



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

I googled "explain lent." Google answered, "past and past participle of lend." I asked Siri to "explain lent" and Siri said, "A verb, past and past participle of lend." Siri then asked me, "Would you like to hear the next definition?" "Yes," I said. Siri told me, "Lent, a noun, is a solemn religious observance in the Christian liturgical calendar that begins on Ash Wednesday." If you are confused by what "Lent" means, so are google and Siri.

Lent is always in our springtime of the year. It is reasonable to think of "Lent" and "Spring Cleaning" in the same category of "new beginnings", or "a fresh start." For people of the Christian faith, Lent is a season to clean-out our heart and life to get ready to celebrate Easter. Easter is a celebration of Life! It is the celebration of Jesus' life that triumph's over death. Despite the hate and injustice that Jesus faced, he taught love for all people and the importance of all people.

Lent begins on Ash Wednesday. Ash Wednesday starts a 40-day countdown to Easter (minus Sundays). The 40 days remind us of Jesus in the wilderness being tempted by the devil for 40 days. A modern Christian tradition is receiving the sign of the cross on your forehead in ashes during worship. It is meant to be a sign of our own commitment and recognition of participating in Lent. The ashes represent our connection with the earth and the finitude of our life. Although there is beauty in this Lenten ritual, there is a waning interest in this worship experience and many churches are not offering it at all. It is something our staff will be considering next year when we plan Lent.

During the Ash Wednesday worship service, I preached on Ezekiel 37, the Valley of Dry Bones. In the front of the church, on the chancel table and shelf are drift wood and rocks to remind us of the emptiness of our life without God's spirit. I encourage you to read Ezekiel 37 for the vision of broken and empty humanity. The prophet, Ezekiel, is reminded that he can cry out to God and be brought back to life. The dry bones of the valley are mended and returned to life, just as we can be restored by the grace and love of God. This is not a literal story but a story about the nature of God's spirit always seeking us and waiting for us to call upon God.

Last month I shared about the sermon series during Lent on spiritual practices that connect us with God. The tradition during Lent is to fast from something. Beckie Henselmeier is fasting from a different thing each week of Lent. One week she is fasting from all news and social media. One week she is fasting from any beverage that isn't water. One week she is fasting from food for a whole day. Be sure to ask Beckie about the other things she is fasting from during the season and what it means to her.

The most important thing about spiritual practices is to plan ahead, and hold God in your heart or mind during the practice or ritual. If you fast but do not pray, or reflect on God, it is simply starving yourself and going hungry. If you practice the spiritual discipline of keeping silence, but do not claim the silence as time for God, it is simply the absence of sound and talking. If you give generously to the church, but do not pray for the work to be done using those funds and the people who will be touched by your financial gift, it is just a tax benefit. All of these are good, but not all things deepen your faith.

Spiritual practices are literally ways to practice your faith. Musicians know they have to practice to be good at music. Anyone who plays a sport knows they have to practice their sport and keep physically fit. In the same way, Christians have to practice their faith to grow in our relationship with God. God never leaves us, but our ability to recognize God in our life is greatly enhanced by the effort we make.

May God continue to bless you richly this season,
Rev. Dr. Leigh Ann Shaw

The Flame

Finance Focus

As we celebrate the resurrection of Jesus Christ at Easter, many of you will make generous extra giving to our regular budget and special causes to benefit a variety of programs in our Church, community and the world. Thank you for your generous support. You are a generous giving and caring congregation. If you have not made a pledge or are not a regular giver in support of our 2019 budget, after prayerful consideration you are invited to financially join us in our joint efforts to spread the good news of the love of Jesus in our community and around the world. Regular giving is easy. You may put cash or a check in the envelope located in the pews and place it in the collection plate in the worship service. On-line giving is also available on our Website at www.umcvista.org. Open the website and click on giving to register or log in. Again, thank you for your generous financial support of our Church.

