

## San Dieguito United Methodist Church

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**Mark Feldmeir**  
**Martha Wingfield**

MINISTERS

THE MISSION OF  
SAN DIEGUITO UNITED  
METHODIST CHURCH IS TO

MINISTER to the hopes and  
hurts of a troubled world,

NURTURE people in a  
community of grace, and

INVITE all persons to  
new life in Jesus Christ.

### Worship Services

9:00 & 10:45 am

Contemporary Service  
"Revive"

1st Sunday of the month at 5 pm



### Sunday School

Pre-K thru High School at 9:00

Pre-K thru 6th Grade at 10:45

### Upcoming Activities

#### SEPTEMBER 5th

Saturday | 9:00 am to 4:00 pm

**Chancel Choir Retreat**

MUSEUM OF MAKING MUSIC

#### SEPTEMBER 6th (13th & 20th)

Sunday | 9:30 am | Conference Room

#### Grief Group

5:00 pm | Sanctuary

"Revive" Worship Service

#### SEPTEMBER 7th

Monday | OFFICE CLOSED

**Labor Day Holiday**

10:30 am | Lounge

**Pinochle**

CONTINUED ON PAGE 2

# La Paloma

Volume IX      SEPTEMBER 2009      Issue 9

## Santo Niño Vacation Bible School

We made it to Santo Niño and back! Yes it was unbearably hot, yes there were a lot of unknowns, and adjustments. But it was well worth it.

Todd & Hilda Reilly, Robert Franks and his nine year-old son, Steven, myself and my six year-old daughter, Annabelle, were the "mission team". We were a motley crew, however so were Jesus' disciples. But we were the lucky ones. The people of Santo Niño are looking forward to our return. (Preferably in the cooler months!)

One of the goals of our Mission Commission this year is to become more hands-on. In doing so we are searching for more opportunities to participate in mission. Not to take God to a certain group of people, but to see other places where God might be.

The faces of the children that trusted us enough to share their mornings with us, glowed of God's love. Pastor Melo taking three days out of his life to run us around, and Pastors Alejandro and Felipe opening their churches to us was inspiring. But also the excitement of Annabelle and Steven sharing themselves with Pastor Melo's three sons and the other children.

Tuesday night we had the joy of sharing the evening with Santo Niño and the Mexicali UMC youth. We sang and played many great games.

As Annabelle so appropriately stated on our first day, "My heart is so excited!"



## Last chance to register for the **All Church Retreat**

*Nature and Nurture for our Faith Community* happening the weekend of

**September 18th to 20th** at Camp Cedar Glen in Julian

- Peaceful retreat from our hectic schedules
- Relaxed time with family
- Get to know Rev. Martha and make new friends from church
- Let the quiet of the forest bring you closer to God

Prices are \$230 for a family of four or more; \$92 for one adult; \$46 for a child.  
For more information contact JANI SEPANIK—760.438.8273 or [jani.sepanik@gmail.com](mailto:jani.sepanik@gmail.com).

## Upcoming Activities

CONTINUED FROM PAGE 1

### SEPTEMBER 13th

Sunday | 11:45 am | (Room TBA)

### Lunch with the Pastor

### SEPTEMBER 14th (& 28th)

Monday | 10:00 am | Room 6

### SDUMC Knitters

4:00 pm | Conference Room

### Book Group

### SEPTEMBER 18th

Friday | 7:00 pm | Lounge

### Bridge Group

### SEPTEMBER 18th to 20th

FRIDAY TO SUNDAY

### All Church Retreat

CAMP CEDAR GLEN—JULIAN

### SEPTEMBER 24th

Thursday | 10:30 am | Lounge

### Pinochle

### SEPTEMBER 27th

Sunday | 4:00 pm | Sanctuary  
ORGAN/MUSIC SERIES CONCERT

Delbert Disselhorst, organist

### —ONGOING—

SMALL GROUPS meet at various times throughout the month.

