

First United Methodist Church

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

October 1, 2011

The Visitor

Volume 53, Issue 10

Pastor Don's Dabblings

Greetings in the name of Christ!

Tuesday morning has dawned as I write this letter to you. The air is fresh with a hint of autumn in the air...another season of change approaches as summer fades into our memories.

I am drawn to the story of Ruth and Naomi this morning and the example it sets for faithfulness to God and fidelity to one another. You remember the story: Naomi has two sons who are married to Orpah and Ruth. Naomi's husband dies in a time of famine and she returns to her home town to live out her days. Then her sons die. She encourages Orpah and Ruth to return to their hometown so that they might rebuild their lives. Reluctantly, Orpah does so, but Ruth decides to stay with her mother-in-law. They build their lives together with bonds of mutual support, encouraging healthy relationships, and seeking the best in, and for, each other. As it turns out, Boaz, a local landowner, and Ruth fall in love and marry [even though Ruth is not an Israelite] and have a son they call Obed, who becomes the father of Jesse, who becomes the father of David - all part of the lineage of Jesus.

What attracts me to the story this morning is the idea that this narrative might be re-imaged as a

story of what it means to be the church. Is the church a group of people committed to each other and to God? I think the answer, at its most basic level, is yes! One, we seek bonds of mutual support that deepen our faith and enliven our days. Two, we seek healthy relationships that build strong bonds of trust and fidelity. Three, we seek the best in each other in order to build each other up as the body of Christ. We do this not only when times are good and wonderful, but also in the most difficult of times, just as Ruth and Naomi did. Doing so only makes the bonds stronger.

When Ruth determines to stay with Naomi through thick and thin, she speaks words of fidelity and courage:

Do not press me to leave you or to turn back from following you! Where you go, I will go; Where you lodge, I will lodge; your people shall be my people, and your God my God. Where you die, I will die— there will I be buried. May the Lord do thus and so to me, and more as well, if even death parts me from you!

As a church, this might be a model for us. In an age when we flit from commitment to commitment, when we pull up stakes in one place and move to another, when almost everything seems transitory, the church can be different. With God's help, we can make the church a place of fidelity, where we build bonds of mutual support, seek healthy relationships, and build each other up...not just for a time, but for a lifetime!

Autumn is upon us, a season of change, but we have each other and we serve a faithful God, revealed in Jesus and powered by the Holy Spirit! We are the church!! Thanks be to God!

With loving zeal,
Pastor Don

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....and much more, inside & at www.firstumcsac.org

Worship Celebrations: Looking Forward

October 2 – 16th Sunday after Pentecost - Holy Communion

Extra! Extra! Read All About It! What About Jesus? - Who and Why

Matthew 21.33-46

Jesus came to save us, not judge us. Martin Luther preached that 400 years ago. But what does salvation mean? Why is Jesus important in the work God is doing with us?

October 9 – 17th Sunday after Pentecost

Extra! Extra! Read All About It! - What About Good News? - Gospel

Philippians 4.1-9 ~ Matthew 22.1-14

In a world filled with bad news, where is the good news? How does our faith lead us through the bad news into the good news?

October 16 – 18th Sunday after Pentecost

Rob Hermann will deliver the message.

1 Thessalonians 1.1-10 ~ Matthew 22.15-22

October 23 – 19th Sunday after Pentecost

Karla Lundin will deliver the message.

1 Thessalonians 2.1-8 ~ Matthew 22.34.36

October 30 – 20th Sunday after Pentecost

Be Who You Are!

Matthew 23.1-12

Sometimes when we think about how religion expects us to be, maybe what behaviors to embrace, we may feel we have to change who we are at the core. There are four well-known spiritual types that help us find ourselves in the Christian narrative and help us in our becoming our best selves.

