.

This year I am reminded of the Shaker hymn, "Simple Gifts" and have committed to focus on returning to the "Simple Gifts".

The following is the hymn which was written by Elder Joseph in 1848.

*'Tis the gift to be simple, 'tis the gift to be free,
'Tis the gift to come down where we ought to be,
And when we find ourselves in the place just right,
'Twill be in the valley of love and delight.
When true simplicity is gain'd,
To bow and to bend we shan't be asham'd,
To turn, turn will be our delight,
Till by turning, turning we come round right.*

CAL ELLISOR
Lay Leader

SDUMC LA PALOMA • MARCH 2010



Church & Society

Praise the Lord, all his heavenly hosts, you his servants who do his will.

PSALM 103:21

Opportunities for Service

Bread of Life: Can you help prepare, transport, or serve a dinner once a month at the Bread of Life in Oceanside? Perhaps you can donate to the cost of the food. Mark March 16th, May 18th, June 15th on your calendar and call DAVE ROACH—760.436.0496 if you can help.

Interfaith Committee for Worker Justice:

Help bring the power and energy of the faith community's moral authority to local, state, and national struggles for worker justice. Call WINFRIED RITTER—760.756.9042 for more information on how you can become involved, or check out their website at voices4justice@icwj.org.

Community Resource Center:

The CRC is always looking for volunteers to help in their food bank, to do repairs and painting, to help in their thrift store, to help with the client intake process, to help with childcare, and many other fulfilling opportunities. Call SUZIE COLBY—760.230.6305 or check their website at www.crcncc.org.

Tutoring: Call your local school to see if there is a child who could use a little tutoring, someone to read with, a mentor, or just a little TLC—No experience required, just a willing heart.

If you have further questions or suggestions for the Church & Society Committee, please call RANDA KRAKOW at 760.942.2393.

UMYF

YOUTH NEWS

- **Wednesday, March 3rd**
Confirmation Class
Field Trip to TEMPLE SOLEL
4 to 5:30 pm | Meet at SDUMC
- **Friday, March 5th**
Confirmation Movie Night
6:00 to 9:00pm | Youth Room
- **Sundays, March 7th**
14th & 28th
U M Y F
6:15 to 8:15 pm | Youth Room
- **Wednesdays, March 10th,**
17th & 24th
Confirmation Class
4:00 to 5:30 pm | Youth Room
- **Sunday, March 21st**
All Youth Dinner
6:15 to 8:15 pm | Founders Hall



Rebecca Hensley

YOUTH DIRECTOR

God calls each and every one of us to serve Him in such different ways. He calls the young and old together to do His work, each part creating the whole functioning body of the Church. Jeremiah was called by God as a child; he was very uncertain of his ability to serve. He asked God how he could be any help for he was only a boy. God answered Him that He would put the words in his mouth and He would guide Jeremiah.

In many ways the story of Jeremiah relates to the experience of preparing and leading worship on Youth Sunday; for some there is a fear, nervousness, and questioning in their ability to take on such a great responsibility. Our youth, though young in age like Jeremiah, have such deep and profound thoughts on faith. There is so much talent in each and every one of our youth that is presented in such different manners. God is working through each and every one of them, giving them the words to speak, the talent to play, the melody to sing. Each time the youth are given these opportunities of leadership they are reminded that they are an essential part of the body of our church; a necessary organ for the continual function.

Thank you for your continual support and love for our youth.

Love and Encouragement,

REBECCA

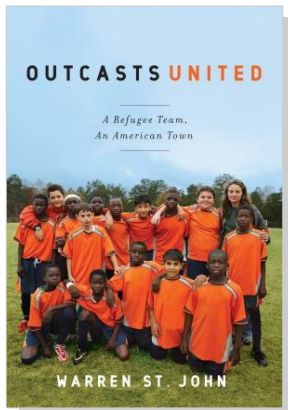


Book Group March 8th

Outcasts United

*A Refugee Team,
An American Town*

by WARREN ST. JOHN



is our book group selection for March. We meet at 4:00 pm in the office conference room. Everyone is welcome!