### SUNDAYS

10:45 am | Room 9/10

### Adult Sunday School

MONDAY thru FRIDAY

10:00 am | Room 9/10 (usually)

### SDUMC Tai Chi

### WEDNESDAYS

9:30 am | Lounge

### Mary Magdalene Circle

Bible Study

and 7:00 pm

Jay & Wanda Williams' Home

### Bible Study

TUESDAYS/THURSDAYS

6:30 am | Room 6

& SATURDAYS

8:00 am | Lounge

AA



MONDAY | SEPTEMBER 7th

Labor Day

Church Office Closed



## Pensamientos...

Dear Friends,

I trust that, by now, you have taken the opportunity to introduce yourself to Rev. Martha, our new minister on staff. I encourage you to continue to wear your name tags on Sunday mornings in an effort to help her get to know you better in the days ahead, and as a sign of hospitality to her and to all newcomers in our congregation. I remember what a challenge it was three years ago, when I arrived at this church, to remember several hundred names each week.

As Rev. Martha and I continue to develop our specific areas of focus and responsibility in this season of transition, I thought I would share with you our current plan for leadership assignments for the two of us. Those of you who chair, or serve on, a committee or ministry area may find it helpful to know which of us is most readily available to assist you in your ongoing work. Those committees marked with an \* indicate shared responsibility.

### REV. MARK

- Finance Committee
- Board of Trustees
- Staff/Parish Relations Committee (SPRC)
- Stewardship Committee\*
- Outreach and Welcome Committee\*
- Communications Committee
- Worship Commission
- Liturgical Design Committee
- Lay Leadership Committee\*
- Gifts and Endowment Committee
- Mixed Media Committee

### REV. MARTHA

- Missions Committee
- Church and Society Committee
- Youth Ministry Support Team
- Stewardship Committee\*
- Outreach and Welcome Committee\*
- Council on Children's Ministries
- C.A.R.E. Team
- Council on Adult Ministries
- Lay Leadership Committee\*
- Newcomer Committee
- Small Group Ministries

Rev. Martha brings a wealth of experience and wisdom to her ministry that will strengthen our congregation's outreach to the community at large, deepen our ministries of care and support within, and expand our small group and fellowship ministries. She will take an active role in worship design and leadership (including Revive), preaching, teaching, pastoral care/counseling, and leadership development. We are blessed to have Rev. Martha on our pastoral staff.

As we welcomed Rev. Martha at the beginning of July, we said farewell to our wonderful secretary, Kit Basler, who stepped down at the end of July for personal/family reasons. Kit's three + years on staff were positive and productive. We'll miss her professionalism and humor in the office, but look forward to seeing her and her family in worship each Sunday.

Upon Kit's departure, our SPRC worked quickly to fill the vacancy. On August 1st, after reviewing more than 300 applications, we hired Alma Rodriguez for a thirty hour/week secretarial position. Alma will work at the front desk between the hours of 8:30am and 3:00pm Monday to Friday. Be sure to personally welcome Alma to the staff the next time you visit the church office.

Your church staff is well-positioned to advance the mission of the church in the coming months. We appreciate your support during these transitions. It's good to be in ministry with so many gifted and faithful leaders.

Yours in Christ,

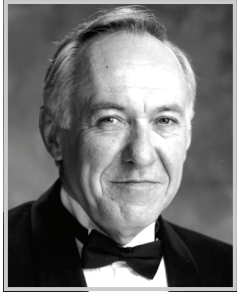
Rev. Mark



## SCHANTZ ORGAN AND MUSIC SERIES

★ September 27th at 4:00pm | SDUMC Sanctuary ★

*Delbert Disselhorst, organist*



The Schantz Organ and Music Concert Series presents Delbert Disselhorst, recently retired Professor of Organ at the University of Iowa, in an organ concert in the sanctuary of San Dieguito United Methodist Church on Sunday, September 27th at 4:00 p.m. Disselhorst will be playing on the church's 38-rank Schantz Pipe Organ.

