
Days of Grace

"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you." – Langston Hughes

Spring Fling 2009



About 90 Retired Clergy Association members gathered at Christ the King Retreat Center in Citrus Heights on April 22 & 23 for fun and fellowship. We shared stories, got reacquainted and broke bread together. That alone would have been enough for a great time!

We were blessed to have Dr. Eugene Lowry share his musical talents and theology with us. One of his points about hymns as rosary struck a chord (no pun intended) with many. Dr. Lowry explained that the familiarity of the hymns we have sung since childhood become divine through the repetition. "Amazing Grace" doesn't evoke emotion within us because of the words or tune, but because of the memories we have of singing and hearing it throughout our lives.

We were further blessed to have the talents of David Slorpe to lead us in our gathering songs. He played his guitar for us and was accompanied by Doreen Hinshaw on the piano. In the spirit of Dr. Lowry's presentation, we enjoyed those hymns we know so well. As all who know David, he is an entertainer and not just a "song leader" so we had a several good laughs between our songs.

Sunday morning brought an early morning exercise option with Bill McCord who gave us some great take home exercises. Dick and Barbara Ernst lead an early morning worship option that was both uplifting and centering.

Larry Hinshaw introduced our worship leader by saying that is a rare treat to hear one of our peers preach since throughout our careers, we were all busy with our own congregations. He also mentioned that when he was helping Bob Moon move, he came across sermons that Bob had saved. There were many sermons by Bob Olmstead. And with that, Bob blessed us with a wonderful time of prayer and reflection. He finished with a great story called "Something From Nothing" by Phoebe Gilman, (available at amazon.com) that had us all chiming in with the telling of the story. The ending came as a surprise to many and thus concluded a delightful Sunday Morning Worship.

-----continued on page 2-----

The Spring Fling Committee was so glad to see so many attend this year's Spring Fling. One attendee, who was there for the first time, remarked "Why didn't you tell me it was so fun?!" So consider this your notice that Spring Fling is FUN! So mark your calendars NOW for April 14-15 for the 2010 Spring Fling. Our program will be "Holy Laughter. The Gospel and Comedy" presented by Dr. Ed McNulty. Of course, you'll have to be ready to have a good laugh if you decide to attend! And that's just during the official program. The laughs and joys with friends is *always* part of Spring Fling!



Signs of Stroke

thanks to Bill Beck for sending this in

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics). She said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening

Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die. they end up in a helpless, hopeless condition instead.

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to **SMILE**.

T *Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE** (Coherently) (i.e. It is sunny out today)

R *Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke -----
Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

MESSAGE FROM THE PRESIDENT

--Dottie Vieira

To coin a phrase—" Time goes fast when you're having fun!" Being RCA president has been fun most of the time, and it certainly has gone fast. As I write this, in late April, it is too early to

call our work for the year finished.

But it is a good time to look at what we are working toward, and to evaluate the progress so far.

Just last week we enjoyed our annual Spring Fling. A large and enthusiastic group talked, ate, sang, and grew together as Dr. Gene Lowry brought music and laughter to a study of our heritage and history as Methodists and Christians. Check out next year's program and plan to be there.

Our third annual VIM trip to New Orleans next November is in well into the planning stage with room for a few more people.

Plans are set for our lounge at Conference and for our luncheon. See the article elsewhere in this issue.

Our Scholarship program is expanding, and is an opportunity for you to remember your colleagues with a memorial gift.

The Clergy Benefits Task Force is continuing to meet to discuss how to meet needs and best carry on ministry while facing the hard economic realities of our times.

We are doing all this while continuing with all our regular activities.

New things are happening too:

A more complete Data Base done by Dick Ernst will make it easier to keep in contact with each other. A computer link will facilitate communication, and sharing of concerns and ideas, and bring us more into the electronic age.

We will have a table in the display area at conference to enable us to reach retirees and soon-to-be retirees and encourage them to become active members of our organization. Volunteers will be needed to be at the table during plenary sessions. Let me or Nancy know if you would be available.

We have a new committee to help us all feel connected. The new Relational Care Committee chaired by Mike Nicolson will be contacting people in every District to work to be sure no one is ignored.