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

UMC of Vista's Music Ministry presents "Through the Shadows"

Lenten and Easter Season concert "Through the Shadows", on Sunday, April 7 at 4:00 p.m. in the Sanctuary. The concert features the Chancel Choir, Anderson Handbell Choir, the Sunshine Magic Singers and our Chamber Orchestra under the direction of Rev. Frank Hallock, Minister of Music, accompanied by organist Adam Ferrara and musicians Jimmy Patton and Enrique Platas. Highlights include a new orchestral arrangement of "Be Thou My Vision", written by Frank Hallock, a selection of choral music from modern composers including Dan Forrest, Elaine Hagenburg and Ola Gjelio, and a variety of music from the children's choir and handbell ensemble. The styles range from pieces from a Jazz Mass to the newest forms of modern choral music, and the concert will conclude by inviting members of the audience to join us in a "sing-a-long" of Handel's beloved "Hallelujah" chorus from the Messiah.

Rev. Frank Hallock will offer a pre-concert lecture at 3:15 p.m. to provide insight into the musical selections and some background on the theme of the presentation. Light refreshments will be available in the Narthex for lecture attendees. No charge for the concert or the lecture. These wonderful concerts are made possible through the generous support of the church, individual donors and concert-goers like you. A free-will offering will be taken to support this vital and important ministry. Please come and join us for this celebration of the seasons of Lent and Easter.

Opportunity to serve

- Trustees invite you to an **All Church Work Day** on Saturday, **April 13, 7:00 to 11:00 a.m.** Tasks for all ages and abilities. Let's make our facility Easter-ready!
- The Worship Committee will be **decorating the sanctuary** for Easter Sunday's celebration on Saturday, **April 20 at 9:00 a.m.** We would love to have some eager volunteers to help us with flowers, paraments and other set up so that our Easter morning worship setting is just right. For more information call or email Pastor Frank, 760.726.0442 or musicmanfh@hotmail.com.

Discipleship/Education (Beckie Henselmeier)

- **Spring Festival with Egg Hunt, April 13** from 2-4 p.m. Celebrate Easter with your family at our Spring Festival. Egg hunts will run at 2:15, 2:30, 3:00, and 3:15. Carnival games, crafts, jumper, and fun for the family at this free event. Bring your Easter Baskets and invite your friends. Donations of wrapped candies and prizes (stickers, bubbles, non-food items) can be brought to the church office or dropped in the donation box in the Narthex. For more information, please contact Beckie Henselmeier or visit our webpage umcvista.org/family.
- **Save the Date: Camp ROAR** runs Monday, July 22 thru Friday, July 26. Daily from 9 a.m. - 12:15 p.m. Cost: Early Bird cost is \$30 per student by June 16; \$35 per student until July 14 or "bring a friend" and both get to attend for \$40. (Registrations must be turned in together.) After-Care: Available by pre-registration only. Care from 12:00 until 5:30 p.m. (or until needed) for \$15 per day per student. Register today at umcvista.org/family.

Academic Scholarships - The UMC Vista Foundation is offering 2019 academic scholarships to active members or family members of active UMC Vista members. Application packets, completed by the student, are due to the Foundation mailbox by May 31. Students may be called in for an interview. Applications and more information can be found on www.umcvista.org. For questions, ask any Foundation board member or call Gary Lamb, Foundation President, 760.598.1915.

Centering Prayer

Oh, the love Jesus has for each of us! Even in the most trying times, even when darkness surrounds us, even when death is knocking at our door, there stands Jesus, loving us and weeping with us. To know more about Centering Prayer, please join us every Monday morning in the Chapel, from 9:30 to 10:45 am. Please call Martha Treutle, 760.809.2520, for further information.

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Next deadline is Wednesday, April 17, 2019
Comments or suggestions, please let us know.

The Flame (monthly newsletter)
United Methodist Church of Vista
490 S. Melrose Drive
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Communion Sunday, April 7

Communion offering for Sunday, April 7 will go to UMCOR Sunday (United Methodist Committee on Relief), formerly known as One Great Hour of Sharing. Every year one special offering is taken for UMCOR to defray the costs to run the operation so when any disaster occurs 100% collected for that disaster goes to the project. UMCOR is usually one of the first to respond to a disaster and one of the last to leave after all is cleaned up. Through this offering UMCOR can continue the work it has been doing for over 75 years. This offering makes it all possible. Please give generously.

