

The Good News

From the Goldendale United Methodist Church 109 East Broadway, Goldendale, WA 98620
(509) 773-4461 Email: gumc@gorge.net Website: w3.gorge.net/gumc

As members of God's family, we endeavor, as a diverse community of disciples of Jesus Christ ~ to develop a creative supportive fellowship; to participate in global and nurturing ministries; and to build relationships that empower all people to experience the grace of God.

Dear Church Family and Friends,

Instead of the usual message from Pastor Pat, I (Larry Gourley) approached our Pastor about sharing an excerpt from the book we are now studying in Pastor Pat's Sunday morning class - "*Velvet Elvis: Repainting the Christian Faith*." You see, I was so taken by the book that I thought it worth making a special effort to give the congregation a glimpse at Rob Bell's best-selling book. Pastor Rob Bell founded Mars Hill Bible Church in Grand Rapids, Michigan and has a marvelous perspective of Christian faith and what it really means to follow Jesus. This excerpt is from the first chapter of the book, titled *Jump*, pages 18 to 21:

"People often tell me they could never have faith, that it is just too hard. The idea that some people have faith and others don't is a popular one. But it is not a true one. Everybody has faith. Everybody is following somebody. What often happens is that people with specific beliefs about God end up backed into a corner, defending their faith against the calm, cool rationality of others. As if they have faith and beliefs and others don't.

But that is not true. Let's take an example: Some people believe we were made by a creator who has plans and purposes for his creation, while others believe there is no greater meaning to life, no grand design, and we exist not because of some divine intention but because of random chance. This is not a discussion between people of faith and people who don't have faith. Both perspectives are faith perspectives, built on systems of belief. The person who says we are here by chance and there is no greater meaning has just as many beliefs as the person who says there's a creator. Maybe even more.

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**Special Interest
Articles:**

Pastor's Column

UMW News

**Notes from our Parish
Nurse**

**Prayers for Our
People**

**And Much, Much
More!**

Think about some of the words that are used in these kinds of discussions, one of the most common being the phrase "open-minded". Often the person with spiritual convictions is seen as close-minded and others are seen as open-minded. What is fascinating to me is that at the center of the Christian faith is the assumption that this life isn't all there is. That there is more to life than the material. That existence is not limited to what we can see, touch, measure, taste, hear and observe. One of the central assertions of the Christian worldview is that there is "more". Those who oppose this insist that this is all there is, that only what we can measure and observe and see with our eyes is real. There is nothing else. Which perspective is more "closed-minded"? Which perspective is more "open"?

An atheist is a person of tremendous faith. In our discussions about the things that matter most then, we aren't talking about faith or no faith. Belief or no belief. We are talking about faith in what? Belief in what? The real question isn't whether we have it or not, but what we have put it in.

Everybody follows somebody...And we got our beliefs from somewhere. We have been formed, every one of us, by this complicated mix of people and places and things. Parents and teachers and artists and scientists and mentors - we are each taking all of these influences and living our lives according to which teachings we have made our own...We are all believers.

As a Christian, I am simply trying to orient myself around living a particular kind of way, the kind of way that Jesus taught is possible. And I think that the way of Jesus is the best possible way to live.

This isn't irrational or primitive or blind faith. It is merely being honest that we all are living a "way".

I'm convinced being generous is a better way to live.

I'm convinced forgiving people and not carrying around bitterness is a better way to live.

I'm convinced having compassion is a better way to live.

I'm convinced pursuing peace in every situation is a better way to live.

I'm convinced listening to the wisdom of others is a better way to live.

I'm convinced being honest with people is a better way to live.

This way of thinking isn't weird or strange; it is simply acknowledging that everybody follows somebody, and I'm trying to follow Jesus.

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Over time when you purposefully try to live the way of Jesus, you start noticing something deeper going on. You begin realizing the reason this is the best way to live is that it is rooted in profound truths about how the world is...

Jesus' intention was, and is, to call people to live in tune with reality. He said at one point that if you had seen him, you had "seen the Father". He claimed to be showing us what God is like. In his compassion, peace, truth telling, and generosity, he was showing us God.

And God is the ultimate reality. There is nothing more beyond God.

Jesus at one point claimed to be "the way, the truth, and the life". Jesus was not making claims about one religion being better than all other religions. That completely misses the point, the depth, and the truth. Rather, he was telling those who were following him that his way is the way to the depth of reality. This kind of life Jesus was living, perfectly and completely in connection and cooperation with God, is the best possible way for a person to live. It is how things are."

