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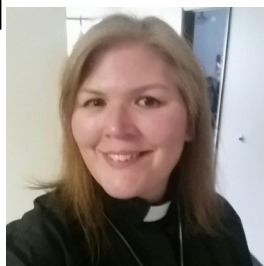
Open Hearts.
Open Minds.
Open Doors.

**The people
of The United
Methodist
Church®**



Caring & Sharing

Vangie's Voice



Dear Church Family,

I'm back from Annual Conference and vacation, and I'm ready to dive back into life together with you.

Summer is here! Do you remember those lazy, hazy days of summer? As a kid, I spent much time with my grandparents in Sekiu. The world seemed to move more slowly out

there. I explored the beach, listened to their "good ol' days" stories, learned to bake with Grandma, and helped prepare picnics on the patio. Slowing down allowed me to observe in wonder, gain wisdom, and deepen my relationship with them.

What is your version of your grandparents' house in Sekiu? I hope you've had a place of respite like that, either in your youth or even now.

What if God is like my grandparents? (They would laugh at this statement.) God Who offers rest, wonder, and exploration. Perhaps God wants to teach us how to make the best buttery pancakes with a perfect crisp edge, or to tell us stories of many adventures. Maybe God asks us to get the paper plates out for the family picnic, reach for that jar of pickles in the back of the cupboard, and find that ice cream in the deepfreeze. Perhaps God has some wisdom to impart over that 7 a.m. cup of Folgers.

What if God simply wants us to spend time with them?

Sometimes it feels like we have too many things on our list to do and we can't slow down. This can easily drain your spirit.

What are we missing out on when we are busy? Are we slowing down enough to hear God? Are we even able to hear others—or ourselves?

God designed us to need rest. God created something called Sabbath, asking us to make a consistent plan for rest a priority.

We invite you to our summer worship series, "Summer Soul Siesta: Cultivating Connexion through Sacred Rest." This series is about embracing rest, finding peace, and deepening our connection with God and each other.

Jesus calls his followers to more than just "doing stuff." Scripture invites us to see our lives and bodies as gifts that should be nurtured. Jesus calls us to a holistic life, living with rhythms that allow us to thrive and finding a balance between work, play, rest, and reflection.

In addition to scripture, I'll reference a book by a God-loving medical doctor. "Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity" by Dr. Sandra Dalton-Smith shares how not having a rest plan leads to poor health. She also discusses different categories of exhaustion and solutions to gain rest accordingly.

We are also having a Connexional summer. The last Sunday of each summer month will be a Connexional Sunday, sharing in worship and fellowship

Pastor Vangie Cont'd

Book a time with the pastor by calling the office, sending an email, or through this link:

calendly.com/pastorvangierand

at each other's churches. Sometimes, coming together creates a rest among each other.

Whether it's a house in Sekiu, a chair on the porch, a beach, a picnic, or afternoon tea with dear friends, may we slow down enough to allow the Spirit to bring us to these places of sacred rest in our hearts.

Blessings,

Pastor Vangie

Youth Update from Pastor Golden



Rev. Golden Neal,
youth pastor
abundant_life11@hotmail.com

**YOUTH GROUP SUM-
MER
GATHERINGS:
WEDNESDAYS @ 4:00
P.M. AT ROCHESTER
UMC**

Our major activity last spring was an art project in preparation for Easter. Each youth was given a blank canvas and a scripture passage of Jesus' last journey to Jerusalem including his crucifixion. They were to read the scripture passage and paint a picture of what was important to them. On the back of each canvas is a description of the scripture passage and the artist's interpretation. The canvases were arranged on a wall in the sanctuary (pictured above). On Easter, a hidden message was revealed. It has been a long tradition to present youth with Bibles. Prior to the pandemic, youth would attend Sunday school and would be presented their Bible during the worship service. This function of our church has been overlooked for a few years.

