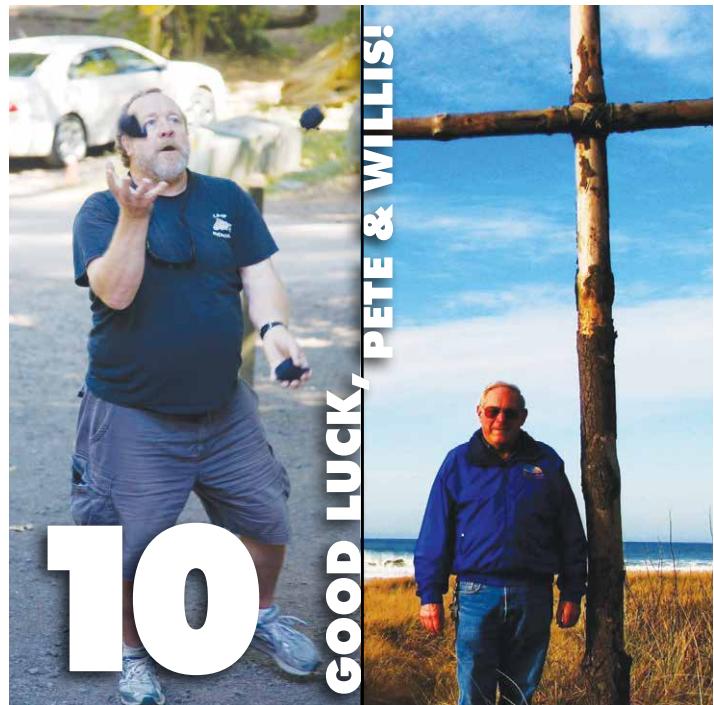




UMW: ASSEMBLY 2014

will you
**MAKE IT
HAPPEN?** **5**



The monthly, award-winning publication of The Pacific Northwest Conference of The United Methodist Church



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Channels is a monthly publication of the Office of Connectional Ministries, The Pacific Northwest Conference of The United Methodist Church, 816 S. 216th Street, Building 2, P.O. Box 13650, Des Moines, WA 98198-1009 • Channels is also available for download at www.pnwumc.org/channels • For any photo or article contributions, questions, comments, or letters to the editor, e-mail channels@pnwumc.org • Submissions are due by the 1st of each month for publication the following month • All submissions are reviewed by members of the Office of Connectional Ministries and the Staff of the PNWUMC • We reserve the right to reuse, modify, or decline any contribution to this publication • The opinions expressed in Channels may or may not reflect the views of the producers of this publication, the PNWUMC or The United Methodist Church • Please give courtesy credit(s) when reprinting articles or photos from Channels. Let us be good stewards of the earth; please recycle.



8 THE WELL

This fall, our focus on well-being and peace covers urban design, depression, global peace, sexual identity, food systems & community, and forgiveness. Monica Coleman is an excellent voice in this series. Her work as a theologian is grounded by personal experience, and her talk is as confessional as it is theological. This series is the second this year. In the spring we focused on food, faith, and planet.

These public events are just one aspect of The Well, which seeks to build generous and hospitable community. Our public events do this by inviting the larger community into dialogue with one another and to engage with issues that affect mind, body, spirit, community, and world. We offer intimate space for big conversation.

Naming the truth that people of faith live with depression is important to do. It is sad that too often people feel pressured to hide their struggles. People are sometimes convinced that thinking the right things, doing the right things, or believing the right things will result in struggle-free lives. Depression becomes a dirty little secret. There is nothing good or healthy in that. What we should be doing as a community of faith is helping people journey through the deserts of life, reaching out to one another to offer sips of living water that help sustain us for the hard work that wilderness living requires of us.

I hope that The Well at Queen Anne UMC is a safe and generous place where people find others to sojourn with them, information to help their journeys, and encouragement for the life we share with each other. ☺

-The Rev. Katie Ladd
Pastor, Queen Anne UMC (Seattle, Wash.)

Channels

NEWS NOW

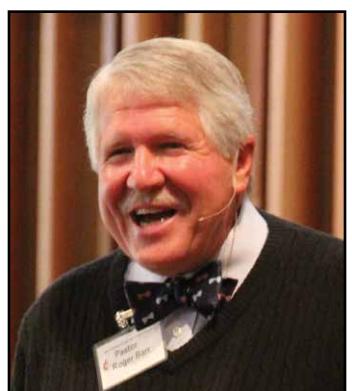
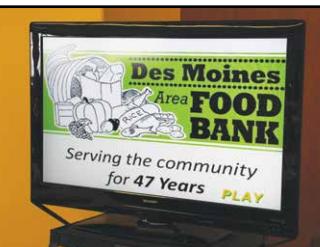
Connecting with stories making headlines from the UMC into November

Feeding All People in Body, Mind and Spirit

By **THE REV. ROGER BARR** and **ROSALEE MOHNEY**

Des Moines UMC celebrated its new mission emphasis, Feeding All People in Body, Mind and Spirit, on October 20th. Beginning in morning worship then moving to the fellowship hall, the congregation filled children's weekend food packs, created prayer scarves, promoted household item "kits" for women graduating from a local shelter, wrote letters to legislators, and signed petitions advocating for national programs affecting our neighbors in need.

"This church's DNA is about caring in Jesus' name. Our wonderful new mission emphasis and the corresponding excitement felt throughout the congregation simply articulates and expands upon our core beliefs," says Pastor Roger Barr. ☺



For more photos from this event, visit bit.ly/dmumc-mission



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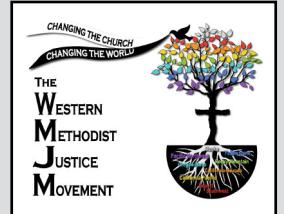


Whenever you see **The Shelf** icon beside an article in *Channels*, *Regional Media Center Manager* Ellen Johanson has carefully chosen a video that complements the story you are reading in an effort to help further your interest in a particular topic or theme.

Tuesday, December 3rd

UMCmission.org/Give

For a full story from GBGM, visit bit.ly/giving-tuesday.



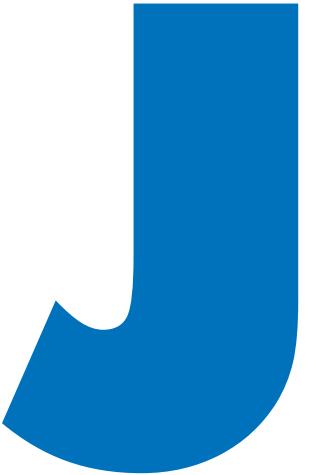
Stepping Out In Faith

Aug. 29 to Sept. 1, 2014

Zephyr Point Conference Center in Lake Tahoe, Nev.

