

# The Good News

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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.

**Special Interest  
Articles:**

**Pastor's Column**

**UMW News**

**Notes from our  
Parish Nurse**

**Prayers for Our  
People**

**And Much,  
Much More!**

**Dear Church Family and Friends,**

**In just two weeks we will begin to observe Lent.** Lent is a time to prepare for Easter. It is a necessary prelude. The death and resurrection of Christ are true whether or not you or I prepare for Easter. However, without preparing hearts and lives, we may not experience the depth and power of Christ's death and resurrection. So with you, my brothers and sisters, I commit myself to disciplines for conversion from sin and death to love and life in Jesus Christ using the aid of the list below. Please join me in using this list to help you make one or more commitments to discipline and growth for the six weeks of Lent which begin on Ash Wednesday, Feb. 17:

*(Check the ones you desire or feel prompted to do; circle the ones you then decide to do.)*

**Inward and Personal Disciplines**

- Spend time in solitude each day.
- Read a book for inner growth.
- Read twice through the Gospel of the lectionary cycle you are in. ( Luke in 2010)
- Begin to keep a journal of prayer concerns, questions, reading.
- Focus on thanksgiving, rather than on asking, in prayer.
- Give myself a gift of three hours to do something I always say I don't have time to do.
- Find a way to go to bed earlier or sleep in so I get enough rest.
- Make a list of people with whom I need to be reconciled. Pray for them and let Jesus guide me in my thinking and feeling toward them.
- Take control of my life by \_\_\_\_\_.

- \_\_\_ Go to all of the Holy Week services as an act of love and waiting with Jesus.
- \_\_\_ Take one hour to inventory my priorities and plan how I will reorder them.
- \_\_\_ Give up a grudge or a rehearsal of a past event.
- \_\_\_ Forgive someone who has hurt me.
- \_\_\_ Dance my prayers to a favorite tape or CD.
- \_\_\_ Use a daily devotional such as The Upper Room (available in the literature rack at the top of the stairs.)

**Outward and Social Disciplines**

- \_\_\_ Take on some loving task:
- \_\_\_ Plan to visit a "shut-in" neighbor or church member weekly.
- \_\_\_ Write a letter of affirmation once a week to a person who has touched my life.
- \_\_\_ Listen and respond to Christ's call to a ministry of service:
- \_\_\_ Go to coffee or dinner with someone I want to know better.
- \_\_\_ Begin to recycle waste from my home and workplace.
- \_\_\_ Give blood and recall the cross.
- \_\_\_ Get involved with one of the mission projects at church.
- \_\_\_ Say "NO" to something that is a waste of money and time.
- \_\_\_ Pray to God to help me resist racial prejudice and to give me courage in opposing it.
- \_\_\_ Decide to become a member of the church and speak to the pastor about your intent.
- \_\_\_ Rebuke the spirit of criticism and my own tongue out of control.
- \_\_\_ Find a way to live out the baptismal promise to "resist evil, injustice, and oppression" in the power and liberty God gives us by \_\_\_\_\_
- \_\_\_ Share my intentions for Lent with my pastor or my study group.
- \_\_\_ Share my plan with at least one other person and share with that person my experience of Lent during Holy Week.

May God bless you and strengthen you to keep a good Lent!

Shalom,  
Pastor Pat

Don't forget that you can find the February 2010- calendar on-line at  
<http://w3.gorge.net/gumc>

## **Valentine Breakfast**



On Sunday, February 14<sup>th</sup>, between first and second service, the Methodist Men will prepare brunch. And YOU ARE INVITED!! They are serving French toast, ham, juice, and coffee. Be sure to put this special event on your calendar of "Things To Do"!! (A free will offering will be taken to benefit missions.)

## **MISSION MOMENTS**

From the Outreach Ministries Committee:

We met on January 20<sup>th</sup> and reviewed the outreach projects we are currently participating in, talked about our congregation's concerns about balancing local missions with global missions, and decided that our next project (beginning in February) would be to collect dollars and material supplies for a Medicine Box (UMCOR project) with the hope that it can be designated for Haiti. In your February worship folders you will find a list of materials that we will need to furnish as well as other relevant information about the Medicine Box, a layette kit, and a health kit.

Local on-going mission projects include the Soup Kitchen housed at Goldendale United Methodist Church, Back Packs for Kids, Goldendale Food Bank, school supplies for Goldendale school children, collection of baby blankets taken to annual conference for babies at risk, and Cornucopia Clothing Bank.

Global missions include the 100 bags of personal hygiene and school supplies sent with Dr. Ogden on his annual optometric mission trip, the Jamaa Letu Orphanage for Boys, our covenant relationship with Dr. Judy Matheny in southern West Virginia, and the six special offerings taken by the PNW Conference.

