

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

Pastor:

Rev. Dr. Randy Johnson Pastor Emeritus: Rev. Dr. David French

Korean Pastor: Rev. Dr. Jin Tae Kwon

Phone: 951-676-1800 Fax: 951-308-2694 Website:

www.temeculaumc.com

The Messenger
November, 2011
Published monthly
TUMC
42690 Margarita Road
Temecula CA 92592

THIS ISSUE

Charge Conference	1
Trustee Workday	2
Stewardship & Finance Update	3
Christian Education	4
Centering Prayer	5
District Work Camp	5
Scrip Program	6
UM Women	7
December Music	7
All Soul's Day	8
SAVE THE DATE!	9
Calendar	10
Worship Schedule	11

Temecula United Methodist Church The MESSENGER

November, 2011

Vol. MMXI, No. 11, Issue 157

ALL CHURCH CHARGE CONFERENCE NOVEMBER 19th

This year's Charge Conference will be held on Saturday, November 19th at Sun City United Methodist Church.

Wednesday, November 16, 2011 8:00 p.m. Temecula SPRC to meet with Rev. Bau Dang at Temecula.

Saturday, November 19th 10:30 a.m. Celebration Service 11:30 a.m. Light meal (lunch) 12:00 p.m. Charge Conference

It is primarily at the level of the charge consisting of one or more local churches that the church encounters the world. The local church is a strategic base from which Christians move out to the structures of society. Therefore, the local church is to minister to persons in the community where the church is located...to cooperate in ministry with other local churches...and to participate in the worldwide mission of the church...(2008 Book of Discipline).

Most individuals have their initial contact with the denomination in the local church. Some local church members don't realize that they are part of a bigger whole—t he connection: an annual conference, a jurisdiction, the General Church, and churches and annual conferences around the world.

The Book of Discipline outlines rules and organization that local churches must follow but there is also room for a local church to express its ministry according to the community and its congregation.

Sunday Schedule 9:00 a.m. Worship Sunday School Classes EVERY SUNDAY

Toddler Room/Childcare (Ages 1-4 yrs.) Younger Elementary Class (K—3rd) Older Elementary Class (4th—5th)

10:30 a.m. Worship

Childcare: Toddlers—younger elementary. Toys and books available for children.

Sunday Evening UMYF

Middle High 5:00 -7:00 p.m. Senior High 6:00 - 8:00 p.m.

Pastor

The Rev. Dr. Randy Johnson Phone: (951) 676-1800, ext. 11 E-mail: randy@temeculaumc.com

Korean Language Pastor Rev. Dr. Jin Tae Kwon Phone: (951) 699-7812

Pastor Emeritus:

The Rev. Dr. David French

E-mail: connie.french1@verizon.net

Special Events Coordinator

Deb Severns

Phone: (951) 676-1800, ext. 14

Music Ministry:

Dr. Corry Bell, Director of Music E-mail: docpno@aol.com

Youth Ministry Director

Mark McCullough

Phone: (951) 676-1800, ext. 17 E-mail: mnmfam@adelphia.net

Administrative Secretary

Mary Kottman

Phone: (951) 676-1800, ext. 10

Fax: (951) 398-2694

E-mail: tumc@temeculaumc.com Church office hours: *9—4 Mon.-Fri.*

TRUSTEE WORKDAY SATURDAY, NOV. 12th

9 a.m. to 1 p.m.

Workday tree trimming and landscape cleanup. Let's give our church home a haircut. Need people to:

- Cut limbs off trees
- Haul branches to trash bin
- Cut up branches and fill bin
- Rake and sweep
- Trim bushes
- Whack weeds
- Make lunch and keep crew hydrated
- If you can't help, sponsor a SSP youth and see Mark McCullough
- Take pictures

Supplies needed:

- Chain saws
- Rakes
- Push brooms
- Flat shovels
- Pole saw
- Branch loppers
- Wheelbarrows
- Gas powered weed whackers
- Pickup truck



Trustee Workday

PAGE 3

THE MESSENGER



Stewardship & Finance Update

Submitted by Bill Steele, TUMC Co-Lay Leader and Stewardship Chairperson

One of the goals of our Finance committee is to give the congregation timely and informative updates on how TUMC is doing in funding our general ministry and building fund. Here is our latest summary

(General Ministry Only)

