



# VOYAGER NEWSLETTER

St. Paul's United Methodist Church  
Coronado, California

October 20th, 2017

Last Week Attendance:

374

## FROM THE PASTORS PEN

### *Contentment Is Key –*

Do you have a tough time separating “wants” from “needs”? Do you sometimes feel consumed by the desire to have more? Do you ever look at your surroundings and feel overwhelmed by the sheer volume of things? When is enough, enough? Tomorrow in worship, in part 3 of our series – *Enough: Discovering Joy through Simplicity and Generosity*, we will learn how we can release these burdens, address our human tendencies head-on, and learn how to consciously change our ways.

Here is a prayer for contentment to print out and post wherever it is most helpful for you:  
*Lord, help me to be grateful for what I have, to remember that I don't need most of what I want, and that joy is found in simplicity and generosity. Amen*

See you in worship!

Pastor Robb

## *Group and Ministry Notes*

### MISSION CRAFTERS FALL FAIR THIS SUNDAY

Mission Crafter's Fall Fair continues this Sunday, Oct. 22 after both services. Gift baskets, wreaths, home decor for the season, and scarves. All proceeds help us sponsor destitute children in the Dominican Republic through COTN (Children of the Nations). We are on track to be able to sponsor 11 or more children with the proceeds from all our fairs this year. Thank you for your support of this mission.

### MEN'S BREAKFAST NOVEMBER 4th

Email [john@theklinkers.com](mailto:john@theklinkers.com) to sign up to attend. Start time is 7:30. Good singing, food, fellowship, and program all just \$3.00 at the door. Our speaker, Mike Donahue, executive director of Value-Up, speaks to students at schools nationwide on subjects like bullying, respect, and school culture issues in order to cultivate in the students an understanding of the own innate value and the value of other people. Go to [www.value-up.org](http://www.value-up.org) to learn more.

### UMW UPCOMING EVENTS

- **Thursday, November 30th - Christmas Dessert Night**  
The holidays are right around the corner! Kickoff the Christmas season with our annual dessert night. We are looking for hostesses for tables. Individual tickets will be for sale shortly.

Email [nadostpaulsumw@gmail.com](mailto:nadostpaulsumw@gmail.com) to sign-up for any events or with any questions. We will also be on the patio after each service.

### NO APOLOGY LASAGNA DINNERS @ THE PARSONAGE 6:00-8:00 P.M

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 26; November 2; Monday, November 6 .

## *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](http://www.coinupapp.com).



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**PRAYER REQUESTS:** *Vicki Fisk, Jerry Swisher, Hurricanes Irma, Harvey & Maria flood victims, Mexico Earthquake victims Grayson Honor Fine, Tom Lowe, Dave & Leone Wood, Mary Pack, Jane New, Peggy Spence, Lauris Boyer, Jim Black, Emily Grullon, Jim Smith, Mark Peterson, Mary Mowry, Marianne Turnipseed, Logan Sandoval, Ann Rutherford, Melissa Bennett, Henrich Family, Norm Ludington, Ron Koch, Bruce Linder*

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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)