



First United Methodist Church

At this time, in this place, let us be the hands and heart of Jesus Christ for the world.

July 26, 2010

The Visitor

Volume 52, Issue 14

Thanks to United Methodist Men

Six men of the church have worked for two weeks to build a storage locker in room 215 for Staging A Miracle. Rob Hite and Glenn Tilton met with Cathy Cook and Dianne Smith to plan for a facility to hold \$2,500 worth of art supplies donated to the church for SAM. Then they were joined by Vern Armstrong, Larry Sidener, Andy Bambauer and Jerry Adams to build and paint both 12-foot shelves, and wall with double doors. They put in 16 days' work and spent about \$500 for materials. This is the second project the U Men have completed as their gift of time and talents to the ministry of the church.

Visit the Holy Land with UMW

United Methodist Women starts its fall meetings on Saturday, September 11, with a 10:45 meeting, 11:45 pot luck lunch, and 12:15 program.

Come on a pilgrimage to the Holy Land! Marian (Eastburn) Ferrante will lead us with slides, stories, and Bible verses "in the footsteps of Jesus." Reading about Jesus in the Bible develops our faith, yet to be there brings it even more to life in the heart. Sing as the angels; sail the Sea of Galilee; be anointed as was His stone. This spiritual journey is not to be missed.

All women, young and old, are welcome.



Staging A Miracle: Did You Know...?

Here are some things that make SAM go which you may like to know:

- There are 43 kids and their 22 parents enrolled in SAM this year. These participants come because they go to church here, are connected to someone here, or are transitioning from homelessness through Women's Empowerment or Family Promise.
- There are 75 volunteers, not counting the groups who come to cook and serve dinners.
- Other local churches—Newman Center, St. John's Lutheran, and Trinity Episcopal Cathedral—support SAM with dinners and volunteers.
- We have a Jesuit volunteer dedicated to SAM this year as a project manager.
- The name of this year's program is *CREATE!*
- There are programs for babies, preschoolers and kindergarteners, on-stage kids, off-stage kids, and adults.
- SAM participants take field trips. This year there have been two photography trips and one for the preschoolers and kindergarteners to ArtBeast.
- All SAM kids get dancing shoes that walk them back to school, too.
- SAM classes and workshops are taught by practicing artists. Support volunteers help everyone learn how to be an active, learning, and positive participant.
- Staging A Miracle is modeled after SITAR Center, a program in Washington, DC, that has been providing quality arts instruction to low-income children for fifteen years. You can find out more about SITAR Center online.



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CAT's Pause

The vast array of eager and talented leadership staff and helpers that comprise SAM (Staging a Miracle) “launched” itself the second week in July and everything is humming along nicely. Also, this week sees the first meeting of the recently designed Leadership Team that we voted on in June; trustees are watching the progress on the repairs to our alley wall; middle school youth held a hike at Folsom Lake this week. The calendar (on page 4) shows you what’s scheduled for August; and already the finishing touches are being made on Adult Class offerings for the fall.... lots of goings-on in these parts this summer.

It’s great to be among you while all this ministry and ministry support is happening.

Meanwhile, many of you have told me how much you’re enjoying the music groups that have joined us every Sunday in July so far. Even the little guys seem to be having a good time with it; you may have noticed that we’ve rearranged the order of service so that our really-young set can hear all of the music before going upstairs to classes.

Kathi McShane has returned from a 12-day retreat at a Jesuit retreat center outside of Denver and is gearing up for the next phase of her renewal leave – this time in the south part of our state.

Choir returns on the 8th; Staging A Miracle performs on the 15th; high school youth are planning a multi-church event here in our building in September, and soon—summer will be gone.

Fast, isn’t it? One “smart mouth” has said that time is God’s gift to humankind that prevents everything from happening at once. Recently I’ve been wondering whether the gift is working effectively.



Carl’s sermon series concludes

August 1 Matthew 21:23

By What Authority Are You Doing These Things?

August 8 I Corinthians 12:29

Are All Apostles?



Kathi’s Keynote

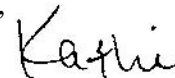
Dear Ones,

I am writing in the middle of my silent retreat at the Jesuit Retreat House in Sedalia, Colorado. (Is this cheating?) I am in my fifth day here, and have already begun to see things differently, and in a way that feels very refreshing and renewing.