All of these have places for you to be involved. If you want to help, or need more information, please contact us and talk about it. I would love to hear from you.

Thank you to all the Board members for all the well done work this year with a special 'thank you' to the people completing their terms, Larry Doyle, Lee Williamson,, and Eva Martin. Also Cory Parish of the Endowment Board and Grady Knowles and Laurie Rand of the pension board. Your presence and help are always appreciated.

See you all at Conference

-Dottie

MESSAGE FROM THE EXECUTIVE OFFICER

Greetings and Salutations!

I just enjoyed two days getting to know more of our membership at Spring Fling. I know everyone's name, but I don't have names and faces together for everyone just yet. Spring Fling gave me a chance to do just that.

We had a great time with Dr. Lowry and his incredible musical talent. So many of us feel the Divine in music and he gave us some wonderful insight on how music speaks to us.

We also heard from Bishop Brown and were able to hear from him directly on matters facing the conference and his viewpoints and how he sees all of us working towards the future.

I encourage everyone to attend Annual Conference Session to hear more from the Bishop and so I can put more faces with names! Purely selfish on my part... I want to meet more of you!

Annual Conference Session will be June 17-20 (Wednesday through Saturday) this year at the Sacramento Convention Center. Clergy Session will be on Wednesday. The Memorial Service will be part of the Celebration of Ministry time on Thursday beginning at 4pm. Retirement medallions will be presented as part of this celebration as well. The RCA luncheon will be on Friday, June 19. See the registration form included in this issue.

By the time you see me at Annual Conference Session, I will be the mother of a college student! I am quite sure that is not possible since I am quite sure I am only in my mid-20's and just graduated from college myself! I can't believe my baby girl is all grown up! We are finding great joy as well as amusement as she enters this next phase of her life. On her first day of pre-school she told me that I could "just slow down at the curb, I can go in myself." Yes. "Just slow down". The instruction did not include "stop"! When I told her that I would be not just stopping, but parking and walking her in, she was VERY offended. "But MOM! I'm THREE!!!"

Well... Miss I'm Three is now set to go off to college and is absolutely thrilled with the idea that

she will be attending the local Junior College (Cosumnes River College) and living at home. Oh. "And Mom? Could you go with me to registration and orientation?" Yes, Kaitlyn. I will. And I'll try not to cry...



Emma on the otherhand is 110% ready for high school and is planning on trying out for colorguard. We ordered practice flags and I've been reaching deep into my memory to try and teach her how to spin a flag. Fortunately, I have connected with a friend from high school through Facebook and she has volunteered to help us both!

She has been exploring her choices for clubs and other activities as well. Her dad and I are hoping that "homework" will find a way onto her increasingly busy high school calendar!

On the school front for me, I am steadily plugging away at my in pursuit of my MBA classes. Some have proven to be bigger challenges than others. For someone who avoided all things math related for her entire schooling career, I am deep into more math than I ever imagined myself to be. It is truly a wonder for me. I mean, I majored in English for a REASON! The larger wonder is how much I actually LIKE it all! I am finding my classes very helpful in serving both the RCA and the church in working both on the Clergy Benefits Task Force as well as CF&A. God truly does work in mysterious ways!

Peace,

Nancy

RETIRED CLERGY SCHOLARSHIP FUND PROGRAM

We are coming to the time of year that our annual scholarships are being awarded. The Scholarship Committee is reviewing application and interviewing candidates to make the difficult determination as to who will receive one of the awards.

Thanks to the generous contributions of RCA members, our scholarship fund has grown and we are able to award significant aid to seminary students.

As we are all aware, the cost of higher education in general and advanced degrees in particular, are increasing exponentially every year. Many of our newly ordained pastors are

starting their careers with significant student loan debt. The RCA Scholarship Program can only offset a portion of that debt, but every penny counts!

It is the desire of the Scholarship Committee to increase both the number of awards as well as the amount of the awards. We can only do that through the contributions of our members. The RCA makes a contribution in memory of all members who pass away throughout the year, but contributions can be made in memory of, in honor of and in celebration of anyone or any event at any time. Please consider the RCA Scholarship Fund at these times.