As a concert artist, Disselhorst has performed in the United States, Canada and Europe. He has appeared as a recitalist for several regional conventions and for the National Convention of the American Guild of Organists in Houston, Texas in 1998. Tours of Europe have included recitals in

Denmark, Germany and France. He has been a featured artist for international festivals and concert series in the cathedrals of Trier and Limburg and the Munster in Freiburg, Germany.

Disselhorst's program will include music of Buxtehude, Bach, Mendelssohn, Walcha, Boëllmann and Billy Strayhorn. Admission is free and open to the public, and a free will offering will be taken.

## A FEW THOUGHTS ABOUT

### Gifts & Endowment

I serve on the Gifts and Endowment Committee, wherein we serve to educate our fellow congregants about naming the church as a beneficiary in our trusts and wills. When I was asked to write an article about my personal reasons for naming the church in my bequests, I was faced with an embarrassing dilemma. I had to own up to my colleagues that my husband and I had not named the church, because we had children and we felt compelled to provide all our assets for their care and education should we pass before they were adults. I was hesitant to admit this, but felt I needed to be understood, that I was not just a hypocrite serving on this committee, but that our children's well-being took precedence over other prospective beneficiaries. My fellow committee members were eager to understand and we began a candid conversation about what a bequest to the church really means. Someone suggested whether I might consider leaving something modest (perhaps \$1000). "Yes, this was something we could do," I ventured. Then, someone else wondered whether even a modest bequest to the church wasn't an important message to our children. "Yes," I thought. "This is just the kind of legacy I really want for my children: that the church is very important to their parents." More discussion followed and I thought about the widow's mite. We need to give. It doesn't need to be dramatic; but it needs to be something: the best you can do with what you have. I can do that and you can too!

AMY PETERS

## Music Ministries | Our Music Season Starts Again in September

Our Music Ministry programs come roaring back this fall, and there is a way for nearly everyone to get involved! Here is a rundown of your opportunities:

**CHANCEL CHOIR**—directed by BILL HATCHER, will begin Thursday rehearsals on September 3rd at 7:00 pm and will begin the singing on Sunday, September 6th. The Chancel Choir is a volunteer (new members welcome!) mixed choir of 50 adults that sings for Sunday morning worship services. The ANNUAL CHOIR RETREAT is on Saturday, September 5th from 9:00 am to 4:00 pm at the *Museum for Making Music in Carlsbad*.

The Chancel Choir will begin preparing for their annual *Christmas Vesper Concert* on Sunday, December 13th, featuring the famous *Gloria* by Vivaldi and *The Many Moods of Christmas* by Shaw and Bennett.

**BELL CHOIRS**—directed by KAREN ZERLAUT ▶ 760.942.1639.

*Trinity Bells* (grades 7 thru 12) will begin on Sunday, September 13th—4:30 to 6:00 pm. It is helpful if the youth have been in Rainbow Ringers or some other handbell choir, but not a requirement. They play three to five octaves of handbells.

*Joyful Bells* (adults) will begin on Tuesday, September 8th—6:00 to 7:00 pm. The ability to read music and have good eye-hand coordination are most important.

*Rainbow Ringers* (grades 1 thru 6) will have their first rehearsal on Thursday, September 10th—5:45 to 6:45 pm. Rainbow Ringers is a beginning handbell choir. They learn handbell techniques, along with the basics of reading music.

**CHILDREN'S CHOIR** (grades 1 thru 6)—directed by MARILYN SHEPARD, will have their first rehearsal on Sunday, September 27th at 10:05 am. The Children's Choir meets weekly for rehearsal on Sunday mornings in Room 5, from 10:05 until 11:00. Their focus is to prepare a variety of music pieces for use in the worship services. Singers also play instruments, such as xylophones, glockenspiels, drums and small unpitched percussion as well as learn simple melodies on recorder flutes.

**CANTICLE CHOIR** (grades 7 through 12) is searching for a director at this time. Please notify Bill Hatcher if you are interested.

