

**NUMC**  
**9650**  
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**NORTHRIDGE**  
**CALIFORNIA**  
**91324**

**BISHOP MARY ANN SWENSON**  
**DISTRICT SUPERINTENDENT CATHLEEN COOTS**  
**REV. DR. PAULA FERRIS**

# THE METHODIST

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[WWW.NORTHRIDGEUMC.ORG](http://WWW.NORTHRIDGEUMC.ORG)

WEEKDAY PRESCHOOL: (818) 886-4949

SUNDAY WORSHIP AT 9:00 & 11:00 AM

*Open Hearts, Open Minds, Open Doors*

Pastor Paula's Pen

## Functioning Positively in Any Organization



This will be my last column from our workshop on "Healthy Congregations." But, I hope to share more of these learnings with you in the future. It was a very fruitful time. In fact, if there is enough interest, I think the team members who attended the workshop would love to share it with you in a Saturday workshop of our own. Anybody?

In my first two columns I shared some descriptions of "the problem." I shared the top ten triggers of anxiety in a congregation and what some of the unhappy resulting behaviors can be. This time I'll share just a little of "the solution." Of course, the whole workshop was about the many approaches that can help us, as individuals and as a church family, cope with anxiety in positive ways.

Foremost among the suggestions was the idea that we must each take care of our own behavior. In fact, that's about all we can do is take care of our own behavior. It was pointed out that we don't have any control over the behavior of others, but that when we change our own behavior, lots of other things change, too.

Here are the hallmarks of a mature person who is functioning positively in a family or an organization.

1. Define yourself to others and stay in touch with them. Avoid caving in to pressure to think or feel what others are thinking or feeling and stay in relationship
2. Regulate your own anxiety. Spiritual disciplines are essential.
3. Make a clear distinction between fact and feeling. If you don't know the difference between facts and your feelings, you will constantly act out of anxiety.
4. Profess your own values and beliefs without attacking

or judging others.

5. Do not demand that others should think, feel, or act like you do.
6. Accept differences between others and yourself, knowing that differences alone will not cause differing.
7. Take responsibility for your own anger, frustration, or distress, not accusing others as the cause of your discomfort.
8. Live by your own goals rather than by others' expectations of you.
9. Refuse to coerce, will or threaten others into taking responsibility for you (or your pain.)
10. Refuse to be coerced, willed or threatened by others into taking responsibility for them (or their pain.)
11. Form open, one-to-one relationships with people, avoiding what is secretive or collusive.
12. Change thoughts of victimization to thoughts of what you can do.
13. Gain "space," or "time," or "another perspective" to get a clearer picture of things.
14. Contain your own reactivity to the reactivity of others.
15. Take a stand and maintain a non-anxious presence.
16. Do not confuse closeness with sameness, or differentiation with isolation.
17. Avoid thinking that sees others as either/or—either good or bad.
18. Look at how you may have contributed to the problem.
19. Accept anxiety, tension and pain as part of the human learning process.
20. Cultivate your own imagination rather than concentrating on the conditions you see.

See "Functioning" on page 2

## Open Hearts

### Memorial Garden Plans Begin

The committee working on the Memorial Garden design will soon have a recommendation for its appearance and an estimated cost. Interest in this project has already been demonstrated with current contributions of cash and memorial funds toward its construction totaling more than \$34,000.

The Garden is planned for the area south of the rose garden, along the wall which is the church property's southern boundary. It will contain a wall memorializing deceased loved ones as well as a small columbarium for placing ashes of deceased. Provisions will also be available for depositing ashes in the garden. The Garden will provide a valuable service and comfort to our congregation and help families memorialize their loved ones.

Memorial plaques and columbarium niches will be sold in order to sustain this garden in perpetuity, without cost to the church. We invite those of you who would like to support this project to make your contribution to NYMC, for the Memorial Garden Fund. Contact Bim or Norm Wendler, Nancy Easterly or Mike Shields for answers to any of your questions.

