



Pacific Beach
United Methodist Church

BEACH BREEZE

A Monthly Newsletter From Pacific Beach United Methodist Church

July 2022

Cal-Pac Annual Conference

by Adam M.-L.

This year marked the 38th Annual Session of the California-Pacific Annual Conference. Due to the presence and risk of the novel coronavirus, the first two days were fully online, while the remaining Friday and Saturday sessions were a combination of online and in-person at the Orange County/Costa Mesa Hilton. Each year our regional body of the UMC convenes to do the essential work of continuing ministry in Southern California, Hawaii, and Guam. For example, one piece of our regular worship together as an Annual Conference included a special offering for Ukrainian Disaster Relief. This year the Annual Conference followed a committee proposal for a modest increase to clergy minimums, as well as amendments from the floor to include non-compensatory considerations (like additional time off or shorter work weeks) and increases to equitable compensation grant funding.

The theme for this year's Annual Conference was "Ending Spiritual & Physical Hunger." Pacific Beach UMC already does tremendous work in meeting some of the physical hungers in our own community. While we are well aware of the ongoing needs of physical hunger, there remain needs of deep spiritual hunger as well. There is much work to be done in the realms of anti-racism and LGBTQ+ advocacy. Many of the keynote addresses and breakout sessions guided us in discerning those needs and visioning how we might meet them. I can say for myself that I feel encouraged and eager to carry on this missional focus in this coming appointment year.

Faces of Our Faith

by Pastor Lori

Starting Sunday, July 10th, we will embark on a six-week sermon series entitled "Faces of our Faith." Each Sunday we will feature a different, sometimes lesser known, Biblical figure, exploring their story as a forefather or foremother of our faith. In addition, we will be creating a PB UMC collage to reflect more contemporary "Faces of our Faith," including each other's and our own! How might you prepare? Begin to bring to mind and heart some of the faces of your faith. Who invited you into a life of faith? Who has nurtured, stimulated, and challenged you in your faith? Who sat with you when you struggled in your faith? Who sustains you in your faith? Who are the ancestors in the faith in whose prayers you have been held and on whose shoulders you now stand? Do you have an image of those faces? Can you find a photo or draw a picture? Let these dear souls begin to gather in your hearts, minds, and spirits and stay tuned for ways we will be recognizing the diversity of all those whose love and grace is reflected in our lives of faith.



Stephen Ministry

by Jesse Hodge

The 2022 Stephen Ministry class is now complete, and the Stephen Ministry induction ceremony took place on June 26. We now have several trained Stephen Ministers in both PB and LJ UMC. If you know of someone that would benefit from this ministry, please contact Jesse at the church office:
www.pbumc.org/contact 858-274-6573.

A Message From Pastor Lori

Dear Friends,

As I approach the end of my second year as Pastor at Pacific Beach UMC, I am pausing to reflect on these last two years and to dream, hope, and pray about the year, hopefully years, to come! So much has happened. We have weathered the worst of COVID-19. We have built relationships, even across the divide of Zoom and Livestream. We have experienced some significant changes in our staff. We have said good-bye to some dear folks and hello to others. There is much about the ministry of PB UMC that I have come to cherish. One of those ministries is Project Grace. Project Grace provides a hot meal every Wednesday afternoon to those who are experiencing homelessness and/or food insecurity. Beth oversees the program. Chef Ben does the cooking. Eazy provides security. Dave, Mike, and others help with prep and clean-up. My big job? Hand sanitizer. It's a tough one but somebody's got to do it. I stand in the entryway every Wednesday afternoon to welcome each person as they arrive, offering them a pump or two of hand sanitizer. And each week as I greet folks, as they hold out their open hands, I can't help but think of Holy Communion. Yes, it's hand sanitizer, not bread and juice. But it's also grace. It's a smile, a word of welcome, a gesture of care. It's also grace. What an honor it is to be a part of this ministry at PB UMC, feeding hungry bodies and spirits.

