



Valley Messenger

A publication of San Ramon Valley United Methodist Church. Open Hearts. Open Minds. Open Doors.

MARCH 2017

A Parsonal Point of View ~

Fasting and Methodism

Dear Friends,

It is hard to believe that we are already entering the season of Lent together! Being a student of Lutheran and Catholic schools as a child, I always saw my peers taking Lent very seriously and doing things that were foreign to me like abstaining from meat on Fridays. So, for those who are unsure about our United Methodist practices during lent, I wanted to share an excerpt from our [denominational website on Lenten fasting](#) with you:

Fasting has been a part of Methodism from its early beginnings. John Wesley considered fasting an important part of a Christian's life and he fasted weekly. To Wesley, fasting was an important way to express sorrow for sin and penitence for overindulgence in eating and drinking. He believed it allowed more time for prayer and was more meaningful if combined with giving to the poor. Wesley did advise caution against extreme fasting and against fasting for those in fragile health.

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Next Issue: April 2017

Have something you'd like included in next month's Messenger? Please submit your articles to: Lisa Jancarik

Although fasting usually refers to any practice of restricting food, there is a distinction between fasting (limiting consumption of food and drink) and abstinence (abstaining from eating meat.) Abstinence from meat one day a week is a universal act of penitence practiced by many denominations.

Lent is a very personal time of self-reflection, so The United Methodist Church does not have official guidelines on how individuals should observe Lent. Some choose to give up a certain food, however a spirit of fasting can include restriction of activities such as television watching, shopping or social networking. Some choose to give away clothing or possessions, give time by volunteering or increase time spent in prayer. We fast to reorient ourselves away from the distraction of those things and back toward God.

No matter how you choose to fast during Lent, I would also like to suggest that you take something on. Specifically, joining Ron and me in reading our small group common Lenten book: ***Gifts of the Dark Wood* by Eric Elmes.** The book can be purchased on Amazon.com and other online book retailers. It is a fairly quick read and will help give you background to some of the things we will be reflecting in our sermon series during this season.

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We are also encouraging people to join one of our small group studies so you can reflect on the sermons/book with others. If you are interested in joining one of our groups please do not hesitate to contact myself or Kathleen Saghafi and we can help you find a group meeting that works for your schedule.

I look forward to journeying with you during this season as we focus on simple living, prayer and fasting in order to grow closer to God.

Blessings,

Luke

ARC Marketing Update from Liz Bayat

We are so excited to see the progress of the ARC building. Soon we will be filling our athletic and recreation center with many sports and activities, thanks to the efforts of Jim Burk. I'd like to share our ARC vision statement, a statement that helps to differentiate our recreation facility from others, as a place that invites and inspires the church and community to join us for nourishment of body, mind and spirit.

ARC Vision Statement: To create and cultivate a community that provides a recreational connection for the people of our church and community. This connection, rooted in the experience of sports and exercise, invites each of us to explore a deeper commitment to our values and principles while enabling a healthy lifestyle and strong character. The ARC building will be a place where all can participate in recreational and fitness opportunities that enrich mind, body, and spirit.

If you have questions about ARC marketing efforts, then please contact **Liz Bayat** at lbayat@aol.com. If you have questions about operations or sports and fitness offerings, then please contact **Jim Burk** at jimanneburk@sbcglobal.net.

SRVUMC Men's Group Fall Retreat Quail Run Ranch October 13 to 15

SRVUMC MEN'S Group is looking for a few more good men to join the regulars at their annual Fall retreat. If you like great fellowship, wonderful camp food and opportunities for fishing, hiking, photography, campfire presentations, and camping out under the glorious stars of northeastern California, then please request details from **Horace Crawford, 925-324-8040**, or hcrawpcraw@gmail.com.

Dates for the 2017 retreat are **Thursday, October 12 (early bird arrivals)** with the official retreat beginning at **4 P.M. Friday, October 13 and concluding by 1 P.M. on Sunday, October 15. The fee is Early Birds - \$65.00; Friday Arrivals - \$60.00.**

This retreat has been held annually for over 20 years and typically involves around 20 to 25 outdoor- and nature-loving men. It is held at Horace and Peggy Crawford's Quail Run Ranch near Mt. Lassen.

Upcoming Mission Opportunities

LOCAL

Food Bank of Contra Costa County—three more opportunities to volunteer at this exceptional local organization are planned for 2017:

- April 1
- July 1
- September 23



Please contact **Lee Rust** at chijocol@aol.com or (925) 820-9047 for more information.

