



The Chimes

OCTOBER 2009

Bend, Oregon

Volume 2009 Issue 10

THOM'S THOUGHTS

At our last church council meeting, we continued to work together on developing a purpose statement for the ministry we share together as a congregation. We developed action words based on the models of a church constructed by different small groups at our planning retreat in August. These are four words that emerged in our conversation – believing, belonging, becoming, and bestowing. As a church we share a common belief in the love of God given to the world in Jesus Christ. As a church we are a community where everyone is welcome and everyone belongs. As a church we are becoming people who individually and as a community extend the love of Christ into our world. And as a church we bestow upon others the blessings of love, materially, spiritually, emotionally, and intellectually that God has bestowed upon us. At Bend United Methodist Church we are called together by the power of the Holy Spirit to provide a place where all people can believe, belong, become, and participate in bestowing God’s blessings.

The church council has not officially adopted a purpose statement for the church. But we are praying about it, and we are continuing to have conversations about it. And we would like to invite the congregation to pray about our purpose and ministry, too. I know that God speaks to all of us and that no single one of us has the final, authoritative word about what God is calling us to do and be. So please pray about our action words for the purpose of our church’s ministry. Are there words that are missing? Are there other things that you think God is calling us to do and be? Pray with us that we might discern what God’s will for our church in the months ahead might be. And when God speaks to you, please share those words with me, or with one of the staff members, or with one of the lay leaders of the church (Lisa Radford or Rob Byrd).

And then, if God gives you a specific idea about a way to accomplish the action, share that idea, too. Here are some of the new ideas that were suggested at the planning retreat:

- ◆ Change the name of the discretionary fund to something that is more descriptive of what the money given to the fund

is actually used for. As of our meeting in September, we now have a “Compassionate Care” fund rather than a discretionary fund!

- ◆ Sponsor a community event, off-site to draw children and their families and introduce them to the opportunities for spiritual growth at our church.
- ◆ Provide a parents-night-out for families with young children using the “grandparent” generation for child-care at the church.
- ◆ Sponsor an all-church retreat for all ages including lots of time for social interaction and relationship building.
- ◆ Order more T-shirts with the church name clearly visible that people can wear when doing volunteer activities in the community.
- ◆ Provide more opportunities for healing prayers at communion services and train health ministry volunteers to take communion to their assigned persons.
- ◆ Have at least one Sunday a year that is planned and led by the youth.

I have a hunch that there are many more good ideas that could be added to this list and the church council is eager to hear from you!

Of course to successfully bring our dreams to fulfillment and accomplish God’s will for us as a church, we will all have to be working together. The first thing we will need is lots of strong prayer, asking for God’s direction and God’s empowerment. The second thing we will need is many willing and working hands and feet. Almost everything we have envisioned will need volunteers to plan and carry out the new ministry opportunity. That means that the majority of the congregation can’t sit on the sidelines, watching a few people do the work, and complaining when the results aren’t what the bystanders think they should be. That also means that every one who makes our church their spiritual home must be asking themselves what service

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or ministry God is calling them to be involved in, and what they are doing to help create a community where people believe, belong, become, and bestow God's blessings.

I am very excited about the future our church is being led toward through our prayer and conversation. I hope you are, too. I know that through our prayers, our discernment, our shared dreams, and our commitment to action the blessings we have to share with each other and with the Bend community will continue to rain upon us in abundance!

Coffee & Conversation

This 4 week class begins Oct. 4th

and is taught by Mick Sears. We will look at the way food is incorporated into the Old and New Testaments. Part One is 2 sessions devoted to exploring how food, and food use, is used to develop some basic theological concepts. Part Two, also 2 sessions, will investigate the nature, production or harvesting, and use of various foods mentioned in the Bible. This coffee & conversation class



Protecting God's Green Earth

Here are a few more tips to help the planet that are fairly simple to get behind. We challenge every member of our church family to implement at least one of these green tips each month so that we may all become responsible stewards of God's creation.