WESTERN JURISDICTION ADVOCATES GATHER TO RENEW, ENGAGE AND LEAD

The Western Methodist Justice Movement announces retreat for Labor Day Weekend 2014



Justice-seeking United Methodists from the eight annual conferences of the Western Jurisdiction will gather at Zephyr Point Conference Center in Lake Tahoe, Nevada, for a Labor Day weekend retreat, Stepping Out In Faith, from Aug. 29 to Sept. 1, 2014, where we will celebrate our God-given diversity while working together in the conviction that God's justice will prevail in our church and world.

This retreat will give United Methodists in the Western Jurisdiction – and friends from across the Connection – a chance to experience the profound unity that binds us together in the midst of our amazing diversity. As we enter the second half of the UMC's 2013-16 quadrennium, we will find strength in the relationships that we forge with each other as we pursue our common commitment to justice in living out the reign of God. We will explore the deep harmony that transcends our particularities and differences. And we will allow God's Spirit to enliven and empower us for the 'long-haul' as we work together to do justice and make peace.

Stepping Out in Faith will include opportunities for: inspirational worship, action-oriented Bible study, focused conversation/action tracks on key social justice issues of our day, enlivening entertainment, invigorating relationships, and good food, along with free time to enjoy the wonders of Lake Tahoe.

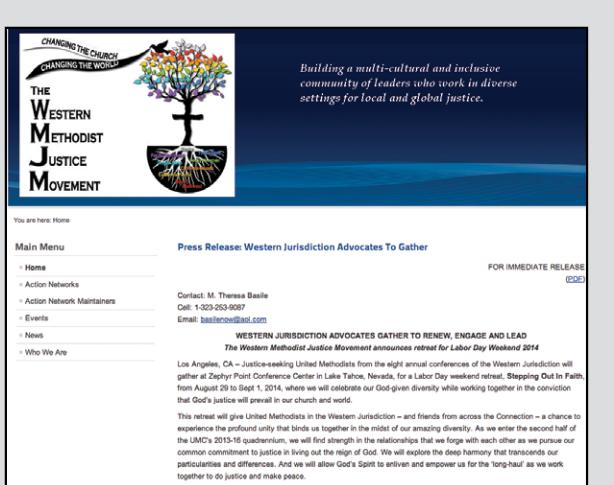
Stepping Out in Faith is for people of all ages and stages. Spouses, significant others, children, co-workers and friends are all welcome to join us for this extraordinary weekend in this extraordinary place – there will be plenty of opportunities for everyone! Zephyr Point Presbyterian Conference Center is fully

handicap accessible. Additional information on the retreat program and registration will be provided at the WMJM website: wmjm.org.

This retreat is sponsored by the Western Methodist Justice Movement (WMJM), United Methodists seeking to build a multi-cultural and inclusive community of jurisdictional leaders and advocates who will work in diverse settings for local and global justice. The WMJM consists primarily of Action Networks focused on diverse action areas. These currently include: compassionate US immigration policies, fully inclusive UMC ministries, human rights in the Philippines, a just peace for Israel-Palestine, reproductive justice, extravagant hospitality in our churches, and the worldwide nature and future of the UMC.

The seeds for the WMJM were planted at the Western Jurisdictional Conference of 2012 (WJC 2012) in San Diego, California, during a pre-conference gathering in which progressive United Methodists from across the Western Jurisdiction gathered in working groups and drafted several resolutions on current issues of concern that subsequently were adopted by the WJC 2012. United Methodists in the WMJM are committed to carrying out the prophetic statements and actions of the Western Jurisdictional Conference.

During WJC 2012, Bishop Grant Hagiya of the Greater Northwest Episcopal Area invited everyone to take authority to advance the Jurisdiction's goals and commitments, rather than wait passively for the institutional Church to take the lead. He reminded WJC participants that the mission of creating a radically hospitable, Jesus-centered church that is committed to the advancement of justice belongs to everyone in the church. The 2014 WMJM gathering Stepping Out In Faith will encourage and empower more United Methodists to own and fulfill that mission. ☺



The Western Methodist Justice Movement Website (wmjm.org)

Dedicated to "Building a multi-culture and inclusive community of leaders who work in diverse settings for local and global justice" The WMJM site features links to events, action networks and more.

For more information about the WMJM and the 2014 retreat Stepping Out In Faith, please contact WMJM Convener, Rev. Frank Wulf: (cell) 310-535-5502 or (e-mail) revfrankwulf@gmail.com.

omen from around the country and mission partners from across the globe are called to the 19th quadrennial Assembly of United Methodist Women April 25-27, 2014, at the Kentucky International Convention Center in Louisville, KY. "Make It Happen" is the theme for the faith-filled, spirit-lifting gathering of thousands of women of every ethnicity, background and region.

The biblical foundation for the 2014 Assembly is Mark 6:30-44, the feeding of the 5,000 – a miracle most fitting for a "Make It Happen!" Assembly! Inspired by Jesus who fed 5,000 people with five loaves of bread and two fish, United Methodist Women members face seemingly unbeatable challenges, but together find ways to advocate for those deemed "the least," Christ's kin. United Methodist Women members are equipped with faith, hope and love in action to turn the impossible into life-affirming realities everyday.

"Join us in Louisville, KY as we strive to turn Faith, Hope and Love into action on behalf of women, children and youth."

– Yvette Richards, President of the United Methodist Women. See the video invitation at: www.Assembly2014.org

Assembly 2014
Louisville,
Ky.



April
25-27



will you



Will you accept the call? Will you make it happen? Will you come to Assembly 2014?

Come expecting powerful worship, dynamic speakers and amazing music.

Come expecting to celebrate our Wesleyan heritage and to shape our future together.

Come expecting to talk about challenging and complex issues in a real way.

Just don't come expecting all the answers.
It's also about the questions.



- worship
- speakers
- workshops
- service
- networking
- Bible study
- and much more!



for women
by women

United
Methodist
Women
FAITH • HOPE • LOVE IN ACTION

www.assembly2014.org

If you would like more information about Assembly 2014, or to schedule an interview with Harriett Jane Olson – General Secretary – please call Anissa New-Walker, ph. 212.870.3849, awalker@unitedmethodistwomen.org.



Clarkston UMC and Highland Elementary School in Clarkston, Wash. teamed up Asotin County Master Gardeners to help teach children acts of kindness and the science behind how pumpkins grow. The Rev. Shane Moore and laity all helped in getting the word out about the importance of working and nurturing community in the Clarkston Area. For more pictures, bit.ly/clarkston-pumpkin-pics.

the PUMPKIN PATCH GOSPEL

The love of Christ is the most important message we carry and when our churches are living that love out, that is a message we must be willing to share.

-The Rev. Shane Moore

By **PATRICK SCRIVEN** with **THE REV. SHANE MOORE** and **TERRI ENTZE**

Just after lunch on a beautiful, late October day, the first graders of Highland Elementary School were heading to church to get some pumpkins.

