

Tidings

The Newsletter of Woodside Road United Methodist Church
"We Seek God, Welcome All, Love and Serve Our Neighbors"

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September 2015

October Tidings articles are due by September 16
October Tidings will be available September 27

Dear Friends,

Somehow it's already September. As someone whose life is shaped by the school calendar, I've always thought that our Jewish brothers and sisters were on to something by celebrating the New Year (Rosh Hashanah) in the fall. In our own Christian tradition the New Year begins with the start of Advent as we get ready to honor Jesus' birth. Come spring time I'll probably want to make a case for recognizing the Persian New Year which begins on the first day of spring. I think this is another way of saying I like new beginnings. I like the opportunity to start again.

While September doesn't mark our Christian New Year, it is a time of new beginnings here at Woodside Road UMC. On Sunday September 13, we will begin a couple of new programs – Janice McOmer and others will lead a 9am study on Rueben Job's *Three Simple Rules* through October 18 (see Janice's article for more details). We will also worship in Watters' Hall that morning as we celebrate Family Worship. On that morning our worship format will be a little bit different. Rather than preach a sermon, I will lead us in an all ages Bible study. Whether you are a child, teen, retiree, or somewhere in between you will be included as we dive into Scripture together. We will still have time for singing and praying together, but the structure of the morning will be a little bit different. This is a new experience for all of us, but I think it will be a rewarding one as we hear insights into the stories of Jesus from across the generations.

Our worship service on the 13th will conclude a three week sermon series on *Sticky Faith*. *Sticky Faith* is a model for youth ministry that I learned about during my time at Trinity Presbyterian Church. There are three main ideas behind *Sticky Faith*:

- (1) The Gospel of Grace: Being a Christian isn't about a list of do's and don'ts, it's about being surrounded by God's amazing grace, a grace that we can't lose no matter what we do or the mistakes we make. (August 30)
- (2) Everyone of every age is welcome at the same table: When youth ministry is siloed, shaped like a one-eared Mickey Mouse if you will, then youth miss out on participating in the full life of the church – *and* the church misses out on the full participation of its youth. If we long for a faith in our youth that will last beyond youth group, the time to invite them into full participation in the life of the church is as teenagers. (September 6)
- (3) Parents are the primary shapers of their children's faith life: It turns out that for most (not all, but most) teenagers having the most amazing youth program in the world doesn't shape their lives as Christian disciples nearly as intimately as their parents do. When teenagers and their parents grow in faith together a faith that sticks is developed. (September 13)

We will close out the month of September and begin the month of October by echoing the Sunday morning study looking at doing no harm, doing good, and staying in love with God.

See you in church,
Katie

Thoburn Circle



We will be meeting on Monday, September 7th at 12:30 p.m. in Watters Hall. We are to bring our own sandwich and the

hostess will provide tea, water and cookies. Be sure to bring an article of interest about South America that you may find in the newspaper or magazine. We are in need of all the various supplies for our Personal Care Bags so please remember to bring them or contribute financially.

Helen Lomas

2015 STEWARDSHIP



CAMPAIGN

Stewardship takes thought and planning. It is not nebulous, something on which we all agree, but which we do nothing. We do not just get around to stewardship someday. Stewardship includes time and talent as well as money. Life itself is a stewardship given to us in trust from God. All we have has come from God. That is the reason for reflection before planning. We need to reflect upon or pray about what God has given to us. Then we respond as good stewards by properly sharing what God has given us.

While Stewardship is a year round process, we look forward to focusing on stewardship in worship and in study in November.



Fall Adult Study Class starts September 13, 9:00 - 9:45am. We will have a six week session, using "Three Simple Rules: A Wesleyan Way of Living" by Rueben P. Job, coordinated by Janice McOmber. The basic three rules are: Do no harm, Do good, and Stay in love with God.

We will be trying different versions of adult Bible study to fit the needs and desires of our members (including "bag lunch" sessions after church). Volunteers to coordinate each (4 to 6 week) session are being recruited. Any interest? Talk with Janice McOmber (jmcomber@aol.com) or Pastor Katie (katiemgoetz@gmail.com).



Are You Able?

Work Day Saturday, September 12th

Work Day will be Saturday, Sept 12th 9:00am to 12:00 noon. If you have some free time come down and join us in helping to keep our church in tip-top shape!



SEPTEMBER

Lisa Hicks-Dumanske	September 1
Carla & Harry Sillin (A)	September 4
Debra Clark-Trimble	September 6
Harry Sillin	September 7
Katie Sillin	September 7
Cindee Kibbe	September 10
Patti Fletcher-Riley	September 12
Lauren Righini	September 12
Carla Sillin	September 14
Cleo Susan Guarino	September 20
Janice McOmber	September 23
Jim & Marlene Yoder (A)	September 25
Doris Rotella	September 27
Mary Marchini	September 29
Marshall Serkes	September 29
Evelyn Berk	September 30

OCTOBER

Ty Swanson	October 2
Mary Ellen Pense	October 2
Jeff & Patti Riley (A)	October 2
Georgi La Berge & Warren Dale (A)	October 3
Marlene Yoder	October 10
Albert Hopkins	October 13
Elizabeth Prasad	October 17
Hulita Folau	October 20
Beverly Barr	October 23
Frank Taylor	October 25
Nancy Brown	October 26
Eric Brown	October 26
Wendi Brown	October 26
Geneva Anderson	October 28
Betty Kibbe	October 30
Ben & Hulita Folau (A)	October 30

If you do not see your name listed, it's because we don't have your birthday or anniversary information. Please let the church office know your information so that we may correct it.