- For awesome Halloween costumes, instead of buying pre-made brand new outfits, see what you can put together with wacky styles from local thrift stores. Get creative!
- Winter is just around the corner, good time to have your furnace tuned up and ducts cleaned out in order to increase efficiency, save money and waste less energy.
- Check out the do-it yourself workshops at local hardware stores to learn tips on winterizing your home and cutting your heating costs.
- Chemical de-icers can be hazardous to your pets, plants, and the environment. Consider using clean clay cat litter, sand, or fireplace/ stove ash on sidewalks and driveways to prevent hazardous waste from chemicals.
- If you have a wood burning fireplace, save your ashes in a tin instead of throwing them in the garbage. Cold wood ashes can be mixed in your compost heap to create a valuable soil amendment that provides nutrients to your garden.

If you are interested in helping us "Green Up" our church home, please call Melissa Monahan at 390-9689 or email saturngirl@bendbroadband.com and join us for our next **"Green Team" meeting on Thursday, Nov. 19th at 6pm.**

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

Family Kitchen

We are scheduled to help with Family Kitchen this month on **Thurs., Oct. 29.** We need 3 volunteers for the cooking shift from 2:30 - 4:30 and 10 volunteers for the serving & cleanup shift from 4:30 to 7pm. If you can help with Family Kitchen this month give me a call at 322-0100. Thank you to all that have helped in the past and to those of you who will be helping in the future. ***This is a very worthwhile local mission effort*** and if you haven't participated in the past... now is the time! *Lisa Radford*



*Out of the heart flow
rivers of living water.*

COMPASSIONATE CARE FUND

~ by Lisa Radford

On August 26th we had an all church planning retreat. During that meeting we broke off into small groups and in the group I was in the question arose, “why do we call the Discretionary Fund the Discretionary Fund?” Why indeed, I remember when I first moved here I had no idea what the fund was used for I just knew that on Communion Sunday we were asked to leave our Discretionary Fund offering on the chancel rail and so I did. At this planning retreat meeting we decided that we should change the name of the fund to better describe what we do with this fund. Thom and I got together and we did some brain-storming and decided to start calling it the

Compassionate Care Fund.

Although I’ve been writing this article since I started administrating this fund about two years ago, some of you may still not quite understand what this fund is really about. I am sure that by reading my articles you get the idea that we are helping people in need with both money and relationship. I’m wondering if you also know that the Compassionate Care Fund not only helps people who come into our church who are not members of our congregation and are mainly unchurched; we also help people who **are in** our congregation and find themselves in need.

I have also spent the last two years learning about the services that are available in the community so that I can help direct people where to get help if their need is greater than the fund can handle or if we are currently out of money. If you have questions about this fund or about your personal situation please give me a call anytime.

I would like to extend a special thank you to the UMW who are supporting the Compassionate Care Fund with the proceeds from the Cook Book sale. This very important ministry couldn’t happen if you all didn’t support it, so I thank you for your support.



FOOD, GLORIOUS FOOD

Debi Shimek (389-2579)

COOKBOOKS The cookbooks are here!! Close to 400 new meal ideas from your friends, the best cooks! You can also purchase them at the church office or at

Pam & Steve Smith’s shop, Takara Home & Garden (2754 NW Crossing Dr.)

\$10.00 a book is quite a bargain & they make great gifts!

Think about Christmas!!! All proceeds help support area missions!!!

www.bendumc.org
Check out our 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.

PRIMETIMERS

Starts again Sunday,

October 11th, 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.



TRUSTEES REPORT

by Ron Ross, Chairman

The parking lot has been "winterized". A sealer has been applied, new parking lines installed, the entrance and exit have been changed to increase safety, plus the middle parking lines have been angled to make it easier to park. The Fellowship Hall has some new tiles installed to eliminate bumps that had appeared under some of the old tiles.

Our committee is working on (3) major projects for the near future, new carpet, a new church sign, and some slight refurbishing on our beautiful stained glass windows.

Our fall clean-up is scheduled for **Sat., November 7th [9am-11am]**. We hope to see you there.



