



HOPE, JOY AND LOVE RISING

Cast~A~Net

First United Methodist Church of Arroyo Grande NOVEMBER 2021

From Your Pastor

"GIVE IT TO GOD & GO TO SLEEP"

"Give it God and go to sleep!" That was the phrase on a pillow I purchased for my friend at our local Christian Bookstore, THE PARABLE. Actually, I bought it for myself and she liked it so much that I gave it to her. It IS one antidote to anxiety we can all practice at the end of the day, but during CT, "Covid Time", my relaxation efforts don't seem to last all night. Sleep is something I've had trouble with, especially since the stroke three years ago. I can wake up not once, but twice, three, four times or more! What have you done with the stress and strain of it all? Some of us need to add that same antidote to anxiety first thing in the morning---"Give it God and WAKE UP!!!"

As I've tried to wake up and do what's right for the church, others and myself, I went to the internet a time or two looking for additional antidotes. I found a list of ten and went away sad and more stressed because I discovered that I was already doing all those things and I was still anxious! So now I was stressed and DISTRESSED all at once! Nevertheless, it was a good list of antidotes to anxiety. I read:

STAY ACTIVE... DON'T DRINK ALCOHOL... STOP SMOKING...

DITCH CAFFEINE... GET SLEEP... MEDITATE... EAT HEALTHY...

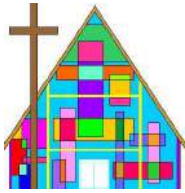
PRACTICE DEEP BREATHING... AROMATHERAPY... DRINK CHAMOMILE TEA

If you're doing all that and more, what else might work for you and the rest of us? Do you have an idea to share? Something that's worked like a charm?

Last Thanksgiving, 36 weeks into lock-down, wondering when we'd be together in-person again I was definitely overworked, wanting to binge on food and all the deep breathing, lavender and prescriptive herb tea just wasn't doing it. Occasional moratoriums on Diet Coke which cut the caffeine down to zero did indeed help, but I'll tell what helped most of all---THANKSGIVING! That's the secret that works for me. I anchor my soul in thanksgiving and in gratitude to God which reboots my mind, my attitude and energy for another day. GIVE THANKS!

Rev. Mary Birgelaitis

We give thanks



TREASURER'S REPORT

As the 2021 tax year comes to a close, I hope that you will remember our Church. If you are so blessed to have appreciated stock or need to make a Required Minimum Distribution from a Traditional IRA there can be significant tax advantages to making a donation directly to the Church, rather than selling stock or making an IRA withdrawal then donating the proceeds to a charity. Donation of appreciated securities directly to the Church can save you capital gains taxes and may create significant tax deductions. Those older than 70 1/2 can transfer up to \$100,000 per year from their Traditional IRA to a qualified charity, such as our Church. A distribution done directly from a Traditional IRA to the Charity is tax free if it follows the rules. Please consult your tax advisor and IRA administrator for details.

We have several major improvements around our campus that require funding. The parking lot has recently been re-sealed and re-striped. Though costly now, this should save us a considerable amount of money in years to come by preserving the parking lot. We are purchasing a new and much needed replacement stove for our kitchen. The old one has worn out. A video projector and screen are being installed in Criswell Hall. This will be similar to the system in the sanctuary. It will allow us to show popular and Christian movies in Criswell - as we serve popcorn and other movie munchies. If you feel inclined to make a donation toward any of these projects, please indicate your wishes in the memo field of your check. Your help will be much appreciated.

*Joel Anderson
Acting Treasurer*

BOARD OF TRUSTEES

The Trustees have been busy during October. One of the main accomplishments of the month has been the resurfacing of the parking lot. The cracks were filled and a coating was spread. The concrete bumpers were removed and the whole parking lot was re-striped. In order to accomplish the resurfacing, the Trustees had to arrive at the parking lot at 7:00 a.m. to direct traffic as the children and their parents arrived for pre-school.

Some of the Trustees have taken on the project of gradually replanting the small, narrow planters in the parking lot and at the Halcyon Road entrance to the parking lot. Take a look next time you drive in

The new stoves for the kitchen have been ordered but will probably not be delivered until sometime in January.

Dave Bolterman is on a six-week leave of absence. Dick Melsheimer and Paul Holden are covering until Dave's return.

submitted by Patti Melsheimer



**WORSHIP
LITURGISTS**



NOVEMBER 7

8:30 a.m.——Sharon Roemer
10:30 a.m.——B.G. Perriguy

NOVEMBER 14

8:30 a.m.——Joseph Brown
10:30 a.m.——Robin Isakson

NOVEMBER 21

8:30 a.m. ——David Beard
10:30 a.m. ——Nancy St. Laurent

NOVEMBER 28

8:30 a.m. ——Ian Beard
10:30 a.m. ——Alice Addison

USHER TRAINING

Usher Training for first and second services is on Monday, November 15, at 1:00 PM in the Sanctuary. Plan to give your input—for previous, current and new ushers. This will be a valuable resource.

