



First United Methodist Church

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

September 2011

The Visitor

Volume 53, Issue 9

PASTOR DON'S DABBLINGS

Greetings in the name of Christ!

The apostle Paul wrote in his letter to the Romans, “.be transformed by the renewing of your minds, so that you may discern what is the will of God--what is good and acceptable and perfect.”

Education is one of the primary ways we renew our minds. When I attended graduate school, I was struck by how different the learning climate was from that which I experienced in undergraduate work.

There was writing instead of tests, deep lectures which led to engagement with others, and the reading of specialized books and articles instead of textbooks. And, of course, in seminary, all of this was done in the light of the Holy Spirit, where a sacredness lifted ordinary study into a spiritual experience.

I hope you will avail yourself of this kind of spiritual experience through the church’s offerings this fall. An extensive listing of classes and groups for adults and young people will be sent in the mail very soon and also printed in the Sunday bulletin. Our Adult Ministry Team and Young People’s Ministry Team have put together a variety of opportunities designed to renew your mind and spirit.

You will see an in-depth Bible study, a book study on the current movements in Christianity, training to become a Parish Care Minister, small group relational opportunities, a class on the history of FUMC, a member inquiry class, a fall spiritual retreat, classes dealing with current issues and concerns, and more!

Colleges are now offering “life-long learning” because the general public has asked for ongoing educational activities. The church has always offered these even from its earliest beginnings when folks would receive training leading toward baptism.

From the first century onward, Christians have sought a deeper relationship with Christ through the renewing of their minds. This current offering will provide yet more opportunities to find ourselves in the presence of Christ through engagement with the Word and with each other. And...who knows?...you may discover once again what is good and acceptable and perfect!

On, September 11, Welcome Home! Sunday, you will be able to sign up for one or more of these excellent offerings. Join us for this wonderful day and celebrate our church’s ministry to each other and the world around us!

With loving zeal,

Pastor Don



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Worshipping Together in September

Sep 4 12th Sunday after Pentecost - Holy Communion - Labor Sunday

Woody Guthrie and the Struggle for Honest Work and Honest Pay

Psalm 100
Micah 6.6-8
Matthew 20.1-16

Woody Guthrie's gift of music and poetry helped to transform a nation of working poor into one with a thriving middle class. The struggle was immense and continues today.

Five Week Sermon Series to begin based on the book "A New Kind of Christianity," by Brian D. McLaren. In addition, Pastor Don will offer a class using this book as the basis of exploration.

Sep 11 13th Sunday after Pentecost - Welcome Home! Sunday

Extra! Extra! Read All About It! - The Story - Remembering Who We Are

Isaiah 2.2-4
Matthew 18.21-35

While many spend time remembering the day that airplanes were flown into buildings, we might want to reflect back on our reactions to this time. What do these reflections say about our present and the hopes for our future? How do these correlate to the narrative of the Bible?

Sep 18 14th Sunday after Pentecost

Extra! Extra! Read All About It! - What About the Bible? - Seeking Authority

Exodus 16.2-15
Matthew 21.23-27

While many consider the Bible a kind of rule-book, this way of viewing biblical authority can get messy. Some others are just plain confused about how the Bible has any authority in their lives at all. Despite its sometimes perplexing imagery, we can still find in its narrative structure a path that leads to wholeness.

August 23

"Hi, Don!

Thanks for the welcome letter from the church. Even visiting pastors like to receive these letters!

I had an amazing experience on Aug. 14 with 'Pay It Forward: The Art of Kindness.' Really, the message has stuck with me! Tell anyone who was involved that this visiting pastor had a deeply meaningful worship experience and I am practicing more kindness!

When I parked my car and approached the church, I could feel the vibes and hear the excitement building.

When I stood in the courtyard and surveyed my seating options, I was truly enchanted with the Holy Spiritual around me. Hope this doesn't sound too weird, but I felt kind of like Cinderella just arrived at the ball!

I'll come back on a more typical Sunday, but meanwhile I'll smile every time I remember August 14. I'll see you all again soon. God bless your time at 1st UMC Sac!

Love and Joy in Christ,
(Rev.) Becky

P.S. If more worship services were like S.A.M. probably all of our churches would be fuller more often...something to think about!"

United Methodist Women (UMW) continue workshops to prepare for their Annual Fall Bazaar.

Workshops are being held on most Saturdays from 9:00 a.m. to noon in the Terrace Room. If you would like to help with special craft and sewing projects you are encouraged to join us. We need those who can stitch, cut out fabric from patterns, glue and other tasks. The work is satisfying and the fellowship excellent. For more information on how you can help call Phyllis Helsel 428-2114.

