

Crystal Springs United Methodist Church



Spirit

Spring 2016

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Pastor's Corner



Plug into the Power of Prayer: Wesley Fast

Rev. Staci Current, our new superintendent of the El Camino Real District has sent an invitation letter to the pastors titled "Plug into the Power of Prayer: Wesley Fast." It is her invitation for the pastors in the district. But I thought that it might be a better idea to share her invitation with you to practice together although she has asked pastors to do it. For centuries, the church has practiced a lengthy version of retreats every year. We call it Lent. Lent is the season in which the church as a whole enters into an extended retreat. Traditionally Fasting, Prayers, and Almsgiving are recommended during the Lent. Following is her writing. Let's practice Wesley's fasting together during this Lenten season.

Staci gives the following instructions:

WHAT IS FASTING?

In a general sense, fasting can mean a number of things: abstaining from food and drink, abstaining from food only, or abstaining from certain foods for a limited period of time. In the Christian sense, fasting is abstaining from food as a spiritual discipline. Most Christians accompany fasting with prayer. Many Christians view fasting as a way to intensify prayer and increase its effectiveness. Some believe that by denying our physical hunger for a time, our spiritual sensitivity is heightened or enhanced. Essentially, fasting makes prayer more powerful, and can also help us hear God's voice more clearly.

WHAT IS THE WESLEY FAST?

For a portion of John Wesley's ministry, he advocated fasting on both Wednesday and Friday of each week as a regular spiritual discipline. It's fairly well known that Wesley would

not ordain anyone to the Methodist ministry who was unwilling to fast those days. But as time passed, Wesley fasted mostly on Fridays, which was the Anglican norm. (Actually, as early as August 1739, he advocated Friday fasting for Methodists in his journal, according to the Anglican rule.) Wesley usually began a Friday fast at sundown on Thursday. This was in continuity with Jewish and early Christian tradition, which both marked the beginning of the day at sundown, not midnight. Wesley typically ended his fast at 3:00 p.m. on Friday.

GUIDELINES FOR OBSERVING THE WESLEY FAST

Be flexible and listen to the Holy Spirit. Don't get so caught up with the act of fasting itself that you forget why you're doing it in the first place. Decide whether you're going to do a complete fast (water only), a no-solid-food fast that allows milk, juice, coffee and tea, a no-meat fast, or some other kind of fast. There are no fixed rules here but it's always good to try to keep the fast you set out to do. Some fasts are more difficult than others, and there will be times you may feel led to switch things up.

Plan on Friday as your regular fasting day, but use Wednesday and other days for additional fasting when you feel called to a time of deeper and more intense prayer. Remember, there's nothing "magic" about Friday. It's simply a historical day for fasting in many Christian traditions, largely because Jesus was crucified on a Friday. If for some reason another day of the week makes more sense for you, then fast on that day. Only fast for more than one consecutive day after you've consulted with your doctor and only if you're sure you're physically able to handle it. Make sure you drink plenty of water while fasting, no matter what kind of fast you choose.

The default Wesley Fast is observed from sundown Thursday till 3:00 Friday afternoon. Some Christians go till sundown on Friday. Do whichever you feel led to do in any given week.

Remember, there will be times when it makes sense to skip your Friday fast or move it to another day of the week. For example, if you have an opportunity to have lunch on a Friday

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HOLY WEEK AND EASTER SERVICES



Come Worship With Us!

Palm Sunday, March 20th—10:00 a.m.

*Children's Program (Children will come in with palms.)

Maundy Thursday, March 24th—6:30 p.m.

*Sedar Meal (Pot Luck) with Chancel Drama & Tenebrae Service. Please join us for this powerful evening service where we remember Jesus's last meal with his friends in the Upper Room. (You may bring any simple meal or middle eastern flavored food: bread, salad, or drink to share.) After the meal, we will have a Tenebrae Service in the sanctuary.

