

# First United Methodist Church

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

June 2011

## The Visitor

Volume 53, Issue 6

### PASTOR DON'S DABBLINGS

Greetings in the name of Christ!

“Everyone is talking about balance. It’s like the Holy Grail. We all want to know where to find it. We want a balanced checkbook, a balanced diet and a balanced portfolio. Most of all, we’re striving for the right balance between our work lives and the rest of our lives.”

So begins an article by Martin B. Copenhaver, senior pastor of Wellesley Congregational Church in Wellesley, Massachusetts. Rev. Copenhaver is writing in a recent edition of The Christian Century magazine.

While creating balance might be a commendable goal, what does it really bring? Could “balance” be just another way of saying “I’d like as little disruption in life as possible”? Or “I’d like everything to fall into a manageable schedule”? Or “Don’t rock the boat!”?

True, there are only so many hours in the day and it is important in any given day that times be set aside for work, play, prayer, service, rest, friends, solitude...yikes, the list goes on. Yet, bringing these elements into each day provides a kind of rhythm that in itself is actually imbalanced. Trying to regiment these activities into time slots often fails and

produces frustration that one just isn’t staying in balance. On the other hand, allowing these activities to emerge as they will during the day and responding to their emergence is more about responding to the rhythms which any day might present.

For instance, today I have a busy day with numerous appointments and many people to meet. How will I respond to the rhythms the day presents? Well, I don’t know, yet. What I do know, and what I can practice, is to be open to what the day presents, what the Spirit presents, really...to submit to the flow of the holy rhythms of life rather than try to control each and every moment in the name of achieving balance. Letting go of that control is an invitation to imbalance. But not a chaotic imbalance, but a holy, creative one that honors the moment and receives in the moment all that God is offering.

Rev. Copenhaver suggest this is like breathing out and breathing in: “a time to be out of balance in one direction and a time to be out of balance in the other direction. I can stand on one foot, but not for long. It’s discouraging and not much fun. But when I respond to the rhythms of creation, in my breathing, in engagement and disengagement, in consuming work and restoring rest, it is more like dancing--first one foot and then the other.”

Enjoy the dance today! And may the holy rhythms of life bring you joy!

In Christ’s love  
Pastor Don

#### **Inside this issue of *The Visitor*:**

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....and *much more*, inside & at [www.firstumcsac.org](http://www.firstumcsac.org)



## Worshipping Together in June

June 5 7th Sunday of Easter - Holy Communion  
Strange Religion  
Psalm 68.1-10; 32-35  
Acts 1.6-14

Luke paints a picture of the earliest “Christian” gathering and it truly must have seemed strange to anyone on the outside. But to the followers of the way, devotion to prayer and each other formed the prelude of a strange new religion where faith is at the center.

June 12 Day of Pentecost  
The Art of God  
Acts 2.1-21  
1 Corinthians 12.3b-13

The creative spirit is born of chaos and the desire for expression and order. The Day of Pentecost reminds us of the great diversity that our Creator desires and of our place in the marvelous creation.

June 19 1st Sunday after Pentecost  
Creation: Day One - Let There Be Light  
Psalm 8  
Genesis 1.1-5

In our first encounter with God in the Bible, we find One who is Creator, whose desire is to bring goodness out of a formless void or emptiness. When we are feeling empty, how can we let the Creator’s light into our lives that we, too, might experience that creative goodness?

June 26 2nd Sunday after Pentecost  
Creation: Day Two - The Heaven’s Rejoice  
Genesis 1.6-8

If you have ever looked into the night sky away from the city, you know that the vision before you is awesome and majestic. This might just be God’s way of drawing your attention to God’s creative power, that you might feel strengthened and refreshed.

### *We hope you saved the dates!*

Don’t forget! This year’s family camp-out is July 7 through 10! We will be going to Bucks Lake. If you want to know more about it or sign up, please contact us at 371-5019 or email us at [gparney@Yahoo.com](mailto:gparney@Yahoo.com).