Project Grace is on my mind because it too has experienced some transitions. Previously staffed by a combination of church members and others as arranged through Shoreline Community Services (SCS), we are back to staffing Project Grace on our own. SCS is growing and evolving and recently opened its Compass Station in Pacific Beach. SCS is focusing less on the meal services provided through local congregations, already up and running, and more on this new and important aspect of care for some of the most vulnerable in our community. As I stood in the entryway of our social hall last Wednesday, I looked around and thought, "We could use some help!" Many of our volunteers from church have moved away. We continue to serve a to-go style meal and need several more people to help greet and serve our guests. Would you be able to join us on Wednesday afternoon at 3:30 for about an hour? The tasks are simple, the work is easy, and the reward is great. If yes, please reach out to Pastor Lori or Beth in the Church Office. You will **be** blessed, and you

will **be** a blessing!

Would you like to support Project Grace but are not available Wednesday afternoons? No problem! There are other ways to help. We are always in need of basic living and hygiene items. We will feature **two wish list items per month** and will have a sign, as well as a designated drop box in the entryway at church. For the month of July, we are collecting new **LIP BALM** and **LOTION**. Of course, other hygiene items are always welcome! Please see the full wish list for Project Grace at the bottom of this page, and feel free to donate these items anytime. They will always be put to good use! In addition, folks are welcome and encouraged to make financial donations to Project Grace and, most important, uplift this program and all its helpers and participants in your prayers. Project Grace has a long and meaningful history at PB UMC, and it's a life raft for some in our community. Thank you for your generosity that has sustained this ministry for so long, and please consider joining me as we continue to extend food for the body and soul to our neighbors in need.

In Christ,

Pastor Lori



Wish List: New Items Only, Please. (Travel Size is Best)

Lotion	Deodorant
Sunscreen	Lip Balm
White Socks (Mostly Men's)	Lightweight Throw-size Blankets (Up to 60" x 80")
Small Tarps, Up to 4' x 6' (Note that cutting larger tarps to this size causes fraying.)	Soap/Body Wash
Shampoo (Conditioner not needed at this time.)	Brushes/Combs
Wash Cloths	Hand Towels
Disposable Razors	Cardboard Nail Files
Toothbrushes	Toothpaste

We Care for One Another

**Kidz
Korner**

Yay! Summer has arrived! With our warm temperatures, it's starting to feel like summer. Watermelon is sweet and ripe now, and lots of people are planning for vacation time. You might be going on vacation. You probably know where you are going, and when and what you will do when you get there. Lots of us will be going to the beach. Sunrise and sunset are the most beautiful ways to start and end your day. And it is amazing how delicious food tastes when we are outside in the summertime!

Do you ever wonder where God goes on vacation? Do you think that God would ever like to take a break from us? The Bible tells us that God is everywhere. Even when we get away, God is still with us. God just goes right along to wherever we are going. I'm so glad!

Take time this summer, wherever you are going, to notice all the wonderful sights, sounds, tastes, and smells around you. Take time to thank God for them all. Remember that our God is responsible for all good things, even for you and me! Have a blast this summer!



Love to you from One of God's Favorites,
-Dart

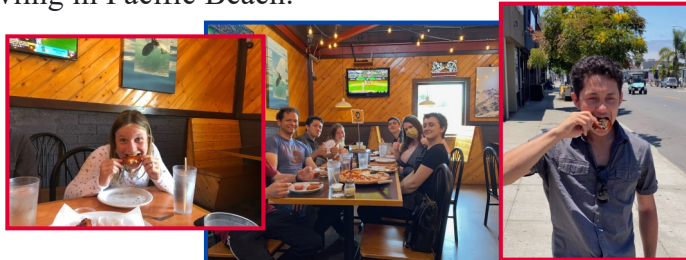
July Memory Scripture Verse...

I can do all things through Christ who gives me strength. -Philippians 4:13

Youth and Young Adult Ministry

by Jesse Hodge

We had a fun lunch outing with the Youth and Young Adult ministries on June 12! Our next Youth outing will take place on Thursday, July 14, from 10:00 am to 12:00 pm, for Day at the Beach. Our next Youth and Young adult outing together will take place Sunday, July 24, from 11:30 am to 1:30 pm. We'll be bowling in Pacific Beach.



The *Beach Breeze* is a monthly publication of the Pacific Beach United Methodist Church. Please visit our website at www.myPBchurch.org.



Church Picnic

We are currently looking for one or two people to coordinate the church picnic this year. You don't have to have experience, as we can go over the details with you. Please contact Jesse H. through the church office by Sunday, July 3, if you are interested.

We Grow in Grace & Faith

Back to School Backpacks

by Pam R.