WORLD

Baton Rouge Flood Recovery Mission Trip—April 1 through 8 to assist with rebuilding. We will be flying into New Orleans and driving to Baton Rouge. We will stay at a United Methodist Church, which has sleeping rooms, a kitchen, gathering areas and showers. The cost of the trip: \$200, plus airfare. Contact **Paul Kuelz** at paulkuelz@sbcglobal.net or **831-3128** for more info or to register. Registrations are due by **Sunday, March 5**.

Mission Volunteers & Communion Giving

Special Offerings

January Volunteers

- **14 Coffee Hour Volunteers.**
- **20 Sodbusters**
- **20 Volunteers for "Food For Thought"**
- **4 Volunteers at The Souper Center**
- **18 Sunshine Singers at the Sunrise Retirement Center**
- **19 Volunteers packed boxes at the Food Bank**
- **5 Volunteers for the Guatemala Wheelchair Mission**

Month	Entity	Amt
Jan	Haiti	\$2,625
Feb	Limb Restoration	0
Mar	One Great Hour of Sharing	0
Easter	Rise Against Hunger	0
	Habitat for Humanity	0
	Interfaith Council	0
	Richmond Interfaith	0
	1 st Methodist Church - Salinas	0
April	Trinity Center	0
May	Local Youth Mission	0
Jun		0
Jul		0
Aug		0
Sep		0
Oct		0
Nov		0
Dec	UMCOR World Aids Day	0
	Youth Homes	0
	BAAVFS	0
Christmas	Winter Nights	0
	Global Missions	0
	UMCOR	0
	Other	0
Totals		2,625

Upcoming Mission Opportunities

Habitat for Humanity

Build the Dream Fundraising Brunch

Saturday, April 1, 2017

Each year, the Build the Dream fundraising brunch energizes and engages Habitat supporters. Please join me and supporters from Asbury UMC in Livermore and Lynnewood UMC in Pleasanton, to learn more about Habitat's mission, the journeys of the partner families and Habitat's vision for the future.

The brunch will be held at the **Lafayette Veterans Memorial Center**.

10 a.m. — Mimosa Reception & Brunch

10:30-11:30 — am Program

Please contact **Paul Kuelz** at (925)831-3128 or paulkuelz@sbcglobal.net for more information and to be placed on the guest list.



Mission Memories...

Food Bank of Contra Costa & Solano

On Saturday, January 21 nineteen capable souls from SRVUMC arrived at the Food Bank of Contra Costa and Solano in Concord ready and willing to work. Some were veterans of past efforts and some were there for the first time. Among our workers, we were fortunate to have three youth and two college students. All put in a good two hours of work preparing the actual shipping boxes, checking expiration dates of donated food, categorizing that food and boxing it, weighing the boxes, and preparing them for shipment. Our efforts resulted in processing 129 boxes and 3,863 pounds of food.

These boxes of food are shipped to over 180 various agencies such as soup kitchens, emergency food pantries, senior centers, school pantries, school programs, etc. In turn, these agencies provide food to the 1 in 8 residents in our counties who rely on the Food Bank. The people these agencies serve do not have adequate money to purchase food which is one of our most basic needs. By helping to supply these various agencies through the Food Bank, we are providing support to those in need which we would have no other natural way of reaching. Last year the Food Bank of CC&S distributed 20 million pounds of food, more than half which was fresh produce.

Our next scheduled date for volunteering at the Food Bank is **Saturday, April 1 from 11:30 a.m. to 1:30 p.m.** If you would like to join us, let **Lee Rust** know by contacting her at chijocol@aol.com or (925) 820-9047. As the space we work in is rather small, we have a limited number of spaces available on each team. Reserve your space soon to join this worthwhile and enjoyable volunteer effort.



Thank You Winter Nights Volunteers and Contributors for Spreading the Love!



Crafts done by grateful kids who were Winter Nights guests this year.

a tasty baked good and cookies for lunches.

Our guests genuinely appreciated our support and hospitality. The guests and the Winter Nights organization give “A BIG Thank You!” to everyone for all your support. The Winter Nights program would not exist without your generosity.

People helping people...is what's it all about! Again our church hosted the Winter Nights guests in Wesley Center, as has been our custom for several years. From January 30 to February 13, we supported nine families (27 people) in need of shelter. Over 150 people from **San Ramon Valley United Methodist Church, St. Isadore's Church, and Danville Congregational Church** volunteered their time and gave gifts of materials and funds. Many volunteers were on-site multiple times, as they enjoyed the experience and found it to be a rewarding opportunity.

