



VOYAGER NEWSLETTER

St. Paul's United Methodist Church
Coronado, California

October 27th, 2017

Last Week Attendance:

FROM THE PASTORS PEN

Dear Friends:

Our church-wide emphasis *Enough: Discovering Joy Through Simplicity and Generosity* is nearing its conclusion. Last Sunday, we talked about “Cultivating Contentment.” If you were unable to be with us, check out the service and message at <https://vimeo.com/channels/stpaulsmethodist>. The message includes 4 keys to finding contentment and 5 tips for simplifying our lives.

This Sunday the series concludes with “Defined by Generosity.” What defines your life? Wealth? Belongings? Faith? Many of us live with a scarcity mentality, worried that we must gather as much as possible, saving for a “rainy day.” Or we focus on self-gratification. But Scripture invites us to live another way.

I hope you will be in worship this Sunday as we learn how to live a new way—as people who are defined by generosity.

To God Alone, Glory!

Pastor Robb

CHURCH TELCOM PROBLEMS

Our phone lines and St. Paul's email are currently not working!

Please call Pastor Robb on his personal cell phone 805 464 8335 or Marcie Warmer's personal cell phone 619 379 7123. Should the person/s care to email the church, for now use mwarmer845@gmail.com. Thank you. Marcie Warmer

Group and Ministry Notes

MEN'S BREAKFAST NOVEMBER 4th

Email 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 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 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: Thursday, November 2; Monday, November 6 .

SINGING VOICES WANTED FOR CHRISTMAS CANTATA

 Cantata Choir is beginning Saturday rehearsals to prepare for the  presentation "*Love Came Down at Christmas*" on December 10 at both 9:00 and 10:30 a.m. Worship Services.

If you would like to sing, please join us! Rehearsals are on Saturdays 9:00-11:00 a.m. in the choir room. Call our Music Director, Charlie Higgins for info. 619 865-3939

Group and Ministry Notes



FAITH
FRIENDSHIPS
& FLIP FLOPS

Weekly Women's Group & Bible Study

Enjoy Speakers, Crafts, Fellowship,
& Bible Study with other women

FRIDAYS 9-11AM | Begining January 19th

St Paul's Methodist Church, 700 D Ave

Registration fee: \$TBD

**Child care available ages 3 and under*

***Limited child care space*

EMAIL TIFFANY.SPITZER@GMAIL.COM TO REGISTER.

Registration deadline: 1/5/18

Group and Ministry Notes

CARING CONNECTIONS COMMITTEE NOTES

The Caring Connections Committee met for a business luncheon on Oct. 24th At Sue Cargill's. The eleven present discussed future events and assembled boxes for our away college students. Thank you to all who donated candy, pop corn and crackers. school supplies, and Halloween items. Our next meeting will be a night dessert meeting in March to accommodate our working buddies. Thanks to Peggy Price for sending cards for us.

We are looking for men to join are committee since we have several home buddies in need of visits, calls, and cards. Contact Sue Cargill for more information: 619-437-4866.

GRANDMOTHERS IN PRAYER

Grandmothers in Prayer is meeting at Linda Austin's home, 925 G Avenue each Friday morning at 9:00. Besides praying for our own grandchildren, we pray for each other's grandchildren as well as adding others of concern. Our daily devotions are from *A Grandmother's Prayers*. You may join at any time.

ST. PAUL'S YOUTH GROUP NOTES

Today's Sunday Morning Youth Offerings

9:00am: Youth Worship - meet Amanda Heinken on the front lawn before the first service for donuts and an interactive youth worksheet.

10:30am: Youth Bible Study - head to the Youth Den during the second service for fellowship and small group studies. This Fall we're continuing in Paul's letters of the New Testament.

High School Pizza Lunch This Monday

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)

Other Notes and Happenings

GRACE YOGA

- Tuesdays at 8:30am in the Choir room, Chair yoga*
- Wednesdays at noon in the Choir room, Mat yoga**

*Chair yoga is a fun 50 minute session of seated movement. We enjoy strengthening our bodies while increasing our range of motion through stretching and breath. Students are encouraged to listen to their own body's language as we grow strong and more limber. Quickness and agility are included in creative fun ways. Be ready for tips on staying healthy and balancing mind and spirit.

** Mat yoga is for students who enjoy getting up and down from the floor. You will need a mat for this class, so let me know if you would like me to bring one for you. This 50 minute session unites movement with breath as we explore many beautiful poses of yoga. Strength work, core work, balance challenges, and tension release are all included in our class. Students are continuously encouraged to listen to their body's limits and desires for that day.

Bringing mind to the calm of Spirit through breath, movement, and mindfulness encapsulates Grace Yoga. :)



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.

PRAYER REQUESTS: Jo Scott, Lauris Boyer, Denny Grimaud, Rhonda & Mackenzie Harper, Lois Rosania, Vicki Fisk, Jerry Swisher, Lisa Johnson's family, Tom Lowe, Dave & Leone Wood, Mary Pack, Peggy Spence, Jim Black, Emily Grullon, Jim Smith, Mark Peterson, Carl & Marianne Turnipseed, Logan Sandoval, Ann Rutherford, Melissa Bennett, Henrich Family, Norm Ludington, Bruce Linder, Rosa Mezquite, Dotty Turner, Norm Berman, Fred Snider, Carmella Palo, Teresa, Mark Cooper

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