

# CHAPEL CHIMES



GRASS VALLEY UNITED METHODIST CHURCH

Open hearts. Open minds. Open doors.

Nov., 1, 2009

Vol. 159, Issue 11

## UNITED METHODIST WOMEN

Our next meeting will be November 5<sup>th</sup>.  
Sharing and caring offering will be taken.  
Hostess will be Isabella Thoburn Circle.  
Executive Board meeting at 9:30am.  
Continental breakfast at 10:30am.  
Program at 11:00 am presented by Joan Heinsohn.

“Advent: together at the table” or  
a presentation by the Unitarian Universalist  
Community of the Mountains on how to be a  
green church.

Our October meeting was so interesting. Yvonne Turner, a member of Sierra Pines Methodist Church, gave a slide show and told her story about being an English teacher in a small town near Bethlehem. She took her first trip to the Holy Land in 2007 with Tana McDonald and Don Lee. Her second trip was this past January 2009 when she was on a VIM team to teach English to 10<sup>th</sup> grade **students**. What Yvonne learned from these trips was the real conflict she experienced between the Israelis and the Palentinians. She is so much more aware of the difficult life that the Palestinians experience daily.

( Cont'd Page 5 )

## WE NEED YOUR HELP !!!

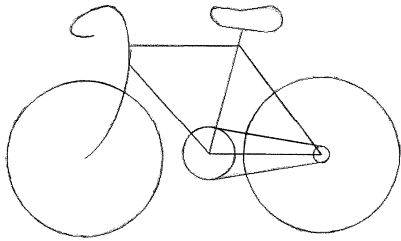
How many times have you heard that or read it in the past year? In the newspapers, television, radio.... Everywhere people and organizations are asking for your help.

And now, I am asking for your help as well!!! I think most of you have been asked by me to join us on Thursday nights and sing in our choir. Usually the response is something like “Oh you wouldn't want MY voice in the choir.....” or, “Me? I can't sing...” or, “I would love to, but.....”. Well folks, we do indeed need you.



As you have no doubt noticed, our choir and bell ringing groups,

(Cont'd Page 4 )



*Ecclesiastes 3:1 For everything there is a season, and a time for every matter under heaven.*

Dear faithful disciples of the Living Christ,

As the seasons change in glorious colors and textures all around us, so the life of our church is changing. In the bishop and cabinet's wisdom I returned to Grass Valley UMC after six years with joy in my heart, a dance in my steps and a song on my lips. After only three months together we voted on our new mission and focus statements and are preparing for the next steps in our faith journey together.

Thus, Spiritual Leadership Discovery for GVUMC leaders is coming up on the horizon. Kicking off this direction is the SPRC committee and the ad hoc leadership team: chair of church council, chair of trustees, chair of finance, chair of SPRC and the church lay leader. The aim is to look at ways to deepen their own spiritual journey as well as ways to include the staff in spiritual training to strengthen our spiritual muscles that the church might continue to flourish for Jesus the Christ. It is intended to be a transparent process that will open to the entire congregation in time. It is an admiral goal indeed!

The road is not entirely clear at this point but the desire to strengthen our spiritual lives and thus the life of the whole congregation is a worthy direction to explore. Consultant Rev. Dr. Thomas Smith met with SPRC and the church leadership team in Sept. to propose a plan for the next one-three years. Church council votes this month on the first phase of the plan.

Dr. Smith and I were charged with the task of finding a reference book to help guide the first phase. We chose *Healthy Congregations*

by Peter Steinke from Alban Institute. **The book is \$20 and is available in the office for everyone who would like one.** Steinke takes readers into a deeper exploration of congregations as emotional systems. He outlines factors that put congregations at risk for anxiety and conflict, ten principles of health, how congregations can adopt new ways of dealing with stress and anxiety, and how spiritually and emotionally healthy leaders influence the emotional system.

I am personally thrilled at the forward and healthy approach that the church leadership is seeking. I plan to be at some of the sessions and have purchased the book to begin my journey.

*"For everything there is a season, and a time for every matter under heaven."* This is our season!

