

Crystal Springs United Methodist Church



Spirit

Fall 2015

Pastor: Rev. Hee-Soon Kwon
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Pastor's Corner

Dear Crystal Springs Family,

How did your summer go? What a beautiful autumn that has already begun! The sky is so high and so blue now. It is beautiful! Most people have come back from their vacations. I feel that this is going to be an exciting year at Crystal Springs for many reasons, but among them is Sunday School. This summer we had a great Vacation Bible School at Crystal Springs. It was awesome! More than 20 children had a great time learning about the life of Moses. Thanks to Becky, the Children's ministry coordinator, and to the over 20 volunteers who made this possible. Becky is also planning to have a "Family Night" monthly, especially for the families who have children. It will be a lot of fun and an opportunity to reach out to some young families as well.

The "Imagine No Malaria" fundraising event was a great success. In 2006, the United Methodist Church formed "Nothing But Nets," which was a mission to provide bed nets to Africa. Today, the United Methodist Church is going beyond nets to meet the needs and create a sustainable victory over death from malaria. "Imagine No Malaria" is the global mission of the people of the United Methodist Church to provide prevention, treatment, education and communication. The call is simple: \$10 saves a life. The goal is simple: eliminate death and suffering from Malaria. Thanks to Alexandria, Wynona, Sivale, and Vi and Sam, and Sivale's many friends. They have been inspired to lead this campaign by having a cookout. We all felt our global family become closer as we ate BBQ for "Imagine, No Malaria." Thankfully, we raised \$1,695.00 for it. It is another Miracle which happened at Crystal Springs UMC.

During the summer, we studied six chapters of Galatians. It was very inspirational. We would like to continue to do Bible studies (30 minutes) and Prayer (15 minutes) on Sunday mornings from 9:00 to 9:45 AM. It will be Lectio Divina and Walking Prayer/Meditation with the scripture to walk around the church. Would you like to come to church one hour or 30 minutes earlier to participate in "Lectio Divina" for 30 minutes and pray for 15 minutes walking meditation and prayer? I am sure you will have an awesome experience. Going around the church takes three minutes by my walking pace. You can go

around twice or five times to pray with the scripture. You can also come at 9:30 AM just to pray if 9:00 AM is too early. Please join me in prayer on Sunday mornings.

One more exciting program we did for the summer: "Ten Brave Christians" or "633 Club" (It is from Matthew 6: 33, "Seek first his kingdom . . .") for those who wanted to have experimental class to live "God First" for five weeks. Nine people who participated shared that it empowered them a lot. I also would like to invite those who are interested in 'One on One' individual Bible study. Please let me know. You will have an awesome experience. And please notice also that the Women's Bible Studies will begin on Oct 2nd (Friday) every other week.

As we enter this time of seasonal transitions, leaving the slower pace of summer for more familiar routines of school and work and the activities of our busy lives, let us pray to God to help us to discern your call, to see the amazing possibilities in our lives, and to bravely accept the challenge to be Christ's body in some ways.

Crystal Springs Family, I would like to remind you to bring your "My One Person" to worship on Sundays. Invite your family and friends to join you!

Many Blessings,
Pastor Hee Soon

Join the Choir!

Please come and join our choir rehearsal on Tuesdays at 7:15 PM in the church. The rehearsal is a lot of fun. The choir sings every Sunday at the 10:00 AM service. For Christmas and Easter we have Music Sundays where the choir and instrumentalist all come together to praise our Creator in music.



We are in need of Sopranos, Altos and Baritones. Please note that you do not have to have a fantastic voice to or read music to sing in the choir. You do not even have to be a Methodist to join our choir. If you love to sing and just love music of all kinds, then please come to a rehearsal and try it out.

Contact Bill Alley, Music Director at: 650-646-8106 or email at parsifal5224@yahoo.com



Bell Choir

The Bell Choir has been meeting at 11:30 on Sundays. Please see Linda Litz if you are interested.

A Unique Opportunity

Many people are not aware that there is a technical school in North Korea started by American evangelical scholars in 2010. The school is Pyongyang University of Science and Technology. Professors come from America and Europe. The school is run very differently since they have to deal with the North Korean government. Classes are taught in English.

