



*A Monthly Newsletter of the United Methodist Church of Vista*

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

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### **Pastor's Ponderings**

A 20-something from a different church called me this week to talk about her family. Her Mom and Grandparents aren't supportive or kind and she is overwhelmed with family, work and school. We talked for about 40 minutes. All the issues of her life collided into a dark emotional hole.

Regular life stress is complicated by the covid19 pandemic that has killed more than 119,000 Americans and the protests demanding racial justice and new accountability. We all need our list of "phone-a-friends" at the ready. Who is your friend you call at 11:00 p.m.? Who is your friend you call for family stuff? Who is your friend you call when you are scared? In times of stress, our "friends list" becomes as essential as our emergency supplies.

The words from the prophet Isaiah popped to mind this week. "Comfort, comfort my people, says your God." Isaiah 40 reflects on communal stress and pain but it is the first verse that strikes a cord for today. "Comfort my people." It is compelling that a prophet brings these words to the world. Prophets often spend their time demanding justice, pointing out our sin and challenging the powers of the world to repent. To hear these words from Isaiah about God demanding comfort for those in distress is profound and even a little unexpected. "Comfort my people," says God!

Some moments of living are more sticky than other moments. Some moments feel like glue that holds us down. This moment we are living through may feel like it will last forever. The guidance to "stay home" as much as you are able, and to "wear a mask" is a best practice for right now, not forever. Practicing our faith through online worship and Zoom gatherings and being out of the building, isn't forever. It is just for now. Keeping a distance from loved ones and friends isn't forever. The pandemic will recede, we will see advancement in justice, and civility for all people will emerge.

Rev. Dr. Martin Luther King spoke of evil that gave power to Caesar and put Christ on a cross. He said, "but that same Christ will rise up and split history into A.D. and B.C., so that even the life of Caesar must be dated by his name. Yes, "the arc of the moral universe is long, but it bends toward justice." Justice will come and we may see hints of it as we work and serve and live faithfully. Justice will come and there will be more stress and anxiety to come, because justice isn't a direct journey. But the God who guides us and goes with us, also offers comfort.

"Comfort, comfort my people," says God. May God's comfort rest on your shoulders today and may you have an easy day.

Grace and peace,  
Rev. Dr. Leigh Ann Shaw

### **Food donations for North County Food Bank and Interfaith Community Services**

We are collecting food donations to take to the North County Food Bank and Interfaith Community Services.

How can you help? Either drop off food items or schedule a pick-up on Wednesday, July 15. To Drop off: Leave at the church office, on the bench outside the front office door between 9 am and noon. For Pick-Up: Please email Brenda and Mike Walker at [Brendakwalker@cox.net](mailto:Brendakwalker@cox.net) and plan to leave your items on your porch or curb by 9 am.

For more information call Brenda and Mike Walker at (760) 505-1702.

NO expired or open food, glass jars or homemade items.

The Flame

## Finance Focus

As we head into the second half of the Church year, we want to again celebrate and thank you for your generous support to the many important ministries and outreach programs of our Church. Your support of our general fund budget is essential to keeping our church and ministry programs up and running. Together we are participating in ministry to serve Jesus Christ in our community and around the world. To date we are meeting our essential ministry budget items, the bills are paid, although our current level of giving leaves us more than \$20,000 behind the total dollars needed to meet our ministry goals for 2020 budget needs. You are a giving and caring congregation. We are planning two events during the summer and fall to help us close the budget gap.

Regular giving is easy and helps us do more intentional ministry. You may wish to consider online giving as a convenient way to make regular contributions to our Church budget. You may go to your local bank and sign up for regular online giving. You may also go to our website at [www.umcvista.org](http://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

## Communion offering for July

The number of COVID-19 cases for the Navajo Nation has reached 4,071 and there have been 142 deaths. The Navajo Nation has surpassed New York and New Jersey for the highest-per capita corona virus infection rates in the U.S. Let's help these 174,000 residents of the largest Indian Reservation in the U.S. which spans portions of Arizona, New Mexico and Utah fight the COVID-19 with our July Communion offering which supports the UMCOR COVID-19 Relief Fund

-Sue Humphrey, World Missions Committee

## Online Worship

Worship with us ONLINE. You can find our worship time at our YouTube channel at United Methodist Church of Vista. Or, if you receive a weekly newsletter, you will receive a link every week for our service.

