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## Word From The Pastor

**Our Social Gospel...** We commit ourselves to the rights of men, women, children, youth, young adults, the aging, and people with disabilities; to improvement of the quality of life; and to the rights and dignity of racial, ethnic, and religious minorities (Methodist Social Creed).

Taking an active stance in society is nothing new for followers of John Wesley. He set the example for us to go out in to the world to make a difference in people's everyday political and social struggles. We believe that God's love for the world is a love that reaches people where they are, a love seeking justice and liberty and where all really means all. We cannot just hide behind the safe walls of our sanctuaries. We need to get out there and care enough to let our voices be heard, to take a stand, to hold a banner, walk in a parade, no matter how scandalous the issue or the need may be. The biblical concept of justice emphasizes restoring the wholeness of the world and so together with God we have the opportunity to become co-creators.

*(Luke 4:17-21) "Jesus went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. And he stood up to read. 17 The scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written: 18 "The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, 19 to proclaim the year of the Lord's favor." 20 Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him, 21 and he began by saying to them, "Today this scripture is fulfilled in your hearing."*

We know that the needs in our community are great, please come and join us over these next 12 weeks as we attempt to restore the wholeness here in Longview, not just by talking about it, but by going out into the community and making a difference. So I invite you, come and see, let's change the world together. peace rene'

09.8.13 & 09.15.13 Feed me... – (Matthew 25:31-46)

09.22.13 & 09.29.13 Heal me... – (Matthew 15.23-33)

10.06.12 & 10.13.13 Clothe me... – (Luke 8.30-40)

10.20.13 & 10.27.13 Welcome me... - (Romans 15.2-12)

11.03.13 & 11.10.13 House me... – (Colossians 4.10-18)

11.24.13 Social Justice Fair

## Staff Parish Relations Committee

August saw the leaving of one of our child caregivers, Sydnee, as she is moving to Florida. We had several excellent applicants for the position. All had some connection with the church and had experience caring for children. It was a difficult decision to choose among the excellent applicants. We thank all of those who took the time and effort to apply.

The new child caregiver is Mary Brink, who has been a long time member of the church and will join Caitlyn in the nursery. Please stop by and say hi and thanks. We really appreciate those who are providing care and love for our youngest members.

The Administrative Council also approved providing child care for the evening Life Group which has been meeting at Ed and Bev's house. Mary and Jordan Gonzales will be providing child care as needed for that group.

As a point of information, the United Methodist Church has a safety procedure in which we try to provide two persons to supervise whenever young people are meeting in the church. This provides safety for both the children and for the teachers/care givers of the church.

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## From the Finance Team



Even though we are still enjoying the summertime weather, school is about to start and the end of the year will come rushing toward us once again. At this time of year it is the responsibility of the Finance Committee to prepare a new budget. In order to anticipate the needs of 2014, we are asking that the chairpersons of committees in the church prepare a written request for funding. Education, trustees, worship, and staff-parish relations committees especially need to make their needs known.

Once we have requests, we will meet in September and start to prepare the budget. We are fortunate this year to have a detailed accounting of 2013's expenses which we be most useful in estimating our needs in 2014.

We will be having a "Stewardship Sunday" in the fall that will give us the opportunity to support the work of the church. God says that if we are faithful in our offerings, He will open the windows of heaven and pour out abundant blessings. Let us share what we can and honor the Lord with our gifts.

Cynda Webb, Finance chairperson

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## United Methodist Women

We will meet Sept. 5th at 10:30 am to kick off the fall season. All women of the church are welcome to attend—we would love for you to be there!

Thanks to all who worked so hard to make our rummage sale a great success. We cleared over \$1,000, which we will make sure goes a long way in our community and beyond.

Save the dates—**October 18-20 for the women's retreat at Ocean Park Camp.** Rev. Ruth Mathis will be our spiritual leader again and we will have a wonderful time! More info in next month's newsletter.

Sharon Fosburg

## New Adult Sunday School Class

Come join the adult Sunday School class Sunday mornings beginning September 8 at 9:30 a.m. as we discuss an exciting book, "Change the World, Recovering the Message and Mission of Jesus" by Mike Slaughter. Mike Slaughter is the pastor of Ginghamburg UMC in Ohio, located in the struggling "rust belt." The church has grown from 90 worshippers a week to over 5,000 under his leadership. He tackles the big questions in this book: Is the church's mission a building or an urgent call to be concretely present as Jesus' hands and feet in the local and world wide community? As one of his parishioners said about their church: "What I love about my church is that we seem to reach all levels of society! I don't feel condemned when I come to church. I leave wanting to be a better person and wanting to change this world to be a better place for my children. I leave feeling equipped with the right tools to be the hands and feet of Jesus."

This study and book will tie in with Pastor Rene's fall sermon series on the Jesus message to feed, heal, clothe, welcome and visit our neighbors. Did you know that the Methodist Church has provided Social Principles as a "call to members for a prayerful studied dialogue of faith and practice." The Social Principles are added to (and sometimes subtracted) every four years during discussion at the world wide meeting of the UMC General Conference. We will also take a look at the updated (2012) Social Principles as they relate to our fall sermon study.