--Pastor Don

News from our Board of Trustees

The Board of Trustees is responsible for maintenance and repair of the church to provide a facility ready for our wide variety of church programming. We have many dedicated volunteers helping us with our tasks. **Alan Garthwaite** recently spent almost one week redesigning and installing a new line to provide water to the planter in front of the sanctuary and the alley south of the sanctuary. **Alan's** expedition under the sanctuary led to the discovery of a *capital*, the top portion of a Corinthian designed pillar, with an *acanthus* leaf decorative motif. (These same decorations are located at the top of the pillars in the sanctuary—thanks to **Joan Haug-West** for the correct terminology). We

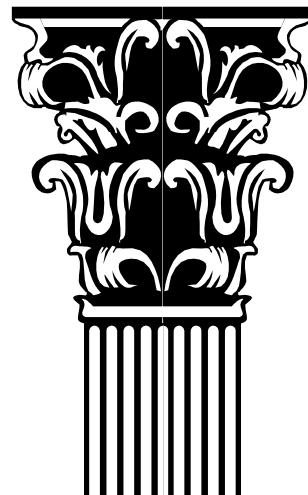
believe it was intended to be part of the top of a pillar in the sanctuary. This piece apparently was discarded before the floor was installed, and has been under the sanctuary since construction in

1925! **Joan** now has this artifact in the Heritage Room. As a result of **Alan's** volunteer efforts, we now have a water source in the flowerbed and a new water source in the alley to enable the custodians to better clean the area. The Board of Trustees thanks Alan for his work!

Boy Scout Troop 1, which meets at FUMC, is planning a workday on October 8. The troop and other volunteers will work on several projects to repair and beautify the church grounds. Work will begin at 9 a.m., concluding by 1 p.m. If you would like to help by providing snacks for our workers or lend a hand working with our volunteers, please contact **Pat Peck** through the church office.

Our parking lot will be repaired, resurfaced and re-stripped Tuesday and Wednesday, October 11-12. If you are coming to the church those days, please remember that the parking lots will be unavailable.

-- Pat Peck



ALL WOMEN'S RETREAT

SAVE THE DATES!

February 3 – 5, 2011
2nd Annual All Women's Retreat
Mercy Center Auburn – Auburn, CA
Watch for more details in
the next edition of
the Visitor, on the Website,
and in your Sunday Bulletin.

--Kris Errecart and Cathy Cook

Praying for One Another

Our United Methodist Connection

Our partner in ministry to the homeless, Francis House, and their Executive Director, Rev. Faith Whitmore.

Members of First United Methodist Church

The Hite Family Audrey McMillon
Carin Martin Stephen Helsel
Mary McDaniel Jim Corson
Adaïre Palm

Members Living in Skilled Nursing Facilities

Jackie Thompson E.G. Pomeroy
Tilda Redway Jesse Martin
Delight Trotter Marie Steppan
Bonnie Churchill Bill Faught

Friends and Family

Tom Roehr's son, George



UMW Gathering

Thursday, October 6, 2011

9:45 AM — Executive Committee Meeting
10:45 AM — Business Meeting
11:45 AM — Lunch
12:15 PM — Program

Circle 3 will cook. Circle 4 will set and decorate. Circle 2 will serve and clean up. The program will be a report from the Mission Education Events: "What's Happening in Haiti?"

All Women are Welcome!

—Nancy Rae



Signs of Fall: The UMW Bazaar!

United Methodist Women have been sewing and gluing and cooking all summer and they're ready to market their wares!

Thursday, November 3rd from 10 am – 8 pm, with Lunch served from 11 am -1 pm, and Dinner at 6 pm. Lunch is a mere \$5.00.

Friday, November 4th from 10 am -6 pm, with Lunch served from 11 am -1 pm, and Dinner at 6 pm. Lunch is, again, \$5.00—a pittance!

Sunday, November 6th – Lunch at Noon for \$5.00, with shopping 'fore and aft!

This year's event will include perennial favorites – baked goods, jams and jellies, baby items, and the popular embroidered dish towels, as well the work of artisans marketing their creations through mission-supported programs and non-profits around the world.

You will find Fair Trade crafts, chocolate and jewelry from SERRV, a world-wide organization that assists indigenous artisans and craftspeople to market their wares and improve their products and income. The term Fair Trade can only be applied to products marketed through the Fair Trade Federation, which ensures that native artists receive a fair price for their wares.