Donations can be sent to:
 Dick Ernst- RCA Scholarship Fund
 7930 Crystal Springs Way
 Loomis, CA 95650
Please note: RCA Scholarship Fund on the memo line



“I KEEP THE TELEPHONE OF MY MIND OPEN TO PEACE, HARMONY, HEALTH, LOVE AND ABUNDANCE. THEN WHENEVER DOUBT, ANXIETY, OR FEAR TRY TO CALL ME, THEY KEEP GETTING A BUSY SIGNAL AND SOON THEY'LL FORGET MY NUMBER.”

- EDITH ARMSTRONG

Self CPR

Since many people are alone when they suffer a heart attack, this article seemed to be in order.

Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating.

The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this, it could save their lives!

~Thanks to Ed and Eva Martin for passing this along.



Retired Clergy Association of
The California-Nevada Annual Conference of The United Methodist Church
presents

The 2010 Spring Fling

April 14-15, 2010

Christ the King Retreat Center, Citrus Heights, CA



Ed McNulty
*Nationally recognized
leader in film & faith*

"Holy Laughter: The Gospel and Comedy"

Led by Dr. Ed McNulty, Presbyterian Minister
Founder and Editor of *Visual Parables*
His film reviews appear in *Lectionary Homiletics*, *LectionAid*,
BeliefNet, *Presbyterians Today* and various newspapers and
web sites.

The most recent of his 12 books: *Praying the Movies I: Daily
Meditations From Classic Films, Praying the Movies II
FAITH and FILM: A Guidebook for Leaders.*

2002 Earl Lecturer, PSR, "Image to Insight: The Power of Film in Faith and Culture"

Charles Osgood featured his film ministry on his radio series.

He has worked in television and radio, producing programs and writing "spots" that have been used around the country. He has collaborated with Hollywood film director Michael Rhodes to produce a cassette series of Film Clips for church and school use.

Have fun Enjoy

Greet old friends! Meet new friends!

Be inspired! Gain new perspective!

For further information: Larry & Doreen Hinshaw: lhinshaw@surewest.net or
Linda Butler: lbutler@psyber.com

Swine Flu Information

As you have no doubt heard on the news and read in the newspapers, the Swine Flu has become a problem. There is cause to be concerned and aware, but not to panic.

The Swine flu is transmitted like any other variation of influenza. It is NOT transmitted through the handling or eating of pork products! So enjoy your pork chops for dinner tonight without hesitation!

The best defense against the flu, this or any other, is through diligent handwashing and avoiding touching your nose, mouth and eyes with your hands. The CDC also recommends the common sense practice of avoiding others that are already sick and using a tissue to cover your nose and mouth when coughing or sneezing. Of course, we are all sneezing from allergies at this time of year and having a tissue may not be handy at all times. In which case, it is recommended that you cover by sneezing (or coughing) into the crook of your arm (elbow) instead of with your hand. You are less likely to then transmit any germs you may be carrying.

If you suspect you may be ill, do not hesitate to contact your health care provider. This is especially important if you have travelled to Mexico recently. Anti-flu medications are proving effective in treating Swine Flu and early treatment means early recovery.

Be considerate of those you come in contact with and prevent the spread of the virus. If everyone were thusly considerate, we will all stay healthy!



 RCA JOURNAL REPORT TO THE ANNUAL CONFERENCE

BY DOTTIE VIEIRA

2008 was a year of loss and moving on for the Retired Clergy Association. Loss as our long-time Executive Officer Chuck Myer became ill from recurring cancer, resigned his job and died soon after; leaving the organization and his many friends grieving. Moving on came in continuing and growing our activities and finding new paths and resources to increase our program and mission. We hired a new Executive Officer, Nancy Daley, who is working to carry on our traditions and lead us in new ways of meeting the needs of our members.

