

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

Pastoral Consultant:

Rev. David Brostrom

Pastor Emeritus:

Rev. Dr. David French

Korean Pastor:

Rev. Dr. Jin Tae Kwon

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The Messenger

September, 2009

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TUMC

42690 Margarita Road

Temecula CA 92592

THIS ISSUE

The Church in our hands	1
Pastor's Column	2
Fireproof	3
Back to School	4
October Craft Faire	5
UM Women/MONKS	6
Christian Education	6
Singles Ministry	7
Children & Families	8
From our Lay Leader	9

Temecula United Methodist Church

The MESSENGER

SEPTEMBER, 2009

Vol. MMIX, No. 9 Issue 133

The church in our hands



In September, Christian education programs will be in full swing in most churches. Pastors, Christian education leaders and teachers are always delighted to see full classrooms of children learning about Jesus, faith and the Christian way. Many parents make sure their children get to Sunday school class, yet don't attend a class themselves.

Learning about Jesus is a lifelong pursuit. It doesn't end when we grow up. If we are to love God with our minds as well as our hearts, our souls and our strength, we should keep learning even into old age. We need to be well informed about our faith, our church and its beliefs so that we can express to non-Christians what Christianity is.

We love God with our minds when we know the Bible, when we understand what we believe and when we're able to tell others the reason for the faith we embrace. God has entrusted the church in our hands. What an awesome opportunity!

- **THANK YOU! I/WE VOLUNTEER TO TEACH OUR CHILDREN**
- **THANK YOU! I/WE VOLUNTEER TO BE A TEACHER'S AIDE**
- **THANK YOU! I/WE VOLUNTEER WITH NURSERY/PRESCHOOL**



Please call the church office at 676-1800, ext. 10 or email tumc@temeculaumc.com to volunteer.

We are very excited about our fall Sunday school classes. Call or email to volunteer any amount of time you wish!

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

Preschool Care/infants &
toddlers to age 4

Traditional Sunday School - Ages 4—11
Teen (11-14) Sunday School 2x/month

Worship 10:30 a.m.

Family Lounge Available
Enrichment Church ages 4—11
Sunday School grades 6th—12th

Combined Jr. & Sr. UMYF 5:00-8:00 p.m.

Pastor:

The Rev. Dr. Randy Johnson

Phone: (951) 676-1800, ext. 11

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Pastoral Consultant: Rev. David Brostrom

Phone: (951) 676-1800, ext. 13

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Korean Language Pastor

Rev. Dr. Jin Tae Kwon

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Pastor Emeritus:

The Rev. Dr. David French

E-mail: connie.french1@verizon.net

Children's Ministry:

Co-Director: Cris Argenbright

Co-Director: Deb Severns

Co-Director: Tammy Waddleton

Nursery Coordinator: Rosann Cunningham

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

E-mail: kids@temeculaumc.com

Director of Music:

Earl Fields

E-mail: act4u5@verizon.net

Pianist: Dr. Corry Bell

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

E-mail: tumc@temeculaumc.com

Church office hours: 9—4 Mon.-Fri.

A "Breath" Prayer

Last week, the Rev. Sandy Dodson reminded us of John Wesley's teaching about "God's means of grace." Basically, a "means of grace" is any opportunity that opens us to experience God's grace in some deeply personal way. Prayer, worship, Bible study, communion and baptism are typically referred to in this way because we experience God when we do. It's important that all of us expose ourselves often to these and other opportunities to keep our spirituality thriving.

While on vacation, I stumbled upon a nice new "means of grace" in the book, *The Call of the Spirit* by Cobb, Epperly and Nancarrow (Process & Faith, 2005) that fits right into the popularity (and need) of walking. It's called "A Breath Prayer." Every breath is a holy breath, a healing breath, a centering and calming breath. Here's how it works.

During your walk focus on your breathing from time to time. With every inhalation, imagine that you are breathing in God's healing and centering breath.

When you breathe in say to yourself,

"I breathe the Spirit deeply in."

Now when you exhale, breathe out your particular emotional or spiritual state into God's cares. Breathe out any stress, tension, or worries. Say to yourself,

"I give my cares into your Care, O God."

Bruce Epperly explains, "Take a moment and simply breathe. Exhale all the stress of your life. Inhale deeply and slowly, breathing from your stomach, experience God's spirit entering your whole being. Feel the spirit energizing every cell and organ and bringing lively and creative energy to your brain. Feel the stress disappear as you exhale. Experience yourself as breathing with the One "in whom you live, move, and have your being."