***I want to express my thanks to Larry for sharing this message about our current Sunday morning study. You are welcome to join us in the Sunshine Room at 9:15 AM every Sunday morning! In fact, I hope you will take this opportunity to join in the lively discussion and flex your spiritual muscles. See you in church! Pastor Pat*

UNITED METHODIST WOMEN

The United Methodist Women of Goldendale United Methodist Church are at it again!! **They always think BIG!!** This time - it's a Holiday Bazaar in the planning stages. The targeted date is the 2010 Holiday Season. Plenty of time for **ALL** of us to consider our contribution to such an event. It is a chance for everyone to give of their talents—men, women, young, old, in between, retired, working, crafty or all thumbs - there's something you can do.

Watch for our announcements of work days and work evenings. Our **first work day is on Saturday, February 21 at 10 a.m. at the church.** We will provide the materials and projects for this first work day. You can come and help and fellowship with the UMW. Bring a sack lunch to enjoy as you work.

Come and help because in 2010 we plan to make your holiday shopping easy and fun!
See Mary Shane, Lynn Wanless, Nancy Thomas, or Linda Hay for questions.

The regular monthly meeting of UMW will be held on Monday February 9 at Noon in the Sunshine Room. It is a potluck so bring something to share. The program will be presented by Gretchen Olsen from Programs for Peaceful Living, a community resource for those affected by Domestic Violence . If you would like more information about this meeting or other UMW activities, contact Linda Hay (773-6691) or Lynn Wanless (773-5159).

Church Council

The February meeting of the Church council will be held on Wednesday, February 18 at 5:30 PM. Bring your reports from last month and your ideas for the future! It is essential that ALL committees meet! Please be there!

Don't forget that you can find the February 2009 calendar on-line at
<http://w3.gorge.net/gumc>

MISSION MOMENTS

from Mission Chair Mary Gosney

We recently sent 545 Campbell's (soup) points to the McCurdy Mission School in Espanola, NM. Along with these we sent many Labels for Education from Betty Crocker products. These label points are used to purchase needed items for the school. Recently they were able to purchase a station wagon to transport students using a million and a half Campbell's points. This is an ongoing project and we collect labels all year. We will cut the universal code from the label. The collection box is located in the Outreach room on the wire shelf.

This dull weather is a great time to be working on a baby quilt that our representative can take to conference. Later it will be given to a needy Baby and Mother.

DR. OGDEN'S UPCOMING TRIP: Dr. Ogden will be going on a Mission Trip to Cambodia this year. He will put on a fund raising dinner and floor show on February 28 to help raise money for the trip. (More information on this dinner further along in this newsletter.) We will be helping him by making up 100 health and personal bags that he can give to children in Cambodia. Supplies needed include: Pencil, Tablet, Pencil Sharpener, Tooth Brush (must be in a sealed package) and Paste, 6 inch ruler, Shampoo (new, Motel size), Comb (not rattail), barrettes for the girls and toy cars for the boys, and 1 gallon Ziploc bags. These may be left in the Outreach room. We will try to have all of this collected before Mar. 15th which will be here before we know it.

A LETTER FROM OUR COVENANT MISSIONARY JANICE McLAIN

By the time you get this your Thanksgiving dinner will be over and Christmas (this letter was written December 1, 2008) will be right around the corner. This will be my first Christmas in Lubumbashi since I have been assigned here. My office follows the conference office schedule and so we will be off almost 3 weeks. I'm going to do lots of deep house cleaning! And maybe some yard work.

First I want to thank all of the churches that have contributed to my salary support in these past few months. I appreciate your continued support of me and the work I do in the DRC. Also a big thank you to those of you who have contributed to various projects here. Your gifts do make a difference.

Two stories have come across my desk that I thought you might be interested in hearing. One I was more involved in than the other.

We have a family who lived in the Central African Republic and he was given a scholarship to attend Mulungwishi Theological Seminary, a project of the South Congo Conference. Lucien has 4 children plus his wife and they were all coming. It was difficult to get money to them so we had someone going that way we trusted and he carried the travel funds to Lucien. It cost too much to fly so they came by boat down the Ubangi and Congo Rivers. They were headed for Kinshasa. Part way the boat broke down and it could not be fixed so someone was sent to downriver to get parts. This meant that the passengers on the boat had to wait and they stayed with people in the village along the river. It took almost a month to get the boat repaired. The family finally made it but they had used up most of the money they had with them. They had some problems entering the DRC as they came by boat and their visas said they were arriving by plane. All got straightened out and they flew from Kinshasa to L'shi where they spent the night and then were taken up to Mulungwishi. I was able to reimburse some of the funds to the family that they had spent on their unexpected stay along the river from mission funds some of you have sent. They were so thankful to be here and to have something in their pocket.