Abundant Blessings,  
Rev Tana

## November Sermons and Scriptures

### **Nov. 1, 2009 – Stewardship Sermon-All Saints Day**

Scripture: John 11:32-44; 2 Corinthians 9:6-15

Sermon: The Stewardship Paradox

### **Nov 8, 2009—Nancy Thompson-- Stewardship preaching**

Scripture: Hebrews 9:24-28;

Sermon: Extravagant Generosity

### **Nov. 15, 2009**

Scripture: 1 Samuel 2:1-10; Mark 13:1-8

Sermon: YES!

### **Nov. 22, 2009**

Scripture: Revelation 1: 4b-8; 2 Sam 23:1-7

Sermon: The Unchanging Christ

### **Nov. 29, 2009—Fifth Sunday-10:30 only**

Scripture: Luke 21:25-36; Zech 14:4-9

Sermon: The Anxiety Machine

# CHURCH CONFERENCE

<b>FINANCIAL PICTURE: 2008 Budget</b>	<b>\$324,282.00</b>	<b>2009 Budget</b>	<b>\$311,128.00</b>
<b>2009 budget receipts to date:</b>	<b>\$193,839.12</b>	<b>August 31, 2009</b>	
<b>2008 budget receipts for same period</b>	<b>\$207,975.59</b>	<b>August 31, 2008</b>	

<b>OUTREACH TO OTHERS</b>			
Apportionments: Percentage paid in 2008	100%	Dollars paid in 2009	\$44,964.00
Percentage paid in 2009	67%	Dollars paid in 2009	\$29,432.00
			(Aug. 31, 2009)
District Askings Paid in 2008	\$6,162.00	Paid to date in 2009	\$4,022.64 (67%)
			(Aug. 31, 2009)
Advance Specials: Paid in 2008	\$13,103.66	Paid to date in 2009	\$4,156.00
			(Aug. 31, 2009)

**BUILDING AND GROUNDS (Board of Trustees)**  
Improvements made to property in 2009: new Chapel completed, new pew racks, landscape, repaint and refinishing of kitchen walls and cabinets, repair AC, and water heater in Porter house, shampooed carpets throughout the church, repainted Pastor's office, new phone system and motherboard.  
Improvements needed in coming year(s): Sanctuary/Wesley Hall/3<sup>rd</sup> Floor/Security Camera, better Sanctuary lighting.

For Children: Youth Sunday School Class, Children's Sabbath, Homework Heaven, VBS, participate in BICP, Karate, Children's Chimes, Sierra Nevada Children's services (Baby & Me), UNICF.

For Youth: New Youth Group, Family Fun Activities, Confirmation, Baptisms, Chrysalis Flight groups.

For Adults: Disciple, Senior Task Force & Lunches, 2 Sunday School Classes, Adult Bible Study, Emmaus Reunion Groups, Stephen Ministries Training, Discovery Class, Contemplative Prayer, Prayers and Squares, Circuit Writers, Sign Language Classes, What's so Amazing About Grace, Living The Questions.

For church family together: 5<sup>th</sup> Sunday Programs, Special Concerts, Pastie Bakers, Christmas Caroling, 4<sup>th</sup> of July celebration, All Church Retreat.

Ministries beyond the local church supported or involved with:

In the Community:

Interfaith Food Ministry, Emergency Assistance Coalition, Habitat for Humanity, Booth Family Center, Domestic Violence Coalition, Hilltop and Quail Ridge Worship, Nevada Union NU-Step Program, Girl Scouts (4), Sierra Nevada Hospital Blood Drive, Last Friday Suppers (2), Male Voice Choir, Cornish Carol Choir, Cornish Cousins Gathering, Travel Club, Alcoholics Anonymous (2), Hospitality House, Host Coalition for a Drug-Free Nevada County, Nevada County Housing Development Corporation Board, Lunch At the Crossroads, Debtors Anonymous, Peripheral Neuropathy, Center for Non-Profit, United Way, Blood Source.

In the District:

District UMW Event, District Training Day, pray each week for a District Church, Emmaus gatherings, Vital Signs, District Pastor's Circuit meeting, Compassion Fatigue seminar.

In the Conference:

Heifer Project, Lay Speaker Training.

In Other Ways:

Support UMC Missionary Family (Larry & Jane Kies), International UMC (Nurse in Mozambique), Frontiers, HOPE Secondary School in Palestine.

## ALTERNATIVES

Enter by the narrow gate; for the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard, that leads to life, and those who find it are few.