I'll be "breathing" with you! — Pastor Randy

Stephen Ministry Class Update

Teaching this class is a wonderful experience for me and I hope for the students too. Sandy Dodson, Linda and Steve Jones, Gary Kerr, and Robert Edmonds are working hard, in fact we will be able to finish the first 14 sections by August 28, 2009.

Also on this date, Dr. Susan Ropacki, a church member who is a psychology professor at Loma Linda University and John Preble, a church member, who is a licensed clinical social worker and marriage and family therapist, will be addressing our class and we look forward to a lively question and answer session. Thank you Susan and John for taking time from your busy schedules to help us learn ways to help our fellow Christians in need.

A big thank you goes to our Stephen Facilitator, Judy Hernandez. She has attended every class to insure that we have an even number of people in our workshop class. She has been invaluable in adding to my remarks and offering insight that I might overlook. I cannot thank her enough.

The next class sessions (part II) will begin October 19, 2009. We hope to finish the week before Thanksgiving.

I speak for all Stephen Ministers when I tell you that we are so very grateful for the support of this wonderful congregation.
Blessings and love,

Joyce Little, Stephen Minister Leader



A Church Garden

First, plant five rows of peas:

Presence
Promptness
Preparation
Purity
Perseverance.

Next to these, plant three rows of squash:

Squash gossip.
Squash criticism.
Squash indifference.

No garden is complete without turnips:

Turn up for meetings.
Turn up with a smile.
Turn up with new ideas.
Turn up with determination to make everything count for something good and worthwhile.

Use **SCRIP** for Back to School



Please see Shirley or a scrip seller after worship or contact her via email at tobeshir@verizon.net to make an order so we will have what you need when you need it.

SMART CARDS ARE HERE!

A Smart Card is an important card to have in this economy. It can save you lots of money on your daily expenses such as dining out, dry cleaning, car washes, oil changes, and it even gives you a 10% discount at Home Depot four times a year. In the fall and spring, you will receive a special booklet of discounts with many 2-for-1 offers. Also, tickets are available at huge discounts from the Smart Card Office for fun places such as San Diego Zoo, Sea World, Disneyland, Knott 's Berry Farm, Aquarium of the Pacific, Universal Studios, Raging Waters, etc.

For every Smart Card sold, a child in a third world country will receive clean drinking water and sanitation for an entire year! Cards sell for \$30 and TUMC 's profit is \$15 per card! We will sell Smart Cards for a limited time, so please buy yours soon. Smart Cards can be used over and over at many of your favorite stores and are good for a whole year!

Textbooks

Amazon
Barnes & Noble
Borders
B. Dalton

Computers & Supplies

Best Buy
Office Depot
Office Max
Staples
Walmart

School Clothes

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Gap/Old Navy
JCPenney
Kohl's
Macy's
Payless Shoes
Ross
TJ Maxx/Marshalls

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L.L. Bean
Orvis

Gasoline/Travel

Arco
Chevron
Mobil
Shell

Uniforms & Khaki

Lands' End
L.L. Bean

Dorm Room Stuff

Bed Bath & Beyond
Craft & Barrel
Home Goods
Kohl's
Pier I Imports
Target
The Container Store

Care Package

AT & T 125 Minute
Prepaid Card
Burger King
CVS
Del Taco
El Pollo Loco
Islands
itunes
Jamba Juice
Red Robin
Regal Theaters
Starbucks
TGI Fridays
Wendy's

October



Beautiful handcrafts, food, books, videos, CDs and FUN! Where can you find all these in one place? There at the TUMC annual Craft Faire, Saturday October 10, 2009, 8:30 a.m.—3:00 p.m.. This is our 12th year of bringing the area's largest and best Craft Faire to Temecula.

Only high quality handcrafted items are accepted. Thirty four vendors have reserved space at this time. All inside spaces are filled. Grass and Patio spaces are available at \$35 each. Proceeds from space rental helps fund community outreach and TUMC programs.

This year will feature the Valley Spinning Group who will demonstrate spinning (yarn making), felting, crochet, knitting, drop spindles and feature products made from the yarn. Live Alpacas will be available to pet and feed.

UMW will feature a delicious Bake Sale.

Craft Faire

The Tuesday Women's Bible Study group will serve a Continental Breakfast and a light lunch at a nominal cost.