We urge you to use your talents and become a part of a program which adds immeasurably to our worship every Sunday! Don't wait for an invitation—just COME! If you have questions, please Bill Hatcher, Director of Music at [wdhatcher@sbcglobal.net](mailto:wdhatcher@sbcglobal.net).

SDUMC LA PALOMA • SEPTEMBER 2009

# UMYF

YOUTH NEWS

- **Sunday, September 6th**  
U M Y F  
6:15 to 8:15 pm | Youth Room
- **Sunday, September 13th**  
U M Y F  
6:15 to 8:15 pm | Youth Room
- **Friday & Saturday**  
**September 18th & 19th**  
S.D. DISTRICT UMC  
Magic Mountain Night



- **Sunday, September 20th**  
All Youth Dinner  
6:15 to 8:15 pm | Founders Ha
- **Sunday, September 27th**  
U M Y F  
6:15 to 8:15 pm | Youth Room

UPCOMING CLASS

## “Grief Work”

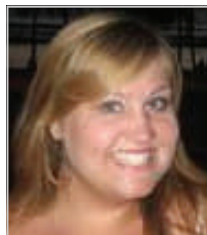
For all who are experiencing grief, the next 3-week Grief Work Class will be

SEPTEMBER 6TH,  
13th & 20th

9:30 am | Conference Room

MELANIE SILVA  
is the facilitator.

Past participants are,  
as always,  
invited to attend.



**Rebecca Hensley**

YOUTH DIRECTOR

## A Marvelous Success

The district is still buzzing with excitement about this summer’s successful camps. Our camps each grew in size this year, Junior High by approximately 35 campers and Senior High 30 campers. What an amazing feeling to know that we are continuing to reach the youth of the San Diego District with camping ministry. The representation of San Dieguito at Junior and Senior High camp was awesome, we had eight campers at each.

Over the last year our district has been very strategic in growing our camping ministry. We have formed a camping committee to help oversee, improve and advertise camps. The District Youth Director Team has been working hard on District Events to help build a strong youth connection throughout San Diego. Our District Superintendent, Myron Wingfield, has been incredibly helpful in our growth as well. He was one of the Camp Pastors at Senior High camp and encouraged the clergy of our district to be involved as well. A total of 16 pastors were involved in camps this summer, a true testimony to the impact that camp has!

I find myself trying to explain how great camp is and why every youth should participate, but it is almost impossible to put in words. In my attempt, I mention the loving community that compares to nothing else I’ve experienced, the sacred land that is Cedar Glen, the bond that you will have with your Family Group and your cabin mates, the overwhelming presence of God and the ways your faith will grow, and the many laughs that will leave your belly aching for days. This is the place where I found my faith and which helped mold who I am. I am forever grateful for the experiences that

I have been blessed to have each summer since I was eight years old and I am forever grateful that the youth of San Diego Methodist churches can still be blessed by this experience!

Love and Encouragement,



## SDUMC welcomes ALMA RODRIGUEZ

as our new Church Secretary. Alma lives in Carlsbad with her two children, Jeffrey Matthew (12) and Nathan Alexander (10), and her husband, Jeffrey. She was born and raised in Chicago, Illinois. Her husband Jeff is the Associate pastor of North Coast Fellowship in Solana Beach where Alma, who loves to sing, is also the worship director and leads praise singing during their service. She is excited to join the SDUMC staff and is looking forward to getting to know our members. Please stop by the office and welcome Alma.

## Peanut Butter Sunday September 20th

Please remember to add CEREAL of all kinds to your grocery shopping list this month so you can bring it to church on Sunday, September 20th. There will be a collection box in the entrance to Founders Hall. Thanks so much for your assistance!

CHURCH & SOCIETY





**Martha Wingfield**  
ASSOCIATE  
MINISTER

I am asked frequently by colleagues and friends how I am settling into my new appointment. It is fun to share with them the new things I have experienced about life within this congregation. Among my “updates” for this week include hearing the Chancel Choir for the first time and worshipping at REVIVE on Sunday evening. Both experiences exceeded my already high expectations. First of all, I am an unabashed fan of church choirs. I appreciate the commitment of time and talent that choir members offer to a congregation. I consider the choir and its leadership as partners in the privilege of leading worship. But this choir—mighty not only in number but harmonious and precise in singing—will be a source of spiritual sustenance for me as well.