-Nancy Winters, World Missions Committee

X-tra Mile Ministry Giving for April

Our X-tra Mile Ministry Giving for April will benefit the Foundation for Senior Wellbeing (a non-profit 501c3 company) which is dedicated to improving the quality of life to a growing North San Diego County senior population. The vision is that all seniors will be given help with information for resources and programs. A recent safety project is "A Go Bag". This will help seniors be ready to evacuate with the list of needed supplies that can be obtained in stores (i.e. Walmart, Dollar Tree, etc.).

In the narthex is a box for your donations and a list of needed items: Flashlight, extra batteries scissors, area maps, work gloves, duct tape, surgical (N 95) masks, manual can opener, thermometer, antiseptic wipes, matches in waterproof container, whistle, tweezers, adhesive bandages, hand sanitizer, calamine lotion, hand wipes, hydrocortisone cream, adhesive bandages all sizes, pet supplies (food, collar, leash, and bowl).

For more information, go to their website: thefoundationforseniorwellbeing.org.

-Nadine Kaina

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 to 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.

Family Game, April 12

The next game night is Friday, April 12, 6:30 p.m. in Fellowship Hall. For questions or for more information, please see Suzanne McMurchie.

UMCOR West Depot mission trip

Join us for an informational meeting, Sunday, April 28 in Fellowship Hall (between services) regarding the work team's trip to Salt Lake City, Utah from Sept. 22-28 for a week of assembling and checking UMCOR relief kits and other chores. For questions or more information, please call Phyllis Buvel, 760.509.4664.

Assembling health kits

The World Missions Committee will be assembling hygiene kits (health kits) for UMCOR between services on Sunday, April 7. Please plan to help. Both children and adults are welcome.

-World Missions Committee

Special Upcoming Events 2019

Lenten Concert, "Through the Shadows", April 7

Pre-Concert Lecture/Refreshments – 3:15 p.m.

Concert with Chancel Choir, Musicians – 4:00 p.m.

Spring Festival with Egg Hunt, April 13

From 2:00 to 4:00 p.m. – Jumper,
Cupcake Walk, Games & Egg Hunt

Palm Sunday, April 14

Worship at 9:00 a.m. with Praise Band

Worship at 11:00 a.m. with Chancel Choir

Maundy Thursday, April 18

Worship with Holy Communion - 7:00 p.m.

Easter Sunday, April 21

Sunrise Worship Service at 6:30 a.m. (upper lawn)

Fellowship Breakfast from 7:00 – 10:45 a.m.

Easter Worship at 9:00 a.m. with Praise Band

Easter Worship at 11:00 a.m. with Chancel Choir

Easter Sunday Fellowship...

This Easter Sunday we will be sharing in a potluck breakfast from 7:00 to 10:45 a.m., which means we will be bringing favorite breakfast items to share. A signup sheet will be available with more information in the Narthex. We are hoping the weather will be nice so that we can be on the big patio. Can't bring anything? Come anyway! Donations accepted and will be shared with SSP youth. Although there will be NO Egg Hunt for Easter Sunday (as that will take place at the Spring Festival on April 13), we will have some fun activities for kids on the patio. So come join us in our Easter Sunday Fellowship! We look forward to the day we can say, "Christ is Risen!"