It is already time to plan ahead for our donations to the Community Christian Service Agency (CCSA) Back to School Backpack collection! You are invited to donate new backpacks, individual school supplies, or a completely filled backpack, to the collection box in the narthex from July 11th to August 19th. You may choose to help with a cash donation either on-line at pbumc.org/give, designating "CCSA Backpacks," or by sending a check with "CCSA Backpacks" on the memo line.

Requested items are:

K-2 Grade Backpack List	3-9 Grade Backpack List	
2 spiral notebooks	1 binder	1 glue stick
1 pk of 10 pencils	2 spiral notebooks	1 glue bottle
1 pencil sharpener	2 notebook paper	1 ruler
1 pencil box	1 pencil holder	1 scissor
1 pk of 6 erasers	1 pk 10 pens	
1 box of crayons	1 pk 10 pencils	
1 box of magic markers	1 box of colored pencils	
1 glue stick	1 pencil sharpener	
1 glue bottle	1 eraser	
1 scissor	1 highlighter marker	



Coffee With the Pastor: Update

"Coffee with the Pastor" was born out of the pandemic as we sought ways to stay connected in the midst of the isolation resulting from COVID-19. The Thursday afternoon Zoom meetings have been, at times, a lifesaver, and always a delight! As folks return to more structured schedules, we are looking at how this gathering might evolve. We will continue Thursday afternoon Coffee Chat on Zoom through the month of July. We'll take a brief break during the month of August, and then reformat this gathering in September. Some of the possibilities are to meet at a local coffee spot once or twice a month, or to gather as a lunch bunch in our different neighborhoods. If you'd like to be a part of that conversation, or if you'd just like to stop in and say hello, join us for Coffee Chat on a Thursday afternoon during July. We meet from 1:00 pm to 2:00 pm on Zoom. The link is provided in the weekly Thursday e-mail. All are welcome!

At-Home Covid-19 Tests Available

We have received a shipment of Covid-19 test kits from the State of California's Testing Task Force. We help protect one another by administering a self-test as often as needed to minimize the spread of Covid-19. If you need at-home tests, please contact the church office and/or Pastor Lori. Test kits will also be available at the end of worship on Sunday mornings.

We Reach Out to Others

An Antidote to Violence:

Evaluating The Evidence That Meditation Can Reduce Societal Violence

by Bill H.

Our nation and world are experiencing increasing levels of internal divisiveness, violence, international tension, and outright war. Conventional approaches seem impotent in the face of these seemingly intractable challenges.

On Sunday, July 31st, right after church service, Bill H. will lead a discussion based on the book, “An Antidote to Violence” by Barry Spivack and Patricia Saunders. This book evaluates the peer-reviewed research that, “When the Transcendental Meditation Technique is practiced by a relatively small number of individuals in a city or nation, there will be an immediate, powerful, and scientifically demonstrable influence of calm, coherence, and peace that will positively impact the whole population.”

We will discuss the studies, the underlying theoretical explanation for why this approach to violence works, and what we, as individuals, can do to get this approach implemented on a national and global scale.

Join us on July 31st for this meaningful time of learning, conversation, and peace building. Snacks and drinks will be provided.

Pride Parade Float Construction

Greeting Friends! Well, it's that time. After a two-year hiatus, the San Diego Pride Parade and Festival is upon us. The 2022 theme is “Justice With Joy.” This is something PB UMC cherishes with great PRIDE. In 1993, our pastors were honored in the parade for their support of the LGBTQ community. The very next year, we organized our first contingent in the parade and for the subsequent 20 years, we were the only entry to represent a United Methodist Church presence in the San Diego Pride Event. Keeping with this tradition we would like to have your support as we embark again on this exciting endeavor.

This year, we are starting from the ground up. We do not have access to the “float trailer” from previous years. The good news is that Joe and Jess P.-H. have loaned us their 20-foot trailer. Here's where you can be of incredible service. Construction will commence soon. It would be awesome if you could pick up “grocery store pallets” and deliver them to the church. One at a time is okay. In total, we should need 20 to 25 pallets. We will need the pallets by July 1st when construction begins.

On July 1st, it's “all hands on deck.” Here, you will find the schedule for construction of the float. Louis will be in charge. He will have task lists of everything that needs to be done and will give instruction on what to do. Do not be afraid. Previous experience is not needed, but your important helping hands will be crucial. Come on down and let's build the best PB UMC float ever! No worries if you cannot come to all the building parties, feel free to help when you can.