The founder and President, Chin-Kyung “Jim” Kim an American citizen will speak to us about the school on Sunday, October 4 at 7:00 PM at the church. No charge. Come and join us for this interesting and unusual session.

Samaritan House needs: disposable diapers, baby food, nonperishable foods, personal hygiene products, toys, games, blankets, towels, used automobiles and trucks in good condition. Put food, etc. in the barrel in the Fireside Room.

Support Group for Caregivers

Taking care of a family member is sometimes difficult. Communication with others that have had similar experience can help. Our support group meets every 3rd Monday at the Crystal Springs Church at the bottom of Bunker Hill Dr., 5:00–7:00 PM in the Fireside room. A caregiver is available to take care of your loved one while we talk. Our goal is to assist you in finding help, equipment and support.

In addition to the Monthly meetings on the 3rd Monday evening, we send information about available classes and helpful caregiving tips by e-mail.

Dianne Weitzel 867-729 kona_caves@juno.com

Little Dresses for Africa

Thursday, October 29, 1–4 p.m.

Thursday, November 12, 1–4 p.m.



Join Linda Litz to make dresses for children in Africa. You don't have to know how to sew to help.



STEVE'S VIEW

Wars and rumors of wars. Natural disasters like fire and drought. Political discord. Hunger and disease. A deteriorating culture. Is the Apocalypse not almost upon us? A friend who has become a Jehovah's Witness thinks so.

I do not think we are facing the Apocalypse anytime soon. Predictions of our demise have at least until now have always been inaccurate. However, we continually are in the position where the world is in terrible shape. For those of us who lived through World War II or the Cold War, for that matter, the world was in a terrible situation. Every generation has their challenges.

Our problems abound with the rise of Islamic power, the resurgence of Russia and the advancement of China, not to mention a sputtering economy and heavy debt.

Who will provide the leadership to sail America's ship through the current mess? Some may disagree, but leadership and competence has been missing over the last seven years. The powers mentioned above have all taken advantage of this vacuum. I'm not just talking about the President. Congress has failed in its duty as well.

The public seems to be in a foul mood. If you are a politician, they apparently do not look favorably on you; witness the rise of Trump, Carson, and Fiorina. Even the Democratic shoo-in, Hillary Clinton, is slowly losing ground. Of course, her scandals with email and her foundation have cut into her support. An indictment might well leave her out of the race.

We cannot continue on as we have been. Lawless behavior, failure to follow laws, ignoring the public's wishes have cut into the fabric of our governing systems. Someone needs to

turn things around. The majority of the country believes we are heading in the wrong direction and are worried about our future.

Who can meet this challenge? I don't know. Trump says the right words, but leaves an open question of how he could actually accomplish his goals in an environment which he has not previously operated. Carson, while smart and accomplished, has not dealt with politicians either, in a governing mode. Fiorina may have the ability to navigate murky waters, somewhat in the mold of Margaret Thatcher. Some of the other candidates are accomplished and could do a good job, but will they?

The Democrats are really hurting. Hillary has her troubles (self-made as most of her scandals are). Biden may not be ready for a run and the Socialist Sanders, despite the good crowds, will most likely not be able to break through. The best one they really have is Jim Webb, an ex-Republican, who is not well known, even though he has done good things. They are a tired bunch and what we need is a new path.

Now, as most of you know, I am a Conservative. I have not made a choice as yet, but am trying to evaluate who can best institute needed reforms. We cannot continue as we are. We must confront our enemies (which means more military spending), cut entitlements, reform Social Security and Medicare, cut our debt and bring power back to the states. That is a tall order given that both parties want to pretty much keep the status quo. Maybe one of these days the states will take power in their hands via Article V and hold a Constitutional Convention to start the reform.

On the brighter side, tomatoes, peppers, onions and cucumbers have done well despite less water. The fruits like apples, plums and pears have been almost non-existent though. Pray for a rainy year.

—Steve Schlichter



Crystal Springs Players

The Players took on a new task in early August. They provided the drama services for the Vacation Bible School. This is the first time

we have done this. Thanks to the script written by Becky Cuthbert on the life of Moses and the costumes she provided, we had a great production every night to keep the kids interested.