During one of our meetings a youth mentioned that he did not have a Bible to read and use as a reference. One of our church members generously volunteered to purchase Bibles for the youth in our program free of charge. The Common English Bible (CEB) Student Bible was chosen to meet their needs. The student Bible has various features: an introduction to each book of the Bible, maps, 400 articles by scholars, prayers written by students, and church study materials. The Bibles have a soft cover and are well designed. These Bibles will be able to meet the needs of the youth for many years as they grow and have questions. In May, George Derry was presented his Bible during Sunday worship. The Bibles are now available for the youth to pick up.



July 7 Jim Russell
July 14 Pastor Vangie
July 31 Brian Byrd
Aug 16 Bev Clark
Aug 20 Don Hembree

Summer is upon us, and camp season is starting. We are off to a late start promoting summer camp to our youth. Information about the four camp locations and dates is being disseminated. Most of the registration is being done online through the pnwcamps.org website. An instruction page to navigate the website is being provided with the camp information to families. Any financial contribution to support our youth or camp ministry is greatly appreciated. May the blessings of Christ be with you all.

Pastor Golden



Rochester UMC Summer 2024

July 7	Message Bringer: Bruce Baldwin	
July 14	Sermon no sermon (Psalm 24) Communion Sunday --	Pastor Vangie
July 21	Message Bringer: Rev. Golden Neal	
July 28	Connectional Sunday <u>here</u> @ 11:00 a.m.	
	What Rest Do You Need? The Rest You've Been Missing	
	Mark 6:30-32, Mark 5:34-41	Pastor Vangie
August 4	Message Bringer: Rev. Terri Stewart, chaplain at Green Hill School	
August 11	Busy and Burnt Out Matthew 6:1-6 Communion Sunday-	Pastor Vangie
August 18	The Right Tempo Mathew 11:28-30	Pastor Vangie
August 25	Connectional Sunday <u>at Centralia UMC</u> @ 11:00 a.m.	Pastor Vangie

Centralia First UMC Summer 2024

July 7	"Busy and Burnt Out" Matthew 6:1-6	Pastor Vangie Rand
July 14	Rev. Alta Smith to preach	
July 21	"The Right Tempo" Mathew 11:28-30	Pastor Vangie
July 28	Connexional Sunday at Rochester UMC	Pastor Vangie
	What Rest Do You Need? The Rest You've Been Missing" Mark 5:34-41, Mark 6:30-32	
August 4	"Give It a Rest" Exodus 20:9; Mark 2:21-28	Pastor Vangie
August 11	Rev. Alta Smith to preach	
August 18	Rev. Sonya Davis, Deacon, to preach	
August 25	Connexional Sunday at Centralia First UMC 1 Timothy 3:11-15	
	Glynda Shaw (lay) to preach (Pastor Vangie plans on being present)	

UMCOR Soot Sponge Kit Project

Wildfire Season is upon us, and we can help! We are collecting specific items for cleaning kits for those recovering from wildfires. The PNW Conference Disaster Response mission supports wildfire relief efforts by supplementing UMCOR cleaning kits with additional supplies specific for residences that survived the burn through but may have soot/smoke damage.

We are invited to **Gather, Assemble, and Bless** these kits.

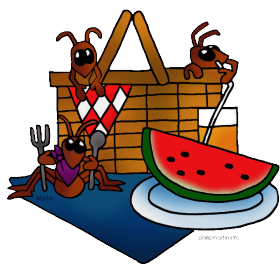
A list of items to gather are available at each church or upon request. Or, if you'd like to give financially, You may send a check to our church with "UMCOR Sponge" or "Soot Sponge Kit" in the memo.

Let's have this phase of collection toward completion by Saturday, July 27.

Stay tuned for times we will gather to assemble these kits.

Contact Kathy VanHorn or Pastor Vangie for more information.

Learn more about Disaster Response ministries at www.pnwumc.org/emergency-response.



Church Picnic with Chehalis UMC:

Monday, July 29 at 5:00 p.m. at **Lintott Alexander Park**, Highway 6, Shelter 1. Food & Games, Family & Fun! Hamburgers, Hot dogs, buns, and condiments provided. *Bring your own table service!*

Ants are not invited!

Who Am I--and Why?

