



*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**

Have you grown so accustomed to the weight of the world on your shoulders that you can't remember feeling rested? Are you waking tired and going to sleep tired and every hour in between you feel fatigued? If so, this is for you.

Jesus said, "Peace I leave with you. My peace I give you. I give to you not as the world gives. Don't be troubled or afraid." John 14:27

Symptoms of spiritual fatigue are: the feeling like God is far away or not real, feeling anxious and having interrupted sleeping, not feeling able to pray, feeling tense and wondering if anything matters, thinking you aren't worthy of God or faith or compassion. Spiritual fatigue leaves you dry and disconnected from your life purpose. The feeling that God is distant or absent is not a failure, but a symptom of exhaustion, grief, or even anger.

As we near the summer months, it's a great time to consider our own spirit and spirituality. Spirituality is the understanding and belief that there is something bigger in the universe than you. Spirituality is the clarity that all of creation is bound together by something. Spirit is mysterious and even playful. Religion gives us parameters and boundaries but Spirituality opens everything up. Religion is our history, but spirituality is our heart.

So how do you heal and renew from spiritual fatigue? First, be where you are. Honor the feelings you have. We've gone through a lot in the last few years and it is healthy to reevaluate your faith and spirituality. Next, allow yourself 5-10 minutes a day to pray, light a candle, go outside and walk around, or listen to music. Doing any of these things allows you time to replenish your soul. You cannot care for others if your spiritual well is empty. And lastly, check in with friends or family and let them know how they can pray for you. Let someone know that you are just spiritually exhausted. Friends and family are what has gotten me through the lonely times of the last two years. Lean on others a little for some comfort and support.

Hope and hopelessness are issues of faith and our heart. The peace and assurance we feel when we are safe and know we are loved is a faith issue. The feeling that God is near or absent is a spiritual and faith concern. Many are feeling exhausted by the constant pain, violence and hate of the world, but spiritual fatigue is a particular issue of faith.

I hope you will take some time for yourself and renew your spirit as you need. Please know you are in my prayers.

Grace and peace,  
Rev. Dr. Leigh Ann Shaw

The Flame

## Finance Focus

As we head into June in this unique time in the life of our Church, we want to thank all you for your continued faithful financial support of our 2022 Church Ministry budget. While we are behind about \$9,000 in our total projected giving for the first five months of the year, we are currently meeting all our financial obligations. Many of you have continued to support our Church by mailing in or by dropping off your regular offerings on a weekly or monthly basis. Pastor Leigh Ann and staff continue to work hard to connect with all of us through in person and online worship services. Thanks to those still signing up for regular online giving and for your continued support of our ministries. As of 5/21/22 the Pence Challenge has raised \$10,424 in extra giving for the 2022 budget. If you would like to add your gift to the Pence Challenge, you can do so online, by mail or in person noting "Pence Challenge" on your offering envelope, memo line or with a note.

If you have not made a financial commitment to the ministries of our Church, we invite you to prayerfully consider the blessings of these ministries to you and your Church in faith. Regular giving is easy and helps us do more intentional ministry. Since we are meeting in person and online for Worship, you may mail or drop your offering at the Church, as we have a secure lockable mailbox on our property next to the office. Many of you have arranged for direct regular giving from your bank account to the Church. Online giving is also available on our website at [www.umcvista.org](http://www.umcvista.org). Open the website and click on giving to register or log in. Again, thank you for your continued generous financial support of the ministries of our Church.

