



The Chimes

January 2010

Bend, Oregon

Volume 2010 - Issue 13

THOM'S THOUGHTS

I have shared with you before that my favorite Christmas tradition by far is Christmas caroling. Every year, without exception, my heart is touched by something shared with the people for whom we sing. This year I was moved by the tears of a granddaughter as we sang for her grandmother. And I was uplifted by the joy and the appreciation of a couple whose laughter and encouragement challenged us to sing in parts and with embellishments and flourishes, something that our little group of five singers had been hesitant to try. And I was amazed by the determination of a woman to share her pride in her church and her joy in our coming with other residents in the retirement center where she lived. She insisted that we stop in the dining hall on our way out to sing for the people who were eating there. And she even got up from her couch, walked down to the dining room with us, and knocked on doors to be sure that everyone had the opportunity to share in her excitement.

The visits we make when caroling are always brief. There isn't enough time to delve deeply into the life situations that have resulted in the isolation that has kept most of the people away from church. I always leave each home wishing that I had more time to visit. And when our caroling is done for the evening, I always think of other people we could have sung for, other people who could have used a reminder that they are not forgotten and that our hopes and prayers for all the best life has to offer are always with them. But the love and the

caring and the connection that is felt in those few short minutes of singing always warms my heart and fills my Christmas celebration with meaning.

"Glory to God in the highest heaven, and on earth peace among those whom God favors!"

Christmas is our celebration of the gift of God's love that is fully present with us in the baby of Bethlehem, in a real, flesh and blood human being. Christmas is our awareness that nothing can ever separate us from God's love in Christ Jesus. God is always and forever with us. Christmas is our joy because God's love is for all the world and is given to us to share.

It's right that Christmas should be about giving. God's gift to us in Christ should call forth gifts of giving from us. But the gifts we give don't need to be extravagant, or fancy, or even monetarily expensive. I think that the best gifts we can give and receive are simple things like a word of encouragement, a hug of acceptance, a visit that assures us we are not forgotten, a reminder that we are part of God's family, a shoulder to cry on, or the sound of laughter added to our own joy and merriment.

I pray for all of you a very joyful Christmas! May your gifts be abundant and may your giving be simple and extravagant! And may the brilliance of Christ's light shine in you and on you in all that you do. And may the carol of the angels resound o'er the earth, "Glory to God in the highest heaven, and on earth peace among those whom God favors!"

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Dave Ramsey's Financial Peace University Coming January 10th

How will Financial Peace University benefit you?

Myth:

Debt consolidation saves interest, and you have one smaller payment.

Truth:

Debt consolidation is dangerous because you treat only the symptom.

The Real Way to Get Out of Debt

The answer is not the interest rate; **the answer is a Total Money Makeover.** The way you get out of debt is by changing your habits. You need to commit to getting on a written game plan and sticking to it. Get an extra job and start paying off the debt. Live on less than you make. It is not rocket science, but it is emotional, which is why most people need help getting through it from someone like Dave Ramsey. Don't try debt consolidation!

Debt Free!

You attack the smallest debt first, still maintaining minimum payments on everything else. Do what is necessary to **focus your attention.** Keep stepping up to the next larger bill. After the credit debt is taken care of, you are ready for the next baby step in your Total Money Makeover.

Do you want to learn more?

Plan to attend the next
Financial Peace University
coming in January

PREVIEW for this class:

December 27th

11:15am in the Fellowship Hall

January 3rd

9:45am in Room 102

12:15pm in Room 102

Facilitated by Jill Armstrong



COMPASSIONATE CARE FUND BY LISA RADFORD

We have not needed to open the Severe Winter Nights shelter because the Bethlehem Inn has had family unit openings every night. I have been assured that all the families identified in October by the school district as homeless have a roof over their heads at this point, which I'm grateful for. I guess I have been wondering is anyone staying at the Bethlehem Inn.

Today a 17 year old girl came in and the first thing I asked her was where she was living (I feared she was homeless) and she told me she was living at the Bethlehem Inn with her parents and her 15 year old brother. They had come from Idaho where it turns out agricultural work is easier to get than what Bend has to offer. She also said that they had always been poor but never homeless before. Living in a shelter was new to them.

