



A Monthly Newsletter of the United Methodist Church of Vista

We are called to be an authentic, accessible and inclusive community
in Christ, celebrating and extending God's love into the world.

Pastor's Ponderings

Getting Ready for Easter

The season of the Christian calendar which falls prior to our Easter Celebration is called "Lent." Not "lint" like you find in your drier. This is different.

Every season of the year has a different quality or experience. Just like summer is usually warm and winter is usually cooler, our Christian seasons have a particular quality too.

Lent during 2019 formally begins with Ash Wednesday, which is March 6. The traditional Christian ritual associated with Ash Wednesday is receiving an ash smudge on your forehead. The ashes traditionally are the burnt palm branches used on Palm Sunday from the prior year.

Lent invites you to review your life. It's a time to assess the ways you are feeling connected to God and your neighbors and discern what you like and what you'd like to change. Traditionally Christians have given something up for Lent, and "fasted" from something which distracted them from their spiritual life.

Contemporary Christians have new opportunities to experience the rituals leading us to Easter. Some Christians fast from one meal a day and give the money they save to a food bank or shelter or their church. Some Christians take on a new spiritual discipline for this season. A friend of mine prayed her way through the Psalms one year. Another friend began a yoga class to get more physically fit and honor the needs of her body.

This year I will be preaching a sermon series on spiritual activities that help us connect with God. These spiritual rituals will include: cleaning out and decluttering, listening to silence, giving gifts to others, creative activities like writing and travel. Done with focus and intent, we can find a new and restored relationship with God during Lent. No need to auto-pilot giving something up, maybe think of new ways to connect this year.

Lent concludes on the Saturday before Easter Sunday. Holy Week is the week just prior to Easter. During that week Christians worldwide remember Jesus' final days on earth. We remember his gift of love and life that he offered humanity. We remember the pain of his life which ended violently and with great hatred. And we remember that God does not allow pain and hate to be the final word of any story.

Easter morning is a celebration of Jesus resurrection. This is the most sacred and holy of all Christian holidays. The meaning of being Christian is bound in the joy that God overcomes tragedy with healing life. The resurrection of Jesus is a mystery which we can never fully understand. What we can trust is that God accompanies humanity through every dark place we go.

Looking forward to Lent 2019...

Rev. Dr. Leigh Ann Shaw

The Flame

Finance Focus

We are happy to announce that we completed the 2018 Church Budget year by meeting all our “Ministries” financial obligations. Your many generous gifts enabled our church, as a caring and sharing congregation, to spread the good news of God’s love, and the salvation of Jesus Christ in our community and around the world.

As we look to our 2019 budget, here are the latest updates: as of the middle of January 2019 we have received 111 pledges, including 23 new pledges and 29 pledgers that increased their giving amount supporting the 2019 budget. We have also received a dozen online giving pledges. Currently the amount pledged is \$320,200. These numbers represent an increase in all areas from 2018, but still represent a gap in our ministry goals of \$45,765.85 and will require extra fund-raising events during the year to fully fund our budget. This gap requires us to hold all program budgets to 2018 levels. We will also be following up with our staffing committee to look for other ways to close our budget.

If you have not yet completed a pledge card to support our ministries budget for 2019, you may still do so by filling out a pledge card found at the Scrip table, fill it out and place in the offering plate. If you wish to give online just click on the giving tab on our home page on the website and fill out the necessary information. If you have any questions about our ministry plans or the 2019 budget feel free to contact me by phone, email, or at church.

-Rollin Grider, Finance/Stewardship Chair,
Co-Lay Leader

Peace Pole Remembrance

Join us at the Peace Pole on Sunday, Feb. 3 at 10:00 a.m. We will focus on prayers for peace in the world. Please join us to pray for your worldwide concerns.

-Lyn Berry, Reconciling Ministries

Stories of Love

This four-week session (Sundays) of storytelling will help us learn more about each other and spark conversation about our history and our future. Join us in the chapel between services starting Feb. 3 from 10:10 to 10:50 a.m. Questions? Call Lyn Berry at 760.201.6113.