There are hand-embroidered cards from Haitian Artisans for Peace, a United Methodist mission partner, and note cards from Redbird Mission, a program that provides economic opportunities for Appalachian craftspeople.

UMW members annually pledge support to mission giving for programs like these that lift up women and children – 'the least of these.' Your purchases at the Bazaar help translate the love and labor of UMW members into evidence of the love of Christ for the world.

—Harriet Kallemeyn

October 2011

<p>ACIM = <i>A Course in Miracles</i> group Imani = Imani Community Church NA = Narcotics Anonymous/12-Step Program NFYW = Not Finished Yet Women's group SGMC = Sacramento Gay Men's Chorus UMW = United Methodist Women (# = Circle)</p>						<p>1 <i>Family Promise in Residence</i> 9:00 a.m. UMW Bazaar Workshop</p>
<p>2 1030-12pm Worship & Fellowship 12pm "Back to the Future" 12pm Youth Activity 1pm SABEEL Meeting 5pm SSP Stockholder's Dinner</p>	<p>3 6pm Boy Scout Parent Meeting 7pm Boy Scout Meeting</p>	<p>4 10am Becoming a Friendly Visitor 630pm Lay Leadership Committee</p>	<p>5 630pm A New Kind of Christianity 7pm NA</p>	<p>6 10am Staff Meeting 7pm Gay Men's Chorus Rehearsal 715pm Chancel Choir Rehearsal</p>	<p>7 10am Gospel of Matthew 7pm Boy Scout Court of Honor</p>	<p>8 9am UMW Bazaar Workshop 9am Boy Scout Work Day at FUMC 6pm "Searching for Safe Ground"</p>
<p>9 830am Missions Committee 915am Wired Word 1030-12 Worship & Fellowship Time 12pm Youth: Crop Walk 12pm Second Sunday All-Church Luncheon</p>	<p>10 7pm Boy Scouts</p>	<p>11 Church parking lots unavailable 7pm MOMS</p>	<p>12 Parking may be unavailable 630pm A New Kind of Christianity 7pm NA</p>	<p>13 530pm NFYW 715pm Chancel Choir Rehearsal</p>	<p>14 8am Youth – Garage Sale 9am UMW Bazaar Workshop 7pm SABEEL – Jeff Halper, Guest Lecturer</p>	<p>15</p>
<p>16 915 am Wired Word 1030-12pm Worship Service & Fellowship 12pm Youth Activity 12pm "Back to the Future" Tour 12pm Leadership Team Meeting</p>	<p>17 7pm Boy Scouts</p>	<p>18 7pm Board of Trustees</p>	<p>19 7pm NA</p>	<p>20 945am UMW Circle 3 10am Staff Meeting 12pm UMW Circle 2 715pm Chancel Choir Rehearsal</p>	<p>21</p>	<p>22 900am UMW Bazaar Workshop</p>
<p>2 830am Community Breakfast 915am Wired Word 1030-12pm Worship Service & Fellowship 12pm "Tackling Tough Issues"</p>	<p>24 7pm Boy Scouts</p>	<p>25 6pm Leadership Team Meeting</p>	<p>26 7pm NA</p>	<p>27 530pm NFYW 715pm Chancel Choir Rehearsal</p>	<p>28 10am Gospel of Matthew</p>	<p>29 900am UMW Bazaar Workshop 900am End of Life Mysteries</p>
<p>30 830am Community Breakfast 915am Wired Word 10am-12pm Worship Service & Fellowship Time 12pm "Back to the Future"</p>	<p>31 Halloween 7pm Boy Scouts</p>	<p style="text-align: center;">Sundays at FUMC 915-1130am Infant/toddler care, Children's Enrichment programs, Adult Ed 1030-12pm Worship; Sunday school programs for children & youth; Infant/toddler care; Fellowship 12-2pm Youth Group, 1st & 3rd Sundays 6pm Imani Community Church</p>				

A CALL TO ACTION

Faith Communities as Unbroken Circles of Care

Realizing the need for expanded visitation within the membership at First United Methodist Church has brought together two recent actions. First, a small group of parishioners focused upon increasing the number of available visitors; and second, identifying a strategy to raise consciousness within our congregation about the seasons of life from birth to death. Including the joys and sorrows associated with those seasons.