How about this laundry list to illustrate our “full service” process of sharing love and care for others? We handled laundry, purchased food and supplies, prepared three meals daily, served food, loaded trucks, chaperoned overnight, read books, supervised the game room, tutored students, provided crafts, played games, and helped our guests feel welcome. Many congregation folks donated gift cards, towels, personal hygiene items, sanitary wipes, sheets, flashlights, batteries, car seats, clothing, games and more.

SRVUMC is one of the 37 churches and temples hosting the Winter Nights program this year within our general area. Besides the three churches, we also had several community groups who came to assist. **The Old Towne Danville Bakery** donated baked goods, that allowed each morning with



Special thanks to George Clarke for supplying the photos of these great Winter Nights volunteers in action!

Changing Lives in Guatemala



Imagine, if you will, never having walked due to a birth deformity; losing a leg to diabetes or other health challenge; or being disabled in a tragic accident...and suddenly the gift of mobility comes into your life. That was the blessing we offered to many during our wheelchair mission to Guatemala in January 2017.

Through the generous donations of the **Asbury, Lynnewood and the San Ramon Valley United Methodist churches**, a team from those churches traveled to Guatemala to distribute 100 wheelchairs in partnership with the Wheelchair Foundation and the Rotary Club of Guatemala City.

This was a remarkable opportunity to engage with families that had no means to purchase a wheelchair. They carried, carted or hobble-walked a family member everywhere. Our recipients included disabled and mobility challenged children, adults and seniors.

Our first delivery was to Virgen Del Socorro in Antigua. This long-term care facility, run by the Franciscan Order of the Catholic Church, is for children and adults with permanent disabilities, who will never go home. Many of these are children and young adults who suffer from Cerebral Paralysis. Their care is provided free of charge.

While in Antigua, we also visited the Hospital of Santo Hermano Pedro, a charity hospital that turns no one away, and only charges what a person can afford. This Franciscan hospital provides medical services by local staff and travelling physicians from around the world. We were blessed to meet a doctor from the U.S., who was there for two weeks performing orthopedic surgeries. We were particularly touched by how children with cleft palates, club feet and other congenital deformities received help and hope.

Our second donation was to a senior community, Hogar Margarita Cruz Ruiz, in Guatemala City. Established by three sisters, this home, a lovely converted hacienda, provides compassionate care to elderly women who have no place else to go. It was amazing to see mobility limited women slip into their new wheelchair for the first time. Previously, the staff would physically carry these patients to meals, chapel and open space. Our hearts leapt with joy as we experienced this moment. It is a level of dignity they so deserve.



Our largest distribution was at an event in Guatemala City sponsored by the Rotary Club. It was overwhelming to walk into an outdoor pavilion filled with anxious families selected to receive a wheelchair. One by one, each family was called to the front to accept the wheelchair. One by one, we collectively celebrated the grateful, beaming recipient and their family. It was one of the most heartwarming moments you can imagine and one of the most humbling.

We delivered what seemed like an endless stream of wheelchairs. To see a very young boy experience mobility for the first time in his life, brought tears to our eyes. This little boy had only known life as his loving and patient mother carried him, on her back. Adults who had lost a leg, or seniors who could no longer walk on their own, were simply grateful beyond words. As our host, Alejandro, said, "You changed many lives today." My goodness, we did, with great love, in the name of Jesus Christ. Amen.

Thank you for your donations, prayers and the privilege to be your representative to the people of Guatemala.

— Steve Elliott, Bob Hoffman, Larry Suter, Nancy Benvenuto, Paul and Anne Kuelz, Skip and Liz George, Doug and Mary Ellen Huey.

March Communion Offering



SHARING RESOURCES CHANGING LIVES www.onegreatehourofsharing.org

This month we join with the larger United Methodist Church in One Great Hour of Sharing, which most UMC congregations will celebrate on March 26, 2017.

The History of One Great Hour of Sharing

In the post-World War II years, Protestant churches throughout the United States made efforts for relief and

reconstruction. To that end, Episcopal Bishop Henry Knox Sherrill made a nationwide radio appeal in 1946 for Episcopalians to raise “one million dollars in one hour.” The effort was tremendously successful, and by 1949, an ad hoc committee of leaders from several denominations looked to unite the greater Church in humanitarian fundraising on this scale. In 1950, the title “One Great Hour of Sharing” was used for the first time with a stated goal of making the love of Christ real to people around the world suffering from disaster, conflict or similar hardship.

According to the [One Great Hour of Sharing website](http://OneGreatHourofSharing.org), this ecumenical effort draws together Christians from a range of denominations, including not only the United Methodists and Episcopalians, but also the Presbyterian Church (USA) and American Baptist Churches, among many others. This website reports that annual giving since the 1990s has exceeded \$20 million collectively.

