

CHANGING TIDES MARCH 2010

Estero Bay United Methodist Church 3000 Hemlock Ave. Morro Bay, CA 93442

WAVELENGTHS

Up. The dictionary defines the word up as being “in a higher position or level or an advanced or better state”. Lent is a time for us to consider the “up” of living - what moves us to a higher position, closer in our relationship with God. So I offer the following suggestions called the “7ups” that were printed in a congregation-published Lenten Journal.¹

1. Wake Up!! Decide to have a good day.

“This is the day the Lord has made, let us rejoice and be glad in it.” Psalm 18:24

2. Dress Up!! The best way to dress up is to put on a smile. A smile is an inexpensive way to improve our looks.

“The Lord does not see as mortals see; the Lord looks to the heart.” 1 Samuel 16:7

3. Shut Up!! Say nice things and learn to listen. God gave us two ears and one mouth. So God must have meant for us to do twice as much listening as talking.

“Those who guard their mouths preserve their lives” Proverbs 13:3

4. Stand Up!! ... for what you believe in. Stand for something or you will fall for anything.

“Let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all. Galatians 6:9-10b

5. Look Up!! .. to the Lord.

“I can do all things through Christ who strengthens me.” Philippians 4:13

6. Reach Up!! for something higher.

“Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge the Lord, and God will make straight your paths.” Proverbs 3: 5-6

7. Lift Up!! your prayers.

“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6

So let us wake up, dress up, shut up, stand up, look up, reach up and lift up so that we move closer to God.

Shalom, *Pastor Paula*

¹ *Manna for the Journey: Lent 2006*, Fullerton First United Methodist Church, pages 2-3.



March Sermon Series:

Spiritual Practices

Mar 7 - Out of Ashes - Gen 2:7-8

Mar 14 - Walk About - Gen 12:1-9

Mar 21 - Space Making - Ruth 2:8-13

Mar 28 - Vocalizations - Luke 19:28-40

Acolyte & Usher Training - March 14

(in the sanctuary after church)

Acolytes - grades 3 and up – even if you have been an acolyte before, please plan to attend – there are some changes we need to talk about. If you can't make it and want to acolyte, please let Pastor Paula know.

Ushers – all ages welcome. Our goal will be to talk about basic duties and how to support our acolytes.

Holy Week Services

April 1 **Soup Supper /
Encountering the Last Supper**
6:00 pm

April 2 **Good Friday – Prayer Vigil
& Meditation
Shadows of the Cross**

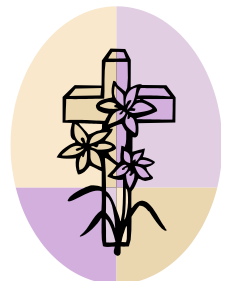
Sanctuary Open from noon – 7 pm

A time of prayer and personal reflection - Instructions and scripture & prayer booklets will be available. Please sign up for a 30-minute time to be in prayer in the sanctuary.

April 4 **Easter Sunday – Remembering**

Luke 24:1-12

9:45 am - Gathering and Worship



Easter Flowers

This year on Easter Sunday we will decorate the sanctuary with flowers from our own gardens. A cross will be set on the altar to be decorated with the flowers that you bring from home.

**Our Mission: To make disciples of Jesus Christ
for the transformation of the world.**

From the Children's Center...

Be bright! Turn off the light! Keep the earth clean – go green! Be fair: SHARE! These are just a few of the catchy phrases buzzing around the Children's Center and After School Enrichment (ASE) program this spring. With guidance from the Community Garden folks (thank you Miss Joanna and Mr. Noah!) and the enthusiastic leadership of teachers Miss Amada, Miss Kellie Ann, Miss Nicki, Mr. Ryan and Miss Angela, the children are making compost, hatching baby chicks, sorting all trash for recycling, and learning new ways to care for our planet, our Mother Earth. Let's give them a hand! Regular Children's Center and ASE programs will be closed for Spring Recess Monday, March 29 – Friday, April 2. A recess program for all ages will be offered during that week – please contact Christy Hilliard for details @ 772-7897.



