

TRINITY UNITED METHODIST CHURCH

OCTOBER TRINITY VIEW



WEEKLY EVENTS

Sunday

Choir Rehearsal 9:15 am
Worship Service: 10:00 am
Social Hour: 11:15 am
Sandlot Bridge: 11:30 am

Monday

Knitting etc. Group: 2:00 pm
Literacy for Life: 7:00 pm

Tuesday

Tuesday Work Crew: 9:00 am
Food Box Distribution: 10-noon
AA Meeting: 12:00 pm
Women of the Bible Study 3:30 pm

Wednesday

Prayer & Care Group: 11:00 am
AA Meeting: 12:00 pm
Trinity Ringers 6:00 pm
Alcoholics Anonymous: 7:00 pm
Chancel Choir 7:30 pm

Thursday

AA Meeting: 12:00 pm

Friday

Food Box Distribution: 10-noon

MEETINGS

Thursday, Oct. 1, 2:00 pm

UWF Board Meeting

Thursday, Oct. 8, 2:00 pm

UWF Unit Meeting

Sunday, Oct. 25, 11:30 am

Board of Trustees Meeting

Wed., Oct. 28, 10:30 am

TLC Meeting

SPECIAL EVENTS

Monday, October 5

At Noon

Senior Luncheon

Saturday, October 24

9 AM – 1:00 PM

UWF Fall Bazaar

Sunday, October 25

9AM – 5:30PM

Rotary

47th Annual

Oktoberfest



Bridging Two Worlds: The Spirituality of Jesus and the Samurai

While I was away on a time of searching, I spent some time investigating values, comparisons, and how to align spiritualities from different religious practices. Ever since I had the honor of serving a Japanese congregation, I've been deeply passionate about how the spirituality of the samurai and the discipleship of Jesus contrast and compare, and returning to these thoughts has grounded my heart.

In this edition of the *Trinity View*, I want to share some of what I've found in my reading and in wonderful conversations with my Japanese friends. Now, I'll be upfront: there is a lot here, and I certainly don't have all the answers. But I wanted to pass along a few insights on how the spirituality of a follower of Jesus parallels the ancient way of the samurai.

The spirituality of the samurai was never just a single, isolated practice. Instead, it was a rich blend of spiritual and theological influences because samurai wanted to stay deeply in tune with everything around them. They synthesized these traditions to maintain inner peace, discipline, and moral clarity in a world defined by constant wars and defending their homeland. Most importantly, it helped them face the reality of certain death without panic.

In my study, I've found three core pillars that formed their spiritual discipline. First was Zen Buddhism, which was arguably the most influential force for the samurai class. Why did it appeal to them? It didn't require complex reading or study; instead, it focused on meditation and getting the mind and body centered on the present moment. Zen helped samurai conquer the fear of death by training the mind to let go of the ego and maintain clarity and calm even in the heat of battle.

Then there was Shintoism, an indigenous practice that tied the samurai deeply to the land. It focused on purity, honoring their ancestors, and respecting the divine spirits inhabiting the mountains, rivers, sea, and earth. It provided a sacred anchor for honoring their family, clan, and Emperor.

Finally, Confucianism served as their moral compass, which is actually my favorite because the samurai used it in times of peace to foster social harmony—something we desperately need today. Confucianism gave them a moral framework to justify their role in society, teaching that a warrior's power must always be tempered by wisdom, righteousness, and duty to others.

For the samurai, these spiritual practices weren't just reserved for a holy day—they were woven into every single moment. Every action had a purpose. Polishing a sword, arranging flowers, writing poetry, and even how they dressed were all done with intense mindfulness, keeping them grounded while facing impending death.

You might be thinking right now, *"This is fascinating, but what does ancient Japanese history have to do with following Jesus?"*

When we bridge that gap, the parallels are truly striking. Think about what Jesus faced throughout His earthly walk: the constant shadow of impending death. We face the same reality. None of us like to think about our end, but it is coming. The samurai and Jesus both understood that death is a reality; they didn't dwell in fear, but they lived with a conscious awareness of eternity.

We see this same paradox echoed in Zen roots, Christian mysticism, and Scripture. Jesus stated that to save your life, you must lose it. Christian spiritual masters—from the Apostle Paul and Francis of Assisi to modern thinkers like Richard Rohr—emphasize that the ego must "die" daily so that Christ can live through the believer. The key is to stop clinging desperately to self-preservation and the struggles of life, try to notice what is around us, and take life one day at a time.