Becky is thinking of doing a Christmas pageant with drama assistance as well.

After a major discussion with a number of interested people a consensus was reached to not do "The Vagina Monologues" in the church at this time. Language and subject matter seemed to be too foreign to allow people to feel comfortable if it was done in the church.

We do have some interest in doing some one act shows in the near future. We will see if that develops. While they take time to prepare, most can be done with minimal sets.

—Steve Schlichter

SUNDAY MORNING LECTIO DIVINA & WALKING MEDITATION

Please join us in reading every Sunday Morning with Lectio Divina!

Time: Every Sunday from 9:00 AM – 9:30 AM & Walking Meditation

Place: Fireside Room

Lectio divina is the art of sacred reading.

We read...Lectio

Under the eye of God...Meditatio

Until our hearts are touched...Oratio

And leap to flame...Contemplatio



May your message touch our hearts and move us to respond with our whole being to your invitation to transformation.

Our Purpose

To be a caring Church family that nurtures creative spiritual growth within ourselves and the community.



LUAU & Family Night Fundraiser

Sunday, October 24, from 2:30–5:30 PM

Crystal Springs United Methodist Church

2145 Bunker Hill Dr.

San Mateo, CA

**BBQ and Polynesian Group Dancing
& Entertainment**



\$25 per person

Buy 2 tickets, the 3rd ticket is free

\$10 for 4–12 year-olds

Free for 3 and under

**Centering Prayer Meditation
At Crystal Springs UMC
www.csumchurch.com**

**2145 Bunker Hill Drive, San Mateo, CA 94402
led by Pastor Hee-Soon, Ph.D.**



**Workshop Schedule (Introductory), 2015: (7:00–9:00 PM)
September 24 (Thursday), November 20 (Friday)**

Regular Meditation Group Meetings: Mondays (7:00 PM–8:00 PM)
& Thursdays (9:00 AM–10:00 AM) at Crystal Springs UMC
All newcomers to meditation are welcome to attend.

***All workshops and meditation group meetings are free of charge.**

Are you interested in learning how to quiet your mind and how to become more centered in your daily life?

Centering Prayer Meditation is a simple method of meditation, traditionally called contemplative prayer in Christianity. Contemplative Prayer is the opening of mind and heart – our whole being – to God, the Ultimate Mystery, beyond thoughts, words and emotions. The practice can offer a way to the rest in divine, calm and clarity to these hectic and pressure of daily life.

This introduction to Centering Prayer Meditation includes both instruction and practice in meditation techniques that foster contemplative prayer and practice in your everyday life. During each session there will be a period of meditation followed by group discussion and questions.

****Registration can be made through the church via email: crystalspringsumc@gmail.com
or (650)-345-2381, For further information contact: Rev. Hee-Soon (650)390-7036.
Please refer to the website: www.csumchurch.com**

Rev. Hee-Soon Kwon, Ph. D, is the Pastor of Crystal Springs United Methodist Church. She is a spiritual director, retreat leader and psychologist and has practiced Centering Prayer Meditation for nearly 20 years. She was a professor at Methodist Theological University in Seoul, Korea. She has written many articles and translated several books related to this field into Korean. She also holds the Master of Counseling Psychology and Ph. D. in Transpersonal Psychology.

STEWARDSHIP

Prayers, Presence, Gifts and Service

Prayers



Steve Schlichter's grandkids, Jane Bolander, Donna, Vincent Samuel, Viyette, Barry, Nia Orecchia, Mark, Karl, Jerry Farber, Ava Traiman, Eusenio Veamatahau, Mary Riedy, Jong Bin Park, Candace Fleming & Family, Donald Foster, Vicki Atwood, Miki, Charleston Church, Latu Koloto, Judy Riedy, J.J. Orecchia & Family, Mable Kahalley, Lee Choong-Kil, Jeanne Mursch, Jeanette & Family, Kathy Fahey's Family, Barb Flint & Family, Carmen Alverez, Kyle, Katsuyuki Hiura & Yea Lim Lee, Dolores Roscoe, George Mobley, Jimmy Wong, Louise and extended family, Toa & Messiah Walker, Joy & Family, Linda Roth & Family, Ray Molencupp & Family, John Nelson, Sivale & Family, Nancy Tamburello, Kathleen Wynne & Family, Jan Ryan, Kim Leeds, Juan Walker & Family, Sarah Crane, Barbara Phillips & Family, Araceli Martinez, Fergusons, Esther Kim, Bill, Carl, Middle East, Our Troops, Our Government, North Korea.

