

FROM THE PASTOR'S HEART.....

My friend, Rev. Larry Peacock (No relation to Karen), is a retreat director in New England. He writes "In Praise Of Relishing" in his weekly blog.

"Technology is forcing Americans to live at speed, not at depth," so says Robert Kamm in The Superman Syndrome: Why the Information Age Threatens Your Future and What You Can Do About It. I seem to be working longer, the desk is piled higher and I have a new faster computer but still I don't get everything read, written, answered, called, or crossed off the list. I remember Kirk Byron Jones saying, "You cannot rush and relish at the same time." I seem to remember that summer was a time for relishing, reading a good book, enjoying a cookout, but most people I talk to are as busy as ever.

I am giving thanks for things that make me slow down and relish the moment. Like this heat and high humidity. Rather than complain, I am trying to remember to be grateful for going more slowly and noticing what is close at hand. Rather than get anxious at the slow moving line in the grocery store, give thanks for a few more moments in a cool place and for work that allows me to buy fresh fruit and ice cream. I am looking for some more ways to live at depth and to relish God's creation, to linger with family and friends and to laugh more often.

(Kirk Byron Jones' book is, Addicted to Hurry. It is good.)

I am looking forward to a week in beautiful, flat, hot, and humid NW Ohio to try to relish without rushing. Of course, I expect all of you to rush around and accomplish great things while I am gone. See you all at VBS!

Pastor Carl

Do you like the Jubilee Bell Choir? Interested in the Bell Choir?

The Jubilee Bell Choir is looking for additional ringers. You must know how to read music, both bass and treble clef. Ringers are also needed who are able to lift the heavier bass bells.

The choir begins their rehearsals on Thursday, September 9, at 6:15 p.m.

For more information please call Carol Hendershot, 325-4541

What do Stephen Ministers do?

Stephen Ministers:

- Listen
- Explore feelings
- Pray
- Share Christ's love
- Maintain confidentiality
- Attend to the care giving process
- And leave the results to God

Stephen Ministers care for people who are:

- Grieving
- In need of Long-term care
- Dying
- Hospitalized
- Divorcing or separation
- Experiencing losses as they age
- Spiritual struggles
- Relocation
- Stressed, discouraged, feeling down
- Chronic illness

USHERS NEEDED:

Thank you to all who volunteer for ushering on Sunday mornings! We are in need of “back-up” ushers and people to begin ushering later in the fall.

Please call Betsy Hartman, 325-4541, or email her at manateeluvr277@yahoo.com for information and/or to add your name to the list of ushers

.STRENGTH FOR THE JOURNEY 2010

Strength for the Journey is a four-day spiritual retreat for persons living with HIV/AIDS. Again this year the retreat will be held at Camp N-Sid-Sen on Lake Coeur d’ Alene, August 23-27. This retreat provides a safe place with a caring, supportive staff where participants can relax and reflect together on the circumstances of their lives. It is eagerly awaited by our participants each year.

Below are some ways you can support this ministry:

- Prayers for the participants as they travel and spend time in retreat
- Donations for scholarships to the retreat. Checks can be made out to “Strength for the Journey”
- Snacks and home-made cookies are a treat, as well as fresh fruit and veggies
- Notes to the participants which will be placed in their “mail box” every day. You can write “To a Friend” using words of encouragement and inclusiveness

There will be 40 participants and 15 staff at the retreat this year.

Any of these items can be mailed to Manito UMC, PO Box 8656, Spokane,WA 99203 or items can be dropped off at Manito UMC, located at 33rd and Grand Blvd.

For questions, please contact Pastor Flora Bowers at 747-4755.

There will be no MIDIS Group in the month of August

ALL CHURCH MARINER'S GAME

**Sponsored by United Methodist Men
Thursday, August 11**

Bus leaves the church at 6:00 a.m. for the 12:30 p.m. game
Return immediately after the game.

Price for ticket and bus:
Single \$55.00 Double \$100.00

Call the church office (325-4541) to reserve your seat today!

Night Out at the Spokane Indians Ballpark

The Spokane Indians play host to the Salem-Keiser Volcanoes on Thursday, August 5th for a 6:30 game. Our night at the ballgame is always great family fun, and this year, the mood will be bolstered by the performance of the Clown Prince of Baseball, Myron Noodleman. Reserve your seats now by calling Steve Whitford at 489-7235. Leave a message. We have a block of reserved upper box seats with backs reserved at only \$9 each.

KIDS SCHOOL SUPPLIES SUMMER MISSION PROJECT

Last year we collected school supplies for kids at Audubon, Browne and Finch Elementary schools. The schools were very grateful for our help. We would like to help again this year. To this end we've placed boxes in the parlor for collection of suggested supplies listed below:

- | | |
|---|-------------------------------|
| *Crayons (box of 24) | *Colored felt tip markers |
| *#2 yellow pencils | *Kid's scissors (not pointed) |
| *Pencil boxes | *Glue sticks |
| *Spiral notebooks (wide rule 70 sheets) | *Kleenex tissues in boxes |

Let's all pitch in this summer to help stock the boxes so that we can deliver the supplies to the schools about the time school starts. Your participation will be appreciated. Thank you!

