



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

"Joy is the simplest form of gratitude," wrote Karl Barth. In times of stress and anxiety, joy can seem frivolous but claiming joy is a part of staying faithful to God. Just as we practice our faith, we should remember to practice joy. Where will you be practicing joy? Here is a list of 10 ways to practice JOY and some joy-filled scriptures too.

10: Play like a child. Spending all your time managing your life, the budget, wondering when will you can get everything done? Kids know how to play games, make up games, move around and use their imagination. Blow some bubbles or put your feet in the grass.

9: Go OUTSIDE. Watch the trees blow in the wind. Smell the air. Take a walk or drive by the beach. (Don't forget that sunscreen or even an umbrella.)

8: Help someone. Studies show that helping someone else makes you feel happier. Help someone at the store get that thing off the top shelf. Help someone you know or someone you don't know.

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. –Romans 15:13

7: Learn something new. Have you always loved the zoo or animals? Google an animal and read about them. Do you love ships and boats and the ocean? Learn what keeps boats afloat or how they are built or about sails catching the wind. Love movies? Study about lighting or script writing or your favorite actor. Find something you didn't know before.

When anxiety was great within me, your consolation brought joy to my soul. –Psalm 94:19

6: Count your blessings. Make a list of people who love you, or who've taught you something. Remember gifts you've been given that made you laugh or giggle or feel special. Health is a huge blessing. Remember all your birthdays.

5: Spend time with your pet. Animals can reduce your blood pressure and bring you love.

4: Pay a compliment to a total stranger. Go ahead. Tell someone how awesome their mask is. Appreciate the store clerk for their help and work. Acknowledge someone's effort and ability.

Clap your hands, all you nations; shout to God with cries of joy. –Psalm 47:1

3: Nurture romance or love. Kiss your spouse. Write a love note. Watch a movie on the Hallmark channel. Tell someone what you love about them. Friends like to feel loved too.

2: Sing out loud...in the car...in the shower...in your living room. Sing...a happy song or a sad song or a love song. Sing about America and our nation. Sing. La la la... (Or Laugh Out Loud... Watch an old comedy if you need encouragement. I love the show 'Everybody Loves Raymond!')

So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy. –John 16:22

1: Write a note and send it in the mail. Skip email and grab a piece of paper or a note card. Use a stamp and tell someone something you are grateful for or just that you are thinking and praying for them. Remember what it feels like to get a letter or card addressed to you (not a bill or advertisement).

Joy is a commitment to being present, in this moment, just as you are, with gratitude for life. My Mom had a t-shirt once that said, 'Don't let the turkeys get you down,' with a funny cartoon picture. You deserve to have joy in your life every day! You are a beloved child of God!

Grace and peace,

Rev. Dr. Leigh Ann Shaw

The Flame

Finance Focus

We are now well into the second half of the Church year, we want to again celebrate, and thank all of 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 keep your church and ministry programs up and running. As of the end of July, we are meeting our essential ministry budget items, the bills are paid, although our current level of giving leaves us around \$2,000 behind the total dollars needed to meet our ministry goals for the 2020 budget needs. You are a caring and giving congregation.

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 and click on "Giving" to register or log in and make your gift. An even better way to give regularly online, is to go to your bank and arrange for regular gifts to our Church to come directly out of your checking account. Again, thank you for your generous financial support of the ministries of our Church.

-Rollin Grider, Finance/Stewardship Chair

Communion offering for August

Communion offering for August will help Safe Harbors Network (SHN), a broad affiliation of faith congregations throughout San Diego County bound to care for refugees. Rev. Dr. Bill Jenkins runs both Christ Ministry Center (CMS) and Safe Harbors Network with dedication and entrepreneurial aplomb. Safe Harbors Network services to refugees includes not only a bed per person, but also the necessary staff, food, clothing, housing, nursing and medical services, transportation and more. For the year 2020, Pastor Bill estimates SHN may well provide a total of 50,000 "bed nights".

-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, physical 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,

August 6 & 20, 1:30 p.m.

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

Meeting ID: 946 9817 4382

Trustees, August 18, 6:00 pm

<https://zoom.us/j/94925693986>

Meeting ID: 949 2569 3986

Finance, August 26, 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 also 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 or the church office 760.726.0442, with 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.

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Next deadline is Wednesday, August 19, 2020
Comments or suggestions, please let us know.

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

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, August 12. To drop off: leave at the church office, on the bench outside the front office door between 9 a.m. and noon. For pick-up: please email Brenda and Mike Walker at Brendakwalker@cox.net and plan to leave your items on your porch or curb by 9 a.m.

For more information call Brenda and Mike Walker at 760.505.1702.

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

Calling all teachers...

Recognizing that this is going to be a very challenging school year, we were wondering if there might be some way that UMC of Vista could be of help to you and/or to your students. If you are currently working as a teacher and have any thoughts on this within the next week, would you please contact Barbara Mitchell, 760.724.0923 or shoot her an email, bjmitch5122@yahoo.com. Thank you.

Scrip gifts cards available...for grocery stores, gas stations, restaurants, etc. Profits go to the children/youth capital fund. Please e-mail Tom Humphrey, trhumphrey7@cox.net or call 760.727.2313.

Happy "August" Birthdays

Beverly Hopkins (1)
Manuel Tivar (1)
Paul Lange (2)
Michael Newman (2)
Betty Anne Kreutziger (3)
Taylor Lyons (3)
Alfred Chappell (4)
Bob Harlow (4)
Mary Nixon (4)
Sue Humphrey (6)
Marlene Philippi (6)
Ranae Mathias (9)
Carson Way (10)
Helen Robertson (12)
Bernie Weisberg (12)
Andrew Mathias (13)
Tim Biggs (14)
Margo Rogers (14)
Adam Amaro (15)
Lucille Baumann (15)
Fred Canoe (15)
Bonnie Lambert (16)
Mark Wheatley (18)
John Haase (19)
Andrea Shaw (20)
Brice Spitz (21)
David Felien (23)
Skip Harvey (23)
Barbara Mitchell (23)
Mark Wheeler (23)
Destiny Smith (25)
JaDene Dugas (26)
Gerald Williams (28)
Donna Hill (29)
Helena Maniti (29)
Patricia Rose (29)
Harold MacDermot (30)

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

Pray together for...

Larry Veysada, Norm Corwin, Ko and Rosalynn Kim, Linda Grider, Lilia Victa, JaDene Dugas, 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

UMW Corner

UMW Circles dark in August.

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!

Return Service Requested

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