



Pacific Beach  
United Methodist Church

# BEACH BREEZE

A Monthly Newsletter From Pacific Beach United Methodist Church

September 2022

## ***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, September 25<sup>th</sup>, 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 September 25<sup>th</sup> for this meaningful time of learning, conversation, and peace building. Snacks and drinks will be provided.



## ***Gratitude and Celebrations***

Thank you to Mike and Pam R. who again coordinated our efforts to donate backpacks and school supplies through Christian Community Service Agency (CCSA). We have compiled 10+ backpacks. What a joy to be able to support local children and families as they go back to school! Thank you, Pam and Mike, for your generosity, faithfulness, and compassion!

## ***We Will, We Will ... ROCK You!***

Everyone is an artist! We are creating a PB UMC Rock Garden to express ourselves and add color to the front of our church near the disabled parking spaces. You are invited to join in, painting rocks to add to our rock garden. We will offer several opportunities to paint rocks. You can also bring your painted rock(s) and “plant” them in the garden!



## A Message From Pastor Lori

Dear Friends,

I still marvel at how COVID-19 turned so many aspects of church life upside down. We navigated much that would have previously been unimaginable, finding ways to worship, care, love, connect, and serve even in the midst of a global pandemic. Perhaps we'll never return to some practices that were left behind during COVID. But there are many other things that we, as a community of faith, return to with joy, having missed opportunities to be and grow together. One of those things that will soon return is our welcoming of new members. For so many months, it was hard to know who was with us online, much less create space to welcome new folks into the church community. Beginning in September, we will establish a quarterly New Member Sunday. While folks are welcome and invited to join the church any Sunday of the year, this will be a regularly set aside time to welcome those who choose to align their spiritual lives with the life of PB UMC.

Now, truth be told, becoming a "member" of any organization might seem antiquated. Why join anything? Who needs a label? Why tie yourself down? Who wants to be put in a box? While I understand those sentiments, I'd argue that landing somewhere is important when it comes to our spiritual lives. God doesn't intend for us to live our lives of faith in isolation. We Christians are communal creatures. We need each other in order to grow in faith, love, and service. The formal vows for church membership involve offering our "prayers, presence, gifts, witness, and service" through the church of which we are a part. To say it more informally, it means that we come when we can. We give what we're able, whether that's money or the giving of our skills, gifts, talents, insights, or a combination of all those things. It means that we care for others and allow others to

care for us in this community. Choosing to be a member of a church means that we "land" in and with a congregation because we believe in and want to be a part of that particular expression of Christ's transforming love and grace in the world. And while no community is perfect, I am thankful to be a part of this one...a church that demonstrates the value of radical inclusion as we gather for worship, learning, and fellowship and the value of radical hospitality as we reach out into the world to address the needs of the poor and hungry.

If you share these values, if some aspect of PB UMC worship has touched your soul, if you've given or received a kindness in this place, ***please know that you are already a beloved part of the family.*** If you want to take that a step further and officially align yourself with the ministry of this church, please receive this open invitation to become a member of PB UMC. If you have questions or would like to discuss it, I'm always happy to meet for conversation (food and/or coffee too!) If you'd like to join the church on our upcoming New Member Sunday, September 18<sup>th</sup>, please connect with me in person or via a phone call, text, or e-mail. We look forward to widening the circle and being a place of belonging for each one who seeks a spiritual home so that we might ever expand the ways that we extend the grace of God into the community and world around us.

In Christ,  
Pastor Lori



## Stephen Ministry



Stephen Ministers are congregation members trained to offer care to people who are hurting. If you know of someone that can benefit from having a Stephen Minister, please contact Jesse H.

# ***We Care for One Another***

## ***The Lord Is My Shepherd!***

by Dart R.

**Kidz  
Korner**

Hi everyone! I hope you have had a wonderful summer. It's time to go back to school! Are you ready to have a great year in your new grade? With your new Teachers? Some old friends and some new friends?