On Sundays we can witness these seasons being lived out by church friends and their families. Some experience profound change associated with a season and they may need support from others.

Congregations are significantly affected by illness and caregiving, end of life and grief. People experiencing these life situations naturally seek support, from their faith communities, with the spiritual, emotional, and practical needs these experiences bring.

First Church is responding with a strong desire to be aware and capable of offering caring support to people and to help them with these important issues.

*All rhythms of time beat in God's great heart:
the time to be born and the time to die,
the time to plant and the time to reap,
the time to laugh and the time to weep.
All seasons of life are beautiful in their time,
and provide occasion for God's great mercy.*

The Duke Divinity School offers a valuable toolkit for faith communities called the "Unbroken Circle." It provides today's congregations with a valuable and achievable vision of caring for others by weaving end-of-life information and support into daily congregational life.

A reality is that people love to discuss and share happiness and joy but many hesitate at discussing issues around illness, death and dying. Because the life journey for everyone of us begins at birth and ends at death we must overcome the temptation to ignore this topic. We must allow ourselves to incorporate this aspect of life in order that we can offer hope and support to others and to ourselves during times of illness, loss, and grief.

The conversations have begun, (see July and August issues of the Visitor) and plans are moving forward to include aspects of life's seasons in church discussions.

Please mark your calendar, and become a companion on the journey, starting with the following fall events:

Saturday, October 29, 2011, 9:00 a.m. - Noon, Room 201: Hospice 101 and End of Life Care. Speaker: Christine Stelter.

The content will address the difference between palliative and curative care and describes how hospice is structured to meet the needs of terminally ill people and their families. It also includes education about physical, emotional and spiritual aspects encountered during the final season of life as we know it. Participants will be better equipped to support others, and more capable in making their own end of life decisions.

Saturday, November 19, 2011, 9:00 a.m. - Noon, Room 201: Grief and Loss During the Holidays. Speaker: Christine Stelter.

This workshop introduces the spirit (what it is) and nature (where it comes from) of grief, loss and bereavement in end-of-life situations, identifying its emotional, spiritual and physical effects and ways to assist the bereaved.

For further information and discussion please contact me at (916) 446-5025, EXT 105.

Patricia, Faith Community Nurse



Youth and Children's Ministries

For information about, or to participate in, any of the many wonderful opportunities for youth and children, please contact **Karla**: karla@firstumcsac.org or 916-446-5025, ext 106.

9:15 a.m. Children's Program

Our 9:15 a.m. Sunday Morning Program will have a new feel starting in October 2011. We will have various programs continuing 4-6 weeks each, including: music and movement, art, drama, videos with discussion, lesson with craft. Our first program will be Music and Movement. Come check it out!

Youth and Children's Christmas Play

We will perform a Christmas Play this year on Sunday, December 18 during worship. All Youth and Children are welcome and encouraged to become involved. There are many options: speaking roles, non-speaking roles, singing, behind-the-scenes helpers, etc. Also, volunteer adult helpers are needed. Practices will begin in late October or early November. Join the fun! Please contact **Karla**

Children's Choir

We are starting a Children's Choir! Interested? Please contact **Karla**.

Youth Happenings

We had a very successful Youth Car Wash! Thanks to all of you who participated, our invaluable helpers and our valued customers!

Coming Up!

Our Youth continue with their very busy and exciting fall!

Sunday, October 2 - SSP Stockholders Dinner at 5pm.

Sunday, October 9 – CROP WALK at 12:30 p.m.

Saturday, October 15 - Garage Sale - bring your gently used items to the church.

Sunday, October 16 - Youth Group - PIZZA lunch and a tour of our church!