One Great Hour of Sharing and UMCOR

One Great Hour of Sharing has special significance for [United Methodist Committee on Relief \(UMCOR\)](http://UnitedMethodistCommitteeonRelief.org), which this month’s communion collection will support. This gift largely covers organizational costs for UMCOR, meaning then that UMCOR can promise 100% of collected donations for a specific ministry, like disaster relief, can go directly to the cause for which those moneys were designated. According to www.umcsgiving.org, United Methodists everywhere gave UMCOR \$2.8 million in the 2015 One Great Hour of Sharing offering.

UMCOR provides humanitarian relief and disaster response domestically and abroad. Although not geared for “first response,” UMCOR settles in for the long haul with communities to help with their long-term recovery with efforts in water and sanitation, hygiene and nutrition, sustainable agriculture and food security.



GIVE TO
ONE GREAT
HOUR OF
SHARING.



Lenten Giving Program

During this year's Lenten period (**March 1 to April 16**) we will be focusing on the **Thomas Food Project**, and in particular the solar oven program.

How Do Solar Ovens Work?

Solar ovens require hours of sunshine, although they can function with some cloud cover or haze. The shiny surfaces reflect sunlight onto the food being prepared. This solar oven shown can cook large quantities of food at a time. The oven can reach temperatures of 500°F, allowing boiling, baking or steaming of meals. The oven itself requires relatively little maintenance and pivots to follow the sun. To view a demonstration of these ovens, please go to <http://www.sunoven.com/around-the-world/sunovens/villagers-sun-ovens/>



SRVUMC member Warren McGuffin poses with a solar oven of the kind this year's Lenten Giving Program is planned to sponsor.

Presently, the Thomas Food Project serves 10,000 meals per month at two of its partner schools. To reach a goal of 30,000 meals served monthly, the Thomas Food Project seeks to purchase a solar oven, like the ones shown in the photos. Each oven costs \$15,000 for the equipment and its installation. To help with the ambitious goal of tripling hot lunches served, Thomas Food Project has secured a matching grant, effectively doubling the purchasing power of our donations. Ovens of this kind are a proven technology in Haiti. This cost-effective and ecologically responsible means to feed large numbers of people has been in use by other NGOs ("non-government organizations") at work in Haiti for some years. According to sunoven.com, the manufacturer of the oven, less than 3% of Haiti remains forested, making wood and charcoal impractical as well as environmentally unsound energy options.

This year's goal is to reach \$7,500 in giving. This collection, with the matching gift, will allow the Thomas Food Project to purchase an additional solar oven. When making your donation, please designate "Lenten Program" or "Solar

Oven" on your envelope or check. If you have any questions, please contact **Paul Kuelz at (925)831-3128** or at paulkuelz@sbcglobal.net. Thank you and blessings to all.



Charliene Tallett (left) donated a colorful handmade quilt with an intricate design to our church in February. Tallett has made several quilts: this one is one of seventeen! Also pictured, Kathleen Saghafi (right) helps show off Tallett's creation.

Kindness Matters Corner



To all readers: One does not have to be exceptionally observant to listen, watch, and wonder at the one-on-one kindnesses that surround us. No fanfare. No spotlight. Just open hearts and compassion for others. Here is another quiet kindness observed in our Tri-Valley this month.

One Unselfish Act = 4 Smiling and Grateful Souls. Our church member, Anthony, was finishing a ceramic project at a Dublin do-it-yourself craft store. As Anthony neared completion of his birthday gift for his daughter, he noticed an older man at a nearby table, working on a Sudoku puzzle rather than a ceramic object. Anthony discovered the man was the grandfather of one of the employees. He was killing time until the end of her shift. The grandfather proceeded to surprise Anthony and all others who observed

this unusual act of kindness. Anthony expected he and the recipients would remember this moment for years. It happened like this:

A family of four entered the store, a mother and three children, all boys, maybe 7 to 10 years old. Each child was intent on creating a ceramic object for their dad's birthday. Familiar with the routine, the three boys went to the shelf containing the molds of many objects and each boy attempted to select one. "Attempted," because for each object removed from the shelf, mom's response was, "No, not that. Too expensive; pick another." In unison, the children replied, "C'mon, mom. It's the one dad would like." Eventually each child selected an item that suited mom's wallet. Just as the children were seated at their table to begin work, grandfather, who had been observing the family, stepped over to their table, holding something in his hand.