I think of you all often. Especially on Sunday mornings at 10:30 I pray for you, but all during the week too—as one or another of your faces comes to my mind, I am thinking of you and praying that this summer is bringing you something of what you need, as it is me. And I am thinking of you as you Stage A Miracle!

Mostly, I am overwhelmed with gratitude for this leave that you have allowed me. I am moved by your generosity and your support—and that, all by itself, is healing.

With blessings and love,



Chancel Choir/Summer Choir to Sing in August

The Chancel Choir returns from its annual summer break in August by singing in the worship services of August 8, August 22 and August 29. For these three services the choir invites any member of the congregation who is interested in doing so, to join them in singing as the “Summer Choir.”

The Summer Choir will meet in the sanctuary at 9:15 each Sunday morning before worship to rehearse the morning anthem and to prepare for the worship service. The selected anthems are upbeat, inspirational, fun to sing and will add so much to each service.

Anyone who has considered joining our choir is urged to come and experience the enjoyment of singing with us and being part of the choir for these three Sundays.

If you would like more information on the Summer Choir please call the church office at 446-5025 and leave a message for me.

Regular Thursday evening rehearsals for the Chancel Choir will resume August 26, from 7:15 to 9:00 PM, in the Terrace Room.

Come join us...all are welcome.

—Clyde Kidd, Chancel Choir Director

About Our Folks

♥ Our prayers and sympathy are with Socorro Orr and family following the death of her sister. ♥

Cannin' and Jammin'

Fruit tree loaded? Berries coming on strong? If you have more than you can use, the women of UMW will turn your surplus into fabulous jam, jelly and preserves to sell at the UMW Bazaar.

UMW is also collecting jars to fill with jelly, jam and other goodies for the UMW Bazaar. Check your cupboards and bring in that sack of jars that's been in the garage a while – jelly jars especially welcome. Jars can be brought to the church office. If you have questions or need help carrying, call Harriet Kallemeyn at (916) 646-4280.

Twenty-first Families

August Schedule

Staging A Miracle Tuesdays and Thursdays (through August 12)

- 5:00 PM dinner
- 6:00-8:00 PM rehearsal

Saturday, August 7 — 1:00-4:00 PM rehearsal

Performances August 14 (6:00, 7:00, and 8:00 PM) and 15 (during worship)

9:15 AM Sundays — No children's programs at this time in August

10:30 AM Sundays

- Nursery and toddler care (0-4 years) in downstairs nursery
- Age 4 through Middle School, *Learning the Bible* centers in Room 201

September — Mark Your Calendar

Sunday on Labor Day Weekend: No 9:15 AM children's programs. Children remain in worship at 10:30 AM. Nursery and toddler care in downstairs nursery during worship.

Sunday, September 12 — All fall programs begin for babies, toddlers, children and youth at 9:15 AM and 10:30 AM.

—Cathy Cook, Director of Children's Ministries, (916) 446-5025 X106, children@firstumcsac.org

Instrumental Music for August 1 and 8

The organ prelude to the worship service on August 1 is *Communion No. 2* by French composer and organist Felix Alexandre Guilment (1837-1911). It is believed that this piece was first heard at the Church of the Trinité in Paris as Guilment served as organist there from 1871 until 1901.

The postlude that you'll be hearing at the end of the service is *Trumpet Finale* by English composer John Stanley (1712-1786). I'm pleased to announce that Phil Dunzweiler will be joining me on this stately piece.

On August 8, my son Kenny Orr will be premiering three pieces arranged for trombone and piano by Lloyd Larson. The prelude is *My Shepherd Will Supply My Need*, which is based on the tune *Resignation* from *Southern Harmony*, 1835. The offertory is *Be Thou My Vision*, based on the Irish melody *Slane* (451 in our hymnal). The postlude is *Praise to the Lord, the Almighty*, based on the tune *Loben Herren* from *Stralsund Gesangbuch*, 1665 (139 in our hymnal). These favorite hymns of mine, all published this year, are arranged in a refreshing, ear-pleasing style which you will enjoy.

Happy listening,

Tom

Crafty Women at Work

Preparations are underway for the 2010 UMW Bazaar. Join your friends and Circle sisters Saturday mornings at 9:00 at the church to help create lovely and useful items to raise funds for mission giving. There is work for you, whatever your talents. Many tasks are simple to do, much appreciated, and a lot more fun if done with a group of friends. No special skills required – can you cut with scissors? Draw a line with a ruler? Pin fabric pieces together? Come on down! Questions? Call Harriet Kallemeyn at (916) 646-4280, or Phyllis Helsel at (916) 428-2114.