I asked her what high school she attended and she told me that she got her GED at 16 and now she was going to go to COCC to get her CNA certification. Her brother however is still in high school and she is doing everything she can to keep him there. We talked quite a bit about education and how important it is; mind you I was not convincing her she already knew it. I am impressed with her. I didn't meet her parents, they were at COIC (WorkSource) looking for work but they have a very determined daughter and I believe she will make it and hopefully her brother also.

We are an amazing church; during one of the most difficult economic downturns in years we have managed to keep the Compassionate Care Fund alive which allows us to help a wide variety of people in need. Thank you.

DINNER GET TOGETHERS:



It is time to sign up once again for the — “Get Acquainted Dinner Get-Togethers.” We get together in groups of 6-10 and spend some time getting to know each other over dinner. We have a lot of fun! — Sign-up sheets are available in the Narthex or call Darcey at 382-9122.

Remember to let the office know when you have a change in your phone, email or home address. Thank you.

Fellowship Committee 2010

Would you like to help plan the church parties? Do you have some good ideas for activities in fellowship? Please join us on January 17th up-stairs in room #402 between the services.

We will be putting together the *Fellowship Committee* for 2010 and planning the Shrove Tuesday celebration. If you would like to participate on this fun committee but cannot attend the January 17th meeting please contact Judy Parsons at 815.8242.

SAVE THE DATE!!

February 16th is our wonderful Shrove Tuesday celebration. Put it on your calendar now and join us for pancake dinner and so much more.

Watch for details in the February Chimes.

www.bendumc.org

Check out our updated website for important information.



Men's Support Group

Meet with Pastor Thom
at the Church, Tuesday's at 5pm.

WEDNESDAY WORKERS

Meet at the Church, Wednesday's
at 9am for coffee and fellowship...then
do a little light work around the church.

Next PRIMETIMERS

Sunday, January 10th,

Join us right after the second service we will meet in the Fellowship Hall. Great fellowship and good food!!!!!! Get the date on your calendar you don't want to miss it!! Questions??: call Ron or Marcia Ross at 385-6743.



ALZHEIMERS TRAINING: WHAT TO LOOK FOR...

JANUARY 28 [12-2PM]

SPEAKER: Tim Malone

You are welcome to bring a bag lunch and attend this class on your lunch hour.

What to look for (symptoms);
What Caregivers can do;
Resources Available

Dear Friends

Thank you to all those "poinsettia angels" who took time out of your busy Christmas Eve to deliver a plant and greeting to our "special friends". Receiving a plant is always nice, but it is the gift of your time that brightened many hearts. Bless you for assisting with this special outreach ministry. I wish for each of you a Merry Christmas and health and happiness in the year ahead.

Love and blessings,

Lorraine

If you don't get your statement of giving by email and would like a printed copy please let the finance office know. Thanks, Diane Cole

HAVE YOU THOUGHT OF GOING ON A MISSION?



UMVIM Missions Team
Guatemala 2010

“The need is great” and all that is needed is “a heart willing to serve”. The next Missions Committee is tentatively set for **January 12th** at **6:00pm** in the **Fellowship Hall**. There is a place for everyone on Team Guatemala 2010. All who are interested please plan to attend!

Give the gift of yourself to others.

Needed:

The office is looking for two four-drawer File Cabinets. If anyone has one they would like to donate please call the church office; 382-1672 (*They need to be clean and in good condition*) Thank you.



FREE MONEY FOR YOUTH & CHILDREN!

Lesli Magee, Dir., Children & Family Ministries

Would you like to see more money come into the church? You have the power to make it happen! Many of you are familiar with the eScrip program that allows you to register your Safeway card and up to 8% of what you spend will go to programs that benefit youth and children. The church has set up an account and now you can designate Bend UMC as a recipient when you register your Safeway Card. If you register your debit/credit cards, a portion of what you spend at Barnes & Nobel, travelocity, Petsmart, Eddie Bauer, ToysRus, Amazon.com, Petco, Nordstrom and the list goes on and on. Check it out at www.escrip.com. It is easy to register online at www.escrip.com. Our group name is First United Methodist Church and our ID# is 500005806. Free money is always a good thing!

Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faithlife is forced into the open and shows its true colors. — James 1:2–3 MSG

One of my favorite books is the book of James. I’m aware that some people aren’t fond of James, because he talks a lot about works. But I love that the apostle James brings balance and accountability to the believer—and to me, because I need it! While I know God loves me no matter what I do, I also need to know that disobedience does interfere with my progress and growth. I’m certainly no theologian, but I know I’m often my biggest obstacle along the way.

So . . . come join me. Let’s crack open the book and see what James has to say about hardship. He begins by saying, “Consider it a sheer gift, friends.” Hardship is a gift? Well, I don’t want it under my Christmas tree! It’s just natural to bolt and run when life tightens up. I guess that’s why James had to tell us to sit tight and be thankful. Even though this is a tall order from James, it’s also full of hope. When I understand that pain, loss, and difficulty have a purpose, a work to do within me, I can learn to see meaning in my suffering. I’m grateful James reminds me of it. I don’t know how God does it; I’m just grateful he does.

January Birthdays:

AUTREY, McKlain	1/05
BALYEAT, Sam	1/14
BLANK, Jody	1/29
BROTHERS, Barbara	1/30
BROWN, Eric	1/08
CAMPBELL, Stephanie	1/17
CARSON, Cole	1/20
CHESLEY, George	1/21
CHURCHILL-DICKS, Trinity	1/06
CLEMO, Mark	1/30
DEAN, William	1/10
DEETZ, Thelma	1/15
EARLS, Jeni	1/14
FICHER, Cameron	1/22
FOELL, Karen	1/28
FORD, Sage	1/18
FREY, Chris	1/03
GRIEVE, Cleo	1/01
HALLIGAN, Chuck	1/12
HANNON, Pam	1/25
HORN, Glenda	1/26
KUNERTH, Loraine	1/10
LANTIS, Glenda	1/21
LEHMAN, KaRene	1/18
MCMAHON, Debbi	1/16
MCMAHON, Jay	1/20
MCMAHON, Patrick	1/22
MILLER, Charlotte	1/20
PARK, Evan	1/30
PEDERSON, Darcey	1/29
PHALEN, Michael	1/20
QUINN, Colleen	1/14
RICH, Laurie	1/10
RICHTER, Janie	1/24
ROGERS, Peaches	1/18
ROSS, Ron	1/14
SHIELER, Le	1/13
SMALLWOOD, Alleene	1/09
SMITH, Kellie	1/01
SMITH, Marjorie	1/22
STEIERT, Cristi	1/18
THOMAS, Karen	1/09
WILSON, Beth	1/23
WILSON, Diane	1/02
WISE, Shirley	1/12
ZERGER, Chris	1/22
ZUMWALT, Erma	1/13



Anniversaries:

CARSON, Ed	1/03
CARSON, Marilee	1/03
MOSLEY, Beverly	1/21
MOSLEY, Jerry	1/21
WHITE, Janet	1/28
WHITE, Phil	1/28

SUNDAY

MONDAY

TUESDAY



JUST A REMINDER!

ALWAYS CHECK WITH THE CHURCH OFFICE FOR UPCOMING EVENTS.

There are so many groups using the church at this time, events will not all be posted on this calendar. However all are posted on the web site calendar so everyone will know what is happening and where to come to events. [www.bendumc.org]