He greeted the children and spoke quietly to the mom. "Miss, I don't mean to intrude or interfere with you and your children. But I noticed they are so polite and considerate, and they each have an idea for the best gift for their dad." As he placed in her hand what he held, he said, "Please, let me give this to you to cover the cost of their original selections."

The mom was speechless, full of smiles and happiness, as she accepted the gift. The children understood what was happening, and they joined their mother in thanking this generous man.

Granddaughter's shift was over soon, and she and grandfather left the store, smiling at each of the family as the family returned their smiles and continued to thank him. As he continued painting, Anthony kept shaking his head in wonder at the kindness of this stranger.

Love Is Every Kindness. I hear the same remark as I listen to the stories of kindnesses. It goes something like this: "While I am (cooking, driving, writing, etc.), I am thinking of the person who will receive. I think of our times together, the times we've shared a laugh, the times when we have cared for one another, our common interests." It's so easy to be kind! Isn't that what we are, what we are meant to be, as we use our God-given gifts?

Ahmad Zai Family Update from Lynn Bayat

I am pleased to report that our refugee family successfully moved into a home in Antioch on Monday! We got the basics of the house set up with more furniture and other household goods arriving Tuesday and Wednesday. We started getting all the utilities switched over and that continues today and tomorrow as well. They are very, very happy to be there. The house is on a cul-de-sac and backs up to an open space above them. They live near their US sponsor and other Afghan families, and the kids will go the same school as their friend's children. Looks like a good start.

Many things are still happening. DMV driver's test, children have dental and immunization appointments and need to get enrolled in school soon. We still need to work on setting up their near-term financial support mechanics. We have a car donation in the works. Job search and other related activities will be continuing, but my view is that for a family who has been in the U.S. only a few weeks, things are going pretty well. The support from this task force and other churches has been remarkable. It takes a village! Please contact me if you have questions at lbayat@aol.com.



United Methodist Women Again Sponsor the Annual SRVUMC Rummage Sale

SAVE: Gather up your gently used items that you no longer want or need.

BRING: Your donations to the Wesley Center **Tuesday, March 21** between 1:00 and 7:00 p.m. or **Wednesday, March 22** between 9:00 a.m. and 7:00 p.m.

VOLUNTEER: Sign up to work a shift (type of your choice) on any of the times mentioned here. Sign-ups after church or online to clk-clk@comcast.net. You can:

- Unload from the parking lot to the center on Tuesday and Wednesday (carrying carts needed also)
- Unpack items and sort them to the proper sales area on Tuesday and Wednesday
- Work the sale (cashiers, security, packers, greeters, general help)

BUY: Shop for treasures **Friday, March 24** from 9:00 a.m. to 8:00 p.m. or **Saturday, March 25** from 9:00 a.m. to 2:00 p.m.

Shifts can be arranged to suit your schedule. Just let us know what times you would be available to help. Questions? Email listed above or phone **Carole Lynne Keller (925-254-5949)**.

Last year we had 80 volunteers from SRVUMC including men, women and youth!

ONWARD AND UPWARD, BIGGER AND BETTER for 2017!!!

We are asking for donations for the Easter Egg Hunt!

Please bring wrapped candy or small toys to the church office. A few plastic eggs are welcome, but candy is the particular need.



Bagel Street Café – Our Tasty Benefactor!

Since 2014, Bagel Street Café at the Livery in Danville has been baking fresh bagels for our congregation to enjoy after worship. It is a gift they give us every week throughout the year and one that a great many of us appreciate a lot!

We just wanted to make sure you knew how the delicious bagels and bread made their way to our fellowship table!

Thank you Bagel Street Café!



Joyce Kayser Honored January 20 at Interfaith Dinner



SRVUMC supporters and friends gathered to celebrate Joyce's work with the Friends of Wadi Foquin (a village in Palestine) at a dinner held at Lake Merritt UMC in Oakland. Pastor Ron Dunn gave an introduction and provided background for Joyce's contributions. Congratulations, Joyce, and thank you for your efforts.

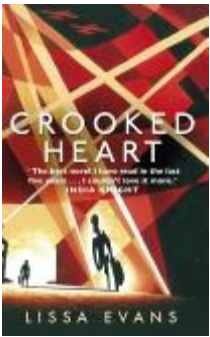


Between the Bookends

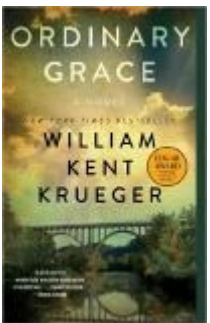


By Sally Christopherson, Librarian

The Book Cart is fully stocked and waiting for you every Sunday in the Wesley Center coffee room. Check it out—every book on it is hand-chosen and guaranteed to make you think!