Income - 2011January - September\$219,517.79Expenses -2011January - September\$230,829.34Actual Expenses exceed income by:\$11,311.55

United Methodist Missions (Apportionments)

Paid: January – October 2011 (Estimate) \$ 23,098.00

TUMC Building Loan (Fund) (As of Oct 9th)

Building Fund Cash Balance \$ 1.11 Monthly Mortgage Payment: \$ 1,952.00 Loan Balance: \$128,105.63

A quick review shows that our expenses for the General Ministry <u>have</u> continued to exceed our income, through September 30th by \$11,312. The good news is that we are keeping up with our bills and still have cash in the bank because we had a positive cash balance of \$17,000 on January 1, 2011. Our goal is to complete the year fully covering our expenses for 2011 with 2011 income plus repaying the \$11,000 used from the beginning balance of \$17,000 brought in from 2010.

Based on the average monthly expenses through the first 9 months of 2011, to achieve this goal we will need to receive income of approximately \$88,000.00 for the last quarter of the year (Oct., Nov., Dec. 2011). This sounds like a tremendous amount, however, TUMC historically has received average of at least \$40,000.00 during the month of December. With better than average October and November contributions, we can obtain our goal.

TUMC would like to thank all of our members and friends who have supported us with your time, talent, prayers and financial support during the first 10 months of 2011. We ask those of you who may have the ability to do so, to please consider giving additional financial help to the church. For those of you who cannot provide additional financial funding, we thank you for the gifts of your time, talents and the giving you have provided and we pray that the year 2012 will provide you with many blessings.

CHRISTIAN EDUCATION

Sunday

9:00 a.m. Adult Bible Study w/Joe Hughes meets in Room 6.

9:00 a.m. Full Sunday School Program

9:00 a.m. Tagalog Bible Study meets in the Youth Room.

11:45 p.m. Stephen Ministers meet the second Sunday of each month in Room 6.

2:00 p.m. Korean Language Worship.

Youth News

SSP 2012 is already underway! We have begun forming our team of youth and adults that will head to a Native American Reservation to work for a week this summer. It costs approximately \$8,500 to send a team to SSP each year; some funds are paid by the youths' families, but most of it is fundraised. Our ability to be sending a team for our 15th year at SSP is directly due to the generosity of this congregation. Thank you for all you have done for us! Currently we have a need for a couple of scholarships for the first payment for some of our youth. Some are struggling with the current economy. If you have the ability to help a youth individually and the calling to do so please contact Mark through the church office or directly to assist. We will be having a SSP 2012 Kick-Off Night Dinner on Sunday, November 13th at 5:30 p.m. in Celebration Hall (doors open at 5:00 p.m.). We will be serving Indian Tacos, black beans, salad and dessert. Cost is \$10/adult, \$7/child under 10, or \$30 per family. We will be doing more fundraising throughout the year and are confident that once again we will have the funds necessary to go on this amazing adventure.

There will be regular youth group on Sunday, November 6th and 20th. There will be no youth group on November 27th.

Monday — November 28th

6:00 p.m.—7:00 p.m. Centering Prayer meets the fourth Monday of each month in Celebration Hall. Contact Pastor Randy Johnson, Deb Potts or Linda Sykes.

Tuesday

9:30 a.m. Ladies' Bible Study meets in Room 1. We watched the movie about Paul last Tuesday. Joy Stowers provided a beautiful lunch. We will be starting our Advent Study in November. All women are invited to join this group. Please contact Karen Benvenuto.

6:00 p.m. Book Discussion Group December 6th at the home of Shirley Jankowski to review "Beneath a Marble Sky: a Novel of the Taj Mahal " by John Shors.

6:30 p.m. MONKS Planning Meeting - November 8th at Steve Minder's home.

<u>Wednesday</u>

10:00 a.m. Pastor's Scripture Study meets in the Music Room. We will not meet on November 23rd. **12:00 p.m. Out to Lunch Bunch** – meets Wednesday, November 2nd, at the China Buffett on Jefferson. Everyone is invited. Contact Marilyn Barger.

1:30 p.m. Evangelism Committee meets November 16th in Room 6 with Rev. Kimball Coburn 6:15 p.m. Living the Questions—Adult Study & Discussion Group meets in Room 1. No class on November 23rd.

