

Spire

May 2021



From Pastor Kate

Dear Friends,

I continue to be so privileged to walk alongside you on this journey through pandemic times. I have witnessed a number of you simultaneously endure the uncertainty, isolation, and anxiety the virus has brought *and* the “normal” challenges of loss, grief, and serious health concerns. You have shown great courage, grace, and faith. Your capacity to look beyond yourselves to care for others and for our world, even while you were experiencing your own struggles, inspires me. You embody Christ, who calls us to “love one another, as I have loved you.” LGUMC is a congregation with great heart – as lived out by you, its members... **And**, in a meeting last night, folk were naming feelings of malaise, lack of motivation, “laziness.”

After our meeting adjourned, Pat Patterson sent out a great article from the New York Times, written by psychologist Adam Grant, who is a researcher and professor at the Wharton School of Business. Pat sent it as a reminder that we are not alone. The article is titled “There’s a Name for the Blah You’re Feeling: It’s Called Languishing.” Here is an excerpt:

Languishing is a sense of stagnation and emptiness. It feels as if you’re muddling through your days, looking at your life through a foggy windshield. And it might be the dominant emotion of 2021.

Continued on page 2

From Pastor Kate
Continued from page 1

In the early, uncertain days of the pandemic, it's likely that your brain's threat detection system — called the amygdala — was on high alert for fight-or-flight. As you learned that masks helped protect us — but package-scrubbing didn't — you probably developed routines that eased your sense of dread. But the pandemic has dragged on, and the acute state of anguish has given way to a chronic condition of languish.

In psychology, we think about mental health on a spectrum from depression to flourishing. Flourishing is the peak of well-being: You have a strong sense of meaning, mastery and mattering to others. Depression is the valley of ill-being: You feel despondent, drained, and worthless. Languishing is the neglected middle child of mental health. It's the void between depression and flourishing — the absence of well-being.

My dear friends, please know that I am praying for you during these times of "languishing." As we are slowly but surely emerging from the pandemic, may we be oh so gentle with ourselves. For instance, I love the playful response of one of the committee members last night who wrote this reply to the article: "Languishing has such a lovely sound – it gives me permission to languish and do nothing! I've noticed that I feel like taking a lot of naps if I don't have specific tasks with a deadline to deal with – the lure of languishing." And may each of us find small, doable ways to re-charge our spirits.

In this month when we celebrate Pentecost on May 23, may you feel the presence of our Risen Christ whose farewell words to the disciples came to pass that day of Pentecost when they were languishing in the upper room: "*The Advocate, the Holy Spirit, whom the Creator will send in my name, will teach you all things and will remind you of everything I have said to you.*"²⁷ *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*"

So grateful to be in ministry with you,

Kate

May Worship

*Living God's love in the world.
All Welcome!*



In worship this month, we will continue the exploration of gratitude, using Diana Butler Bass's book *Grateful: The Subversive Practice of Giving Thanks*. We will start a new series on grace at the end of the month, using John Wesley's understanding of grace as both something we need to respond to and something that heals us, from the inside out.



May 2
"Habits of Gratitude"
Psalm 95:1-7

May 9
"Grateful Together"
Matthew 26:26-30

May 16
"Circles of Gratitude"
Luke 19:1-10

May 23
Pentecost Sunday
Acts 2:1-21

May 30
"Marks of a Methodist"
Ephesians 3:7-21

Colonet 2021



I'm overwhelmed with gratitude by this story and these photos. The youth of Colonet taking on this role is absolutely amazing, and SO in line with the vision my dad [Doug McNeil] and Jesse [Salem] have had from the beginning. Tears of joy over here!

- Jessica Eastland

I'm so excited to share this news with you!

Pastor Antonio Dueñas has risen to the significant task that we just recently gave him with respect to 2021 Lighting for Literacy (L4L) deployments in Colonet.

Elvi Braun & Tom Spilsbury worked with L4L's Kevin Kinsella here in Los Gatos before their mission trip's March departure for Colonet. Together, they assembled the 15 L4L solar lighting kits that were produced with Colonet's position on the Earth in mind. Then, our tiny mission team delivered those 15 solar kits to Pastor Antonio with the instruction that he should act in our usually much larger mission team's absence to help needy Colonet families. It's quite an ambitious assignment, and it's a new effort that relies even more heavily on our friend, Pastor Antonio, than we've ever asked of him in the past.

