



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

When REST is counter-cultural....

Where do you find the strength and energy to keep going when your to-do list is so long and everyone needs something from you? What is the Spark that keeps you lit up? When do you say, "Stop! I need to rest now." Is your body calling you to sit down, or stand up and do something else?

One of my favorite poets and philosophers, David Whyte, says the "antidote to exhaustion is not rest, but wholeheartedness." What is wholeheartedness? How does a person in today's world live wholeheartedly? The answer is **courage**. The root word of "*courage*" comes from the old French "*corage*," which means "heart" or "innermost feeling." Courage is wholehearted! Facing the exhaustion of living takes wholeheartedness, which is courageous!

Sabbath time, or rest, or meditation, or prayer with God, IS an act of resistance and rebellion against the status quo. Taking a "time out" to care for your spirit goes against the machinery of the world. It takes courage to leave a blank space on your calendar and not get defensive about it. When we run out of money or run short of money, it is obvious. There clearly isn't enough to buy the new phone or the extra item or even pay off the necessary items. But running short of time gets treated like a personal failure, or a lack of personal planning. Many friends and colleagues of mine sacrifice Sabbath rest for the sake of time management, being on time, or getting the project finished, and finished adequately. But, Sabbath IS God's priority for us to have a good life.

Rest, which includes vacation, napping and Sabbath, is judged as laziness, when in truth, rest is a direction from our God and of our faith. Sabbath is for re-orienting our spirit, our life and our bodies toward God, good health, and sound thinking. Taking Sabbath rest, to breathe, should not make you feel guilty or cause you to feel shame. Having time to eat dinner without shoving it down your throat is a reasonable choice and good for your health. It is even faithful. Taking time for you and your family takes courage, and is living a whole-hearted life!

Maybe finding restoration requires you to nap, but maybe it also calls you to change something to which you are committed. Maybe Sabbath time calls you to evaluate if you are living by the heart or by the calendar. The World challenges us to stick with the calendar and others expectations, but God calls us to living by heart, because living by heart, means living with the courage of faith and Sabbath. It is an entirely different focus of life.

So, now is a good time to confess my fatigue. Life feels pretty hazy with moving and family commitments and church ministry. Sometimes it is going to be this way. But it shouldn't be this way as a lifestyle. It shouldn't be this way out of obligation to any person. It shouldn't be this way out of a need to please others. Our fatigue shouldn't be treated as a trophy or a martyr-ish brag. Our fatigue is a sign that things are out of balance and that is a call to reconnect with the Holy Spirit. Holy Spirit, bring your healing breath to all who read this and are exhausted.

Please take care of yourself. Take time for wholehearted living and a nap. Find the restoration you need away from your calendar. Don't give in to the shame or guilt that can come from saying "no." Be fierce in faith and vigilant in hope! There is much on the horizon filled with joy!

God bless you today and everyday!

Pastor Leigh Ann

THANK YOU...

Special thanks to Dakota Koenig, John Haase, Frank and Paula and all who help provided hospitality and welcome to the District Committee On Ordained Ministry on Sept. 19 and 20. The team interviewed 11 awesome candidates for ministry and appreciated your support!

Finance/Stewardship Update

As we head into the last months of the church year, many important and exciting things continue to be happening in the life of our Church. We thank you for your generous continued financial support of these activities. Plans are underway for the fall stewardship campaign to raise the funds necessary to meet our 2019 budget obligations. You will hear more about these plans in the coming months.

Your support of our general fund budget is essential to keeping your Church and ministry programs up and running. You are a caring and giving congregation. If you are behind in your giving or wish to make an additional gift to help your church reduce our budget shortfall for 2018, please prayerfully consider doing so. The Silent Auction on August 26 along with the “Old Fashioned Potluck,” was a lot of fun and raised \$2,435 for the general fund. Saturday, November 10 is scheduled for a parking lot garage sale at the Church from 7:00 a.m. to noon to raise additional general fund monies. We will have a variety of items for sale, including clothing items. If you need additional information feel free to contact Rev. Frank Hallock, Tracy Lyons or Rollin Grider. We can make arrangements for you to drop off or to store your items (for a short time) prior to the November 10th sale.

Regular giving is easy and helps us do more intentional ministry. You may wish to consider online giving as a convenient way for you to make regular contributions to our church budget. Go to our website at www.umcvista.org. Open the website and click on “Giving” to register or log in and make your gift. Again, thank you for your generous financial support of the ministries of our Church.