PB UMC Float Construction Schedule		
Friday, July 1	6:00 pm	Gather, Deliver Pallets, Begin Float Construction
Saturday, July 2	2:00 pm	Float Construction
Tuesday, July 5	6:00 pm	Float Construction
Wed, July 6		
Thurs, July 7		
Tuesday, July 12	6:00 pm	Float Construction
Wed, July 13		
Thurs, July 14		
Fri, July 15		
Saturday, July 16	TBD	PRIDE Parade

Circle of Support

May 2022 Record of Generosity

	Budget	Actual
May giving	\$19,230	\$16,735
May other sources of income	\$9,985	\$17,740
May total available for ministry	\$29,215	\$34,475
May expended in ministry	\$37,593	\$30,244
May income minus expenses	(\$8,378)	\$4,231
YTD giving	\$96,148	\$80,924
YTD other sources of income	\$78,213	\$82,209
YTD total available for ministry	\$174,361	\$163,134
YTD expended in ministry	\$196,881	\$186,810
YTD income minus expenses	(\$22,520)	(\$23,676)
Year 2022 budget	\$437,898	

Reflections From the Finance Team

Above budget other income and below budget expenses have brought us very close to budget for May year to date. Although that's a big negative number, some of the reason has to do with timing of capital project income and expenses in the budget. We are grateful for all our faithful givers!

July Communion Offering Reconciling Ministries

PB UMC is a Reconciling Congregation and a proud member of the Reconciling Ministries Network (RMN). The RMN mobilizes United Methodists of all sexual orientations and gender identities to transform our Church and world into the full expression of Christ's inclusive love.

As a part of being a Reconciling Congregation, PB UMC is a safe place for LGBTQ persons and allies to be in worship and service together. In affirmation of this, Pacific Beach United Methodist Church welcomes all people, regardless of age, race, gender identity, gender expression, marital status, physical condition, sexual orientation, ethnic background, or economic situation. We do so keeping in mind our sacred scriptures, the creativity of our universal God, the saving grace of Jesus Christ, and the ongoing work of the Holy Spirit.

Your contribution helps promote inclusive love in a worship community that reflects the beautiful diversity of God's creation.

Brunch After Worship

by Hope A.



It's been a long time since we've gathered at a restaurant after church. Please join us at Broken Yolk Cafe on Sunday, July 24, after worship. Broken Yolk has an outdoor patio upstairs with elevator access for those who need it. Bring your sunglasses! The address is 1851 Garnet Ave. Parking is available on the street or in their parking lot, best accessed from the alley between Hornblend and Garnet, Kendall and Lamont. Let Hope A. or our greeter Marcia M. know by that morning if you are coming, so we can set up enough chairs.

CHURCH STAFF:

Lead Pastor: The Rev Lori Leopold
Music Director: Ron Jessee
Office Administrator: Beth Rhodes

Director of Education: Jesse Hodge
Sunday School Coordinator: Dart Rhoades

Church Office: www.pbumc.org/contact 858-274-6573

Calendar of Events

Worship Times

10:00 am, Worship Celebration
Child Care Available

Week 1

Fri, Jul 1 6:00 pm Begin work on Pride Float (p.5)
Sat, Jul 2 2:00 pm, Float Construction

Week 2

Sun, Jul 3 9:30 am, Prayer Circle
10:00 am, Worship and Communion
Mon, Jul 4 **Independence Day**
(Church Office Closed)
6:00 pm, Al-Anon
Tues, Jul 5 10:00 am, Prayers and Squares
Quilt Group
6:00 pm, Choir Practice
6:00 pm, Float Construction
6:00 pm, Choir Practice
7:00 pm, So District Prayer Meeting
Wed, Jul 6 11:30 am, Scripture & Sermon Study
4:00 pm, SD Project Grace
6:00 pm, Float Construction
Thurs, Jul 7 1:00 pm, Coffee with Friends
6:00 pm, Float Construction
7:00 pm, AA



Movie Night May 22, 2022
"The Great Race"