7:15 p.m. Choir rehearses in the Music Room.

Continued on page 6

CENTERING PRAYER AT TUMC

Submitted by Deb Potts

Centering Prayer, as offered at TUMC, is a form of the ancient tradition and practice of Christian meditation. It is a practice that guides the participant into a state of stillness and rest in and with God. The process may vary, but at TUMC the standard format for practice involves the following elements: 1. Lectio Divina, 2. Poetry Reading, 3. Chanting of the Psalms, 4. Centering in Silence, 5. Recitation of the Lord's Prayer, 6. Benediction

Lectio Divina is the slow, respectful reading of a selected scripture, and is led by Pastor Randy Johnson. The scripture is read twice at a very slow pace, and with a minute or so separating the readings. This is lectio, and prepares the listener for meditatio, which is focusing on the sensations created by listening to the sacred scripture. Lectio and meditatio prepare the listener for oratio, which is to speak aloud any word(s) with which you resonated from the scripture reading. Lectio Divina culminates with contemplatio, which is to rest in God in a receptive state.

Tools for aiding one into contemplatio or centering prayer (Christian meditation) are: slow, deep breathing, comfortable seated posture or standing posture, visualizing a symbolic gesture (raising the arms on an inhale— "letting go of all", lowering the hands to prayer position on an exhale—"receiving all"), or focusing on the repetition of a silent, sacred word (Father, Abba, Jesus, Lord, Trust, Hope, Love, Peace).

Just prior to contemplatio, a selected Psalm is chanted three times. It is said that when you sing or chant you are praying twice. Chanting is defined as the worship and celebration of the sacred through melodically simple vocalization, vocal meditation, or Spirit in sound. At the completion of chanting, silence is observed for 20 minutes, while resting in the presence of God. Silence is ended with ringing of chimes three times, and the group recitation of the Lord's Prayer.

The service is co-led by Pastor Randy Johnson, Deb Potts, and Linda Sykes on the 4th Monday of each month from 6:00-6:40 p.m. It is a prayer practice that will enhance all styles of prayer that you incorporate in your daily devotions, worship, and communing with the Divine. Our next practice will be held on November 28th. We will break for December, and resume on January 23rd. Please plan to join us if you desire a deeper, intimate relationship with God and His love, and the Light of our Savior, Jesus.

District Mission Work Team at Camp Wrightwood November 7th –10th

The team will be doing painting and various repair projects. Cost is \$35 per person to help cover the cost of meals. If interested, please contact Pastor Randy at 676-1800, ext. 11.

Exciting New Ways to Order Scrip

Submitted by Shirley Johnson

Something new and exciting for our Scrip program is now available to our congregation. If you like to shop online this is for you. ShopWithScrip.com is an online ordering system that our members can use to order scrip. This program offers you the convenience of ordering from your home computer. Any family can use ShopWithScrip to place scrip orders, but first you have to create an account at Shop-withScrip.com. Easy instructions are available to pick-up at the scrip table or during the week at the church office. Once you register with ShopWithScrip you can also RELOAD some gift cards, such as Starbucks, and even order eCards that you can pay for with PrestoPay and immediately have the eCard sent via email to you or even to another person as a gift. You can also pay by check and as soon as your coordinator receives your check she will release your order. After the order is released you will receive an email that your eCard is available on your ShopWithScrip account. Just go to the ScripNow Link on your family home page to view and print your eCard. You can even use the gift card to shop online if you wish. If you chose to have the eCard sent to a family member or friend then they will receive an email announcing your gift with the eCard attached that they can print.

This is a huge convenience that you can now get scrip whenever you need it. On weekends if you want to shop at Home Depot or Lowes, for example, to get that special project done, all you have to do is log on to your account, order your gift card, pay with PrestoPay, and print it out. It's convenient for you and your shopping trip will benefit TUMC. It's as easy as that! Again, complete instructions for creating an account at ShopWithScrip and easy directions on how to order and reload gift cards are available at the scrip table.