Matthew 7:13-14

Look there!

Beside this freeway winds a narrow way  
Just wide enough for two to walk upon  
A verdant pathway, not entirely smooth  
Where it is clear no crowds that way have gone;  
While on this freeway, hordes rush to and fro  
For almost all, this seems the way to go.

That well-marked way wends through the woodland glade,  
Across green meadows, by a rushing stream  
And slowly, ever slowly it ascends  
Into the mountain forest, where the gleam  
Of noonday sun is dimmed by branches high,  
And sweet bird calls bring echoed faint reply.

Upon that trail there venture but the strong,  
The ones who trust, and seek, and hope to find  
The God-sent Son Who pioneered this trail,  
The One Who taught and died for humankind.  
That pathway ends in His own special place,  
The vale where all will view His Father's face.

While, from this freeway now and then is caught  
A glimpse of where that narrow trail now winds  
If we who hurry in our lust for things  
Would stop and turn aside, we yet might find  
A way to reach that pathway, choosing life  
Foregoing stress, futility and strife.

Our world is rushing to oblivion,  
In frantic haste the masses speed along;  
We tell ourselves, somehow, there at the end  
We all will be found worthy to belong  
In "what's to be," that "God-stuff", "heaven's gate;"  
But, path untaken, that will be too late!

Earl Leonard Langguth

Many of Rev. Earl's unpublished poems are to be found on the internet at the following website:  
[www.poatree.org](http://www.poatree.org)

## ( From P. 1 – We Need Your Help)

have diminished in size over this past year, to the point that we are trying to select the anthems and bell pieces that can be performed with fewer members. Our wonderful bell ringers, the Wesley Ringers, have had to use pieces of music that facilitate fewer bells, and the choir has sung anthems requiring less harmony in parts. One positive note is that we are not alone in this dilemma. Many churches are struggling to increase the choir and bell ringing numbers, but are finding it increasingly more difficult.

We are all proud of our choir and Wesley Ringers, and how their voices, bells, and talents enhance our services. Please listen to God's invitation to join these most worthwhile and necessary pieces of our services? Can you, for at least fleetingly, think of what a service would be without music? When you decide to join either of these factions, you will feel a most wonderful experience, one of satisfaction, of pride, of achievement, enjoyment, and truly, a closer relationship to our God and his son, Jesus Christ. We need you..... Will you answer that call?

Jim Hook and Margaret Boothby

## **SENIOR LUNCHEON**

What: Next Senior Luncheon  
Where: Wesley Hall  
When: Thursday, Nov. 12, 2009  
11:30am  
Who: Everyone Welcome Fee \$3  
Theme: Turkeys & Thankfulness  
Call: If need a ride. 274-8952  
Marilyn Wilson

## Hope School Suitcase Ministry

### School Supplies

Spiral Notebooks ( 70 page size )  
Small Calculators (solar )  
Staplers and staples  
Duct / Scotch tape (refills )  
Rubber cement  
Rubber bands  
Red / blue / green pens  
Push pins  
Post-it notes  
Index Cards  
White-out, Wet erase markers ( thin ), Colored and white chalk

### First Aid / Hygiene Items

Band-Aids and bandaging products  
Aspirin / Tylenol / Advil  
Antiseptic products ( like Bactine )  
Tincture of Iodine  
Anti-itch products ( like Benadryl )  
Child / Adult Cough Medicine  
Neosporin – Polysporin  
Cough Drops  
Toothbrushes / Toothpaste / Floss

## COME -- PARTY WITH THE PASTOR!!

**YOU ARE INVITED SUNDAY DEC 6 2:00 TO -- THE CHRISTMAS SHOW**  
**IN THE OFF-BROAD STREET THEATER IN NEVADA CITY!**  
GRASS VALLEY UMC AND SIERRA PINES UMC HAVE RESERVED 40 SEATS.  
\$20 per seat.  
**CALL 272-1946 TO MAKE YOUR RESERVATIONS.**  
PAYMENT CAN BE PAID AT THE CHURCH OFFICE OR MAILED.