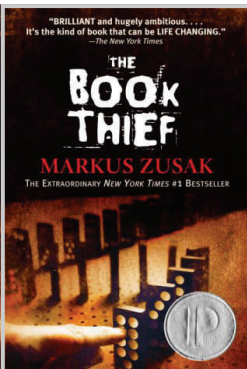
After a wonderful morning of worship, I prepared for REVIVE. I confess that I have had limited experience with alternative worship styles so my primary interest was curiosity and I hoped I would like it. Well, from the first chords of the guitars and the rich and faithful singing of Stephanie Roede, I not only liked it, I was carried by it. The flow of the service and the depth of the message by Rev. Mark, reinforced by the video presentation and the music, made for an authentic experience of worship and devotion. My overwhelming feeling at the end was that this is a treasure that we need to share.

I know that I will not have “new visitor” privileges here for much longer and I don’t plan to continue to offer such “reviews” of this church and its ministry. But, I think it is valuable to occasionally step outside what is routine and ordinary for each of us and look at worship through the eyes of a visitor. One benefit is that we are reminded of how blessed we are to worship and fellowship with such depth and authenticity. That is not something to take for granted. The other benefit of looking at our church with fresh eyes is that, hopefully, we will stay sharp and relevant and hospitable to the guests who come seeking a church home.

A guiding principle I rely on to gauge how often I need to “adjust my vision” comes from the words of the great Archbishop of Canterbury, William Temple, who famously said that “the Church is one of the only institutions which exists solely for the sake of those who are not its members.” That truth has ramifications for our mission as well as our worship.

See you Sunday,

*Rev. Martha*



**Book Group**  
Monday, September 14th

*The Book Thief*  
by MARKUS ZUSAK

is our book group selection for September. We meet at 4:00 pm in the office conference room. Everyone is welcome!



We have three exciting and timely Forums planned for the month of September.

Come join us at 9:00 in Founders Hall for an informative presentation and lively interactive discussion, followed by coffee fellowship and the second worship service. In by 9:00, out by noon—a Sunday morning well spent!

► **SEPTEMBER 6th**  
No Forum. Happy Labor Day weekend to all!

► **SEPTEMBER 13th**  
The Gifts & Endowment Committee will host our own WILLY GINAVEN, who will lead an open, insight-building, and entertaining discussion of life goals, objectives, and ultimate purpose. *What's on YOUR 'Bucket List'?*

► **SEPTEMBER 20th**  
JOHN ELTON and DOLORES WELTY will lead a discussion of *health care and health insurance from two contrasting economic viewpoints*. As this debate rages across America, how do we come to a national consensus on this vital issue?

► **SEPTEMBER 20th**  
DEBBIE HUBER will lead a presentation and discussion on *Fair Trade Chocolate*. What are the global economic, political, and social issues associated with chocolate production? Where does your chocolate come from?



## School Supplies Drive

Children's Ministry will be hosting a "School Supplies Drive" during September to help the CRC distribute supplies to the children and families of North County. Use it as an opportunity to teach your children about the generosity of giving to others. Drop-off boxes will be located in Founders Hall and Sunday School area.

### SCHOOL SUPPLY IDEAS:

- Backpacks
- 3-ring Binders
- Colored Pencils
- Colored Pencils
- Crayons
- Erasers
- Glue Sticks
- Graph Paper
- Hand Sanitizer
- Highlighters
- Markers
- Pens/Pencils
- Pocket Dictionary/Thesaurus
- Pocket folders
- Poster paper
- Ream of computer paper
- Scissors
- Spiral notebooks
- Stapler
- Tissues

## Interfaith Shelter Network

has announced scheduling for the 2009-2010 shelter season. Twelve guests will be hosted each night from January 31st thru February 14th, 2010 at our church. We have three volunteers on board already! Mark your calendars and save the date(s) you want to help! More information will be presented at a Forum regarding this community service. Case management services are provided by Encinitas Community Resource Center.