Sunday School will be starting up all fresh and new, too! This year we will have a theme: *The Lord Is My Shepherd*. Since we are all Lambs of God, it's a perfect focus for us on Sunday mornings. We will be learning a very special chapter in the Bible—Psalm 23. We will have prizes for memorization. We will learn some new songs and watch some great videos. We have so many plans for our PB UMC children! The only thing we need from you and your families is to have *you* come each week! With the Lord as our Shepherd, and us as His Sheep, we can each know that we are one of God's Favorites! I bet you'll be your teachers' favorites, too. Have a Great year in school and in Sunday school!



### ***September Memory Scripture Verse***

***The Lord is my shepherd; I shall not want –Psalm 23:1***

### ***Youth and Young Adult Ministry***

by Jesse Hodge



The September youth and young adult outing will take place Sunday, September 18, right after church (11:30 am-1:30 pm). We'll head over to Filippi's Pizza Restaurant for a good meal and for good company.

### ***Children's Choir. . .***

We will be starting back up soon, so please be on the lookout for details!



The *Beach Breeze* is a monthly publication of the Pacific Beach United Methodist Church. Please visit our website at [www.myPBchurch.org](http://www.myPBchurch.org).



# ***We Grow in Grace & Faith***

## ***PB UMC Council Notes***

### ***Finance***

by Hope A.

Council took a month off in August. Electric repairs are proceeding at the house on Vickie Drive, our former parsonage, now rented by La Jolla UMC for Pastor Bob and his family. We have set up an account to track donations and expenses for the Sunday School classroom repair.

In September we start planning our 2023 budget. If you are on a committee that has budget requests, please keep your eye out for further information.



## ***Sundae Sunday***

Everyone is invited to join us September 11<sup>th</sup> after church in the social hall to honor one of our own, who is joining the U.S. Marine Corp and leaving for Boot Camp. Come and celebrate Devin R.'s next step, wish him well, and enjoy lots of ice cream!

Hope to see you there!



Fellowship time has been a blast this summer. We have shared cookies, slices of cake and a lot of celebrations! The sign-up board in the breezeway is lacking sign-ups, especially for October. Refreshments do not have to be homemade. It's as easy as stopping at the grocery store or donut shop if there is one on your route to church! The liquids are always there, but the table could use your "munchie" donation for a fun time of visiting with everyone in the courtyard after church! Thank you. Ray McC.



### ***Save the Date:***

Fall Festival Spaghetti Dinner!  
Saturday, October 8, 2022, 5:00 pm  
Additional Details Coming Soon!

# ***We Reach Out to Others***



## ***Celebration***

The Labor of Love renovation project has lived, moved, and encompassed many years, and it is finally complete! It's time to ***celebrate!*** Join us on Labor Day Sunday, September 4<sup>th</sup>, for Outdoor Church and the Labor of Love Celebration/Dedication. Pastor Bob Rhodes will be our special guest as we celebrate the history of this project, all those who have supported it, and our hopes moving forward, as we continue to labor on behalf of divine love, grace, peace, and justice in the world. We'll gather in the courtyard for worship. Come casual and feel free to bring a beach or camp chair. The sanctuary and chapel will be open before, during, and after the service for all who would like to wander through and admire the completed work. We'll have special "Labor of Love" refreshments in the courtyard following worship. The outdoor service will be livestreamed so all can join us for this important day as we give thanks to God for this "completed work" as well as the "on-going work" of being Christ's hands and feet in our community and in this world. Hope to see you on September 4<sup>th</sup>!

## ***Coffee & Cards Ministry***

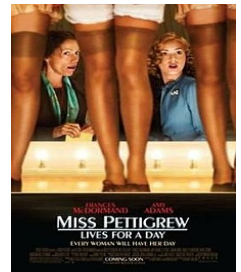
by Jesse Hodge

The next Coffee & Cards Ministry will meet Sunday, September 4 at 9:00 am

Coffee & Cards Ministry is a new ministry that was created in partnership with Good Samaritans and Stephen Ministry. We have many individuals who are homebound for a variety of reasons. We'd like to invite everyone to come to the social hall for coffee, donuts, and for an opportunity to write cards to those that are homebound. They would be thrilled to hear from us and get a card, so please feel free to join us! Contact Jesse H. if you have any questions.