Children's Ministries

As Labor Day signals the end of summer and children start back to school, we celebrate our church community on Sunday, September 11th with Welcome Home Sunday. On this Sunday, children will move up to their new Sunday School classes and meet new teachers for the year. Special activities are planned for the children. Plan to join us on this inspiring Sunday!

9:15 a.m. Children's Program

This fall, we will begin a new series of programs at 9:15 on Sunday mornings.

Continuing 4-6 weeks each, varying programs include: music and movement, art, drama, videos with discussion, lesson with craft. Come check it out.

Calling all Past, Present, Future, and Potential Sunday School Teachers!

Many hands really do make light the work! Please consider teaching Sunday School this upcoming school year. Teachers rotate in and out of the Sunday School teaching schedule, allowing for regular attendance in worship. All teachers work in teams of two and help each other out. We will also have some training and informational meetings so everyone will feel prepared. If you are interested in teaching Sunday School, please contact Karla:

karla@firtumcsac.org or [916-446- 5025 ext 106](tel:916-446-5025).

Youth Happenings:

Our Youth have a very busy and exciting fall coming up!

Friday, September 9 - Youth and Parent BBQ in the church courtyard at 6 p.m. Parents, please join us to see what new and exciting things are happening this year with Youth Group!

Sunday, September 11 - Welcome Home Sunday at FUMC. This is our kick-off for Youth Group 2011-2012. Youth Group 12noon - 2pm.

Welcome New 6th graders!

Sunday, September 18 - Youth Car Wash from 9 a.m. - 12 noon

A look ahead...

- 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.

Late Oct. or Early Nov. – E-waste collection

Starting in October, Youth Group will happen every 1st and 3rd Sundays of the month, from 12noon to 2pm. All Junior High and Senior High students are welcome. Join us!

Questions? Contact

Karla: karla@firtumcsac.org or 916-446-5025 ext 106

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! 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. We thank you.

CROP WALK

Please join us for the CROP WALK, a walk to raise money to help stop Hunger. On Sunday, October 9 at 1 p.m., we will walk around the State Capital area. Walkers will be asking for sponsors to donate money of which a percentage goes to the local community. If you are not available to walk, you will have the opportunity to sponsor those in our church that will be walking. Please watch for sign-ups and walkers to sponsor. Any and all donations are wel-

UMW General Meeting, September 3, 2011

9:45 am—Executive Board Meeting

10:45 am—Business Meeting

11:45 am— Potluck Lunch

12:15 pm—Program: Speaker is Pastor Don Lee

Circle 4 will set and decorate. Everyone will serve and cleanup.

September 2011



Sun

Mon

Tue

Wed

Fri

Sat

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

1
8:30 am Staff Meeting

2

3
9:45 am.UMW Executive Mtg.
10:45 amUMW Business Mtg.
11:45 am.UMW Potluck Luncheon

4
See Sundays at FUMC

10:30 Worship Service— Communion Sunday

5
Labor Day Holiday – Church Office and Building Closed

6

7
7:00 p.m. 12 Steps-NA
7:00 p.m. Imani Bible

8
5:30 p.m. “Not Finished Yet – Women’s Group”
7:15 p.m. First Choir Rehearsal

9
5:00 p.m. SA-BEEL Meeting
6:00 p.m. Youth/ Parent BBQ

10
Second Saturday in Midtown

9:00 a.m. UMW Annual Bazaar Workshop

11
See Sundays at FUMC
Welcome Home! Sunday!
8:30 a.m.Mission Committee
9:00 a.m.“Not Finished Yet – Men” (new group)
12:00 pm.Second Sunday Luncheon
3:00 p.m.Imani Activities/ Special Programs

12
7:00 p.m. Boy Scouts

13
10:00 a.m.
“Becoming the Best Visitor”

14
6:30 p.m. “A New Kind of Christianity”
7:00 p.m. 12 Steps-NA
7:00 p.m. Imani Bible

15
7:15 p.m. Chancel Choir Rehearsal

16
10:00 a.m.
“The Gospel of Matthew”

17
9:00 a.m.
UMW Bazaar Workshop

18
See Sundays at FUMC
8:30 a.m. Community Breakfast
9:00 a.m. Member Inquiry Class
9:30 a.m. Youth Car Wash
12:00 p.m.“Back to the Future” Heritage Program

19
7:00 p.m. Boy Scouts

20
10:00 a.m. “Becoming the Best Visitor”
6:15 p.m. Forever Young Board Meeting
7:00 p.m.Board of Trustees Meeting