3	8:30 am Praise/Worship (S) 9:30 am SS Book Club (CR) 9:45 Financial Peace Preview 11:00am Traditional Worship (S) 12:15 Financial Peace Preview 3:30 Beth Tikvah 5:00 pm AA Study Group (CR) 6 pm HS YOUTH (103)	4	8:30am Jazzercise - MU/Gym 9:30am Staff Meeting - #102 11:00am Balance Class (MU) 12pm Family Resource Center (N) 12:15pm Jazzercise WT (MU) 5:00pm Men's Group (Rm 102) 5:30pm AA - (CR) 5:30pm Jazzercise - (MU) 7-8pm SA - (CR) 7-9pm GS Service Unit Mtg (FH)
10	PRIMETIMERS @ noon (FH) 8:30 am Praise/Worship (S) 9:30 am SS Book Club (CR) 11:00am Traditional Worship (S) 3:30 Beth Tikvah 5:00 pm AA Study Group (CR) 6 pm HS YOUTH Financial Peace University— at 12:30 in the Wesley Room	11	8:30-9:30am Jazzercise - (MU) 9:30-11am Staff Meeting (102) 11:00am Balance Class (MU) 12-4:30pm Family Resource (N) 12:15-1:15pm Jazzercise (MU) 12:30-2pm KOINONIA CIRCLE 1- 2pm ERBELE CIRCLE - Homes 5-6pm Men's Group (102) 5:30pm AA - (CR) / Jazzercise (MU) 5 pm GS 779 - (F/H) 7:00 pm MISSION COMMITTEE MTG (102)
17	8:30 am Praise/Worship (S) Blood Pressure Check (MU) 9:30 am SS Book Club (CR) 11:00am Traditional Worship (S) Blood Pressure Check (MU) 5:00 pm AA Study Group (CR) FELLOWSHIP COMMITTEE MTG in Room # 402	18	8:30 am Jazzercise (MU) 9:30 am Staff Meeting (FH) 11:00am Balance Class 12-4:30pm Family Resource (N) 12:15pm Jazzercise (MU) 5-6pm Men's Group (Rm 102) 5:30 pm AA (CR) 5:30 pm Jazzercise (MU) 7:00 pm SA (CR)
24	8:30 am Praise/Worship (S) 9:30 am SS Book Club (CR) 11:00am Traditional Worship (S) 3:30 Beth Tikvah 5:00 pm AA Study Group (CR)	25	8:30 am Jazzercise (MU) 9:30 am Staff Meeting (FH) 11:00am Balance Class 12-4:30pm Family Resource (N) 12:15pm Jazzercise (MU) 5-6pm Men's Group (Rm 102) 5:30 pm AA (CR) 5:30 pm Jazzercise (MU) 7:00 pm SA (CR)
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Healthier Eating Out in the New Year

Americans love eating out. On a typical day, more than 130 million will eat out, some more than once. Sales in 2009 of restaurant-prepared food are estimated to reach \$566 billion at 945,000 locations; that is an average of almost 19,000 restaurants per state.

While some home-cooked meals are better for your health and pocketbook, it is clear that many do not have or make that choice.

The following are some things you can do to eat healthier when eating out:

- ♦ **Know before you go.** Many restaurants have menu nutrition information on line.
- ♦ **Make requests.** For example, you can request baked fish, veggies and a baked potato without salt and with sauces on the side.
- ♦ **A large, low-fat salad and an appetizer are often a good choice.**
- ♦ **Going out hungry invites over-eating.** Eat a small, low-fat snack, e.g. a piece of fruit, before you go out. Consider sharing an order between two people.
- ♦ **An unlimited bread basket is a big source of calories, especially when you are hungry.** Bread runs about 77 calories *per ounce*, not counting butter. Skip the bread basket.
- ♦ **Foods that are fried or contain a lot of cheese contain about double the calories.** Two ounces of French fries are 174 calories; the same 2 ounces of plain baked potato is only 52 calories.
- ♦ **Large cuts of meat pack the calories.** 12-14 oz. Of beef in a steak house carry anywhere from 800-1400+ calories for the meat *alone*.
- ♦ **“Super-sizing” your order can super-size you!** A large burger with cheese & mayo, large fries and a large soda packs almost 1,700 calories! A better choice would be a regular size burger, a salad with dressing on the side and a diet soda. Calories? A much better 415.
- ♦ **Drinks can be surprisingly high in calories.** A large soda can run 330 calories; step it to the next size and add 100 more calories. Restaurant shakes typically run about 700-1000 calories. Creamy coffee drinks at your favorite coffee stand can run 250-500 calories if made with whole fat dairy products. Better choices are the small size soda, unsweetened tea or that good old standby—water! Most restaurants will put a slice of lemon in your water for you to give it some flavor.
- ♦ **Finally, those wonderful all-you-can-eat buffets are minefields of high fat and high calories.** Research has shown that the greater the variety of foods offered at a meal, the more calories are consumed. And most foods at all-you-can-eat buffets are high in sugar, fat and calories. Does that mean you should never eat there! No! Just save the dining there for an occasional eating-out treat.