News from United Methodist Women



All are welcome to attend the March 13 UMW meeting featuring a program presented by Melinda Elster: The Three R's of recycling: Reduce, Reuse, Recycle. We will discuss the simple choices we can make to lessen our impact on God's creation. Saturday afternoon, March 13 at 1:00 p.m. in the Social Hall - Dessert will be served. Please call Eleanore Walt at 772-3103 if you need a ride to this meeting. April meeting of UMW is Thursday, April 8 at 12:00 noon.



New addresses for members and friends near and far:

Jeanette Mossinger - c/o Carol Campbell
5600 Rexroth Ave., Bakersfield, CA 93306
phone 661-872-6597

An Invitation from the Burnt Churches Work Team:
Central Coast Cluster of the Cal-Pac Annual Conference has been assigned to rebuild the Macedonia Church of God in Christ in Springfield, Massachusetts the week of August 7-14. The church was burned to the ground following President Obama's election last November. If you feel called to do this work, Please contact the team leaders c/o Pastor John Wood in Atascadero (805) 466-2334. Details are on the bulletin board.



From Roly Hutchinson, on behalf of the Trustees:
Thanks go to Dawn Brown and Tina Lau who have volunteered to spearhead the job of taking care of the church grounds and landscaping. We are grateful and excited they have taken on this important job. It is an opportunity, too, for many more to be involved. Anyone interested in helping with the maintenance and/or landscaping, be sure to let Dawn, Tina, or any trustee member (Mike Armstrong, Dave Hooks, Roly Hutchinson, Ed Perry, and Brad White) know. Thanks also to Ed Perry for repairing our ride-on mower and conventional power mower! Ed single-handedly transported the mowers home, repaired them, and returned them to church.

Report to the Congregation from the Finance Committee	
1/31/10-2/21/2010	
Contributions and Pledges received	\$ 6166.
Budgeted Expenses	\$13,991.

From the Finance Committee: Haiti Relief Update: Our contribution of \$1682.00 for UMCOR relief has been sent to the Conference, and the Health Kit project has collected over \$200 as of February 21. Counters Ahoy! We have room for people who have a burning desire to count the offering one day a month. Veteran counters will provide training and support while you learn the ropes. A training session is scheduled for Thursday, March 18 at 11:30 a.m. Please call Carolyn Neuman to sign up.

GENESIS OF GRACE BOOK STUDY

This new book study will be offered on Fridays at 10am and on Saturdays at 10am. Classes will begin on March 5 and 6. If you have not signed up and would like to participate in one of the sessions, please join us – a few books are still available.

Lectionary Study and Prayer Group

Wednesdays 10am – 11am Scripture and conversation; applying the word to our daily lives. Drop in as you are able.

March 7, 2010	March 29, 2010
Third Sunday in Lent	Monday of Holy Week
Isaiah 55:1-9	Isaiah 42:1-9
Psalms 63:1-8	Psalms 36:5-11
1 Corinthians 10:1-13	Hebrews 9:11-15
Luke 13:1-9	John 12:1-11
March 21, 2010	March 30, 2010
Fifth Sunday in Lent	Tuesday of Holy Week
Isaiah 43:16-21	Isaiah 49:1-7
Psalms 126	Psalms 71:1-14
Philippians 3:4b-14	1 Corinthians 1:18-31
John 12:1-8	John 12:20-36
March 28, 2010	March 31, 2010
Palm/Passion Sunday	Wednesday of Holy Week
<i>Liturgy of the Palms</i>	Isaiah 50:4-9a
Luke 19:28-40	Psalms 70
Psalms 118:1-2, 19-29	Hebrews 12:1-3
	John 13:21-32