-Rollin Grider, Finance/Stewardship Chair

World Communion Sunday, October 7

On World Communion Sunday, Oct. 7, the United Methodist Church will offer generous support to national and international students who rely on scholarships to pursue graduate-level education. Your support will empower students who are following God’s call.

-Nancy Winters, World Missions Committee

X-tra Mile Ministry Giving for October

Our X-tra Mile Ministry Giving for October will benefit “and Two Fishes”, our Thursday soup kitchen. We meet every Thursday in the Fellowship Hall at 2:00 p.m. to begin meal preparation; dinner is served to the hungry at 5:00 pm. There will be grocery bags with lists of needed items placed in the Narthex for your convenience. Volunteers are needed! Please contact Margo Rogers, 760.917.5370, for more information.

Women’s Retreat 2018, Saturday, Oct. 13

9:30 a.m. – 4 p.m.

Retreat includes special guest speaker, Rev. Faith Conklin, worship, prayer, lunch, talks on spiritual practices that bring us closer to God and fellowship with Christian women, such as yourself. Don’t miss out. Sign up at umcvista.org/pathways or in the church office. Please see Beckie Henselmeier for more information.

Discipleship Ministry (Beckie Henselmeier)

Trunk or Treat 2018 - Friday, Oct. 26, from 6 – 8 p.m.

Join us in celebrating the fall season with Trunk or Treat. Costumed kids (and adults) will be treated to games, crafts, a hot dog dinner and, of course, lots of candy. This event will take place on Friday, October 26, on the Upper Lawn from 6 – 8 p.m. The event is free of charge to any who would like to come. Trunk or Treat presents us with a wonderful opportunity to provide a fun and safe place for holiday celebration for our community! Kids will enjoy food, fun games, Fall traditions, and lots of fun prizes. The event continues to grow, so candy and prize donations will be accepted in the Narthex or Church Office throughout the month of October. Please be sure to invite friends and neighbors! While our event is free, donations of new adult socks are welcome. These items will be donated each week to individuals in need at our “and 2 Fishes” weekly meals.

Support the Student Ministry Food Drive

On Sunday, Oct. 28 between services, costumed students will collect your canned goods and non-perishable items for the Vista Teen Outreach. These items will help replenish the food cupboards that feed families in need across our community. Items “most in need” are macaroni and cheese, peanut butter, cup of noodles, and fruit cups.

Outreach - “and 2 Fishes” appreciation

The United Methodist Women’s bake sale at the Vista Farmers’ Market is an opportunity for us to connect with our community. Every time we do it people stop by and talk to us about what great work the church does in the community or someone will talk about their experience in another community with United Methodist Women. That is enough to make one realize how much our outreach in the community means. This last bake sale, Sept. 15, we were blessed with the testimony of a couple who experienced some hard times in the past and had eaten and taken a sack lunch from “and Two Fishes” Thursday soup kitchen. They said that without “and Two Fishes” food program and the meals from St. Francis, they didn’t know how they would have made it. They were thrilled that the program was still happening. The good news is that they are both working now. The woman is working for the county, and has good benefits. They did buy some goodies and told us to keep the change!

-Jacque Howard, Outreach

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Next deadline is Wednesday, Oct. 17, 2018
Comments or suggestions, please let us know.

The Flame (monthly newsletter)
United Methodist Church of Vista
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Vista, CA 92081

Internet safety

It takes a fair bit of knowledge to be a savvy and safe internet user. The repercussions for not being vigilant can be pretty detrimental. Your files can be taken possession of, held for ransom and identities can be stolen.

Scammers have recently been targeting church leaders. They send an email that appears to be from the pastor or any leader of the church and make some kind of simple request. Their hope is that the recipient will follow through on that request, leading to a dialogue that will get them the items or information they are seeking. The other main thing to be aware of are hackers sending viruses via email. Responsible internet users need to stay knowledgeable of the risks of communicating online.

Impersonating someone's email address is incredibly simple. All it takes is an easily acquired software program. This allows anyone with that software to type any email address they want in the 'FROM' section of the email. The 'REPLY TO' field will be their email address. The scammer's hope is that you see a trustworthy email address, like Pastor Leigh Ann, and don't look any further. Often times, your email client will give you a warning saying that the "reply to" is different than the "from" address and to be careful. You should always take these warnings seriously.

Sending a virus is also very simple. Viruses are easily acquired by those who want them. They then just have to disguise the virus as something that you may think you are supposed to click or open. That process then activates the virus. Different viruses do different things, but many will first send out an email from your email account to every contact in your contacts list in an attempt to get more people to click or open and activate the virus.