Discipleship/Education (Beckie Henselmeier)

- The Education/Discipleship Team would like to thank everyone who came to the “Faith and Psychology” Sunday Supper, Jan. 27. It was a great opportunity for all. Our next Supper is on May 18, with Beckie Henselmeier as our speaker on “Spiritual Conversations”.
- Save the Date: Spring Festival with Egg Hunt on Saturday, April 13. More information to come.
- Summer Camp at Ceder Glen! Registrations are open online at: <http://www.calpacumc.org/summercamp/>

Parents’ Night Out

Parents’ Night Out is Saturday, Feb. 9, from 5:00 to 8:00 p.m. in Fellowship Hall. Drop off your kids and enjoy some time “off!” The SSP Mission Team is hosting a “Parents’ Night Out” for students, ages 6 months through 5th grade. Pre-register today in the Narthex or Church Office. Registration is \$15/student, maximum of \$30/family. Dinner, crafts, movies, games, and fellowship. See Beckie Henselmeier for more information.

Pancake Breakfast and Bake Sale Fundraiser

In conjunction with Scout Sunday, Feb. 10, BSA Troop 709 will be hosting a pancake breakfast and bake sale fundraiser from 7:00 a.m. to 12:00 p.m. in Fellowship Hall. Enjoy a wonderful breakfast with family and friends or take your order to go! Breakfast tickets are \$10 per person (children 5 years of age & under eat free with a paid adult). Cash, check, or credit card payments will be accepted. Breakfast includes: Pancakes, sausage patty, scrambled eggs, juice, coffee or tea. The Boy Scouts will also have delicious baked goods for sale. Thank you for your continuing support of the Boy Scouts!

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Next deadline is Wednesday, Feb. 20, 2019
Comments or suggestions, please let us know.

The Flame (monthly newsletter)
United Methodist Church of Vista
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Communion Sunday, Feb. 3

Communion offering for Sunday, Feb. 3 will go to our San Diego Methodist Camp in Julian, Camp Cedar Glen. The offering will help complete the furnishing of the new Akers cabin. We have participated in helping to build the cabin and now it needs couches for the living room, curtains for the windows and maybe even a rocking chair. They are hoping to have an open house in the Spring and wouldn't it be nice to see the completed project.

-World Missions Committee

X-tra Mile Ministry Giving for February

Our X-tra Mile Ministry Giving for February will benefit Vista Teen Outreach - Hunger Hurts. With over 800 students in Vista's middle and high schools who are hungry, homeless or both, Vista Teen Outreach provides easy access on campus to food pantries. They are stocked with food, water and hygiene kits and available to any student in need. Your donations can be dropped off in the Narthex. Thank you for your caring and generosity. For more information see Pat Rose.

Family Game, Feb. 8

The next game night is Friday, Feb. 8, 6:30 p.m. in Fellowship Hall. For questions or for more information, please see Suzanne McMurchie.

Grief Support Group

When a loved one passes, we feel it very deeply. Sometimes the grief overwhelms us. Sometimes we manage to pretend it is not so strong. But loss doesn't really go completely away.

Our Grief Support Group meets every fourth Wednesday of each month at 2:00 p.m. in room 212. This is a safe and confidential place in which to talk or to just be there, in the presence of people who understand. You are welcome. For more information, please contact Susie Delaney, 760.806.7847.

2019 Flower Calendar

Please sign up for the date you want to furnish flowers for Sunday worship. Call Paula at the church office for the date you want. Dates available: March 21; April 28; June 2 & 30; July 21 & 28; August 4; Sept. 8; Oct. 27 and Dec. 1 & 29.

Work Team to United Methodist Committee On Relief (UMCOR)

A work team is being organized to travel to Salt Lake City, Utah, from (from September 22-28, 2019 for a week of assembling and checking UMCOR relief kits and other chores which can save lives in the days and weeks following a catastrophe. This not only changes those receiving the help, but those helping find a closer connection to God while working to help others. This is all inside, non-strenuous work that everyone can participate in.

For questions or more information, please call Phyllis Buvel, 760.509.4664

Opportunity to serve in the 11:00 a.m. worship

If you would like a simple way to participate in service, this is the opportunity for you. We are looking for candle lighters. This role is exclusively to bring the light into the sanctuary at the beginning of service, to light the altar candles and take the light out at the end of service. Training will be offered to those interested. Look for a sign-up in the narthex or contact Colleen Guffey, 760.419.5548.

UMW members going to Christ Church Ministry Center

On Feb. 20, members of the United Methodist Women are planning on going to Christ Church Ministry Center to deliver the January X-tra Mile Ministry Giving items that were collected. We are going to spend a few hours at the center helping where needed. The center has been overwhelmed with the need for assistance because of the many immigrants arriving in the city. We will leave the church at 9:00 a.m. and carpool to the center. Contact Jacque Howard with questions.