All interested please attend!

For questions contact Kerren Brown (info in church directory).



North District Weekly Covenant Prayer List November 8 - 28, 2021

*“Pray for the continued mission of the UMC in the California-Pacific Conference:
To make disciples of Jesus Christ for the transformation of the world.”*

Great God of Heaven and Earth,

We lift up to you the rocky ground we are standing on, the ground of uncertainty, the ground of grief, the ground of division, the ground of fear. Give us hearts to make space for you to travel with us over this rocky ground. As we travel with you, may the living water of your presence quench the rocky places, transforming them into spaces of healing, spaces of hope, spaces of wholeness and spaces where more people can thrive in your presence.

—Reverend Melissa MacKinnon

Prayer Date	Church/Ministry	Pastor
November 7	Newbury Park: St Matthew’s UMC	Pastor Jim Powell
November 7	Simi Valley UMC	Pastor Pastor Andy Mattick & Pastor Camille Mattick
November 14	Thousand Oaks UMC	Pastor Anna Mulford
November 14	Chatsworth West UMC	Pastor Eric Iki
November 21	South Pasadena: ReNew Mission	Pastor Sam Park
November 21	Burbank First UMC	Pastor Sam B. Kim
November 28	Palmdale First UMC	Pastor Jim White & Pastor Jon Gentry
November 28	Granada Hills: Knollwood UMC	Pastor Kalesita Tu’ifua

The Angel Tree

We will be receiving gift tags from the Department of Social Services for the Angel Tree again this year. The Angel Tree will be set up in the Narthex at 10:00 AM on November 27, 2001, during the Hanging of the Greens. The gift tags can be picked up before or after Sunday church services. I will be begin picking up the gifts on December 5, 2021 after both services. You may also drop your gift at the church office after contacting the church secretary, Frances.



There will be duplicate tags on the tree: One original tag is for you to take and purchase the gift and return the tag with the gift. The duplicate tag just requires your name and it is left on the tree. The duplicate tags are used in case your original tag is lost, and it also helps me to contact persons who may not have

returned their gifts. All gifts MUST BE TURNED INTO THE CHURCH OFFICE OR LEFT AT THE ANGEL TREE NO LATER THAN DECEMBER 21, 2021 BY NOON.

The Angel Tree gifts are for foster children and other needy children in San Luis Obispo County. The children's names are provided by social workers and eligibility staff from the San Luis Obispo County Department of Social Services.

Thank you again for your generous giving spirits to help these children in need. Your gifts do make a difference in these children's lives.

If you have any questions you may contact me. My phone number is in the church directory.

The Lord's blessing to you all.

submitted by Jan Treat

The Heart That Grew Three Sizes

"Finding Faith in the Story of The Grinch"

We don't know why the Grinch hated Christmas. We just know he did! In this new Advent Study, author Matt Rawle explores faith themes in the Christmas classic, "How the Grinch Stole Christmas!" including how the Grinch's heart grew three sizes.

Join Patti Melsheimer for an Advent Study on Wednesdays beginning Wednesday, November 10th. We will begin at 6 p.m. in Criswell Hall with a light dinner and then share our understanding of this Advent study. Books will hopefully be available beginning November 7th.

In the meantime, try to find a copy of "How the Grinch Stole Christmas" and read it in preparation for the study! Please let Patti know if you plan to attend so that we will have enough study books.

submitted by Patti Melsheimer



It's time to collect your pennies and spare change to help families who are in need in our community.

Did you know that for every \$1 you give, it has a value of \$10 at the Food Pantry?

Take home a "Piggy Bank" from the narthex and return it by Sunday, November 21, 2021.

100% of your contribution will be given to the Five Cities Christian Women's Food Pantry. Our goal this year is to raise \$200.



Thank you for your support.

Maddy Quaglino

Arroyo Grande United Methodist Children's Center,
Director

Judy Atwood

FUMCAG Mission Team, Chair



Program Ministry

Sign up soon in the Narthex for the **Melodrama's Holiday Extravaganza, Nov. 28 for a 2:00 p.m.** matinee. All floor seats: \$31.

On **Dec. 2, Marjorie Ott** will conduct a **Cooking Demonstration** at Patti Melsheimer's home.

