



The mission of
Temecula UMC
Community

*We seek to shepherd all
To worship God
To follow Jesus Christ
And grow in faith
Through the Holy Spirit*

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Temecula United Methodist Church

THE MESSENGER

MAY, 2008

Volume MMVIII, Number 5 Issue 119

GREETINGS TUMC CAMPERS

It's almost May, and the time has come once again to consider your *spring travel plans!* *Ok* - so gas is going for just under **\$4.00/gallon**, and the *RV / wagon-queen-family-truckster* gets what, about 4 gallons to the **mile?** Then just maybe *travel* isn't really a viable part of your **spring travel plans** after all! So why not consider joining us for another exciting, yet not too tiring, family fun event that we like to call **Family Camp**.

We'll be gathering once again at scenic *Lake Skinner*, nestled among the hills in the heart of **Temecula's wine country** Friday, May 30 through Sunday June 1. That's right, it's **close and convenient**, and even lugging that 47' diesel-pusher out to the campground shouldn't cost more than about 50 bucks. So **come one, come all**, and join us in the next chapter of **TUMC's campout diary**.

Like last time, your reservation fee of just \$75.00 includes Saturday morning **breakfast** and **dinner under the stars** for two, served at the foot of the incomparable McCullough chuck wagon. Additional eaters will be accommodated for just \$5.00 extra per person per meal. And we all know you just **can't beat the campfire cuisine** served up at TUMC Family Camp!

To reserve your space now, just visit our website at <http://www.temeculaumc.com>, click on the link for Family Camp, and fill out the **convenient form**. You can even **pay your reservation fee online** using your credit card! Or, simply write a check for the full amount of your reservation and deliver it to the church office **prior to 5/26**.

If you have any questions, feel free to give me call. **See you there!**

Happy Camping,
John 'Julie your Cruise Director' Waddleton



***Sunday Schedule
Worship 9:00 a.m.***

Nursery Care
Traditional Sunday School
Ages 3–11

Worship 10:30 a.m.

Nursery Care & modified pre-school
ages 0-5
Enrichment Church—Ages 6-11
Combined Jr. & Sr. UMYF 5:00-8:00 p.m.

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Co-Director: Tammy Waddleton
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Top 10 Reasons Why You Need Bible Study
By Pastor Randy

I currently offer two weekly Bible Studies:
Wednesdays 10-11:30 a.m.
We study Scriptures for the next Sunday's
worship service, including the sermon.

Wednesdays 6-7:00 p.m.

We study the Scripture for next Sunday's
Children's Ministry lesson. Great for parents
and teachers and everyone else!

- Everything we know about Jesus is in the Bible and no where else! Go to the source!
- The Bible is a very complex "book of books" and you need a guide.
- Most folks know very little about the Bible and this is an easy way to get started!
- Each study group has about 12 persons who attend so you will not be alone.
- The Holy Spirit is present and great ideas are strengthened and weaker ones disappear.
- We study the Bible so that God in Christ gets into us as a living "power and presence."
- Each session is a "self-contained" study so if you miss one week you can come back the next.
- We don't just study the Bible but we share about what they mean and how to apply the Scriptures to ourselves.
- You will learn what it means to be a Christian.
- It is not your typical Bible study—You will just have to come and see the difference!

**Pastor's
BIBLE
STUDY**



CHRISTIAN EDUCATION

Philippians Adult Tagalog Sunday Lesson for May 2008

Submitted by Gloria Galvez

May 4, 2008 - "The Temple Rebuilt"

Purpose: To affirm the importance of setting appropriate priorities

Bible Lesson: Haggai 1:1-4, 7-10, 12-15

Background: Haggai 1 & Ezra 5

Key Verse: Haggai 1:8

May 11, 2008 - "Rebuilding the Wall"

Purpose: To validate the importance of visionary leaders who are committed to the Kingdom of God

Bible Lesson: Nehemiah 2:1-8, 11, 17-18

Background: Nehemiah 1: 1- 2:20

Key Verse: Nehemiah 2:18

May 18, 2008 - "Up Against the Wall"

Purpose: To emphasize that being faithful to God's covenant requires persistence and commitment

Bible Lesson: Nehemiah 4:1-3, 7-9, 13-15

Background: Nehemiah 4 - 6

Key Verse: Nehemiah 4:6

May 25, 2008 - "Call to Renew the Covenant"

Purpose: To experience the joy of covenant renewal

Bible Lesson: Nehemiah 8:1-3, 4-5, 13-14, 17-18

Background: Nehemiah 8

Key Verse: Nehemiah 8:3

TUMC FOOD PANTRY NEWS

Submitted by Janice Fallman

Last week 73 appreciative local families received groceries from the TUMC Food Pantry thanks to the generous donations of TUMC church members and the proceeds from fundraisers by the TUMC men's and women's organizations.

