

The Outlook

WESLEY UNITED METHODIST CHURCH
"Open Hearts, Open Minds, Open Doors"

office:(661) 871-3030

fax: 871-4390

e-mail: office@wesleybakersfield.org

website: wesleybakersfield.org

Vol. LIII, #35

Karen Stoffers-Pugh, Pastor

September 7, 2011

Sunday, September 11, 2011 at Wesley

8:30 a.m. Choir Rehearsal

9 a.m. Sunday School for all ages

10:00 a.m. Laughter Yoga

10:30 a.m. Worship

Psalm 46 UMH #780, John 5:1-9

"Healed to Inspire"

Karen Stoffers-Pugh, preaching

Following Worship - All Church Potluck

Join us in the Gathering Place. Please bring either a main dish, side dish, and/or dessert. Beverage will be provided.



***He has told you, O mortal, what is good;
and what does the LORD require of you
but to do justice, and to love kindness,
and to walk humbly with your God? Micah 6:8***

The newspapers, radio and television this week are filled with the memories of the events of September 11, 2001. I recall that for me it was my first day of seminary at Iliff School of Theology in Denver, Colorado. I was to register that morning for two classes in particular, Conflict Transformation and Praying for Peace and Justice. And now here we are, ten years later, and still at war and we are, I hope, still praying for peace and justice.

Our time together in worship this Sunday, the tenth anniversary, will be a time of remembrance and a time of healing and hope. We will lift up and remember, by hearing their stories, those who have fallen. We will lift prayers of peace and hope for reconciliation in Afghanistan and Iraq. We will lift songs of praise to the One who gives us our hope and is the Bringer of Peace. We will lift the bread and cup as we celebrate the meal that is open to all. We will take with us a symbol of peace, an origami crane, as a token to remember the lives to which we are called, the Way of Peace. Our time together after worship will be another opportunity to break bread together with a potluck lunch in The Gathering Place.

Who will you invite to meet you at church this Sunday? What prayers of peace and reconciliation are you lifting even now?

Peace,
Pastor Karen

WOW

Make plans to come to WOW, Wednesdays at Wesley on September 14. We gather in The Gathering Place at 4PM to play games and enjoy one another's company with light snacks. At 5PM we enjoy dinner together before a time of singing and prayer that begins at 5:30PM. Our worship time at 5:30PM features contemporary music, short videos and a time of prayer. This is a great, low key environment to invite friends and family that may not want to come or cannot come to a Sunday morning service. Come and lift your hearts together as we sing, pray and play at WOW. Thank you to those who signed help to help.

Choose Joy!

Have you noticed those crazy people in front of the Gathering Place on Sunday mornings, acting silly and laughing uproariously for no apparent reason? They are not crazy – they're exercising!

Laughter has been found in numerous studies to have tremendous benefits for your physical and emotional health. It relieves stress, reduces anxiety, fear and depression, enhances the immune system, improves respiratory and cardiovascular systems, relieves pain, benefits digestion and elimination, encourages relaxation, and boosts self-confidence, compassion and creativity. And it's free!

There are no age, language or physical barriers to prevent you from reaping the benefits of laughter. You can sit on a bench or in a wheelchair or hold onto your walker the entire time and do nothing but breathe and laugh. You'll be amazed at how much better you feel, and at how long-lasting the benefits of laughter are.

We meet on the patio in front of the Gathering Place at 10:05 for 15 minutes of breathing and laughter exercises and relaxation. Come join us after choir practice or Sunday School or on your way into worship, and reap the myriad benefits of laughter to mind and body. If you have any questions or would like more information, please call Anna Murillo, certified laughter leader, at 900-7854.

Choir

The choir will meet for an extended rehearsal on Saturday, September 17 at 3:30pm at Jerry Ludeke's home. They will have a potluck supper at 6:30pm and family members are welcome to join them.

Prayers of Thanksgiving & Concern

Prayers of concern were expressed for Linda Tilton whose hips have been hurting her; healing for Marlene Moore; for the dog that was on the news who was abused; as we prepare for the 10th anniversary of 9/11; travel safety for Jennifer Armantrout's father, Jerry, as he and a friend visit relatives; traveling mercies for Evelyn Elliott and her son, Mark, as they leave the country for 10 days this week, they are going to England and Scotland; for Betty Maybee's cousin, Shirley, who is fighting cancer. Prayers of thanksgiving was expressed for the Maybee/Robison family as they move into a new apartment; for John Robison who got a job.

Coming Up in October!

Start saving your coats to donate to Wesley's Coat Drive.

Pumpkins will arrive Friday, October 14 at 5 p.m. Volunteers will be needed to unload the pumpkins, set up the pumpkin patch, and sell pumpkins.

***Prayer Request
from Volunteers in Mission
United Methodist Church***

**General Missionary Support Team to
Almaty, Kazakhstan- Sept. 4 – 17**

Jake Rhee leads and serves with Yune Oh, Suksoon Chung and Jae Haeng Choi from *Korean UMC of Santa Clara Valley*.

**General Missionary Support Team to
Mai, Thailand- Sept. 7 – 13**

Taehwa Park leads and serves with Davis Kim, Benson and Kiok Choi, Jonathan Shin, Angela Shin and Su Sung Won from *Korean UMC of Santa Clara Valley*.

**A Mission trip to Camp Lodestar in
Wilseyville, Ca.- Sept. 12 –16**

Steve Elliott leads and serves with Roger Everett, Coleman Johnson, Dick & Sharmyn Crawford of *Asbury UMC Livermore*, Donna Lindquist of *San Ramon Valley UMC Alamo* and Cynthia Deland of *Lynnewood UMC Pleasanton*.

**Mission trip to Coconde, Brazil- Sept.
15 – 27**

John Lynch leads and serves with Eliana Brown, Clay & Ming Couger, and Doug Freeman from *Los Gatos UMC* and Frank Golding of *Boulder Creek UMC*.

Marriage Retreat

Pastor Karen has received an email about the upcoming 37th annual Marriage Enrichment Retreat on January 13 - 15, 2012 at the Evergreen Conference Center in Oakhurst. It is sponsored by the Silicon Valley Chapter of Better Marriages (Association for Couples in Marriage Enrichment -- A.C.M.E.). For more information or to register see the posting on the narthex bulletin board next to the water fountain.

This week's attendance: 57 Offering:\$4878 Folded Corner:\$6