Instead of the annual Christmas Extravaganza, a **Christmas Sing-a-long** will be conducted in the **Sanctuary on Dec. 11 from 2:00 p.m. to 4:00 p.m.**

An **iphone and ipad Workshop** will be held by **Joe Brown and Sandy Underwood on Dec. 15 at 1 p.m.** No charge for this workshop in Criswell Hall.

Check out Program Ministry for more information in the Narthex. Please note if there are fees associated with the event they must be put in an envelope and placed in the lock box at Program Ministry. There is a cutoff date for events so that supplies can be purchased, transportation arranged, etc. So please mark your calendars and cancel your participation if you are unable to attend, prior to the cutoff date.

Looking forward to seeing you all!

submitted by Sandy Underwood



Come ye thankful
People come...



The UMM Piedras Blancas Lighthouse Tour

A great success!

The weather was marvelous
and our Ride-On driver.

Dawn was very helpful.

Everyone enjoyed the tour and lunch at
Cambria's Main Street Grill.

Pictured are Vicki, Nancy, Val, Bob, Gerry,
Paul, and Eva at the lighthouse.



submitted by Paul Holden



I Know Why the Caged Bird Sings

November Book Club Selection

For November the UMW Book Club members will discuss the classic memoir,

I Know Why the Caged Bird Sings by Maya Angelou.

As a young girl Maya was sent to live with her grandmother in the South; there she experienced the pain of prejudice and bigotry for the first time. Although she continued to experience difficulties when she rejoined her mother, she grew up to be a kind, strong woman who confidently faced the world. She used poetry and other literature to help her cope with her personal trauma.

Copies of this autobiography will be available to check out in the church office. We encourage you to read it and join our book discussion on Friday, November 19th, at 10:30 A.M. in the church library.

Questions? See Patti Melsheimer or Judy Leonard.



"The organized unit of the 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; and to expand concepts of mission through participation in the global ministries of the church."

The Annual UMW Church Holiday Boutique November 5 & 6, 2021



As fall officially makes its presence known with wind and rain and spectacular sunsets, there seems to be a frenzy of activity in the McMillen Room. Busy little bees have been making Advent Calendars, wreaths and snowmen (and snowladies too). That's only a small sampling of the many wonderful things in store for you to see when the Holiday Boutique arrives. Get your list ready and come shop!

Friday, November 5 and Saturday, November 6, 9:00 am – 1 p.m. in Criswell Hall.

If you have a yearning to help out, there's still time to get into the swing of things and volunteer to help set up, bake some goodies, bring in donations of handmade gifts, plants and vintage items too good for the thrift store. Just give Gerry McGuire, Mary Thronson, or Mary Hawkins a call.



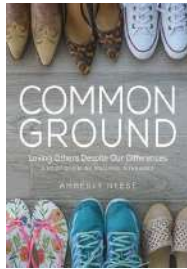
Looking ahead to the Holiday season we think of Advent, and the UMW is planning a showing of our congregation's crèche collections. Anyone having a special crèche who would like to share it with us is invited to contact us so we can set a Sunday during Advent for you to share. Contact Mary Hawkins or Gerry McGuire for information or to choose a Sunday.



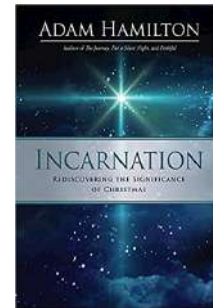
November 28, December 5, 12, 19 Crèche Display for Advent. Let us know if you have a special crèche or crèche collection you would be willing to display.

There are lots of activities to participate in during the holidays join us as we celebrate the Birth of Christ .

article and photos by Gerry McGuire



TUESDAY BIBLE STUDY



Tuesday Afternoon Bible Study is continuing with safe social distancing in Criswell Hall at 1:00 pm.

COMMON GROUND: Loving Others Despite Our Differences by Amberly Neese.

Dates are: October 26, November 2, 9, and 16.

Our second study will be on November 30, December 7, 14, 21.

We will begin again **INCARNATION:** Rediscovering the Significance of Christmas by Adam Hamilton. We had only held one session before the pandemic so we began again on October 26. Please join us in one or both of these groups.

submitted by Judy Atwood

WEDNESDAY BIBLE STUDY

The Heart That Grew Three Sizes

“Finding Faith in the Story of The Grinch”

We don't know why the Grinch hated Christmas. We just know he did! In this new Advent Study, author Matt Rawle explores faith themes in the Christmas classic, “*How the Grinch Stole Christmas!*” including how the Grinch's heart grew three sizes.

Join Patti Melsheimer for an Advent Study on Wednesdays beginning Wednesday, November 10th. We will begin at 6 p.m. in Criswell Hall with a light dinner and then share our understanding of this Advent study. Books will hopefully be available beginning November 7th.