About a half-mile from the school is their destination - Clarkston United Methodist Church (Clarkston, Wash.) and its large garden that produces over 2000 pounds of fresh food each summer for the local food bank. Last May, kindergarten and first grade students were invited to plant pumpkin seeds and now these children were back to see what had grown.

Last spring's first graders were taught a lesson in giving as their pumpkins were to be harvested by a new class of kindergarteners the following day.

Tana Truscott, a member of the Church helped to start this new expansion of its garden ministry, recruiting volunteers from the congregation and the Asotin County Master Gardeners group. The well-organized team helped the first graders rotate through

pumpkin picking and cleaning, a couple fun learning components, and also provided a variety of tasty pumpkin-based snacks.

In the spring of 2012 the Church's outreach community began to explore how it could partner effectively with the local elementary school. As the idea of planting pumpkins surfaced, they worked intentionally with the school to see how the project could complement the work of teachers in the classroom. Science classes are using the event as an opportunity to talk about seeds, germination and how something like the pumpkin is produced in a variety of ways into things we can use and eat.

The Rev. Shane Moore, Clarkston UMC's pastor, expressed what he loves about this project of the church: "What's great about this ministry is that it runs without micromanaging from the pastor. The idea, planning, and implementation are laity driven. They are excited about using the garden to reach local children."

Like a proud parent, he was also eager to share with people what Clarkston UMC is up to. With the laity on top of the details and implementation of the pumpkin patch,

Moore turned his attention to helping the church communicate the good work it is engaged in with the surrounding community.

"I spent time intentionally working to spread the word about the pumpkin patch," shares Moore. "Too often we are afraid to share our stories because we worry that it will come across as bragging. But what we must remember is that we have message that needs to be shared."

Moore reached out to an employee of a local non-profit to get help in writing a press release that the church then distributed to the local newspaper, television station, and school district. Their partnership with the Master Gardeners group also led to a member of that group willing to produce a short video of the project.

Still, some might question why a church would spend time reaching out to the local press or in sharing about an event on the Internet. But for Moore, the answer is clear: "The love of Christ is the most important message we carry and when our churches are living that love out, that is a message we must be willing to share." ☰

For more information on Clarkston UMC, visit clarkstonumchurch.com or visit its Facebook page at bit.ly/clarkston-umc-church.
Patrick Scriven serves as the director of communications for the PNWUMC.

QUEEN ANNE UMC + THE WELL

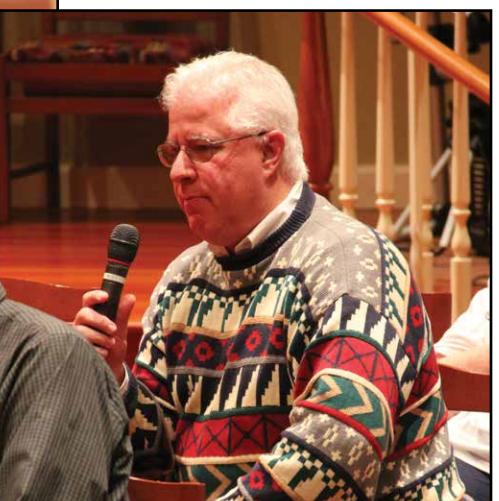
Check out
more photos:
bit.ly/pics-the-well



ON

Faith and Depression

By PASTOR KAREN YOKOTA and JESSE N. LOVE



At the heart of Mental Health Awareness Week, The Well at Queen Anne United Methodist Church welcomed the Rev. Dr. Monica A. Coleman to speak on the lessons learned while living with depression and what it means to be faithful to God. The Rev. Katie M. Ladd, who is a close colleague of Coleman, welcomed attendees of The Well – some from the local Queen Anne community with a few members visiting from Seattle's U-District. This particular discussion is a part of the fall 2013 "Well-Being" series at QAUMC.

SEARCHING FOR THE LOST COIN

Coleman began her presentation acknowledging that October not only recognizes Mental Health Awareness, but also Domestic Violence and Breast Cancer Awareness. She believes that both have connections to depression and help broaden the discussion on overall mental health.

During her presentation, Coleman opened with a retelling of the parable of The Lost Coin. She shared how she would collect quarters to use for bus fare and the laundry. When losing a coin, Coleman mused on how important something is despite its quantitative value: "It doesn't sound like much – in fact, it's just a quarter. But at that time - in that moment - I really needed the quarter to get to where I was going. I was searching my bag, the ground, walking around, looking under the bushes, searching for something shiny. I probably looked pretty distressed looking for this single quarter."

Searching for a lost coin serves as a metaphor for how God needs us, despite how others view our worth or how we perceive ourselves: "God needs us, loves us, and desires to be in a relationship with us. That quarter is a part of a bigger picture. You don't have to be phenomenal or do amazing things. God knows that there is something that we are supposed to be a part of - and God will search those cracks and find you. I love the thought of God sifting through the dirt to find us. I love this idea that God doesn't want me to fall through the cracks – through the cracks of life."

FALLEN THROUGH THE CRACKS

We are supposed to be looking through the cracks for people; it's part of our call – to rummage through the kitchens and to turn the couch cushions. Coleman says that we are supposed to do what God would do.

"We are the 'hands and feet of God' and we are representing what God would do," she says. "We are supposed to be looking for our friends: the ones who have fallen through the cracks; the ones that we haven't heard from; the ones that haven't gotten out of bed

in a day or two. It's our job to go searching for these people and it's part of what we are called to do – we are to rummage through the cushions, turn the couch over and sweep the ground. It means we'll get dirty and that it could become messy. We are looking for our friends and family members because they matter so much to us."

BONDS, TIES, AND THE LOVE OF RELATION

To be around people who will sometimes bother and annoy you, is extremely difficult. Sharing the same space while having our own personal limitations is not easy. In her presentation, Coleman touts that being with such people is part of a bigger calling.

"We are called to be around something else, and we are called to be with people who are different from us. What is created - when we are communing with people who are not the same as us - are bonds, ties, and the love of relation."

Coleman concluded her presentation with the message that we still need each other: "The quarter, the dime, and the nickel. We need each other so we can do what we need to do and get where we are going."

Giovanna White is a student who heard about The Rev. Dr. Coleman's visit to The Well via Facebook. White shares what she has learned from Coleman's messages about mental health: "I have a friend who is depressed. I am leaving here knowing that I have to still look after that person like a lost coin. It's so easy to have a bad attitude and say, 'I don't want to deal.' But when people are going through the motions, being unintentionally difficult (sic), this is when you still have to hold on to them."

"Having the conversation is very important in helping people to address and deal with things," shares Gary McKee, an attendee of this night's presentation at The Well. "I appreciate the fact that people joined in the conversations and asked questions. It helped a lot to hear other people's views."