21
8:00 a.m.District Cultural Competency Workshop
6:00 p.m. Leadership Team Mtg
6:30 p.m.“A New Kind of Christianity”
7:00 p.m. 12 Steps-NA
7:00 p.m. Imani Bible

22
10:30 a.m.Staff Meeting
5:30 p.m.“Not Finished Yet – Women”

7:15 p.m. Chancel Choir Rehearsal

23

24
9:00 a.m.UMW Annual Bazaar Workshop
10:00 a.m. “The Gospel of Matthew”

25
See Sundays at FUMC
8:30 a.m Community Breakfast
9:00 am Member Inquiry Class
12:00p.m.Reconciling Task Force
3:00 p.m.Imani Activities/ Special Programs
5:00 p.m.**Family Promise Participants Arrive**

26
7:00 p.m. Boy Scouts .

Family Promise

27
10:00 a.m. “Becoming the Best Visitor”

Family Promise

28
7:00 p.m.12 Steps-NA
7:00 p.m. Imani Bible Study

Family Promise

29
7:15 p.m. Chancel Choir Rehearsal

Family Promise

Sundays at FUMC
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 Service



The Pervasiveness of Loss and Grief

(Continuing Conversations about Grief and Loss)

Last month's article regarding the pervasiveness of loss and

grief was received by the congregation as both timely and helpful. I am grateful for the conversations it initiated. We at First Church have had such an unusually high number of illnesses and deaths, within our circle of families and friends, I believe the conversations may benefit many of us directly or indirectly. Understanding our own reactions to personal loss and understanding another's reactions to loss is a good thing. It provides a foundation for helping each other during extremely difficult times.

Grief is an emotional, physical, cognitive, and spiritual response to a loss. Sometimes grieving feels so painful and overwhelming; it can be frightening and cause us to feel very alone. Some normal and common responses people experience in grief are:

- Reoccurring need to tell the story about the loss.
- Restlessness, forgetfulness and/or difficulty concentrating.
- Changes in eating and sleeping patterns.
- Crying and/or sharp mood swings.
- Feelings of guilt or regret.
- Weakness and lack of energy.
- Lack of interest in former activities, depression

Currently, I am working with VITAS Hospice to schedule small group sessions on topics related to "end of life issues". I am hopeful this special informational series will be useful going forward. Look for information in the fall 2011 brochure on group offerings.

Patricia
Faith Community Nurse

SAFE GROUND JUBILEE, Wednesday, September 14, 2011 at Cesar Chavez Park, 3:30 to 7:30 PM. Come out to the Plaza and support their vision to end homelessness in our area. It is also a time to help us begin to prepare for the Fall and Winter Pilgrimage. There will be speakers, food, music, and T-shirts. Safe Ground is also seeking sponsors who will donate from \$50 to \$5,000. To participate or donate contact Paula Lomazzi, 682-8649, email, shoc_1@yahoo.com.
-Submitted by Glenn Tilton, gtilton2@comcast.net

Dear Pastor,

It is with great sadness that I notify First U M Church of the passing of one of your former members, Ms. Charleene G. Andrews. She was born January 4, 1920 in Texas and died in Folsom, CA on June 17th and was laid to rest in her family plot in Acton, TX next to her husband, Vivian H. Andrews, on June 24, 2011. A memorial service was held at St. Andrew's UMC her final church home the Sunday after we returned home. She worked in the office and had many good friends at First Church and was very active in the UMW at both locally and in the District. Melani Andrews

Praying for Each Other

*In Loving Memory
Jeannette Hite*

August 18, 1961 - August 24, 2011

Our United Methodist Connection

The people of Oak Park United Methodist Church, Sacramento, and their pastor, Robert Jones

Members of First United Methodist Church

Jackie Thompson	Madia Risi and family
Duane Hansen	Marie Steppan
Molly Schaechtele	Bonnie Churchill
E.G. Pomeroy	Bill Faight
Tilda Redway	Carin Martin
Jesse Martin	Louise Peck
Connie Mieras	Audrey McMillin
Mary McDaniel	Stephen Helsel
Delight Trotter	Cathrine Sidener and family
Robert Weedon	
	Johnny Morales, Jr. and family
	Brian Hite and family

Friends and Family

Nola Agha, daughter of Irene and Marvin Brown and Tom Roehr's son, George

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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** at cfanos@hotmail.com and **Lynette Fazio** at lynnfazio@comcast.net **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:

- **September 21**
- **October 19**
- **November 23**
- **December 28**

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Bookkeeper **Virginia Beebe**: ginny@firstumcsac.org

Maintenance/Grounds/Security: **Johnny Morales**;
Richard Pervorse