



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

Sabbath is our gift from God. Sabbath is not “a day off;” Sabbath is space and time to renew your soul and trust that in your rest, the world will keep going on. Exodus 20:8-11 is our go-to passage of scripture on the rule of Sabbath. The Message version of the Bible is particularly clear.

“Observe the Sabbath day, to keep it holy. Work six days and do everything you need to do. But the seventh day is a Sabbath to GOD, your God. Don’t do any work—not you, nor your son, nor your daughter, nor your servant, nor your maid, nor your animals, not even the foreign guest visiting in your town. For in six days GOD made Heaven, Earth, and sea, and everything in them; he rested on the seventh day. Therefore, GOD blessed the Sabbath day; he set it apart as a holy day.” Exodus 20:8-11, The Message

Jesus got into a fair amount of disagreements with church leadership about the way we honor Sabbath. Many church leaders demanded strict adherence to non-work, which meant non-effort toward anything from tying up an animal to preparing a meal. Sabbath became something used to judge others rather than something restorative and life giving.

Jesus redefined Sabbath in Mark 2:27-28 saying, “The Sabbath was made for humankind and not humankind for the Sabbath, so the Son of Man is Lord even of the Sabbath.” It is a powerful statement of our faith but in our time of exhaustion as a badge of honor, it has been set aside. Sabbath is not just for some persons but for all persons. Sabbath is a great equalizer in God’s created kingdom for rich and poor, man and woman, young and old, those with different customs and those who are just like us. Sabbath creates a place for neighborly interaction, in addition to soul renewal.

The buzz word of our day is “self-care.” Self-care squarely makes your well-being and renewal, your problem to plan and add to your to-do list. Rather than observing self-care as lazy and individualist, self-care is contemporary faith language aligning self-care with Sabbath. Self-care is more than time being pampered or getting enough sleep. Self-care is bold, defiant and assertive for the purpose of honoring the creation of God. Our care for our own body, life and relationships is what Sabbath is for and about.

Many working people are fighting and struggling with burnout. Increasingly we place work in job settings for the purpose of the economy and earning money and saving money as more important than people. What makes human beings come alive, and be inspired to work well is ignored or played down for profit. The pressures and demands of work have compounded with significant consequences to our individual and collective wellbeing. Communities are broken down when we value our productivity and functioning over people.

Christian values remember God rested on the seventh day of creation. God does not need to rest, but God did rest. God paused for us and our sake. Music that has no rests is endless blaring noise. Music that doesn’t leave space between the notes is unsustainable and so is life without Sabbath. God’s Sabbath model is an old answer for a contemporary challenge. Jesus healed and cared and showed compassion on the Sabbath. He was not ruled by the dogma of the pious but left us a vision of compassion and care. Sabbath is self-care and self-care is Sabbath.

A poem from David Whyte says, “start close in, don’t take the second step or the third, start with the first thing close in, the step you don’t want to take.” With our faith as your light, I pray you take a first step toward Sabbath and self-care in the way that will fill your heart and renew your soul.

Grace and Peace,
Rev. Dr. Leigh Ann Shaw

Finance Focus

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 as we move into our new Ministry Outreach Center. We thank you for your generous continued financial support of our ministry plans. We will kick off our Stewardship Campaign for the 2023 budget on Sunday, October 16, the theme is, "God's Promise Always Brings US Home!" You will receive your Stewardship letter and pledge card the week of October 10, and you may fill it out anytime and return it to the church office by mail, or in person on Pledge Sunday, November 6, 2022.

Your support of our general fund budget is essential to keep your church and ministry programs up and running. You are a caring and giving congregation. If you are behind in your current giving or wish to make an additional gift to help your church reduce our budget shortfall for 2022, please prayerfully consider doing so. During the month of October and November, you will hear more about stewardship opportunities, with the conclusion of the Stewardship Campaign on Sunday, November 6, with the online or mailing of your pledge cards to support the 2023 budget.

Regular giving is essential 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,
Lay Leader

Trunk or Treat, October 29

Join us in celebrating the fall season with an All-Church Trunk or Treat. Costumed kids (and adults) will be treated to games, crafts and candy. This event will take place on Saturday, October 29 from 3:00 - 5:00 p.m. on the upper level parking lot. Everyone is welcome.

Please contact Colleen Guffey at colleenrguffey@gmail.com if you are able to decorate your car trunk for this event. Candy will be provided. Also, the Discipleship and Education Committee will have a basket in the Narthex for your candy donations.