### About Our Folks

♥ **Fred Hoyt** is resting at home and continues to receive treatment as an out-patient. ♥ **Bonnie Churchill, E.G. Pomeroy, Jackie Thompson, Tilda Redway, Bill Faught, and Delight Trotter** continue to receive care in convalescent facilities. ♥ **Jeanette Hite** is home and continues to receive medical treatment. ♥ **Larry Sidener** is home and continues to receive medical treatment. ♥ **Bruce Michener** is doing well following recent surgery ♥ **Liam Michael O’Brien** is being scheduled for surgery. ♥ **Irene and Marvin Brown’s** daughter, **Nola Agha**, is home and continues to receive medical treatment. ♥

### Youth Group Happenings...

June 5<sup>th</sup> - Youth Group: 12 noon – 2 pm  
June 26<sup>th</sup> - Youth Group: 12 noon – 2 pm

Also – watch for these upcoming events:

- \* Youth BBQ with Pastor Don
- \* “Mini’ Lock-In

### Save the Date:

July 2<sup>nd</sup> – POOL PARTY and BBQ at Karla’s



### Sunday School Teacher Appreciation

On June 12<sup>th</sup>, we will recognize our Sunday School teachers from this past school year. We are so thankful for each and every one of you! Please join us for this celebration.

## Got Some Extra Tools?

Your Board of Trustees has asked that we develop two tool boxes for church members to use for minor repairs. Perhaps you are clearing off your work bench at home and have found some extra tools which could be shared with the church. Such specific items as: a hammer, or pliers, a Phillips screw driver, regular screw driver, couple of small wrenches, maybe a flashlight would be helpful. Got something? Just drop off at the church office. Have questions call us at the office 446-5025. Thanks for the help on this project!

*This is part of a letter from UMCOR thanking FUMC for our contribution.*

Dear Friends in Mission at First United Methodist Church,

Thank you for your generous gift to United Methodist Committee on Relief. One hundred per cent of your contribution will go to Japan Emergency through The Advance, the designated giving channel of the United Methodist Church. Your gift received on April 14, 2011 for \$2,453.00 is providing emergency relief and long-term recovery support for disaster-affected communities.

Because you gave, UMCOR is able to “Be There” and “Be Hope” on your behalf. UMCOR programs provide food for the hungry, help farmers grow plentiful and nutritious food, and support people left destitute by natural disasters and war. Your gifts go a long way to bring healing and hope to people in need. We give thanks for your generosity.

Grace and Peace,

Roland Fernandes  
Shawn Bakker  
General Treasurer      Associate General Secretary  
United Methodist Committee on Relief  
(UMCOR)              The Advance  
General Board of Global Ministries

## **Did You Know?**

Faith and Homeless Families Initiative (FAHF), an arm of Lutheran Social Services, helps transitioning families overcome problems associated with homelessness. First Church is one of about a dozen volunteer congregations mentoring a family.

While transitioning from homelessness, a family can benefit from mentoring to assist adjusting to the needs of everyday life—such as work, school, shopping, and transportation—all the important challenges that face every family.

FUMC’s mentor family consists of a mother, a toddler and an infant. Sandeep, born in Canada of Indian descent, is in her 20’s; her son Trishon, 2 ½ years, is recovering well from brain surgery, and a new baby girl, Amora, was born April 7<sup>th</sup>. A pink rose was placed on our altar for Amora on May 8<sup>th</sup>.

Walt Edwards and Doris Baxter met with Sandeep to share ideas about home management and achievement of future goals—in Sandeep’s case, citizenship, work and schooling for a career in cardiology.

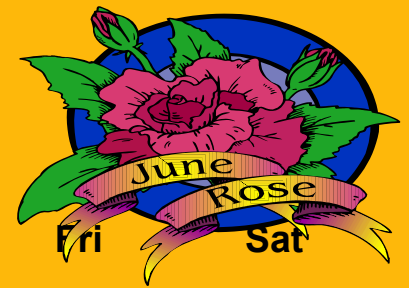
Sandeep and Trishon are enjoying little Amora. He loves his baby sister and always tells Mom when she is crying and helps by fetching diapers for her.

FUMC has funds to assist the family with rent for a period of six months. Sandeep’s most pressing need at the moment is for a baby carriage or stroller; preferably one for a new baby and a 2 ½ year old, so that she can take the children out of doors. If anyone has a stroller or carriage they’d care to donate, please contact Doris Baxter.

The cost of diapers and other infant sundries is expensive and rising. UMW requests that members of the congregation clip coupons for such things as diapers, wipes, bottles, baby shampoo and the like, and give them to Doris Baxter for Sandeep’s family.