Recommended Grief Counseling:

Trinity Lutheran Church
63314 Chaparrel Dr.
Mary Kittleson / 541.382.1832
Wednesdays 12-1:45pm

Bend Church of the Nazarene
1270 NE 27th St.
Evelyn Kagey / 541.318.9093
Thursdays 5:30-7pm

" If you or someone you know has suffered a recent loss, or is still hurting from a past loss, I highly recommend one of these options."

HAVE YOU THOUGHT OF GOING ON MISSION?

by Susan Whitney Kurtz

Bend First United Methodist Church has had a long and wonderful relationship with Volunteers In Mission in Guatemala, the Methodist outreach to that country. From participation in rebuilding the Methodist church in Chontala, blown up by the death squads in the 1980's, putting a roof on the Sunday school rooms in 2007, from supporting the Ruth and Naomi Weaving Cooperative for widows, to teaching pastors how to give drug and alcohol counseling in 2008, Bend FUMC has had a sister church relationship with the church in Chontala. Many willing volunteers from Bend have felt their lives were greatly enriched by working alongside their Guatemalan brothers and sisters in Christ.

Last year's drug and alcohol counseling seminar was held at the Lemoa Retreat Center in Guatemala. The late Bob Beuscher from our church was one of the founders of that Center.

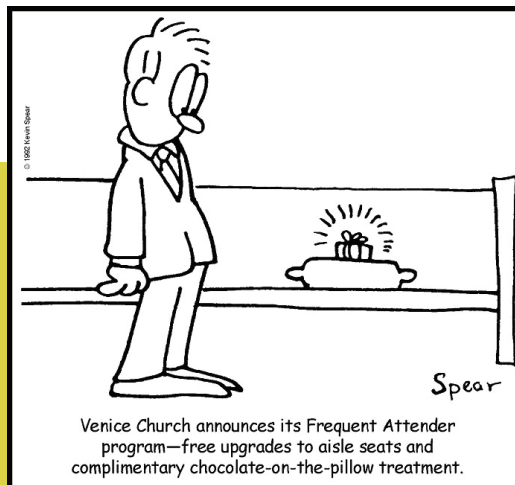
The Mission Committee of our church will be hosting an information session about sending a mission team to Guatemala in 2010. Whether you want to know more about our relationship to Guatemala, help with fund raising, or need to be a part of the volunteer mission team, we'd like you to come to the church on **Tuesday, October 13th (7pm)** Bring your questions, input and ideas. The only qualification for being a part of the team is a heart willing to serve. The need is great and a job will be found for you. Your participation will make a difference in many lives, beginning with your own.

LIVING WELL WITH CHRONIC CONDITIONS

October 7 through November 11, 2009

A 6-week course on Wednesdays,

[1:00-3:30 pm] This class meets in the Wesley Room and space is limited to 15 people.



For the weary one:

Dear Child, God does not say today, "BE STRONG".

He knows your strength is spent; He knows how long the road has been, how weary you have grown.

For He who walked the earthly roads alone, each bogging lowland, and each rugged hill, can understand, and so He says, "BE STILL, and know that I am God."

The hour is late, and you must rest awhile, and you must wait until life's empty reservoirs fill up. As slow rains fill an up-turned cup.

Hold up your cup, dear child, for God to fill, He only asks today that you BE STILL.

Grace Noll Cowell



Birthdays:

Clara Gardepy	10/02
M. L. Jennings	10/02
Tanna Reid	10/04
Natalie Ulum	10/04
Alex Skarbek	10/05
Anna Zerger	10/05
Linda Roberts	10/06
Paul Engstrom	10/07
Mark Reynolds	10/07
Larry Smith	10/07
McKenzie Talley	10/08
Alana Lukens	10/09
Steve McDermott	10/09
Christie Osburn	10/09
Scott Powell	10/10
Robert Quinn	10/10
Skye Harpster	10/11
Stephanie Jadzak	10/11
Adam Engstrom	10/13
Grace Bengtson	10/14
Kathleen Mason	10/14
Peg Wilson	10/15
Sadie Evans	10/16
Bob Browne	10/17
Tammy Feingold	10/17
Steve Henderson	10/17
Ella McMullin	10/18
Juanita Shapland	10/18
Robert Byrd	10/19
Pamela Smith	10/19
Milea Butler	10/20
Cliff Christensen	10/21
Tom Kealey	10/21
Scott Mason	10/21
John Thomas	10/21
Tanisha Reynolds	10/22
Tiffany Reynolds	10/22
Shirley Worthen	10/22
Eric Henderson	10/23
Jessica Steiert	10/24
John Earls	10/25
Anna Park	10/25
Gloria Coduti	10/26
Kevin Godard	10/26
Daria Pogue	10/26
Annis Henson	10/27
Zack Madison	10/27
Stacy Neil	10/27
Kate Vlessis	10/27
Becky Walton	10/27
Briana Witt	10/27
Charles Hemingway	10/28
Janet Whitney	10/28
Tammi Harpster	10/31
Milo Mahnke	10/31



Anniversaries:

Patricia Klingensmith	10/01
Earl Klingensmith	10/01
Wes Wilson	10/01
Diane Wilson	10/01
Jack Sikonia	10/05
Donna Sikonia	10/05
Allen Evans	10/07
Carol Evans	10/07
Jean Zehr	10/08
Doug Owen	10/13
Beverly Owen	10/13
Darrel Wilson	10/13
Beth Wilson	10/13
Barbara Brothers	10/17
Michael Magee	10/17
Lesli Magee	10/17
Cathy Renner	10/17
Elvira Hix	10/24
Robert Byrd	10/28
Penelope Byrd	10/28

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 for all events. [www.bendumc.org]

4	5	6
<p>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 (103)</p>	<p>9:30am-2pm Boutique Crafters (FH) 12:00-1:00 pm Jazzercise (MU) 12:00-1:00 pm OA (CR) 5:00-7:00 pm AA (CR) 5:30 pm Jazzercise (MU)</p> <p>ALL CHURCH CONFERENCE 6pm POTLUCK 7pm Meeting</p>	<p>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 pm MISSION COMMITTEE MTG (102) 7-9pm GS Service Unit Mtg (FH)</p>
11	12	13
<p>8:30 am Praise/Worship (S) 9:30 am SS Book Club (CR) 11:00am Traditional Worship (S) 12:00 PRIME TIMERS Lunch (FH) 3:30 Beth Tikvah 5:00 pm AA Study Group (CR) 6 pm HS YOUTH (103)</p>	<p>9:30am-2pm Boutique Crafters (FH) 12-1pm Jazzercise (MU) 12-1pm OA (CR) 5:00-7:00pm AA (CR) 5:30pm Jazzercise 6:00-8:30p BS (FH-102) 6:30pm GS (WR)</p>	<p>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 Koinonia Circle @ Pat Willford's 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 SA (CR)</p>
18	19	20
<p>8:30 am Praise Worship (S) 9:30 am SS Book Club (CR) Blood Pressure Check (MU) 11:00am Traditional Worship (S) 11-4 Beth Tikvah (CR) Blood Pressure Check (MU) 5:00 pm AA Study Group (CR) 6 pm HS YOUTH (103)</p>	<p>9:30am-2pm Boutique Crafters (FH) 12:00 pm Jazzercise (MU) 12:00 pm OA (CR) 1-2:00 pm Rice Circle (Homes) 5:00 pm AA (CR) 5:30 pm Jazzercise (MU) 6:00 pm BS 21 (FH/Rm 102) 6:30pm GS (WR)</p>	<p>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)</p>
25	26	27
<p>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 (103)</p>	<p>9:30am-2pm Boutique Crafters (FH) 12:00 pm Jazzercise (MU) 12:00 pm OA (CR) 5-7 pm AA (CR) 5:30 pm Jazzercise 6:00 pm BS 21 (FH/Rm 102) 6:30pm GS (WR)</p>	<p>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)</p>

