



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

"How is it with your soul?"

Are you ready to try something new? I'm not sure if I am or not. The last year has left me tired and unsettled. The months ahead could be challenging. I have a lot of hope for our ministry and all that we do together, but the weariness of our days is real. I've heard many of you say you share similar concerns.

The father of the Methodist Church is John Wesley. Wesley lived his faith with consistency and a method. We are called "Methodist" because of Wesley's adherence to order and structure. If you know the orderliness of a military life, you understand what I'm talking about. John Wesley was a disciplined faith leader whose faith journey still inspires our life of faithfulness.

John Wesley would open up all small group meetings with the question "How is it with your soul?" It is a deeper question than, "How are you?" It is easy to give an answer to the "how are you?" question without really saying anything. It is easy to say, "I'm fine," or "Same ole, same ole." Maybe we prefer to have an easy out and not give any thought to how our soul is doing, but maybe now is the exact time we need to get busy with one of John Wesley's best practices.

"How is it with your soul?" When I reflect on my soul, I start with the first words that pop to mind. Right now my words are "weary" and "concerned." What are yours? Sometimes I call a friend to do some reflection about the state of my spirit. Sometimes I journal or sit at the ocean or take a walk. Always I listen for God and try to keep focus. A scripture teaches us to listen for God and God will bring a message to our heart.

I remember when I was going through my divorce, it was harder to hear God because I felt betrayed and hurt. It was a wedge between me and God that took some time to heal. When I served as a chaplain in the hospital, I noticed that health concerns often created a wedge between people and God. If you aren't feeling or hearing God, it doesn't mean that God has left you. Sometimes our spirit or soul gets confused, just like a compass that isn't working right.

The good news is that God's a soul healer. When you start to listen to your soul speak, you have taken a step of faith. Give it a little room and trust that God's in the mix of your life. If you feel brave, keep going! What are the things or people that bring you joy and satisfaction? What are things that drain the life out of you? If you could, what things would you reject from your life forever? If you dare to answer, where do you most feel alive and like your best self? Being honest with yourself takes a lot of courage. It also takes faith.

God isn't as stuffy as we imagine. God is more than our routine and ritual. It's easy to get stuck and get by and ignore how it is with your soul. Five minutes or a few days or some time with friends might be the prescription God is giving you to tend to your soul. Laugh and cry. Pray and wonder. Be in awe or be overwhelmed or be silly or be creative. Sing. God created us to have abundant life not to just to be fine or okay. "How is it with your soul?"

Happy listening,
Rev. Dr. Leigh Ann Shaw

Finance Focus

We are now into the second half of the Church year, we want to again celebrate, and thank all of you for your continued generous financial 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 end of July, we are meeting our essential ministry budget items, the bills are paid, although our current level of giving leaves us around \$10,000 behind the total dollars needed to meet all our ministry goals for the 2021 budget needs. You are a caring and giving congregation.

Many of you are now giving online, and we thank you for your continued support. Now that we are back with regular in-person Worship services, we appreciate your continued generous financial support. See you in Church.

-Rollin Grider, Finance/Stewardship Chair,
Lay Leader

Graduate Celebration and Donations

With a new school year right around the corner, the Education Committee will be recognizing our 2021 high school and college graduates as they enter their next adventures. Please join us in worship Sunday, August 8, to celebrate their accomplishments and send them with blessings. If you have a high school or college graduate to recognize, please call the church office or email Margene Haase at m.haase46@icloud.com.

Also on August 8, we invite you to bring donations of school supplies to church so they may be given to our nearby Breeze Hill Elementary School. Supplies that are always welcome include pencils, crayons, markers, glue sticks, erasers, dry-erase markers, sharpies, folders, wide-ruled paper, and even backpacks. Thank you for your continued support of our student community and their education!

-Education Committee

Flowers for Birthdays, Anniversaries and Special Events

Is there someone or something you would like to recognize and celebrate? Let us know WHAT and WHEN you would like "Flowers" and Michael Beu will create a "Flower Slide" just for you. Please click on this link: <http://specialeventslides.umcvista.org/> to fill out a form in order to request the flowers.

Happy "August" Birthdays

Beverly Hopkins (1)
Manuel Tivar (1)
Paul Lange (2)
Betty Anne Kreutziger (3)
Taylor Lyons (3)
Alfred Chappell (4)
Bob Harlow (4)
Mary Nixon (4)
Trevor Leffler Streeter (5)
Sue Humphrey (6)
Marlene Philippi (6)
Debra Leffler Streeter (7)
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)
John Haase (19)
Andrea Shaw (20)
Brice Spitz (21)
David Felien (23)
Skip Harvey (23)
Barbara Mitchell (23)
Mark Wheeler (23)
Destiny Smith (25)
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.

Flame Editor
Barbara Mitchell
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Paula Amaro
WEB Master
Jim McGlocklin

Next deadline is Wednesday, August 18, 2021
Comments or suggestions, please let us know.

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

and Two Fishes

and Two Fishes will be moving indoors on Thursday, August 5th. We are very excited to be able to offer our friends in need a place to have a hot sit down meal, coffee and donuts, and a sack lunch.

Helping Hands will also be open for any hygiene needs.

Volunteers are also needed. We will be having two shifts, 1:00 p.m. to prepare the meal and 3:30 p.m. to serve and clean up. Please contact Brenda Walker at 760.505.1702 if available.

Ringers and Singers begin rehearsals

Ringers and Singers will begin rehearsing again on Wednesday, August 25 at 3:15 in the Choir Room. CDC Covid Protocols will be in place (masks will be worn indoors). First through fifth graders are welcome to join. Questions may be directed to Carol Pence through calls, texts or emails at 760 689-8024 or cwpence24@gmail.com.