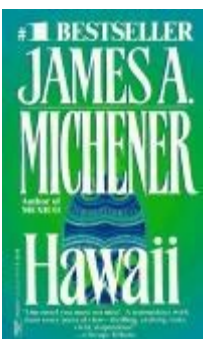


Evans, Lissa. *Crooked Heart*. The Blitz is on in London, and children are being evacuated to safer places. It means that ten-year-old Noel is shipped to St. Albans where he has the misfortune of ending up in the care of Vera Sedge. Vera is no prize—she's usually on the wrong side of the law as she tries to eke out a miserable living, and she's a nervous wreck as a result. But Noel has issues as well. He's mourning the loss of his free-spirited godmother, he has a huge vocabulary peppered with Latin phrases, and when he sees what Vera is up to, he's on board. This odd couple will win your heart, and you'll never get a clearer picture of London during WWII.



Krueger, William Kent. *Ordinary Grace*. Some books just seem to stay with you, and this is one of them. Frank Drum is now a middle-aged man, and he is remembering the summer of 1961 when he was a boy of 13 in small-town Minnesota. Do you remember ice cream sodas at a drugstore lunch counter? Ten cent comic books? You'll feel right at home with Frank's memories. But it was a summer of learning

that terrible things happen—but so do wonderful and redeeming things. That summer was shaped by tragedy, love, redemption and grace. I loved that this book has an epilogue, which tells what happened to all the characters after the end of the book.



Michener, James. *Hawaii; A Novel*. If you've visited Hawaii, or you dream of going to Hawaii, or even if Hawaii is not in your future travel plans and you love a good story, go no further. James Michener has become known for his carefully researched, one-word titles of fascinating places around the world (e.g. *Poland*, *Texas*, *Caribbean*), and this is one of the best. Hawaii is a melting pot that has produced both a native queen and an American president. Many thanks to

Lee Russ.



Young, William Paul. *The Shack; Where Tragedy Confronts Eternity*. This novel appeared about ten years ago and caused a small sensation. It relates the story of Mack Phillips, who has tragically lost a child to unspeakable violence. Four years later, he receives a cryptic note inviting him back to the shack where evidence had been found that his little girl was murdered. Tearing up the note, he's sure it's a cruel prank. Yet after much agonizing, and consumed by anger and grief, he goes. What he finds there changes his life and begins to answer the question everyone has asked, "Why does a good God allow such pain and agony to happen?" A movie has been made based on this thought-provoking novel; it will open in theaters the first week in March.

THE IRISH COUNTRY DOCTOR BOOKS:

This series has become so popular that they are all placed on the Book Cart, in order, as soon as they are returned. We now own eleven of them, and the number is included as part of the call number on the spine, if you prefer to read them in order. Everyone seems to love these charming books; ***please read them in a timely manner and return them ASAP; you can be sure someone is eagerly waiting for the next one!***

Man's mind, once stretched by a new idea, never regains its original dimensions.

—Oliver Wendell Holmes, 1809-1894

55+

March Happenings for the 55+ crowd!

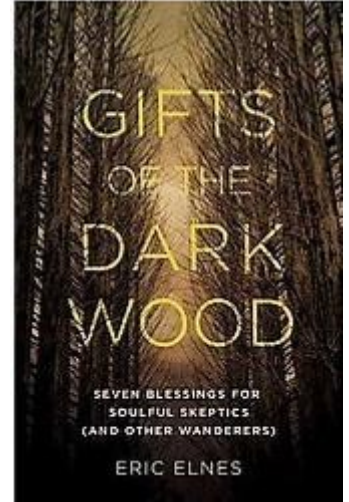
55+ P&P Pot Luck & Presentation; Speaker: Jo Ann Hirsch; Tuesday, March 7 at Noon; Wesley Center

Our very own Jo Ann Hirsch will speak on her life of swimming and recent induction into the Athletic Hall of Fame at her al ma mater, Occidental College, in Los Angeles. Please bring a dish to share, or stop at the deli or bakery on your way over!

55+ Faith Book Club will start after the pot luck luncheon. We will be reading the book *"Gifts of the Dark Wood"* by Eric Elnes. Pastor Ron Dunn will lead the book discussion. At this first meeting, we will just gather info and set timing, as Ron will still be in Haiti.

Lunch with Friends; Tuesday, March 28 at Noon; Wesley Center

Note date change to the 4th Tuesday of the month due to White Elephant Rummage Sale setting up during the 3rd week of March (start sorting and gathering for the Rummage sale!). Chef John Sanders will be preparing corned beef, boiled potatoes, carrots, cabbage, pineapple Jell-O salad and cherry pie with ice cream.