Presence

(Attendance at church service)

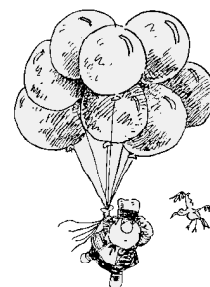
6/7	50	7/26	58
6/14	67	8/2	42
6/21	51	8/9	43
6/28	43	8/16	38
7/5	40	8/23	54
7/12	65	8/30	51
7/19	45		

Please! Use the Buckets!


At each door at the end of each service, you'll find a small bucket (small so you can fill it!). The idea is to bring your pocket change to church to put into the buckets for Apportionments. While "small change" will in no way pay our Apportionments, it will go a long way toward reminding us of our share of Apportion-Meant for others.

September, October, November Birthdays and Anniversaries


Sep. 1	Maikolo Pau	Oct. 11	Lynda Traves & Mark Cappel
	Sally Shearer	Oct. 12	Wade Braker
Sep. 2	Johanna & David Anton (A)	Oct. 13	Kathleen Maxwell
Sep. 3	Marsi Riley		Dede Heiman
Sep. 7	Wally Rutherford	Oct. 19	Jonathan Mattes
Sep. 10	Leslie Braker	Oct. 22	Esther Kim
Sep. 13	Bill Alley	Oct. 31	Mark Cappel
Sept. 21	Gloria Coltart	Nov. 2	Bev & Dick Madden
Sep. 22	Don D'Elia	Nov. 3	Brian Rausch
Sep. 23	Jonas Norman	Oct. 4	Brigitte Shearer
Sep. 24	Eni Veamatahau	Oct. 6	Thomas Schultz
Sep. 25	Sarah Schultz	Oct. 11	Julia Grace Wynne
Sep. 27	Katie Shearer	Oct. 13	Will D'Elia
Sep. 28	Lavili Veamatahau	Oct. 14	Dianne Weitzel
Sep. 29	Johnathan Humke	Oct. 16	Jennifer Mattes
	Florence Chan	Oct. 19	Pete Shearer
Oct. 1	Jeremy Gay	Oct. 20	Jeff Riley
Oct. 2	Tamara Rodney	Oct. 22	Alex Riley
Oct. 3	Hee Soon Kwon & Hong Ki Kim (A)	Oct. 25	Diane Musgrave
Oct. 7	Vince Kurr	Oct. 28	David Rodney