Well, it looks as though Pastor Antonio has mustered his youthful forces in Colonet to move toward accomplishing the goal of deploying those L4L lighting systems as well as distributing Spanish language books to the needy Colonet kids. He is remarkable, and we are so fortunate to know him. It seems that he has now found way to not only get L4L systems and books distributed but also to elevate the youths of Colonet in several ways by involving them in this helpful project. This new twist in L4L in Colonet is truly another answer to prayers!

There's a beautiful pattern that I've seen emerge in Colonet during the absence of our big LGUMC "family" mission teams there due to coronavirus. It's that the actions of our local Colonet friends, acting there in our stead, mimic & then expand on what we missionaries from Santa Clara County have done there annually over the past 20 years. These folks are taking on charitable tasks with little to no fanfare and with just a touch of guidance. They literally seize this mission's initiatives, whether it's in building a new casita for (& with) a deserving family, in pursuing Lighting for Literacy's lighting & book distribution goals that focus on kids in need, or simply supporting those folks in Colonet who are experiencing extreme need. And their actions expand the reach of our mission work there in ways that we would not have thought / would not have been able to move the mission work ourselves.

It's instructional, & It's wonderful! I'm certainly inspired by Pastor Antonio, by Iván Ortega, & by Juan Manuel Marcin.

Colonet 2021





Messy Church

Messy Church is the new kind of non-traditional church for families. We miss all kids. We are so excited to have Messy Church in person. Of course, we will be a safe distance from each other and all participants and volunteers are required to wear a face covering at all times. We will have some pre-packaged snacks for all kiddos.

You are invited to our next Messy Church, scheduled for **May 16, 11AM – 12:15PM.**

Please RSVP @ kids@lgumc.org

Weekly Worship

We are bringing Children's Worship to your home while we are all sheltered in. Until further notice, weekly Sunday School videos, which are fun, safe and biblically grounded, along with worksheets, are emailed out so that kids can have worship experience at home.

We love you and miss you.

Let us know how we can support you; please contact Shelley at kids@lgumc.org

During the month of May

COMMITMENT is Making a plan and putting it into practice.

GOD VIEW: THE CONNECTION BETWEEN COMMITMENT AND GOD'S CHARACTER, AS SHOWN THROUGH GOD'S BIG STORY

Growing in faith is not something that happens by merely cramming more information about the Bible into a child's brain. All of that knowledge in their head means nothing if we don't help kids experience what that knowledge can do in their hearts. To fully experience faith, we want kids to practice their faith. And that takes commitment.

Memory Verse

"Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and life to come" 1 Timothy 4:8, NIRV

**Director of Children's Ministry
Shelley Ahn-Wong
kids@lgumc.org
650.492.1657**



Summer Camp for Youth

Hello all,

I am happy to finally announce camp dates for this upcoming summer! We will be holding this year's summer camp at Rock-n-Water (Coloma, California) from June 13th-18th. While there, youth will participate in rock climbing and rappelling, bouldering and white water rafting all while engaging one another in a spiritually centered program.

Youth who are going into 6th grade, all the way through recently graduated seniors, are welcome on this trip (groups will be separated by age).

Use the below link to register youth for this camp experience. The cost per participant will be \$550. Financial assistance (scholarships and fundraising opportunities) will be offered.

Camp Registration Link

https://docs.google.com/forms/d/e/1FAIpQLSeVPGGw_1sjBnMavglX4_bylBnjUpesHAUuSONw0XOQ_PG5IA/viewform?usp=sf_link

COVID-19: We chose Rock-n-Water, in part, due to the outdoor nature of this event. Sleeping, eating, and adventures will take place outdoors and the camp will have a limited number of participants. Camp staff will sanitize common spaces five times a day and our group will not interact with any other groups onsite.

Spaces will be limited so sign up fast!

If you have any questions, please contact me:
rfrederiksen13@gmail.com or 503.816.1055.

Warmly,
Robbie Frederiksen

LGUMC Youth Director
Robbie Frederiksen
503.816.1055
rfrederiksen13@gmail.com

Kindred Spirits

Please join us on May 12, 4 PM, via Zoom, for our discussion of *A Woman of No Importance* by Sonia Purnell. This is the true story of American woman, Virginia Hall, who worked undercover for British and American intelligence in occupied France during World War II. Though she had dreamed of a career in American Foreign Service, she was initially rejected because of her gender and because she had a prosthetic leg. Thanks to her courage and fierce persistence, she was eventually accepted and went on to become one of the greatest spies in American history. Her story is an inspiration and a reminder of what can be accomplished with a few brave people.