In the meantime, try to find a copy of “How the Grinch Stole Christmas” and read it in preparation for the study! Please let Patti know if you plan to attend so that we will have enough study books.

submitted by Patti Melsheimer

News from the Mission Team

by Judy Atwood, chair

MISSION TEAM: November 2021

Judy Atwood

MISSION HIGHLIGHTS:

GOD'S STEADFAST LOVE...IN ACTION

It is exciting to know that, with all they have been experiencing, the church in Haiti is continuing their goal of helping young people receive training. It is also good to know that our \$1,000 gift has been successfully sent to the Haitian church to help them continue with sewing and cooking ministries. They are grateful for support from our congregation.

ANOTHER THANK YOU: "FUMCAG, Thank you so much for your generous gift and support of our layette ministry in Nome and surrounding villages! Your gifts will be shared and loved by those in our region! Thank again from the United Methodist Women of Nome."

We continue to accept items to send to Nome Layette Ministry. If you choose to participate in this ministry, we are glad to receive your items.

CELEBRATION TIME



Our Harvest Meal held on October 24th was a day to remember and to celebrate all that we have been able to accomplish and share in ministry during the pandemic. It was a time to gather

and break bread and share our collective memories around distanced tables. We look forward to more activities and memories.



Celebrating with a harvest meal!

CONTINUED MISSION OPPORTUNITIES

FOOD DRIVE

Our fall food drive for 5 Cities Christian Women's Pantry has begun. We will have containers in the Narthex weekly, and during the Trunk or Treat event.. We have an opportunity to help those in our community who are food insecure. You will also find a container for financial contributions to help them purchase items needed for the pantry.

PENNIES FOR TURKEYS

Look on page 4 for an article from Maddy and our Pre School regarding the collection of funds to buy turkeys for families in need. We want to support the Children's Center outreach as well.

PEOPLE'S KITCHEN

We will be providing our regularly scheduled meal, or those who come to people's kitchen at the end of November.

My challenge to myself and others who wish to join in is to continue to be who you are and to be willing to take time to help make a change in the life of others.



**A THOUGHT FOR MEDITATION.
DON'T ASK GOD TO GUIDE YOUR FOOTSTEPS, IF
YOU'RE NOT WILLING TO MOVE YOUR FEET.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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November



	<p>1</p> <p>6:00 PM Quilt Class by Gerry—CH</p> 	<p>2</p> <p>8:30 AM Senior Exercise—CH</p> <p>9:00 AM Sew-n-Sews—MMR</p> <p>11:00 AM UMW Chair Yoga—CH</p> <p>1:00 PM Tuesday Bible Study</p>	<p>3</p> <p>8:00 AM Trustees Wednesday Work Day—CH plus</p> <p>8:30 AM Senior Exercise—CH</p>	<p>4</p> <p>8:30 AM Senior Exercise—CH</p> <p>9:00 AM UMW Boutique Craft Group—MMR</p>	<p>5</p> <p>9 AM-1 PM UMW Holiday Boutique—CH,K,L</p>  <p>3:30 PM AGUMCC Closed; 4:00 PM AGUMCC Staff Meeting—MMR</p>	<p>6</p> <p>9 AM-1 PM00 AM UMW Holiday Boutique—CH,K,L</p> 
<p>7</p> <p>24th Sunday after Pentecost</p> <p>8:30 AM Contemporary Service</p> <p>10:30 AM Traditional Service</p>	<p>8</p> <p>6:00 PM Quilt Class by Gerry—CH</p>	<p>9</p> <p>8:30 AM Senior Exercise—CH</p> <p>9:00 AM Sew-n-Sews—MMR</p> <p>11:00 AM UMW Chair Yoga—CH</p> <p>1:00 PM Tuesday Bible Study—CH</p>	<p>10</p> <p>8:00 AM Trustees Work Day—CH plus</p> <p>8:30 AM Senior Exercise—CH</p> <p>10 AM Trustees Monthly Mtg—MMR</p> <p>6 PM Advent Study—CH</p>	<p>11</p> <p>8:30 AM Senior Exercise—CH</p> 	<p>12</p>	
<p>14</p> <p>25th Sunday after Pentecost</p> <p>8:30 AM Contemporary Service</p> <p>10:30 AM Traditional Service</p>	<p>15</p> <p>1:00 PM Usher Training—S</p> <p>6:00 PM Quilt Class by Gerry—CH</p>	<p>16</p> <p>8:30 AM Senior Exercise—CH</p> <p>9:00 AM Sew-n-Sews—MMR</p> <p>11:00 AM UMW Chair Yoga—CH</p> <p>1:00 PM Tuesday Bible Study—CH</p>	<p>17</p> <p>8:00 AM Trustees Work Day—CH plus</p> <p>8:30 AM Senior Exercise—CH</p> <p>6 PM Advent Study—CH</p>	<p>18</p> <p>8:30 AM Senior Exercise—CH</p>	<p>19</p> <p>10:30 AM UMW Book Club—L</p> <p>AGUMCC Board Meeting—MMR</p> <p>1:00 PM-Open</p> <p>2:00 PM-Closed</p>	<p>20</p>
<p>21</p> <p>Christ the King Sunday</p> <p>8:30 AM Contemporary Service</p> <p>10:30 AM Traditional</p>	<p>22</p> <p>10:00 AM UMM Cabinet Meeting—L</p> <p>6:00 PM Quilt Class by Gerry—CH</p>	<p>23</p> <p>8:30 AM Senior Exercise—CH</p> <p>9:00 AM Sew-n-Sews—MMR</p> <p>11:00 AM UMW Chair Yoga—CH</p>	<p>24</p> <p>8:00 AM Trustees Work Day—CH</p> <p>8:30 AM Senior Exercise—CH</p> <p>6 PM Advent Study—CH</p>	<p>25</p> <p>THANKSGIVING DAY</p>	<p>26</p> 	<p>27</p>
<p>28</p> <p>First Sunday of Advent</p> <p>8:30 AM Contemporary Service</p> <p>10:30 AM Traditional Service</p> <p>2:00 PM Program Ministry-Melodrama Holiday Matinee</p>	<p>29</p> <p>6:00 PM Quilt Class by Gerry—CH</p>	<p>30</p> <p>8:30 AM Senior Exercise—CH</p> <p>9:00 AM Sew-n-Sews—MMR</p> <p>11:00 AM UMW Chair Yoga—CH</p> <p>1:00 PM Tuesday Bible Study</p>				