Many of you ask what foods are the most needed as contributions. We urge you to purchase TUMC scrip, which helps the church, and to take advantage of the coupon or multi-unit pricing offered by the various supermarkets in their weekly advertisers. Cereal is a high-ticket item that is available one box per family per week. It sells for as low as \$1.25 per box when purchased in multiple units or with the in-store coupons. The Food Pantry also needs 16-ounce jars of peanut butter, cans of tuna and canned fruit.

Saint Martha's Catholic Church Food Pantry in Murrieta has offered its computer software to our Food Pantry to track who is receiving benefits and to verify that they reside in Temecula. TUMC Food Pantry seeks the donation of a used laptop and the assistance of anyone willing to transfer the data from our index card monitoring system into the gifted computer program. Please contact Diane Martinez if you can assist by gifting a used laptop or provide data-entry services.

Wednesday Family Nights are a HIT!

Everyone is welcome and a part of the church family.
*All you need to participate is the desire to join in fellowship
 with other Christians in a safe environment.*

SANDRA HANSEN New Co-Director

Children's Ministries would like to thank Sandra Hansen who has accepted the position of Co-Director of Children's Ministries. Sandra has been working with the CM department for the last year and we thought that it was time to ask her to join the director team of Cris Argenbright, Deb Severns and Tammy Waddleton along with our Pre-school Coordinator, Rosann Cunningham. Her responsibilities will include: maintenance of all CM supplies, scheduling of Wednesday Night Family Night activities and helping to direct Sunday School classes during the month. Sandra has already helped organize many events throughout the year and will continue to do so in 2008. When you see Sandra, please thank her for all the hard work that she has done and will continue to do as one of the volunteer Co-Directors for Children's Ministries.

A BIG THANK YOU to Frank and Stacey McClintick!

They have taught Sunday School once a month and have done an awesome job.

Frank is being transferred, so May 4th is their last time teaching as a pair and they will be sorely missed.

We wish them all the best and thank them for their dedication and service to Children's Ministry.

Our Current Wednesday Night Line-up

- 5:00—7:00 p.m. Monks Food Service
 Hot dogs, Hamburgers, Chips, Soda...
- 6:00—8:45 p.m. Childcare Available
- 6:00—6:30 p.m. Preschool Choir with Pauline Fields
- 6:00—6:30 p.m. Kids Choir Practice with Meghann & Sarah
- 6:00—7:00 p.m. Sunday Scripture Study led by Pastor Randy
- 6:30—7:15 p.m. Kids Time
 Movies, Games, Science & Craft Projects
- 6:30—8:00 p.m. Paper Craft by Christina
 Scrapbooking, greeting cards, gift bags...
- 7:15—8:45 p.m. Adult Choir Practice

MONKS FOOD SERVICE

Who makes the yummiest hamburgers in town? Larry Murphy, that's who! Larry, Barry, Dan, and John and others help prepare and serve some of the best food in Temecula for donations. It is a great way to come and join in the fun of Wednesday Family Nights and get a full tummy, too.

UM WOMEN

Submitted by Hazel Hailstone, Chair of UMW Tea



Diane Martinez & Jessie Boyle



Karen Benvenuto



Model

UMW members hope that all of you who attended our Tea, Silent Auction and Fashion Show last week enjoyed yourselves as much as we did. We loved putting this event together for our mission project for needy women and children and are delighted to report that more than \$2600 was raised from the auction. Thanks to all our generous bidders.

My deepest thanks to the wonderful, efficient and fun committee members: Jan Kerr was an outstanding MC, Jessie Boyle headed the Food Committee, with help from Diane Martinez, Judy Hernandez, Joy Oh and Hallie Sebanc. The food was simply delicious and temptingly arrayed.

Karen Benvenuto and Kathie Shappeck managed to find the most delightful, good-quality auction items and bidding was competitive for a good cause. The children's auction tables were a popular spot, too. Bea Waite found our table hostesses, Marilyn Barger took pictures and Pat O'Brien helped count the money. What a team! Special thanks to Deb Severns for donating and designing the tickets and programs.

The fifteen tables were hosted and decorated by TUMC mothers and their daughters/granddaughters, adding to the fun. Their finest china was used and the tables looked beautiful. Thank you hostesses! Hope you had as much fun as we did.

