



The Circuit Rider

Puyallup and Whitney Memorial
United Methodist Churches

A bi-weekly newsletter

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February 6–19, 2011

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Souper Bowl of Caring began with a simple prayer
from a single youth group:

*“Lord, as we enjoy the Super Bowl football game, help us to be
mindful of those without even a bowl of soup to eat.”*

Sunday February 6th

There will be parties during the Super Bowl football game with abundant food and fellowship. At the same time, there will be people worrying about staying warm, finding shelter and a warm meal. Please join young people around the country as they demonstrate God’s love by loving their neighbors through the Souper Bowl of Caring. It’s a simple, yet significant act of caring for others. Drop \$1 (or more) in the soup pot as you leave worship on February 6th. Our young people are developing hearts for giving that can last a lifetime. Please support their efforts.

Proceeds from our Souper Bowl of Caring will benefit the Summer Free Lunch Program for school kids in Puyallup.



CREATED TO GROW

“We are hard-wired for growth and healing” (Tilda Norberg)

*“Unless you try to do something beyond what you have already mastered,
you will never grow.” (Ralph Waldo Emerson)*

These words have caught my attention this week, and inspired me with excitement for new possibilities in my life.

I love the idea that we are made for healing. I first realized that when I studied physiology and discovered the amazing systems created into us to help close a wound, destroy an infection, repair a bone, relieve stress, clear our thinking... Now we know these things don't always succeed, but mostly they do. And it helps and gives hope to think of ourselves as having that natural (God-given) tendency.

I think that there are other kinds of healing that bring hope to our spirits as well... learning new and inspiring things, discovering we are capable, exploring ideas and activities that challenge us. There is growing in love, as well, and discovering that our love has the power to help another work toward healing.

This growth is also hard-wired into us. From the moment we are born we are growing...its changes can be scary; even so, it is our (God-given) nature and the way of the (God) created world. To pay attention to our growth (rather than every try to resist or ignore it) offers us an opportunity to use our tendency to take us to deeper satisfaction, closer relationship to Spirit, new meaning, and healing.

We will be studying the “Gifts of Darkness,” as our All Church Small Group Lenten Study come March. I hope you will think about how God has made you—to grow and heal, and consider signing up for one of the many offerings of this study...to help move these quotes from ideas to real-life.

What thoughts and inspirations are filling you this day? Take time to examine them a bit...for maybe they are pointing you, by God's quiet whisper, to a path or understanding toward a fuller, more abundant life.

In Christ's Healing Love,
Pastor Ann

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THANK YOU

Thanks for the prayers, calls and cards for my recent shoulder surgery. This support is very much appreciated when in recovery and feeling somewhat housebound (can't drive yet).

Cindy Roggow



DEAR PRAYER SHAWL MEMBERS,

I want to thank you for the beautiful shawl that was given to me by Pastors Ann and Shirley in prayer and blessing. I was having right shoulder surgery December 7. I held onto that shawl, wore it to church and at home. I feel blessed and comforted to know of the love by which it was made. It is a gift I hold dear, a warm fuzzy given to me with the love and spirit of our Lord. Thank you for your graciousness and blessings. It is a special part of the healing of my body and my heart.

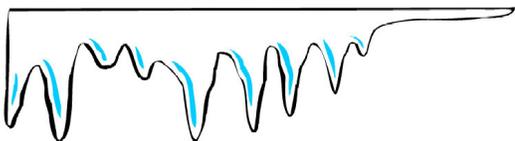


I am blessed by all the makers of these beautiful and wondrous shawls. Thank you all for sharing yourselves, even with someone you may not even know as of yet.

Sharon J. Andrews

REVIEW AND REVISE

In this world of rapid change, we will do well to re-read our will and review our estate plan every two years to insure they meet our plans. As changes are required, make sure the church is included.



GET EMERGENCY ALERTS

Pierce County has a free service to send you an alert during an emergency that may affect your home, workplace, child's school or other areas within the boundaries of Pierce County. You can have this alert come to you by cell phone, work phone, text message, and/or email. Just sign up by calling 253-798-6595 or visit www.piercecountywa.gov.

OUR FAMILIES THANK YOU

We were so very touched to receive the lovely gifts of coats, hats and gloves for our Stewart families. This has been so very helpful for our families in need. You should see the faces of the young children as they receive your gifts! From the bottom of our heart. Thank you!