Saturday, November 5 – E-waste collection—bring it!

Join us!

Starting in October, Youth Group will happen every

1st and 3rd Sundays of the month, from 12 Noon to 2pm. All Junior High and Senior High students are welcome. Questions? Please contact **Karla**.

Sierra Service Project (SSP) Stockholders Dinner

For all of you wonderful people who donated money to purchase stock to help send our youth to do service on reservations this summer, we are having a dinner just for you, to say "Thank You!" On Sunday, October 2 at 5:00 p.m., we will have dinner and a presentation for you. We want to share our life-changing experiences that you helped make happen.

—Karla Lundin

A NOTE OF THANKS FROM THE EPWORTH PROJECT

To Whom It May Concern:

We would like to extend our deepest gratitude to you for the generous contribution of \$300.00 to Epworth Project at Northshore Disaster Recovery, Inc. Your donation will directly help the residents of our community. What a wonderful gift of service you provide through this contribution. To help improve living conditions which undoubtedly heals the lives of those affected by Hurricane Katrina is to be an angel of mercy. The changes brought about by your donation allow these families to feel safe and secure for the first time in a long time. Without you, we could not help these families.

Your support of Northshore Disaster Recovery and the broader recovery effort is a blessing to us. We hope that you will tell others about your relationship with us. Please remember that volunteers continue to be our number one resource in the rebuilding of this community. We look forward to serving with you again in the future.

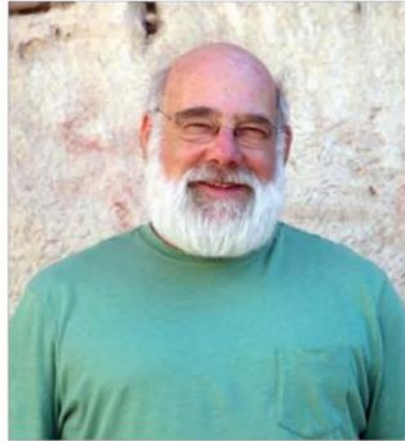
God Bless,

Dale Kimball
NDRI Executive Director

The Right to a Home

Ending Israeli Government Policy of Palestinian Home Demolitions

**Saturday, October 15, 7 p.m.
First United Methodist Church
2100 J St. Sacramento**



Dr. Jeff Halper is co-founder and director of the Israeli Committee Against Home Demolitions (ICAHD), a Nobel Peace Prize nominee, and author of *An Israeli in Palestine: Resisting Dispossession, Redeeming Israel*.

ICAHD is a nonviolent, direct-action organization established to resist Israeli demolition of Palestinian homes in the Occupied West Bank and Gaza (more than 24,000 to date). Schools and entire communities have also been destroyed along with land and crops. ICAHD also supports rebuilding of homes.



Sponsored by Sacramento Sabeel Conference Committee

Endorsed by Jewish Voice for Peace & American Muslims for Palestine

FMI contact : SabeelSacramento@gmail.com

BEING A CHURCH LEADER

What does it mean to be a leader in the church? Maybe more than one might think! Below is a blessing written by John O'Donohue in his new book, *To Bless*. O'Donohue outlines the core understandings of a leader, ones that our church leaders seek to grow into. We shared this at recent leader meetings and you may also want to think of areas where you excel and where growth would be helpful.

May you have the grace and wisdom
To act kindly, learning
To distinguish between what is
Personal and what is not.

May you be hospitable to criticism.

May you never put yourself at the center of things.

May you act not from arrogance but out of service.

May you work on yourself,
Building up and refining the ways of your mind.

May those who work for you know
You see and respect them.

May you learn to cultivate the art of presence
In order to engage with those who meet you.

When someone fails or disappoints you,
May the graciousness with which you engage
Be their stairway to renewal and refinement.

May you treasure the gifts of the mind
Through reading and creative thinking
So that you continue as a servant on the frontier
Where the new will draw its enrichment from the old,
And you never become a functionary.