As Christians, we treasure our free will and free choice. Yet, just as the samurai honored a master of higher status and gave their lives entirely to that service, we as followers of Jesus have a Savior of ultimate status. We choose to give ourselves to this Savior—letting go and letting God take the wheel of our lives. We do this because we find true freedom in surrendering what holds us back, helping us live a much more fulfilled life.

Yes, this is a lot to take in! But the comparison between samurai spirituality and the path of Jesus' followers isn't as far apart as it might seem at first glance. At our core, we are all trying to solve the ultimate human problem: how to live a life of uncompromising integrity in a chaotic, broken world.

Both paths demand that we conquer our fears, submit our egos to a higher master, treat our daily actions as sacred disciplines, and live every moment prepared for eternity. It may look like we come from entirely different worlds, but in the end, we share a remarkable amount in common with the samurai.

Now take a moment, at least once a day, to remember that you belong to something much larger than yourself. Step away from the noise, quiet your mind, and choose to live today with presence, purpose, and total trust in the One who holds your life.

Belonging, Community, and Soul-Searching Peace,

Les

Off to College Drive

"Truly I tell you, as you did it to one of the least of these brothers and sisters of mine, you did it to me." Matthew 25:40

Our third annual Off to College Drive was once again a huge success... many thanks to all of you who donated! Kaelyn, this year's student, is attending UC Santa Cruz as a freshman, which is quite an accomplishment! Kaelyn has worked very hard to be able to qualify to attend as a freshman. Thanks to your generosity, she will be going off to the dorms well equipped and have gift cards to use for other items she will need. This year many of you donated money instead of items and I was able to go shopping with her. What a joy it is to have a part in her coming adventures!



COMMUNION HELPERS NEEDED

If you would like to be a communion server, we would love to add you to our roster of helpers. Please contact Debbie Wacker (wackertwin@aol.com) (805)234-2735. Thank you!



Many church members attended Bill Fortin's 90th Birthday Bash at the Community Center. It was a lovely party!



We are grateful to our volunteer Tamale Pie chefs, Elizabeth, Bill and Carol A., Emily, Linda, Wendy, and Colleen. They created the Tamale Pies that were served at the Community Dinner, held on Wednesday, September 30. And special thanks to the organizer, Beth.



Eileen would like to remind everyone that COVID is going around again. She encourages everyone to get their COVID and flu shots at your favorite pharmacy.

If you need help scheduling an appointment, please contact Eileen. You can also call the office, and Mary Anne will be happy to provide you with Eileen's contact information.

October is Open Studios Month

There are at least two artists in our church family who will have their studios open to visitors. Check out the Open Studios catalog in the church narthex to find them.

Lisa Purcell's studio is open Saturday and Sunday, Oct. 10 & 11. Her number on the map is 44.

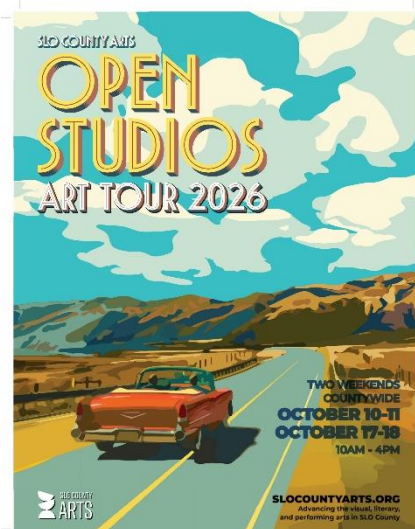
Rebecca Ellis' studio is open Saturday and Sunday, Oct. 17 & 18. Her number on the map is 87.

Rebecca will be doing art demos at 10:00, 1:00 and 3:00 each day. Lisa will have works out in progress so you can see her creating process.

They both will have art for sale, just in case you fall in love with some. The hours to visit are between 10:00-4:00.

Drop on by to see their beautiful works and connect in a new way with a church family member.

<https://slocountyarts.org/osat>





Trinity Educational Community Garden News:

The Garden Board met recently to discuss the water situation at TEGC, both the current issues and looking long term. Currently, the water storage cubes in the garden are being depleted rapidly (every two weeks or so). The garden has had to purchase water twice in the last two months. Each delivery was 3,000 gallons of water which was pumped into the large 4,000 tank, and cost \$350, per delivery. Purchases were paid through the garden account.