By Glynda Shaw

I understand that some people are confused about how I should be addressed: and, of course, some don't care. I joined this congregation which I love as Glynda Shaw. The selection of this name is indirectly related to the second Oz book and is meant to signify that I feel myself to be largely female in spirit. As I have previously said, I feel strongly the touch of the feminine aspect revealed by our God.

Those who refuse or avoid using this name in speaking to me are in my view, saying that I am not entirely a member of this church. If this is a person's opinion or feeling then it is thone's privilege. (Thone--gender neutral possessive pronoun.)

No I do not fear, dislike, or shun men. I have male buddies. Still I spend most of my time with women and have worked with female persons through much of my life. Please understand that these relations have been platonic and respectful.

I try very hard not to be intrusive or demanding in our church. However I am addressed, I will cleave to our congregation so long as Pastor Vangie remains with us. After that, all depends on what is true then. Meanwhile, I will continue serving in every manner I can.

Respectfully submitted,

Glynda J. Shaw--BSAA, QCDC, M.Ed.

open hearts.
open minds.
open doors.

Guest Preachers

August 2024

REV. SONYA DAVIS

Rev. Sonya is an ordained Deacon of the PNW Annual Conference. She serves as a chaplain at Providence Elder Place in Vancouver, WA. She befriended Pastor Vangie while they were both lay members at Seattle First UMC, and discovered they both from Clallam County.

Rev. Davis will be preaching at Centralia First UMC on August 18th. Please welcome our pastor's friend.

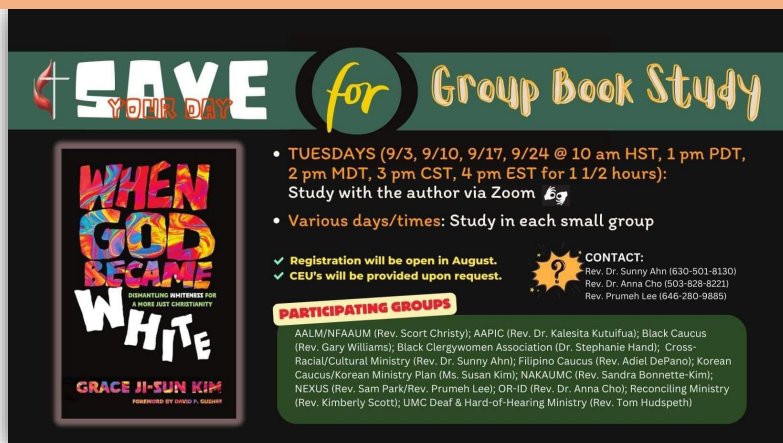


REV. TERRI STEWART

Rev. Terri recently became the new chaplain at Green Hill School in Chehalis. She has served as a minister for incarcerated youth in Seattle for many years. She's pastored at Lake Washington UMC in Kirkland, Riverton Park UMC in Tukwila, and Milton UMC.


Please welcome Rev. Terri at Rochester UMC on August 4, and at Centralia First UMC in September.





SAVE YOUR DAY for Group Book Study

WHEN GOD BECAME WHITE
DISRUPTING WHITENESS FOR A MORE JUST CHRISTIANITY
GRACE JI-SUN KIM

- TUESDAYS (9/3, 9/10, 9/17, 9/24 @ 10 am HST, 1 pm PDT, 2 pm MDT, 3 pm CST, 4 pm EST for 1 1/2 hours): Study with the author via Zoom 
- Various days/times: Study in each small group

✓ Registration will be open in August.
✓ CEU's will be provided upon request.