Week 3

Sun, Jul 10 9:30 am, Prayer Circle
10:00 am, Worship
Mon, Jul 11 6:00 pm, Al-Anon
Tues, Jul 12 6:00 pm, Choir Practice
6:00 pm, Float Construction
Wed, Jul 13 11:30 am, Scripture & Sermon Study
4:00 pm, SD Project Grace
6:00 pm, Float Construction
Thurs, Jul 14 10:00 am Day at the Beach (p.3)
1:00 pm, Coffee with Friends
6:00 pm, Float Construction
7:00 pm, AA
Friday, Jul 15 6:00 pm, Float Construction
Sat, Jul 16 Pride Parade "Justice With Joy"
(p.5)



PB UMC Pride Parade Float
(Before Covid-19)

Week 4

Sun, Jul 17 9:30 am, Prayer Circle
10:00 am, Worship
3:00 pm, Games and
6:00 pm Movie, "Pride"
Mon, Jul 18 *Beach Breeze* Deadline
6:00 pm, Al-Anon
Tues, Jul 19 10:00 am, Prayers and Squares
Quilt Group
6:00 pm, Choir Practice
6:30 pm, Church Council Meeting
Wed, Jul 20 11:30 am, Scripture & Sermon Study
4:00 pm, SD Project Grace
Thurs, Jul 21 1:00 pm, Coffee with Friends
7:00 pm, AA

Week 5

Sun, Jul 24 9:30 am, Prayer Circle
10:00 am, Worship
11:30 am, Youth & Young Adult Bowling
Noon—Brunch at Broken Yolk (p.6)
Mon, Jul 25 *Beach Breeze* Posted Online
6:00 pm, Al-Anon
Tues, Jul 26 6:00 pm, Choir Practice
Wed, Jul 27 11:30 am, Scripture & Sermon Study
4:00 pm, SD Project Grace
5:30 pm, Storefront Ministries
Thurs, Jul 28 1:00 pm, Coffee with Friends
7:00 pm, AA

Week 6

Sun, Jul 31 9:30 am, Prayer Circle
10:00 am, Worship
Noon, "Antidote to Violence" Discussion
(p.5)

We Love and Worship God

July Scriptures

- July 3** **Independence Day**
Holy Communion
Luke 10:1-11, 16-20
- July 10** “Faces of Our Faith:
Adam and Eve”
Genesis 2:4b-25
- July 17** **Pride Sunday**
“Faces of Our Faith:
The Ethiopian Eunuch”
Acts 8:26-40
Guest Preacher:
Rev. Lesley Brogan
- July 24** “Faces of Our Faith: Anna”
Luke 2:21-38
- July 31** **5th Sunday**
“Faces of Our Faith:
Mary Magdalene”
Mark 16:1-11

Pacific Beach United Methodist Church



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San Diego, CA 92109

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Meet Newcomer Lesley B.

by Roving Reporter Marcia M.

I recently had a fun time getting to know one of our newest members, Lesley B., aka Les. She has known our Pastor Lori a long time. They met in a seminary in Atlanta 30 years ago, and have been dating for the past 2 years. She told me, “We reached out to one another over the years, and this new relationship began on Valentine’s Day 2020 before Lori started at PB UMC that June. When Lori moved to San Diego, we became Facebook friends, and talked on the phone. Phone calls were difficult due to the time differences. We had to make adjustments. Understandably, things are much easier since I moved to San Diego.”

When I asked her about her family, she told me she has 2 boys from a previous marriage: Brogan, who is 23 and lives in San Antonio, and Sam, who is 20 and lives in Atlanta. Les is very close to her two sisters who live in Atlanta. She has an aunt and cousins here in California (Los Angeles, Ventura, Carpinteria, and Santa Barbara).

Key to her personal life is the fact that Les is the middle daughter of a middle daughter. Also interesting is her personal history; she told me she graduated from Illinois State with a degree in Music Therapy. “Ten years later I moved to Atlanta to attend Candler School of Theology. After seven years working with folks who were HIV+, I was ordained in the United Church of Christ (UCC). I then served a UCC church, followed by working as a hospice chaplain. I retired this past February after working with patients and their families on the cardiac floor of the Children’s Hospital in Atlanta.”

She then told me, “One thing I wish for PB UMC is a Craigslist we could use to support needs of our congregation. I would love to help to get one started.”

We exchanged conversations about things we enjoy, like attending baseball games. Les grew up loving both the Red Sox and Cubs. I attend Padres games and Les will be attending them soon.

I enjoyed getting to know her, and believe she is an asset to PB UMC.