Our programs continue to be varied and well received. We work to keep in contact with all members and provide opportunities for socializing and growth. Our Spring Fling retreat brought together about 75 members to hear Brandon Scott give new life to the parables. We also enjoyed an 'open mike' evening, proving again how talented we are. We sponsored a change in the Conference Standing Rules to make our president and Executive Officer members of the Annual Conference by "virtue of office" in anticipation of the election of our first clergy spouse president. About 175 members attended our luncheon at Annual Conference, enjoying a program of a DVD done by one of the members of our 2007 VIM trip to New Orleans. A group of 14 made our second VIM trip, and this will become an annual event. We have increased our scholarship gifts to \$2000 per person and were able to present scholarships to two seminary students. We

continue our work with and support of the Conference Memoirs Committee and the Memorial service, as well as being well represented on conference boards and committees by our members. We publish a newsletter, Days of Grace, and are expanding our efforts to communicate with and among our members. We are developing a website where we can connect and have reconstituted our Contact Care Committee to help us be aware of special concerns.

A major concern is Retiree health care. We have been instrumental in the organization and continuance of a Clergy Benefits Task Force for the Conference which is studying the many facets of the health care situation. They have also started a long range study of pension and health care problems.

We are grateful to Laurie Rand for his help and guidance to members with health care concerns and to the Endowment Board for its hands-on and financial support. We appreciate especially the help and presence of Grady Knowles and Cory Parish. Their advice and support have been invaluable in negotiating our way through the financial changes we face, and we thank them for their faithful attendance at our meetings.

Our members are retired, but they continue to be actively involved in life, and remain an enthusiastic and dedicated group in supporting the church throughout our conference and beyond.



“The longer I live the more beautiful life becomes. If you foolishly ignore beauty, you will soon find yourself without it. Your life will be impoverished. But if you invest in beauty, it will remain with you all the days of your life.” - Frank Lloyd Wright

Third Annual RCA VIM Trip to New Orleans

The RCA will make another trip to New Orleans to work with the Louisiana Conference to continue the rebuilding effort.

Nadine DeWitt will be serving as Team Leader and is taking sign ups beginning immediately. The trip will be limited to the first 14 to sign up and send in their deposit of \$450 (which should cover airfare).

The wisdom of previous teams says that the first week of November is ideal building time in New Orleans. Not too hot. Not too cold! So the team will be returning at that time once again. They will leave on October 30 and return on November 7. The team will be staying at the North Rampart Community Center on the edge of the French Quarter once again. The North Rampart Community Center provides dormitory style sleeping arrangements (boys and girls separated!) as well as a kitchen for meals. Specifics on meals in and meals out will be decided closer to the time of the trip.



One does not need to have experience in order to participate. Recovery Service of the Louisiana pros at matching skills with jobs done. There is a job for everyone who along and lend a hand! Nor is there complete a specific quantity of work... done



construction The Disaster Conference are needing to be wants to come any pressure to any work that is is moving the project along.



Please do not let a lack of experience stop you from participating. This trip is also a great way to get to know your fellow RCA members in a new and exciting way.

Contact Nadine DeWitt with your initial deposit of \$450 as soon as possible. Deadline is AUGUST 20, 2009

Nadine DeWitt
(775) 354-2723

JESUS LOVES ME - SENIOR VERSION

Jesus loves me, this I know,
Though my hair is white as snow
Though my sight is growing dim,
Still He bids me trust in Him.

(CHORUS)

YES, JESUS LOVES ME... YES, JESUS LOVES ME...
YES, JESUS LOVES ME FOR THE BIBLE TELLS ME SO.

Though my steps are oh, so slow,
With my hand in His I'll go
On through life, let come what may,
He'll be there to lead the way.

(CHORUS)

When the nights are dark and long,
In my heart He puts a song,
Telling me in words so clear,
'Have no fear, for I am near.'

(CHORUS)

When my work on earth is done,
And life's victories have been won,
He will take me home above,
Then I'll understand His love

(CHORUS)

I love Jesus, does He know?
Have I ever told Him so?
Jesus loves to hear me say,
That I love Him every day.

(CHORUS)

Thanks to Hazel Robertson for sharing this gem!

SOUTH FRESNO DISTRICT
NEWS

Sylvia Corson
Correspondent

Ray Alderman is hoping that warm weather and medication will enable his continuing leg problem to improve. He is involved at St. Mark's UMC and appreciated the Easter service. Ray is very proud of his daughter Susan. She has been giving leadership at the local Regional Center, and was a spokesperson in Sacramento for Kern County recently.