It's time to bring those used books, videos and CDs for the popular Used Book Sale. Boxes are marked to receive them in the Leather's Learning Center Breezeway. Thanks to those who have signed up to volunteer in their area of interest. If you haven't done so, look for the flyer and sign up sheet in the Hillside breezeway. If you could take flyers to hand to friends, neighbors and workplace work-rooms it would be appreciated.

Flyers are available in the breezeway next to the volunteer sheet, or contact Donnie Weaver for more.

For more information call: Doris Elder 951-693-3142
 Donnie Weaver 951-676-6269
 Rea Douglas 951-699-4552

"The brain is a wonderful organ; it starts the moment you get up in the morning and does not stop until you get to the office." - Robert Frost.

Important UMW Local Event:

Sept. 26th—Our local UMW Chapter will host the Riverside District Annual Meeting. (We need volunteers at the registration table and to help set up before the event).

Out to Lunch Bunch

Wednesday, September 2nd
Noon at MEGA TOMS BURGERS
25201 Madison Avenue
Murrieta, CA 92562-8954

MONKS Monthly Breakfast Meeting

Saturday, September 12th
8 a.m. in Hillside Room at church
Guest Speaker: Dr. Susan Ropacki (or her husband). Susan is Assistant Professor of Psychology at Loma Linda University and is a practicing neuropsychologist.

Christian Education Classes

Sunday, 9 a.m. in Room 6—Adult Bible Study with Joe Hughes . Contact Joe Hughes

Sunday 9 a.m. in Youth Room—Tagalog Bible Study. Contact Dan Gutierrez.

Tuesday 9:30 a.m. in Youth Room —Ladies' Bible Study. Contact Karen Benvenuto.

Tuesday September 1st at 7 p.m. Book Discussion Group will meet at the home of Barbara Gaborko to discuss *The Good Earth* by Pearl Buck.

Tuesday, October 6th at 7 p.m. Book Discussion Group will discuss *Saving Fish from Drowning* by Amy Tan at the home of Ethel Takeguchi.

Wednesday 10 a.m. in Music Room—Pastor's Scripture Study. Contact Pastor Randy

Wednesday 6:15 p.m. in Youth Room—Pastor's Bible Study. Contact Pastor Randy

**NEW! "Strengthening Your Relationship with Your Significant Other"
Wednesday Class starting in September.**

Wednesday, September 23rd at 7:00 p.m. in Room 1. The class, called "Strengthening Your Relationship with Your Significant Other," is open to all and will focus on building and maintaining your relationship with your spouse or significant other. It will use the DVD movie entitled "Fireproof" which deals with a married couple who has difficulty because of the many outside impediments to their marriage. The movie focuses on how the husband seeks the healing power of faith to focus on the important aspects of any relationship.

The class will last seven or eight weeks and will be taught by Dr. Susan Ropacki, a church member who is a psychology professor at Loma Linda University. One of the basic rules of the class will be that any discussion or sharing of personal experiences by class members that takes place during the period of instruction will remain confidential. Please be sure and sign up if you are interested.

Thursday 10 a.m. in Room 1 or Celebration Hall—Yoga for Life
 Deb teaches yoga the first, second and fourth Thursday of each month. Donations are accepted for TUMC's Golden Basket. Contact Deb at yogaforlife06@verizon.net. Please see Deb's article on page 7.



IS YOGA FOR EVERYBODY?

My response to the title question, without hesitation, is a resounding YES! Unfortunately, Western media has portrayed Yoga as a practice exclusively for those that are ultra thin, hyper-flexible, and in their younger decades of life! At Yoga For Life the philosophy of teaching extends an open invitation to everybody that has a desire to practice Yoga. We embrace practitioners of all ages, shapes, sizes, and with various ranges of motion, flexibility, and fitness levels. Our mission is to provide Yoga as a system of well-being that unites the mind-body-heart complex through healthy breathing and movement, and the goal at YFL is to share the timeless teachings of the mind, body, and heart with ALL. Whenever I extend an invitation to someone to try Yoga for the first time, they often respond with the following: "But I am so inflexible!!!". My immediate counter to that statement is the question: "Do you attend German class knowing how to speak the language?!!!" Of course, in most cases the answer is NO! Yoga will teach you the language of movement with ease through the use of various breath techniques, and it will show you how to blend strength and grace as you learn to empower each pose with both elegance and power. Yoga For Life will make you feel comfortable and accepted on the Yoga mat, as we offer modifications, props, and alternatives to each pose when needed. We never force anything upon you, as we simply guide and offer sequencing. The final choice of moving into and out of any given pose is always left to the practitioner. With consistency of practice the benefits are manifold: increased flexibility, range of motion improvement, boosted immune system, clarity of mind, and a deepening connection of your spirituality.