-Rollin Grider, Finance/Stewardship Chair,  
Lay Leader

## In Celebration of our Fathers

June 19th is Father's Day! In honor of our Fathers, we will be sharing special pictures during worship in June. Submit your pictures of you and your Father, or the man in your life whom you loved like a Father through this link, <http://videoupload.umcvista.org/> Be sure to mark them "Father's Day" and include your name and your "Father's" name. For more help, contact Michael Beu at [MichaelB@umcvista.org](mailto:MichaelB@umcvista.org) The **last day to submit photos is Sunday, June 5th!**

## Happy "June" Birthdays

Joey Graziano (1)  
Joe Marquez (2)  
Samuel "Issac" de la Cruz (5)  
Karl Kreutziger (5)  
JoAnne Moran (5)  
Brandon Flanagan (6)  
Linda Grider (6)  
Emily Hansen (7)  
Melissa Bodnar (8)  
Paul Fischer (8)  
Brenda Walker (9)  
Susan Delaney (11)  
Myriah Christian (12)  
Luene Corwin (12)  
Tracy Cole Lyons (12)  
June Miklau (12)  
Joan Brainerd (13)  
Stella Hansen (15)  
Barbara Shores (16)  
Laurie Clarke (18)  
Alyssa Coker (18)  
Marlene Coast (22)  
Susan Hamlin (22)  
Blake Johnson (22)  
Sarah LaFoe (22)  
Benjamin Crumpacker-Smith (23)  
Alicia Olinger (23)  
Susan Miller (26)  
Cameron Guffey (27)  
Sharon Hall (29)  
Abby Way (29)

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

Flame Editor  
Barbara Mitchell  
Flame Production  
Paula Amaro  
WEB Master  
Jim McGlocklin  
Next deadline is Wednesday, June 15, 2022  
Comments or suggestions, please let us know.

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

## **From our Lay Minister...Dakota Koenig**

This is the start of a new column which will share news from our Lay Minister.

What is a Lay Minister? In the UMC, laity are very important to the workings of the church. It is laity and clergy working together to create ministry. A Lay Minister has taken a prescribed course of ministry classes over two years, been through Psychological screening and assessment and, like ministerial candidates, must go before the district committee on ordained ministry for assessment and evaluation, having been recommended at every step. They must take continuing education classes every two years, as well as submit an annual report to the Charge Conference of which they are a member.

We are fortunate to have as our Lay Minister, Dakota Koenig and she is honored for the opportunity to work with our Pastors and to serve in our worship services. Dakota is an Assistant to the Clergy, and also participates on our Congregational Care team. She also serves as a lay leader. She has been called by our D.S. to present a worship service and sermon at Trinity Methodist Church in San Diego. She has also presided over two memorial services at sea.

## **Call to Action - Christ United Methodist Ministry Center (CUUMC)**

CUUMC and Safe Harbors Network recognized by United Nations, Church World Service, International Rescue Committee, Amnesty International, California Assembly, City of San Diego and ABC 10 (tv channel) for leadership in humanitarian efforts. They have been asked to step up to help serve refugees from Ukraine and given the temporary use of many homes around San Diego and its adjacent locations, either free or at very low rents. Right now they are in the process of vetting 15 additional new homes made available to them in the San Diego area; and have just completed furnishing and setting up “dormitory spaces” in a more remote CA location which can house 50 more refugees temporarily.

Here is how we can help. Although they have many needs (a full list will be on the narthex bulletin board) we are going to focus on the following items. These items can be new or serviceable: Twin sheets, soap - laundry, dish washing liquid, bath soap, blankets, diapers (all sizes), towels and wash cloths and children’s clothing. Please bring any items to the narthex you can help with by June 26.

Also needed are folks who can help transport the items down to the CUUMC after June 26. Questions? Please contact the office, Jacque Howard or Barbara Mitchell.

## **Graduation Sunday**

During our worship service on Sunday, June 12, we will be recognizing students who are graduating from high school or college. If your student is graduating, please call Paula at the church office by Tuesday, June 7, or email her at [umcvista@umcvista.org](mailto:umcvista@umcvista.org) with their name, school, and degree (if it applies).