Abbreviation Legend

S—Sanctuary CH—Criswell Hall
 MMR—McMillen Room #113 K—Kitchen
 L—Library Room #123 HR—Handbell Room #115
 PS—Pastor’s Study PL—Parking Lot
 CTY—Courtyard

Meet Our
CHURCH STAFF

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www.facebook.com/fumcag

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Lay Leader: Patti Melsheimer
Office Administrator:
 Frances Robertson
Website Manager: Jamie Foster
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Praise Team Director: Mike Clark
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PLEASE NOTE:

Layout Editor reserves the right to cut and edit articles to meet space limitations.



WOULD YOU LIKE TO ORDER FLOWERS FOR WORSHIP?

You are invited to order flowers to honor or remember someone special.

Your floral tribute will be placed on the altar for the worship services on Sunday and recorded for the video made for that week. After the services you can pick up the arrangement or we will get those beautiful flowers to you. The cost remains at \$25 .

Orders can be made, as in the past, from the Grand Bouquet which we can do upon your request. Or orders can be placed with Brad Bettencourt (long-time florist himself who actually owned a flower shop for years) who has created lovely arrangements with Trader Joe's flowers used in our worship services.

Please contact Frances in the Church Office, who is the liaison with the Worship Team, to make your plans.



November 7, 2021 Daylight Saving Time Ends

When local daylight savings reaches Sunday, Nov. 7, 2021, at **2:00 am**, clocks are turned **backward** 1 hour to Sunday, Nov. 7, 2021, **1:00 am**, local standard time instead.



Joy Collins.....11/02

Judy Woodbridge.....11/09

Bonnie Swafford.....11/13

RoseMary MacKeen.....11/16

Helen Gugeler.....11/21

Marcia Sommermeyer.....11/22

Christina Cuddy.....11/23

Victoria Harrington.....11/23

Adrian Paredes.....11/23

Larry Wiemers.....11/28

Del Hollinger.....11/29



Hope, Joy & Love Rising



First United Methodist Church of Arroyo Grande

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2021



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Children's Center Chronicle

NEWS FROM THE



FIVE CITIES WOMEN'S FOOD PANTRY

The Five Cities Christian Women's Food Pantry would like to give away a cozy throw to anyone needing a little extra warmth in this upcoming holiday season.

They are looking for new, rolled up fleece throws that are sold at various places locally for just a few dollars. (You can find them at Wal-Mart for sure!) If you would like to participate in this effort, please bring your donation to church any time between now and December 1st.

There will be a collection basket in the narthex. Please only donate brand new throws/mini-blankets—no previously used items!

Thanks for your support! *submitted by Patti Melsheimer*