Until next year. Get your tickets early.

May 11th UMW Bake Sale

May 15th UMW General Meeting at 10 a.m. followed by lunch

May 28th UMW Executive Board meets at 1 p.m.

MEDITATION GARDEN UPDATE

Submitted by Todd Hailstone



Joe Benvenuto & Todd Hailstone



Joan Biddle & Todd Hailstone

Lo and behold, TUMC's meditation garden is beginning to look like – a Meditation Garden! The plan is taking shape beautifully and signs of spring are bringing much needed color to its landscape.

Thank you, thank you volunteers! You have labored intensely and given generously and now our garden has become an inviting, serene spot on our church property. This has become a true church-community effort. You have every right to be proud.

If you haven't yet walked the paths, plan to do so. Many more plants will be added (did you know that Joe Benvenuto's thumb is truly green?), a gated arbor will soon be installed, thanks to Diane Martinez, and more fencing will be erected, with plantings added to provide privacy. Exciting things are happening week to week.

Special thanks to the generous anonymous donor. I am honored and humbled that my dream has so touched your heart. And thanks to those of you who have been moved to make donations. I am truly grateful.

If we attempt to name all you wonderful volunteers, someone's name might be omitted, but be assured you (especially the Monks) are close to my heart. I thank God every day for your existence. God bless you and keep you close.

WHY MEDITATE? “Let Me Count the Ways!”

Submitted by Deb Potts, CYT, RYT, M.S.



Meditation or Contemplative Prayer is recommended for bringing well-being to the mind, body, and soul. Its benefits profoundly affect your mental, emotional, physical, and spiritual dimensions, and all in positive ways.

According to Max Lucado, if you mention meditation, “Most Christians either glaze over or tense up.” Perhaps you are also one that believes this type of practice is incomprehensible or even incompatible with your faith. However, Lucado continues to say, “In fact meditation is both described and prescribed in Scripture (*Joshua 1:8; Psalm 119:27*). These verses state, and I am paraphrasing, *meditate day and night, and let me understand the teaching of your precepts; then I will meditate on your wonders*. These represent only two of many Scriptural references to meditation found in both the Old and New Testaments. Spiritually speaking, meditation affords the second part of our conversation with God, and helps complete a path for developing a meaningful relationship with Him. Meditation should compliment your prayer practice. With the act of praying we are *talking* to God via praise, thanksgiving, confession, and supplication. Through the practice of meditation we are *listening* to God, and connecting to what Lucado refers to as the “divine spark”, or to what Marcus Borg calls the “thin places”. It is a zone, a region, a life precinct in which you were meant to dwell. It is an oh-so “sweet spot” where God is waiting just for us. It is a “gap” in time when God provides us with guidance, comfort, companionship, answers, and solutions. It is where we find contentment, peace of mind, and tranquility. Paul tells us that it is the path to a joy-filled life of contentment and peace by learning to meditate on what God says is true.

Hundreds of medical studies have also proven the physical and mental health benefits of meditation. Research demonstrates that people who meditate visit the doctor less often. They have lower cholesterol and blood pressure levels, less incidence of heart disease and depression, and take fewer days off work than people who don’t meditate; they also report a better body image and self-confidence. Meditation has also been shown to have remarkable healing powers for those who suffer ill health, from migraines and irritable bowels to heart disease. Such striking data has led some family doctors to prescribe meditation as the first treatment of choice for some conditions.

Stressful emotions are linked with a higher risk of ill health: some 80-90% of illnesses are thought to be connected with stress. Experiencing stress seems to repress the immune system, reducing the production of antibodies and T cells. Students have been shown to be more likely to suffer colds at times of stress; for example, when taking exams. By changing the way you think and relaxing completely using meditation, you can protect against disease and help treat illnesses by boosting the immune system. A 1993 Canadian study shows a 70% increase in immune-strengthening beta endorphins following meditation.

Other studies indicate that a regular practice of meditation helps maintain a healthy mental state. Meditation reduces anxiety, agoraphobia, and panic attacks. Additional reports reveal that meditation is effective in relieving mild depression, hostility, and emotional instability.

Let meditation quench your thirst for connecting to God, as it enriches your relationship with the Divine first and foremost!! Secondly, it improves your mental, physical, and emotional well-being!! Why Meditate? Let me count the ways!!!!!!!!!!!!!!