ISN SHELTER TEAM



It's September and most children and tweens are back to school and everybody's schedule gets a little more routine. The Children's Ministries SCHOOL SUPPLIES & BACKPACK DRIVE will continue through September, so look for drop-off boxes in Founders Hall and Sunday school area.

In September, we are introducing a new curriculum for the nursery called *Rock-a-Bye*. This new resource guides leaders and parents as they help toddlers and two year-olds begin to understand simple faith concepts and to celebrate special seasons in the church such as Christmas and Easter. Children will learn

about God, Jesus and the Bible through play, stories, music and weekly take-home Bible Story Picture Cards.

The *Rock-a-Bye* theme for September is, *God Created the Earth*. The September unit of *Rock Solid* for the children will focus on, *Joseph*. And the September unit of *Rock Solid* for the tweens is, *The Beginning*.

See you in Sunday School!

SHANNON KARLICEK  
Director—Children's Ministries  
kids@SDUMC.org

## A Bad Economy Deserves a Good Community

I heard those words uttered by my seatmate on a recent airline flight. I haven't been able to get those words out of my head. What did she mean? What does it mean for me? It made me think a lot about generosity. Perhaps it means that we must give more of ourselves and our resources even when it would seem we have less to give. Is it as meaningful if we go out and buy things to give others as it is if we give the few things we already have to help someone who is out of a job or fallen on hard times?

It has been my experience that the most generous people in our church are sometimes those who seem to have fewer financial resources, fewer material goods and less time to spare. And yet, they give...and give...and give. Generosity, when it seems like you have the least to give, has a way of carrying more weight, more value. And it has a way of coming back to the giver over and over again. Generosity seems to feed on itself.

A recent article in the U-T told about a customer at a drive-thru coffee shop who paid the bill for the next customer. That person, learning about that kindness, did the same for the next customer. And so it went, all day long for more than twelve days by press time, and it is likely continuing.

People pass kindness on. They do it because it feels good, because it has been done for them, and because maybe—just maybe—it might help someone have a better day or week. People want to feel good during these tough economic times. Being kinder than necessary does help the person and the community, especially in "this



## SDUMC CARE Team

Congregational  
Assistance  
Resources and  
Encouragement

# san dieguito UNITED METHODIST WOMEN

THE HEARTBEAT NEWSLETTER  
VOLUME VI | ISSUE 9 | SEPTEMBER 2009



MONTHLY GATHERING:

*Fall Round-Up!*

Wednesday, September 9th | 10:30 am | FH

PROGRAM: Mary Magdalene Circle

HOSTESSES: Mary Magdalene Circle & Miriam Circle

All women are cordially invited to join the United Methodist Women as we reconvene after our summer break for a time of fellowship, fun and food. Ladies of our newest Circle, *Mary Magdalene* (formerly Mom's Bible Study), will enlighten us on their mission and outline several ministries in which they participate. If you have never attended a Circle or monthly gathering, this program will offer an excellent opportunity to learn more about Circle and UMW membership which is open to all women with a desire to join. Why not join us to reunite?

## *September Spree by the Sew & Sews*

**Sunday, September 20th** | Between Services | Founders Hall

If you are unable to come to the Rummage Sale in October, then you will miss the opportunity to see what the Sew & Sews are all about. Even if you are planning to come to the Rummage Sale, this is your chance for a PRE-SALE! The Sew & Sews make and sell many interesting and unusual hand-made items including dolls, quilts, bags, and many other gift items with all proceeds going to benefit the United Methodist Women missions. Stop by Founders Hall between services on September 20th to view and purchase these beautiful hand-made products.