Information from: Communicating Food for Health, a publication of Food and Health Communications, Weston, FL.



UNITED METHODIST WOMEN -

Happy New Year!

2010 UMW Yearbooks will be available by February 1st.

We re looking forward to seeing you all in the New Year!

Temple Beth Tikvah
cordially invites

[The First United Methodist Church](#)

to join us for

Shabbat services

Friday, January 22, 2010 at 7:30 p.m.

Conducted by Cantor

Ida Rae Cahana

Cantor Cahana made her critically praised London debut in 1996 at the Barbican Centre in a performance of *Vanished Voices*, a Holocaust commemorative oratorio devised and conducted by Neil Levin.

Her Lincoln Center debut came in 1997 as a soloist in *Soul of Ashkenaz* at Alice Tully Hall, the showcase concert of an international congress on the music of German Jewry, "Voice of Ashkenaz".

She has been a frequent guest artist at cantorial and other concerts throughout the United States and Canada. Her secular appearances have ranged from opera to oratorio, from lieder to Broadway musicals.

Please join us for this musical celebration of Shabbat.

(Shabbat mean Sabbath)



**MOVIE
NIGHT**



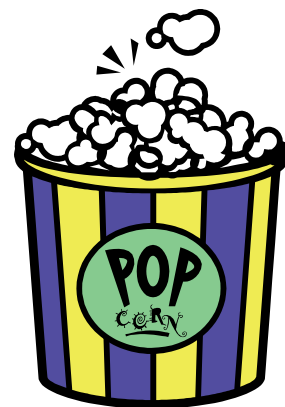
Join us in a fund raiser for the youth on January 30th at 6 p.m. for the showing of "Facing the Giants". A fantastic movie about a high school football coach's faith and how the Lord works in all our their lives.

Based on a true story.

We will also be showing a kid's movie for the wee-ones.

So... bring your most comfy lawn/ lounge chair, your favorite beverage, and some finger-food to share.

*We'll be serving
popcorn,
for sure!*



Finance Committee

Financial News - December 2009:

Thank you all for your Pledge responses and your continued support of our Church. We received 116 people's giving commitments, including 39 giving commitments to the Building Fund, to date! We encourage all of you who haven't yet turned in your giving cards to do so by mail or just drop off at the Church, as soon as you can. We use this information to establish our annual budget, which will be completed in the next couple of weeks. Thank you for your timely responses.

Again, as a reminder, the Church Council has elected to direct at least 50% of our Christmas Eve offering as a love gift to the Annual Conference. As for other 50%, you may designate your Christmas Eve offering for other purposes, such as the Church's general fund, the Compassionate Care Fund, Habitat for Humanity, or other ministries by writing the recipient of your gift on your check, or envelope.

Also, remember for those of you would like an automatic payment for 2010, we can set up an "auto-draft", on the 5th or 20th of each month. Please, call the Church office or myself, Bob Browne at (541) 548-6889 to arrange for this to be initiated.

Again, thank each of you for your continued support!

Sincerely,

Your Finance Committee

Below are the results for the eleven months of this year (ending 11/30/2009):

		Actual thru 11-09	Budget 11 mos.	Difference
Income				
	Pledged General Budget	244,984	288,226	(43,242)
	General Budget	46,231	60,362	(14,131)
	Loose Offering	5,660	6,417	(757)
	Subtotal	296,875	355,005	(58,130)
	Building Use*	22,073	23,100	(1,027)
	Other Income	1,848	1,558	290
Total Income		320,796	379,663	(58,867)
Expense				
	Music	23,453	23,037	416
	Staff Expense	171,293	179,901	(8,608)
	Office Expense	7,133	9,213	(2,080)
	Payroll Taxes	10,337	13,108	(2,771)
	Apportionments	56,435	67,399	(10,964)
	Church Programs	17,153	23,375	(6,222)
	Building Maintenance	41,712	46,658	(4,946)
	Building Fund Payment	-	27,445	(27,445)
Total Expense		327,516	390,136	(62,620)
Net Income		(6,720)	(10,473)	3,753

*Note: above "Building use" income includes approx. 5 mos. prepaid rent from Temple Beth Tikvah.