David & Sherry Atkins visited relatives and friends in Oregon the last two weeks in April, including David's 95 year old mother. He hoped to finish an anthem based on the hymn, "Love Divine," while there. David initiated a 90 day prayer vigil for President Obama, his family, and cabinet. It spread across the nation on the Internet and produced a blog.

Ivan & Ruth Ball are looking forward to a trip to Norway in July. They will travel with their son, Eric, who is a cruise lecturer. Ruth's arthritis has kept her from previous trips. She has played the organ at the Porterville Congregational Church for fifteen years, and substitutes at the college. Ivan's brother from the Bay Area will be visiting them in May.

Dick Bayard celebrated his birthday on Easter Sunday for the third time in his life. In March he visited his middle daughter and husband in Illinois for a week, after attending the Board and Advisory Council meeting of the Aldersgate Renewal Ministries in Nashville. An ongoing activity for Dick is a series of small remodeling jobs for his youngest daughter.

Alf Christiansen has reduced the amount of farming on his acreage. Still, it is a wonderful place to live. It is nice to have space when the

family visits. He may have a family reunion this summer. He enjoys seeing family as they travel up and down the state for various events. The Wasco Lutheran Church, which he serves, had a wonderful Easter Sunday.

Cecilia Cluff had a delightful visit with her daughter, Lori, and her family from Reno. Her granddaughter is exploring colleges and visited Cal Poly. Cecilia and Lori also had time to be with her daughter, Becky, in Bakersfield. They had a good time visiting and going out to dinner. After taking down a tree some time ago, her yard is still a work in progress.

Sylvia & John Corson left for a Seine River Cruise plus visits to Normandy and Paris the last week in April. They celebrated a number of family birthdays recently, including their 5 year old twin grandsons and 2 year old grandson. They attended a Faculty Event to hear this year's recipient of the Stephen Corson Award for Distinguished Teaching of Freshmen at Pacific.

Harry & Anita Dutt enjoyed traveling with Harry's brother and wife in their RVs with one week in Indio, and another week exploring Southern California. Then, Anita's sister and husband from South Dakota visited. They spent 2 ½ weeks seeing California in the RV, and enjoying the Bakersfield area. Recently, the Dutt's also attended an RV rally in Anderson.

Vernon & Melinda Hill are very excited about Vern's acceptance as an Episcopal priest. It will become official at a celebration on May 30th at Grace Episcopal Church in Bakersfield. The new, growing congregation had a good Easter Sunday with a large turnout of people. The Hills plan to spend several days in Barrego State Park before the event.

Mark and Young Moon are doing well. Their children are scattered, but they manage to see them from time to time. Mark continues with his work with the Senior Citizens' Association. They had a good Easter at the Christ UMC, Santa Maria, where Mark and Young work with the Japanese Language service.

Bob & Nancy Schwartz are still traveling. This summer they hope to go to Palm Springs and Florida. The fall will take them to Hawaii, Costa Rica, and Mexico. The Learning Channel recently filmed their son, Paul, for a series on Stay-at-Home dads. Bob found he has "leaky heart valves" after being in the hospital in the Bay Area, and a battery of tests.

Alpha & Mary Takagi are very grateful to have their daughters living close to them. They are very helpful with transportation to doctors and doing errands. Mary and Alpha are active in the San Luis Obispo UMC, and appreciate the new building. Alpha continues to help at Christ UMC and the church will be celebrating it's 80th anniversary in October.

Sharon Watson continues work on her doll house projects. She is working on a Harry Potter bank and is making gold out of clay! Nice! Her son, John, is stationed in Japan. He can see Mount Fuji from the base. She is contemplating a future trip to Japan. Her daughter, Heather, is in a play in Tehachapi, and has been involved in theater for some time.

Harry & Ruth Wood traveled to Taipei, Taiwan in April. They visited their son and wife and their two daughters. They spent Easter in Cayucos with friends, and attended an inspiring sunrise service. They report they are blessed with good health. They do miss having more time with their four granddaughters - two are in Taipei and two in Florida.