Christian Education continued from page 4 Thursday

10 a.m. Yoga for Life meets the first, second and fourth Thursday of each month in Celebration Hall. We will NOT MEET on Thanksgiving Day. Benefits include stress reduction, muscle strengthening and improved range of motion, improved flexibility and balance, increased breath capacity and improved circulation, as well as a heightened sense of wellbeing. "Treasure Thy Temple." EVERYONE IS WELCOME. Contact Deb at yogaforlife06@verizon.net

7:00—8:00 p.m. Men's Bible Study meets in the Youth Room. No Thursday night class this week - Nov 3. We'll begin our 5-week Advent study - *The Journey* - on Thursday, Nov 10, 7:00 p.m., in the youth room. Invite fellow men to join this journey from Nazareth to Bethlehem to look at the birth of Jesus Christ.

Thinking ahead, the following Advent study will be scheduled: "The Journey: Walking the Road to Bethlehem." This DVD-based study, led by Adam Hamilton, explores the story of Jesus' birth with fresh eyes and ears in an effort to help us read the Bible accounts with new understanding.

Saturday

8 a.m. MONKS Monthly Breakfast November 12th in Room 1. The guest speaker will be Brian D'Andrea from the Villages at Cabrillo in Long Beach. They work with the homeless with a number of them veterans.



Don't forget to buy your non-adhesive vinyl clings from the Evangelism Committee at the visitor's table Sunday mornings.

Promote TUMC by placing them in the windows of your cars and homes so they will be seen wherever you go. \$5 each or 2/\$8.

UMW Corner (Faith, Hope and Love in Action)

Submitted by Gloria S. Galvez

Thursday, November 17th, 2011, the UMW will go to Fallbrook. We will make Christmas wreaths for our church and ourselves. Cost is \$10.00 each for materials, payable to Bea Waite. Please bring your own brown bag lunch. Desserts and drinks will be provided. We will carpool from the church at 10:00 a.m. to go to Johanna De Koekkoek's daughter in-law's Flower and Craft Shop.



All Church Bake Sale

Sunday, November 20th and Sunday, December 19th after both worship services.

Please start baking and bring your special cookie, biscotti, bread, pie or fudge to the church or call Hallie Sebanc. Hallie has a freezer and will keep your baked items until the sale.

Christmas Decorations

Continue the tradition and bring the family to church on Saturday, November 26th at 9 a.m. We will be putting up the Christmas decorations in the Celebration Hall. We need help bringing the decorations down from the attic, hanging the garlands, setting up the tree and Advent candles holder. The more the merrier.

Christmas Poinsettias

The first Sunday in Advent is November 27th. Christmas poinsettias will again decorate our Celebration Hall this year. Poinsettias may be purchased for \$8.50 in memory or in honor of a loved one. Order forms will be available in the Sunday bulletins, in the breezeway or church office.

Handel's Messiah Sunday, December 4th at 4 p.m. at TUMC

Performed by the Rancho Music Association with full orchestra. Free-will offering.

Masters of Harmony, Sunday, December 4th at 3 p.m. at Fox Theater, Riverside. Cost \$29 per person. \$10 senior discount available with ID. See Donnie Weaver, Rudy Martinez or Pete Benway. Deadline for tickets is Nov. 20th.

TEMECULA VALLEY MASTER CHORALE

"Tis the Season Concert spondary, December 11th at 4 p.m. Co Individual \$10 & Family \$25 Kir See Alan Sheaffer or Gary Gorman for tickets or order online. Murrieta Mesa High School Performing Arts Center 24801 Monroe Avenue, Murrieta

Music fundraiser at the Merc December 14th at 7 p.m. sponsored by Sherri Williams with various artists and Corry Bell's trio with violinist Alan Busteed, cellist Kirsten Vogelsang and Corry Bell on piano.

Music by Living American Composers at the Merc December 18th at 3 p.m. (music written for piano, flute and clarinet). Corry Bell on piano.

ALL SOULS DAY IS NOVEMBER 2nd REMEMBERING OUR LOVED ONES

Bernard Ambrose February 10, 2011 Jim Meranda April 11, 2011 Robert Valle August 28, 2011

A Life Together Never Forgotten, by Larry Murphy

Every time I think of you, I fall in love all over again,
How I miss your gentle hands and gentle heart.
You're still my heart and soul: you still live with me.
With every beat of my heart, I miss you more and more,
You were beautiful on the outside, and even more beautiful on the inside.
My heart breaks every time I think of you.

Editor's note: Larry's wife, Kaye Murphy died June 4, 2007.