As we sadly leave behind the "Downward Dog Days" of summer, and settle back into our routines of work and school, please consider coming to the mat at TUMC on the first, second, and fourth Thursday of each month from 10 -11:15 a.m. in either Room 1 or Celebration Hall. I will guide you into a realm of peace, tranquility, and well-being, which will ease your stress, build your strength, and stamina, and bring you into a beautiful balance, equipoise, and equanimity as your learn to connect your mind-body-heart with breath and movement. I hope to meet you on the mat very soon. Grace, Peace, and Love, Deb Potts

Thursday 7 p.m.—8:30 p.m. Men's Bible Study will resume September 17th. On this night we will share experiences from summer and propose/select a topic for our Bible Study.
 Contact Milton Takeguchi.

NEW! SINGLES MINISTRY

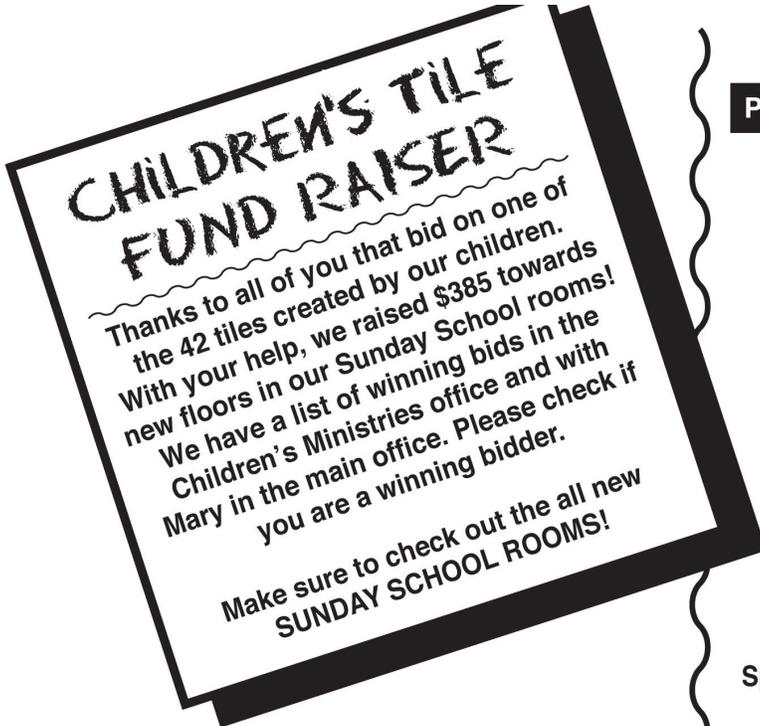


How often have you wondered why there isn't more in the Temecula Valley for young single adults? Proportionally, young people predominate our community. But opportunities for those single adults who are looking for opportunities to meet others your age, share faith, and just enjoy friends with similar interests are another thing. Temecula United Methodist Church (TUMC) wants to change that Now!

TUMC is initiating a program that will be meaningful to those who are in the area year round as well as plan special events during holidays and summer breaks. This way everyone will be part of a friendly group of people in which to feel welcome.

TUMC's first meeting of our Single Young Adult Ministries will be held **Sunday, September 13th at 7:00 p.m. in Room 1 at TUMC.** We invite you and your friends between the ages of 18 – 35 to come and become a part of the best Single Young Adult program for the Temecula Valley.

The leaders for this ministry are Pastor Randy, Bill Steele, Lay Leader and Nancy Hammett.



Family Service-First Sundays

During the first Sunday of each month, we will be offering a Family Service during first service.

Children attend the entire service with their parents. Family songs and a Children's Sermon will be offered. Parents may choose to allow their children to take part in communion.

The Family Lounge is available for those with restless children.

Play dates in the park

-- EVERYONE WELCOME --

When: Every Tuesday from 9:00 – 11:00 a.m.

Where: Ronald Reagan Sports Park playground

Thank you Cris Argenbright

Cris has resigned as a co-director of Children's Ministries.