The garden just purchased a used 2000-gallon water tank, pictured above. We now are capable of storing 9200 gallons of water!!

The board discussed long-term water supply and storage solutions, some of the ideas presented were:

- 1) to raise the annual and monthly Gardener's Fee to \$12/month or \$132/year.
- 2) to purchase or ask for donations of more water storage receptacles, to increase our water capture capability.
- 3) Bob and Mike introduced the idea of purchasing a dehumidifier for the garden to harvest water from the air, a luncheon/fundraiser for our one-year anniversary.
- 4) Remind the gardeners again, to conserve water as much as possible.

The Missions Committee has started taking reservations for their Thanksgiving Basket Project. If you are new to TUMC, each year TUMC provides Thanksgiving Boxes for community members to take home and prepare their own Thanksgiving Dinner. This year each box will contain a turkey breast, ham or a whole chicken, and all the trimmings included, to make a special Thanksgiving dinner for their families. We will be collecting funds to help provide these boxes on the upcoming Sundays.



The number of patrons using the TUMC Food Pantry is at an all-time high and increasing each week. There is an extreme need in Los Osos to feed our community. Half of our food pantry items are purchased from our Food Pantry account which is completely funded by your donations. This account is slowly being depleted; we are grateful and appreciate those who donate money and groceries.

There are many openings to distribute food boxes on Tuesdays and Fridays in October. Log onto the "Keep and Share" Calendar to sign-up or call Mike L. or Cheryl. If you can spare a couple of hours this month, please take a moment and sign up for a shift.

The Food Pantry can always use donations of canned fruit, oatmeal singles, peanut butter, pasta, and canned beans.



Mark your calendars for our retreat, February 12-14 at St. Francis Retreat Center in San Juan Bautista. Our speaker is Paula Huston, a National Endowment of the Arts Fellow, the author of two novels and eight non-fiction titles. Paula is an oblate at the Camaldolese Benedictine Monastic Community in Big Sur. We welcome Paula back as our retreat leader.



Mark your calendars for our next SENIOR LUNCHEON on **October 5th**, right here at Trinity at noon. You won't want to miss the food, fun and friends! All are welcome! Hope you'll join us! RSVP today, if you haven't already.



UNITED WOMEN IN FAITH NEWS - October 2026

Fall is here with all its charms--falling leaves, shorter days and cooler temperatures. It is also the time when we, in UWF, get busy with plans for our annual bazaar.

This year it will be on October 24th, about a month earlier than usual. We invite people to think about what they would like to donate, such as craft and knitted/crocheted items, plants, baked goods etc. In addition, this year, we plan to have soup to serve and sell. Also, three members of our church--Rebecca, Jora and Lisa--will have tables set up with items to purchase. This is UWF's only fundraiser for the year and, as always, almost all proceeds go to mission, both local and abroad. If you have items to donate, please contact either Kathy Lindsay, Charlotte Dietzel, or me, Alta.

The UWF Unit monthly meeting is (almost) always on the second Thursday of the month in the social hall at 2:00. In the first part of the meeting, we take care of business and then have a Response moment, highlighting an article from UWF's Response magazine. There is usually a program after that which could be a speaker, a video, a book report, etc. Our meetings are pretty low key. One of the important aspects of UWF from our Purpose, is to "create a creative, supportive fellowship". Fellowship (sisterhood) is created as we meet, work and share together.

All women are invited to attend. Being a member of the church is not required. Please contact me, Alta Hall, if you have questions.

Dates to remember:

October Unit Meeting: Thursday, October 8 at 2:00

Fall Bazaar: Saturday, October 24. 9:00 AM until 1:00 PM

November Unit Meeting Thursday, November 12 at 2:00

Blessings,
Alta Hall

United Women in Faith
BAKE SALE AND CRAFT ITEMS, ETC.
SATURDAY, October 24, 9:00 am – 1:00 pm
FALL BAZAAR



Fairbanks' News

September's Harvest Moon, which was full on September 26th, is always a beautiful sight. It's big and round as it comes up at the east end of Mar Vista Drive. A nice aspect of the Season of Creation.

Our son, Bill, was in Milestone Restaurant when Bruce Badrigan walked in.