## *World Thank Offering*

*How can I repay the LORD for all his goodness to me?* PSALM 116:12

World Thank Offering is and has been for over a hundred years, an opportunity for personal thanksgiving. Through Thank Offering contributions, mission projects are supported in all 50 states and in almost 100 countries. These projects vary from support to schools, hospitals and clinics, day care centers and homes for senior citizens to...

(continued in column—bottom right)

## *umw calendar*

★ All Circles reconvene this month.

**September 2nd:** Executive Board—9:30 AM | LOUNGE

**September 9th:** Monthly Gathering—10:30 AM | FOUNDERS HALL

**September 20th:** September Spree—FOUNDERS HALL

## *upcoming events*

**October 11th thru 15th:** Rummage Sale Work Week

**October 16th/17th:** Rummage Sale Days

**October 24th:** Conference Annual Meeting



Membership is open to all women of the church who desire to belong.  
For information contact Mary Walman, UMW President, at 760.931.7980

It's once again  
time for the

U M W



SET-UP: Sunday, October 11th

WORK WEEK: Monday thru Thursday  
October 12th to 15th

SALE DAYS: Friday/Saturday  
**October 16th & 17th**

Have you started cleaning your closets and garages? For sure there are things hiding there that you no longer need or want that may be treasures for someone else. We will take jewelry, books, toys, clothing, linens, furniture, house wares, crafts, plants, knickknacks and baked goods. Please NO mattresses, box springs, appliances, sofas, exercise machines, or computers. There is no storage at the church so please hold your items until the first drop off day on October 11th.

### **VOLUNTEERS ARE NEEDED!**

Watch for sign-up tables in Founders Hall during the month of September.

### **LIGHT CARDBOARD NEEDED:**

THELMA MILLER has asked for donations of light cardboard (white on one side) for her jewelry display at the sale. Please start

### **World Thank Offering** (continued)

educational training courses to prevent soil erosion, leadership development, sewing and nutritional courses, and medical training. The number of persons reached by this type of caring and sharing is almost incalculable. Last year the amount given through *Thank Offering* was around one million dollars. Please bring your *Thank Offering* contribution to the next Monthly Gathering and experience giving through thankfulness.

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phone | 760.753.6582 fax | 760.753.8936  
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Mark Feldmeir & Martha Wingfield | MINISTERS

CHANGE SERVICE REQUESTED

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Encinitas, CA 92024  
Permit 52



## *Heartfelt Thanks*

*I sincerely thank each of you for your thoughts, prayers, concern and visitations. There is no greater warmth than a person's touch, smile, or kind words.*

*All is greatly appreciated. Please continue to keep me in your prayers.*

*Dolores Jones*

*Dear Church Family,  
Many Thanks to all of you for your cards  
and prayers in the death of my oldest son.*

*Alberta Fixsen*

*As Steve grows stronger after his 9-month battle with colon cancer (planning to golf again), we're feeling blessed at the support and love we've had from the congregation and CARE Team, family and friends. Thank you!! Doctors, nurses, and techs at the VA have been wonderful, too, and we just want to urge everyone to get those routine colonoscopies at first opportunity.*

*They can save a lot of grief and pain by removing suspicious polyps before they become larger tumors.*

*Sandy & Steve Hayes*

*Acts of Kindness: I've noticed the evening news has been reporting acts of kindness to counter-act all the negative news. Well I have experienced a lot of kindness from right here in SDUMC. I was diagnosed with Acute Leukemia, spent forty-six days in the hospital, and now am in remission with follow-up chemotherapy. The kindness came from family and friends, members of the church and specifically the choir members, filling up the wall in front of me with get well cards, many phone calls from family, friends and church members, and hospital visits from all other above, including Pastors. To top it off, seven members of the choir brought eight weeks of delicious meals to our home. Some have called my recovery a miracle, but the many prayers and support have been effective.*

*For the kindness I'm GRATEFUL.*

*Ken Johnstone*

*A big THANK YOU to all of you who donated blood at our Red Cross Blood Drive on August 9th. Please mark your calendars for Sunday, December 6th, when we will have our next blood drive.*

## *Heartfelt Thanks*