Having speakers such as Dr. Coleman – discussing faith and mental health - help serve as part of a larger movement toward nurturing community. Through The Well, The Rev. Katie Ladd's goal is to create a space to have generous conversations with substance, rooted in the Gospel. Up for discussion are issues that affect mind, body, spirit, community, and souls with the intention of creating community for all of us in seeking a common good, rather than a partisan goal.

How has your local church addressed issues of depression and mental health? If your church prepared discussions, activities, or special messages in regard to mental health, share your story and e-mail channels@pnwumc.org.



Creating Caring Congregations (D4439)

This program is designed to educate clergy and laity on how to decrease the stigma of mental illness in faith communities. Individuals share their personal experiences with depression, anxiety disorders and mental illnesses in adolescents, young adults and older adults. Carol Usher of Klamath Falls UMC (Klamath Falls, OR) said "this is a very good resource. Extremely useful. It stimulated conversation among adults."

For more information on The Well and Queen Anne UMC, visit qaumc.org.

The Rev. Dr. Monica A. Coleman serves as an ordained elder in the African Methodist Episcopal Church and she is an associate professor of Religion at Claremont School of Theology and Claremont Graduate University (Calif.). In her latest book, "Not Alone: Reflections on Faith and Depression, A 40-Day Devotional", she shares her personal insights in coping with depression.

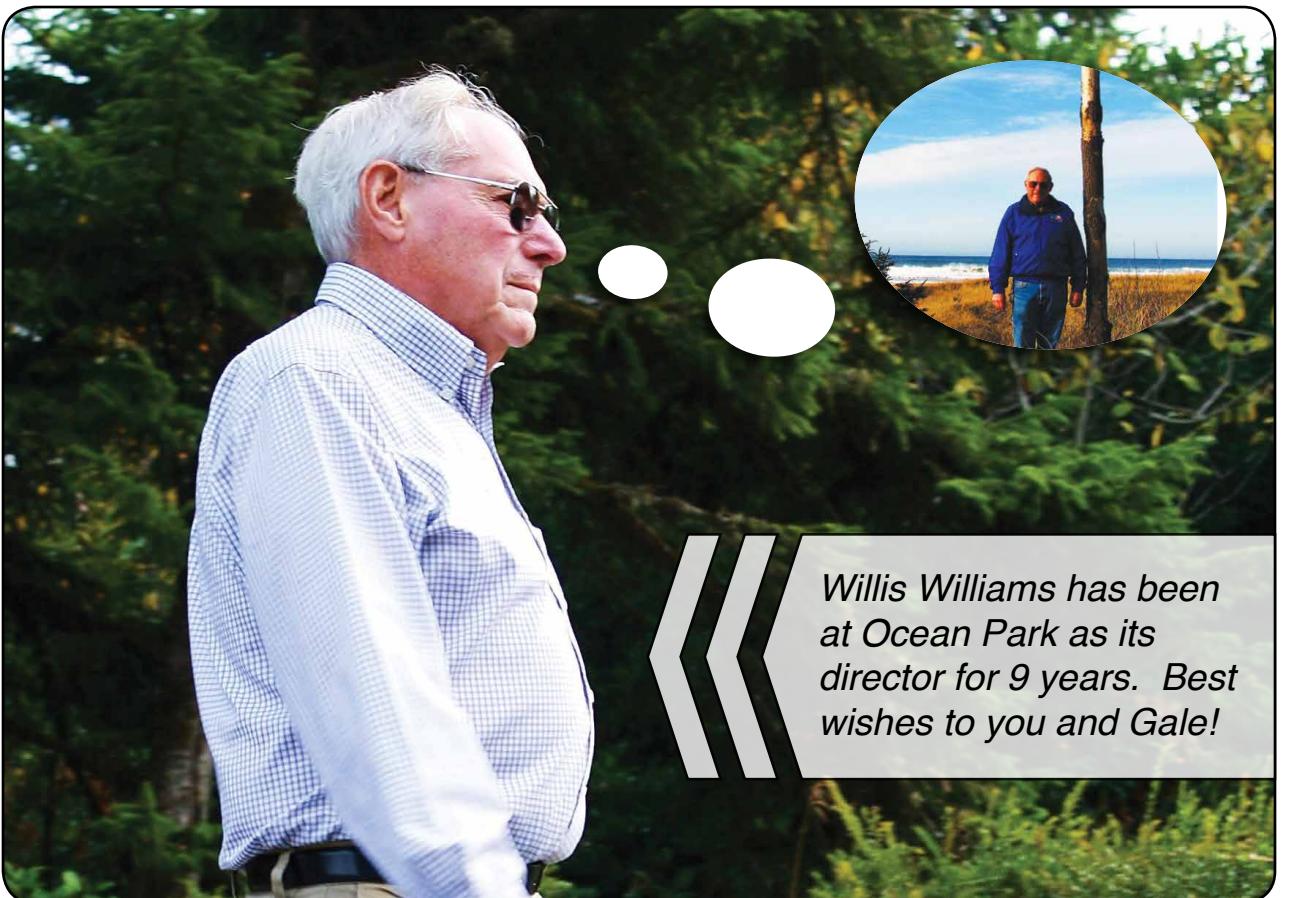
Karen Yokota serves as pastor for Milton and Whitney Memorial UMCs. Jesse N. Love serves as the print & publications manager for the PNWUMC.

Willis Williams

Pete Simpson



Pete Simpson has served as the director of Camp Indianola for 23 years. Thank you for your service Pete!



Willis Williams has been at Ocean Park as its director for 9 years. Best wishes to you and Gale!

RETHINKING Our CAMPS

IN THE MIDST OF CHANGE

By THE REV. JOYCE O'CONNER MAGEE

As we are being challenged to Rethink Church, those working in our camping ministries are also finding it's time to Rethink Camp!

This summer we took our camps "on the road" and into our church communities through our Community-Based Day Camp Programs. All summer long our young adult leaders from Twinlow Camp worked in local churches to re-imagine their Vacation Bible Schools in new and exciting ways. It was a fantastic opportunity to bring the energy and expertise of trained camp staff to the churches of the Annual Conference.

We also launched an initiative to build a new dining hall at Lazy F camp outside Ellensburg. The current dining hall was over capacity 25% of the time – once the fund drive for the new dining hall is complete, we will be able to adequately serve everyone, plus have more bed capacity than ever before. Loyal alumni and camp friends have already been generous and provided over \$230,000 in pledges toward our \$1.5 million goal.

At the end of October we will say goodbye to Willis and Gale Williams, who have faithfully served Ocean Park for the last 9 years. Willis and Gale brought energy and focus – caring for the upkeep of the current buildings and expanding activities for campers and visitors, not to mention returning Ocean Park to financial health. The camping community has the deepest gratitude for all their work and wishes them the best as they return to the Longview community and their church.