Bill gave him a big hug, it surprised him, but he appreciated it. Bruce called me to tell me what a great person Bill is. In 1980 I exchanged summer jobs with a fellow teaching in Vermont. Cuesta was out at that time, but Morro Bay High had a week to go. Bill's other teachers said he could leave, but Bruce, his English teacher, said only if he kept a daily journal. It was the end of his junior year, and Bill wasn't much of a writer, but he faithfully kept the journal and now is a good writer. Bruce now realizes the assignment was way out of line.

We were sorry to hear of Rose Robertson's health challenges. One of my favorite memories of her, is her husband, Bob. He loves my homemade carrot cakes. I always made one for Trinity's bake sale. Carole told me they should sell for \$25, so I told Marsha Munson, who always sat at the table selling the baked goods, to charge \$25. Every bake sale, no matter how fast I got to the Social Hall, Rose beat me and the cake was gone.

It was great seeing Glen Jones at church and Sandlot Bridge on the 27th. Shirley Hulin and Cheryl Dove were partners opposing Glen and Jim Stanfill. I coached them during the last hand, and it was the strangest hand I have ever seen. Shirley, Jim and Cheryl all had hands with seven cards of a suit and Glen had an eight-card club suit. Glen wound up in five clubs, which meant he had to take 11 of the 13 tricks. (In Bridge the first six tricks are called "book," so with a bid of five he had to take five more than book.)

The 28th on the Movie Channel we watched "The Godless Girl " a 1925 movie on "Silent Night Sunday" hosted by Jacqueline Stewart. We always like to hear her comments before the movie. She said Director Cecil B. DeMille interviewed people who had been in reformatories, so he interviewed them as accurately as possible on conditions there. Despite most of the film being recorded in a reformatory it makes a stronger case for Christian love than any other movie we had ever seen.

Bill & Carole Fairbanks



Dear Trinity United Methodist Church,
We are John and Marisue Meza from Redlands, CA. We have attended your church a couple of times and really enjoyed the welcoming atmosphere, which reminds us very much of our home church, Redlands First United Methodist Church.

We have purchased a lot in Baywood Park (1184 1st St) and are planning to build a retirement home there. As part of the Retrofit-to-Build program (Title 19) permitting process, we are required to retrofit older plumbing fixtures in existing local properties to offset the water usage of our new build. To comply with this regulation, we will retrofit (replace) the following plumbing fixtures and appliances of homes that are in the Los Osos Community Services District Water Service Area, at no cost to the homeowner:

- ☐ toilets
- ☐ showerheads
- ☐ clothes washers
- ☐ hot water heaters – replace with a modern hot water recirculation system

The retrofit includes replacing older plumbing fixtures with new water efficient fixtures and appliances. We need to retrofit enough plumbing fixtures and appliances to offset twice the amount of water that is estimated to be used by our new home.

We would like to ask if any church members that are within the Los Osos Community Services District Water Service Area need any plumbing fixtures upgraded within their home. I included a map from the Los Osos Community Service District website showing coverage of the various water agencies.

We would be happy to discuss the details further over the phone.

John Meza

Cell: (909) 553-2970 (leave a message)