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		<p>1</p> <p>8:30 am Jazzercise (MU) 9:00 am Prayer Group (W) 12-1 pm OA (CR) 4:45 pm Jazzercise 5-7 pm AA (CR) 5:30 pm Jazzercise 7:00 pm NA (CR)</p> <p>6:30-8pm MID HIGH (Rm 405)</p>	<p>2</p> <p>UMW BOUTIQUE</p> <p>12-1 pm Jazzercise 12-1 pm Anon (CR) 5-7 pm AA (CR) 7-7:30 pm SA (CR)</p>	<p>3</p> <p>UMW BOUTIQUE</p> <p>8:30 am Jazzercise 9:00 am OA</p>
<p>6</p>	<p>7</p> <p>8:30am Men's Breakfast (FH) 9:00am Wednesday Workers (ALL) 12 pm Al-Anon (CR) 12 pm Jazzercise (MU) 12:30 Women's Spiritual Support 5 pm Deschutes Family Recovery (Nursery & #405) 5:30 pm OA (CR) 5:30 pm Jazzercise (MU) 7:00 pm NA (CR)</p>	<p>8</p> <p>8:30 am Jazzercise (MU) 9:00 am Prayer Group (W) 9:30 am Prayers & Squares 12-1 pm OA (CR) 2-4pm PEO Tea (Mary Lou Wooley) 4:45 pm Jazzercise 5-7 pm AA (CR) 5:30 pm Jazzercise 6 pm TRUSTEES (WR) 6 pm FINANCE MTG (102) 6:30-8pm MID HIGH (Rm 405) 7:00 pm NA (CR)</p>	<p>10</p> <p>12-1 pm Jazzercise 12-1 pm Anon (CR) 5-7 pm AA (CR) 7-7:30 pm SA (CR)</p>	<p>BUILDING LOCATIONS: Level 1 (K) Kitchen; (FH) Fellowship Hall Level 2 Church Office (CR) Community Room; (N) Nursery Level 3 (MU) Multi Use (GYM) (S) Sanctuary; (NX) Narthex; (UP) Upper Parking Lot Level 4 (W) Wesley Room; (#'s) Classrooms</p> <p>8:30am Jazzercise (MU) 9-10am OA (CR) 9am-8pm Beth Tikvah (FH)</p>
<p>3</p>	<p>CHIMES DUE 14</p> <p>8:30 am Men's Breakfast - (FH) 9-10am Wednesday Workers - All 10:30-12pm Mom's Club (N/FH) 12-1pm Al-Anon - CR / Jazzercise - MU 12:30pm Women's Spiritual Support 1:00pm Living Well Class (WR) 5-8pm Deschutes Family Recovery - (N/405) 5:30pm Bells Rehearsal (S) 5:30pm Jazzercise - (MU) / OA - (CR) 7:00pm Hoodlums Heaven N/A (CR) 7:00pm Choir Rehearsal (S)</p>	<p>15</p> <p>8:30am Jazzercise - (MU) 9-11am Prayer Group - Wesley Room 9:30 am PRAYERS & SQUARES 10-12 pm Sisters Of Faith (Homes) 12-1pm OA - (CR) 4:45pm Jazzercise - (MU) 5pm - 7pm AA - (CR) 5:30pm Jazzercise - (MU) 6:00pm Circle of Friends Dinner (FH) 6:30-8pm MID HIGH (Rm 405) 7pm - 8pm NA - (CR)</p>	<p>16</p> <p>12:00 pm Al Anon (CR) 12:00 pm Jazzercise (MU) 5-7 pm AA (CR) 7:00pm SA (CR)</p>	<p>17</p> <p>8:30 Jazzercise (MU) 9:00 am OA (CR)</p>
<p>0</p>	<p>21</p> <p>8:30 am Men's Breakfast (FH) 9:00 am Wednesday Workers 10am-1pm Shalom Circle 12:00 pm Al-Anon (CR) 12:00 pm Jazzercise (MU) 12:30 pm Women's Support Grp -TBA 5-8pm Deschutes Family Recovery (N/405) 5:30 pm Jazzercise (MU) 7:00 pm N/A (CR)</p>	<p>22</p> <p>8:30am Jazzercise - (MU) 9-11am Prayer Group - Wesley Room 9:30 am PRAYERS & SQUARES 10-12 pm Sisters Of Faith (Homes) 12-1pm OA - (CR) 4:45pm Jazzercise - (MU) 5:00pm AA - (CR) 5:30pm Jazzercise - (MU) 6:30-8pm MID HIGH GROUP 7pm - 8pm NA - (CR)</p>	<p>23</p> <p>12:00 pm Al-Anon (CR) 12:00 pm Jazzercise (MU) 5-7 pm AA (CR) 6pm Beth Tikvah (FH) 7:00 pm SA (CR)</p>	<p>24</p> <p>8:30 am Jazzercise (MU) 9:00 am CHURCH CLEAN-UP 9:00 am OA (CR)</p>
<p>7</p>	<p>28</p> <p>8:30 am Men's Breakfast (FH) 9:00 am Wednesday Workers 12:00 pm Al-Anon (CR) 12:00 pm Jazzercise (MU) 12:30 pm Women's Support Grp -TBA 5-8pm Deschutes Family Recovery (N/405) 5:30 pm Jazzercise (MU) 7:00 pm Contemporary Rehearsal (S) 7:30 pm Hoodlums Heaven NA (CR)</p>	<p>29</p> <p>8:30am Jazzercise - (MU) 9-11am Prayer Group - Wesley Room 9:30 am PRAYERS & SQUARES 10-12 pm Sisters Of Faith (Homes) 12-1pm OA - (CR) 4:45pm Jazzercise - (MU) 5pm - 7pm AA - (CR) 5:30pm Jazzercise - (MU) 6:30-8pm MID HIGH GROUP 7pm - 8pm NA - (CR)</p>	<p>30</p> <p>12:00 pm Al-Anon (CR) 12:00 pm Jazzercise (MU) 5-7 pm AA (CR) 7:00 pm SA (CR)</p>	<p>31</p> <p>8:30 am Jazzercise (MU) 9:00 am OA (CR)</p>