Heartfelt Thanks

Dear Congregation:

On behalf of Church delegates to Annual Conference: Heidi Kendall, Dakota Koenig, Gary Lamb, and myself, Barbara Mitchell, we thank you for your continued support. It has been an honor and pleasure to learn more about the workings of the connected UMC and to represent you in the event.

In His service,
Barbara Mitchell

Dear UMC Vista:

Thank you all for your generosity and ongoing support to the clients and staff of Project LIFE. Your grant...is critical in filling service and funding gaps for survivors of human trafficking. Your support is providing survivors with the help they need to be self reliant and to heal from their past. On behalf of our clients and Project LIFE team, we are so grateful to UMC for the life changing and generous support.

With gratitude,
K. Thomas and Melissa Haupt

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. Download the Zoom app to your device, click on "join a meeting" and follow the prompts to join the gathering.

No Host-Drop In Coffee Chat, Wednesdays, 10:00 a.m.

Meeting ID: 613 081 197

SPRC, August 4, 6:00 p.m.

Meeting ID: 968 9336 2856

Congregational Care Meeting, August 5, 1:30 p.m.

Meeting ID: 921 7026 9939

Education Committee, August 11, 6:00 p.m.

Meeting ID: 889 1248 9059

Trustees, August 17, 6:30 pm

Meeting ID: 949 2569 3986

Finance, August 25, 7:00 p.m.

Meeting ID: 963 4459 7468

Dear Congregation:

Thank you for your prayers, cards, calls, flowers and good thoughts. Your caring has helped me greatly with my healing and my well-being. My daughters are also grateful for the love and support you have extended to me.

-Suzanne McMurchie

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 18**. 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.

The **July/August Upper Room** daily devotionals are available. Please contact Paula so arrangements can be made for you to come by the church and pick one up.

Centering Prayer

Come join us for Centering prayer! We continue to meet on Mondays from 9:30 - 10:45 a.m. through conference call. You may join our conference call by dialing 1.916.233.0790 then, following voice directions, enter 678964#, next say your name#. Enter meeting and say "Hello!". If you would love more joy in your life, please call Martha Treutle at 760.809.2520. We are waiting to welcome you in our journey!

Announcement Regarding Former Conference Staff Member

It is with deep sorrow that I share the news that we lost Rev. Myron Wingfield on July 28. Myron had a compromised lung condition, and even though he was fully vaccinated, could not fight off the effects of COVID-19 and pneumonia. Myron had a distinguished career in our annual conference, serving local churches, as a District Superintendent, as Associate General Secretary for the General Board of Higher Education and Ministry, and culminating as the Executive Director of Connectional Ministries for our annual conference.

Please keep Myron's spouse, Martha, surviving son Luke and the entire Wingfield and Trotter family in your prayers. As you may know, they lost their elder son Jesse only six weeks ago to cancer. This is a devastating loss for all of them, and we join them with broken hearts, but willing to do our grief work to carry on our ministry. We know that Myron will be reunited with Jesse, as God ushers them both home.

Let us be the Hope,
Bishop Grant J. Hagiya
Los Angeles Area Resident Bishop

Annual Conference 2021

As one of UMC of Vista's representatives to Annual Conference, I am excited to share with you my experience. I was most impressed with the presentations by several churches regarding how they worked to be inclusive and connected with their congregations during this unusual time.

As I reflect over this past year, the pandemic presented churches, congregations, and ministers seemingly overwhelming challenges. Although we of the church initially struggled, searching for solutions, we discovered and uncovered a renewed connectedness in working, and teaming together.

I am reminded in Ecclesiastes 4:9 (NRSV), "Two are better than one, because they have a good reward for their toil." To me, the importance of this scripture was demonstrated time and time again throughout the conference. Through Connectedness, we shared energy, support and resources among ourselves and our churches. In addition, through our small break out groups on Zoom, a plethora of ideas were generated and shared which offered a buffet of suggestions that brought uplifting solutions to current challenges. These suggestions could be easily incorporated, applied and utilized depending on the scale, size and need of each congregation.

What became apparent through our discussions and shared experiences among all our brothers and sisters within the United Methodist Churches, is that no one placed their finger on the pause button. Instead, bringing worship to the people was paramount; no one stopped delivering Christ's message, and no one ceased helping those in need. A single pause, or even skipping a beat was never considered... instead what emerged from congregations was creativity, resourcefulness, ingenuity and an exuberance of our members to keep the message of Christ and the dedication to continue extending our love and care. Churches wrapped their ministry in the pure joy of God's Love, not only embracing their congregations, but broadening their reach beyond their church boundaries, into their communities and mission outreach in the world.

No matter what challenges we encounter, through our collective spirit, connectedness, prayer and power of the Holy Spirit, as disciples of Christ, we have the strength of our faith to continue bringing Christ's teachings to the world.

-Dakota Koenig

Pray together for...

Marlene Coast, Suzanne McMurchie, Dave Cowles, Nancy Koski, Marie Mounts, Ko and Rosalynn Kim, Sandy Riser, Charlotte Chappell, Olive Harris, Beverly Thomason, Stan Hamilton, Tommy Thomson, Margo and Jim Rogers, Joan Brainerd, Larry and Karen Veysada

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!

Celebration of Life

Louise Foster

Saturday, August 28

2:00 p.m.

at the United Methodist Church of Vista

Return Service Requested

United Methodist Church of Vista
490 S. Melrose Drive
Vista, CA 92081
Phone: (760) 726-0442
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