SHASTA COAST NEWS

Bud Tillinghast,
Correspondent

Carrol and Joanne Newquist continue putting down roots in California in retirement. Carrol is putting his woodworking skills in improving corners of the church. At present he is making a cart to display library books in the Fellowship Hall. On Easter Sunday he played his French Horn to "The Trumpet Shall Sound."

Joanne has recently gone back to the midwest for the funeral of her brother.

Bud and Kath Tillinghast are on their way to spend six months again in England. Bud is finally needing to learn "I'll Take You Home Again, Kathleen". They will be sharing a rectory in Abingdon, six miles south of Oxford, with the vicar, who is an American transplant. They will attend a Methodist Church with eight Ph Ds. Most of these persons work or worked at England's largest science and research park nearby. Kath will be babysitting their grandson at times; Bud has taken on the role of 'community relations' for the leader of the local Muslim group.

John and Mary McMath: The family of Rev. John McMath laid his ashes to rest in the Fairplay, CA cemetery - near Placerville - on Saturday, April 11th. Thirty family members were in attendance, enjoying a small reunion at the Placerville Federated Church after the graveside service.

Mary McMath, John's wife of 68 years, resides in Sequoia Springs Assisted Care in Fortuna, CA.

Elisabeth and Gerhard Drumm

Last May our son Paul and his wife Fabiola presented us with our 20th grandchild. Last summer Gerhard had another kidney stone adventure. In October Elisabeth fell and broke her arm just below the shoulder. It all worked out fine.

Early this year our son Martin and his wife moved from Waco, TX. to Seattle by way of Loleta, and our son Paul and his wife were accepted for a missionary position overseas.

Thanks to our children and many friends Gerhard had a wonderful 80th birthday celebration. In February, greatfully observed our 55th anniversary in March, and this April we were awarded for the first time great grandparent status. This May we expect a one month visit from Austria by Elisabeth's sister, and in June we expect, by the grace of God, our second great grandchild.

In January Gerhard started out writing on his autobiography, and Elisabeth continues the project of sewing sleeping bags for the homeless. We tentatively have plans for this summer to drive once more to Alaska and back. We are doing very well and each day thank God for it.

Bev & Ernie Holloway

Ernie has almost finished a year post-radiation. His energy is increasing and he is back doing his thing with wood. He has been making a variety of items for our bazaar ladies and their luncheon in July.

Daughter Michele is finishing her second year of Seminary in Ohio and thinks she's found her home.

Bev's biggest delight is when Michele has theological questions to discuss via e-mail, or wants suggestions for sermons or term papers. We stay at home a lot of the time. We are fairly well, PTL.

Dick and Ellen McKinsey

The last eight months brought us change and challenges. August 21, 2008 Ellen's book JOFI: Star Seeker was published. This is a fantasy/adventure for teens and any adult brave enough to come along. To read reviews go to Amazon.com and put in Ellen Tisdal McKinsey and the book will pop up. This is the first of three books in the Star

Seeker series. JOFI (pronounced "Joe fee") is listed on goodchoicebooks.com Ellen is seeking ways to promote the book. Anyone interested in a book signing, or a talk about writing get in touch with her. 707 465-4109

August 26, 2008 Dick and Ellen celebrated 60 years of marriage. In September they had a wonderful cruise, which was an anniversary gift.

October 9, 2009 Ellen's only brother died of Leukemia. His granddaughter, Holly Fellows, is running a marathon for Leukemia in San Diego next month, as well as graduating from Cal Polly. If you want to donate let me know and I'll give you her address.

Dick is taking a class from our pastor, Carol Layton, using J.I. Packer's book 131 Christians Everyone Should Know. Carol is a great teacher and the class has been stimulating/fascinating with lots of history.

As for right now Dick and Ellen are redesigning their backyard. Dick is getting ready to do some painting. Pretty good for an 83 year old!

We get tired...but we never get bored!



Random Information

If you are interested in what the White House is saying and doing, you can read it here:

<http://www.whitehouse.gov/blog/>

This is updated at a minimum of daily, often more than that. I have my computer settings such that I get the updates sent to me as they are made. I like it because I get exactly what the White House is saying/doing without the “filter” of a media source. I can interpret and decide for myself! If you have computer access, I encourage you to check it out. No matter your feelings about our current President, the information is good to have.

