



# VOYAGER NEWSLETTER

St. Paul's United Methodist Church  
Coronado, California

May 5th, 2017

Last Week Attendance:

427

## FROM THE PASTORS PEN

Tomorrow's worship focus is "Family Words: Hurtful or Life-Giving?" (This is the 2<sup>nd</sup> in a 5-week series: *The Power of Words*.) Our primary scripture text is Colossians 3:8-21. Every week, we are including a Discussion Guide for household conversation. The guide is designed to help guide conversations on the message for families, couples, grandparents, or in conversation with a friend.

Here are the questions that will be in tomorrow's bulletin insert:

1. On a scale of 1 to 10, 10 being best, how do you think our household does in using words that 'build up'? (Each family member answer: How well do you do outside of the family? At work or school?)
2. Consider Proverbs 10:12 – "Hatred rakes up old feuds. Love refuses to look at wrongdoing." (Look up Proverbs 10:12 in your own translation of the Bible.)
3. How could Proverbs 10:12 apply in our family or home life?
4. Pastor Robb urges us to practice and become comfortable with 3 phrases: "I feel hurt," "I am sorry," and "I forgive you." Share about a time when you used one of these phrases. What was it like for you?
5. Talk about reasons you think forgiveness is important within families. Do you believe forgiveness can be instantaneous?
6. Withholding kind words can also be damaging. How does it bless the speaker, and the hearer, of kind words when they are spoken aloud?
7. Talk about a time when you heard words spoken to you which blessed you.

Prayer for this week:

Jesus, help me to focus on saying words that build up and inspire my family, friends, and all those who you place in my path. Amen.

I am already looking forward to connecting with you for worship tomorrow morning!

To God Alone, Glory!

Pastor Robb

## *Group and Ministry Notes*

### POWER OF WORDS SERMON SERIES

The Power of Words Sermon Series Sundays April 30-  
May 29 9 & 10:30

Join us for a practical, relevant, and inspirational sermon series as we explore Scriptural wisdom about the power of words in our families, at work, in a digital age, and in religious and political discourse.

### NO APOLOGY DINNERS CONTINUE

Pastor Robb and Jen have set some new dates for No Apology Suppers and invite church members to sign up to join them at the parsonage for 'special recipe lasagna', garlic bread, salad, champagne of the desert (water) and ice cream! The dinner is served using disposable dinnerware so that no one has to apologize for the clean-up...

The dinners are from 6:00-8:00 pm at the parsonage. Please call Marcie in the church office at 619-435-5691 to sign up for one of the following Thursdays: 6/8, 6/22, 6/29 and 7/6. Please let Marcie know if you are vegetarian or gluten free.

### UMW NOTES

#### TOSTADA DINNER JUNE 3RD

Saturday, June 3rd - Tostada Dinner

You heard it - the famed UMW Tostada Dinner is back to celebrate St. Paul's 130th anniversary! Mark your calendar! Details to follow soon.



### HEALING MINISTRY THIS SUNDAY

St. Paul's Healing Ministry will be offered after both services this Sunday in room 105(to the right of the Social Hall).

We welcome those who are in personal need of physical, emotional and spiritual healing. Come experience the powers of our master physician, Jesus, through the power of the Holy Spirit.

Please come and see what Jesus can do for you!

For further information or questions, please call Ann Rebuffattee at (619) 890-2404 or Karen Foster at (619) 435-7997.

## *Group and Ministry Notes (Cont'd)*

### ST. PAUL'S YOUTH GROUP NOTES

#### Sundays For Youth

**9:00am Service:** Join Liz out on the lawn for donuts and a Youth Worship Worksheet. We will then go in to worship together in the 'Youth Pew'.

**10:30am Service:** Join Liz down in the Youth Den for Youth Bible Study. This Spring we are continuing through Paul's letters of the New Testament.

#### Monday High School Pizza Lunch!

Every Monday at noon on the Upper Deck  
(Sophomores and up)

#### No Youth Group This Wednesday

Due to school spring fares there will be no youth groups this Wednesday. We will resume as normal next week.