---Doris Baxter

# June 2011



Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>ACIM = A Course in Miracles 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><b>1</b>                  7:00 p.m. 12 Steps-NA                  7:00 p.m.</p>	<p><b>2</b>                  7:00 p.m. Sacramento Gay Men's Chorus</p>	<p><b>3</b>                  5:00 p.m. Forever Young Children's Art</p>	<p><b>4</b>                  7:00 a.m. Prayer Walk                  9:45 a.m. Unit-</p>
<p><b>5</b>                  See Sundays at FUMC                  Communion Sunday</p>	<p><b>6</b>                  6:00 "Staging A Miracle" Leadership Meeting                  6:30 p.m. Boy Scouts and Parent Meetings</p>		<p><b>8</b>                  7:00 p.m. ACIM                  7:00 p.m. 12 Steps-NA                  7:00 p.m. Imani Bible Study</p>	<p><b>9</b>                  5:30 p.m. "Not Finished Yet - Women's Group"                  7:00 p.m. Sacramento Gay Men's Chorus Rehearsal                  7:15 Chancel-</p>		<p><b>11</b>                  10:30 a.m. Bishop Brown Meeting</p>
<p><b>12</b>                  See Sundays at FUMC                  8:30 a.m. Missions Committee                  3:00 p.m. Imani Church Activities/Meetings                  6:00 p.m. Imani Church Service</p>	<p><b>13</b>                  6:00 p.m. "Staging A Miracle" Leadership Meeting                  7:00 p.m. Boy Scouts</p>	<p><b>14</b>                  9:00 a.m. Board of Ordained Ministries Meetings/Lunch                  9:00 a.m. Cultural Competency Class - Class/Lunch</p>	<p><b>15</b>                  7:00 a.m. Coffee with the Bishop                  5:30 p.m. Women Clergy Dinner Meeting                  7:00 p.m. 12 Steps-NA                  7:00 p.m. Ima-</p>	<p><b>16</b>                  12:15 p.m. Conference Luncheon                  7:00 pm. Sacramento Gay Men's Chorus Rehearsal                  7:15 p.m. Chancel Choir</p>	<p><b>17</b>                  12:15 p.m. Conference Luncheon                  5:30 p.m. Conference Dinner/Program</p>	<p><b>18</b>                  6:45 a.m. United Methodist Women Conference Breakfast                  7:00 a.m. Prayer Walk                  4:30 p.m. Ordained Minister Celebration</p>
<p><b>19</b> See Sundays at FUMC                  Volunteers in Mission (VIM) leave on week-long trip                  8:30 a.m. Community Breakfast                  Church Service</p>	<p><b>20</b>                  7:00 p.m. Boy Scouts</p>	<p><b>21</b>                  6:15 pm Forever Young Board Meeting                  7:00 p.m. Board of Trustees</p>	<p><b>22</b>                  7:00 p.m. 12 Steps-NA                  7:00 p.m. Imani Bible Study                  7:00 p.m. ACIM Study group</p>	<p><b>23</b>                  5:30 p.m. "Not Finished Yet - Women's Group"                  7:00 p.m. Sacramento Gay Men's Chorus Rehearsal                  7:15 Chancel Choir Rehearsal</p>		
<p><b>26</b> See Sundays at FUMC                  8:30 a.m. Community Breakfast</p>	<p><b>27</b>                  6:00 p.m. "Staging A Miracle" Leadership Meeting                  7:00 p.m. Boy Scouts</p>		<p><b>29</b>                  7:00 p.m. 12 Steps-NA                  7:00 p.m. Imani Bible Study</p>	<p><b>30</b>                  7:00 pm Sacramento Gay Men's Chorus Rehearsal                  7:15 p.m. Chancel Choir</p>	<p><b>Sundays at FUMC</b>                  9:15 AM Wired Word Study                  9:15-11:30 AM Infant/toddler care, Children's Enrichment programs, Adult Education                  10:30 AM Worship; Sunday school programs for children and youth; Infant/toddler care                  11:30 AM Fellowship ; 12:00-2:00 PM Youth Group                  6:00 PM Imani Community Church</p>	

## The Importance of Breathing Correctly

Pastor Don mentioned the importance of breathing in his sermon about worrying. Certainly breathing is vitally important to each of us because it is crucial to life. Our pastor suggested that deep breathing connects us to our spirituality when difficulties tend to overwhelm us and it reminded me that breath is the link between our minds and bodies. Breathing is considered the most powerful stress-management modality known.