Good Friday Vigil, March 25th

Please come at anytime between 3:00 p.m. and 8:00 p.m.

*On this solemn day you may remember Jesus's death on the cross as an everlasting example of how God's love for us was literally "to die for." Please sign up when you come and sit in the presence of God at any time suggested and take pre-blessed Communion. Pastor Hee-Soon will be present the whole time.

Easter Sunday, March 27th—10:00 a.m. Happy Easter!

*Easter Special Music & Chancel Drama

*Children's Program (There will be a special Sunday School Easter program for the children.)

Lenten Studies: February 12th (Friday) and every other Friday at 7:00 p.m. (in the Fireside Room)

*We will be studying "24 Hours That Changed The World" led by Virginia Spinelli and Pastor Hee Soon.

Women's Tea

**Saturday, April 9
2-4 p.m.**

**Johnson Residence
3408 Beresford Avenue
Belmont**



Bring a favorite teacup for your tea.

Please RSVP to crystalspringsumc@gmail.com

Flea Market

Saturday, May 17

We are going to do a BBQ with Sivali coordinating. We need someone to head up the bake sale. And someone to sell spaces to those who want to sell their own goods. Of course, we will need plenty of others to set up the rummage tables, price the goods, man the tables, etc.

This always a fun day so please plan to be at the flea market. We are hoping to have Wally once again to provide musical entertainment. We are laying out an advertising campaign with Bunker Hill to bring in more people.





Crystal Springs Players

To better facilitate having chancel dramas for Worship, Joy, Kathleen and Steve will alternate months with the responsibility of finding a play and casting it. We also are trying to do the Scripture readings a little differently. We will coach people to give more forceful readings. Sometimes, depending on the Scripture, we will be able to dramatize the readings.

Thanks to those who have stepped up and participated in the dramas and Scripture readings we have done recently.
—Steve Schlichter

Dear Friends,

When I received my staff gift, I was overwhelmed by your kindness and generosity. I hope you realize how blessed I feel to be able to serve you as accompanist to our wonderful choir and to work with Bill, our gifted Music Director.

Thank you!

Diane



On Sunday, February 14th, Manitisa Lisala Seteone Veamatahau was baptized.

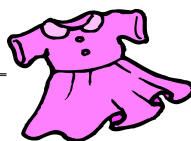


New Organ for CSUMC

The church has received a new organ. It was donated by a church member. This new organ will contribute to the music ministry at our church.

Special Music

Our thanks to MJ Lee, violinist and Jonathan Wing, pianist for the beautiful music on Sunday February 21. And thanks to Bill Alley for finding such wonderful musicians.



Little Dresses for Africa

Thursday, March 17, 1–4 p.m.

Thursday, April 21, 1–4 p.m.

Thursday, May 19, 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.

In February Linda and the group finished 132 dresses and 25 pairs of shorts to ship out to those in need.

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 Drive, 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



STEVE'S VIEW

The political races for the Presidency has become not only unpredictable, but interesting as well. While the Republican race is more interesting because of the new faces and the many candidates, the Democratic race has its own dynamics. Here we have an aging Socialist versus a lady who is trying to become the first woman president, facing the likely possibility of being indicted for playing fast and loose with the country's secrets and also possible political corruption.

The death of Scalia had added a new twist to the proceedings. Those of you who have read some of his decisions knew him to be brilliant not only in his writings of decisions both in favor or in descent, but in language that many could understand.

The battle for the next supreme court justice will be hard fought and probably prolonged. This is a major decision for the country. Do we continue to have the court look at the law as originally stated or do we believe it is a "living" document? The latter gives the justice the chance to impose his or her views on an issue and thus act as a super legislator creating new law. This has tended to happen fairly frequently like the ruling on abortion and same sex marriage. Now many people were pleased with these rulings, but too many groups are taking advantage of the court to make these changes because they know the people (through the democratic process) are likely to turn them down. I am not making an argument for or against these examples, but rather pushing for the people to make the decisions on similar issues, since these issues are not in the Constitution itself, a penumbra notwithstanding.