Alli Scher, Laura Goodballet and Spencer Callant rehearse for their roles in Youth Sunday.



Peanut Butter Sunday

Don't forget to add POWDERED MILK to your grocery shopping list this month so you can bring it to church on Sunday, March 21st. There will be a collection box in the entrance to Founders Hall.

Thanks so much for your assistance!

CHURCH & SOCIETY





Martha Wingfield
ASSOCIATE
MINISTER

Our collective financial response to the earthquake of January 12 in Haiti has been significant. Over \$7000 was collected the first week and 100 health kits have been sent to UMCOR's relief centers. While the media coverage has naturally waned, the needs of our brothers and sisters in Christ in Haiti remain acute and severe. One local United Methodist connection that we share in the North County is through the volunteer work of Rev. Lynne Austin. She and her husband have been involved in medical mission work at Grace Children's Hospital in Port au Prince. Grace Children's Hospital is recognized as Haiti's leading medical facility dedicated to the treatment of children with tuberculosis (TB). Each year, the hospital receives thousands of children who are suffering from TB, HIV and other diseases. Like most structures in the capital, Grace Children's Hospital suffered massive damage in the quake

and the needs are beyond measure.

In response to the ongoing suffering in Haiti, our own REVIVE band will present a benefit concert in the sanctuary on March 7 at 5:00 pm. Rev. Lynne Austin will report on the needs of Grace Hospital and a special offering will be taken to benefit the ongoing relief effort. The concert will be followed by a time of fellowship in the Lounge. Please put this date on your calendar and plan on being part of bringing hope to Haiti through your prayers and generosity and witness to the love of Christ.

In Christ,

Rev. Martha



NOTE: The Forum meets on non-holiday Sunday mornings at 9:00 in Founders Hall. You have a standing invitation to join us for a stimulating, entertaining, interactive and informative hour of lecture and discussion, followed by SDUMC's Coffee Fellowship and the 2nd worship service. In by 9:00, out by noon—a Sunday morning well spent!

The Forum will be on Lenten break during the entire month of March. We shall return the Sunday after Easter with a series of must-see/hear presentations and discussions on environmental and energy topics, in honor of EARTH DAY 2010. Our Forum on Vaccine-Associated Sarcoma (VAS), a tragic illness of which every pet owner, particularly those with cats, should be aware, has been postponed to mid-May to accommodate our special guest speaker's personal schedule.



SAVE THE DATES!
Vacation Bible School

2010 "VBS" will be held
Monday, June 21st
thru Friday, June 25th
from 9:00 am until noon.

We invite preschoolers and elementary-aged children to participate in our 2010 VBS Program: *Baobab Blast*. Registration will begin shortly after Easter.

For more information regarding registration, fees and age requirements, please visit www.encinitaschurch.com.

Remember to register for the Annual Women's Retreat

April 9th to 11th—The Old Mission San Luis Rey, Oceanside

Sign up in Founders Hall or in the church office. The cost is \$180.

Topic is *The Women in Our Lives: Generations Living and Working Together*, presented by GRACE BALCH, Director of Staff Education & Development at UCSD.





SDUMC CARE Team

Congregational Assistance
Resources & Encouragement

HEART SMART

What is the No. 1 killer of women? Most would answer, "Breast Cancer." Not so.

HEART ATTACK is the No. 1 killer of women, as well as men in the U.S. For women a heart attack is especially dangerous because they are more likely than men to die within the year. This high death rate in women may be because symptoms are not recognized early enough, treatment is delayed, and there is more heart damage. The problem: women's symptoms are NOT as well-known or as predictable as men's.

A recent study, "Women's Early Warning symptoms of AMI [heart attack]," found that 95% of women experienced symptoms that were new or different a month or more before having their heart attack. But they weren't your typical symptoms. They were having *upper back discomfort, unusual fatigue and/or severe heartburn in the upper abdomen, or sleep disturbance*, but they didn't tell anyone, or they were not heard.

TYPICAL WARNING SIGNS OF HEART ATTACK INCLUDE:

▶ Pain/discomfort like a tight ache, pressure or squeezing sensation, spreading through the upper body.