Here comes the flu-----what do we do?

There are two influenza problems this year. One we'll call seasonal flu. It comes around every Fall. The other is the H1N1 virus often referred to as the "Swine Flu".

Seasonal Influenza

The seasonal flu has a vaccination available and it will be shipped in Oregon in September. The recommendation is to get the vaccination in October as the Flu season peaks in February in Oregon.

Each year, a new vaccine is released. The vaccine provides protection against 3 strains of influenza. The vaccine can be given as a injection in the arm or leg. It can also be given as a nasal spray but this is not recommended for older persons. The seasonal influenza vaccine combined with good hygiene can be very effective in preventing influenza disease

Influenza is a specific diagnosis based on certain disease characteristics. These include: sneezing, coughing, runny nose, congestion, fever over 101 degrees, muscle aches, and headache, which last up to 10 days. Persons can have all or any mixture of symptoms, or can sometimes have no idea they are infected. Stomach ailments and over night sicknesses are not typical of seasonal flu.

Prevention is what we should do. Here is a two pronged attack:

1. Reduce transmission of the virus by frequent hand washing with soap, cover coughs and sneezes, stay home when you're sick, clean work and household surfaces often, wear a mask if you are immune compromised, ask family and friends to get the vaccination. Get vaccinated yourself .
2. Reduce susceptibility to the virus by getting the vaccine, get plenty of sleep, exercise and eat well, manage any chronic conditions.

Persons of all ages should get the vaccination. Those folks with chronic conditions should be especially careful and vigilant during flu season.

H1N1 influenza

The Centers For Disease Control first detected this virus in the US in April 2009. The World Health Organization declared that an H1N1 pandemic is underway, which means this infectious disease is spreading throughout the world. This virus spreads the same way seasonal flu virus spreads, mainly person to person or touching contaminated surfaces. Prevention is the same as for seasonal flu, including getting the seasonal flu vaccination and getting the H1N1 vaccination when it becomes available. This may include a booster shot a month later. The H1N1 vaccination is supposed to be available in limited supply in October. Persons targeted for the first vaccinations are:

Children and young adults from 6 months to 24 years, pregnant women, health care workers and emergency medical responders, persons aged 24 to 64 with underlying medical conditions.