We are developing a plan for safe in-person worship and gathering. Any in-person events, including worship will be offered only when we can assure the safety of our congregation and community. Until there is a vaccine or other treatment for COVID-19, any in-person gatherings will require face masks, physically distancing of at least six feet, limited singing, spoken litanies, prayers and sermons, no potlucks or offered coffee/cookie fellowship, and no handshakes, hugging or other greeting line with the pastor or church staff. Our plan is being developed with guidelines from our Bishop, Annual Conference, city and state guidelines and best practices based on up-to-date health information.

## Zoom Gatherings and Meetings

Zoom meetings are one way we are working on keeping connected. All you need is a computer or smartphone with a built-in microphone and a camera and you can join in. Click on the link and follow the prompts to join the gathering. See you there!

**Coffee Chat after Worship, Sundays at 10:30 a.m.**

**<https://zoom.us/j/116335354>**

**Weekly Coffee Chat with Pastor Leigh Ann,**

**Wednesdays at 10 a.m.**

**<https://zoom.us/j/613081197>**

**Frank's Music Chat, Mondays at 11:00 a.m.**

**<https://zoom.us/j/91071681567>**

**Meeting ID: 910 7168 1567**

**Congregational Care Meeting, July 9 & 23, 1:30 p.m.**

**<https://zoom.us/j/94698174382>**

**Meeting ID: 946 9817 4382**

**Endowment Committee, July 13, 6:30 p.m.**

**<https://zoom.us/j/96654293383>**

**Meeting ID: 966 5429 3383**

**Finance at UMC of Vista, July 22, 7:00 p.m.**

**<https://zoom.us/j/96344597468>**

**Meeting ID: 963 4459 7468**

## Helping Hands and "and Two Fishes"

If you have any, please consider saving men's clothes for Helping Hands Outreach and food containers for "and Two Fishes." You can drop items off on Thursdays between 2:00 - 4:00 p.m. on the lower parking lot near the gate. Someone from "and Two Fishes" should be able to assist you. Please contact Brenda Walker, [brendakwalker@cox.net](mailto:brendakwalker@cox.net) or the church office 760.726.0442, with any any questions. "and Two Fishes" is still providing a sack lunch and a "to-go meal" on Thursday evenings between 4:00 and 5:00 p.m.

Flame Editor  
Barbara Mitchell  
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Next deadline is Wednesday, July 15, 2020  
Comments or suggestions, please let us know.

**The Flame (monthly newsletter)**  
**United Methodist Church of Vista**  
**490 S. Melrose Drive**  
**Vista, CA 92081**

## **Making Connections-Staying Together**

Pastor Leigh Ann has guided the Congregational Care Committee to actively reach out to all. The following are just a few ways she has orchestrated keeping us together in worship and fellowship.

Pastor Leigh Ann's exceptional leadership has been instrumental in creating a variety of ways for our church to stay connected during this time of physical distancing. Pastor Leigh Ann and Pastor Frank are hosting various Congregational Zoom Chat opportunities, not only for social interaction and connection, but to further the work of our various church committees.

Did you know Congregational Care\* has over 16 dedicated and joyful calling members? It is their plan to contact every person in our church and stay in touch, as a part of their calling and ministry. Under the direction of Pastor Leigh Ann, Pastor Frank and Chairperson Karen Felien, the committee meets on Zoom every two weeks to discuss our calls and how we may coordinate our services to you. The committee members work in teams of two and are assigned sections of our directory to call. Through this system it is our hope that everyone in our congregation will receive a call or contact at least once every two weeks. To keep our contact information current, Paula is kindly and consistently updating the directory online, to assure the committee has the correct numbers for continued contact.