August 2010

<p>1 See <i>Sundays at FUMC</i>, below right</p> <p>6 PM Imani worship</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Youth camping at Olema RV Resort & Campground, July 30-August 1</p> </div>	2	<p>3</p> <p>5 PM SAM dinner</p> <p>6 PM SAM programs/rehearsal</p>	<p>4</p> <p>7 PM Imani Bible study</p> <p>7 PM NA</p>	<p>5</p> <p>5 PM SAM dinner</p> <p>6 PM SAM programs/rehearsal</p>	6	<p>7</p> <p>7 AM Prayer Walk</p> <p>9 AM UMW Bazaar workshop</p> <p>1 PM SAM rehearsal (onstage and offstage kids only)</p>
<p>8 See <i>Sundays at FUMC</i></p> <p>8:45 AM Missions</p> <p>9:30 AM Youth car wash; Pipeworks rock climbing later</p> <p>12:30 PM SPRC</p> <p>6 PM Imani worship</p>	9	<p>10</p> <p>5 PM SAM dinner</p> <p>6 PM SAM programs/rehearsal</p>	<p>11</p> <p>7 PM ACIM</p> <p>7 PM Imani Bible study</p> <p>7 PM NA</p>	<p>12</p> <p>5 PM SAM dinner</p> <p>6 PM SAM programs/rehearsal</p>	13	<p>14 Second Saturday</p> <p>7 AM Prayer Walk</p> <p>6 PM SAM performance</p> <p>7 PM SAM performance</p> <p>8 PM SAM performance</p>
<p>15 See <i>Sundays at FUMC</i></p> <p>10:30 AM SAM performance in worship</p> <p>12 PM Youth hotdog sale and Youth Council meeting</p> <p>6 PM Imani worship</p>	16	<p>17</p> <p>6 PM Board of Trustees</p>	<p>18</p> <p>7 PM Imani Bible study</p> <p>7 PM NA</p>	<p>19</p>	<p>20</p> <p>10 AM Church Women United</p>	<p>21</p> <p>7 AM Prayer Walk</p> <p>9 AM UMW Bazaar workshop</p> <p>10 AM Imani makes bag lunches</p>
<p>22 See <i>Sundays at FUMC</i></p> <p>8 AM Community Breakfast</p> <p>12 pm Youth: movies in the Loft</p> <p>12:30 PM Leadership Team meeting</p> <p>6 PM Imani worship</p>	23	<p>24</p>	<p>25</p> <p>7 PM ACIM</p> <p>7 PM Imani Bible study</p> <p>7 PM NA</p>	<p>26</p> <p>7:15 PM Chancel Choir rehearsal</p>	27	<p>28</p> <p>7 AM Prayer Walk</p> <p>9 AM UMW Bazaar workshop</p>
<p>29 See <i>Sundays at FUMC</i></p> <p>8 AM Community Breakfast</p> <p>6 PM Imani worship</p>	30	<p>31</p>	<p>ACIM = A Course in Miracles group</p> <p>Imani = Imani Community Church</p> <p>NA = Narcotics Anonymous/12-Step Program</p> <p>SAM = Staging A Miracle</p> <p>SPRC = Staff-Parish Relations Committee</p> <p>UMW = United Methodist Women</p>		<p>Sundays at FUMC</p> <p>9:15-11:30 AM Infant/toddler care. (No children's programs at this time in August.)</p> <p>10:30 AM Worship; Sunday school for children and youth</p> <p>11:30 AM Fellowship</p> <p>12:00-2:00 PM Youth Group</p>	

Support Project Break-A-Leg

Project Break-A-Leg is another special way that YOU can be part of Staging A Miracle 2010. By purchasing a set of "Break-A-Leg" telegrams (\$20 for 23 telegrams, one for each cast member) AND writing a note on each one, you will give words of support and good wishes to the children and youth on behalf of the entire congregation.

Telegrams will be sold in the Terrace Room after worship August 1 and 8. SAM volunteers will make packages of telegrams to deliver to the cast prior to the show. These words of encouragement and support give the kids real joy, and the funds raised by telegram sales will go towards the purchase of costume and backdrop materials.