### Calling All Disciples of Christ

Would you like to have a deeper, richer spiritual life but don't know how to start? Covenant Discipleship groups are 8 to 10 people who gather for one hour each week (before or after worship is an ideal time). Each week a member of the group provides leadership and each shares about their spiritual growth that week.

A set of key questions is developed by the group. For example: Did God "prompt" you about something this week? Each member shares their experience. If you feel a "prompting" to grow in the Lord, make an appointment with Pastor Paula today to see if this might be the next step for you.

### Functioning... (Continued From Page 1)

21. Stay in there, persevere, be uncommonly motivated to see it through.
22. Be willing to learn, to be intrigued by life, to be challenged by puzzles.
23. Have a clear vision.
24. Use a wide repertoire of responses, be resilient.
25. Allow time for things to process, be patient.
26. Accept solitude and standing alone.

That's a lot! Did one or two of these jump out at you? I'd like to hear about it at [revpaf@NorthridgeUMC.org](mailto:revpaf@NorthridgeUMC.org) or just send me a note.  
Shalom, Pastor Paula

*In Our Thoughts  
& Prayers*



Our condolences to **Judy Robinson** and family on the death of her mother Hilda Lynch.

Prayers of healing for:

**Mike Castner** (Sylvia's son); **Joan Edwards** (broken arm); **Mike Gaba and family** (Sue Hollahan's son-in-law, cancer); **John Hergesheimer**; **Clary Kendall** (5-year-old great-granddaughter of Pat Kendall); **Tom Kirby** (Sue Hollahan's ex-son-in-law, cancer); **Becky Phillips**; **Nancy Rohlfs** (broken wrist); **Harry Rose**; **Mary Jane Rotella** (cards are welcome, no calls please); **Jim Sanchez**; **Bishop Mary Ann Swenson** (chemotherapy).

### In Gratitude

Dear NUMC Family;

Many thanks to all the United Methodist Women who baked and supported the Feb. 11th Bake Sale. We were able to donate \$500 to the Mississippi ReBuild team. Good Work Ladies!

In His Service,  
Margie Douglas

\* \* \*

Dear NUMC Family;

We feel so blessed to be part of this caring church family. Your phone calls, food, cards and prayers have meant so much to us. So often a call or a card came at just the time when we needed it most. Thank you for being there for us.

Fondly,  
Ruth & Bill Scheppers

### Young Adults Plan Mission Trip

The Young Adults will venture, for the second time, to serve those in need after the 2005 hurricanes in the Gulf Coast. The Mission will be in New Orleans from March 26 to April 1, 2007 and will cost \$200 plus airfare. The registration deadline is March 15. The cost includes meals, lodging and supplies.

To receive a registration form or to support this mission trip, please visit the Young Adults table in Fellowship Hall, following services on Sunday.

## Counting the Congregation Let Your Presence Be Noted

Our country has red state and blue state designations based on which party, Democrats or Republicans, possesses the predominant registration. Our church has red attendance books and blue attendance books. You will be pleased and relieved to know the colors of the attendance books have nothing to do with party affiliation, but did you know that the blue attendance books are located upstairs and the red ones are downstairs?

What you do need to know more to the point is those attendance books are very important in the life of the church. Each Sunday we are requested by the pastor to enter our name and then pass the book to the next person in the row. When the end of the row is reached, the book is sent back along the row so those who are interested can look in the book to learn who is seated nearby. Taking attendance in this manner seems a friendly thing to do, and a simple enough task.

Have you then wondered what happens to red and blue books after services? Now the real work begins. Each week, all the entries are taken from the books and separated into groups: members, non members, visitors, newcomers and the like.

This record keeping is done each and every week by Patricia Johannesen, Judy Atkins and Ruby Shapel. What needs to be done more than the recording is to utilize the information in communicating with the congregation. The first effort by the membership committee will be that of contacting members who, for whatever reason, have been absent on Sundays. We miss them and we want them to be present with us. You soon may be hearing from Bim Wendler, Gene Schmidt, Jean Paris and me (Charles Mortensen).