And, of course, the most important way we are working to stay connected as a church community is that Pastor Leigh Ann and our outstanding staff are offering uplifting and inspirational Sunday services on line. I know we are all grateful for their work and service. We are also very thankful to Adam Ferrara for his musical talents and technological expertise, as well as Rob Pierce's assistance in helping to make this a smooth transition to our new and inviting on line worship service. We also want to express how much we appreciate and enjoy the music in worship, including the outstanding work of Pastor Frank and our choir, as well as the uplifting music of our Praise Band and singers.

On behalf of the Congregational team, each of us want to express to you how fortunate we feel to call you. Thank you for your conversations with each of us. When we call, make certain to tell us of any needs that might arise and we will do our best to help you or find the resources to assist you. The richness of your conversations and your fellowship continues to bring joy to our hearts when we call.

Together we can do everything through Christ who gives us strength. (Phil. 4:13)

-Dakota Koenig, Lay Minister

\*Pastor Leigh Ann, Pastor Frank, Paula Amaro, Sara Baldwin, Barbara Mitchell, Heidi Kendall, Dakota Koenig, Mike Walker, Margene Haase, Susan Lenker, Kathy Johnson, Karen Felien, Barbara Lange, Deborah de la Cruz, Beverly Hopkins, Suzanne McMurchie

## **Trustees on singing**

The Trustees are working on our plan for relaunching in-person gatherings and worship. Once our plan is complete, per our Bishop's directions, we will submit it to the Church Council for review and a vote. After that, it will be submitted to the District Superintendent for his approval.

Among the changes we have to make to protect our congregation, there will be no singing until there is a treatment or vaccine for COVID-19/Coronavirus. In a survey put out to our congregation, several people asked "why no singing?"

We've read several articles and watched a clarifying video on this topic. You can watch the video at: <https://youtu.be/LNzGkflAkZQ>.

The basic reasons for no singing are these.

- Many germs float out of the mouth when singing and breathing out.
- Singing is a high-risk activity due to the manner in which singing encourages droplets to spread. This classification is not new; singing has long been known to increase the spread of airborne diseases such as Tuberculosis.
- Aerosol particles are light enough to remain suspended in the air for hours at a time and can travel anywhere from three to twenty-seven feet from the "emitter".
- Singers (and choral events) are considered "super-spreaders", meaning they can transmit illness to a lot of people quickly.
- The CDC noted: When singing during worship services, social distancing would need to be greater than 6 feet. Recommendations vary from 12-15 feet.

As information is learned about COVID-19 and coronavirus, we will adapt and change our protocols for the best practices and care of our congregation. The good news is that Pastor Leigh Ann and our church leadership are committed to online worship and we can keep singing with our families.

## Annual Conference 2020:

### We Are the Church: Transforming the World

Wow! Zoom, what amazing technology! This 36th session of the Annual Conference was held on Zoom and even though it was abbreviated to two full days, it was still pretty incredible. Wonderfully inspiring worship from all over the Annual Conference was shared. On a call from our youth, we also shared a powerfully full eight minutes and 47 seconds in tribute and protest of George Floyd's passing.

Much like our own annual Church Conference, there was work to be done that could not be put off until next year, and to accomplish it, we had to vote on rule changes. Voting was one of the difficulties that had to be overcome—at the bottom of the Zoom screen there is a little hand that can be raised and lowered (who knew?!), and for many of our votes, Conference staff figured out how to put up a poll.

Pre-recorded videos were even more evident this year and we got to hear from our Delegation Team to General and Jurisdictional Conference about the work they've been doing. Other reports included: Board of Ordained Ministry, Latino Youth, Nominations, Disaster Response Team, Claremont School of Theology and the Memorial Service, to name a few. Videos of all the Retiring Clergy were interesting and fun.