THE NORTHWEST
NEIGHBORHOOD ASSOCIATION
12TH Annual
CONCERTS UNDER THE PINES
at Audubon City Park
August 12th and 26th
6:00—8:00 p.m.

**This year let's join together as a church family for the concerts!
Bring a lawn chair, a bag dinner and friends!**

CHRISTIAN EDUCATION NEWS:

A BIG thank you to all who have already signed up to work with our children in the BLAST program starting in September!

We are now looking for teachers and helpers for the WOW NOW! class, which is held during the 10:30 a.m. worship time. This program begins again on September 12th. There is a sign up sheet in the Christian Education office for Sundays September - May. Pick your Sundays now! Thanks!

VACATION BIBLE INFORMATION:

“GALACTIC BLAST” August 2-6.

This is for kids as well as offering an Adult class. A light supper will be planned to begin at 5:30 p.m. We are still in need of individual packages of snack crackers. You can bring them to the church anytime.

ADULT INFO: During the week of VBS, Pastor Carl will be leading an adult study class Tuesday-Friday nights. The study will be “The Parables of Jesus.”

Thank you to all who have already helped coordinate VBS!

TO ALL ENTRYWAY SWEEPERS:

The following people are scheduled to have this sweeping duty in the coming weeks:

August 1 Jeff Johnson
August 8 Tony Ross

LAMPLIGHTERS:

The Lamplighters for the upcoming weeks are:

August 1 Doug and Pauline Smith
August 8 Candy Shipley and Dorinda
 Young

USHER SCHEDULE:

Below are the ushers for worship in the upcoming weeks:

August 1 Stan Banks
August 8 George Hartman

GREETER SCHEDULE:

August 1 Betty Moos & Leslie Spitzer
August 8 Glenda Buterbaugh &
 Betty Moos

PRAYER ROOM:

August 1 Evelyn Gould
August 8 Rebecca Stolberg

COMMUNION SERVERS

August 1 Paul & Kathy Cottrell
August 8 George Hartman & Steve
Whitford

UNITED METHODIST WOMEN NEWS:

The Inland District UMW Annual Meeting, September 18, 2010, will be held at Audubon Park. For this meeting we will be putting together **Birthing Kits**. UMW invites everyone in the church to bring items for this project which are listed below. There will be a labeled box in the parlor for your donations.

Each kit contains

- 1 hotel size bar of soap
- 1 pair of clean latex gloves
- 1 square yard of clean plastic sheeting
- 3 pieces of clean string each 12 inches long
- 1 clean single use wrapped razor blade
- 2 flannelette receiving blankets, each one yard
- \$1 to cover shipping

These kits will be assembled during the meeting and will be shipped to UMCOR for distribution.

We will also holding a quilt contest - Premature Baby Quilts and Head Pads for Neonatal ICU at Deaconess Hospital and Sacred Heart Hospital. You will receive one ticket for each quilt set you bring to District Annual Meeting. The winner will receive a book from the reading program. Please make quilt and head pads using these instructions:

Premature Baby Quilt - Quilts are 2.5 by 3 feet
2 pieces of material (no batting)
dark colors
Used over the tops of the incubators

Head Pads for the Babies These are 12 inches by 18 inches
Baby colors two pieces of flannel (no batting)

**“COMING FULLY ALIVE
AS YOU AGE”**

**Sundays, August 8-29
3:00 p.m.**

**Riverview Terrace
1841 E. Upriver Drive**

Led by Pastor Carl

Coming Fully Alive As You Age

August 8: “Finding Meaning in Life”

Finding purpose; living life to the fullest; being versus doing; positive aspects of aging; becoming a “sage”

August 15: “Being Fully Alive (Mind, Body, Spirit)”

Meditation; care of the body, mind and spirit; coping with physical limitations; passion for life

August 22: “Aging As a Spiritual Journey”

Finding hope; letting go of expectations; making sense of suffering; forgiveness and healing

August 29: “Uplifting Power of Humor”

Uplifting of spirit; use of humor; enjoying the present moment; looking at the positives of our lives.

Saturday, July 31

9:00 a.m. Sustainable Works

Sunday, August 1

10:30 a.m. Worship

VACATION BIBLE SCHOOL

August 2-6 Lite supper 5:30 p.m.

6:15 p.m. - 8:15 p.m.

Monday, August 2

7:30 p.m. AA Meeting

Tuesday, August 3

9:00 a.m. Downtown Food Bank

9:30 a.m. Quilters

Wednesday, August 4

10:00 a.m. Overeaters Anonymous

10:00 a.m. Needlework Group

Thursday, August 5

4:00 p.m. Sustainable Works

5:30 p.m. Stephen Ministries

6:30 p.m. Indians Baseball Game

Friday, August 6

W. VA Youth Group overnight

Saturday, August 7

2-4 p.m. Marion Anderson's 80th Birthday Party:

Whitworth College

Sunday, August 8

9:30 a.m. BLAST Teacher Meeting

10:30 a.m. Worship

3:00 p.m. "Coming Fully Alive As You Age" Class at Riverview Terrace

Monday, August 9

4:30 p.m. Missions Team

7:30 p.m. AA Meeting