Hey Kids!

Counting our blessings!
Lesli Magee

We were so blessed this past Christmas season by the generosity of others. In a time of giving I felt we received so much. The children did a great job collecting food for the Advent Mission project that benefited hundreds of people. We were all given a first rate Christmas show by the youth that would not have happened without Lil Quinn, Luke MacSween and John Thompson. Temple Beth Tikvah, the Jewish community that shares our building, staffed our nursery on Christmas Eve so we were all free to worship with our families. We are blessed throughout the year with Sunday School teachers for both kids and adults and volunteers that keep us rolling along. I wish I could give so much more than a heartfelt thank you in return. THANK YOU!



Winter Camp is coming up,



Sat., Jan. 16, thru Mon., Jan. 18, 2010.

There will be no youth group on Sunday, January 17. The cost is **\$80**.

The weekend's program is designed to offer Christian fellowship and spiritual growth opportunities to youth 6th –12th grade. Registration for this event is by groups. A keynote speaker will provide the spiritual context for the overall program. Fun games, lively music, and delicious meals offer a setting to celebrate Christian fellowship with other youth groups. Individual church groups explore scriptures and the weekend's theme during small group time together, allowing you to build stronger relationships with others from your own church. Churches can choose to have Middle School and High School youth housed together or separately depending on how many youth and adult leaders come with the group.

Registration forms that were e-mailed to youth families must be submitted to Derek or Stephanie by Wednesday January 6th.

SHEBANG is also coming up, Friday, February 12, 2010 - Monday, February 15, 2010. The cost is \$40. Registration information will be available in January. We will be looking for church members to volunteer for this event, so please watch for upcoming information.

Please refer questions and comments to your youth leaders!

Stephanie (541) 390-3383

stephanie.mcdermott@ymail.com

Derek (541) 390-2012

dbeauvais@bgcco.org

The Chimes

First United Methodist Church
680 NW Bond Street
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CHECK OUT THE WEB:
www.bendumc.org

Happy New Year!

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KEEPING IN OUR PRAYERS

A central message of the Christian life is this: ask Jesus for a thimbleful of help and you get an oceanful in return.

—William Sloane Coffin

Dotty Hufnagel; Elsie Kern; Jo Lunsford; Betty Thompson;
Dora Litrell; Katharine Bennett; Jean Burleigh; Kayla
Roler; Estle Hummel's daughter, Pamela Ross;
Norma Schaper; Karen Foell; Darrel Wilson;
Virginia Yates; Barbara Lutz; Lily Ann Westfall;
Richard Overman; Judy Godard; Alma Weed

The Chimes is a monthly newsletter published for the members and friends of First United Methodist Church, Bend, Oregon.
Send correspondence and address changes to 680 NW Bond St., Bend, Oregon 97701; or email to firstchurch@bendumc.org (**Attention: Beth**)



CHURCH STAFF

Pastor: **Thom Larson**
Director of Children & Family Ministries: **Lesli Magee**
Youth Ministries: **Stephanie McDermott & Derek Beauvais**
Treasurer: **Jill Armstrong**
Contributions Clerk: **Diane Cole**
Office Administrator: **Beth Allen**

Parish Nurse: **Lorraine Zachary**
Early Service Music Coordinator: **Luke MacSween**
Chancel Choir Director: **Glenda Downs**
Organist: **Chris Mitchell**
Custodian: **Kevin Godard**
Bells of Praise Director: **Richard Frazier**

Central District Superintendent: **John Watts**
Bishop of the Oregon-Idaho Conference: **Robert Hoshibata**

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