Senior Fellowship Lunch

Thursday- September 24 - Lunch at Mountain Mike's Pizza, 120 El Camino Real, Redwood City. Meet at Mike's at 11:30 SHARP. No donation required.

Call Jean Massing 650-368-0561.



Woodside Road United Methodist Church is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on 10/30/15. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete.

In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.

***In the church office there are a few complimentary certificates for screenings. Please call the church office to inquire.**

Youth 2015

By Tina Petelo

During the Florida conference I learned new things, but also relearned things that I had been taught in Sunday school or just grew up learning. The whole conference was centered around the idea that we as Christians should go on to seek perfection.

There were many events that followed this theme; however, only two sessions really struck home. One of the most influential and meaningful that I attended was the all lives matter session. During the session we talked about biases and how this furthers injustices such as discrimination. We then went on to talk about how these biases are promoted through the media. For example we were shown a comparison of the difference between how the media describes white riots versus black riots. During the black riots they would call the male rioters thugs while during the white riots they would call them citizens or non-derogatory terms.

Later we moved on to discuss what it means to have privilege and to be privileged more specifically what it means to have white privilege. When the presenters were introducing the session to us they stressed how important it was to get a more concrete understanding of what it's like to be on the other side and not have privilege. Basically empathy is better than sympathy because if one cannot identify or try to identify with the underprivileged, the oppressed, and the marginalized one cannot get to what the root of the problem is understand it and then try to fix it. By the end we learned how to be less biased even though we live in a society that runs on it. By trying to erase the biases created we can become not only better people but also can better Christians going on to reach perfection.

Another session that I attended was a session on substance abuse. The number one thing that the presenter wanted us as an audience to truly get from that session was that addiction is not a sin. You see many drug addicts choose not to attend church or associate themselves with church matters because they are often seen in a negative light by church members and believe that what they are doing is sinful. Well the fact of the matter is addiction is

not a sin. It's a brain disease. You see if the stigma of addiction equaling sin continues the number of substance abusers will only continue to rise because the church isn't involved. Everyone knows that a support system is crucial to recovery, well a church community can provide that support system. Not to mention addicts need to believe to have hope they can make it through. They need that extra strength and that can only come from their faith.

Overcoming stigmas and seeking to help those in need of support will help Christians on their journey to perfection. It also helps the addict in trying to reach a stage towards perfection where dependency does not rule your life. Overall I learned that being a great Christian requires one to love themselves, love others, love God, and strive to not only boost yourself but boost others along the way, for by this one gets closer to going on towards attaining "perfection."

Education News Sept 2015

Sunday School Rally Day September 13!

We will celebrate the beginning of our Sunday School year on September 13, with a short meeting at 9:45am for children, parents, teachers and anyone who'd like to be there. We will meet in room 5-6. Coffee, juice and breads will be served.

Pastor Katie will welcome the group. We'll sing some Sunday School songs, introduce teachers and the curriculum, and announce special fall activities. Please join us! It's very nice for the children to know that many people support their program.

UMYF

The youth usually meet on alternate Sundays, 11:45am-1:30pm, with lunch included. Their next meeting will be August 30.

**Report on
YOUTH 2015**
By Jane Day

Tina Petelo, Kookie Leaaetoa and I attended this amazing conference. It was held at a Marriott Conference Hotel in Orlando, FL, and very well planned and executed. It began with an evening worship service and concert on June 24, and ended at 11pm on June 28. Over 4000 teens and several hundred adult leaders from all over the US attended. The UMC holds this national conference for youth somewhere in the country every 4 years.

The conference theme was Piety and Mercy. John Wesley identified these as essential for the Christian life and preached about them frequently. Works of Piety include all means of expressing faith, such as prayer, individual and group Bible study, telling others about Jesus, and worship. Works of Mercy are all the things we do to help others. Wesley called these collectively "The Means of Grace."

The morning and worship services each evening were wonderful and the evening one was followed by an exciting (and very loud!) concert led by nationally known musicians. There were scores of vendors and exhibit rooms with excellent materials about missions and all aspects of youth ministry. Various UM mission projects, from Imagine No Malaria to a project that teaches people in African villages how to build sanitary toilets, had special displays. The United Methodist Women had a breakout room with coffee, materials about UMW's many activities, and people to talk with. They especially hoped to inform high school women about its worldwide missions, and invite them to join.