The second story is much different and was told to me by Gaston Ntambo, our missionary pilot for North Katanga Conference. He and his wife were in Kamina. They wanted to go to another village and so were riding a motorcycle to get there. On their way they met a man transporting a pregnant woman whom they had tied on a bicycle. She had gone into labor and the baby got stuck coming out. No one seemed to be able to help her so they were taking her to another village where there was a doctor. But she was losing a lot of blood and the baby was dead. Gaston said when they returned from where they were going they met the man again who told

them the woman had died. They had gotten her to the doctor but it was too late. The woman had lost too much blood and the doctor couldn't save her. Gaston flies to Kamina and some of the smaller villages around there where the plane can land to bring people to L'shi for medical treatment when he can. It breaks our hearts when medical problems come up and there is no one to help. If you want to contribute to his work use Advance #08597A, Wings of the Morning.

But on a brighter note, Bernard (Front Porch Orphanage Adv #14420T) has received a grant from United Methodist Church Global AIDS to help with the construction of the boy's dorm for the Front Porch Orphanage. It will not be enough to do all the work but will certainly help. He has the foundation done and the walls up to the top of the windows. This grant will get the last 3 rows of bricks before they begin the framing for the roof. Hopefully he will be able to get the roof on as well. He says the boys are pestering him to get it finished. They want to move in. Bernard was in my office today to pick up these funds and showed me a picture of the building. They now have electricity to the girls dorm and he will buy cable to run electricity from the girls dorm to the kitchen and to his house. Then they will all be connected and the girls can move in. They want to do this before Christmas.

I want to wish each and everyone of you a Merry Christmas and a happy holiday season. I know things are not easy for many of you in the US right now. Whatever you can do in the home mission field or over here will make things a little brighter for someone else. Don't think that your \$1.00 or \$5.00 is not enough to make any difference. There are many others just like you and added together you DO make a difference. Of course we appreciate receiving more from those who can give more!

Merry Christmas,

Janice McLain Missionary serving in Lubumbashi, DRC
afejlm05@swbell.net Salary Support # 12086Z

NOTES FROM YOUR PARISH NURSE

A NURSE'S HEART ATTACK EXPERIENCE:

I am an ER Nurse and this is the best description of the event that I have ever heard. Please read, pay attention, and send it on! (Diane K. in A)

Female Heart Attacks: I was aware that female heart attacks (myocardial infarctions) are different than heart attacks in males. Did you know that women rarely have the same dramatic

symptoms that men have when experiencing a heart attack----you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest and dropping to the floor that we see in the movies. Here is the story of one woman's experience with a heart attack.

"I had a heart attack at about 10:30 p.m. with **NO** prior exertion, **NO** emotional trauma that one would suspect might have brought it on. I was sitting all snugly and warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking 'A-a h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up'.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation---the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE. (hind-sight, it was probably my aortic spasms), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).

This fascinating process continued into my throat and branched out into both jaws, 'AHA!! **NOW** I stopped puzzling about what was happening---we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? ", I said aloud to myself and the cat. I lowered the foot rest, dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, "If this is a heart attack, I shouldn't be walking into the next room there the phone is or anywhere else----but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer, I may not be able to get up in a moment.

I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics---I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to unbolt the door and then lie down on the floor where they could see me when they came in. I unlocked the door and then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER

on the way, but I did briefly awaken when we arrived and saw that the radiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like 'Have you taken any medications?') but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stints to hold open my right coronary artery.

'I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stints. 'Why have I written all of this to you with some much detail? Because I want all of you who are so important in my life to know what I learned first hand:

1. Be aware that something very different is happening in your body, not the usual men's symptoms, but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up---which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!
2. Note that I said '**Call the Paramedics.**' And if you can, take an aspirin. Ladies, '**TIME IS OF THE ESSENCE**'. Do NOT try to drive yourself to the ER---you are a hazard to others on the road. Do NOT have your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road. Do NOT call your doctor---he doesn't know where you live and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved. The Paramedics do, principally OXYGEN that you need ASAP. Your doctor will be notified later.
3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could

survive. A cardiologist says if everyone who gets this mail sends it to 10 people, you can be sure that we'll save at least one life.

Please be a true friend and send this article to all your friends (male and female) you care about.

PRAYERS FOR OUR PEOPLE

Please keep the following people in our prayers: Karlee Ann Jenkins (baby granddaughter of Karl & Dena Amidon), waiting for a heart transplant (please see details for the benefit BBQ hamburger dinner below); Mary Gosney, waiting for results of some tests; Linda Foreman, recovering from gall bladder surgery; Steve Stout, having hip surgery on Feb. 2; Linda Runyan and family, mourning the death of Linda's father; Faye Gosney; Linda Blanchard's family (especially Linda's sister) as they provide care for Linda's mother; Vicky Allen's friend who lives in Singapore whose husband has lost his job; for Lee Williams and all the men and women who provide emergency services when the power goes out; Catherine Stout, for a safe trip and successful interview at Mayo School of Medicine; and for the continued success of the Soup Kitchen - 26 people were fed the first Monday!