A current popular scam targets people with lots of followers on social media sites like Twitter, Instagram and Facebook. The email comes from a potential client and asks the recipient to click a link to see some examples of what they are looking for. Once the recipient clicks the link, they are directed to a social media website. Nothing seems to happen, but if they are logged into that service on that browser, then the sender of that email now has their login credentials for that social media service. The hacker will then login to their account, change their credentials and reformat their social media so that they can try and sell whatever they are about.

With the first bit about impersonating people being so easy, it seems pretty difficult to maintain the vigilance needed to protect yourself from a scam or virus. Unfortunately, that's the truth of it and it really is difficult. But everything about you (and probably your friends and family) is on your computer, so it is worth your dedicated attention when interacting with people online.

If you receive an unexpected link from someone, there are several ways to find out if it's legitimate or just disguising something else. Read this article to learn all those tips. This service is good for pasting a link to see where it actually goes.

If you receive an unexpected file from someone, don't open or download it. Simple as that.

I attempted to write this article as plainly as possible, but I know it will still seem like a foreign language to most of you. That's what hackers are hoping for. Using computers is like learning a language. You need a certain amount of competency to be able to safely get around. If you don't take the time to gain that little bit of ability, then you may as well be walking around the wrong part of town in a completely foreign city, holding all of your money above your head and shouting for help in a language no one understands.

-Steven Topham, Foothills UMC

Family Game Night

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

Community Offerings

Palomar Chapter of American Guild of Organists

Annual Organ/Choral Scholarship Music Concert on Sunday, Oct. 14, 4 p.m. at Trinity Episcopal Church (845 Chestnut, Escondido) presents "England and the Americans". A \$25 donation includes "English Shepherds Pie" dinner. Flyers available in the narthex. If you have any questions, please see Adam Ferrara.

Pride by the Beach

Please join the Reconciling Ministries community at the UMC of Vista's booth at Pride by the Beach, Saturday, October 13, from 11 a.m. to 5 p.m. The event, free for all ages, will include entertainment, midway games and booths from a variety of organizations. Come stroll through the Oceanside Civic Center area. Please contact Lyn Berry for more information, 760.726-04442.

Operation HOPE-Vista Update

It has been a very busy summer but now Fall is in the air, our kids are back in school, we have been to the Moonlight and enjoyed our Applebee's Flapjack fundraiser, and we have welcomed Stacey Proctor, our new Executive Director! Staff and volunteers look forward to working with Stacey as she brings her considerable experience with nonprofit service and homeless populations to OHV!

With the arrival of a new family we will once again be full although we won't match the record in July of 28 children! Homework Club (daily after school) is in full swing and would welcome any retired teachers that might want to participate for an hour or so as their schedule permits! The Kid's Hour has been renamed HOPE Club and is thriving as staff and volunteers provide age-appropriate activities for our young residents while their parents are in classes. Again, volunteers are welcome – no special preparation required, just a pair of hands and a heart for our kids!

A new opportunity for volunteering is beginning – the initial outreach has been to seniors wanting to spend time with our kids and staff at the shelter on Saturday mornings. During this time their parents are doing weekly cleaning, so it is a great time to "grandparent" for a couple of hours and the kids absolutely love and soak up the attention!

For you golf buffs, New Community Church of Vista is hosting a community golf tournament on Saturday, October 13 to benefit Operation HOPE-Vista. It will be held at Boulder Oaks Golf Club in Escondido at noon. For information contact Jeff Weber at 760.579.1128.

For more information about volunteering, please call Nicole Ketcher at 760-295-9448. Together we make a difference!

-Sharon Hall

Happy “October” Birthdays

Brandon Swetland (3)
Randie Annin (04)
Eric Johnson (4)
Ann Hostetler (5)
Michael O’Neil (6)
Jim Nelson (8)
Sharon Pease (10)
Dominic “Nico” Chappell (12)
Zachary Keiser (12)
Heather Clarke (12)
Rae Ann Wirth (12)
Lisa Gerwig (13)
Patrick O’Connor (14)
Lynda Mounts (15)
Philip Biggs (16)
Sarah Felien (18)
Mike Bollinger (20)
Alice Robeson (20)
Mary Ann Ramirez (23)
Shelly Burns (24)
Carol Pence (24)
Lee Ann O’Neal (25)
Todd Adams (26)
Gail Wills (30)
Patricia Avila (31)

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

Be Informed...

