



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? If you've been in a Methodist community for awhile, you may have learned that John Wesley opened small group meetings with this question and that he also encouraged Christians to ask each other this question. Actually, "How is it with your soul?" is a modern paraphrase of the original question asked by Wesley. The original question was "How does your soul prosper?" To prosper is to gain or grow in substance and quantity. The modern paraphrase can be interpreted to be an inquiry about our being or soul, but the original question put the focus on our soul growing and moving forward. However you consider this question, I hope you will take some time to care for your soul.

This year our Bishop focused on nurturing the soul and spirit during Annual Conference. Burnout, compassion, fatigue and general exhaustion from the last three years are at high levels among clergy and church leadership. Bishop Dottie shared her own experience of spiritual dryness. She spoke of needing to be alone, stare at the ocean and rest for an extended period of time before she felt renewed. The anguish and anger in the world has taken a toll on all of us, and if we were vulnerable with one another, we might confess our souls are weary and dry. Many souls are not prospering and have not even been regarded in a while.

The Psalmist wrote, "The Lord is my shepherd.... The Lord leads me beside still waters; he restores my soul." Psalm 23 is among the most calming and comforting words in the Bible. These verses remind us that God isn't just the architect of the universe, but also our companion on the journey of life. God doesn't just love us when we are doing well, but loves us when we are facing our darkest moments. God abides with us when our souls are broken down, worn out, writhing in anguish and spent. God meets us where we are to restore our soul. The restoration of our soul is the journey of our faith life.

Thomas Moore wrote a book called "Care of the Soul" which was published first in 1992. He began the book with these words:

"The great malady of the twentieth century, implicated in all our troubles and affecting us individually and socially, is 'loss of soul.' When the soul is neglected, it doesn't just go away; it appears symptomatically in obsessions, addictions, violence, and loss of meaning. Our temptation is to isolate these symptoms or to try to eradicate them one by one; but the root problem is that we have lost our wisdom about the soul, even our interest in it."

You cannot offer to others what you do not have within yourself. You cannot extend peace to another, if your soul is at war. You cannot be present to another person's grief or despair, if you have suffered a loss and not allowed time for healing. Just like you cannot drive a car with an empty gas tank, you cannot take the journey of the soul when your soul is thirsty.

I am convinced that self-care is soul-care and that Sabbath is not optional. Rather than being selfish, care of the soul is faithful and holy. I pray you find time to listen to your soul and nurture its needs. Whether you stare at the ocean and listen to its wisdom, sing like no one is listening, claim new boundaries for your life, give your soul a little rest if it needs. May the Word of God whisper into your ear and remind you that you are loved.

Grace and peace,
Rev. Dr. Leigh Ann Shaw

Finance Focus

The Finance/Stewardship Committee wish to thank our caring, generous congregation for your faithful ongoing giving each month. Although we still have a budget gap, so far we are paying our bills, thanks to you all. The Rummage Sale in May added \$2,200.45 and our ongoing Pennies For Heaven FUNdraiser has raised \$801.00 since we started on February 26, 2023. Both have helped to add to our giving total. We will have an update on Pennies For Heaven in the next week for the collection through June. Thankful prayers and praise of gratitude to all of you for your faithfulness.

-Sara Baldwin, Chairperson,
Finance/Stewardship Committee

Summer Celebration

Come join us Saturday, July 22, from 2 p.m. to 5:00 p.m. for games, bounce house, cupcake walk, face painting, refreshments and more. Sponsored by the Education Committee.

-Margene Haase

All About Badges...

As a new member we are pleased to provide and welcome you with your first badge as a gift from us! BUT...if you need a new badge? We can take care of that! Replacement badges cost \$10.

Missing the magnet of your badge? Tip: It might be somewhere on the metal under your car seats! But we have replacements for those as well! Backs costs \$5.

Just give us a call or email to the office or Barbara Mitchell. We appreciate you wearing your badge at all church functions. It really helps!

-Barb Mitchell

Interpreter for the Deaf

An interpreter for the Deaf/and hard-of-hearing will be here on July 2 (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.

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 "July" Birthdays

Amanda Stanaland (1)
Terry Lenker (3)
James McGlocklin (4)
Noah Wheeler (5)
Marlize Clarke (6)
Justin Felien (6)
Mick Hilling (6)
Bob Schmeiser (6)
Tom Humphrey (8)
Frank Purcell (10)
Kendall Guffey (12)
Richard Miklau (12)
Lanny Arrowsmith (13)
Kim Johnson (15)
Leonie Lavine-Hall (15)
Andrew Stempson (16)
Nancy Winters (17)
Jacob Clarke (18)
Niall Cargill (21)
Jim Wright (21)
Rolita Cargill (23)
Adam Ferrara (23)
Jim Rogers (23)
Tim Smith (23)
Carol Ganoe (27)
Ruth Hamilton (28)
Carter Guffey (29)
Marilyn Elliott (31)

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

2023 Camp Cedar Glen dates

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

Flame Editor
Barbara Mitchell
Flame Production
Paula Amaro
WEB Master
Jim McGlocklin

Next deadline is Wednesday, July 19, 2023
Comments or suggestions, please let us know.

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

UMC Vista Covenant Partner Relationships

An Outreach grant has funded \$7,500 for 2023, toward Covenant Relationships with the General Board of Global Ministries missionaries. In 2019, before the pandemic, we had a Covenant Relationship with five missionaries. Between 2019 and 2023, changes occurred so that only two remain active in a Covenant Relationship with UMC Vista. In order to continue the support of five missionaries, three new persons have been chosen. The new ones are: Rev. Krista Givens, Alicante, Spain; Deaconess Joy Prim, Hong Kong and Rev. Joel Horitales, border ministry of the Cal-Pac Conference. The two long-time missionaries are Katherine Parker, Nepal and Rev. Claudia Genung Yamamoto, Japan.

“Come now, let us make a covenant, you and I; and let it be a witness between you and me.” – Genesis 31:44 (NRSV)

A biblical covenant is a relationship based on mutual obligations, cemented by ritual. The most important covenants are with God, but covenants among humans are also significant. In contemporary Christianity, a covenant relationship is marked by partnership, commitment and mutuality as two groups work together toward a common goal. They reflect the connectional nature of The United Methodist Church, as United Methodists commit to work together to make disciples of Jesus Christ for the transformation of the world. Covenant Partner Relationships draw upon these biblical and theological roots to provide an opportunity for missionaries and churches to support one another spiritually, emotionally, missionally and financially.

Giving sustained financial support toward the 200-plus missionaries serving in more than 60 countries is a way to share God’s mighty works in mission. United Methodist missionaries depend on your support to sustain their livelihoods as they fulfill God’s call to mission service. Missionaries are each charged with raising \$25,000 USD annually. Financial gifts and Covenant Relationships help provide for the salary and benefits of the missionaries.

You can find more information about the missionaries on the internet at:

umcmmission.org/all-missionaries/

-Jacque Howard

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, July 6, 1:30 p.m.

Meeting ID: 921 7026 9939

Trustees, July 18, 6:00 p.m.

Meeting ID: 949 2569 3986

Passcode: 490490

Reconciling Ministries, July 25, 6:30 p.m.

Meeting ID: 995 8164 7395

Passcode: Welcome

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. 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.

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.

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...

Scot and Juna Spitz, 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

United Methodist Church of Vista
490 S. Melrose Drive
Vista, CA 92081
Phone: (760) 726-0442
Web: www.umcvista.org
Return Service Requested