Warmly,

Anne Hoban

Principal, Stewart Elementary School

Say a prayer for...

Darryl Zylstra, diagnosed with cancer

Janet Smith, at Regency, room 130

Burgmeier family for their loss of Dave's eldest son

Pat Mitchell, who lost her husband Glenn Mitchell

Bob, Jean Beagley's friend, is on oxygen

Allie Johnson is in the hospital at St Clare with an intestinal infection

Rejeana McQuillan, friend of Marcie Hedman-Burgmeier, being treated for ovarian cancer

Kay Smyth, fighting Leukemia

Jeannie Wight, friend of PUMC youth, fighting cancer

Ed Lee on Hospice Care

Sharon Alexander on Hospice



I WED THREE WIVES BACKSTAGE MANAGER OPENING

The many "off-stage" tasks in preparing for our annual Mystery Dinner Theater include overseeing making and selling tickets, setting up Wesley Hall for the BIG NIGHT, arranging for volunteers, working with the youth helpers, and the final clean-up. Bill Rhodes has been overseeing/doing these ever since this most important fundraiser was begun.

Bill is going to retire as of the 2012 production. So now is the time for someone to join Bill in arranging all the above for this year. This on-the-job-training begins February 10 which gives us two months until the April 9 dinner/play.

If you are considering some way to make an important contribution to your church, call Bill at 845-5125 for more information.

WOMEN'S BOOK CLUB

I hope you will be able to join us and bring a friend who likes to read and share a couple hours of girl time/talk.

February 24...*Remarkable
Creatures* by Tracy Chevelier.



SHARING IN THE NURSERY

What a great way to share God's love: be a Volunteer Nursery Assistant.

Schedules are arranged with Shannon Matthesen, our Nursery Attendant, and you are usually only needed one time a month. Times of serving may be Sundays 8:45-10:15, or Sundays 10:15-11:45, or any afternoon or evening when other classes, meetings, rehearsals, or special events create opportunities for parents of children ages infant - four years to participate.

Thank you for serving.

HOSPITALITY

All our volunteers helping during fellowship hour have been a huge asset. Thank you for your service. Sign up for your next chance to bring a snack, enjoy talking to everybody, and tidying up. If you haven't enjoyed this yet, we'll be happy to show you the ropes.

JOIN OUR CHOIR



You are always welcome to join our church choir. The Faith Singers welcome any new singers interested in being a part of Sunday morning worship. Join in at practice on Thursday evenings at 7:30 pm in the church and help fill the Sanctuary with beautiful music.

FREE HELP WITH YOUR TAXES

TAX-AIDE,
sponsored by AARP, through the IRS,
offers to help you with your 2010 taxes.

FOR AN APPOINTMENT CALL
RUTH TERVOL 253/845-8947

We can answer questions, do your taxes, and electronically file them. Whatever help you need. Help will be offered at PUMC on Thursdays February 17th, 24th, & March 3rd from Noon to 5:00 pm.

Tax preparation will be provided by Certified Counselors: Sylvia Wilson and Ruth Tervol.

RUMMAGE AHEAD

Looking forward to the March 12 Rummage Sale put on by the Youth? You can get extra items out of your house and into storage for the sale by calling Martha McCormick at 253-414-4604. She will arrange for a pickup or for you to meet someone at the storage unit to drop your items off.

