



VOYAGER NEWSLETTER

St. Paul's United Methodist Church
Coronado, California

September 22nd, 2017

Last Week Attendance:

FROM THE PASTORS PEN

Next Monday I will begin a three-and-a-half day visioning/planning retreat. After just over a year as the Pastor of St. Paul's UMC, I want to spend time in prayer, discerning what next steps God is inviting us to take in the next year or so at St. Paul's.

As I was preparing for this focused retreat, I discerned that I'd already set too many plates spinning as far as church commitments, educational pursuits, and volunteer activities. This realization led me to step away from two things that I very much wanted to do. One was pursuing the opportunity to serve as a volunteer chaplain for the Coronado Police Department. Given my law enforcement background, I felt excited about what I might contribute. The other item I set down was the pursuit of a Doctor of Ministry degree at the Claremont School of Theology. While I was excited about the course work, it was more than I bargained for.

Both of these things were good and worthwhile, but I felt increasingly anxious about how both pursuits would impact upon my family time and upon my ministry, especially given the growth of St. Paul's UMC over the past 14 months.

As I spend time away in prayer, I am mindful that there are many good and desirable ministries emerging at St. Paul's UMC. Still, it's clear that a church can also set too many plates spinning; and that we need to prayerfully discern what God is calling us to in order that we may best serve Jesus Christ our Lord. This may mean removing a few plates, or it could mean that we need to design our program in ways that can make it easier to add more plates.

Please pray for me throughout the next few days, that God gives me a clear sense of what God wants us to accomplish together in the coming year.

To God Alone, Glory!

Pastor Robb

PS One change on the horizon at St. Paul's is the manner in which we serve Communion. Please see the item in this newsletter about "Communion by Intinction."

Group and Ministry Notes

“COFFEE WITH THE PASTOR” SUNDAY, SEPTEMBER 24th

11:45 a.m.-12:45 p.m. in Room 201. If you are new to St. Paul's and want to hear more about our ministry and mission, you are invited to join Pastor Robb for “Coffee with the Pastor”. While the gathering is appropriate for those considering membership at St. Paul's, everyone is welcome to this orientation session. Please notify the church office (619) 435-5691 if you would like to attend.

GRANDMOTHERS IN PRAYER MEET FRIDAYS

Grandmothers in Prayer meets each Friday in room 201 from 9 :00 - 10:30. Besides requesting prayers for our grandchildren, we are using *A Grandmother's Prayers* for our daily devotions and to stimulate meaning discussions to enrich our prayer life. Join us anytime. Email Linda Austin for additional information: lindalaustin@aol.com.

ADULT MINISTRIES

"Momentum for Life" Small Group for Men Focus: Living the life we were meant for, by applying Biblical principles to our everyday lives. Tuesday nights, 7:00-8:30 for 8 weeks, beginning October 3. Interested? Contact church office... or call Mike Burke (787-2478) or Todd Vosper (459-8975).

CARING CONNECTIONS COMMITTEE REMINDER

The Caring Connections Committee is active, about 20 strong, with new members Nancy Adams and Linda Greco. If you love people and would enjoy being a special buddy for one of our elderly church members, call Sue Cargill for more information. We especially need “flower people” who will rearrange the Sunday flowers into individual bouquets and deliver them to shut-ins once a month.

On September 24th the CCC will host an ice cream social at Sue Cargill's for church and home buddies. Church buddies are responsible for notifying their home buddies and making arrangements for them to attend.

The committee has only two meetings a year. The next one will be on October 24th.

Linda Austin, Co-chairman LindaLAustin@aol.com

Group and Ministry Notes (Cont'd)

GLOBAL MISSIONS

Hurricane Harvey has left its mark on Texas and Louisiana. The disaster is on-going. Our prayers are for those who lost and are suffering. Please give to the UMCOR Domestic Disaster Response Advance #901670. A check from St. Paul's will be sent with any UMCOR donations. The Advance is a great tool we have as United Methodists to show our support. 100% of what you give will go the relief effort.

NO APOLOGY DINNERS RETURN

Pastor Robb and Jen have set some new dates and invite you to sign up and 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 p.m.

Please call Marcie in the church office at (619)435-5691 to sign up for one of the following: Thursdays, October 5, 12, 26; November 2; Monday, November 6 and Thursday, November 30. Please let Marcie know if you are vegetarian or gluten free.

ST. PAUL'S YOUTH GROUP NOTES

Today Is Youth Sunday!

All Jr. High and High School Youth are welcome to join in as we serve our congregation as greeters and ushers during both services. Find Liz in the sanctuary foyer for more details.

Monday High School Pizza Lunch

High Schoolers come to the St. Paul's upper deck during your lunch break for fellowship and free pizza!

(Sophomores and up)

Wednesday Night Youth Groups

Jr. High: 5:30pm-7:00pm (dinner, games, lesson)

High School: 7:30pm-8:30pm (snack, lesson)

Jr. High Movie Night is Friday September 29th!

All Jr. High youth are invited to the Youth Den for fellowship, snacks, and a movie. Wear your coziest jammies!