MAKE A DIFFERENCE

Addresses for our homebound folks, may be found on the TUMC activities bulletin board in the breezeway or in the church directory. Let them know we are thinking of them during the upcoming holiday season.

Lena Collins
Cheryl Beall
Jeanne Eberle
Adele Hoerres
Dwaine Lewis,
Evelyn Lewis
Aileen Power
Doris Royer
Lillian Stafford
Hermoine Sims
Marie Waldo
Clarence Warfield
Todd Hailstone



Following in Stephen's Footsteps Visits to the Veterans Hospital

Stephen Ministers have changed their schedule for visits to the Veterans Hospital to Easter Week, July 4th and Christmas week. There is a container in the breezeway to receive magazines, DVDs, L and XL T-shirts.

Stephen Ministers meet on the second Sunday of each month at 11:45 a.m. in Room 6.

Something very special is coming to TUMC in 2012!

You can't miss it - save the date: February 25-26, 2012

Ignite the Spark: God's Call to be the Church for the World



Join United Methodist Servant Evangelist Kimball and Pam Coburn as they lead TUMC in an exciting and joyful event experiencing the love of Christ with music that will lift and inspire and preaching that will ignite a spark. Come and catch the vision of a world made new!

Prayer of Self-Offering

Receive, Lord, my entire freedom.
Accept the whole of my memory,
my intellect and my will.
Whatever I have or possess,
it was you who gave it to me;
I restore it to you in full,
and I surrender it completely
to the guidance of your will.
Give me only love of you
together with your grace,
and I am rich enough,
and ask for nothing more.
Amen.

A Duty and a privilege

The purpose of worship is to adore and to praise God. Worshiping God is both a duty and a privilege. As those who were created and redeemed by God, it is our duty to offer our praise and thanksgiving. It is our privilege to come into the presence of the Most High God. If we feel good after worship, that's a bonus God has given us, but it's not the true purpose for our being there.

November 2011								
S	М	Т	W	Т	F	S		
		1	2	3	4	5		
			9					
13	14	15	16	17	18	19		
			23					
27	28	29	30					

11/1 9:30 a.m. Tues. Ladies' Bible Study 7:00 p.m. Book Discussion Group

11/2 10:00 a.m. Scripture Study w/Pastor12:00 Out to Lunch Bunch6:15 p.m. Adult Study & Discussion7:15 p.m. Chancel Choir

11/3 10:00 a.m. Yoga w/Deb Potts

11/6 9:00 a.m. Adult Bible Study w/Hughes 9:00 a.m. Tagalog Bible Study 9:00 a.m. Sunday School 11:45 a.m. New Member Class 2:00 p.m. Korean Language Worship 5:00 p.m. Jr. UMYF 6:00 p.m. Sr. UMYF

11/7 7:00 p.m. Trustee Meeting

11/8 9:30 a.m. Tues. Ladies' Bible Study 6:30 p.m. MONKS Planning Meeting

11/9 10:00 a.m. Scripture Study w/Pastor6:15 p.m. Adult Study & Discussion7:15 p.m. Chancel Choir rehearsal7:15 p.m. Staff Parish Relations

11/10 10:00 a.m. Yoga w/Deb Potts 7:00 p.m. Men's Bible Study

11/11 Veterans Day—Church offices closed

11/12 8:00 a.m. MONKS Monthly Meeting 9:00 a.m. Trustee Workday until 1 p.m.

11/13 9:00 a.m. Adult Bible Study w/Hughes
9:00 a.m. Tagalog Bible Study
9:00 a.m. Sunday School
11:45 a.m. Stephen Ministers meet
2:00 p.m. Korean Language Worship
5:00 p.m. Youth Navajo Taco Night

11/15 9:30 a.m. Tues. Ladies' Bible Study 6:30 p.m. Finance Committee

11/16 10:00 a.m. Scripture Study w/Pastor 1:30 p.m. Evangelism Committee 6:15 p.m. Adult Study & Discussion 7:15 p.m. Chancel Choir rehearsal 8:00 p.m. SPRC meets with Bau Dang 7:00 p.m. Men's Bible Study
11/19 10:30 a.m. TUMC Charge Conference
at Sun City UMC
11/20 9:00 a.m. All Church Bake Sale after
both worship services.
9:00 a.m. Adult Bible Study w/Hughes
9:00 a.m. Tagalog Bible Study
9:00 a.m. Sunday School
2:00 p.m. Korean Language Worship