Lectionary

February 6

Isaiah 58:1-9a
Psalm 112:1-10
I Corinthians 2:1-12
Matthew 5:13-20

February 13

Deut. 30:15-20
Psalm 119:1-8
1 Corinthians 3:1-9
Matthew 5:21-37

February 6 Sunday	February 7 Monday	February 8 Tuesday	February 9 Wednesday	February 10 Thursday	February 11 Friday	February 12 Saturday
<p>8:00 am Disciple III Conference Rm</p> <p>8:55 am Adult Discuss. Room 4</p> <p>8:55 & 10:35 am Worship Services</p> <p>Super Bowl of Caring</p> <p>10:35 am Living the ?s Room 4</p> <p>10:35 am Adult Bible Conference Rm</p> <p>6:00 pm Youth Group Wesley Hall</p>	<p>9:00 am Connecting Ann's Office</p> <p>9—11:00 am Gift of Years Fireside Room</p> <p>6:00 pm Beginnings Fireside Room</p> <p>6:15 pm Disciple I Room 7</p> <p>7:00 pm Disciple III Cottage</p> <p>7:00 pm Men's Bible Study Room 3</p>	<p>9:30 am Staff Meeting Ann's Office</p> <p>11:00 am Yoga Fireside Room</p> <p>7:00 pm Youth Council Conference Rm</p> <p>7:00 pm Finance Cottage</p> <p>7:00 pm Play Rehearsal Wesley Hall</p>	<p>11:00 am Clergy Study Conference Rm</p> <p>6:00 pm Connections Sanctuary</p> <p>7:00 pm SPR Conference Rm</p>	<p>11:00 am Yoga Fireside Room</p> <p>6:00 pm Rejoice! Ringers Room 5</p> <p>6:00 pm Play Rehearsal Wesley Hall</p> <p>7:30 pm Faith Singers Sanctuary</p>		<p>8:00 am Men's Breakfast @ Charlie's</p> <p>10:00 am Meet to go to Middle School Retreat in Indianola</p>
February 13 Sunday	February 14 Monday	February 15 Tuesday	February 16 Wednesday	February 17 Thursday	February 18 Friday	February 19 Saturday
<p>8:00 am Disciple III Conference Rm</p> <p>8:55 am Adult Discuss. Room 4</p> <p>8:55 & 10:35 am Worship</p> <p>10:35 am Living the ?s Room 4</p> <p>10:35 am Adult Bible Conference Rm</p> <p>12:00 am Whitney Ad Council Cottage</p> <p>6:00 pm Youth Group Wesley Hall</p>	<p>9—11:00 am Gift of Years Fireside Room</p> <p>12:30 pm Library Committee Conference Rm</p> <p>6:00 pm Beginnings Fireside Room</p> <p>6:15 pm Disciple I Room 7</p> <p>6:45 pm Holy Communion Sanctuary</p> <p>7:00 pm Disciple III Cottage</p> <p>7:00 pm Men's Bible Study Room 3</p>	<p>9:30 am Staff Meeting Ann's Office</p> <p>10:00 am Quilters Room 7</p> <p>11:00 am Yoga Fireside Room</p> <p>6:30 pm Children's Council Room 10</p> <p>6:30 pm Trustees Conference Rm</p> <p>7:00 pm Play Rehearsal Wesley Hall</p>	<p>9:00 am Maintenance Team Fireside Room</p> <p>11:00 am Clergy Study Conference Rm</p> <p>6:00 pm Connections Sanctuary</p> <p>7:00 pm Church Council Fireside Room</p>	<p>12—5 pm Tax Help Conference Rm</p> <p>11:00 am Yoga Fireside Room</p> <p>1:30 pm Parkinson's Support Fireside Room</p> <p>6:00 pm Ringers Room 5</p> <p>6:00 pm Play Rehearsal Wesley Hall</p> <p>7:30 pm Faith Singers Sanctuary</p> <p>8:00 pm Something to Chew On Cottage</p>		<p>9:00 am Young Adults @ Central Perk</p> <p>9 am-3 pm Jane Harvey Circle Quilting day Wesley Hall</p>

Youth News



DV8 (7-8 grades) Se Luz (9-12 grades)

Youth Groups

Youth Mission Trip Announced

Our High School youth will head out on Mission Sunday, August 7, to Eugene, OR where they will spend a week serving the poor in a variety of ministry settings. Other groups have cleaned vacant lots, served food at meal sites, led worship in shelters, weeded community gardens, and read books to children in poverty areas. These ministries are led by the Rev. Jeff Lowry, a Deacon in the United Methodist Church, and founder and director of L.A.S.T., Learning and Serving Together. Check out www.lastnw.com

The L.A.S.T. Philosophy: Jesus' ministry was full of examples of him meeting the needs of others. He healed physical and mental sickness, taught people how to live lives full of wonder and grace, and challenged the systems and authorities that kept people in poverty. Service for Jesus was more than a way of helping people, it was a way of getting to know them. For Jesus service was about relationships. This is our philosophy. As we get to know other people, especially those different from ourselves, we learn things about ourselves and can understand who God is calling us to be more fully!