May you know the wisdom of deep listening,
The healing of wholesome words,
The encouragement of the appreciative gaze,
The decorum of held dignity,
The springtime edge of the bleak question.

May you have a mind that loves frontiers
So that you can evoke the bright fields
That lie beyond the view of the regular eye.

May you have good friends
To mirror your blind spots.
May leadership be for you
A true adventure of growth.

—*Pastor Don*

N-D. CONFIRMANDS LIVE VOWS TO DO GOOD

North Dakota residents recently faced seven weeks of flooding that led to the worst disaster in state history. The catastrophe left 8,000 to 9,000 people homeless in central North Dakota. Winter will begin in October in North Dakota.

4:00 P.M. ET Sept. 20, 2011 | MINOT, ND-UMNS

“We vowed to do all the good we can. Just a week later, the flood happened. We were like ... it’s time to start doing good.” When Kalob Thomas, 15, and six other United Methodist teens were confirmed this spring in Des Lacs and Minot, N.D., they anticipated a summer of earning extra money, learning to drive or just relaxing.

But the days of “sleeping, watching TV, hanging out with friends and eating lots of junk food,” as the lanky Thomas described it, were not to be. In June, the Mouse (Souris) River overflowed its banks, covering much of Minot, N.D., and the surrounding area with floodwaters and leaving a huge mess of soggy tree limbs, insulation, lumber, appliances and once-favorite toys.

Almost overnight, the youth had an opportunity to put their lessons learned — and their faith — into action.

Thomas and fellow confirmand Chance Fjeldahl, who lost his home in the flood, quickly went to work mucking and gutting their neighbors’ soaked homes.

Thomas’ mom, Michelle, counted on her fingers as she named the people the two young men helped. Twelve families, plus Faith United Methodist Church, which sustained heavy flood damage, resulting in an uncertain future for the congregation’s beloved building.

By Barbara Dunlap-Berg, United Methodist News Service

**“SEARCHING FOR
SAFEGROUND” FILM
FESTIVAL**

Each winter, our church hosts homeless guests in our facility for overnight stays. During the cold, wet months, this is a life-saving mission in which many faith communities participate. This year we are told that there will be no homeless shelter in Sacramento, making Safeground more important than ever.

Costa Mantis, a filmmaker and formerly homeless individual, has produced a compelling film series called Searching for Safeground.

This film series will premier right here at First United Methodist Church on five consecutive Second Saturdays beginning October 8th, at 5 pm. Each segment is 40 minutes long and will be followed by a Question/Response time with the filmmaker. The film will be screened in our Chapel and many local faith communities and Safeground

supporters will be in attendance. This is a free event, although a suggested donation of \$5 is requested which will be donated to Safeground after expenses. In addition, you can purchase DVD's of Mr. Mantis' film at the event.



2nd Saturdays @ 5:00 pm

FIRST UNITED METHODIST CHURCH

21st & J Streets

OCT 8 Episode 1 - "Third World America"

NOV 12 Episode 2 - "Outside In"

DEC 10 Episode 3 - "Where Will I Stay Tonight?"

JAN 14 Episode 4 - "It Is What It Is"

FEB 11 Episode 5 - "Now What?"

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FIRST UNITED METHODIST CHURCH VISITOR

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PERIODICALS

DATED MATERIAL—DO NOT DELAY



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

The Visitor is published monthly. Each issue includes the following month's calendar. **The deadline to submit items is the Wednesday before publication.** Items may be submitted by e-mail (best) or hard copy:

- **E-mail** to *The Visitor* editors Connie Fanos and Lynette Fazio at **theVisitor@firstumcsac.org** **by 6:00 PM Friday**. Be sure Dianne Smith (dianne@firstumcsac.org) in the church office receives a copy of your item via e-mail cc.
- **Hard copy** submissions may be delivered to the church office, or to the editors, by prior arrangement. When delivering to the church office, plan enough lead time for staff to transmit items to the editors.

Upcoming deadlines for *The Visitor* are:

- **October 19**
- **November 16**
- **December 28**

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Johnny Morales, Jr.; **Richard Pervorse**