### ( From Page 1 – UNITED METHODIST WOMEN )

UMW meeting December 3<sup>rd</sup>, 2009

UMW will be having the annual installation of officers for 2010 and the special mission recognition in the sanctuary

After the installation, Joan Heinsohn suggested that we return to Wesley Hall to look at various nativity scenes that will be on display for that day.

November 30<sup>th</sup> is the deadline for LITE training for new officers.

Lynn Schorr

### Discovered by --THE SEEKERS--

**Poverty-** the largest increase in poverty is among those 65 and older.

**The Unemployed-** Half needed to borrow money from friends and relatives, and ¼ missed mortgage and rent payments.

**Gender and Religious Life-** Fifty-eight percent of women believe in God, but only 45% of men.

**Twenty-two percent** of Methodist pastors are women, but only **8%** lead the largest churches and all are paid an average of **9%** less.

Shirley Pavne

### Free --- Compassion Fatigue Seminar Sat. Nov 7 9-4:00 @GVUMC

Bring a brown bag lunch and drinks. This workshop is developed for all who are active in caring for others and/or need direction in their own self-care generally. The morning session will combine teaching new concepts and skills for self-care with individual and small group activities.

The afternoon session will use walking the labyrinth to enhance personal reflection and synthesize what was taught in the morning. RSVP 272-1946 Lynn Goodman MFT facilitator.

### L F S needs \*\*\* YOU \*\*\*

Once again we are asking for donations of turkeys and hams for our Friday Suppers. If you can donate either turkey, ham or dollars, please call Thelma and Tom Stade at 272-8772 or put in the freezer. As in years past, turkeys and hams are on sale at Safeway. The date for the dinner is November 13, 2009. Thanks and God bless you all. Thelma and Tom Stade

## **CLayM Ministry – Conference Lay Minister Program**

This is the 2<sup>nd</sup> of 3 articles on the Conference Lay Minister Program.

Who is this person called a Conference Lay Minister?

A Conference Lay Minister is a lay person who:

- . Is mature in his/her faith, and has a strong self-image and good people skills;
- . Is experienced in the workings of the United Methodist Church;
- . Is willing to serve as a volunteer (without salary), doing everything in pastoral ministry – except administering the Sacraments and providing counseling;
- . Feels called and can afford to apply a significant period of time and his/her leadership abilities to a local church;
- . Has completed the Conference Lay Minister Training Course;
- . Has been assigned to serve a church by a District Superintendent.

The training includes:

The opportunity to discern one's call and to determine the workability and suitability of serving as a Conference Lay Minister. Plus: Bible Course Work; Basics of United Methodism; Christian Education; Church Administration; Community Involvement; and Preaching and Worship.

Graduates may choose to remain in their present church, using their newly acquired skills to broaden and deepen their ministry in their local church.

Does GVUMC have a CLayM minister within its congregation?

Sorry, no answer this month. Watch for the 3<sup>rd</sup> installment! Nancy Thompson

### **BREAST CANCER AWARENESS MONTH**

Breast cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society, an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year. An estimated 40,170 women are expected

to die from the disease in 2009 alone. Today there are about 2.5 million breast cancer survivors living in the United States.

Breast cancer symptoms:

A breast lump or thickening that feels different from the surrounding tissue.

Bloody discharge from the nipple.

Change in the size or shape of a breast.

Changes to the skin over the breast, such as dimpling.

Inverted nipple.

Peeling or flaking of the nipple skin.

Redness or pitting of the skin over your breast, like the skin of an orange.

Breast cancer prevention:

Limit alcohol

Maintain a healthy weight-there is a clear link between obesity and breast cancer

Stay physically active-Regular exercise can help you to maintain a healthy weight and may aid in cancer prevention.

Limit fat in your diet. Results from most definitive studies of dietary fat and breast cancer risk to date suggest a slight decrease in risk of invasive breast cancer for women who eat a low-fat diet.

If you are taking hormone therapy for menopausal symptoms, ask your doctor about your options.

You may be able to manage your symptoms with exercise, dietary changes or non-hormonal therapies that have been shown to provide some relief. If none of these is effective, you may decide that the benefits of short-term hormone therapy outweigh the risks, in that case, consider using the lowest dose of hormone therapy that's effective for your symptom relief and plan on using it only temporarily, not long term.

Women usually over the age of 40 should do a breast self-exam every month.