Signs and symptoms of the H1N1 virus are:

Fever cough, sore throat, body aches, runny or stuffy nose, headache, nausea, chills and fatigue. Some people have reported diarrhea and vomiting.

Persons infected with either the H1N1 or the seasonal flu virus may be able to infect others from one day before getting sick to 5-7 days after. If you get sick, remember to stay home-and keep sick children home- until free from fever for 24 hours.

If you become ill with influenza-type symptoms, you should stay home and avoid contact with other people. Staying home means you should not leave the building except to seek medical care. Avoid normal activities including work, travel, shopping and social and public gatherings. Stay home at least 24 hours after your fever subsides. While at home get plenty of rest, drink clear liquids, cover your coughs and sneezes, and watch for emergency warning signs that may indicate you need medical care.

If you have severe illness or you are at high risk for flu complications, call your health care provider, who will determine whether flu testing or treatment is needed.

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UNITED METHODIST WOMEN -
"COLD HANDS — WARM HEARTS"
HOLIDAY BOUTIQUE

OCTOBER 2nd, 2 PM - 5 PM,
 OCTOBER 3rd, 9 AM - 2 PM



All are invited to participate! There will be many craft items, including the new cookbook, and the **Trellis Yarn Necklaces** that have been so popular. Sit and visit for awhile in the **Tea Room**, and don't miss the **delicious lunch** prepared by Tom Kealey which will be served from



11 AM - 1:30 PM on Saturday.

Grandma's Attic will again be a popular place to visit.

Funds raised are used to support local and national missions.

Do plan to join the fun!



Meeting, Oct. 13th [12:30pm]
 at Pat Williford's home. If you would direction please call the church office.

Here comes the flu-----what do we do?

Continued from page 8—

Emergency warning signs that need urgent medical attention for adults include:

- * Difficulty breathing or shortness of breath
- * Pain or pressure in the chest or abdomen
- * Sudden dizziness
- * Confusion
- * Severe or persistent vomiting
- * Flu-like symptoms improve but then return with fever and cough.

Prevention is the key. For more information you can go to the CDC web site.

There is one other vaccine you should consider. Any person with a chronic illness or any person over 65 should check with your doctor about getting the pneumonia vaccine. These persons should get this vaccine every 5-10 years according to their doctor's advice.

Stay well! Stay happy! Have fun!



SUNDAY SCHOOL

Book Discussion Group - Sundays

The Sunday School Book Club: [When Faith Meets Reason: Religion Scholars Reflect on their Spiritual Journeys.](#)

Edited by Charles Hedrick. We meet in the **Community Room** during the Sunday school hour (9:45 – 10:45). We have lively discussion and welcome new people. You may contact Karen with any questions at 382-6651 or wykes@bendcable.com.

Coffee and Conversation- Sundays

This class will offer a changing variety of topics throughout the year. Most Sundays we will be learning about the History of Christian Theology. This is a video-based program offered by the Teaching Company with guest lecturer Phillip Cary, Dir. of the Philosophy Program of Eastern University of St. David, Pennsylvania. We will be conversing about Christian theology from the New Testament period through post-modernism. Intermixed with the history of theology we will have other offerings including:

Food in the Bible—Beginning Oct. 4 and running 4 weeks. This class will be led by Mick Sears. We will be meeting in the Fellowship Hall.

Healthy Food/Healthy Spirituality—returning In January. This class will be led by Jean Clinton and Pastor Thom.

There is also a possibility of Advent and Lent Studies. If you have ideas for a class topic—please contact Pastor Thom, Lesli Magee or a member of the Education Committee.

Disciple I - Weekday

Ellen Glenn is leading this class on Tuesday evenings in her home beginning with soup at 5:30 with the class following from 6:00 to 8:30. This first step in the Disciple series is an enlightening experience that leads you to a greater understanding of the word of God. Contact Ellen at 388-2628.

Disciple II- Weekday

Must have completed Disciple I.