▶ Pain/discomfort in the abdominal area—like the worst heartburn ever, etc.

But—Women may have all, *none* or just a few of the typical symptoms.

In the above-mentioned study, less than one-third of the women reported chest pain/discomfort before the heart attack; 43% *never* had any chest pain at all.

To learn more, go to the American Heart Association website: www.goredforwomen.org.



IN MARCH

how through every Bible story and every Sunday school teacher, nursery through 6th grade, we add another brick to the foundation every week.

The *Rock-a-Bye* theme in the nursery for March is, *Jesus Said, "Follow Me"*. The March unit of *Rock Solid* for the children will be, *Remembering Jesus*. And the March unit of *Rock Solid* for the tweens is, *Holy Week*.

I am so excited to have been asked by Lindsay Stewart to be her mentor for Confirmation. For those of you that don't know a little history, Lindsay's grandpa, Mike King was one of my Junior High Sunday school teachers and her parent's, Mike and Della Stewart, were my favorite Youth counselors. Now I get to return the favor of their teachings to help their granddaughter and daughter through her faith journey to decide to become a member of the church.

It reminds me how rewarding it is to help lay the foundation for our children and youth to make the Confirmation decision and

See you in Sunday School!

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

Knitters with Purpose

Our church supports many ministries, but one you may not be aware of is the SDUMC Knitters. For the past ten months, these ladies have gathered together twice a month to give purpose to their love for knitting by creating gifts for others. A few years ago, Jennifer Aquino, one of the teachers in the preschool, established a charity that distributes handmade hats nationwide to cancer patients undergoing chemotherapy. It is called the Hat Box Foundation (www.hatboxfoundation.org). To date, the SDUMC Knitters have donated over 140 knitted hats to the Foundation. Most recently, several women have also knitted prayer shawls which are given to church members experiencing poor health or hard times. Knitters of any level from the entire community are welcome; you do not need to be a church member to participate. The knitters meet the second and fourth Monday of each month at 10:00 am in the Lounge.

Experience the joy of giving and come join us! We wish to thank all contributors for their dedication, generosity and kindness. For more information, contact BETH WARD—760.436.6589 or JOY LAPPE—760.753.7339.

Pictured (left to right):

*Suzanne Dayberry,
Joy Lappe, Willene Emrick,
Bev Hill, Elaine Myers,
Lisa Agbebiyi and
Beth Ward*



san dieguito UNITED METHODIST WOMEN

THE HEARTBEAT NEWSLETTER
VOLUME VII | ISSUE 3 | MARCH 2010

MONTHLY GATHERING: Saturday, March 6th | 10:30 am | FH

PROGRAM: Environmental Symposium | HOSTESS: MIRIAM CIRCLE



Environmental advocacy is one of the top priorities of the United Methodist Women Social Action Network. As God's children we are obligated to protect the beauty of His creation not only for ourselves, but also for future generations. In fact, the Social Principles of the United Methodist Church state "All creation is the Lord's, and we are responsible for the ways in which we use and abuse it...We recognize the

responsibility of the Church toward lifestyle and systemic changes in society that will promote a more ecologically just world and a better life for all creation..." How committed are you to "going green"? The next Monthly Gathering will explore some of the environmental issues we face in everyday life at home and at church. John Eldon, Jay Williams and Jeanne Hood, who are committed to a greener environment, will educate us to some of these issues, and lead a discussion on how we can become better stewards of God's gift of creation, our beautiful Earth. This meeting is open to anyone (men, women and children) who is interested in learning and making a commitment towards becoming more environmentally responsible. A light lunch will follow the program. Do join us and become part of the solution!