(6:30pm-8:30pm)

Wanting to know more about our St. Paul's Youth Programs? Contact Liz Flage... lizflage.spyouth@gmail.com

Other Notes and Happenings

ROUND UP WITH COIN UP TO DONATE TO SPUMC

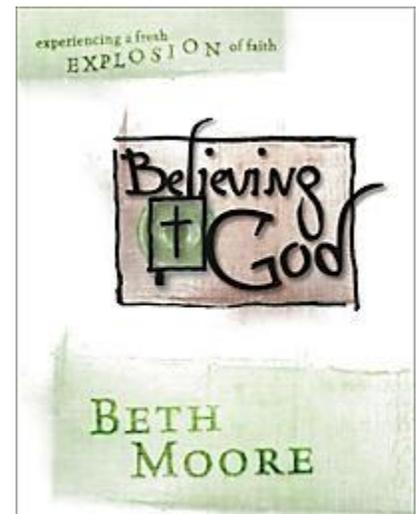
St. Paul's has partnered with "Coin Up" to raise money and awareness for our church. This is the future of giving and it can't get easier. Download the "Coin Up" app from the Apple Store on your smartphone or tablet, choose St. Paul's UMC from the charitable organizations, and register your credit or debit card. Every time you use that card to make a purchase each transaction will be rounded up to the nearest dollar and that difference will be transferred to our bank account! Set a monthly limit if you desire and receive a tax donation receipt. You are in control! Learn more at www.coinupapp.com.



BETH MOORE BIBLE STUDY COMING

Starting September 24 through February. The class will be in room 201 upstairs from 9am-10am. Cost of study guide is \$15. The group will be facilitated by Jane New and Jeanmarie Bond. Sign up for the class on the patio on September 10th and 17th. for more information call Jane at 619-865-6681.

Believing God: Experiencing a Fresh Explosion of Faith - Bible Study Book by Beth Moore provides a personal study experience five days a week plus viewer guides for the group video sessions of this in-depth women's Bible study based on Isaiah 43:10 that explores what it means not only "to believe in God" but "to believe Him." The bride of Jesus Christ in our generation is nearly paralyzed by unbelief. God is calling His bride to a fresh and lavish anointing of faith. Through studying the lives of Abraham, Moses, and others as examples of persons who believed God, Beth encourages women to deepen their own trust in God and receive a fresh word from Him.



PRAYER REQUESTS: *Jerry Swisher, Hurricane Irma & Harvey Flood victims, Grayson Honor Fine, Tom Lowe, Dave & Leone Wood, Mary Pack, Jane New, Peggy Spence, Lauris Boyer, Jim Black, Emily Grullon, Skip Debaun, Carmella Palo, Mike Miller, Jim Smith, Mark Peterson, Mary Mowry, Marianne Turnipseed, Logan Sandoval, Ann Rutherford, Henrich Family, Norm Ludington, Ron Koch, Bob & Jennifer Davidson, Joyce Saddler*

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

Communion by Intinction



The Worship Committee of St. Paul's UMC has decided to implement Communion by Intinction as we believe this will aid the experience of Holy Communion to be more spiritual, fluid, and intimate.

We plan to use this process for several months, making sure that we have to time to assess and improve any issues we discover as we implement this method of celebrating the sacrament of the Lord's Table.

How It Works:

At the invitation of the usher, please proceed forward towards the Communion servers, down the center aisle. There will be 3 servers on each side of the chancel steps:

- 1. A first server will distribute the host.**
- 2. A second server will have the cup.**
- 3. A third server will have (optional) individual communion cups & gluten free wafers.**

Receive the host (piece of bread) in your open hand, and then lightly dip the host into the cup, immersing just the tip of the bread into the cup. You may then partake and return to your pew via the side aisle or kneel at the Communion rail before returning to your pew via the side aisle.



Alternatives:

- 1. If you wish, you may receive the host in your open hand and bypass the common cup to take an individual Communion cup from the 3rd server.**
- 2. Gluten free wafers are also available from the 3rd server with the Communion cup tray.**

Younger Children

We ask that parents with children 4th grade and under help their children receive the host in their open hands and help them receive an individual communion cup. (We plan to have a communion class for 4th graders to teach them the meaning of communion and how to partake.)

After use, individual communion cups may be placed in the basket affixed to the modesty rail at the side aisle.

Questions/Responses

1. Why change? There are many reasons the Worship Committee decided on the change. Some of the reasons are spiritual, some theological, and some are practical. For example, many people expressed how spiritually meaningful it is to come down the center aisle towards the Cross to receive communion. Theologically, to share from a common loaf is what the earliest disciples did. On a practical level, we believe this method may make communion Sundays more fluid.

2. Is it sanitary? Studies indicate that when Intinction is done correctly, it is actually the most sanitary mode of sharing Communion. Note, for example, that the bread will only be handled by one server who provides the host to the communicant. This ensures that only one person's hands are actually touching the loaf, and that person will have a Communion linen to hold the host. It is the common cup that seems to elicit more concern, so we stress the importance of immersing just the tip of the bread into the cup.

Also, hand sanitizer stations will be located at the entrance of the sanctuary where worshippers may use an antibacterial cleanser upon entering worship.

3. What about children? Children of all ages are welcome to the Lord's Table for Communion! Out of an abundance of attention to concerns about cleanliness, the Worship Committee asks parents with children under 4th grade to help their children to receive the host and to take an individual Communion cup. St. Paul's will implement a regular Communion Class for 4th graders to learn about the practice of Communion.

4. What about kneeling at the Communion rail? We encourage prayer and reflection after receiving, either at the Communion rail or in your seat. Please feel welcome to proceed to the Communion rail after receiving the elements.

5. Can people still be served in the congregation if needed? Absolutely! Since the sanctuary is sloped, we encourage anyone who feels unsteady to remain in their seats. As Communion progresses, the ushers will take note of those who need to be served in their seat. Near the end of the distribution of elements, Communion servers will begin to serve those who have not come forward.

6. Who can receive Communion? It bears repeating that in the United Methodist Church, we consider Communion a "means of grace." Anyone who wishes to receive Communion is welcome to do so. We trust that God uses Communion to bring people to faith, even before a formal profession, as well as for those of any age who may not yet 'understand' the full meaning of the sacrament.

Please contact the church office to connect with Pastor Robb about any further questions you may have about Communion by Intinction. 619-435-5691.