We would like to thank her for all her hard work. Please look in next months messenger as we pay a special tribute to Cris and the momentous work that she performed in Children's Ministries.

Wednesday Family Nights

Please note ... no Kids Activities Sept. 2nd

EVERY WEDNESDAY

5:30-7:00 p.m.

MONKS will serve food for a donation
Hot Dogs / Hamburgers

6:15 p.m.

Pastor Randy's Bible Study

6:15 p.m.

Kids Activities

Childcare available 6:00-8:00 p.m.

SPECIAL WEDNESDAYS

September 23-November 5
Special Class - Strengthening your relationship

Led by Dr. Susan Ropacki

August 26

BACK TO SCHOOL CELEBRATION

MONKS will serve food for a donation
Hot Dogs / Hamburgers

Special Family Activities

Pastor Randy's Bible Study

October 28

SAFE TRICK-OR-TREATING

The kids will enjoy trick-or-treating safely up and down the church hallway.

-- Please...save the date! --

Let's make this Halloween as special for our kids as we did last year. We need everyone to participate. Hand-out candy dress up or work in the activity rooms.

December 6

ALL CHURCH CHRISTMAS PARTY

Once again we will enjoy an all church Christmas Party on Wednesday, Dec. 2nd. Don't miss the fun, fellowship and the chance to see Santa.

**From the Desk of the
Lay Leader, Bill Steele
Temecula United Methodist Church
September 2009**

When you first think about our church, Temecula United Methodist Church (TUMC), what is the first and most important strength that comes to mind? Our Members and second, our Faith! Yes we are a Church made up of Christian Believers with a strong faith in Christ and our responsibility to Serve Him and the World Community. However, I am always reminded that; "we sure do need to have more people coming to our Church and participating in our Ministries." I absolutely agree.

Now, what do you think would happen if all of our Strong and Caring Members were to actively invite others to share our Faith Journey here at TUMC? In the March/April edition of the United Methodist Interpreter, Paul Nixon wrote a very interesting article about "Looking for Paul's Churches." The article is about the first-century church planted by Paul as the first Christian Congregations. They served as the foundations of the Christian movement that spread across and around the world and eventually to the founding of TUMC.

As of today, all of Paul's churches are now gone, closed and long dead. During Paul Nixon's travels in the Aegean coasts of Turkey and Greece, he found a few ruins of old sanctuaries and little more. In some places, he mentioned that Christianity limped on in a Byzantine sort of way. In others, the neighborhood changed so radically that Paul's church, and even Christianity itself are now a distant memory. The vibrancy of the New Testament faith was nowhere to be found. Mr. Nixon goes on to say that the vast majority of the people in each community knew nothing of a personal relationship to Jesus Christ. The experience taught him that no church could last forever.



This means that we have to plant new and rebuild churches again and again! Jesus gave us the beautiful image using the whole farming metaphor – including both planting and harvest – and it should be no surprise to us that we have to plant again, and again, if we wish to keep harvesting people for Christ! Neighborhoods change, cultures change, and people change. No congregation can keep up with such change forever without changing and planting new churches and rebuilding old ones. John Wesley did not set out to be a church planner. Mr. Nixon did not think Paul did either. However, both apostles worked to bring spiritual renewal into established faith communities.

So what does this mean? It is not about church institutional survival. It is about the Great Commission. It is about sharing Christ with each other and the next generation. Everyone is hungry to change the world, but they will soon burn out bitterly disappointed if they do not learn how to partner with God in their quest. You have chosen TUMC to be where you change the World. Mr. Nixon closes out his article with the following:

"When the tour bus comes through your town 100 years from now, right past your church, are you content for that place to be a quaint museum, such as I found in Greece and Turkey? Or do you want to leave your town a thriving United Methodist faith movement? Show me a community anywhere in America, where we fail to plant at least one new United Methodist faith community between now and then and I will show you a place where United Methodism no longer exists in 2109."