## ***Movie Night!***

Join us for an evening of fun and entertainment on Sunday, September 25. Beginning at 6:00 pm, our movie this month is "Miss Pettigrew Lives for a Day" (2008), and stars Frances McDormand and Amy Adams. Popcorn and other refreshments will be served.



## ***September Lunch Bunch***

Lunch Bunch is a new monthly gathering and a great opportunity to get together with friends for tasty food and fellowship! September's Lunch Bunch will be on Thursday, September 15<sup>th</sup>. We'll gather at Café Athena in Pacific Beach at noon. If you plan to attend, please contact the Church Office and/or Pastor Lori. Do you have a favorite spot for lunch? Let us know, and we'll plan a future Lunch Bunch in your neighborhood! ***Save the date for October:*** October 13<sup>th</sup>.



# Circle of Support

## July 2022 Record of Generosity

	Budget	Actual
July giving	\$19,330	\$17,501
July other sources of income	\$10,285	\$17,505
July total available for ministry	\$29,615	\$35,006
July expended in ministry	\$38,243	\$39,254
July income minus expenses	(\$8,628)	(\$4,248)
YTD giving	\$134,708	\$119,591
YTD other sources of income	\$108,685	\$116,210
YTD total available for ministry	\$243,393	\$235,801
YTD expended in ministry	\$268,193	\$271,826
YTD income minus expenses	(\$24,800)	(\$36,025)
Year 2022 budget	\$437,898	

### Reflections From the Finance Team

July income includes August rent for Vickie Drive, while expenses were close to budget. We are still running a significant YTD deficit carried over from last month. The month-to-month cash flow is uneven because of our significant capital projects in 2022, which we'll review again next month.

## September Communion Offering

### Christian Education Sunday

Through Christian Education, communities of faith are invited to be inspired and challenged to experience God through Christ, claim and live God's promises, and grow and serve as Christian disciples. Our conference administers a special offering to support these educational ministries.

The 2022 Christian Education offering focuses on why we are called to be peacemakers, and provides leaders an opportunity to consider how they are, or could be, peacebuilders in their own contexts. In today's world, learning about and experiencing the source of true peace in Christ and the power of the Holy Spirit is more vital than ever. This fund supports programs that give people an opportunity to see the impact of peacebuilders, whether well-known, or unsung heroes, and how each of us is called to be a peacebuilder.

## Games Move to an Earlier Time



If you've enjoyed our mahjong afternoons, or have thought about joining us, please note that we're moving to an earlier time for the fall as it starts to get dark earlier. We are also choosing a different day from movie nights so that we don't wear the pastor out when she wants to attend both. Please drop in for games on Sunday September 11, starting about noon (after the ice cream social for Devin R.) in the social hall. We'll have mahjong and Rummikub available, along with teachers, or you can bring your own games. Bring a sack lunch or snacks if you like. We'll play till about 4:00 pm or until everyone gets tired.

#### 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](http://www.pbumc.org/contact) 858-274-6573

# Calendar of Events

## Worship Times

**10:00 am, Worship Celebration**  
**Child Care Available**

### Week 1

Thurs, Sept 1 7:00 pm, AA

### Week 2

Sun, Sept 4 9:00 am, Coffee & Cards Ministry  
9:30 am, Prayer Circle  
10:00 am, Outdoor Church  
Labor of Love Celebration (p.5)

Mon, Sept 5 **Labor Day**  
Church Office Closed  
6:00 pm, Al-Anon

Tues, Sept 6 10:00 am, Prayers and Squares  
Quilt Group  
6:00 pm, Choir Practice  
7:00 pm, So District Prayer Meeting