Both men and women are invited to join the UMW meeting for a presentation by the League of Women Voters to discuss the ballot measures for the November election on Tuesday, October 9, 10:45 a.m. in Fellowship Hall. Bring your sample ballots and your questions so that you may be informed. The UMW business portion will be from 10:00 to 10:30 a.m. UMW ladies will be providing a salad potluck and dessert, so please stay and ask any questions that you still have of the LWV representatives. Everyone is welcome to stay. Every election is important, this one will not be the exception. Please join us. For more information, please contact Barbara Mitchell or Jacque Howard.

Did you know...

- that we are saving “Box Tops for Education” for Breeze Hill Elementary? There is a box in the narthex on the counter closest to the Scrip table. Each box top is worth \$.10 to the school. Thank you for your help!

From Lynda Mounts, upon her moving to Oklahoma

For the past dozen years or so, it has been my honor to serve as Lay Leader of UMC of Vista. During this time, there have been many changes in our congregation. I was privileged to serve under the pastoral leadership of Rev. Austin, Rev. Hooper, Rev. Dr. Shaw and Rev. White.

Our church has gained members and said farewell to too many. Some have gone because they graduated to heaven, while others have moved. The time has come for my wife and I to join the ranks of those who move, as we relocate to Yukon, Oklahoma.

Thank you for the opportunity to serve Jesus and our congregation as Lay Leader, as well as a Lay Delegate to Annual Conference. It has been a journey.

May the Lord continue to bless you in ministry and bless our church family.

Sincerely, Lynda R. Mounts

Heartfelt Thanks

Thank you to everyone who supported the San Diego Gay Men’s Chorus Chorale concert, from those who worked to those who attended. We had a full house, and everyone enjoyed the marvelous voices. The celebration at the reception afterward was joyful, as well. Justice, faith, hospitality. Amen.

-Lyn Berry

Thank you to Donna Richard for the beautiful floral arrangement that she brought over on Sept. 9. I am sharing it with all of Brookdale informing them that it’s from UMC Vista and was in remembrance of those flight crew members who lost their lives on Sept. 11, 2001. Thank you also to all my dear friends who sent me such beautiful greetings on my birthday. You all are gifts of friendship and love to me. Thank you. Love and blessings to all.

-JaDene Dugas

Update on K-9 Church Dog, Petra

Petra, the Lab cross dog from Canine Companions for Independence was part of our church family for 16 months. She was turned in for professional training in August, in hopes of being placed as a service dog for a child or adult with special needs. During the course of her professional training, she took a scent detection test, and she is going to have a change of career. She was shipped back East in mid-September to an organization called MSA Security, which trains dogs in explosives detection. Following three months of professional training, she will be placed with a handler who will work with her in any one of a variety of areas, such as airports, stadiums, mail centers or convention centers. Please continue to pray for Petra’s safety and her future career.

-Lyn Berry

United Methodist Women's Corner

- UMW Circles meet October 2: **Ruth Circle** will meet at 11:00 am at Coco's Resturant in Vista. **Kenworthy Circle** will meet in the chapel at 2:00 p.m.
- The UMW Organization meeting is October 9 at 10:00 a.m. in Fellowship Hall. League of Women Voters is coming to explain the ballot; we will have a salad potluck. Please bring salad to share with eight or more persons.
- The UMW leadership meeting is October 16 at 10:00 a.m. in Fellowship Hall.

Heartfelt thanks from UMW to all those who contributed to our Bake Sale. We raised \$599 towards our mission giving goals. We appreciate our bakers, the buyers, the sellers and especially our Farmers Market crew: Scott, Tracy and Taylor Lyons, Colleen Guffey, Tom Humphrey and John Mitchell. Thank you all for your dedicated work.

-UMW Leadership

Pray together for...

Bill Rockwell, Family of Bob Hickman, Jim Pence, Ruth Rockwell, Bonnie Lambert, Dan Gubaton, Ethel Arrowsmith (hospice), Tom Johnston, Ko Kim, Carol Yunt, Barbara Baldrige, Marilyn Mathias, June Miklau, Lenore Averell, JaDene Dugas, Louise Foster, Bill Peaker, Sue Downey/Bob Baker, Jane Fischer, Harold MacDermot, Joan Lindegren, Ron Bradshaw, Joan Brainerd, Nancy Koski, Alice Leclair, Jan Frate

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 for your participation! We've received \$26.40 from the August Souplantation, \$49.97 from the September Sizzler and \$57.65 from the August Panda Express fundraiser. Thank you to those who come and fellowship with each other and support our church at the same time.

-Tom Humphrey

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