What will our future be? It depends on all of us who love Christ, TUMC and our desire to make this a better place through Christ for all! **Invite someone to come with you to our Church, Your Church and Christ's Church! AMEN!**

September 2009						
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			

Dates to Remember

- 9/1 9:00 a.m. Moms' Picnic Play w/kids
9:30 a.m. Ladies' Bible Study
- 9/2 10:00 a.m. Scripture Study w/Pastor
12:00 p.m. Out to Lunch Bunch
6:15 p.m. Pastor's Bible Study
6:30 p.m. Trustee Meetings
7:15 p.m. Chancel Choir rehearsal
- 9/3 10:00 a.m. Yoga w/Deb Potts
- 9/6 9:00 a.m. Adult Bible w/Joe Hughes
9:00 a.m. Tagalog Bible Study
2:00 p.m. Korean Worship
5:00 p.m. Jr. UMYF
6:00 p.m. Sr. UMYF
- 9/7 Labor Day—Church Offices closed
- 9/8 9:00 a.m. Moms' Picnic Play w/kids
9:30 a.m. Ladies' Bible Study
6:30 p.m. MONKS Planning Meeting
- 9/9 10:00 a.m. Scripture Study w/Pastor
5:30 p.m. Wednesday Family Night
MONKS serve hamburgers
6:15 p.m. Pastor's Bible Study
7:15 p.m. Chancel Choir rehearsal
- 9/10 10:00 a.m. Yoga class w/Deb Potts
- 9/12 8:00 a.m. MONKS Monthly Meeting
- 9/13 9:00 a.m. Adult Bible Study
9:00 a.m. Tagalog Bible Study
2:00 p.m. Korean Worship
5:00 p.m. Jr. UMYF
6:00 p.m. Sr. UMYF
- 9/15 9:00 a.m. Moms' Play w/kids
9:30 a.m. Ladies' Bible Study
6:00 p.m. Finance Committee
- 9/16 10:00 a.m. Scripture Study w/Pastor
5:30 p.m. Wednesday Family Night
MONKS serve hamburgers
6:15 p.m. Pastor's Bible Study
7:15 p.m. Chancel Choir rehearsal
- 9/17 7:00 p.m. Men's Bible Study

- 9/20 9:00 a.m. Adult Bible w/Joe Hughes
9:00 a.m. Tagalog Bible Study
2:00 p.m. Korean Language Worship
5:00 p.m. Jr. UMYF
6:00 p.m. Sr. UMYF
- 9/22 9:00 a.m. Moms' Picnic Play w/kids
9:30 a.m. Ladies' Bible Study
6:30 p.m. Church Council
- 9/23 10:00 a.m. Scripture Study w/Pastor
5:30 p.m. Wednesday Family Night
MONKS serve hamburgers
6:15 p.m. Pastor's Bible Study
7:15 p.m. Chancel Choir rehearsal
- 9/24 10:00 a.m. Yoga w/Deb Potts
1:00 p.m. UMW Executive Board
7:00 p.m. Men's Bible Study
- 9/26 8:30 a.m. UMW Host Riverside District
- 9/27 9:00 a.m. Adult Bible w/Joe Hughes
9:00 a.m. Tagalog Bible Study
2:00 p.m. Korean Worship
5:00 p.m. Jr. UMYF
6:00 p.m. Sr. UMYF
- 9/29 9:00 a.m. Moms' Picnic Play w/kids
9:30 a.m. Ladies' Bible Study
- 9/30 10:00 a.m. Scripture Study w/Pastor
5:30 p.m. Wednesday Family Night
MONKS serve hamburgers
6:15 p.m. Pastor's Bible Study
7:15 p.m. Chancel Choir rehearsal





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	<u>Sept. 6</u>	<u>Sept. 13</u>	<u>Sept. 20</u>	<u>Sept. 27</u>	
USHERS 9:00 a.m.	Mark Cunningham Bret Argenbright Milton Takeguchi Ethel Takeguchi	Monks	Youth	Oscar Loud Thelma Loud Pat Hill Sam Hill	
USHERS 10:30 a.m.	Janet Galbraith Richard Sharpe Dan Gutierrez Boni Gulla	Monks	Youth	Dan Little Joyce Little Dick Mohammed Bea Waite	
LITURGISTS 9:00 a.m.	Mac McIntosh	Monks	Youth	Deb Potts	
10:30 a.m.	Doris Elder	Monks	Youth	Joyce Little	
GREETERS 9:00 a.m.	Lovely Villanueva	Monks	Youth	Maxine Heiller	
10:30 a.m.	Stella Mohammed	Monks	Youth	Janice Fallman	
SOUND TECH 9:00 a.m.	Mark McCullough	Brian Severns	Youth	Mark McCullough	
10:30 a.m.	Vicki Cloutier	Ken Boyle	Youth	Frank Benson	

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

Emily C Cavazos, Realtor
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THE MESSENGER

Editor: Mary Kottman
 September 1, 2009

See you in church!



September

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