A Mammogram is an x-ray of the breast and surrounding tissues which can effectively detect cancers long before you might feel a change during the monthly self exam.

Both of these procedures should be part of every woman's life.

**Check with your doctor to learn how often to get a mammogram.**

# HAPPY

# BIRTHDAY

11/01 Joe Dawson  
11/02 Jean Hardy  
11/05 Carole Carson  
11/05 Ginnie Luckinbill  
11/06 Dennis Jensen  
11/07 Shelby Reinhardt  
11/10 Fran Munson  
11/12 Kurt Jackson  
11/14 Gwen Rood  
11/16 Betty Kennedy  
11/19 Diane Umberson  
11/20 Paul Nichols  
11/21 Grace Wulf  
11/22 Judson Gears  
11/24 Marlene Fowler  
11/24 Laurie Lile  
11/26 Betty McCoy  
11/29 Lillith Velebit  
11/30 Bill Barrows

## Saving Jesus

Ever feel like Jesus has been kidnapped by the Christian Right or the Secular Left?

**Saving Jesus** is a small group exploration of Jesus Christ. Two small groups are meeting once a week to watch a 20-minute video segment featuring Marcus Borg, John Dominic Crossan, Matthew Fox, Amy-Jill Levine, James Forbes and others. Bob Briel and Marilyn Wilson are leading group discussions that follow the video.

Bob Briel's group meets Mondays at 1:30 PM.

Call Marilyn Wilson(274-8952) for information about her group meetings.

## HOW TO REACH PASTOR TANA

There are several ways to reach Pastor Tana. Through these various contact points she strives to be available. Please do call for appointments

\* Mon. & Tues off

\*Office Hours: Wed & Friday 10:00-12:00 AM

Call for appointment.

\*Church phone: 272-1946

\*Emergency (24/7): 274-8370

\*Pastor's home phone: 274-8370

\*Pastor's e-mail address: pastor@gv-umc.org

## WHAT'S GOING ON IN OUR CHURCH ?

### COMMITTEES

Church Council	3rd Monday	6:30 pm
Church & Society	1st Monday	4:00 pm
Finance	2nd Thursday	6:30 pm
Missions	As Scheduled	
SPRC	1st Wednesday	10:00 am
Trustees	1st Friday	9:00 am
Worship	4 <sup>th</sup> Thursday	10:00 am

### SUNDAY SCHOOL

Children	Sundays	8:45 am
Adults	Sundays	9:00 am

### BIBLE STUDY

Adults	Mondays	1:30 pm
Adults	Tuesdays	9:30 am

### PRAYER

Contemplative Prayer		
	2nd & 4th Wednesday	4:15 pm
Prayer and Share	Sunday	6:00 pm

### MUSIC

Wesley Ringers		
Hand Bells	Wednesday	6:30 pm
Choir Practice	Thursday	7:30 pm

### WELCOMING ADULT GROUPS

Men's Breakfast		
At IHOP	Wednesday	7:30 am
Pasty Bakers		
Call Gordon Beatie		477-8485
Circuit Writers Critique Group		
Call Jan Collins		272-4905

### CHRISTIAN FRIENDSHIP

Friendly Visitors		
Call Marilyn Wilson		274-8952
Stephen Ministers		
Call Judy Emerson		432-5899

### NEWS LETTER – CHAPEL CHIMES

Alvin Emerson - alvingvc@msn.com

# THE CHAPEL CHIMES

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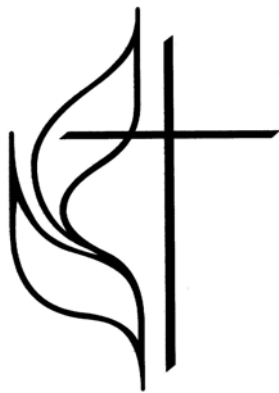
RETURN SERVICE REQUESTED

**OPEN HEARTS**

**TIME SENSITIVE MATERIAL**

**OPEN MINDS**

**OPEN DOORS**



## UNITED METHODIST CHURCH OF GRASS VALLEY

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**OUR MISSION:** To make disciples of Jesus Christ.  
for the transformation of the world.

We will do this by focusing on three discipleship areas:

**Spiritual discovery for everybody;**  
**Outreach to our community and world;**  
**Nurture and care for our congregation.**