BENEFITS AND FUNDRAISERS

A BBQ Hamburger Dinner to help Karlee Ann Jenkins and her family will be held on Tuesday, February 10th at the Goldendale High School Cafeteria, starting at 4:30 PM. This will also be an opportunity to buy raffle tickets for many incredible prizes to be awarded in March. People wishing to get more information or make donations can call Missy Hunsacker at 773-3051.

You can also buy a bracelet to show your support for Karlee Ann. They are available here at church for \$5.

Dr. Ogden's annual Dinner Show/Cabaret/Fund raiser will be held on Saturday February 28. The fund raiser is for Dr. O's optometric mission trip to Cambodia which is taking place from April 23 to May 10. Dr. Ogden is excited about the entertainment this year and writes: "The featured attraction for the floor show this year will be the "Underscore Orkestra", based in Portland. They play gypsy, Russian, Balkan and other Eastern European music. I met them when I stopped for a rest at Cape Horn while I was driving home from the trip to Romania/Ukraine last May. Odd that I should meet such a group while on my way home from that part of the world!" Be sure to put Feb. 28 on your calendar!

FEBRUARY BIRTHDAYS AND ANNIVERSARIES

2/2 Mike House

2/9 Roger Pond

2/15 Rachel Hurst

2/19 Jacob Phillips

2/21 Lynn Wanless

2/6 Cameron Carter

2/10 Claudine Wade

2/19 Erin Wade

2/20 Pat & Glen Benjamin

2/22 Chris Williams

2/28 Karen Shattuck

EDUCATION OPPORTUNITIES

***See the "pastor's letter" on the first page!**

Also: Confirmation classes for all youth 4th grade or older will start on February 15 at 1 PM. There will be an introductory meeting for the youth and their parents/grandparents/guardians on Feb. 8 at 1 PM in the Sunshine room. The classes will last for 8 weeks and that includes a fun trip to Lazy F for a confirmation retreat. The kids will then be prepared to make a decision about making a profession of faith and joining the church.

Also: the group studying *A Course in Miracles* will now meet on Tuesday evenings at 7:00 PM at the home of Tobiah and Adar Israel: 159 East Ponderosa. This is in Ponderosa Village, just ten minutes from town, so call Tobiah and Adar at 773-6249 for directions and more information.

DISTRICT NEWS

Builder's Club: Fall Call 2008 is under way. The funds raised will be going to Camas UMC to help with repairs to the water damaged church. As of January 17, 151 members have donated a total of \$6605.00. Thank you to the Builders Club members who give so faithfully and generously to help our Vancouver District Churches.

If you would like to become a member of the Builders Club please e-mail vandistumc@saw.net or call the District Office 360-95-8598.

Leadership Training: Saturday, February 28

8:15am to 8:45am registration at Aberdeen UMC

2:00pm to 2:30pm registration at Mill Plain UMC

Training and continuing education can make "all the difference" in terms of how positive and effective we feel when we volunteer to help our church or community. Jesus Christ is the wind in our sails, but the "volunteer spirit" is the water which floats the boat! Please look now at how good it would be to be there, think about people you'd like to ride with, people to invite to receive this training and consultation. There's plenty of time. Let's all use the opportunities God gives us to attend the classes which offer the training your church needs most. Registration forms and flyers are available in the church office. Classes being offered this year are:

- God's Heart of Love Needs a Body. Every Place Needs A Missional Church, Ron Hines
- UMVIM is for you . . . Come Explore United Methodist Volunteers in Ministry Ronda Cordill
- Great Youth Groups in Churches Big and Small/ Making Christ Connections with Young Adults Patrick Scriven
- Staff Parish Relations Committees (SPR and PPR Training): A Covenant and Ministry Assessment For Pastors and Congregations Larry Warren & Mike Graef
- Everything you want to know about UMCOR Domestic Disaster Response by George Abrams
- Training for Finance Committees/ Boards of Trustees Brant Henshaw or Craig Parrish
- Training for Lay Leaders Pat Dodson, Associate Conference Lay Leader
- Let it Snow and Can your Church be a 5 Columns of Mission Church? YES YOU CAN!!!
Joan Hackett
- New Wrinkles On Ministry With and By Older Adults Paul Graves

AND FINALLY...

"Give liberty to whom liberty is due, that is, to every [human] child... to every partaker of human nature. Let none serve you but by his own acts and deed, by his own voluntary choice. Away with all whips, all chains, all compulsion! Be gentle toward all...; and see that you invariably do unto every one as you would he should do unto you.

From John Wesley's 1774 sermon
Thoughts Upon Slavery