As the search begins for a new director, the Ocean Park Site Committee and Camping Board of Stewards are simultaneously building a new vision for Ocean Park. Started in 1883 as a Methodist camp meeting facility, now is the perfect time for Ocean Park to Rethink its mission. A task force, led by the Rev. Chuck Hindman, has created a detailed plan that includes upgrades to the two main lodges on the dunes and vigorous promotion of the camp. They would like to take advantage of the resort atmosphere of the Long Beach Peninsula and provide a safe, Christian environment that is both adult and family friendly.

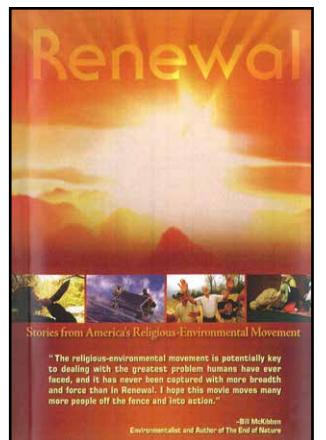
The end of October marks another milestone as long-term camp director Pete Simpson will be retiring as director of Camp Indianola after 23 years of service. Pete and Dee Ann Simpson began their ministry in United Methodist camping in 1984 when they arrived at Twinlow Camp, where Pete served as director for six years before moving to Camp Indianola. Pete was not only a leader around camping in our own conference, but also served on many boards and committees and networked nationwide as an advocate for Camping Ministry. Pete has helped us understand the ministry of radical hospitality – for individuals and the environment. Countless lives have been touched through participation in camps under Pete's leadership over the years, not to mention the multitude of building projects, finance drives, and training events Pete has led. The spirit of radical hospitality is alive in Pete Simpson, as he is currently volunteering with an emergency response team in Alaska, helping out in the aftermath of the flooding of the Yukon River!

As a new director search begins for Indianola and Ocean Park Camps, the camping community sends a heartfelt THANK YOU to Willis and Pete – well done, good and faithful servants! ☺

The Rev. Joyce O'Conner Magee serves as the chair for the Camping Board of Stewards.

Renewal (D2021)

There is a growing religious environmental movement in our world that is moving beyond specific issues to advocate and practice care for creation as a basic aspect of faith. This movement is diverse in beliefs but united in action. We need to change our fundamental views of how we as humans relate to the earth and each other if we hope to survive. Our impact on earth has the potential to be destructive or constructive depending on how we choose to live. This documentary is engaging, powerful, inspirational, and instructive. It can be used by anyone concerned about a sustainable future.



Per Molly Shaw of University Temple in Seattle: "I would highly recommend this DVD to congregations who are working with Earth Ministry to understand and apply "greening" practices in their churches and personal lives."



Camping & Retreat Ministries (pnwcamps.org)

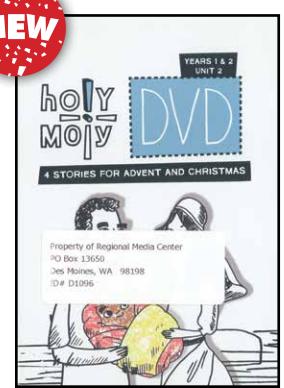
Need information on one of our four sacred sites? Check out the official site of Camping & Retreat Ministries. For camp dates, contact info and more on Camp Indianola, Lazy F, Twinlow, and Ocean Park, this is a great start on planning your family's next summer fun activities!

ON THE SHELF

ADVENT RESOURCES

By ELLEN JOHANSON

FOR CHILDREN



Holy Moly: Four Stories for Advent and Christmas (D1096)

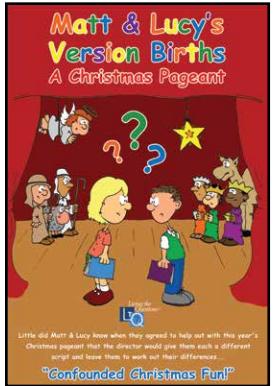
Covers The Annunciation, Mary & Elizabeth, Jesus is Born, and The Magi. Leader Packs with information for teachers and Learner Packs with information for children (Kindergarten – 4th grade) are included along with the storybook and DVD. To check out a sample, visit bit.ly/rmc-holy-moly.

NEW



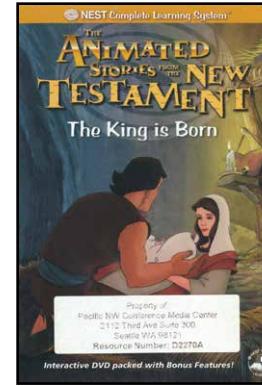
Christmas Programs for Children

These two reproducible booklets contain a variety of simple poems, plays and programs specially selected for young children to use in large or small group settings. Check them out, review them, print what you want to use and you're set to create easy-to-use, joyful celebrations.



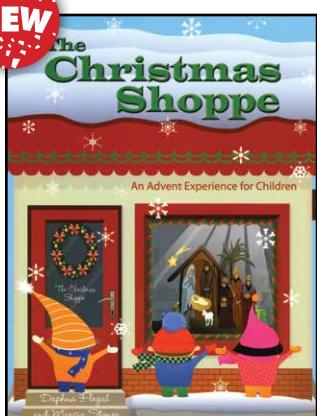
Matt & Lucy's Version Births: A Christmas Pageant

Matt & Lucy's Version Births is based on the Christmas stories in Matthew and Luke. Produced by Living the Questions, this resource offers a progressive view of the stories showing that they are not historical narratives, but instead are the creative work of two evangelists intent on showing the world why Jesus was such a special person. The two CDs together include a music disk with vocal and instrumental music of all the songs in the pageant and a CD-ROM with PDF files of scripts, production notes and sheet music.



The King is Born (D2270)

An animated story about the birth of Jesus based on The Bible. Includes English and Spanish subtitles and supplementary activity book.