Coming Soon:

Watch the bulletin and the Chimes for more information:

- Living Fully, Dying Well
- Dave Ramsey's Financial Peace University
- Bad Girls of the Bible with Lisa Radford (*in October*)
- Advent Study begins Nov 29th
- Parenting Classes



BIBLE LESSONS FOR YOUTH—

Focuses on how Scripture relates to teens lives and prints the Scripture reading for easy access to the Bible. All are welcome!

Mid-High meets in **rm 405** (upstairs) and

High School meets in **rm 103** (downstairs)

The BLAY is the curriculum that the Sr High is using and the Mid-high is using Wild Truth Bible Lessons – Dares from Jesus.

“All are welcome!”

“Bring a friend!”



K – fifth is using Rock Solid

K – 2nd Grade Room 401

3rd – 5th Grade Room 403

Bible stories, crafts, snack and so much more.

Join us every Sunday!

KEEPING IN OUR PRAYERS

(No one understands like Jesus)

Dotty Hufnagel; Elsie Kern; Betty

Thompson; Jo Lunsford;

Dora Litrell; Shirley Wise;

Katharine Bennett; Jean

Burleigh; Barbara Brown;

Kayla Roler; Estle Hummel's

daughter; Pamela Ross;

Mike Ford; Norma Schaper; Karen Foell;

Beth & Darrel Wilson; Virginia Yates;

Barbara Lutz



TAKARA HOME and GARDEN

Pamela and Steven Smith, along with their daughter Tina Ficher would like to invite you to the blessing of their store, Takara Home & Garden on Sunday, Oct. 4, at 3PM.

The store is located at: 2754 NW Crossing Dr. near Summit High School. Pastor Thom will be giving the blessing. Refreshments will be served. We hope you can attend.

DINNER GROUPS

Beginning in October...

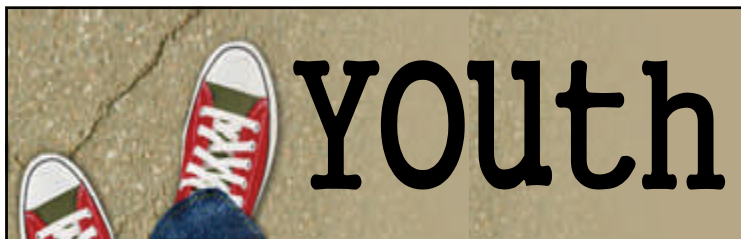
Sign up right away.

What a great way to fellowship together over a great meal and get to know each other better. Sign up in the Narthex or call Darcey Pederson 382-9122

PRIME TIMERS

LUNCHEON—All Prime timers are invited to join us after the 2nd service

Oct. 11th in the Fellowship Hall.



The school year is off to a good start and so is Youth Group! Middle School Youth Group meets every Thursday from 6:30 – 8:00 upstairs in room 405. High School Youth Group meets every Sunday from 6:00 – 8:00 downstairs in room 103.

There is a High School Planned Lock-In on Saturday, October 3. Youth should plan to arrive at the church at 1:00pm. The Lock-In will end after Sunday School on Sunday, October 4. Current members will receive an e-mail with further information. If you are new to Youth Group and are interested in coming to the Lock-In, please call or e-mail Stephanie or Derek.

The Youth have started fundraising early this year! We are selling Entertainment books. The Entertainment Book is filled with hundreds of 50% off and 2-for-1 discounts for your area on the things you do everyday like dining, groceries, shopping, services, and attractions. Plus great discounts on travel, home furnishings and much more! The books we have are for Oregon but books from other states can be ordered. Youth are selling books individually and after both 8:30 and 11:00 church services.



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

Bend, Oregon 97701

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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**

Church Secretary: **Beth Allen**

Central District Superintendent: **John Watts**

Bishop of the Oregon-Idaho Conference: **Robert Hoshibata**

Parish Nurse: **Lorraine Zachary**

Early Service Music Coordinator: **Luke MacSween**

Chancel Choir Director: **Glenda Downs**

Organist: **Julie Geveshausen**

Custodian: **Kevin Godard**

Bells of Praise Director: **Richard Frazier**



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