Happy "April" Birthdays

- Felix Fernandez (1)
- Mary Ann Gallagher (6)
- Ko Kim (6)
- Mal Blakeslee (7)
- Jimmie Smith (7)
- Allan Mejia (8)
- Joan Lindegren (11)
- James Hill (12)
- Lorelei Clarke (14)
- Edward McGinn (14)
- Susan Kronoff (15)
- Evelyn Lawson (16)
- Bill Rockwell (18)
- Toan Dao (19)
- Connor Flanagan (20)
- Lauri Arrowsmith (21)
- Patricia Preston (21)
- Heidi Kendall (22)
- Alison Mathias (23)
- Katie Newman (23)
- Lynne Slavinski (24)
- Tom Johnston (28)
- Michael Murray (28)
- Maria Bowlin (30)
- Daniel Gubaton (30)
- Yolanda Gubaton (30)

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

Volunteer Opportunities

- **Office volunteers needed!** Office volunteers needed! Duties include answering the phone, greeting guests and light office work. Wednesdays from 9 a.m. to noon. For more information or questions, please call Paula, 760.726.0442. Thanks Peggy Paradis and Jane Fischer for volunteering! Special thanks to Nadine Kaina, Suzanne McMurchie, Peggy Diaz, Marlene Coast, Jerry Cox and Barbara Mitchell for their administrative support.
- An urgent need for **volunteers to usher at the 11 a.m.** service. Please call Sara Baldwin, 760.724.1859 for more information.
- **"and Two Fishes"** would appreciate donations of "gently" used clothing for our homeless population. A container in the Narthex is provided for collection. Also, **volunteers are needed for the 2 p.m. shift on Thursdays.** For more information, see Loretta Pierce.

SSP rummage sale fundraiser, May 11

Please help support our Sierra Service Project (SSP) youth mission trip to Oregon in August. They will be holding a rummage sale on the upper parking lot on Saturday, May 11 from 7:00 a.m. to 1:00 p.m. You can drop off your donations anytime on Friday, May 10. Volunteers needed to help. If you can volunteer or have any questions, please contact Taylor Lyons (SSP youth) or Scott and Tracy Lyons, 760,696.1185.

Days for Girls Escondido, April 13

The Days for Girls workshop in Escondido will be April 13. The United Methodist Women will carpool from the church at 9:30 a.m. Since the session is from 10:00 a.m. to 2:00 p.m., you may want to bring a lunch. No sewing skills required - lots of cutting, pressing, etc. Lots of info at the daysforgirls.org website or Facebook, Days for Girls Escondido, CA Team.

Sunday Worship Tip: If you see someone you don't recognize, please introduce yourself and say "welcome"!

Easter Flowers Order Form - 2019

Easter flowers that will brighten our worship on Easter may be given in honor or memory of someone special in your life. A list of these people will then appear in our Easter bulletin. Please complete the form below and turn in to the church office or put it in the offering plate along with your payment (check made out to UMC Vista, clearly marked for "Easter Flowers"). Thank you. Last day to order is April 7. See Paula for more info.

Name of Donor: _____

Phone No.: _____

Given in honor of: _____

Given in memory of: _____

Enclosed is \$_____ (\$16 each) for _____ Easter flowers.

You are welcome to take your Easter flowers after the 11:00 a.m. service on Easter Sunday.

United Methodist Women's Corner

- **UMW Circles meet Tuesday, April 2:** Enjoy spring flowers in all their glory at the Carlsbad Flower Fields. Ladies of the church are invited to join **Ruth Circle** at the flower fields. We will meet at the church at 9:30 a.m. to carpool. Anyone who drives from home must be at the gate at 10:00 a.m. to enter with the group at no admission fee. It is fun to bring a sack lunch and picnic in the shade with drinks and dessert provided by Ruth Circle. Let Louise Clarke know if you plan on attending this colorful event (760.758.6212). **Kenworthy Circle** will meet at the church at 2:00 p.m.
- The **UMW leadership meeting** is April 16 at 10:00 a.m. in Fellowship Hall.
- The **UMW April 9 Lunch Out** will be at 11:45 a.m. at the Yellow Deli (315 E. Broadway in Vista). Everyone is welcome to attend.
- Mark your calendars for the **Organization Meeting on May 14**. The Tremble Clefs Choir (persons living with Parkinson's disease) will perform and be guests at the salad potluck lunch.

Pray together for...

Marlene Coast, Lyn Berry, Donna & James Hill, JaDene Dugas, Thelma Koda, 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, 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!

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