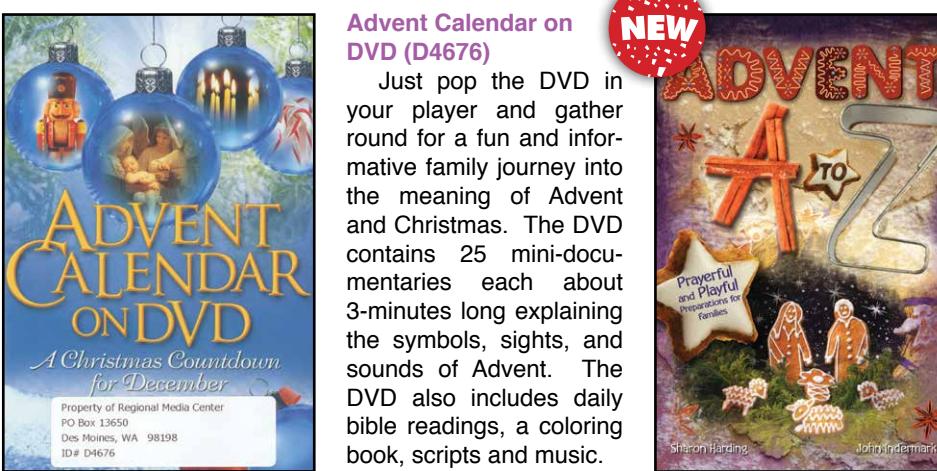


The Christmas Shoppe: An Advent Experience for Children

The Christmas Shoppe is an event that is open to children of all ages. Hear the Christmas story, create Christmas symbols to be sold to support a mission project of the church's choice and prepare/participate in a worship service with parents or the entire congregation. Experience the Christmas Shoppe through the Angel, Manger, Candy, Star, Card and Bakery departments. The CD provides helpful music, scripts and audio-visual media to ensure a Christ-centered experience. This is a great multi-generational event that can involve people of all ages.

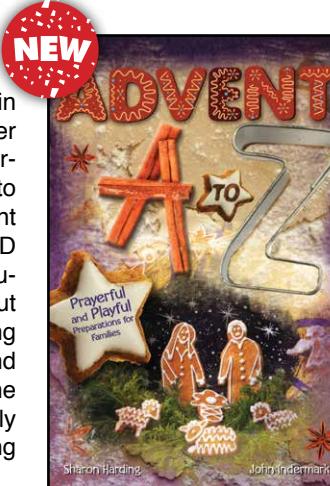
NEW

FOR FAMILIES OR MULTI-GENERATIONAL GROUPS



Advent Calendar on DVD (D4676)

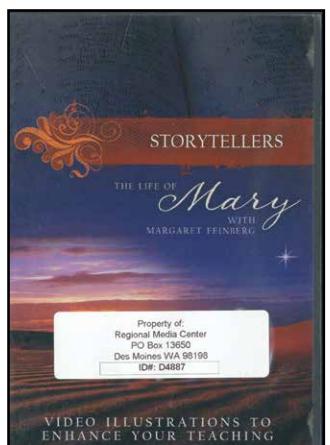
Just pop the DVD in your player and gather round for a fun and informative family journey into the meaning of Advent and Christmas. The DVD contains 25 mini-documentaries each about 3-minutes long explaining the symbols, sights, and sounds of Advent. The DVD also includes daily bible readings, a coloring book, scripts and music.



Advent A to Z (NEW!)

This book explores an Advent-related word that begins with a successive letter of the alphabet for each day between December 1 through 26. The activities (discussion starters, games, crafts, meditations, journaling, outreach projects and devotions) based on each day's word are ideal for parents teaching their children about Advent. If you, or your church family, are looking for ways to connect during the hectic holiday season, this book can help you strengthen your bonds with one another and with God as you explore the characters, themes and symbols of the season in which we prepare for Jesus' birth and God's promised realm.

FOR ADULTS



Storytellers: the Life of Mary (D4887)

A bible study that unfolds Mary's life and transforms it for a 21st century audience. With powerful lessons, this bible study examines Mary's life in a way you would never expect. Each clip on this DVD walks down Mary's road of faith as she journeys through a life of unbelievable events that usher in Jesus Christ. Per Molly Fraser of Light of the Hill UMC (Puyallup, Wash.), "This is a great resource for an Advent Study. It's easy to lead as everything needed is included and it stimulated conversation."



ADVENT CONSPIRACY

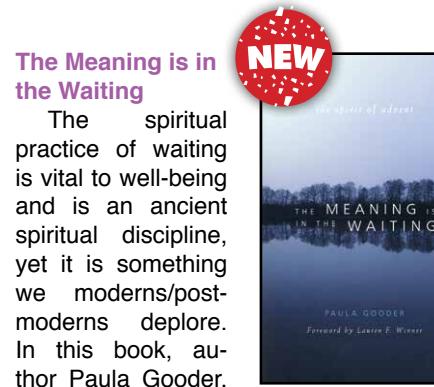
Advent Conspiracy (D4510)

Do you think "Consumerism" has stolen the heart and soul of Christmas? Are you fed up, burned out, or dreading the arrival of Christmas? Would you like to join others who are choosing to make Christmas what it should be--a joyous celebration of Jesus' birth rather than a retail frenzy? In four compelling sessions this video invites individuals and churches to substitute compassion for consumerism by practicing four simple, but powerful countercultural concepts: worship fully, spend less, give more, and love all.



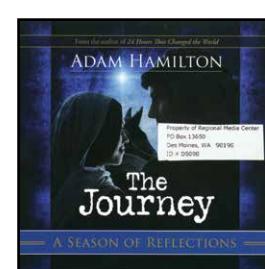
Advent Reflections: You Shall Have a Song (B1002)

This book can be used by individuals for daily devotions or as a Bible Study in a small group. Activities provide hands-on ways to celebrate the Advent season. Examine four songs from the Bible based on these passages of scripture: Psalm 96, Isaiah 42:1-9, Luke 1:46-55 and Philippians 2:5-11.



The Meaning is in the Waiting

The spiritual practice of waiting is vital to well-being and is an ancient spiritual discipline, yet it is something we moderns/post-moderns deplore. In this book, author Paula Gooder, helps us relearn the skill of waiting and invites us to engage the biblical people that are central to the Advent story—people who exemplified waiting upon God for wisdom-giving joy and meaning to life. Good for individual devotions.



The Journey: A Season of Reflections (D5098)

This little booklet can be used as part of the larger book/DVD study by Adam Hamilton or it can be used as a personal devotional booklet for Advent. It contains 28 short devotions to guide you through this holy season. ☺

Ellen Johanson serves as the manager for the Regional Media Center. E-mail ejohanson@pnwumc.org for more information on available resources.

CERTIFIED LAY MINISTER TRAINING

Responding to God's Call with Passion

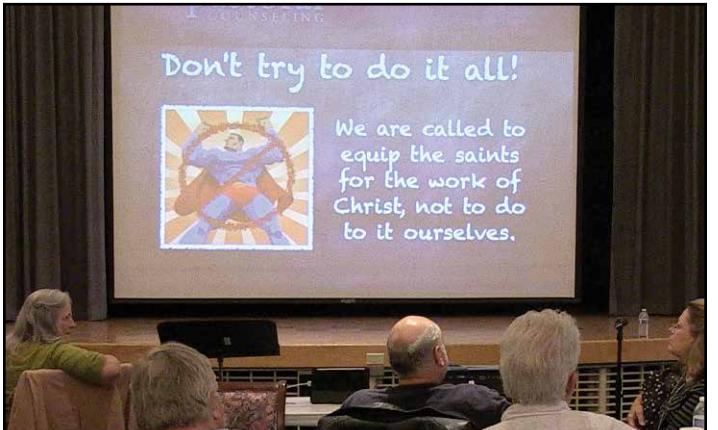
ast month, I found myself in the Banquet Room of Wesley Homes (Des Moines, Wash.) with about 50 other laypersons, Bishop Grant Hagiya, and members of the Cabinet and Conference Staff as we embarked on the adventure that was... Certified Lay Minister (CLM) Training! It was a whirlwind of training, conversation, questioning, discussion... what fun we had!

