



Pacific Beach  
United Methodist Church

# BEACH BREEZE

A Monthly Newsletter From Pacific Beach United Methodist Church

August 2026

## PB UMC Pride 2026



## Pastor Lori's Monthly Message

Beloveds in Christ,

Several years ago we shared a sermon series in August on the topic of Sabbath rest. We marveled over the fact that “resting on the Sabbath” is one of the commandments, right alongside things like “do not kill” and “do not steal.”

Why is it so important? Surely it must somehow be essential in our knowing of God, ourselves and one another. But in addition to talking about Sabbath rest, we tried to practice it a bit too! We took August off from most meetings, studies and gatherings, inviting folks to use the time as their bodies, hearts and spirits saw fit. The truth is the rhythms of the church can often reflect the busyness of the world, a busyness we’ve come to define as “normal.”

Yet unrelenting busyness is not normal in God’s realm. God invites us to kinder, gentler rhythms that not only nourish our souls but grow our capacity to be nourishment to and for the world. Ever since that sermon series we have practiced some form of “Sabbath” during the month of August.

And this year is no exception. You’ll hopefully see less meetings, less busyness, less stuff. And I’m kicking off August by offering “less words” in this pastor’s page. Instead, I am offering Lynn Ungar’s poem “Camas Lilies.” I invite you to drink deeply of its words and spirit this August and give your lovely self some time and space to bloom.

*Consider the lilies of the field,  
the blue banks of camas opening  
into acres of sky along the road.*

*Would the longing to lie down  
and be washed by that beauty  
abate if you knew their usefulness,  
how the natives ground their bulbs  
for flour, how the settlers’ hogs  
uprooted them, grunting in gleeful  
oblivion as the flowers fell?*

*And you—what of your rushed  
and useful life? Imagine setting it all down—  
papers, plans, appointments, everything—  
leaving only a note: “Gone  
to the fields to be lovely. Be back  
when I’m through with blooming.”*

*Even now, unneeded and uneaten,  
the camas lilies gaze out above the grass  
from their tender blue eyes.  
Even in sleep your life will shine.  
Make no mistake. Of course  
your work will always matter.  
Yet Solomon in all  
his glory  
was not arrayed  
like one of these.*

In Christ,  
Pastor Lori



Last month, PB UMC’s Project Grace celebrated two notable birthdays.

At left, Pastor Lori receives a birthday tiara and assorted goodies in honor of her special day.

At right, Project Grace team members celebrate PG cook Antonia’s birthday with cake, a tiara and a sash.

Photos by Susie Virgilio



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



## **Inquiry Into Christian Nationalism: Fall 2026**

This fall, Pacific Beach United Methodist Church will launch an ambitious all-church study titled “An Inquiry Into Christian Nationalism.”

### **Save the Dates:**

#### **September 13<sup>th</sup>, 1-2:30 in the sanctuary:**

*Introduction and Overview: An Inquiry into Christian Nationalism,*  
led by the Rev. Dan Meyer-Abbott

#### **September 19<sup>th</sup>, 10:00am in the sanctuary:**

*Understanding the Atlantic Slave Trade: A Lecture and Discussion,*  
led by Dr. Catherine Stratton

**Between September 21<sup>st</sup> and November 2<sup>nd</sup>: Six-week book study** on John Fanestil’s American Heresy: The Roots and Reach of White Christian Nationalism.  
(We’ll have one or more groups, online and in person, depending on need/interest.)

**Sunday, November 8<sup>th</sup>, guest preacher and author, Rev. Dr. John Fanestil:**  
Following worship, Panel Forum Discussion/Conclusion

### **Getting Ready:**

To get ready for this deep dive, all are invited to do some preparation work.

- You can watch a series of videos titled “From Crown to Conferencing: Methodism and the New Republic” found on the GCAH website ([resourceumc.org/en/con](https://resourceumc.org/en/con)).
- You can watch the 6-episode Ken Burns’ documentary “The American Revolution” available from PBS ([pbs.org/show/the-ameri](https://pbs.org/show/the-ameri)).

**Have a friend or family member who would be interested in this important topic?**  
**Invite them! Stay tuned for registration information coming soon.**

### ***Pastor Lori on Vacation:***

***August 18<sup>th</sup> to August 23<sup>rd</sup>***

Should any urgent pastoral needs emerge during this period, please reach out to the church

***Game Day and Lunch  
Bunch Taking August  
Off***

Both will resume in September!

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).

*Beach Breeze* Editor:  
Craig Roberts

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

### **Good News - Just What the Doctor Ordered**

By "Doc"

Chester Zoo, UK - BIG Vaccine Breakthrough.

Here's the story...

After the loss of five young elephants at the Chester Zoo in 2015, and more in 2018, an international team of veterinarians worked on a vaccine to fight the leading cause of death for young Asian elephants in captivity and in the wild. This disease affects their blood, but even groundbreaking transfusion therapy couldn't save them.