It is my hope that this study will provide thoughtful discussion as we seek to discern new ways that our faith community may continue to be a "beacon of diversity in our community and GO, Be and Do in our community and worldwide.

We have some copies of the book in our office now and more can be ordered. Let Barbara Vining or Sharon Fosburg know if you are interested in joining the class and want a copy of the book.

Barbara  
Vining



### United Methodist Women

- All women of the church are welcome and encouraged to attend
- 1st Thursday of each month 10:30 am

### United Methodist Men

- All men of the church are welcome and encouraged to attend
- Third Wednesdays 7:00 pm

### Women's Book Group

- Meets 2nd Wednesday at 7:00 p.m. (except July and August) in member's homes.

### Sunday School

- Each Sunday Sept through May  
9:30 a.m.

### Adult studies

- Sundays 6:00 pm at Fosburgs 2673 42nd Ave. Watch for a new study to begin
- "Walk with Jesus"  
Sunday 9:30 am

### Music

- The "Unity Crew" rehearses Sundays at 9:00 am through the summer

## **Pastor gives his congregation a workout for body and soul.**

Pastor Chris Townshend has been on a mission to help his congregation get fit. Some attend church for a spiritual workout, but one congregation's Sunday service has been getting a whole lot more physical.

Pastor Chris Townshend has been whipping his congregants into shape at the Emmanuel Lutheran Church in Lodi, Calif., pairing his sermons with workouts like cycling and treadmill walking as part of his Get Fit for Life series.

"I had a very poor lifestyle, especially when it came to eating," Townshend told TODAY.com. "I began to change my lifestyle, and that was inspiring other people's lifestyles at the church."

Townshend, who has lost about 35 pounds in 16 months, leads a multigenerational congregation of around 210 outside Sacramento.

He started the series on August 4th, pairing his sermon with a speed walk. "The focus was on building our spiritual muscle, and the way to do that was to gain energy in our physical life," he said. "That was the week I walked on the treadmill for the entire sermon."

In the sermon, Townshend spoke about his own journey towards fitness, and quoted Apostle Paul in First Corinthians, who argued that the human body is a temple of the Holy Spirit. He also talked about the basics of a beginner's workout. "Our physical core has to be built up for better posture, so we function better in life," Townshend said. "And if our core spiritual muscle is built up, it helps us function better in life ourselves."

Townshend was turned on to weight loss by workshops and books by Don Nava, a life fitness coach who preaches about combining spiritual and physical fitness.

"I was inspired to write a sermon series based on working your physical and spiritual muscle," he said. "If you want to get fit for life, you have to begin by building your spiritual muscle. I believe our spiritual muscle is the muscle of our life."

Since that first sermon, he's done everything from riding a two-wheel road bike and a recumbent bike, to using an exercise ball and kettle-bell weights in front of his congregation. Sunday marked the last sermon in the series, and though it's come to an end, Townshend hopes the message will persevere.

"It has inspired hope within our congregation to begin living healthier," he said, noting that congregants have started bringing healthy treats for a post-sermon snack in lieu of doughnuts. "That has inspired people to eat healthier, eat good things and eat healthy."

He recalled one family in which both the husband and wife have started losing weight already, in hopes of keeping their two young girls, ages 13 and 9, healthy. "In my first sermon, I spoke about how important it was for parents to live a healthy lifestyle physically and spiritually, so they could be good models for their children," Townshend said. "That family has really taken to heart that message."

As for Townshend, he plans to keep this healthy lifestyle going for the long run. "This movement in my life has lasted about 16 months so far, and that I pray will last until I go to heaven," he said. "I

pray it'll last til the end of my life here on Earth."

**Book club** begins a new year on September 11th with Sharon Klump being the host-ess. Here is to another year of good reading and fellowship. The following is the list as we have selected.

September: "Major Pettigrew's Last Stand" by Helen Simonson  
October: "The Orchardist" by Amanda Coplin  
November: "The Time Keeper" by Mitch Albom  
December: "If you lived here, I'd Know your name" by Heather Lende  
January: "The Paris Wife" by Paula McLean



Books selected but not assigned to a month:

"My beloved World" by Sonia Sotomajor

"Out of Order" by Sandra Day O'Connor.

I also have an extended list of other suggested readings. If you have any interest, please come and join us.

Sharon Klump

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## More from United Methodist Women

Okay, you can admit it: You thought the United Methodist Women baked cookies, held rummage and bake sales and sat around visiting! I'll admit that we do those things, but there is so much more! Read below to learn our purpose. The UMW has something for every woman in this congregation! Join us this Thursday at 10:30 am!

*United Methodist Women "Purpose Statement":*

*The organized unit of United Methodist Women shall be a **community of women** whose purpose is:*

- **To know God** and to experience freedom as whole persons through Jesus Christ.
- **To develop a creative supportive fellowship.**
- **To expand concepts of mission** through participation in the global ministries of the church.