Sticky Buns & Sticky Issues



Join us on **SUNDAY, MAY 23** at 11:15AM, after church service, on ZOOM for our first **STICKY BUNS** in a long, long time. No sticky issues this time, just a chance for us to gather again and share our experiences during this pandemic. We will also explore our hopes for our future as a faith community. And, finally, we will take a look at possible subjects and issues for future Sticky Buns events. This will be a strictly BYOSB gathering as we look to a future time when

we can all gather in person. As we get closer to the date, a Zoom link will be sent along with the questions for discussion.

Habitat for Humanity East Bay/Silicon Valley's Housing Counseling Program May 6, 10:00AM (PDT) via Zoom

This outreach event is designed for our partners that have community members who may be interested in our Housing and Financial Counseling program's services and resources, including one-on-one counseling, financial literacy workshops and webinars, first-time homebuyer classes, and our new online Financial Education Center.

For more information or to register, visit: HabitatEBSV.org/Counseling-Partnerships

* * *

Health Benefits of Female Hormones on Memory, Aging and More

Tuesday, May 11

11 AM PT | 1 PM CT | 2 PM ET

SPEAKER: Phil Pylant, PD, CCN, DANLA, FACA

CEO, Village Compounding Pharmacy

Phil is a scholar in the aging process, a Certified Clinical Nutritionist and a licensed pharmacist.

For help in setting up Zoom or registering, please contact Karisti Julia at kjulia@belmontvillage.com.



El Camino Real District

California-Nevada Annual Conference
of the United Methodist Church

729 Morse Street, San Jose, CA 95126
(408) 442-2450

Minerva G. Carcaño, Bishop
Rev. Samuel Hong, District Superintendent

sammelh@calnevumc.org
robypn@calnevumc.org

April 11, 2021

Tom Waldrop, SPRC Chair
Los Gatos UMC
111 Church St.
Los Gatos, CA 95030

Dear Members and Friends of Los Gatos United Methodist Church,

Peace of Jesus Christ be with you in this Easter season. After prayerful consideration, Bishop and her cabinet have discerned a new pastor, Rev. Jeffrey Hall, to serve your church as Senior Pastor effective July 1, 2021.

For the past 19 years, Pastor Jeffrey has served churches in a wide range of ministry settings that covers small and large, rural and urban. While serving those churches, he has proven his effectiveness as a great pastoral leader. He is a gifted preacher and teacher. He is intellectual but his intellect does not remain in the realm of concept but communicates his ideas with real stories. His sense of humor is greatly enjoyed as well. His leadership style is calm but fruitful. His personality is thoughtful and authentic. He has great administrative skills, a critical gift necessary for your church.

Pastor Jeffrey is one of the most effective pastors in our conference and I truly believe he has a lot to offer to Los Gatos congregation and community. But just as the congregation grows thanks to the good pastoral leadership, the pastor also grows thanks to the loving support of the congregation. I trust that you will give him your full support.

My prayer is that Los Gatos UMC will enter into a better and stronger place each year as the synergy between Pastor Jeffrey's leadership and the many gifts of the congregation will help imagine big things together and courageously move forward for the glory of God.

In this important time of transition, I ask you to pray for Pastor Jeffrey, wife Jennifer, and son Ned. I trust that you will welcome them wholeheartedly. I ask you to pray for Pastor Kate Conolly as well, who came to be with you with a great spirit of encouragement and liveliness and now once again transitions back to retirement.

Blessings,

Rev. Samuel Hong
El Camino Real District Superintendent

HUNTER/FRYE/UMW SCHOLARSHIP APPLICATIONS

SCHOLARSHIP APPLICATIONS DUE ON MAY 13

Applications for the Hunter/Frye/UMW Scholarship are now available. The funds are from the endowments of Ruth Dick Hunter and Florence Frye, two women who were interested in the education of our students, and from the United Methodist Women. The deadline for turning in the complete packet is **Thursday, May 13, 2021**.

Applications are available online from the office, lumc.org, or Jean Mundell, jmundell@earthlink.net, or call 408.666.6250.



Thank
You

Thank you very much for the encouraging notes, flowers, and delicious dinners. They have helped cheer me through this difficult time.