Our next communication will announce plans for a college student contact program being developed by Martin Early. Congregation building is suddenly becoming contagious. Share your thoughts on membership with us. At the very least, upstairs or downstairs, red attendance book or blue attendance book, let your presence be noted.

*Charles Mortensen,  
for the Membership Team*

### 2007 Offering Envelopes Are Here

Offering Envelopes for 2007 are available now. You can pick them up on Sunday, or in the church office. Get yours today!



## Blood Drive Scheduled In Fellowship Hall, March 12

NUMC and the Red Cross will have a Blood Drive from 2 to 8 PM on Monday, March 12, in Fellowship Hall.

Our Red Cross representative has assured us the computer glitches that hampered the Boy Scouts Blood Drive in December will not happen again. If the computer glitches made it impossible for you to give blood in December, here is another opportunity.

Please call Joann DeSantis to schedule your appointment to give blood on March 12. The need is great and what can make you feel better than to know you have saved up to three lives with one little pint of blood.

## MISSION Voices

### 3rd Annual Bike-A-Thon Stops at NUMC

On Saturday, March 24, friends of North Valley Caring Services (NVCS) will take to the streets on their bicycles. The 3rd Annual Bike-a-thon will take riders on a 26-mile course through the San Fernando Valley, utilizing local churches as rest stops. NUMC is one of those stops.

The Bike-a-thon will raise much needed funds to continue support for the important programs offered by NVCS. To sponsor a rider, look for the Bike-a-thon table in Fellowship Hall between church services.

### Mississippi Rebuild Project Needs Funds

You are invited to become a co-missionary when our district team and the Santa Ana District teams go to Waveland, Mississippi the week of April 7th to 14th to help rebuild a community.

The Mississippi Rebuild Project needs support. Can you help with money for supplies or to help a participant pay their way? Each participant will need to pay approximately \$700 to be a part of this exciting mission, and money is also needed for supplies. Our district goal is \$5000 or more...

This is a chance to make a difference in people's lives. Please send donations to: Santa Barbara District UMC— Mississippi Rebuild Project, 10824 Topanga Canyon Blvd., Chatsworth, CA 91311-1350.

### Kenya Project Plans Reunion

Over 200 people have participated in the Kenya Project since our district began sending work teams to the Maua-Meru area in 1986. A reunion of members from these teams is planned for March 25 at Glendale 1st UMC at 134 N. Kenwood St. All are welcome. Come to share stories and hear about the accomplishments of the Kenya Project as a whole. Bring your scrapbook, slides, or CDs to share. RSVP to Melissa Gantney at either 626-260-3401 or melgantney@msn.com. We are still looking for names and addresses of team members. One of them might be yours, please help.



### Apparel with NUMC Logo Supports Our Community

Are you looking for a cozy gift for your family and friends? Do you want to tell people about our great church community and raise money for our church at the same time?

Then check out our Apparel Booth in Fellowship Hall between services on Sunday morning. We have great sweatshirts, tee shirts, polo shirts, hoodies and fleece jackets with our church logo on them. Great for birthdays!

### Navigators Program

Northridge Hospital Medical Center is looking for people to act as advocates to cancer patients for four hours a week. The hospital also has a new educational program about self breast exams and will offer free mammograms to those who meet the requirements. For more information, call Chaplain Caryn Burns at 885-5351, extension 4590.

### Congregational Needs

**USED CHRISTMAS CARDS NEEDED:** Do you hate to throw out Christmas cards? Not to worry. There is a box in the church office for used cards which Delia Curiel will use for projects next year with her elementary students. The children love them!

\* \* \*

**MAGAZINES WANTED:** The Church and Society Team is looking for donations of current magazines. Others will enjoy reading what you have enjoyed. Please bring your donations to the magazine table on the patio on Sunday mornings. Thank You.

### Ralphs Grocery Stores Program Changes Mean Re-Registration

Ralphs grocery stores have an ongoing program providing an opportunity to contribute, at no cost to the participant, a percentage of your purchase to NUMC, using your Ralphs Card.