PLEASE NOTE!

Annual Conference Session is a bit more condensed, time-wise, than in previous years. Please note these important times:

Opening Plenary:

Wednesday, June 17 10:00 am

Clergy Session:

Wednesday, June 17 1:30pm - 5:30pm

Celebration of Ministry/Remembering the Saints (Memorial Service)

Thursday, June 18 4:00pm (**NOTE THE TIME**)

A Little Housekeeping...

Please check your mailing label and be sure that I have your name(s) and address spelled correctly. If there is an error, please email or drop a postcard in the mail to me with the corrected information.

nancydaley@frontiernet.net

Nancy Daley

9509 Baypoint Way

Elk Grove, CA 95624



NORTH DELTA DISTRICT

In February the members of Sacto IS BEENS had a great drive in the country to Woodland where Jeannine Wells had organized musical guessing game and a birthday party for all. A fun day!. Then in March we got to see poppies in bloom as we drove to Lincoln for a potluck and delightful program with Don Baldwin. He appeared in the guise of John Muir and took us on a verbal tour of Muir's life and a theology rooted in the natural world.

Jim and Jane Corson report good health and keeping busy. Jim is enjoying singing with his Barbershop group.

Jean Fado came alone to the March gathering since Don was in Machu Pichu and the Galapagos Islands.

Larry and Doreen (Hart) Hinshaw had a marvelous cruise to the Mexican Riviera, taking Larry's 3 daughters and their spouses and Doreen's 3 sons and their spouses. It was the first occasion to include all the children since their marriage 3 years ago. Puerto Vallarta, Mazatlan, Cabo San Lucas....Happy Memories!

Dick and Arlene Huser's son David and wife Shelli adopted a 5 yr old girl, expanding a family of 2 grown children and 2 stepchildren.

Eva Herschbach Martin Correspondent

Doris Moon describes her skilled living apartment at the Carmichael Eskaton as a nice place. She gets out to church and other events and is grateful that Bob is dealing well with his life in the skilled nursing section of the facility. He can get around a little with a walker but his legs "don't work". They enjoy phone calls and visits.

Sarge Wright continues to serve in his fifth year as Chaplain and associate pastor at St Mark's UMC (Sacto). As president of our conference committee on Archives and History, he is attending the Western Jurisdiction gathering in Alaska in April.

And a note from the Angoves:

Jerry and Sue Angove have been celebrating ever since Sue retired January 10th after working 41 and one-half years as a registered nurse. They experienced below zero weather in Sue's homestate of Minnesota in January when they visited friends and family and attended a family wedding. February warmed them up in the Mexican Riviera. Currently, the Angoves are traveling by car for nine weeks around the United States. They are enjoying time together as they stop to see friends, family, and beautiful sites. How blessed they feel to have this opportunity now.

THOUGHTS ON THE STRAND

by Earl Leonard Langguth

Our God provides an ocean of His grace,
A vast expanse, and deeper than this sea;
Its shores no limits set that we can know,
For miracles and seredipity;

An ocean that we can't explore in ships,
We must just trust the Bible as our guide.
We stand and gaze in wonder from our beach,
And marvel at the blessings of each tide.

Immensities of God now overwhelm,
Beyond all thought that human words express.
We stand in awe before such sovereign power;
Such love, such providence, such righteousness.

In truth, this deep with mercy overflows,
Upon it wonderous waves of justice roll;
And all is ours, God means it all for us.
But I have just a teaspoon for a soul!

TEXAS CAVIAR by Marge Combs

1 can Black-Eyed Peas, drained/washed
1 can ShoePeg or Whole Kernal Corn
1 can Black Beans, drained/washed
½ c. Red Onion, finely chopped
1 4oz can Green Chile, chopped
1 4oz can Pimento, drained and chopped

In a saucepan, mix together:

¾ cup sugar

¾ cup oil

½ cup apple cider vinegar

Heat to boiling and boil one minute. Cool for a few minutes and pour over the vegetable mixture that has been well drained. Cover and refrigerate overnight and drain before serving. Keep the sauce to use as a mixed-green salad dressing. The Texas Caviar itself is a good addition to a green salad!