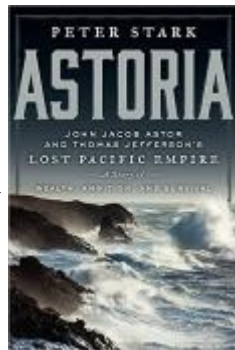


Afternoon Book Group

Monday, March 20, 1 p.m.

Rm. 202 Wesley Center

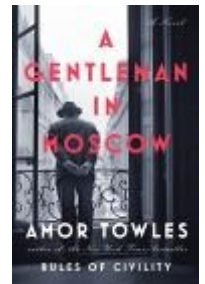
Astoria: Astor and Jefferson's Lost Pacific Empire, A Tale of Ambition and Survival on the Early American Frontier by Peter Stark
(Mary Jane and Karen leading)



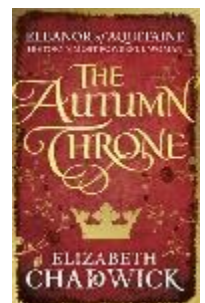
The Christ Care Book Group

Spring Meeting Dates

Wednesday, **March 22 at 10 a.m.** in the church library to review and discuss *A Gentleman in Moscow* by Amor Towles.



Wednesday **April 26 at 10 a.m.** in the church library to review and discuss *The Autumn Throne* by Elizabeth Chadwick.





Calendar: Save the Date!

MARCH 1 NO YOUTH GROUP.
You are encouraged to attend the Ash Wednesday Service.

March 30 — VBS registration opens

April 4-7—College Road Trip

April 9 — Easter Egg Hunt at Brunch

April 22—30-Hour Famine

July 10-13 — VBS

Youth Worship Series: Deal with It

So what's trending on Netflix this week? Maybe TV isn't your thing, but I'll bet you've got a time vortex. Maybe yours is a gaming system. You log on for just a few minutes and then, somehow it's midnight. Maybe you throw on headphones and just space out listening to Spotify, or maybe you stare at your phone and scroll without even really looking at what people post. We all have a favorite distraction—something we get lost in. And while there's nothing wrong with taking a break, you've probably also discovered that it's more tempting to reach for something fun when you're facing something that *isn't*. We all have a tendency to avoid something difficult by doing something easy. Or we escape something painful by running toward something that feels good. Or we hide something that hurts by pretending it isn't there. But maybe you've also noticed that none of these strategies really work. In fact, sometimes our favorite escapes can leave us feeling more stuck than before. In this series we'll look at three ways we're all tempted to skip out on the real life that God has for us. As we do, you may just find God's inviting you to stop avoiding it, escaping it, or hiding it and just...deal with it.

Weekly Programming

Middle School Youth Group (Grades 6 to 8) On Wednesday from 6 to 8 p.m.

High School Youth Group (Grades 9 to 12) On Sundays from 4 to 5:30 p.m.

High School Dinner Night Out (1st and 3rd Sundays) from 6:30 to 7:30 p.m.

See our weekly email newsletters for locations

Sunday School Topic:

Forgiveness

Week 1

Bottom Line: God forgives you.

Week 2

Bottom Line: Everyone needs to be forgiven, even me.

Week 3

Bottom Line: When you don't forgive, you miss out.

Week 4

Bottom Line: Since God forgave you, you should forgive others.

We are asking for donations for the Easter Egg Hunt!

Please bring wrapped candy or small toys to the church office. A few plastic eggs are welcome, but candy is the particular need.



Every Sunday

9 a.m. Traditional Worship

Sunday school meets

K to Grade 5: Lamm Hall

Grades 6 to 12: Room 202

10:30 a.m. Nontraditional Worship

Confirmation meets in room 201 until 11:45 a.m.

Childcare for all ages in children's building, downstairs, either service.

Contact Us!

Stephanie Ham

Children and Family Ministries
 (Children through Grade 5)

sham@srvumc.org

(925)837-5243 ext 106

Tawfick Fayed

Youth Director

tfayed@srvumc.org

(925)837-5243 ext.109

Music

These choirs are free and open to everyone to participate.

Cherub Choir (Preschool through Grade 1) and **Archangel Choir** (Grades 2 to 5)

Beth McClelland

Practice Wed from 3:15 to 4 p.m.