It seemed there was no hope—until now. Trials in adult elephants triggered strong immune responses with no side effects. This vaccine can support conservation breeding programs worldwide. The first dose was delivered to an adult elephant in 2021. The next step is to test it on calves who are most at risk. Hopefully these vets are on to something the elephants will never forget!

Source: Rebecca Speare-Cole, Independent, UK

*Laugh often & live healthy!*

**:Doc**



### ***Project Grace Receives \$2.7K Grant***

PB UMC's Project Grace, our Wednesday afternoon program that provides a hot meal to those who are hungry, was recently awarded a Justice and Compassion Grant of \$2750 through our Annual Conference. Many thanks to Mary Margaret R and Lesley B for their good, faithful work of grant writing! Well done! We are grateful to be able to share this ministry in our community and grateful for all the minds, spirits, hands and hearts that make it possible!

On July 19<sup>th</sup>, PB UMC's Michelle G-A and friends performed the concert "Reverie" in the church sanctuary.

Photo by Pastor Lori



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

## ***August Communion Offering***

### ***Strength for the Journey***

"Strength for the Journey" is a program and retreat within the United Methodist Church, primarily focused on supporting individuals living with HIV/AIDS. It originated in our conference, the California-Pacific Conference, in 1988 and has since expanded to other regions. The program provides a space for spiritual renewal, fellowship, and practical support for those affected by HIV/AIDS. The organization often sponsors retreats for their participants, including one this month at Wrightwood.

PB UMC is pleased to support this ministry with its August communion offering.

For more information: <https://www.calpacumc.org/events/strength-for-the-journey-2025/>



## ***PB UMC Sends Malea Off in Style***

Malea S has been a member of PB UMC since she was a little girl. As an adult, she served for many years as the person in charge of child care and education. But last month, she left PB UMC and San Diego behind to move to Seattle to be near her son and grandchildren.

Below, at left, PB UMC members (and former PB UMC Pastor April) lay hands on Malea as she holds the quilt the PB UMC quilters made her. Below, at right, is the cake the church provided in honor of Malea. (Photos by Tim Adams)

Malea's farewell message to PB UMC: "I want to thank all of you at PB UMC so much for my beautiful send off!!! The quilt, the prayers, the cake and all the love made it a special experience. This church will always hold a piece of my heart and it will be hard to find something that comes close in Seattle. Take care of each other and I'll see you on my visits to San Diego (to get out of the rain!)."



# Circle of Support

## June 2026 Record of Generosity

|                              | June 2026 |           |
|------------------------------|-----------|-----------|
|                              | Actual    | Budget    |
| Giving Income                | \$ 25,434 | \$ 26,751 |
| Other Income                 | \$ 20,609 | \$ 20,489 |
| Total Available for Ministry | \$ 46,043 | \$ 47,241 |
| Total Expended for Ministry  | \$ 40,869 | \$ 41,689 |
| Income Minus Expenses        | \$ 5,175  | \$ 5,551  |

|                              | 2026 Year-to-Date |             |
|------------------------------|-------------------|-------------|
|                              | Actual            | Budget      |
| Giving Income                | \$ 173,442        | \$ 160,507  |
| Other Income                 | \$ 80,192         | \$ 79,659   |
| Total Available for Ministry | \$ 253,634        | \$ 240,166  |
| Total Expended for Ministry  | \$ 245,259        | \$ 255,036  |
| Income Minus Expenses        | \$ 8,375          | (\$ 14,870) |

## Reflections From the Finance Team

By Heide T

Giving has been generous for the year – thank you for your gifts!

Spending is under budget this month because some June expenses will post in July.

We remain ahead of our 2026 year-to-date budget. Thank you to our generous donors and to all those involved in managing resources!

Thank you for the many ways you support the mission and ministries of PB UMC!

## PB UMC Crafting Emergency Response Plans

By Catherine S

Your Church Council is working on creating several emergency action plans, including a medical emergency action plan. We are hoping to identify church members who would be able to help in a medical emergency if one were to arise at church. We are asking people who have CPR certification/experience and/or any practical experience dealing with emergency medical situations to please forward their names to Pastor Lori. We will be using these to draw up a list of capable and willing members of the church who can be called upon to assist in an emergency medical situation.

### CHURCH STAFF:

Lead Pastor: The Rev Lori Leopold  
Music Director: Ron Jessee  
Director of Technical Arts: Michael Beu

Office Administrator: Susie Virgilio  
Assistant Director of Technical Arts: Brian Kaplan  
Campus Maintenance Coordinator: Troy McGarrity

Church Office: [www.pbumc.org/who-we-are/contact/](http://www.pbumc.org/who-we-are/contact/) phone: 858-274-6573

# Calendar of Events

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

## Week 1

Sat, Aug. 1 10:00 am, Al-Anon  
5:30 pm, Narc Anon

## Week 2

Sun, Aug. 2 9:30 am, Prayer Circle  
10:00 am, Worship and Communion  
Mon, Aug. 3 6:00 pm, Al-Anon  
Tues, Aug. 4 6:00 pm, Choir Practice  
Wed, Aug. 5 4:00 pm, SD Project Grace  
Thurs, Aug. 6 9:30 am, Prayers and Squares Quilters  
7:00 pm, Narc Anon  
Fri, Aug. 7 Church Office Closed  
Sat, Aug. 8 10:00 am, Al-Anon  
5:30 pm, Narc Anon

