



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

May is Mental Health Awareness Month and although May is nearly complete for 2023, it is never too late to care for your mental well-being. The focus on mental health in May was established in 1949 to raise awareness for the importance of mental healthcare and wellbeing. It is also a month meant to fight any stigma, provide support, and offer public education for millions of people who are affected by mental illness. As a faith leader, I support mental health care and advocate for anyone and everyone to view mental care as essential health care.

The World Health Organization defines mental health as "a state of well-being in which the individual realizes his and her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The United Methodist Social Principles define health as "a condition of physical, mental, social and spiritual well-being." God created humanity to thrive and live, not to be diseased and rejected. Numerous passages of scripture support health in all its forms for us and our community.

Jesus said, "I came that you might have life, and have it abundantly." (John 10:10b) How would you describe an abundant life? As you consider your current life and the way you are living, would you consider it abundant? Perhaps take some time to reflect on your own well-being and whether it's time to shift a little or a lot to claim the gift of abundant life Jesus offers.

The Centers for Disease Control and Prevention reports that about a quarter of all American adults have a mental disorder, and almost half will develop at least one during their lifetime. Some churches and Christian faithful offer support and compassion, but many still do not. There continues to be stigma around mental health and those who suffer from health concerns. As we consider how to be more faithful, one way is to become aware and informed about mental health. Although many people suffer from periods of depression, grief, or anxiety, a mental illness goes beyond that, with symptoms that interfere with normal functions of daily living.

Paul wrote to the Romans saying, "I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus." For those who suffer, it can feel like God is far, far away, and that you've been abandoned. Mental illness can bring with it a profound sense of loneliness and isolation. And not just those with an illness suffer, family and friends may not understand, become angry or confused, or even become embarrassed. To each on their journey, God is very near, like a parent guarding their young or like a fierce protector shielding another.

To those in our congregation suffering with unrelenting grief, debilitating anxiety, seasonal or ongoing depression, hidden conditions you are ashamed of, socially acceptable additions, trouble sleeping, confusion, or memory decline, your life is valuable and you are a beloved child of God. I encourage you to reach out for help. There are many resources for you and I am praying for you.

Pastor Leigh Ann Shaw

www.pathways2promise.org

San Diego County Access and Crisis Line: (888)724-7240

San Diego County Behavioral Health: sandiegocounty.gov

For college students: www.activeminds.org

American Foundation for Suicide Prevention, San Diego Chapter: (855)869-AFSP

Casa de Amparo: (760)566-3553 www.casadeamparo.org

“What Wonders” – A Celebration in Music

You are invited to join us on June 4th for a Spring Concert entitled “What Wonders.” The Chancel Choir, Anderson Handbells and our Chamber Orchestra are joining together for a concert celebrating the wonders of Creation. This is a very special concert featuring works composed by our talented music staff and familiar friends. You will hear new original music by Frank Hallock, Adam Ferrara, Christoph Rayburn, Adrienne Nims and Jimmy Patton with Enrique Platas. Each of these composers has approached the theme in unique musical ways. You will hear Carl Sagan’s poem “Pale Blue Dot” set to music for choir by Christoph Rayburn for instance. “Midnight Reverie” features music by Adam Ferrara from a text by Frank Hallock. Come and hear five world premiers in one concert! The concert will be at 4:00 p.m. on Sunday, June 4th, with a “Meet the Composers” preview at 3:15. There is no charge for admission, a free-will offering will be taken to help support the Music Ministry. Come and enjoy the celebration!

Graduation Sunday

During our worship service on Sunday, June 11, we will be recognizing students who are graduating from middle school, high school, college or trade school. If your student is graduating, please call Paula at the church office by Tuesday, June 6, or email her at umcvista@umcvista.org with their name, school, and degree (if it applies).

Nursery available

The nursery is now available to receive little ones. Karen Felien and Marie Bonner will be staffing the nursery. The cry room will still be available for parents to use. For more information or questions, see Margene Haase.