We even experienced Commissioning and Ordination with social distancing! There was a good-sized class this year, with one lady being commissioned Deaconess. Her mission field is in Hong Kong!

The Budget is always a big deal needing discussion, and through Zoom, questions were taken and answered. On Friday we put off approving the budget until we could hear the “Response to Systemic Racism” presentation from Bishop Hagiya. Many believed that we should put "our money where our beliefs are" and add a line item to the budget. On Saturday we were given an opportunity to do just that. In quick synopsis: the Conference has committed to focusing on anti-racism, conducting a racial disparity audit at all levels, hiring a part-time staff person to create meaningful next steps and to take the lead on helping us develop a more equitable church for all. The Commission on Religion and Race is to be revitalized and funding will be set aside to help support young people and young Black lay and clergy leadership. There will be a report back to the Annual Conference.

It was a whirlwind-two solid-long days of conferencing, but even so, much was accomplished. It was a blessing, although not without technical difficulties, to be able to participate. There were so many positives to this Annual Conference (less heat, sleep in own bed, no long drive, to name a few), while missing the physical connection and not actually seeing and fellowshiping with old friends. Thank you for allowing me to be one of your delegates to Annual Conference.

Blessings.

-Barbara Mitchell

## Happy “July” Birthdays

Mary Ann Maniti (1)  
Chad Green (3)  
Terry Lenker (3)  
James McGlocklin (4),  
Nancy Koski (5)  
Noah Wheeler (5)  
Marlize Clarke (6)  
Justin Felien (6)  
Bob Schmeiser (6)  
Angelina Maniti (7),  
Tom Humphrey (8)  
Ruth Lloyd (8)  
Amy Pierce (8)  
Debbie Forbis (12)  
Kendall Guffey (12)  
Richard Miklau (12)  
Lanny Arrowsmith (13)  
Kim Johnson (15)  
Julie Tambur (16)  
Nancy Winters (17)  
Jacob Clarke (18)  
Rev. Chung Kim (19)  
Niall Cargill (21)  
Jim Wright (21)  
Rolita Cargill (23)  
Adam Ferrara (23)  
Jim Rogers (23)  
Tim Smith (23)  
Carol Ganoë (27)  
Ruth Hamilton (28)  
Carter Guffey (29)  
Cindy Anske (30)  
Larry Veysada (31)

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

### Heartfelt Thanks to.....

Scott and Emily Hansen, Mike and Brenda Walker, Frank Hallock who came to our rescue (Barbara Mitchell and sister, Nancy Bernardi) to help us with the unloading of the truck as we moved Nancy from Sacramento to Oceanside. Many thanks to Traci, Grace and Noah Wheeler, the “second shift”, who helped us after that, and to Tracy and Taylor Lyons, who came to help as well. (Thanks also to Vic Johnston who volunteered to help.) Our family and church family have unselfishly shared their time and talents to help. We will be making a donation in your names to the church. Until you are better paid, thank you all again, soooooo much! Blessings.

Nancy Bernardi and Barbara Mitchell

## UMW Corner

UMW Circles dark in July and August.

### Pray together for...

Ko and Rosalynn Kim, Linda Grider, Lilia Victa, JaDene Dugas, Karen and Larry Veysada, Alline Piercy, Marlene and Marvin Philippi, Raub and Marilyn Mathias, Nancy Koski, Mary Jane Bode, Carol Yunt, Barbara Baldrige, Jane Fischer, Harold MacDermot, Joan Brainerd

Prayers for the family of Jaime Kim Webster. Jaime passed away on June 17 due to complications from breast cancer. Jaime and her family were long-time members, and this congregation sponsored her when she was considering ministry.

### Stay connected

E-mail: [umcvista@umcvista.org](mailto:umcvista@umcvista.org)

Website: [www.umcvista.org](http://www.umcvista.org)

Facebook: United Methodist Church of Vista

Be sure to check us out on Yelp!

Return Service Requested

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