You may already know that Norman Cousins (1915-1990), who is known as the “founding father of mind-body medicine” (aka: holistic medicine), was an early researcher of psychoneuroimmunology (PNI). PNI is a relatively new concept in medical science. Simply stated, Dr. Cousins was describing the concept of a human healing system. An innate human system that by design helps people overcome illness and disease and return their bodies to a state of wellness and health. Psychoneuroimmunology studies the interactions between the mind, the nervous system, and the immune system to further understand the way one’s beliefs, thoughts, feelings, and attitudes can affect our physical health. For example, when we are mentally agitated, anxious, or under stress, our breathing is disturbed and becomes more shallow and rapid. When relaxed, breathing becomes slower and deeper. Improvements in health are more likely when we breathe in a more relaxed and easy way. Learning to breathe correctly comes from practicing simple techniques.

Deep breathing increases lung capacity and strengthens the respiratory system, which creates more efficient breathing. There are two major benefits. First is increased oxygenation to every cell, organ, and tissue in your body and second is a calming effect on your brain and nervous system, which reduces both mental and physical tension. Both of these factors work together to relieve fatigue and to create more energy in your body, improving the functioning and performance of your healing system. Because stress is known to be a significant component of illness and managing stress can help by preventing disease and/or by healing, it is important to become aware of our breathing patterns and to use some simple techniques for improving efficiency in breathing.

Below you will find a brief description of a breathing exercise you can do to help you relax. It is called “belly breathing.” Belly breathing is simple and a good technique to begin with if you are not familiar with breathing exercises. Once you have learned to use belly breathing you can try more advanced exercises. You will find descriptions and instructions on the *Body, Mind, and Spirit* bulletin board (located in the lobby by the church office).

**Belly breathing** is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

**Sit in a comfortable position.**

**Put one hand on your belly just below your ribs and the other hand on your chest.**

**Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.**

**Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.**

**Do this breathing 3 to 10 times. Take your time with each breath.**

Patricia Weedon, Faith Community Nurse



### Small Group Gatherings to Meet our New Pastor Don Lee

This is your chance to meet Pastor Don in a small group setting. There are a number of gatherings planned in May and June at various locations. If you are interested in learning more or attending one of the remaining groups, please contact Julie Rodriguez at 456-3588 or by email at [juliesong3@gmail.com](mailto:juliesong3@gmail.com)

## JIMMY CREECH TO SPEAK AT ANNUAL CONFERENCE EVENT

Jimmy Creech will be the speaker at the Annual Conference dinner, June 15, sponsored by Conference Board of Church and Society, the Conference Committee on Reconciliation and the Methodist Federation for Social Action. Call Jean Reynolds at (510) 235-2988, for further information.

In addition, FUMC and other churches and organizations will sponsor Mr. Creech's free lecture at Trinity Cathedral, 7 p.m. June 14. He will be signing his book, *Adam's Gift*. The Cathedral address is 2620 Capitol Ave., Sacramento; telephone 446-2513.

### A UMNS Report

By Linda Bloom\*

3:00 P.M. EST May 23, 2011

Several United Methodist churches in Joplin, Mo., were scrambling to provide shelter Monday morning for church members and others whose homes were damaged by a tornado the day before.

At least two churches also suffered extensive damage. The Rev. Christopher Sloan, pastor of Christ's Community United Methodist Church, compared viewing the aftermath to looking at a "lunar landscape."

The devastation is so well defined, he added, that "when you get on a hill, you can see a path through the city." Sloan also serves as a fire department chaplain and had helped set up an emergency medical services response center after the tornado struck. His church, which had power but no water, was open as a shelter and was receiving supplies and volunteers. A disaster-response team from the Missouri Annual (regional) Conference is expected to use the church as its headquarters for tornado response, he said. "We're finding out how many people in our congregations have lost their houses," he said. Sloan confirmed that the sanctuary of another church, St. Paul's United Methodist, was destroyed by the tornado, although the rest of the structure remained standing. The conference also reported that St. James United Methodist Church was destroyed and the Southwest District office next to it damaged.

### More...

United Methodists are also responding to deadly tornadoes that touched down over the past weekend in Kansas and Minnesota. The twisters left at least one person dead in northern Minneapolis and killed another in Reading, a town of about 250 people in eastern Kansas.