Ralphs has changed its program. If you were enrolled prior to the NEW PROGRAM, you must renew your commitment by enrolling online at: [www.ralphs.com](http://www.ralphs.com). The NEW NPO (Non-profit Organization Number) for NUMC is: **83370**.

To enroll in the program, visit [www.ralphs.com](http://www.ralphs.com) and click on Community Contribution, click on Participant Sign-Up, and enter 83370 in the NPO box. Please take time to read the Terms and Conditions for the term beginning 9/1/2006 and ending 8/31/2007. All questions and answers can be found on the Community Contribution page of the website.

### Fall Pilgrimage of the Spirit Planned

Join a pilgrimage this Fall of sites rich in the history of the Spirit in France and Italy. Highlights will be an opportunity to walk the labyrinth in Chartres, sing with the community of Taizé, enter the inspired world of art and architecture of Rome and walk the streets of St. Francis in Assisi.

Rev. Dr. Mark Ulrickson, Santa Ana District Superintendent, will be host and director of the pilgrimage arranged through Pax Travel. Email: [meupju@aol.com](mailto:meupju@aol.com) for brochures and itineraries. The website: [www.taize.fr/en](http://www.taize.fr/en) can also provide additional background on Taizé.

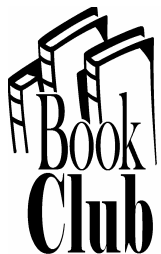


### Choir Needs Helping Hands

You can join the choir even if you don't sing. The choir needs many helping hands to complete its missions. For example:

- Judy Atkins needs help with the Music Library.
- The choir room needs more shelves to store music.
- A wardrobe overseer is needed to manage the robes.
- A crew is needed to help set up for concerts or other musical events.

Let us know what you like to do. We have tasks waiting to be identified. If you would like to volunteer in this ministry, leave a message in the church office or call Peggy Walters or Larry Jarvis.



### Feed Your Mind With Books

Join us on March 26th when we discuss "Three Cups of Tea" by Greg Mortenson. Vivienne Webber will host the meeting at 7 PM in her home. You may call her first if you would like to attend.

### Picture Yourself in the New All-Church Directory



We are happy to announce our church will soon create a new pictorial directory, the first in over three years. The directory will help us to connect names with faces, provide addresses and phone numbers, and will be an ideal outreach tool.

Please participate! All we ask is that you have your family or personal picture taken by a professional photographer and meet with a Portrait Consultant at the church, all in one visit. For the next several weeks, we will be making appointments during the coffee hours before and after services and at meetings. Please sign up as soon as possible to get the best appointment to fit your schedule.

- \* Come as a family group or as a single. Out-of-townners may submit a photo to be included in the directory.
- \* Every participating family/household that selects a pose for the directory will receive a free directory and a complimentary 8"x10" custom portrait.
- \* You will come to the church only once for both photography and portrait viewing, taking approximately one hour.
- \* This program is available at no cost to you or to the church. Directories will be produced and printed by Olan-Mills, a reputable and experienced professional company.
- \* You will have the opportunity to order additional portraits during your scheduled appointment time. If you choose to purchase additional pictures, they will be shipped to your home with a 100% satisfaction guarantee.
- \* Whatever you decide to wear, be it casual or formal, you will want to make the most of this opportunity.
- \* Our scheduled dates for photography and portrait viewing are in the afternoons and evenings of **April 6 and 7, and April 18, 19, 20 & 21.**

### Movie Night Feature Set

The Church and Society Movie Night this month is on Tuesday March 6th at 7 PM in the Kendall Building. The movie is "Why We Fight."

It is a documentary about the anatomy of the American war machine, combining personal stories with commentary by military and political insiders. The film purports that the primary business of America over the last half-century has been waging war. The film supports that point with nuance, research and a willingness to hear the other side of the argument.