## **A NEW FINANCIAL SERVICE FOR GUMC**

At the January Church Council meeting, Kathy White of Columbia Bank presented the congregation with a new service which should make a positive difference in your life as well as that

of the church. In the past, Columbia Bank has offered the church assistance by donating 10 computers as well as a sizeable financial donation to the Back Pack Program.

Now they are offering to help us in collection of contributions by offering the ability to automate the collection of our tithes and offerings. The benefit of this service is you will be able to automatically make your monthly tithe to the church electronically. (It works the same way as paying your bills online!!) It would require you to fill out an authorization form, giving the bank the information it needs to electronically transfer money from your account (in the amount you determine) and deposit it in the church general budget account. This would be only for money that is undesignated. If your contribution was for some specific project or mission, you would need to make that designation known to the church office, or make an additional donation in the conventional way. ( i.e. a check or envelope in the collection plate with a designation attached.)

You will find the forms you need to fill out in the church lobby. You will need to attach a voided check to the authorization agreement. Once you have completed it, please give it to Lynn in the church office so that the paperwork can quickly be finished and your monthly giving will begin as an automated service. This amount will be transferred from your account on the 15<sup>th</sup> of each month.

### **CHURCH COUNCIL**

The next meeting of the **Church Council** will be held on **Wednesday, February 17 at 5:30 PM**. Bring some finger food to share and be a part of the leadership that makes this church a great place!

**An Ash Wednesday Worship service will be held after the council meeting at 7:30 PM. This service is a wonderful way to begin the Lenten Season.**

### **Where In The World Is Tonga?**



If you said the South Pacific, you would be correct!! On Monday, January 24, 2010, we were privileged to listen to Mary Kelly, one of our covenant relationship missionaries, speak about her

experiences as a Christian educator with the Board of Global Ministries in Tonga. She was an education officer for the Free Wesleyan (Methodist) Schools in Tonga. As a resource person and teacher trainer she worked closely with teachers and administrators to write curriculum and train teachers to teach English as a foreign language.

Her pictures told the story of beautiful children of all ages sitting at desks, sometimes on floors, but always with smiles and eager expressions on their faces. She said that the things we take for granted for our kids, such as crayons and books, are so appreciated in the Tongan schools, as they often do not have very many resources. Sometimes, the only way Mary could get to one of the outlying schools, was by big boat, then little boat, then littler boat, and wading into shore!! Education in Tonga is a challenge!! It was a fun and food-filled evening and everyone there came away with a deep appreciation for our missionaries and the work they do.

## GUMC Congregational Directory

It's that time again... Claudine Wade is compiling a new congregational directory! She will be available to take you or your family's snapshot and vital information (name, address, phone number & email) after both services in the yoga room on the following dates: **02/14/2010, 02/28/2010, 03/07/2010 or 03/14/2010**. No appointment is necessary!! If you would rather submit your own photo you are more than welcome to - drop it off at the church office with your information or scan and email to: [cwade88@gmail.com](mailto:cwade88@gmail.com) Thanks for your help!!

## NOTES FROM YOUR PARISH NURSE

### PROBLEMS WITH DRY MOUTH

Most people think that our bones are the hardest substances in the body, but tooth enamel actually tops skeletal bones for hardness. Tooth enamel is a thin layer of calcified material that covers each tooth's visible portion (crown). Even with good dental hygiene throughout your life, the enamel protecting your teeth may face some serious tooth decay challenges as you grow older. Knowing what to look out for and what you can do to promote an enamel-friendly setting in your mouth can make a big difference in your oral health.

Tooth enamel alone with adequate saliva and fluoride intake can provide the best defense your teeth have against the abrasive acids and chemical mix brought on by what you eat and drink. Saliva is necessary to help repair the earliest stages of tooth decay.

Saliva supplies the high levels of calcium and phosphate (ions) that enhance protection of the tooth's enamel surface. The calcium and phosphate ions act to slow loss of tooth enamel

(demineralization) and promote building of tooth enamel re-mineralization). Saliva protects your mouth by washing away food and the sticky film of acid-producing plaque that can cling to teeth. Saliva also:

- Neutralizes damaging acids
- Limits bacterial growth that can dissolve tooth enamel

The mineral fluoride is an important enamel ally that can make teeth stronger and can enhance saliva's re-mineralizing, anti-decay properties. Fluoride is a key component of many anti-cavity toothpastes, gels, and rinses. Small amounts of fluoride are added to public water supplies in many communities.

Generally, if you are brushing twice a day with fluoride toothpaste and drinking fluoridated water, the surface of your teeth gets sufficient exposure to fluoride. However, if you tend to develop cavities despite getting fluoride from these sources, your dentist may recommend additional fluoride. If you are drinking primarily bottled water, you may not be getting adequate fluoride and you may want to ask your dentist about other methods of fluoride application. Home water filters may also reduce the amount of fluoride that your teeth need.