Performances the second and fourth Sundays of each month September through May

Youth Choir

Terri Hawk

Grades 6 to 12

Practice Sunday 10 to 11 a.m. in Conference Rm. Perform third Sunday of each month

Bros and Belles Choir

Winnie Stribling

Grades 6 to 12

Practice Wed from 5:15 to 6 p.m.

Among Ourselves

Health Concerns...

Skip George
Vilva Robinett
Jada Koonce
Lea Patteson
Elizabeth De Chene
Edith Liggett
Lyn Bristow

Our Christian Sympathy To...

The friends and family of **Gwen Bastin**, who died in February at age 98! Gwen was a member of SRVUMC since 1975.

Coreen Janes and family on the death of her father-in-law, Dennis Janes, on February 16th. A memorial service will be held in our sanctuary, date TBD.

Mary Nygreen and family on the death of her son, Byron, on January 28th.

Thank You...

Ted and Priscilla Wolfram thank the church for its support and prayers following the passing of Ted's father, **Ed Wolfram**. The sanctuary flowers that were dropped off were so meaningful and beautiful. The many cards and condolences were appreciated. We thank you for remembering Ed as the loyal and cheerful "back row" guy at the second service for the years he attended with us.

The two benches in the front of the sanctuary have new life. Thank you to **Boyd Hasik** for rebuilding them.

Continued Prayers For...

All those who continue to live with long-term illness, unemployment, life decisions, and sickness in their families: Bill Andrew; Lyn Bristow; Gene Brown; Lenore Cooper; Jeni Evans; John Evans; Brigitte Greene; Dick Greeno; Ann Hatfield; Dave & Lillian Holleman; Cary Johnson; Johnny Johnston; Daphne Kimbell; Jada Koonce; Alleen Landstrom; Edith Liggett; Margaret Matteson; Alex Maddux; Mary Ogden; Lea Patteson; Mike Robinett; Lillian Scherer; Ann Schroeder; Pat Shoner; Jean	Spencer; Carol Webb Samford; Joan Webb; Jeannine Woolery.
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Name Tags

Please contact Shannon Dever in the church office if you need a new name tag (\$7/ea.)

Contact Information Changes

Rick Dodge rickdodge8@gmail.com
Lynn Dodge lynndodge9@gmail.com

March Celebrations



Birthdays

1 Bart Jacobi	11 Carrie Doyle	Bill Van Bezey	
Joe Rousseu	Karen Sanson	John VanderWerf	
2 Stuart Kirby	13 Ellen Kocins	21 Al Dudas	Elizabeth Beck
Al Tiedemann	Beth Lewis	Maile Ogden	Jason Chang
3 Debra Carter	15 Betty Jo Bennett	22 Joan Arscott	28 Chris Chang
Stephanie Fenoglio	Brad Braden	Liz Field	Brad Judd
Joel Jung	Cathy Colman	23 Brad Kobsar	Sarah Koepp
Steve Roath	Lucy Hooper	Miles Robinson	29 Katie Hawk
4 Mike Scalzi	Gene Ives	Karen Scalzi	Lori Ratto
Ryan Shelp	Abby Lang	24 Susie Codd	Katie Riemer
Travis Turley	16 Susan Stevenson	Steve Ramos	30 Kristen Charbonneau
6 Ed Keller	Justin Walz	Viola Robison (99)	Corin Drake
7 Amber Marx	17 Ariel Bohleen	Chris Shiber	Sam Hoff
Cindy Rudow	Jack Gordon	Judy Slinger	Kevin Peters
Adam Webb	19 Jim Burk	25 Marcus Durrenberger	31 Michael Foster
8 Gentry Higgins	Chase Domergue	Catherine Godbey	Candice Newburn
Kathy MacLean	Nicky Jewett	Marianne Templeton	Brian Smith
John Sublett	Grady Milligan	26 Kyle Knapp	Greg Warwick
9 Terry Sherman	Lori Pavel	Carl Ogden	
Paige Steffy	20 Denise Greene	27 Dianne Anderson	

Wedding Anniversaries

1 Anne & Don Robertson	Susie & Peter Ruotsi	29 Ruth & John Nelson
5 Kirsten & Langley Choy	14 Jenny & Ron Ormiston (53rd)	Marilyn & Berry Scott (59th)
6 Amy & John Riedel	20 Dawn Boyd & Patrick Davis	31 Susan & Dale Stevenson (54th)
8 Cindy & Tony Leonard	22 JoAnne & Jess Erickson (60th)	
Andrea Bourgeois McWilliams & Dave McWilliams	Erin & Rich Lowther	
Nancy & William Mills	25 Sherry & Sanjiv More'	
Lori & John Pavel	26 Dianne & Roger Ehlers	