YOUNG ADULTS

(ages 18-33 ish)

Theology @ the Pub
Thursday, February 3 & March 3, 6:30pm
Milton Tavern, Hwy 99, Milton

Café Bible Study
Saturday, February 5 & 19 @ 9-10am
Central Perk, Pioneer Ave., downtown Puyallup

Something to Chew On
Thursday, February 17 @ 8:00pm
The Cottage by the Church

Free Museum Night in Tacoma
Thursday, February 17 @ 6:00pm
Meet at the Art Museum
The Cottage by the Church

Looking Ahead—Register Now!
Space is limited!

YAR—Young Adult Retreat
April 8-10, 2011

www.pnwumc.org Ministries With Young People
PNW Conference-sponsored

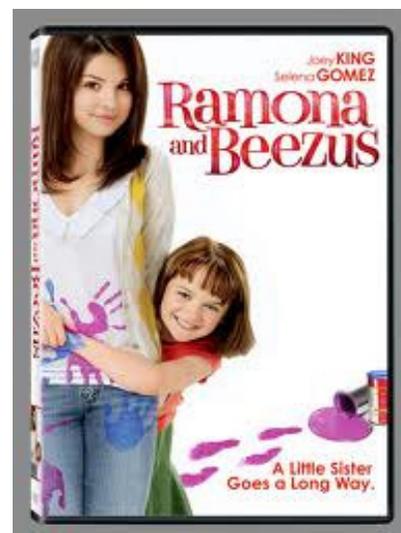
For evolving calendar and updates through facebook (PUMC Young Adults), become a friend of Monte Windsor: monte@montewindsor.com

Family Movie Night

7 pm Friday, February 4

The adventures of young Ramona Quimby and her big sister Beezus come to life in this all new film based on the books by Beverly Cleary. Ramona's vivid imagination, boundless energy, and accident-prone antics keep everyone she meets on their toes.

Admission free. Bring snacks to share. Bring a friend & an adult. You can wear jammies. Enjoy prayer, prizes, food



CANCER SURVIVOR'S CONFERENCE

This workshop is open and free to all people affected by cancer as patients, family members and care-givers. Participants can connect with other survivors to discuss and learn about the physical, mental and spiritual aspects of the cancer journey. There will be keynote speakers and numerous workshops to choose from.

When: Tuesday, March 16th, 2011
8 am to 3:30

Where: University of Puget Sound, Tacoma

To register: Call 1-800-342-9919
Or visit www.pccancersurvivor.org

Health Ministries

SLEEP

Proverbs 3:24 "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."

Sleep is essential to your well being. It is necessary for your body to recharge its batteries, heal its wounds, rest the spirit and regroup for another day. Everyone needs a different amount of sleep but everyone needs good quality rest. This means deep, uninterrupted sleep for at least six or more hours a night. Without good sleep you will experience fatigue, moodiness, irritability, poor memory, decreased dexterity, decreased energy level and possible depression.

Many things can cause a poor night's sleep: excessive napping, physical ailments, poor sleep habits, excessive worrying or even hormonal changes. Many of these conditions can be remedied with medical treatment. If sleep problems occur more than three times a week, consider seeing a doctor to determine if the problem might be medical in nature. Conditions like restless legs, hot flashes or sleep apnea can be addressed medically. Continued sleeplessness and fatigue may cause additional risks for high blood pressure, cardio-vascular problems, weight gain or depression.

Spiritually, sleep is important for active minds and good dispositions. The worries and challenges of daily lives often cause problems during the waking hours which can carry over into the nighttime. Turn your worries over to God. You may want to seek spiritual help as well as medical help.

Matthew 11:28 "Come to me all you who are weary and burdened and I will give you rest."

From: Seasons of Wholeness Volume VI, International Parish Nurse Resource Center, 2009
Health Ministries

The Gift of Years

...Continues

February 7 thru February 28, 2011

Mondays, 9 a.m. to 11 a.m.

Fireside Room

By popular request, this is a continuation of our workshop and discussion of Joan Chittister's book, *The Gift of Years*. Each week, we will explore various topics listed in the book. The first two sessions will be based upon previous indications of interest. The group will determine subjects for the last two sessions.