### **NATIONALLY:**

*Each focus relates to the mission initiatives and priorities of United Methodist Women which are: Our entire program focuses on mission. Our mission initiatives include:*

- Providing opportunities to grow spiritually
- Equipping women & girls to be leaders
- Providing transformative educational experiences
- Organizing for growth & flexibility
- Working for justice through service and advocacy

*In all advocacy efforts, UMW supports its work with a scriptural basis and adheres to the denominational mandates in the Book of Discipline and Book of Resolutions of the United Methodist Church.*

*(continued from August newsletter)*

### **Support Families and Parents**

19. Make your space child friendly. Nursery and classrooms should be clean, safe, sanitary and visually appealing to children and their parents.
20. Give pagers to parents who leave children in the nursery.
21. Host seminars on parenting. Have a Sunday morning class focused on family concerns.
22. Sponsor a parent's night out or morning out.
23. Provide childcare for all church events. Don't just warehouse kids. Make it fun and enriching.
24. Give gifts to expectant moms. Offer a support group for new parents.
25. Have an annual family retreat or camping trip.

### **Strive for Excellence in Christian Education**

26. In a congregation with more than one worship time, strive to offer Sunday School in conjunction with all services, including evening or weeknight services.
27. Revitalize a tired Sunday School program by adopting a more creative and interactive curriculum. Incorporate music and drama into Christian education.
28. Provide early Christian education to infants and toddlers. Explore programs that use special classroom settings, songs, sounds, stories, finger play, and toys to teach even the youngest children about God's love.
29. Encourage teaching teams of adults who rotate classroom responsibilities. This strengthens involvement, improves morale, decreases burn-out, and improves the quality of teaching.
30. Hold a training event for teachers at least once a year. Be sure to emphasize the teachers' spiritual growth and development as well as teaching strategies.
31. Communicate regularly with your teachers. Consider gathering them just very briefly at the conclusion of each Sunday School hour to ask "How is it going?"
32. Formally recognize and thank teachers each year.
33. Work to develop a sense of ownership for children's Christian education within the congregation as a whole. Involve adults who can't take on teaching in other volunteer roles.
34. Pair an adult class or group with each children's class to forge intergenerational bonds. The adults can provide support and encouragement and help with special activities.
35. Perform required background checks for volunteers and staff working with children. Implement policies and procedures to prevent child abuse.

### **Plan Effective Special Events for Children**

36. Have special children's events throughout the year, for example, a Noah's ark costume party, movie nights, seasonal events, etc.
37. Hold a yearly vacation Bible school. Explore alternative formats such as a one-day VBS, an evening VBS, or a cooperative VBS with other churches. Or hold VBS at a different time of year, such as a mini-VBS during spring vacation.
38. Have a fellowship group for 4th and 5th graders paving the way to youth fellowship.

## Reach Children and Families beyond Your Church

39. Request that parents presenting their children for baptism meet at least twice with the pastor to consider the significance of the sacrament. Form groups for parents whose infants or children are being baptized.
40. Give ten nicely printed invitations to the baptismal family so they can invite their friends.
41. Use a preschool, day school, or after-school program to build your children's ministry. Appoint a chaplain. Invite, but don't pressure, kids and parents to take part in church activities. Look for opportunities to build personal relationships with the families.
42. Use VBS as a way to reach out to new families. Follow up with them afterwards, even if it's something as simple as sending a birthday card to the child.
43. Have an outdoor carnival for children in the spring or the fall. A fair can help neighbors know the church is there for them and foster acquaintances.
44. Rather than waiting for kids to come to church, take ministry to where kids already are. To attract unchurched kids, consider locating activities in a store front, park, or recreational center. Organize a VBS in an apartment complex or housing development.
45. Adopt an elementary school.
46. Develop a tutoring or mentoring ministry.

## Involve Children in Mission

48. Have each Sunday school class choose a mission project to support on an ongoing basis. Include a mission project as part of VBS.
49. Have a mission day camp or a day-long mini-retreat for children with service-learning activities.
50. Connect kids with the church's overall missional efforts. For example, have them help support Volunteers in Mission trips or other ongoing service activities.
51. Teach stewardship to children. Involve children in deciding how their offerings will be used. Designate a special project for their support and lift up their stewardship regularly in worship.

- See more at: <http://www.churchleadership.com/50Ways/Children.html?id=update20130710#sthash.7K3hHO6S.dpuf>

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**Scott Gregory** says he's doing okay. He had open heart surgery June 12 for a ventricular assist device that was attached to the left ventricle to help blood circulate throughout his body. He thinks he will be 100 percent in a couple of months. He says, "God is good all the time!!!!"



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**Check out our brand new  
website!**

**[www.umclongview.com](http://www.umclongview.com)**

## **OUR MISSION STATEMENT**

Longview United Methodist Church is a beacon of diversity in our community. We encourage each individual in their spiritual journey as they become a disciple for Jesus Christ.