Nearly 100 workshops were offered, on a great variety of topics and with excellent leaders. We could attend only two each morning, and it was hard to make choices. Early afternoon was free time, then everyone came together for "Connect", where each of us joined a small group of people from other churches and discussed various aspects of the theme. Here are some details about four valuable workshops that I attended.

"Teen Depression" was led by Rev. Dr. Gary Nelson, for teens and adults. He is a Christian therapist with 35 years of experience. He began by emphasizing that God can heal, so there is

hope! He has written a book about that, "A Relentless Hope: Surviving the Storm of Teen Depression". The teen years can be very challenging, and he gave startling statistics for the US: each year, 1 in 5 teens are depressed, over 20,000 attempt suicide and 5000 of those die. Symptoms can be very varied, including difficulty sleeping, self harm, obvious sadness that persists, being a "perfect teen," to withdrawing from family and friends, uncontrolled anger, etc. Typical depression can be treated with therapy. However, some teens have clinical depression, which is different and very serious. It can lead to violence and suicide. This requires medication and often some hospitalization. Little is known about what precipitates it. Nelson's own son suddenly developed the clinical kind at age 15. He became enraged at minor things and couldn't control his emotions at all. He eventually recovered but those were roller coaster years for the family.

"How Social Media is Impacting How We See Ourselves and How God Sees Us" was presented by Dave Magee, aimed at youth but adults were welcome. He told how many millions of selfies are taken and texted every day, and asked why. It can be a way to remember some special event, but often it's more about telling people where we've been than being in the moment ourselves – not letting God love us, instead seeking approval from peers. He discussed scriptures about how God wants us to focus on what is really important. He asked his youth group to think about sending some texts that show they honor God, and he challenged them to not take any selfies for a week. They discussed that at their next meeting.

"How to Crash and Burn in Youth Ministry" was led by Neal Bowes for youth leaders. He had a humorous approach, beginning with a litany of behaviors that are sure to cause failure: try to be "cool," forget to pray faithfully for yourself, your teens, and your ministry to them, fail to continually grow as a Christian yourself, lecture instead of engaging discussion, don't maintain confidentiality, don't be honest and authentic with your teens, and so on. These struck home with us youth leaders and got a lot of chuckles. He said we're not in the entertainment business, but the relationship business. He gave tips for group discussion: No lecturing, just briefly introduce the topic and ask for feedback. Relax and allow time for silence.

Repeat the question if necessary so the group knows you really expect responses. If necessary rephrase to make it clearer, redirect the question by telling a short story to illustrate and then go back to it. If the group does not engage with the original question, ask a different one.

“Teens and Dating Violence” was presented by Jennifer McCallum. I attended the session she gave for adults. In order to help us understand what constitutes violence and how it can develop, she used a sophisticated simulation game that involved several scenarios about situations in which violence could develop. We formed groups of 4 and each group chose a color, which corresponded to one of the scenarios. Each group circulated among stations in the room and picked up a card of their color at each. The first card described our characters and the situation. The group discussed this and chose what to do next. This led the group to a second card which developed the story and again provided choices of what to do next. The story based on our choices became quite complex, and this was an engrossing exercise. After an hour Ms. McCallum called us together so we could spend the last 30 minutes discussing what we had experienced. We learned that violence can occur in many ways in addition to physical violence, such as controlling, bullying, and verbal abuse. A victim in any of these situations is afraid and may not be able to communicate honestly with people who could help. Friends and parents can continue to believe that the perpetrator is a fine person and unwittingly fail to protect the victim. We learned how important it is for us to be good listeners, and about excellent websites and national hotlines that provide help for victims.

The registration and airfare for this trip were expensive, and the three of us who had this remarkable opportunity are very grateful to the Peninsula United Methodist Association (PUMA) for providing support, and to many members of our congregation who also contributed generously. Thank you!

Crop Walk

On October 4 the San Francisco Peninsula CROP Walk will take place at 2pm in Menlo Park. See Katie to sign up as we walk together to raise money to fight hunger here at home and around the world.

... THAT TOGETHER YOU MAY
WITH ONE VOICE GLORIFY
THE GOD AND FATHER OF
OUR LORD JESUS CHRIST.



ROMANS 15:6, NRSV

After a well earned summer break the choir will begin leading us in worship again on September 20. Choir practice begins this Thursday, September 3rd at 7:30pm. All are welcome. If you have questions please contact Jan Ireland at janisirlenad@yahoo.com.

The road of life

God of our life,
there are days when the burdens we carry
chafe our shoulders and weigh us down;
when the road seems dreary and endless,
the skies gray and threatening;
when our lives have no music in them,
and our hearts are lonely,
and our souls have lost their courage.
Flood the path with light,
turn our eyes to where
the skies are full of promise;
tune our hearts to brave music;
give us the sense of comradeship
with heroes and saints of every age;
and so quicken our spirits
that we may be able to encourage
the souls of all who journey with us
on the road of life,
to your honor and glory.

—St. Augustine