Wed, Sept 7 11:30 am, Scripture & Sermon Study  
4:00 pm, SD Project Grace

Thurs, Sept 8 7:00 pm, AA



Top From Our PB UMC PRIDE Float, July 16 2022

### Week 3

Sun, Sept 11 9:30 am, Prayer Circle  
10:00 am, Worship  
11:30 am, Sundae Sunday (p.4)  
12 noon, Afternoon of Games (p.6)

Mon, Sept 12 6:00 pm, Al-Anon

Tues, Sept 13 6:00 pm, Choir Practice  
7:00 pm Nominating and Leadership  
Development Committee via Zoom

Wed, Sept 14 11:30 am, Scripture & Sermon Study  
4:00 pm, SD Project Grace

Thurs, Sept 15 Noon, Lunch Bunch (p.5)  
7:00 pm, AA



Coffee Hostess  
Lea Ann W.,  
Sunday 7/17/22

Homemade  
brownies and  
granola cookies  
made by Hope A.

Photo by Ray McC.

### Week 4

Sun, Sept 18 9:30 am, Prayer Circle  
10:00 am, Worship  
New Member Sunday (p.2)  
11:30 am, Youth & Young Adults (p.3)  
Growing in Faith Committee

Mon, Sept 19 *Beach Breeze* Deadline  
6:00 pm, Al-Anon

Tues, Sept 20 10:00 am, Prayers and Squares  
Quilt Group  
6:00 pm, Choir Practice  
6:30 pm, Church Council

Wed, Sept 21 11:30 am, Scripture & Sermon Study  
4:00 pm, SD Project Grace

Thurs, Sept 22 7:00 pm, AA

### Week 5

Sun, Sept 25 9:30 am, Prayer Circle  
10:00 am, Worship  
11:30 am, Antidote to Violence (p.1)  
6:00 pm, Movie Night (p.5)

Mon, Sept 26 *Beach Breeze* Posted Online  
6:00 pm, Al-Anon

Tues, Sept 27 6:00 pm, Choir Practice

Wed, Sept 28 11:30 am, Scripture & Sermon Study  
4:00 pm, SD Project Grace  
5:30 pm, Storefront Ministries

Thurs, Sept 29 7:00 pm, AA



Congregation  
Responses to  
the "Faces of  
Our Faith"  
Sermon Series  
for July-  
August 2022

Photo by Pastor Lori

# ***We Love and Worship God***

## ***September Scriptures***

**September 4** Labor of Love Celebration  
Outdoor Church!  
Matthew 6:10; Psalm 90

**September 11** “Lost”  
Luke 15:1-10

**September 18** “Shrewd in Spirit”  
Luke 16:1-13

**September 25** “Holding Fast to Life”  
Luke 16:19-31

## **Pacific Beach United Methodist Church**



1561 Thomas Avenue  
San Diego, CA 92109

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## ***Meet Catherine T.***

by Roving Reporter Marcia M.

I recently got the opportunity to meet Catherine T., a long time member of PB UMC. Actually, Catherine has attended PB UMC since she was a tiny baby. She was baptized at PB UMC, and her family moved in and out of San Diego after that. Still, Catherine considers San Diego her home and so does her mother, who is also a member.

At 19 years old, Catherine is in her second year of college. She is attending San Diego Mesa College, a local community college. She is studying Biology.

Her family has been active at PB UMC over the years. Her mom, Heide, is currently an active member of our choir. Catherine’s grandmother, Vicki, was once a member of our children’s choir, and has been a church volunteer since then. She was the adult director of children’s choir for many years.

Catherine told me, “I love this church. It is like a second family to me. I have a job as a nursery worker here, but my coworker Madison and I mostly help around the Sunday School room since we don’t have many small children right now. I enjoy taking care of the kids here.” Catherine also currently volunteers in the rare books room at the Central Library, a room that originally contained 1,700 books from a donated personal collection, but now contains 90,000 rare books.

When I asked her what else she’d like to share with us, she told me “My favorite hobby is drawing. I have taken sporadic art classes since I was 6 years old, but mostly just create art leisurely.”

We are lucky to have Catherine as a member. She contributes much to this church.