October 2015

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 9:00 a.m. Centering Prayer Meditation 7:00 p.m. AA	2 10:00 a.m. Coffee Break – Women’s Bible Study 7:00 p.m. AA	3 9:00 a.m. Church Work Day
4 9:00 a.m. Lectio Divina 10:00 a.m. 19 th Sunday after Pentecost	5 7:00 p.m. Centering Prayer Meditation	6 7:15 p.m. Choir Rehearsal	7 7:30 p.m. GGRO	8 9:00 a.m. Centering Prayer Meditation 4:45 p.m. Safe Harbor 7:00 p.m. AA	9 6:00 p.m. Home & Hope 7:00 p.m. AA	10 9:00 a.m. Prayer Meeting with Pastor
11 9:00 a.m. Lectio Divina 10:00 a.m. 20 th Sunday after Pentecost	12 7:00 p.m. Centering Prayer Meditation	13 7:15 p.m. Choir Rehearsal	14 7:30 p.m. GGRO	15 9:00 a.m. Centering Prayer Meditation 7:00 p.m. Trustees Meeting 7:00 p.m. AA	16 10:00 a.m. Coffee Break – Women’s Bible Study 7:00 p.m. AA	17 9:00 a.m. Prayer Breakfast
18 9:00 a.m. Lectio Divina 10:00 a.m. 21 th Sunday after Pentecost 11:30 a.m. Worship-Ministries Committee Meeting	19 5:00 p.m. Caregiver Support Group 7:00 p.m. Centering Prayer Meditation	20 7:15 p.m. Choir Rehearsal	21 7:30 p.m. GGRO	22 9:00 a.m. Centering Prayer Meditation 7:00 p.m. AA	23 7:00 p.m. AA	24 9:00 a.m. Prayer Meeting with Pastor
25 9:00 a.m. Lectio Divina 10:00 a.m. 22 nd Sunday after Pentecost	26 7:00 p.m. Centering Prayer Meditation	27 7:15 p.m. Choir Rehearsal	28 7:30 p.m. GGRO	29 9:00 a.m. Centering Prayer Meditation 1:00 p.m. Little Dresses for Africa 7:00 p.m. AA	30 10:00 a.m. Coffee Break – Women’s Bible Study 7:00 p.m. AA	31 9:00 a.m. Prayer Meeting with Pastor

November 2015

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 10:00 a.m. 25 th Sunday after Pentecost	2 7:00 p.m. Centering Prayer Meditation	3 7:15 p.m. Choir Rehearsal	4 7:30 p.m. GGRO	5 9:00 a.m. Centering Prayer Meditation 7:00 p.m. AA	6 7:00 p.m. AA	7 9:00 a.m. Church Work Day
8 10:00 a.m. 24 th Sunday after Pentecost	9 7:00 p.m. Centering Prayer Meditation	10 7:15 p.m. Choir Rehearsal	11 7:30 p.m. GGRO	12 9:00 a.m. Centering Prayer Meditation 4:45 p.m Safe Harbor 7:00 p.m. AA	13 10:00 a.m. Coffee Break – Women’s Bible Study 7:00 p.m. AA	14 149:00 a.m. Prayer Meeting with Pastor
15 10:00 a.m. 25 th Sunday after Pentecost 11:30 a.m. Worship-Ministries Committee Meeting	16 5:00 p.m. Caregiver Support Group 7:00 p.m. Centering Prayer Meditation	17 7:15 p.m. Choir Rehearsal	18 7:30 p.m. GGRO	19 9:00 a.m. Centering Prayer Meditation 1:00 p.m. Little Dresses for Africa 7:00 p.m. Trustees Meeting 7:00 p.m. AA	20 7:00 p.m. Centering Prayer Meditation Workshop 7:00 p.m. AA	21 9:00 a.m. Prayer Breakfast
22 10:00 a.m. Last Sunday after Pentecost	23 7:00 p.m. Centering Prayer Meditation	24 7:15 p.m. Choir Rehearsal	25 7:30 p.m. GGRO	26 9:00 a.m. Centering Prayer Meditation 7:00 p.m. AA	27 10:00 a.m. Coffee Break – Women’s Bible Study 7:00 p.m. AA	28 9:00 a.m. Prayer Meeting with Pastor
29 10:00 a.m. 1 st Sunday of Advent	30 7:00 p.m. Centering Prayer Meditation					

Coffee Break Women's Bible Study: NOOMA Series

NOOMA is a series of short films (12 min.) that explore our world from the perspective of Jesus. NOOMA is an invitation to search, question, and join the discussion.

*The name NOOMA comes from the phonetic spelling of the Greek word πνευμα (pneuma), meaning "wind," "spirit," or "breath."

Date: Every Other Friday, starting on October 2nd, 2015

Time: 10:00 AM – 11:30 AM

Place: Fireside Room at Crystal Springs United Methodist Church

Leaders: Virginia & Ellie

*For more information, please check here: www.csumchurch.com

*Anybody is welcome. It is free. Snacks and coffee will be available.

Take a Little Coffee Break with us!!



**Coffee Break
Women's Bible Study**

**CRYSTAL SPRINGS
United Methodist Church
2145 Bunker Hill Drive
San Mateo, CA 94402**

Fall 2015