CONTACT:
Rev. Dr. Sunny Ahn (630-501-8130)
Rev. Dr. Anna Cho (503-828-8221)
Rev. Prumeh Lee (646-280-9885)

PARTICIPATING GROUPS

AALM/NFAAUM (Rev. Scott Christy); AAPIC (Rev. Dr. Kalesita Kutulifua); Black Caucus (Rev. Gary Williams); Black Clergywomen Association (Dr. Stephanie Hand); Cross-Racial/Cultural Ministry (Rev. Dr. Sunny Ahn); Filipino Caucus (Rev. Adiel DePano); Korean Caucus/Korean Ministry Plan (Ms. Susan Kim); NAKAUMC (Rev. Sandra Bonnette-Kim); NEXUS (Rev. Sam Park/Rev. Prumeh Lee); OR-ID (Rev. Dr. Anna Cho); Reconciling Ministry (Rev. Kimberly Scott); UMC Deaf & Hard-of-Hearing Ministry (Rev. Tom Hudspeth)



THRIFT SHOP

OPEN 1ST & 3RD
FRIDAYS & SATURDAYS
10:00AM - 2:00PM

CASH ONLY

Rochester United Methodist Church
18214 CORVALLIS ST., ROCHESTER, WA 98579
rochesterumc.org

YOUTH NEWS

A youth newsletter brought to you by Rochester United Methodist Church

VOL. 1, ISSUE 1

JULY 2024

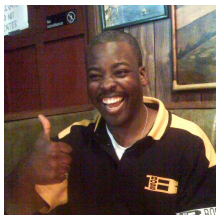
The Adult Team



Golden Neal



Patsy Kenney



Geoffrey Neal



Vangie Rand

Golden Neal



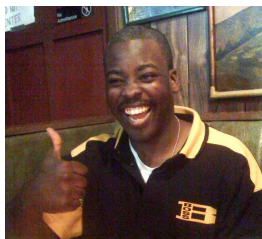
My name is Golden Neal, and I am a lifelong Methodist. I grew up in Rochester, Washington where I now live. I obtained my bachelor’s degree in manufacturing engineering technology and have worked twelve years for the Boeing Commercial Aircraft Company. I have served the church from my youth in a variety of roles including pastoring five churches. I went to seminary at Saint Paul School of Theology in Kansas City Missouri to obtain a Master of Divinity degree. I enjoy spending time with friends, walking, reading, watching movies, science fiction, and making art. I have been a life-long learner and like conversing on a variety of subjects. I am currently focused on issues of diversity, equity, inclusion and belonging in which I am being trained. I have been involved with the Rochester youth program since 2014. My reason for being involved in the youth program is to provide a way for youth to have an authentic relationship with God, with a faith community, and with others (including creation). I hope to share my life experiences and listen to theirs while strengthening their faith through the discovery of their spiritual gifts and leadership abilities.

Patsy Kenney



My name is Patsy Kenney and I have attended Rochester United Methodist Church for twelve years. Before moving to Rochester, I lived in Hawaii and worked on fish processing boats in Alaska. Although I never set out to work with youth, my journey has always led me in that direction. I have worked with native youth through the Neighborhood Youth Corp. program and taught parent education through the Community Action Council of Thurston County. I especially enjoyed participating with the children's component of the program and leading learning activities with them. At our youth group we have articulate and intelligent young people asking some tough questions. It isn't easy growing up today. We don't have all the answers, but we can show them how faith works and hopefully they can gain the strength that is needed to grow and bloom.

Geoffrey Neal



My name is Geoffrey Neal, and I have been a Methodist since 1974. I grew up in Rochester, Washington and started living here again since 2022. I served and retired from the US Navy from 1992-2013 with the rank of E7 and obtained an Associate degree in general studies at Centralia College. I have served the church from my youth in a variety of roles including financial chair, trustee, and youth group. I enjoy spending time with friends, video and analog (board games) gaming, watching movies, watching sports, science fiction, and making people laugh. I have been a life-long learner and like conversing on a variety of subjects. I have been involved with the Rochester youth program since 2023. My reason for being involved in the youth program is to give the youth of the 21st Century and induction into what following a Christian path and being a person true character. I will learn, listen and teach what I know and hope that everybody will do the same.