Scalia's position was that once he figured out what the words meant to the maker of the law he was handcuffed to follow it regardless of what he personally wanted or believed. If we don't find such a judge with this philosophy, we will have serious problems that will further alienate the people from the government.

Much has been made about the language that Trump has sometimes used in his speeches. Actually, the use of foul language has been much more prevalent with an earlier President, LBJ. Of course the public didn't see that side of him, because the news media in that era kept it hidden. And there is a certain female Democratic candidate that is privately known to have a foul mouth, but of course, this isn't seen by the general public either.

So for the next 10 months political junkies and others will have a front row seat as the country tries to figure out where we go from here.

Changing the subject, for fifty-six years Crystal Springs UMC has sometimes prospered, but mainly we have survived. Survival is good, but it drains a lot of energy from the main job of the church.

Having spent some time on the Location & Building Committee for the old Golden Gate District, I am aware of some of the factors that lead to the death of a church. An aging congregation that doesn't replenish itself and a high dependence on

rental income are signs that the church is not headed in the right direction. Guess what church has these factors. I have seen a number of churches in San Francisco and here in San Mateo county that have closed because they had these problems and did not try to rectify them or were unable to do so.

Crystal Springs can survive for sometime yet, but the day will come when we will need to close, if we do not do something to cause us to grow. Our mission, after all, is to spread the gospel as well as support each other.

So what do we do? There are many things that we can do that have been done by successful churches. We have attended many lectures and courses over the years that show us the path to growth. There is no silver bullet. Have we taken advantage of what has been learned by others? Sure, we have done some things like making the grounds and buildings more attractive. We have special events that the community can join in with us.

But we have not grown. We need, in addition to the tried and true method, to do something radical. What is radical? I have some ideas, but I certainly don't have the answers.

One thing that bothers me is that I'm not sure we want to grow. What we have is comfortable even though we complain that we have to do all the work because we don't have enough other people to help us. Growing also takes work and we groan when we have to give up more time and energy to attempt to move out of our comfort zone.

Last month the Ad Board looked at this issue and will continue to address it during this year. If you have thoughts or ideas about growing the Church please share them with any Ad Board member.

Unlike back east, the robins here operate in flocks. Several times a year they descend upon us. The reason seems to be the abundance of some kind of berries. At this time of year they are after the pyracantha berries and later when our cherries are ripe they change their menu. The berries sometimes ferment in their stomachs which makes for some interesting bird antics. Now eating the berries is fine, but when they eliminate them over our walks and cars is an entirely different matter. Oh well that's life.

—Steve Schlichter

(See Soon, from page 1)

with someone you've been wanting to connect with for a while, don't feel compelled to create an awkward situation by sticking to your fast. Just change your fast day that week. I hope that we all can do this together with the pastors in the district. And then, let's share what your experiences are like. Besides that I want to invite you for Lenten Studies every other Friday, Maundy Thursday Sedar Meal Service (6:30 p.m.), Good Friday Vigil (3:00 p.m.–8:00 p.m.), and Easter Service (10:00 a.m.). Please join us and invite your family and friends for uplifting and powerful services. I wish you a Blessed Easter.

**Easter Blessings,
See Soon**

STEWARDSHIP

Prayers, Presence, Gifts and Service

Prayers



Jan Brase, Jeanette Hobbs, Julie Duffy, Carla Rodney, Jane Bolander, Kathleen Maxwell, Pat Allen & Family, Paul Nebel, Alexandria & Family, Kurt & Family, 'Ivoni Maama, Roberto Avila, Kate Musgrave, Laura Peterhans, Tony Cardoza, Virginia Spinelli, Refugees, Scott & Deb, Mike Riedy, Lois Scott, Emma Kurr, Sue Mobley, Dolores Roscoe, Ethel Schwartz, Annie Jefferson, Amelia Landsman, Karen G., Mike Peterhans, Alana, Alissa Picker, Epi, Ames, Toa & Messiah Walker, Steve Schlichter's grandkids, Mary Riedy, J.J. Orecchia & Family, Lee Choong-Kil, Nancy Tamburillo, Flints, Fergusons, Esther Kim, Bill, Carl, Middle East, Our Troops, Our Government, North Korea, Victims and people in San Bernardino.