Happy “June” Birthdays

Joe Marquez (2)
Samuel “Issac” de la Cruz (5)
Karl Kreutziger (5)
JoAnne Moran (5)
Brandon Flanagan (6)
Linda Grider (6)
Linda Lavine-Hall (7)
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)
Jan Simpson (14)
Stella Hansen (15)
Barbara Shores (16)
Alyssa Coker (16)
Laurie Clarke (18)
Alyssa Coker (18)
Marlene Coast (22)
Susan Hamlin (22)
Blake Johnson (22)
Sarah LaFoe (22)
Alicia Oliger (23)
Ronn Kraner (24)
Susan Miller (26)
Cameron Guffey (27)
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 21, 2023 Comments or suggestions, please let us know.
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The Flame (monthly newsletter) United Methodist Church of Vista 490 S. Melrose Drive Vista, CA 92081

Mark your calendar

Baby Shower for Adam and Emily on June 11th after church in the new fellowship hall! It's a girl! They are registered at Amazon and Target! Come celebrate with us!

-Carol Pence

Website Renovation

We're currently renovating our website, umcvista.org, to make it even better. As we work on the changes, we would like to hear your feedback on the current version. Please share what you like, find confusing, or would like to see added. Email amandas@umcvista.org or find Amanda after service to share your thoughts! Thank you for your continued support.

-Amanda Stanaland

2023 Camp Cedar Glen dates

Sr. High Camp (9th - Grads) - June 25-July 1

Jr. High Camp (6th - 9th) - July 2-7

Older Elementary (3rd-6th) - July 9-14

Younger Elementary (1st-3rd) - July 9-12

Young Adult Camp (Grads and up) - August 4-6

United Methodists in connection...

John Wesley never intended Methodism to become a separate institutional church. It was, however, a renewal movement characterized by a missional imperative to participate in God's reign and salvation through faith and discipleship, and that has been the basis for our identity. Albert Outler, 20th century theologian and Wesleyan scholar, highlighted Methodism's missional purpose and vocation as our primary characteristics, stating "This business of 'being a church' is really our chief business!" (Lacey C. Warner, *The Method of Our Mission*) As United Methodists that's what we do! Here at UMC of Vista evidence of that includes "and Two Fishes", Cable Outreach funding and close connection to Operation HOPE-Vista.

-Barbara Mitchell

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.

Congregational Care, June 1, 1:30 p.m.

Meeting ID: 921 7026 9939

Finance, June 14, 7:00 p.m.

Meeting ID: 963 4459 7468

Trustees, June 20, 6:00 p.m.

Meeting ID: 949 2569 3986

Passcode: 490490

Reconciling Ministries, June 27, 6:00 p.m.

Meeting ID: 995 8164 7395

Passcode: Welcome

In-person...

Education/Discipleship, June 18, 11:15 a.m. in Conference Room.

SPRC, July 9 (following worship service), Conference Room

Interpreter for the Deaf

An interpreter for the Deaf/and hard-of-hearing will be here on June 4 (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.

South District Prayer Session, Tuesday, June 6, 7 p.m.

South District Lay Leader, Michael Mitchell, hosts an on-going monthly prayer Zoom meeting the first Tuesday of the month at 7 p.m. This is open to everyone from regular church folks, leaders and pastors.

Zoom Meeting ID: 842 2413 4406

Passcode: 786330

Mark Your Calendars!

Your Reconciling Ministries Committee will have a booth on Saturday, June 3, 2023 from noon to 6 p.m., at Pride by the Beach in downtown Oceanside. Everyone is welcome. This 16th annual event celebrates the diversity of all God's children. This is a wonderful opportunity for folks to see and hear about our congregation. If you would like to help at this event, please call Gary Lamb, Kathy Johnson or Lyn Berry.

Wish to Join Our Family?