February 7: **Dreams, Memories and Legacy**
Readings: Dreams, p. 133, Mystery, p. 73, Legacy, p. 215, Memories, p. 153

February 14: **The Process of Forgiveness**
Readings: Forgiveness, p. 189, Regret, p. 1, Letting Go, p. 80

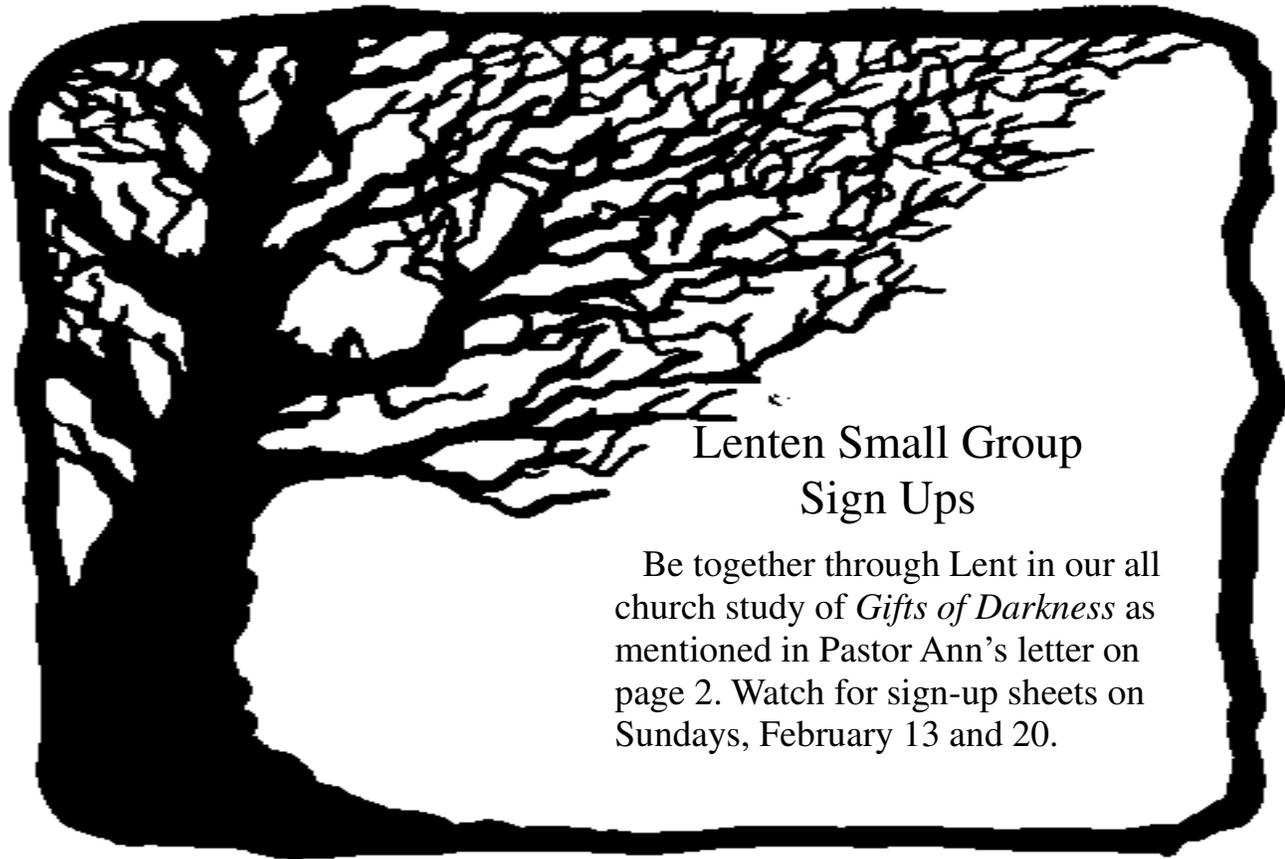
February 21: To be determined by the group

February 28: To be determined by the group

What God-given gifts and strengths have helped me get this far in life?
How can I build upon these strengths as I continue my life journey?

All people are welcome to participate regardless of whether you attended the previous workshop series in October-November. The book may be purchased online or at any major bookstore.

Facilitated by Jim Henry, MDiv, national workshop leader and co-author of four books on holistic healthcare including *Transformational Eldercare from the Inside Out*.



Lenten Small Group Sign Ups

Be together through Lent in our all church study of *Gifts of Darkness* as mentioned in Pastor Ann's letter on page 2. Watch for sign-up sheets on Sundays, February 13 and 20.

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**Next *Circuit Rider* deadline is
February 8th.**

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community that
experiences and
shares God's love.