-Discipleship and Education Committee

Happy "October" Birthdays

Randie Annin (4)
Eric Johnson (4)
Marie Bonner (10)
Sharon Pease (10)
Dominic "Nico" Chappell (12)
Heather Clarke (12)
Rae Ann Wirth (12)
Patrick O'Connor (14)
Lynda Mounts (15)
Philip Biggs (16)
Sarah Felien (18)
Mike Bollinger (20)
Scott Lyons (20)
Brenda Merritt (20)
Alice Robeson (20)
Gerri Schoening (20)
Virginia Purcell (22)
Carol Pence (24)
Patricia Avila (31)

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

United Women In Faith

Kenworthy Circle - Oct. 4, 1:30 p.m. in the Ministry Center. Contact Beverly Hopkins for more information.

Ruth Circle - Oct. 4, 11:00 a.m. in the Ministry Center. Contact Sara Baldwin for more information.

-Jacque Howard, President, UWIF

League of Women Voters Presentation

The League of Women Voters will hold a presentation on the State and Local Ballot Measures for the November election on Tuesday, October 11, at 11:00 a.m. in the Ministry Center. The presentation is open to all. For more information or questions, contact Sara Baldwin.

Flame Editor
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Next deadline is Wednesday, October 19, 2022
Comments or suggestions, please let us know.

The Flame (monthly newsletter)

United Methodist Church of Vista
490 S. Melrose Drive
Vista, CA 92081

World Communion Sunday, October 2

On World Communion Sunday, Oct. 2, 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.

Church Council Celebrations from Aug./Sept.

- Finance: Plans are underway for the October stewardship campaign to raise funds for our 2023 budget obligations. As of Sept. 13, we have received \$13,180 for the Pence Challenge.
- SPRC: SPRC remains grateful to staff and the building committee for their continued efforts and dedication to get the building open. Staffing updates - The children's ministry position was posted in August with Vista Chamber of Commerce and was published on the UMC Vista website. We continue to be prayerful and proactive in our search for candidates.
- Outreach: The 2023 Outreach Process is underway! Next steps: Council Members will review applications and Shepherd Reports to be prioritized in October as to who God is calling us to partner with in 2023. Funding levels discussion will be in November.
- 2022 Community Partners and 2023 proposed Partners attended our Sept. 25th Open House!
- Reconciling Ministries: Put it on your calendar! The 4th annual Peace Vigil on Sunday, Dec 4, at 4 p.m. will be a wonderful event. Recently confirmed: a hearing dog team from Canine Companions will attend .
- United Women in Faith (UMIF): YOU are invited! League of Women Voters will hold a presentation on the State and Local Ballot Measures for the November election on Tuesday, October 11, at 11:00 a.m., in the new Ministry Center. For more information or questions, see Sara Baldwin.
- BSA Troop 709: Troop 709 has been building skills with knot tying competitions and a planned cook off! They had a backpacking trip to San Jacinto during Labor Day weekend. Lots of scouts ranking up too!
- Youth have a fundraiser for Church Budget! Began Sept. 18, 2022. Hope to raise \$5,000!

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, October 5, 6:00 p.m.
Meeting ID: 968 9336 2856
Passcode: 490490

Congregational Care, October 6, 1:30 p.m.
Meeting ID: 921 7026 9939

Education/Discipleship, October 12, 6 p.m.
Meeting ID: 983 3122 0500
Passcode: 490490

Trustees, October 18, 6:30 p.m.
Meeting ID: 949 2569 3986
Passcode: 490490

Finance, October 5 and 26, 7:00 p.m.
Meeting ID: 963 4459 7468

Reconciling Ministries, October 25, 6:00 p.m.
Meeting ID: 995 8164 7395
Passcode: Welcome

Heartfelt Thanks

Troop 709 would like to thank the UMC Vista congregation for their support and donations at our Popcorn table on Sept. 18. It was a great success and very nice to meet so many friendly people.

-Colleen Guffey, Troop 709

Thank you for your cards, calls and encouragement for my new knee. I am doing well and hope to be in worship with you soon.

-Carol Pence

Community Offerings

Palomar Chapter of American Guild of Organists

Annual Organ/Choral Scholarship Music Concert on Sunday, Oct. 23, 4 p.m. at Trinity Episcopal Church (845 Chestnut, Escondido) presents "Hymn West" featuring hymns of all faiths. A \$25 donation includes a wine and cheese reception to follow concert and to benefit the Scholarship Fund.

News from our Community Partners....

Canine Companions

Canine Companions graduation ceremonies represent the culmination of hard work, love and dedication of many people, including breeder caretakers, puppy raisers, instructors, volunteers, staff members and graduates.

We are grateful to our generous community and appreciate all continued efforts to fulfill our mission of enhancing the lives of people with disabilities by providing expertly trained service dogs and ongoing support completely free of charge.

We are happy to announce our graduation ceremonies are now OPEN to the public and are free to attend.