Visit the Break-A-Leg table and talk with Diane Smith and Ilene Muller this Sunday morning!

The Heat Beat

By Patricia Weedon, Parish Nurse

Sometimes we forget how hot it can be in Sacramento. When you live in the city under the canopy of trees, or where the occasional delta breezes cool the air, it is even easier to dismiss the heat. However, temperatures have already reached triple digits, and the Internet weather sites predict high 90s and low 100s this summer and early fall. If we forget the seriousness of heat exposure we may become vulnerable to its effects and suffer serious consequences.

No one is immune to heat-related illness but most vulnerable are young children, older adults, obese people and people born with impaired ability to sweat. Other contributing factors can be dehydration, alcohol use, heart disease, and some medications.

Heatstroke is potentially life-threatening because the body's normal mechanisms for handling heat stress, sweating and temperature control are lost. Without these controls, one's temperature will become markedly elevated causing multiple and serious symptoms.

Heatstroke is the most serious heat-related problem. However, it is preceded by warnings first of heat cramps and heat exhaustion. For anyone engaged in excessive exercise, heavy work in hot environments, heat exposure, or experiencing heavy perspiration and not receiving adequate fluid intake, symptoms can begin suddenly. Below is a quick review of the early symptoms and precautions needed to reduce more serious symptoms. Initiating these treatments may prevent further illness and death.

Heat Cramps

Symptoms: Painful, involuntary muscle spasms most frequently of the calves, arms, abdominal wall and back (can involve any muscle group being exercised).

Treatment: Rest and cool down. Drink clear juice or an electrolyte sports drink. Gently stretch and massage affected muscles.

Heat Exhaustion

Symptoms: Feeling faint or dizzy; nausea; heavy sweating; rapid weak heartbeat; low blood pressure; cool, moist, pale skin; low-grade temperature; heat cramps; headache; fatigue; tea-colored urine.

Treatment (Help may be needed at this point): Move into shade or air-conditioning. Lie down and slightly elevate legs and feet. Loosen or remove clothing. Drink cool water. Spray or sponge with cool water and fanning. Monitor carefully. Condition can rapidly become heatstroke. If temperature is 102° F (38.9° C), or the person is fainting, confused or having seizures, call for emergency medical assistance.

Heatstroke

Symptoms: Markedly elevated body temperature (>104° F, 40° C) with personality changes, confusion, or coma. Skin may be hot and dry – although if heatstroke was caused by exertion, the skin may be moist. Other symptoms: rapid heartbeat, rapid, shallow respirations, high or low blood pressure, no sweating, dizziness, headache, nausea, and/or fainting. **Fainting may be the first sign in older adults.**

Treatment (Help will be needed at this point): Move the person out of the sun into shade or air-conditioned space. Call for emergency medical assistance. Cool the person by covering him or her with damp sheets or by spraying with cool water. Directing air onto the person with a fan or newspaper is also cooling. If possible, have the person drink cool water.

Sacramento Emergency Phone Numbers

Fire-Police-Medical Emergency: dial 9 - 1 - 1

Fire-Police-Medical Cell Phone Emergency: dial 732-0100

Take care to prevent heat related illness. Check frequently with high-risk family, friends, and neighbors on hot days, when electricity is interrupted, and when they are sick to be sure their environment is adequately cooled and they are drinking adequate amounts of fluids.

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PERIODICALS

DATED MATERIAL—DO NOT DELAY



***The Visitor* Deadline and Submission Info**

The Visitor is published twice monthly; a list of publication dates is available in the brochure racks or in the church office. **The deadline to submit items is the Friday before publication.** Items may be submitted by e-mail (best), fax, or hard copy:

- **E-mail** to *Visitor* editor Cindy Haug-West at theVisitor@firstumcsac.org, or **fax** to her at (916) 428-2645, **by 6:00 PM Friday**. Be sure Dianne Smith (dianne@firstumcsac.org) in the church office receives a copy of your item.
- **Hard copy** submissions may be delivered to the church office, or to Cindy by prior arrangement. When delivering to the church office, plan enough lead time for staff to fax items to Cindy.

Upcoming deadlines for *The Visitor* are:

- **August 6**
- **August 27 (including September calendar)**
- **September 17 (including October calendar)**
- **October 1**
- **October 15 (including November calendar)**
- **November 5**

First United Methodist Church

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