Many of the laity in attendance are currently serving churches as CLM's in the Pacific Northwest and Oregon-Idaho Conferences. From the Alaska Conference, two representatives joined us with the intent of designing a similar training for their laity. A number of participants were exploring the possibility of becoming certified. Others, myself included, were merely looking for training that will strengthen our ministry in the local church, district or conference.

With such topics as: Wesleyan Theology, led by Bishop Hagiya; Biblical Interpretation; Preaching with Passion and Purpose; Designing and Leading Worship, to name only a few, we were quickly and deeply immersed in learnings around all aspects of church leadership. As a layperson, I have never before found an event that challenged me and stretched my thinking to the extent that this one did. It left me wanting more.

As I chatted with many of our Certified Lay Ministers I enjoyed hearing their stories about the communities they serve. These committed, leaders can provide a great inspiration to all lay members of our conference. They do this work because they have heard a call to lead and are answering that call with a resounding "Here I Am Lord, Send Me". The room was filled with great examples of the giftedness of the laity of the United Methodist Church. I am grateful for each and every one. I pray each of us will respond with such passion when God calls.

Joan Holmes serves as the Conference lay leader for the PNWUMC.



Certified Lay Ministers from both the PNW and OR-ID Conferences are called to equip those in the church for the work of Christ. (Bottom-left) Bishop Grant leads a session on Wesleyan theology. The Rev. Sharon Moe, Tacoma District Superintendent leads a session on Biblical Interpretation.

What is a Certified Lay Minister (CLM)? (bit.ly/what-is-clm) For more info on becoming a CLM, visit the GBOD page to learn more on how you can answer this special call into ministry.

Facebook: Pacific Northwest Laity (bit.ly/pnw-laity) Check out the Facebook group for Laity in the Pacific Northwest Conference. Note: to join this group, a membership request must be approved by an administrator.



For more information on these images, visit <http://bit.ly/praying-soldiers> • <http://bit.ly/jesus-drawing> • <http://bit.ly/sinking-ship> • <http://bit.ly/camp-worship>

The state of the modern church has been in the news a lot lately, and the news ain't pretty.

"Nones" are on the rise, as are the 'spiritual, but not religious' folks. Mainstream church is dying---a slow, protracted death that we should have seen coming but didn't and now it's upon us and good grief, what are we to do? Our churches are dying, closing, and we're all in a downward spiral, just circling the drain.

Ugh. Dude, I know. I get it. Enough already.

I don't know about you, but I'm tired of hearing the doomsday predictions. Seriously. I start tuning it out once I hear a conversation going that direction. It's sad, and depressing, and completely hopeless.

Why on earth would I want to be a part of that? It's like saying "hey, come aboard the ship...it's sinking, but it's really not that bad!"

How on earth is that attractive, life-giving, faith-affirming, or hope-giving?

Yeah...it's not.

I'm tired of hearing that the church is dying. I'm tired of hearing that the state of affairs is awful. But mainly, I'm tired of people talking (complaining) a lot and not taking any action.

There's a reason I became Methodist. It

was a conscious choice, and had nothing to do with my parents or my traditions or the fact that I felt something was 'missing.' I became Methodist because my church is where I find God. I find God in community, in service, in outreach, in relationships.

As Methodists, we do great things. We stand with the poor, the oppressed, and the hopeless. We are agents of change in very positive and tangible ways. We 'walk our talk' in what we support, how we minister, how we help people. Really. Take stock of all of our ministries, from local church ministries to global church initiatives. We have a lot to be proud of. But you know what else? We do a crappy job of telling other people about it. We aren't good at tooting our own horn.

I'm tired of hearing the church is dying. Because the church I'm a part of is living its mission every day. We aren't perfect, but we're working on moving in that direction. I didn't become Methodist to jump on a sinking ship; I became Methodist because I wanted to live Christ's mission in this world, in this time.

I'm tired of the negative stories. I'm tired of the doom and gloom. I want to be a light

in the darkness, bring hope to the hopeless, clothe the naked, feed the hungry, live Christ's mission every day. We are more than a sinking ship. We are awash in opportunity, in possibilities, in 'what if's?'

I get that mainstream churches are dying...but we are alive in Christ. We are the agents of change for a better future - each one of us. How have we, individually, lived out Christ's mission? How have we made the world a better place by our words and deeds? This is our calling...every single one of us!

I don't want to be a part of a sinking ship. I want to be on a ship that is going great places, doing great things, and empowering each and every person to do amazing things in the name of Jesus Christ. We do amazing work every day. We have a lot of opportunities to grow, but we have much to celebrate. The work is plenty but the laborers are few. So, let's get to work. Let's turn the gloom and doom into a beacon of hope and opportunity. Let's go sail this ship to great places. ☺

Megan Ernst Kilpatrick is a member of Puyallup UMC (Puyallup, Wash.)



Body Age vs. Mind Age

By THE REV. DAVE BECKETT

Today is my birthday. I have walked this earth for 61 years. It is weird because I have in my mind an image of a 61-year old man, and I do not fit that image! Perhaps I am caught up with my baby-boomer peers who have always been reluctant to accept the script on how we were to act. Maybe I am in some form of denial, or immaturity.

As a young pastor I remember visiting Mildred who was 92 and living in a retirement home. She remarked, "In my mind's eye I am eleven years old romping around my grandfather's farm." I have always appreciated Mildred's attitude. She has helped me to have a child-like spirit even as my body ages.

There is a difference between childishness and childlikeness. Jesus teaches us to come to God's kingdom like a child. I take this to mean expanding our sense of wonder, being grateful for the gifts of life and breath and community, living in the present moment, and asking amazing questions.

Yes, my body is getting older. But I try to live an active and healthy life. And my mind age is way younger than my body age. Thank God for role models like Mildred who show us all how to live as a child of God.

This column is courtesy of Beckett's blog page, "Dave's Dibble". Visit davedsibble.blogspot.com for more installments. Illustration courtesy of Wikipedia/Pearson Scott Foresman

The Rev. Dave Beckett serves as the superintendent of the Alaska Conference.