## **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 a.m.  
Meeting ID: 613 081 197

SPRC, June 8, 6:00 p.m.  
Meeting ID: 968 9336 2856  
Passcode: 490490

Congregational Care, June 2, 1:30 p.m.  
Meeting ID: 921 7026 9939

Education/Discipleship, June 8, 6 p.m.  
Meeting ID: 983 3122 0500  
Passcode: 490490

Trustees, June 21, 6:30 p.m.  
Meeting ID: 949 2569 3986  
Passcode: 490490

Finance, June 22, 7:00 p.m.  
Meeting ID: 963 4459 7468

Reconciling Ministries, June 22, 6:00 p.m.  
Meeting ID: 995 8164 7395  
Passcode: Welcome

## *Heartfelt Thanks*

From the Choir: Our thanks and prayers go to our Trustees for getting the screen working in the back of the sanctuary and for all they do to keep up our facilities.

**From Rev. Sandra Olewine,  
South District Superintendent**

*(dated May 25, 2022)*

A voice is heard in Ramah,  
lamentation and bitter weeping.  
Rachel is weeping for her children;  
she refuses to be comforted for her children,  
because they are no more.

Jeremiah 31:15

Dear Family in Christ,

As the sun rises today, countless families in Uvalde, Texas, are shattered as the beds of their children are empty. Instead of helping their precious ones get dressed for school, they are beginning to plan for their funerals. Families are devastated as two beloved wives and mothers didn't return home from their work as teachers. And family and friends of an 18-year-old child, who brought on this latest horror in our nations, are left with grief, guilt... shame.

And so, we pray, for we must. We pray for all those families whose grief cannot be comforted. We pray for all in that small farming community that will hold these families in their care. We pray for the teachers there and everywhere who will need to face their students today with assurance and care and comfort.

We pray for lawmakers across our land, prayers that they will be moved beyond political posturing to comprehensive actions that address the complex realities that feed our nation's addiction to violence, hate, and destruction.

And we pray for the church, for us who claim to follow the Prince of Peace, for we have failed. We have failed to care for our communities. We have failed to demand change. We have failed to move our prayers from our hearts to our lives. We have chosen weak resignation to the ways of the world, wringing our hands at how the world is. We have given up on God's Kin-dom dream, 'on earth as it is in heaven.' We pray that God will convict us, forgive us, and change us.

Prayers don't – can't - stop with our lips and hearts; prayers must also be lived in our daily choices through what we prioritize in the world we create. This is not the way the world is. It is the way we have allowed the world to become.

The United Methodist Church urges “congregations to advocate at the local and national level for laws that prevent or reduce gun violence.” If you are looking to find ways to address gun violence and create a climate of safety and compassion, there are resources in our church you can use. See <https://www.umcjustice.org/what-we-care-about/peace-with-justice/gun-violence-prevention> for concrete steps you and your congregation can engage in.

People should not be afraid to go to the grocery store. People should not be afraid to gather in their places of worship. Children and teachers should not be afraid to go to school. We can address those fears. We can make changes. We can prioritize God's Kin-dom where “no more shall the sound of weeping be heard in it or the cry of distress. No more shall there be in it an infant who lives but a few days or an old person who does not live out a lifetime, for one who dies at a hundred years will be considered a youth...” (Is 65:19-20a) We can pray in word and action because God's grace is sufficient for us every day.

Rev. Sandra K. Olewine  
South District Superintendent

## **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: [specialeventslides.umcvista.org/](http://specialeventslides.umcvista.org/) to fill out a form in order to request the flowers.

### **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!

## **Pray together for...**

Evelyn Lawson, Lois Lawson, Richard Miklau, Raub and Marilyn Mathias, Traci Wheeler, Erin Fraser, Andrea Shaw, Nancy Koski, Ko and Rosalynn Kim, Charlotte Chappell, Olive Harris, Beverly Thomason, Stan Hamilton, Margo and Jim Rogers (hospice care), Joan Brainerd

**Memorial Service for Tom Johnston** (passed away April 17) is at UMC Vista, Sunday, June 26 at 2:00 p.m. Condolences may be sent to his daughter, Linda Hogue at P.O. Box 2033, Ramona, CA 92065.

Return Service Requested

United Methodist Church of Vista  
490 S. Melrose Drive  
Vista, CA 92081  
Phone: (760) 726-0442  
Web: [www.umcvista.org](http://www.umcvista.org)