Presence

(Attendance at church service)

12/6	45	1/17	40
12/13	49	1/24	50
12/20	77	1/31	50
12/27	34	2/7	52
1/3	41	2/14	101
1/10	52		

Please! Use the Buckets!

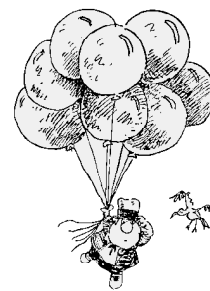
At each door at the end of each service, you'll find a small bucket (small so you can fill it!). The idea is to bring your pocket change to church to put into the buckets for Apportionments. While "small change" will in no way pay our Apportionments, it will go a long way toward reminding us of our share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

Our Purpose

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

March, April, May Birthdays and Anniversaries

Mar. 2	CJ Nobs	Apr. 11	Andy Coltart
Mar. 5	Linda Burnside	Apr. 14	Jenny Searer
	Erica Wynne	Apr. 15	Carrie Branam Rutherford
Mar. 16	Ineke Bolander	Apr. 18	Hong Ki Kim
	Jeffrey Madden		Susana Pau
Mar. 20	Le Kelson	Apr. 20	Conor Johnson
	David Anton	Apr. 22	Emma Kurr
Mar. 21	Leslie & Wade Braker (A)	Apr. 26	Barbara Phillips
	Bryan Schultz	Apr. 28	Wyonna Saelua
Mar. 22	Virginia Spinelli	May 2	Kathleen Wynne
Mar. 24	Ingrid & Eric Humke (A)	May 12	Linda Litz
Mar. 27	Gloria & Andy Coltart (A)	May 29	Frankie Saelua
Apr. 6	Drew Madden		Michael Wynne
Apr. 9	Gabrielle Wynne	May 30	Helen Kim
	Alexandria Saelua		Mele Veamatahau



Christmas Progressive Dinner

The church Christmas Progressive Dinner was a big success. Two Lindas (Litz and Burnside) planned and prepared the menu with help from CJ., Chef Paul Chung who marinated the pork loin and Rex Castell who baked them perfectly and kept the kitchen running. (Welcome back, Rex!) Meeting at the church, Virginia helped direct members to the homes of India and Jay for appetizers, and then to the home of Dianne Weitzel, who, with the help of Ineke, served the salad, and also to the home of Hee Soon and Hong Ki. Their homes were so festive and a great start to the evening. Back to the church Fireside Room where six dinner tables were individually decorated by Diane Musgrave, Joy Eaton, 'Ivoni and Foa, Jenny, Laura, and Paula and Steve. Each table was served dinner by their hostess. A special thank you goes to Linda Litz's daughter Kirsten, who was a great help filling in where needed. Following a short break for singing Christmas Carols in the sanctuary with the help of Joy and Diane, delicious Persimmon Pudding, six of them, all made by

Gloria, was served, as well as coffee. A wonderful end to a delightful evening.

— **Linda Burnside**

New Copier at the Church!

The church has recently leased a new copy machine for the office. The model is called Kyocera TASKalfa 3051 Ci. This copy machine has some new features that will greatly benefit the church. Some features are color printing, scanning, printing jobs directly from the computer, and faxing. This copy machine will make my job as the secretary a lot easier as I can use it to create the weekly bulletins and the inserts for the bulletins. The copy machine can be of great use for the church when we hold events such as the Flea Market because the copy machine can create color banners for those events. If you would like to try using the new copy machine, please feel free to do so!

— **Esther Kim**

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