11/17 10:00 a.m. UMW go to Fallbrook

5:00 p.m. Jr. UMYF 6:00 p.m. Sr. UMYF

11/22 9:30 a.m. Tues. Ladies' Bible Study 6:30 p.m. Church Council

11/23 7:15 p.m. Chancel Choir rehearsal

11/24 Thanksgiving—Church offices closed

11/25 Thanksgiving—Church offices closed 11/27 9:00 a.m. Adult Bible Study w/Hughes 9:00 a.m. Tagalog Bible Study

9:00 a.m. Sunday School

2:00 p.m. Korean Language Worship

11/28 6:00 p.m. Centering Prayer

11/29 9:30 a.m. Tues. Ladies' Bible Study

11/30 10:00 a.m. Scripture Study w/Pastor 6:15 p.m. Adult Study & Discussion 7:15 p.m. Chancel Choir

Daylight Saving Time ends November 6th. Turn your clocks back one hour Saturday night so you will be on time for church Sunday.

"I have never understood why anyone would roast the turkey and shuck the clams and crisp the croutons and shell the peas and candy the sweet potatoes and compote the cranberries and bake the pies and clear the table and wash the dishes and fall into bed exhausted when they could just as easily sit back

and enjoy a hamburger or a pork sandwich."

- The Turkey

	November 6	November 13	November 20	November 27	
USHERS 9:00 a.m.	Jesse Martinez Milton Takeguchi Ethel Takeguchi	Monks	Youth	Oscar Loud Thelma Loud Sam Hill Pat Hill	
USHERS 10:30 a.m.	Dick Mohammed Jesse Martinez Dan Gutierrez Boni Gulla	Monks	Youth	Dick Mohammed Cliff Elder Raul Denisac Bea Waite	
LITURGISTS 9:00 a.m.	Bill Steele	Monks	Youth	Deb Potts	
10:30 a.m.	Peggy Cowherd	Monks	Youth	Maynard McIntosh	
GREETERS 9:00 a.m.	Pat Hill				
10:30 a.m.	Sharon & Robert McCarthy	Monks Monks	Youth Youth	Beryl Murray Bea Waite	
SOUND TECH					
9:00 a.m. 10:30 a.m.	Mark McCullough Ken Boyle	Brian Severns Ken Boyle	Youth Youth	Robert Edmonds & Jeanette Ken Boyle	
	Kerr Boyle	Ken Boyle	Touri	Kerr Boyle	
VISITOR TABLE 9:00 a.m.	Vinya Gulla	Sue Bradshaw	Sue Bradshaw	Vinya Gulla	
10:30 a.m.	Marilyn Barger	Dorothy Smith	Jean Williams	Gloria Gutierrez	

If you cannot serve as assigned, please call Jesse Martinez or John Cloutier for ushers and Bea Waite for liturgists & greeters .

VETERANS DAY November 11th



A holiday to honor
America's veterans for their
patriotism and
willingness to serve and sacrifice for our nation's common good.



Consulting Accounting Services

Lloyd M. Bradshaw
Certified Public Accountant

www.lmbcpa.com lloyd@lmbcpa.com (951) 693-2812 Fax (951) 695-3405



Temecula United Methodist Church 42690 Margarita Road Temecula CA 92592-4962

Return Service Requested

Non-Profit Organization U.S. Postage Paid Temecula CA Permit No. 166

THE MESSENGER



See you in church!





Nellie Hathorn independent stylist stylist id:125461

phone: 915-487-6423 mellievh@roadrunner.com

web: www.stelladot.com/nelliehathorn

Temecula, CA

INDEPENDENT STYLIST

Hello Tomorrow AVON

Thelma L. Loud

Independent Sales Representative eRepresentative

TEMECULA, CA 92591 Telephone: 951.699.6412 Cell: 951.218.6845 grandsthree@verizon.net www.youravon.com/tloud



Deb Potts, R.Y.T.

Plaza Professional Center 27403 Ynez Rd., Suite 210 Temecula, CA 92591 p: 951-676-8285 e: yogaforlife06@verizon.net www.yogaforlife06.com

OFFERING CLASSES IN YOGA & MEDITATION DEVELOPING THE MIND, BODY & HEART