Grace, Peace, and Love, Deb Potts

May 2008						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Dates to Remember

- 5/1 4:00 p.m. Confirmation Class w/Pastor
6:30 p.m. Adult Men's Bible w/McClellan
- 5/3 8:00 a.m. Men's Prayer Breakfast
- 5/4 9:00 a.m. Adult Bible w/Joe Hughes
9:00 a.m. Adult Tagalog Bible Class
5:00 p.m. Jr. UMYF
6:00 p.m. Sr. UMYF
- 5/5 9:30 a.m. Food Pantry open
- 5/6 9:30 a.m. Ladies' Bible Study
7:00 p.m. Book Discussion Group
- 5/7 10:00 a.m. Pastor's Scripture Study
12:00 p.m. Out to Lunch Bunch
5:00 p.m. Wednesday Family Night
6:30 p.m. Trustees
7:15 p.m. Chancel Choir rehearsal
- 5/8 4:00 p.m. Confirmation Class w/Pastor
6:30 p.m. Adult Men's Bible w/McClellan
- 5/10 8:00 a.m. Monks Monthly Meeting
- 5/11 Happy Mother's Day
UMW Bake Sale after both worship services
9:00 a.m. Adult Bible w/Joe Hughes
9:00 a.m. Adult Tagalog Bible Class
5:00 p.m. Jr. UMYF
6:00 p.m. Sr. UMYF
- 5/12 9:30 a.m. Food Pantry open
- 5/13 9:30 a.m. Ladies' Bible Study
- 5/14 10:00 a.m. Scripture Study w/Pastor
5:00 p.m. Wednesday Family Night
7:15 p.m. Chancel Choir rehearsal
- 5/15 10:00 a.m. UMW Meeting & Luncheon
4:00 p.m. Confirmation Class w/Pastor
6:30 p.m. Adult Men's Bible w/McClellan
- 5/17 8:00 a.m. Men's Prayer Breakfast

- 5/18 9:00 a.m. Adult Bible w/Joe Hughes
9:00 a.m. Adult Tagalog Bible Class
5:00 p.m. Jr. UMYF
6:00 p.m. Sr. UMYF
- 5/19 9:30 a.m. Food Pantry open
- 5/20 9:30 a.m. Ladies' Bible Study
12:00 p.m. Membership & Evangelism
6:00 p.m. Staff Relations Committee
- 5/21 10:00 a.m. Pastor's Scripture Study
5:00 p.m. Wednesday Family Night
7:15 p.m. Chancel Choir rehearsal
- 5/22 4:00 p.m. Confirmation Class w/Pastor
6:30 p.m. Adult Men's Bible w/McClellan
- 5/25 9:00 a.m. Adult Bible w/Joe Hughes
9:00 a.m. Adult Tagalog Bible Class
5:00 p.m. Jr. UMYF
6:00 p.m. Sr. UMYF
- 5/26 Memorial Day—church offices closed
- 5/27 9:30 a.m. Ladies' Bible Study
7:00 p.m. Church Council
- 5/28 10:00 a.m. Pastor's Scripture Study
5:00 p.m. Wednesday Family Night
7:15 p.m. Chancel Choir rehearsal
- 5/29 4:00 p.m. Confirmation Class w/Pastor
6:30 p.m. Adult Men's Bible w/McClellan

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	<u>May 4</u>	<u>May 11</u>	<u>May 18</u>	<u>May 25</u>	
USHERS 9:00 a.m.	John Weaver Bret Argenbright Milton Takeguchi Ethel Takeguchi	Monks	Youth	Oscar Loud Thelma Loud Sam Hill Pat Hill	
USHERS 10:30 a.m.	Cliff Elder Richard Sharpe Dan Guitierrez Ashley Lewis	Monks	Youth	Pat O'Brien Bea Waite Dan Little Joyce Little	
LITURGISTS 9:00 a.m.	Claire Chapman-Wright	Monks	Youth	Steve Minder	
10:30 a.m.	Claire Chapman-Wright	Monks	Youth	Sue Bradshaw	
GREETERS 9:00 a.m.	Janice Fallman	Monks	Youth	Pat & Sam Hill	
10:30 a.m.	Jean Williams	Monks	Youth	Norma Valle	
SOUND TECH 9:00 a.m.	Mark McCullough	Brian Severns	Sam Wilson J. Buehler	Mark McCullough	
10:30 a.m.	Vicki Cloutier	Ken Boyle	Sam Wilson J. Buehler	Frank Benson	

If you cannot serve as assigned, please call John Weaver or Cliff Elder for ushers and Bea Waite for liturgists & greeters .



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THE MESSENGER

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May 1, 2008

See you in church!



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