The dates of the 2010
UMW RUMMAGE SALE will be
October 3rd thru 7th (Work days)
and **October 8th & 9th** (Sale Days).
Please mark your calendar.



umw calendar

March 3rd: Executive Board—9:30 AM | CONFERENCE ROOM
March 6th: Monthly Gathering—10:30 AM | FOUNDERS HALL
March 13th: Mission Study: "Food & Faith"—VISTA UMC

upcoming events

April 9th/11th: Women's Retreat—MISSION SAN LUIS REY
April 18th: New Entra Casa Music Festival—2:30 PM | NESTOR UMC
April 30th/May 2nd: Cal-Pac Conference Assembly—ST. LOUIS, MISSOURI
May 8th: Mother's Day Fashion Show—12:30 PM | FOUNDERS HALL
May 22nd: Bus Trip to Tobermann House and Methodist Hospital



INTERFAITH SHELTER WRAP-UP

"SDUMC is Jesus-with-skin-on"

At SDUMC we opened our hearts, our minds and our doors for two weeks for a very successful Interfaith Shelter Network rotation, concluding on Sunday, February 14th. Over 14 days we provided 42 meals to 14 adults, one two year-old and a dog. We received over \$1000 in donations for food and equipment from our generous congregation. Three guests found permanent housing and two found jobs during their stay at SDUMC. The final night that the guests stayed at SDUMC they made us a special award:

Shelter Coordinator & Interfaith Services SHELTER OF THE YEAR!

PRESENTED TO:

Shelter Coordinator
LYNNE CALKINS
and San Dieguito
United Methodist Church

FOR:

Hot Breakfast!
Home Cooking!
Free Smiles!
Doc Halverson!
Preschool play!
Brigitte Beautician!
Open hearts!
Dr. Diane Dentist!
Wish lists!
Overnight angels!
Magic Laundry!
Knitted Beansies!
Day of rest!
Job search help!

San Dieguito United Methodist
is Jesus-with-skin-on

From the Grateful Shelter Guests
of January 31st to
February, 14th, 2010.

The certificate was signed
by all the guests.

A BIG thanks to the more than 100 members and friends who made the shelter such a success. We could not "minister to the hopes and hurts of a troubled world" without you.

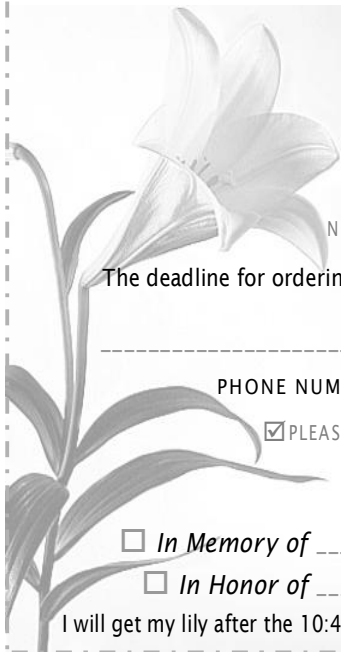
Membership is open to all women of the church who desire to belong.
For information contact Ann Clarke, UMW President, at 760.753.4853.

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 Mark Feldmeir & Martha Wingfield | MINISTERS
 CHANGE SERVICE REQUESTED

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GIVE THE GIFT OF AN
Easter Lily



We ask your help in providing the Easter Lilies to decorate our sanctuary. Lilies are \$14 each.

Please complete this form (one per Lily) and return it with your check to the church office.

Enclosed is my check for \$ _____ made payable to SDUMC. NOTE "EASTER LILY" ON MEMO LINE.

The deadline for ordering is **Tuesday, March 30th**

DONATED BY: _____

PHONE NUMBER: _____

PLEASE CHECK ONE OF THE FOLLOWING:

To the Glory of God

In celebration of Easter

In Memory of _____

In Honor of _____

I will get my lily after the 10:45 am service: YES (or) NO

Half Dome Hike



If you love the outdoors and the scenic beauty of our National Parks, "go take a hike" with us to the top of Half

Dome in Yosemite. Mark your calendars for our hike on **Sunday, July 11th** and consider making reservations now for your stay in or near the Yosemite Valley for Saturday and Sunday nights as accommodations fill quickly during the summer months. You can make reservations in the valley at www.yosemitepark.com/accommodations.aspx or by phone at 801.559.4884. More information sessions in the coming weeks, but for now, if interested, please sign in at the church office so we know who is thinking of attending. Please contact DON MADREN for more information at 760.803.1669 (cell), 760.943.1108 (home) or don.madren@gmail.com.