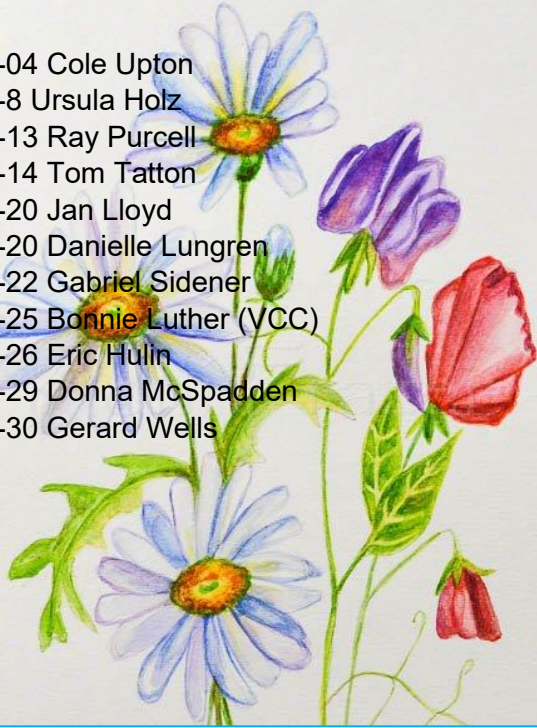
Work: (909) 369-1644

jmezazap@gmail.com

LOS OSOS/BAYWOOD PARK
47th Oktoberfest
MUSIC • BEER • FOOD
SUNDAY • OCTOBER 25, 2026
9AM-5:30PM
2ND STREET • BAYWOOD PARK
FUN RUN • 9 am
19TH ANNUAL CAR SHOW • 9 am - 2 pm
9 am - 10:30 am • BIERGARTEN MORNING PARTY
FUNK JUNKET
11 am - 11:45 am • OKTOBERTASTE
12 pm - 2 pm • B & THE HIVE
KID'S ZONE • 12 pm - 4 pm
2 pm - 3 pm • Costume Contest/Car Show Winners
3:30 pm - 5 pm • SANTA CRUZ FAMILY BAND
BIERGARTEN • COMMUNITY STAGE • VENDORS • KID'S ZONE
SPONSORS
IGB **Rotary** **Blueplate** **MARVISTA** **ESTERO BAY NEWS** **BEERWOOD** **BAYWOOD INN** **Wardonnas**
Presented by: Los Osos/Baywood Park Chamber of Commerce & Bay-OsOs Kiwanis | For more information: www.lobchamber.org

October Birthdays

10-04 Cole Upton
 10-08 Ursula Holz
 10-13 Ray Purcell
 10-14 Tom Tatton
 10-20 Jan Lloyd
 10-20 Danielle Lungren
 10-22 Gabriel Sidener
 10-25 Bonnie Luther (VCC)
 10-26 Eric Hulin
 10-29 Donna McSpadden
 10-30 Gerard Wells



October Anniversaries

Jim & Julia Stanfill October 5
 Bob & Beth Crizer October 12



Prayer List

Asking for your continued support in prayer for those in need.

If you or someone you know needs to be included on the prayer list, please fill out a prayer request located in the pew. Names will remain on the prayer list for four weeks unless otherwise requested. To be removed from the list, please contact the church office, 805-528-1649.

Dot Brandt	Randy & Mary Jost
Ben Eggleston	Kealin Kane
Carole Fairbanks	Paul Klasterman
Joan Heinsohn	Joan Landis
Glen Jones	Donna Laver
Karen Christianson	Ronald Lindsay
Kasey Lindsay	Betty Lyle
Mike Lindsay	Family of Baby Mallory
Eileen Orback	Saiorsa McCabe
Clytis Pitzer	Family of Dan McCabe
Tim Rochte	Chuck Mills
Rachel Stones	Sally Peters
Linda Wagner	Marliss Peterson
Ruth Asher	Mary Price
Andrew Cassey	Marcia Samuels
Amy Deneff	Penny & Karl Schwartz
Nancy Dumford	Randy Spears
Evelyn Ellis	Family of Meg Syfan
Matthew Fochtman	Carrie Trujillo
Debbie Geydayloo	Megan VanSant
Kit Hansen	Gracio Ward
Hilary Hopkins	
Jim & Nancy Hulin	

Please pray for the following North District Churches during the month of September:

10/4 Chatsworth West UMC
Sherman Oaks
10/11 North Hills Hispanic Mission
First UMC of San Fernando
10/18 Van Nuys UMC
First UMC of Reseda
10/25 Santa Clarita UMC
St. Matthew's UMC of Newbury Park

CONTACT US

Church email: church@trinitylososos.org Phone: 805-528-1649 Pastor's email: pastor@trinitylososos.org
Website: www.trinitylososos.org or follow us on Facebook: Trinity United Methodist Church, Los Osos, CA
Bishop: The Rev. Dottie Escobedo-Frank District Superintendent: The Rev. Garth Gilliam
Pastor: The Rev. Les Lungren Lay Leader: Beth Crizer
Minister of Music/Pastor Emeritus: Rev. Rich Bolin Pastor Emeritus of Visitation: Rev. Michael Eggleston
Director of Church Administration: Mary Anne Meyer Village Children's Center Director: Bonnie Luther
Please email or call the TUMC Office if you wish to be removed from our mailing list.



LAND ACKNOWLEDGEMENT

We acknowledge with gratitude the yak tityu tityu yak tilhini (ytt) / the Northern Chumash People, and the Salinan Tribe / the T'epot'aha'l, "People of the Oaks," on whose ancestral homelands we gather, and whose vibrant culture continues today.

May we always remember that the Earth does not belong to us, that we belong to the Earth, and that we are all relatives in life. Help us to be instruments of justice and peace for all people in today's world.

Trinity United Methodist Church
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