Thanks so much,
Lois Stocking



~ Please keep the following persons and their families in your prayers for continued recovery, care and support ~

Kern Hamilton, Doug McNeil, Aki Okuno,
Celia Palm, Charley Ann Cobb,
Pat Salem, Anne-Marie Wiggers,
Eleanor Blumenthal, Becky Schmitt,
Peggy Rose, Kay Thoresen,
Ed & Shelley Ahn-Wong,
The Homeless, Our First Responders,
Prayers of Peace for all people
and all countries



May



May 5	Cinco de Mayo
May 9	Mother's Day
May 23	Pentecost Sunday
May 31	Memorial Day

HAPPY
Mother's
DAY





Office Hours:

Monday - Thursday, 9AM-3PM

Friday - Closed

Church Council Members

- Chair of the Church Board (Co-chairs)
Jennifer Stagnaro, jennifer@stagnaro.com
Ray Owen, ray.owen@comcast.net
- Chair of the Board of Trustees
Glenn Stansbury, glennsemail@yahoo.com
- Chair of Staff Parish Relations
Tom Waldrop, twaldrop@sbcglobal.net
- Chair of Finance Committee
Doug Evans, eldoug1@msn.com
- Chair of Health Ministries
Jo Ann Disbrow, disbrowjo@yahoo.com
- Chair of Grace Preschool Board
Rita Matthews, fourwinn156@hotmail.com
Ann Reynolds, reynolds_reese@yahoo.com
- Chair of LOSNSC Board
Trudy Burling, trudyburling@hotmail.com
- Team Rep. of Social Justice Team
Jean Mundell, jmundell@earthlink.net
- Lay Member of Annual Conference
Judy Petrokas, quiltqueen@ix.netcom.com
Gail Hybarger, ca-unicom@pacbell.net
- Chair of Endowment
Matthew Geisick, mattgeisick@gmail.com
- Chair Outreach Team
Ursula Young, ursulayoung@gmail.com
- Chair Congregational Care Ministry
Lois & Elwin Stocking,
l.e.stocking@comcast.net
- Chair United Methodist Women
Christina Capps, kl_capps@yahoo.com
Ruth Oveland, roveland@sbcglobal.net

Our Ministry & Office Staff

- Reverend Kate Conolly
X215, kate.conolly@lgumc.org
- Robbie Frederiksen, Youth Director
503.816.1055, rfrederiksen@gmail.com
- Shelley Ahn-Wong, Children's Ministry Director
650.492.1657, kids@lgumc.org
- Marcelle Dougan, Director of Visitation
908.347.4687, marcelle.dougan@lgumc.org
- Kevin McCullough, Contemporary Music Director
mckevin27@yahoo.com
- Joyce Rhodes, Organist
joyce.rhodes@lgumc.org
- Mary Lou Abrahamson, Ad. Min. / Communications
408.507.7140, marylou.abrahamson@lgumc.org
- Cindy Cook, Financial Secretary (A/R)
X211, cindy.cook@lgumc.org
- Shannon Albert, Accountant (A/P)
X212, shannon.albert@lgumc.org
- Kristy Currie, Director, Grace Preschool
X226, 408.354.7163, kristy.currie@lgumc.org
- Kathy Mlinarich, Director, Live Oak Senior Nutrition
408.354.0707, kathy.mlinarich@lgumc.org
- Richard Garcia, Facilities Engineer
408.627.3345

In observance of the
holiday, the
Church Office will be
closed on
Monday, May 31.



The Spire

Los Gatos United Methodist Church
111 Church Street
Los Gatos, CA 95030
408.354.4730 - www.lgumc.org
to be removed from mail or email list:
marylou.abrahamson@lgumc.org
Editor: Mary Lou Abrahamson

If you no longer wish to receive this mailing,
please mail or email to the address shown at left.
Thank You.

Our Mission

Growing as followers of Jesus Christ
who live God's love in the world.



Find out more about our Ministries!
Go to www.LGUMC.org



*"Serving Christ in this Community
since 1866"*

**Sr. Pastor
Pastor Katherine Conolly**

Until further notice,
please follow us on
lgumc.org
and join us for
Sunday Worship
10AM
[lgumc](http://lgumc.org), Facebook or YouTube

All Welcome!

We are a Reconciling Congregation

No one will be excluded from participating in the body of the church because of age, race, ethnicity, culture, religious origins, sexual orientation or challenging conditions.