Everyone is welcome to join our church family! If you have been thinking about this, please let Barbara Mitchell (new number: 760.390.4196), Pat McConaughy or the church office know. If you have any questions about what this might mean, please give us a call. We have not set up a new class date as yet. So stay tuned!

Help needed at "and Two Fishes"

Help is needed on Thursday from 12:30 to 3:00 p.m. beginning in June. We will have a "mobile" shower trailer on site, and need men and women to help with hook up, emptying, and monitoring of the showers. For more detailed information, please contact Mike Walker at michaelwwalker@cox.net or 760.505.1703. Many thanks for the donations of clothes, and the need continues, especially for men.

You're invited...

Please join us in celebrating Indiana Escobar's high school graduation celebration on June 17, between 11:00 a.m. and 2:00 p.m. on the back patio of The Lighthouse Oyster Bar and Grill, 262 Harbor Drive South in Oceanside. Refreshments will be served.

Indiana will be attending UNLV in the fall majoring in Sports Management.

-Margene and John Haase

Be Prepared

Recent tragedies remind us that risk is real. If you are involved in an active shooter incident: If you see something, say something. Before you run, know the exits. Find a place to hide. If you can't hide, fight. Throw a book or something near you as a distraction. Help law enforcement if asked. Seek support to cope with trauma. For more information on how to stay safe, check out fema.gov.

Thank you

I am extending a warm thank you to the church family for the many cards of condolence, phone calls and lovely floral arrangement following the death of my husband. Harold MacDermot was very involved with the finances of UMC Vista beginning with serving as Finance Secretary for ten years during two (maybe three?) major all church fund raising events to fund the "new" church on Melrose. When we learned of possible Cable funds coming, Harold was involved with working to procure those funds, setting up the Cable Trust and serving on that board ten years until his term limit ended in December. I look forward to receiving the Flame, the Spark and the on-line services. Thank you church family here, and others who have moved away but sent cards.

-Betty MacDermot

Thank You, Strawberry Festival Volunteers

A big thank you to all of the folks who volunteered to help at our church's booth at the Strawberry Festival. The volunteers worked a two hour or more shift, helped in setting up or taking down the pop up tent and tables and handling the display items.

Special thanks to Beverly Hopkins for making over 100 yummy strawberry cookies - they went fast! Thanks to Nancy and Alan Feder for packing up at the end. Thanks to Susan Delaney, Darryl Wood, Phyllis Buvel, Karen Felien, Carl Treutle, Suzanne McMurchie, Gary Lamb and Daniella. A lot of our church family came by following the church service, and many, many people at the festival stopped by to look and chat. It was a really fun and rewarding day.

-Kathy Johnson

June is Pride Month.

Our Reconciling Ministries group is having a booth at the Oceanside Pride-by-the-Beach Festival on Saturday, June 3 from 12:00 to 6:00 p.m. This is a fun family event that we participate in each year.

-Kathy Johnson

Greeting Card Workshop

The Congregational Care Committee would like to express our deep gratitude to Jeannie Martinsen for conducting an enlightening card-making workshop on May 23 for the purpose of sending "Thinking of You" cards to our homebound, as well as to others as needs arise. Not only did she donate all the materials, she also created the motifs, designs and patterns and guided participants in assembling them into over 25 beautiful greeting cards to send to those needing a caring, uplifting word. Jeannie is also planning on hosting another for those who would like to participate. Thank you, Jeannie!

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 our Video Team 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...

Pat Hotaling, Judy Gibson, Dolores Sasway, Norm and Luene Corwin, Evelyn Lawson, Marilyn Mathias, Traci Wheeler, Erin Fraser, Ko and Rosalynn Kim, Charlotte Chappell, Beverly Thomason, Stan Hamilton, Jim Rogers (hospice care), Joan Brainerd

Prayers for the family of Kim Hotaling. Kim passed away May 19. Prayers for her mom, Pat.

Return Service Requested

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