Happy “February” Birthdays

Sonia Maniti (2)
Marie Mounts (2)
Suzy Harlow (5)
Robbie Pierce (7)
Gary Lamb (9)
Janice Myers (9)
Erin Wheatley (9)
Gabriel Shute (13)
Julianna Bodnar (14)
Brenda O’Neil (14)
Brenda Rivenbark (15)
Warren “Scot” Spitz (15)
Paul Hernandez (15)
Loretta Pierce (17)
Nicole Burns (21)
Jacque Howard (22)
Mike Walker (22)
Tim Clarke (23)
Keona Christian (25)
Nadine Kaina (26)
Lyn Berry (27)
Karen Canfield (27)

Note: If your birthday is not listed, please call Paula at the church office.

Volunteer Opportunities

- An urgent need for volunteers to usher at the 11 a.m. service. Please call Sara Baldwin, 760.724.1859 for more information.

Centering (Resting) Prayer

The purpose of the prayer is to make you conscious of an ever deeper communion with God. The prayer adds an extra dimension to one’s loving relationship with God. It doesn’t take the place of any other prayers, but enriches them with love and grace. An inner peace gradually develops, whereby love for God becomes more profound, and this gradually influences your life and the way you live it—even when you are not praying.

Please join us in learning Centering Prayer. Learn of the power of God. Learn of the unfailing guidance of the Holy Spirit. Learn of the forgiveness and loving kindness of our Lord and Savior, Jesus Christ. We meet on Monday in the Chapel from 9:30 to 10:45 a.m. We are also reading wonderful books on the joy of being still and silent for Christ’s sake.

Please call Martha Treutle If you have any questions at 760-598-1701. God be with you. Amen.

Upcoming Events

Sunday, Feb. 10 – Scout Sunday

All Scouts (Boys/Girls) – wear your uniforms
BSA Troop 709 Pancake & Bake Sale Fundraiser
(7 a.m. to 12:00 p.m.)

Saturday, Feb. 23

9:00 a.m. - Church Council
12:00 p.m. - Outreach Luncheon Celebration

March 3 – April 14 - Lenten Studies

Tuesday, March 5 – Shrove Tuesday
(meet at IHOP Restaurant, Vista,
from 5:00 to 7:00 p.m.)

March 6 – Ash Wednesday

7:00 pm - Worship Service, Sanctuary

March 24 - New Member Gathering

March 31 - New Member Sunday

April 7 - Choir Concert, 4:00 p.m.

Saturday, April 13

10:00 a.m. - Spring Festival with Egg Hunt

United Methodist Women's Corner

- On Feb. 5, UMW members are invited to join a tour with Ruth Circle to visit Interfaith Community Services in Escondido. We will carpool from the church parking lot, leaving at 9:30 a.m. Contact Louise Clarke with questions. Kenworthy Circle will meet in the chapel at 2:00 p.m.
- The Organization meeting on Feb. 12, 10:00 a.m. will be celebrating the Call to Prayer and Self-Denial program of the organization. A lunch will follow with the menu of "stone soup" representing a sacrifice of the cost of a normal lunch and instead contributing that lunch money for the designated cause of the program. Each lunch participant is asked to bring an item that will become part of the soup, such as a can of peas, corn, tomatoes, etc.
- The UMW leadership meeting is Feb. 19 at 10:00 a.m. in Fellowship Hall.

Pray together for...

Lyn Berry, JaDene Dugas, Sue Lenker, Thelma Koda, Marlene Coast, Don Mackay, Skip Harvey, Jan Simpson, Larry Veysada, Dan Gubaton, Ethel Arrowsmith (hospice), Tom Johnston, Ko Kim, Carol Yunt, Barbara Baldrige, Marilyn Mathias, Louise Foster, Bill Peaker, Jane Fischer, Harold MacDermot, Joan Lindegren, Joan Brainerd, Nancy Koski

Stay connected

E-mail: umcvista@umcvista.org

Website: www.umcvista.org

Facebook: United Methodist Church of Vista

Be sure to check us out on Yelp!

Fellowship Meal update...

Thanks to all of you who supported the Rubio's and Sizzler's fundraisers in December. They were both very successful. Sizzler's latest check was \$77.17 which helped make the total for the last four months, \$221.70. The two special fundraisers with Rubio's in Oct. and Dec. brought in \$367.91. Lots of Methodist friends had a chance to socialize and build relationships together and at the same time, support our annual budget. Maybe others would like to join us for the next event.

-Tom Humphrey

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