Even with adequate fluoride, a lack of saliva---xerostomia, better known as dry mouth ---can throw off the normal balance that your teeth rely on to stay healthy. If you have persistent dry mouth--even if it seems like nothing more than a nuisance---have it evaluated by your doctor or dentist.

Beyond a sensation of dryness you may experience:

- Sores or cracked skin at the corners of your mouth
- Saliva that seems thick and stringy
- Bad breath
- Difficulty speaking or swallowing
- A burning or tingling sensation on the tongue
- An altered sense of taste
- Increased plaque on your teeth
- Increased tooth decay or gum disease

In many instances, the problem of too little saliva is related to medications you may be taking. Among the more likely types to cause problems are some antidepressants, anti-anxiety pills, antihistamines, blood pressure medications, anti-diarrheals, muscle relaxants, drugs for certain types of bladder incontinence, and medications for Parkinson's disease. If your doctor determines that your dry mouth is caused by your medications, he may be able to adjust your dosage or try a different medication. If that is not possible, there are things you can do to help alleviate dry mouth. Other causes of dry mouth may include cancer therapy, Sjogren's syndrome (an autoimmune disease), diabetes, HIV, or AIDS.

Ways to increase mouth moisture include:

- Chewing sugar free gum or sucking on sugar-free candy. Look for sugar free products that contain xylitol. Some products contain the re-mineralizing agent Recaldent which adds calcium and phosphate to teeth.
- Avoid lemon-flavored hard candy/ Lemon candy makes saliva acidic which increases the risk of tooth decay.
- Sipping water. Do so regularly throughout the day. Sucking on ice chips is another good option. Don't sip on acidic products including diet and regular sodas.
- Try non-prescription saliva substitutes. These are typically sprayed or rubbed in the mouth. Look for products containing carboxymethylcellulose or hydroxyethyl cellulose such as Biotene Oral Balance. Biotene also has non-alcohol mouth wash and sugar-free gum.
- Breathe through your nose. It is less drying than open-mouth breathing.
- Add moisture to the air. Use a humidifier while your sleep

**PRAYERS FOR OUR PEOPLE**

Please keep these people in your prayers: Jayne Butler, undergoing carotid artery surgery on Feb. 4; Mary Gosney, recovering from a dislocated shoulder and surgery; Shirlee Case, recovering from back surgery; John Hack still recovering from lung surgery and getting used to a heart pace maker; Agnes Ritzke, hospitalized at KVH; Barbara Fridley's brother, multiple health problems; Enza Barrett, recovering from broken bones and now at Columbia Basin NH in The Dalles; Larry Gourley's father Bob Gourley who was recently diagnosed with mesothelioma, a somewhat rare form of cancer (the asbestos disease) that has no known cure, except for prayer, of course.

**FEBRUARY BIRTHDAYS AND ANNIVERSARIES**

- |                            |                                     |                          |
|----------------------------|-------------------------------------|--------------------------|
| <b>2/2 Mike House</b>      | <b>2/6 Cameron Carter</b>           | <b>2/9 Roger Pond</b>    |
| <b>2/10 Claudine Wade</b>  | <b>2/15 Rachel Hurst</b>            | <b>2/19 Erin Wade</b>    |
| <b>2/19 Jacob Phillips</b> | <b>2/20 Pat &amp; Glen Benjamin</b> | <b>2/21 Lynn Wanless</b> |
| <b>2/22 Chris Williams</b> | <b>2/28 Karen Shattuck</b>          |                          |

**AND FINALLY...**

The following is from the book *A New Day - 365 Meditations for Personal and Spiritual Growth*, written in the 1980s by "J.B.W." - someone wishing to remain anonymous. It starts with a quote, then the author's comments, and finally a thought for the day. I'm not sure of the reason for the past tense - maybe it's the author's reflections on his own life, and those around him. I do know one thing. It is quite appropriate for the world that we live in:

*"We are all but stewards of what we falsely call our own; yet avarice is so insatiable that it is not in the power of abundance to content it."*

- Seneca

Only now, in retrospect, do we fully realize the extent to which greed ruled our lives. We're not surprised that this character defect is among the Seven Deadly Sins, for our avarice knew no bounds. We relentlessly sought not only money and possessions, but also ever increasing amounts of prestige, attention, and approval.

We also see clearly that our greed was but the surface manifestation of our underlying problem - a deep void within us caused by insecurity, fear, and a sense of purposelessness.

There came a time of revelation when we *know* that nothing material could ever fill the "hole in our gut." For we discovered that our lifelong sense of bankruptcy was of a spiritual nature. Soon thereafter, we made a decision to turn our lives over to the care of God.

We embarked on a spiritual journey, and along the way have been given riches that we could never find or accumulate on our own - a sense of usefulness and belonging, serenity, and genuine happiness. Today we know that we can best remain spiritually fulfilled through service to God - and we can best serve Him by giving of ourselves to others.

THOUGHT FOR TODAY: Greed is the surface manifestation of an inner spiritual void.