Winds ripped off the roof of Reading United Methodist Church, and the building may be a total loss. About 20 homes in the town were destroyed. Donations to help UMCOR respond to "Spring Storms 2011" can be made by going to the [UMC.org](http://UMC.org) site.



### SIGN UP FOR SAM

June 9th is the deadline for applications for this year's Staging A Miracle. Don't miss out! It's a 5-week music and arts program for families that meets Tuesday and Thursday evenings beginning July 12th (orientation July 9th) and concludes with an art show and performance on Saturday August 13th. Children first grade through high school can participate in a range of visual and performing arts experiences. Preschoolers enjoy music and movement classes and storytelling, and nursery care is available for infants. At least one parent must participate with children. Sessions begin with family dinner at 5:00, classes start at 6:00 and end by 8:00. School-age kids will have Saturday art workshops just for them. Application forms are available in the J Street lobby. For more information or to volunteer to help, call 446-5025 ext. 120 or e-mail [SAM@firstumcsac.org](mailto:SAM@firstumcsac.org)

## Go West Young Woman! (And Man!)

United Methodist Women of today stand on the shoulders of their foremothers, who established the UMW tradition of service to women and children.

Having sent their first two missionaries abroad under the auspices of the newly formed Women's Foreign Missionary Society in 1869, the women branched out, turning their attention to matters closer to home.

Post-Civil War America saw a concerted effort to carry the Gospel message westward. Circuit-riding Methodist preachers planted new churches throughout the West and South, soon followed by church women sent by the Women's Home Missionary Society, inaugurated in 1880. Their first president was Lucy W. Hayes, whose husband Rutherford B. Hayes was also a President – of the United States. The women organized to such effect that by 1890 the *New York Times* reported that the Society “has sixteen model homes and industrial schools in the South, missions for the Indians in Oklahoma, California, New Mexico, Washington, and Alaska. It has ten missions in Utah, three industrial schools for Spanish-Americans in New Mexico, missions on behalf of immigrants, and twenty-two important city missions, including Deaconess's Homes.”

The growing settlement house movement, begun in England and brought to the United States by leaders such as Jane Addams, influenced the work of the women in the industrialized East. The women addressed the challenges of the great wave of immigration that rolled over the country in the years before World War I. They founded affordable safe residences for the young women who came to work in the factories or enrolled in colleges and universities increasingly open to female students, and they battled to save women and girls trapped in the seamy ‘red light’ districts of the day.

To meet the needs of isolated rural Appalachia, the Women's Missionary Society of the Evangelical Church began to request that the church begin work there. In 1913 they established the Faith Fund, named “in the faith that money would flow into it and that God will show us where to invest it.” That faith became the foundation of today's Red Bird Mission Conference, after many years of love and

labor and the eventual joining of the Evangelical and Methodist churches.

Wherever church women found themselves, they found God's work to do. The saintly Rev. Dr. Otis Gibson and his wife founded the first Methodist mission among the Chinese of San Francisco. When the police rescued a young woman who tried to drown herself after being sold into prostitution, Dr. Gibson put out a call to Methodist women to help the slave girls of the city. Although only 11 women showed up in the face of the anti-Chinese sentiment of the city, they were more than equal to the task. Over the years they gave shelter to hundreds of women and girls. The Oriental Home and School operated until well into the 1930's, and was eventually reborn as Gum Moon (‘Golden Door’), which continues today as a residence – and refuge – for women.

Today's UMW membership is one million strong, and contributes \$25 million to ministries with women and children around the world. Some challenges of today remain sadly similar to those of earlier eras – immigration issues, human trafficking, and domestic violence. The work goes on, the tradition continues, and the women of today go with the times, led by the example of those who took up the challenge before them and led the way.



### Not Finished Yet - Women

The women's "Not Finished Yet" group is continuing to meet during the summer months. On June 9, the group will embark on a new study: "Invitation to Romans" by Pamela M. Eisenbaum. The study consists of a question and answer format, including Bible study and lots of opportunity for sharing and discussion. Feel free to join us on the second and fourth Thursdays of each month at 5:30 in the Library. Questions, please contact Phyllis Varney at 371-5019 or [gpvarney@yahoo.com](mailto:gpvarney@yahoo.com)

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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 Wednesday**. 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:**

- **June 22**
- **July 20**
- **August 24**
- **September 21**

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