We hold these members, friends, and families in our prayers

The Family of Peggy Evans
People of Haiti and relief workers

Helen Carnahan	Janice Low-Moore
Jeanette Mossinger	Nicole Davis
Harvey Neuman	Muriel Henderson
Laurel Staats	Clydean Headrick
Gwenn Krossa's niece Presley	James Moore's aunt
Vicki Decker's sister Joanne Kee	Barbara Spigler's family

Bill Moore

Tina Lau's father Franz Sielck
Sandee Helow's friend Donna Van Noy
Pat Smith Stout – Jack Smith's sister
Michael Tabler – Jean Smith's nephew
Wyatt and Kristal - family of Ed & Margie Perry
Evelyn and David Dabritz's daughter Dorothy

April Newsletter Deadline:

Wednesday, March 21 by 9:00 a.m. Articles submitted for Changing Tides may be edited for length and timeliness. If possible, please send your article via e-mail to ebumcmb@yahoo.com with "Newsletter" in the subject line. Thank you!

Coming in April

Spaghetti Dinner and Guitar Concert April 15

We will host a dinner and concert for the community as a fundraiser to support Global Missions. Sandee Helow of *Something's Cooking* Catering in Morro Bay has graciously agreed to coordinate our meal, Jenn Worthington is working on publicity, and Elizabeth Busch, an amazing classical guitarist who lives in Davis, will offer some classical pieces as well as some original songs for our listening enjoyment. To make this a success we will need everyone's help in selling tickets, putting up posters and more. Watch the bulletin board for sign-ups to see how YOU can help!



Estero Bay United Methodist Church
3000 Hemlock Ave. Morro Bay, CA 93442
(mail to: P.O. Box 234, Morro Bay, 93443)
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website: morrobayumc.com Fax 805.772.5288
Pastor Paula Hulet pastorpvh@gmail.com
772-8740 or 714.264.4176
Administrative Ass't. Kate Throop ebumcmb@yahoo.com
Accompanist – Jane Rhine
Choir Director – Laurel Staats
Sunday Childcare – Anke Young
Bible Enrichment Leader: Betty Winholtz

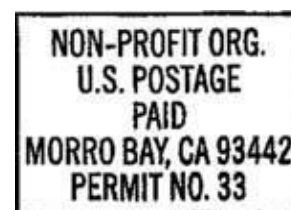
Saturday May 22, 2010! Save the date! Gigantic-spectacular-church-wide Yard Sale Fundraiser! Music, food, great prices, free e-waste collection, and more. EBUMC needs your donations of gently used furnishings, toys, tools, household items, clothes, collectibles, etc. Sign up on the board to be part of the team for this important event, and watch this space for more information about where and when to deliver your donations.



Sunday Worship at 9:45 a.m. ~ Childcare and Bible Enrichment at 10:15 a.m.

Event	Day and Date	Time	Location
AA Meeting	Tuesday 2,9,16,23	8:00 p.m.	Social Hall
Early Morning Prayers	Wednesday 3,10,17,24	6:30 a.m.	Pastor's office
Genesis of Grace Book Study (two separate classes)	Friday 5, 12, 19, 26 Saturday 6, 13, 20, 27	10:00 a.m. 10:00 a.m.	Social Hall
UMW Meeting – program presented by Melinda Elster	Saturday March 13	1:00 p.m. (dessert & coffee)	Social Hall
Lectionary Study Group	Wednesday 3,10,17,24	10 -11 a.m.	Social Hall
Choir Rehearsal	Wednesday 3,10,17,24	6:30 – 7:30 p.m.	Sanctuary
Finance Committee	Thursday, March 18	10:00 a.m.	Pastor's office
Training for Counters	Thursday, March 18	11:30 a.m.	Social Hall
Children's Center & ASE closed	March 29 - April 2	All day	
Maundy Thursday – soup supper and program	April 1	6:00 p.m.	
Good Friday- A time of prayer and personal reflection	April 2	Noon-7 p.m.	
Easter Sunday Gathering and Worship	April 4	9:45 a.m.	

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Morro Bay, CA 93442**



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