Vangie Rand



Hello! I'm Reverend Evangeline Rand, but most folks call me Pastor Vangie. I grew up in a small town called Forks, Washington. I have lived in places like Olympia, Seattle, north Okanagan county, and even Budapest, Hungary. I have a Master of Divinity from The Seattle School of Theology and Psychology. I have been a pastor in the United Methodist Church for almost 10 years. Now, I live in Centralia and serve at both Rochester United Methodist Church and Centralia United Methodist Church. I love exploring new places, enjoying art and music, and meeting different people. I'm owned by a bossy orange tabby cat named Rocky. Our church works to be a welcoming and safe place for your family. My goal is to help everyone grow, be curious, and cultivate hope. Treating everyone fairly and with kindness is very important to me. As United Methodists, we like to stay connected and help each other. We are here to support you and your family. Let's work together to help your kids discover their gifts, build a solid foundation, and make the world a better place.

Safety Awareness Training: The United Methodist Church requires that four local church leaders be trained each year on how to prevent abuse to vulnerable persons. This training requires a background check and online training using **MinistrySafe**. All of our adults working with youth have had this training and this is a requirement for all staff and volunteers at United Methodist Camps and facilities.

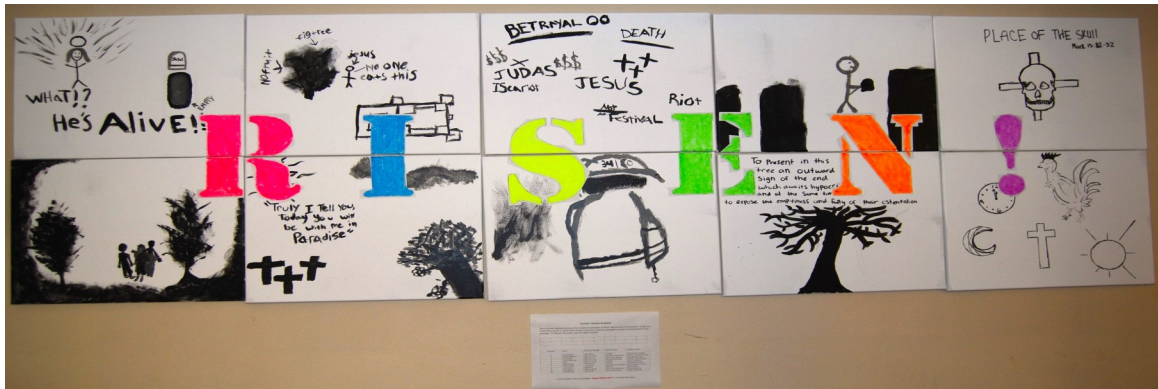
YOUTH NEWS

A youth newsletter brought to you by Rochester United Methodist Church

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Lenten / Easter Art Project



Meals



Each meeting we have a meal. Usually, we will open with prayer and have our discussions over a meal. Our meals range from pizza to casseroles with various deserts and salads. We are grateful for our volunteers who provide meals for three of our meetings each month. That leaves one or two meals that are provided by our adult volunteers. Sometimes we can get the youth to help out with the meal preparation. We are also thankful for the monetary contributions that support the “carbonation” fund. These donations supplement the food, snacks and beverages that we provide.

Activities



Our major activity last spring was an art project in preparation for Easter. Each youth was given a blank canvas and a scripture passage of Jesus' last journey to Jerusalem including his crucifixion. They were to read the scripture passage and paint a picture of what was important to them. On the back of each canvas is a description of the scripture passage and the artist's interpretation.

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Bibles




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During one of our meetings a youth mentioned that he did not have a Bible to read and use as a reference. One of our church members generously volunteered to purchase Bibles for the youth in our program free of charge. The Common English Bible (CEB) Student Bible was chosen to meet their needs. The student Bible has various features: an introduction to each book of the Bible, maps, 400 articles by scholars, prayers written by students, and church study materials. The Bibles have a soft cover and are well designed. These Bibles will be able to meet the needs of the youth for many years as they grow and have questions. In May, George Derry was presented his Bible during worship. The Bibles are now available for the youth to pick up.

Summer Camp



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 Our camps provide a wonderful opportunity to learn and practice skills in canoeing, archery, and games. Campers will enhance their spiritual life while developing an awareness of the natural world and God's desire for us to care for the earth. They can develop their socialization skills, meet diverse youth, make new friendships and be challenged to grow into responsible adults.

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