Join us for a unique experience that will allow all in attendance to witness our mission firsthand and experience the journey from puppy to service dog. All of our graduation ceremonies will also be available to watch via live stream. We held a graduation in August and there will be another in November.

2022 Graduation Ceremony

Friday, November 4 at 1 p.m.

Location: North Coast Church—The Edge
2405 N Santa Fe Ave, Vista, CA 92084

Thank you so much for your faithful support and we wish you all the best!

-Mimi Kim, Development Associate

Solutions for Change

As we jump into 3rd quarter of 2022, I wanted to share Q2 updates and accomplishments from Solutions for Change. During 2nd quarter, we welcomed 16 families, including 23 children into our Healing and Retreat Center. These families are ready to permanently end the cycle of homelessness for themselves and their families.

Our families participated in many fun, creative activities, both on-campus and in the community. One great event was a Mass Creativity workshop on campus, followed by a visit to The New Children's Museum to explore even more hands-on Mass Creativity activities.

For Mother's Day and Father's Day, we celebrated our families with photo shoots to provide cherished memories. Many thanks to photographers Jen Sutton and Jillian Milam.

On June 17th, 14 of our students officially graduated from Solutions Academy and became Overcomers. Graduating students shared their transformation and future plans as they celebrated the completion of their program here at Solutions. These families (including 28 children) are ready to embark on their new lives with confidence and hope for their futures.

If you haven't already heard, let me be the first to tell you..... We are getting ready to expand our campus, all privately funded, so we can keep our campus drug free! If you'd like to learn more or be part of this project, please let me know.

In August we were the featured beneficiaries of the Moonlight Theater Preview Night, Ragtime!

Thank you for being our partner in solving family homelessness and making all of this possible! As always, please feel free to reach out if you have questions or would like more information.

-Christine Amely, Grant Coordinator

Sermon Series: Reclaiming the Table began August 14

The Gospel of Luke has a distinct emphasis upon the table. Jesus shares fellowship at the table with sinners, a tax collector, sisters, Zacchaeus, the Disciples and more. As we open our new space with blessing and joy, we know that fellowship around tables will be a great part of all we do. You are welcome to read ahead for worship as I preach on the meals that define Jesus' journey and teaching in Luke.

-Pastor Leigh Ann

October 2: Luke 22:14-38, A Meal for All the World

October 9: Luke 24:28-32, A Meal of Revelation

October 16: Luke 24:36-43, Something Fishy

Laity in the United Methodist Church

When joining the United Methodist Church, we make promises to uphold it by our prayers, our presence, our gifts, our service and our witness.

John Wesley, our founder, emphasized laity in his preaching. He urged laity to do the work of ministry. Empowered to lead, to carry out the ministry of hospitality, youth and children's ministry, outreach and much more. Credited to Wesley was the quote, "Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, to all the people you can, as long as ever you can." There is no room here for discrimination against—anyone! Not against men, women, children, prisoners, the sick, LGBTQIA, nor the foreigners (as the Bible puts it). The Bible wholeheartedly agrees (check out Matt. 25: 35; Exodus 23: 9; Leviticus 19:34 and more). Our job as laity is to do the work of the church; the clergy role is to guide. Have you checked lately on how well you have committed to keeping your promises? Some, are doing a lot. Others are doing some. And some, are sitting in the pews on Sunday morning. There is room for all of us...and at different times we may need to play one of those other roles. God loves us as and where we are. Our job is to love God as much as he loves us and to do his will and work in this world as we are able. God bless and keep you as you find your place and service in this Church.

-Barbara Mitchell

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.

Please...

Do not drop off your donation of clothes, etc. when the church office is closed. The church office is open Monday through Friday, 7:30 am to 12 noon.

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!

Pray together for...

Jane Arrowsmith, Gary Van Nevel, Jan Simpson, Richard Miklau, Marilyn Mathias, Traci Wheeler, Erin Fraser, Andrea Shaw, Ko and Rosalynn Kim, Charlotte Chappell, Beverly Thomason, Stan Hamilton, Jim Rogers (hospice care), Joan Brainerd

Interpreter for the Deaf

An interpreter for the Deaf/and hard-of-hearing here on October 2, the first Sunday of the month. We are striving to ensure that God's Word is accessible to all. Please invite anyone you feel could benefit from this service.

Ringers and Singers

Ringers and Singers rehearse at 3:15 pm in the choir room on Wednesdays. We welcome first through middle schoolers. Questions for the Ringers and Singers may be directed to Carol Pence by calling, texting or emailing 760.689.8024 or cnpence@sbcglobal.net.

Return Service Requested

Web: www.umcvista.org

Phone: (760) 726-0442

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