## Week 3

Sun, Aug. 9 9:30 am, Prayer Circle  
10:00 am, Worship  
1:00 pm, Movie: "Emma" (1996),  
starring Gwyneth Paltrow,  
Toni Collette and Ewan  
McGregor (p. 8)  
Mon, Aug. 10 6:00 pm, Al-Anon  
6:30 pm, PB UMC Outreach Committee  
(In Person or via Zoom)  
Tues, Aug. 11 6:00 pm, Choir Practice  
Wed, Aug. 12 4:00 pm, SD Project Grace  
Thurs, Aug. 13 7:00 pm, Narc Anon  
Fri, Aug. 14 Church Office Closed  
Sat, Aug. 15 10:00 am, Al-Anon  
5:30 pm, Narc Anon

## Week 4

Sun, Aug. 16 9:30 am, Prayer Circle  
10:00 am, Worship  
Mon, Aug. 17 6:00 pm, Al-Anon  
Tues, Aug. 18 6:00 pm, Choir Practice  
Wed, Aug. 19 4:00 pm, SD Project Grace  
Thurs, Aug. 20 Beach Breeze Materials Due  
9:30 am, Prayers and Squares Quilters  
7:00 pm, Narc Anon  
Fri, Aug. 21 Church Office Closed  
Sat, Aug. 22 10:00 am, Al-Anon  
5:30 pm, Narc Anon

## Week 5

Sun, Aug. 23 9:30 am, Prayer Circle  
10:00 am, Worship  
1:00 pm, Movie: "The Princess Diaries"  
(2001), starring Anne  
Hathaway and Julie Andrews  
(p. 8)  
Mon, Aug. 24 6:00 pm, Al-Anon  
Tues, Aug. 25 6:00 pm, Choir Practice  
Wed, Aug. 26 4:00 pm, SD Project Grace  
5:30 pm, Storefront  
Thurs, Aug. 27 7:00 pm, Narc Anon  
Fri, Aug. 28 Church Office Closed  
Sat, Aug. 29 10:00 am, Al-Anon  
5:30 pm, Narc Anon

## Week 6

Sun, Aug. 30 9:30 am, Prayer Circle  
10:00 am, Worship  
11:30 am, Growing in Faith  
Mon, Aug. 31 6:00 pm, Al-Anon



Last month, Pastor Lori and Les represented PB UMC as they and other local faith leaders toured San Diego's renovated Temple of the Church of Jesus Christ of Latter-day Saints.



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

## ***August Worship/ Scriptures***

- August 2** Holy Communion  
Genesis 32:22-31
- August 9** Matthew 14:22-33
- August 16** Gospel Music Sunday
- August 23** Guest Preacher: Rev. Dale  
Blackford
- August 30** Matthew 15:21-28

### **Pacific Beach United Methodist Church**



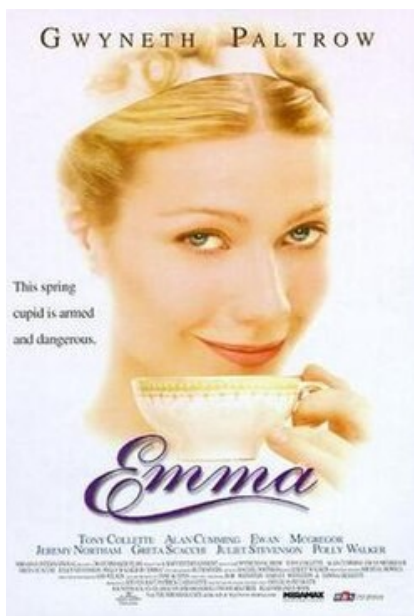
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## ***August Movies: A Meddling Matchmaker and a Princess***

By Craig Roberts



Our August movies feature upper-class young women of the past and the future.

On August 9<sup>th</sup> we'll celebrate the 30th anniversary of the movie that reintroduced the world to Jane Austen: 1996's "Emma." Gwyneth Paltrow stars as the title character, a Regency-era woman whose greatest pleasure is playing matchmaker for her friends and neighbors. Toni Collette, Jeremy Northam and Ewan McGregor also star.

On August 23<sup>rd</sup>, we'll revisit the charming 2001 Disney film "The Princess Diaries," featuring Oscar-winning actress Anne Hathaway in her first feature film, with support from Julie Andrews. Hathaway stars as a San Francisco teenager who discovers she is, in fact, a princess of a small European country.

Movies screen at 1:00 p.m. in Hughes Hall.  
Popcorn and other snacks are always available but bring anything else you might like to nosh on (such as a late lunch)!

And if you can't attend in person, consider putting our screened films on your personal watchlist and let me know if you enjoyed them (or if you didn't)!