Changing Up the Routine

By THE REV. ELIZABETH SCHINDLER

For about the past month, I've been meeting with a personal trainer a few days a week to help me get back on track with my physical fitness. Without some outside motivation and accountability, I tend to lose enthusiasm for the gym very quickly, and either slide into boring routines that never change, or stop working out altogether. I've been delighted at the progress I've been able to make in strength and endurance with this little help, and I'm having fun learning new things at the gym, too.

Last week, I found out that my trainer got a new job and couldn't keep all of her old clients, so she transferred me to a new trainer, who I met for the first time yesterday. The two are both very kind and knowledgeable, and I'm sure that I will get along with the new trainer as well as I did the old one; and will continue to make marked progress in my fitness level. But I also recognized this morning, as soon as I tried to get out of bed, that the new trainer's style is flexing some different muscles quite literally – I was so sore when I tried to get up! It's not that I necessarily worked harder or longer with the new trainer yesterday, but I did work differently, and my body is responding in a positive way.

I think the same is true for spiritual exercise. Sometimes, even if the old routines are really positive and we are making progress, just a little switcheroo to something new can yield remarkable results, without necessarily spending more time or working harder at connecting to God. Our spirits respond differently to different kinds of exercise, just as our bodies do.

Maybe today is the day for you to switch up your spiritual exercise. If you've been reading the Bible every morning and meditating, try journaling or drawing your prayers. If you've been taking prayer walks, try yoga. If you've been praying the rosary, read a devotional work from Thomas Merton or Frederick Buechner. See if your spirit doesn't respond in new, delightful ways.

For more blogs, check out www.brownspointchurch.org/blog/.
Photos courtesy of Wikimedia Commons and their respective authors.

Barbell photo by www.localfitness.com.au.
The Rev. Elizabeth Schindler serves as pastor for Browns Point UMC (Tacoma, Wash.)

ADAPTING TO LEAD

By BISHOP GRANT J. HAGIYA

Testing Our Assumptions

Recently I have been participating in an International Coach Federation (ICF) certification program to qualify as a professional coach. It is time consuming because it meets four times a month and there is usually homework. Our big assignment is to amass 100 hours of supervised coaching with actual clients, and if you would like a coach, just let me know.

Our master certified coaching instructor is always well prepared and gave us the assignment last week of attempting to not make assumptions in our coaching and also in our daily lives. I didn't think it was possible for any human being to not make assumptions on just about everything in life.

In his book "Thinking, Fast and Slow", Nobel Prize winner in Economics Daniel Kahneman underscores this point when he shares as human beings we are hard-wired to make certain assumptions and our brains immediately are able to do so.

Trying to be a good student, I honestly attempted this homework assignment, but realized rather quickly that we make assumptions so automatically, that it was a very difficult assignment indeed. I encourage you to try this out and see for yourself how difficult it is!

But what I think our instructor was pushing us to do (see, there I go making another assumption!) was to test our assumptions by asking the inquiring questions to verify if our assumptions are true. This is especially the case in the coaching relationship. Since the client is the complete subject of the coaching process, the coach should never infer or assume any conclusion about the client without verifying it first.

So to be true to my homework assignment, I find myself asking people more

As I think of the many conflicts in churches and life in general, the thought has crossed my mind, "Is it because we make too many unspoken assumptions and create conflict because we don't check those assumptions out with others?" That might be part of the problem, but of course, conflicts are way more complicated than that.

other person's frame of mind and reference, and that is a goal of good coaching. Always verifying if our assumptions about the other person are correct with that person facilitates this process. Now I understand why our coaching instructor wanted us to practice this skill. It is not to make assumptions, because we all do that naturally, but it is to always check our assumption with the other person.

Let me recommend this as a homework assignment to all of you. Try for a week to ask other people you come in contact with if your assumptions about them are correct. Let me know how it goes for you. We just might be heading off some future conflicts by practicing this technique! ☺

Visit greaternw.org for a link to this article as well as information on The Greater Northwest Episcopal Area (Alaska, Pacific Northwest, Oregon-Idaho)

Grant J. Hagiya serves as the bishop for the Greater Northwest Area (Alaska, Pacific Northwest, Oregon-Idaho Conferences).

CALENDAR

Note: Events on this calendar may have been added or removed from the time of publication. For an updated calendar, including local church events, visit www.pnwocm.org. For questions or details about events on this calendar, e-mail channels@pnwumc.org.

NOVEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
<ul style="list-style-type: none"> • Fort Flagler Sr. High Retreat @ Fort Flagler State Park 					<ul style="list-style-type: none"> • Fort Flagler Sr. High Retreat @ Fort Flagler State Park 	
<ul style="list-style-type: none"> • Fort Flagler Sr. High Retreat @ Fort Flagler State Park 	<ul style="list-style-type: none"> • Board of Congregational Development @ PNWUMC 	<ul style="list-style-type: none"> • Online Training Events: Communicating Faith in the 21st Century, Web Ministry: What is Web Ministry?, Welcoming Ministry 100, Tools for Increasing Your Church's Vitality 			<ul style="list-style-type: none"> • Coaching Conversations @ Salmon Creek UMC 	<ul style="list-style-type: none"> • Early Response Team Refresher Training
						<ul style="list-style-type: none"> • Conference Council on Young Adult Ministries @ Olympia First UMC
3	4	5	6	7	8	9
10	11	12	13	14	15	16
		<ul style="list-style-type: none"> • Board of Ordained Ministry @ Bothell UMC 	<ul style="list-style-type: none"> • Trailhead: New Church Leadership Institute – Western Jurisdiction @ Lake Merritt UMC (Oakland, Calif.) 			
17	18	19	20	21	22	23
				<ul style="list-style-type: none"> • Board of Discipleship @ PNWUMC • Camping Board of Stewards @ PNWUMC 		
24	25	26	27	28	29	30
				<ul style="list-style-type: none"> • Thanksgiving (Conference Office Closed) 		

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DECEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
					<ul style="list-style-type: none"> • CCOYM Meeting – Exec Team @ Univ. of Washington Wesley Club 	
8	9	10	11	12	13	14
		<ul style="list-style-type: none"> • Board of Congregational Development @ PNWUMC • Annual Conference Design Team @ PNWUMC 				
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		<ul style="list-style-type: none"> • Christmas Eve (Conference Office is Closed) 	<ul style="list-style-type: none"> • Christmas (Conference Office is Closed) 			
29	30	31	1	2	3	4
		<p>New Year's Eve • New Year's Day (Conference Office is Closed Dec. 31-Jan 1.)</p>				

Nativity image courtesy of Wikipedia. For more info on this image, <http://bit.ly/cal-nativity>
 Christmas Eve watercolor image courtesy of Wikipedia. For more info on this image, <http://bit.ly/cal-christmaseve>
 Advent image courtesy of Wikipedia. For more info on this image, <http://bit.ly/cal-advent>