Serve with Fritos Scoops.

Editor's Note: Many at Spring Fling requested this recipe so we thought we would share it with all!

WORD HAS BEEN HEARD FROM . . .

Paula Leslie... It's not all bad to be 90! In August we rented a cottage in Scituate, MA for two weeks and invited friends and relatives to visit us there. People came from California, Massachusetts, Connecticut, New York, Ohio, Michigan and Indiana. Bill, with Heather and her husband Jim, did all the planning and all the entertaining there to make it a super birthday. Harbor UMC had a special coffee hour for me. My two grandchildren are both in the Boston area.

NORTHWEST NEWS**Bert Schniepp Correspondent**

John and Nancy Espie write they now have a new computer. John has three new scars and a skin graft from recent surgeries, and Nancy continues to wear out her Health Rider. Family, friends and faith continue to be a blessing.

Doris Disbrow continues to teach K-2 Sunday School. She writes that she also continues to love those kids! She is also taking the Disciple Bible Study and learning a lot of previously unknown details. Following her interest in historic preservation, she's writing a "walking tour" for her neighborhood. She also writes that "Now, it's back to mowing the lawn and taking care of a small garden of strawberries, asparagus, and tomatoes. Ordered 95 daffodil and tulip bulbs at the Tulip Festival this month and looking forward to the Lilac Festival in May."

H. Everett Wilcock has been a long time recovering from an accident in late May of 2001, when, out for his daily run, he was hit by an SUV. Since he was unable to sit up or even know his name after 2 weeks in a coma

following that accident, he is grateful to God that he has now "thrown away my cane. ... God has been with me and I have life abundantly. Praise be to God for I was in need and he was there."

Bert and Linda Schniepp are continuing to enjoy life in Oregon. However, due to health concerns (Linda had need of some new medication in response to recently diagnosed atrial fibrillation) our planned Spring RV trip was modified to a moth in northwest Oregon and the northwest Puget Sound area of Washington, which we both thoroughly enjoyed. It had been an unusually cool spring, and the tulip fields were only beginning to bloom as we were leaving (we were told they were 2-3 weeks later this year). We are also planning about a month in California, as Bert is scheduled to perform a wedding in Bakersfield at the end of May. He also has had the opportunity to preach and lead Ash Wednesday worship at our Florence UMC.

*Retired Clergy
Association
Annual
Conference Luncheon
Friday, June 19*

The Sheraton Grand Hotel
11:30 am

Pre-registration REQUIRED. No "at the door". Registration DEADLINE is JUNE 10, 2009

PLEASE JOIN US FOR FUN, FOOD AND FELLOWSHIP AT THE ANNUAL LUNCHEON DURING ANNUAL CONFERENCE SESSION.

WE WILL BE ENTERTAINED BY THE JOYFUL NOISE JAZZ BAND, MEET OUR SCHOLARSHIP AWARDEES AND ELECT OUR NEW BOARD MEMBERS.

THIS IS THE TIME TO RENEW FRIENDSHIPS FROM YEARS PAST AND CATCH UP ON THE LIVES OF GOOD FRIENDS.

Registration Form

Name(s) _____ Phone _____

Address _____
Street Apt# City State Zip

Email Address _____

Lunch Choice: Chicken _____ Salmon _____ Vegetarian Pasta _____

Cost: Postmarked by June 1, 2009: \$22

Postmarked after June 1, 2009: \$27

Number of total lunches: _____ Total amount enclosed: \$ _____

Make Check Payable to: **RCA** Send to: **Dick Ernst** 7930 Crystal Springs Way, Loomis, CA 95650

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EXECUTIVE OFFICER

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Calendar

June 17-20, 2009
 Annual Conference Session

June 18, 2009
 Celebration of Ministry
*Retirement Celebration and
 Memorial Service*

June 19, 2009
 RCA Luncheon

September 15, 2009
 Days of Grace Deadline

January 15, 2010
 Days of Grace Deadline

Days of Grace
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