#### Jr. High Lock-In Is May 12th!

Friday May 12th through Saturday May 13th our Jr. High youth will be having an all-night hangout! All youth attending must be RSVP'd for by a parent or guardian. Contact Liz with RSVP or any questions.

#### Next Sunday May 14th Is Youth Sunday!

All Youth are welcome to come to either service 15 minutes early next Sunday to help serve our congregation and participate throughout the service. (There is no Youth Bible Study this morning).

Any Youth Questions? Please contact Liz Flage..... [lizflage.sp youth@gmail.com](mailto:lizflage.sp youth@gmail.com)



## Other Notes and Happenings

### NEW ENTRA CASA - SAVE THE DATE! JUNE 10 - "45 AND STILL ALIVE!"

New Entra Casa will celebrate its 45<sup>th</sup> Anniversary as a caring facility for women in the process of changing their lives. San Diego First United Methodist Church, Linder Hall@ 11:00 a.m. Cost \$30 for lunch & "Fashion by the Decade"

### ROUND UP WITH COIN UP TO HELP DONATE TO SPUMC



St. Paul's is excited to announce that we have partnered with "COIN UP" to raise money & awareness for our church. This is the future of giving and it can't get easier! Download the "COIN UP" app from the Apple Store on your smartphone or tablet, choose St. Paul's UMC from the charitable organizations, and register your credit or debit card. Every time you use your credit or debit card to make a purchase, whether it be filling up their car with gas or buying a meal at a restaurant; each transaction is rounded up to the nearest dollar and is directly transferred to our bank account. Set a monthly cap and receive a tax donation receipt because you are in control! Learn more at <https://www.coinupapp.com>



### SUMMER SPUMC VACATION BIBLE SCHOOL

"Hero Central – Discover Your Strength in God!" is our exciting Vacation Bible School set for July 24-28. Register your child now to get the best deal! Volunteer registration for adults and teens also available.

<http://2017.cokesburyvbs.com/stpaulscoronado/>

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**PRAYER REQUESTS:** *Emily Grullon, Skip Debaun, Carmella Palo, Mike Miller, Jim Smith, Hap Hill, Midge Barton, Tom, Lauris Boyer, Mila Grieb, Kate Shanahan, Mark Cooper, Al Isaacson, Gerry Kowalski, Mark Peterson, Mary Mowry, Nicole Sciascia, Marianne Turnipseed, Logan Sandoval, Frank Conlon, Leslie Perlis, Bette Decker, Ann Rutherford, Lynn Morgan, The Henrich Family, Linda Nixon, Leslie Nathan, David Buckovetz*

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The St. Paul's e mail Newsletter will be sent out on Friday each week. We rely on groups/ministries to provide content for the newsletter. If you want to have something included, please e mail the announcement/article/pictures to the communications address below by Wednesday. Also include instructions about how many weeks that you want it to run

[nadostpauls.communications@gmail.com](mailto:nadostpauls.communications@gmail.com)

**SPUMC T SHIRTS STILL AVAILABLE**

T-shirt sales will continue until the June 3rd and 4th celebration weekend.

We do have a few shirts available, check with the office to see if there is one for you. If the size you need is not there, fill out an order form and leave a check/cash for \$15 per shirt with Marcie at the church office. She will give the information to us.

The order will be placed approximately June 6th and will take 2-3 weeks for them to arrive. It is unlikely that a future order of shirts will be made.

Thanks, Tacy and Rob Armstrong

Get Your 130<sup>th</sup> Anniversary T-Shirt  
(An easy way to share about St. Paul's!)



	XS	S	M	L	XL	XXL	Total
Men's							
Women's							
Children							

All shirts are NAVY BLUE. Price per shirt is \$15.00

Ordered by: \_\_\_\_\_ Phone: \_\_\_\_\_

paid ck # \_\_\_\_\_

Total shirts ordered: \_\_\_\_\_

Total cost @ \$15 each: \_\_\_\_\_