### Taizé

(Service of Chant and Meditation)

**6:30 PM- Sanctuary**



Our Taizé Service for March is being held on the fourth Sunday, March 25, 2007. Please join us for a service of silence, candlelight and simple repeated melodies from the Taizé community in France.

Experience a time to detach from the confusion, noise and busy activities of your everyday world and reflect on the living presence of Christ in your life.

Child care is available.



### Lay Person of the Year Nominations Sought

Nomination forms for the CAL-PAC Annual Conference Lay Person of the year are available in the church office.

Nominees should be active members of the congregation submitting the application, exemplify strong leadership skills within the congregation in activities and in general, be an example of Christian stewardship and be active in service or evangelism beyond the local church.

Get your nomination form soon, as completed forms must be received in the Conference no later than April 15, 2007. Contact information is in on the form.

### *Sevant Positions Available at Our Church*

**Media Relations:** Develops publicity pieces and press releases for church activities and programs. Works closely with Pastors regarding Media calendars, appropriate media outlets within and outside the church and consistency of our message in all outlets. Time commitment: Varies. 1-5 hours/month after initial development. Most work can be done from home via email. Previous experience helpful, good writing ability and consistent follow-through a must.

## Open Doors

The New You

### Evening of Fellowship Offered

The next meeting of The New You will be held at 7:30 PM, Monday March 5th at the home of Vivienne Webber..

Women of the church are welcome to join us. Please call Barbara Hamilton or Joann DeSantis for further information.



**Dinner Bridge**  
**Sat., March 10th – 5:30 PM**  
**in Fellowship Hall**

For reservations, please call one of our co-hosts, Joanne and Ken Buttrey or Jean Thompson by Tuesday, March 6th.

### Methodist Men's Club Breakfast

**Sat, March 17**

**8:00 am**

In  
Fellowship  
Hall



### Best Breakfast in Town

Join us for breakfast and hear Dusty Stiles share with us about his trip to Africa and the making of a documentary.

As always, women are also welcome.



### Choir to Present L'Enfant Prodigue

"The Prodigal Son" will be the focus of a double-barrel, even triple-barrel, presentation during both worship services on Sunday, March 18, and at a 3 PM concert in the sanctuary. All three times offer an opportunity to experience Claude Debussy's dramatic cantata "L'Enfant Prodigue" as presented by our own Concert Choir.

The Rev. Dr. Paula Ferris plans to preach on the biblical prodigal son (Luke 15:11-32) at both services, 9 and 11 AM, and provide a brief commentary in the afternoon on the differences and similarities found in the Bible and in Debussy's work.

Featured performers include Jonathan Mack, tenor; Jack Nelson, baritone; Patricia McLaughlin, soprano; accompanist Elmer Heerema. The director is Larry Jarvis.

Jonathan Mack's career as a lyric tenor has taken him throughout the United States, Europe and Australia as a recital, concert and opera singer. During a four-year residency in Germany, he was the leading tenor for the opera houses of Kiel and Dortmund. He is now in his 17th season with the Los Angeles Opera.

There will be a free will offering taken during the concert intermission.

### After Breakfast... Spring Clean

After sharing a hearty breakfast with the Methodist Men's Club, join in with the community for an All Church Work Day until noon. Help with the Spring Cleaning to prepare for Easter.

Join in helping with the gardening, cleaning and some general sprucing up of our lovely church. Questions? Call Tandy Wilson.

### UMW Luncheon Set for June

Ladies mark your calendars! Save Saturday, June 30th for the United Methodist Women's Luncheon. We will have entertainment, door prizes, good food and a fun time. The ladies at the Methodist Women's Luncheon today expressed their desire to have all proceeds donated to the North Valley Caring Services Center. Thank you ladies.

The luncheon will be held from 11 AM to 2 PM. Tickets are \$15.

### Did You Know?

... NUMC signed its first articles of incorporation on January 31, 1927.

Happy 80th Birthday  
NUMC!!



### Primetimers Plan Theater Dinner Event

The Primetimers are planning to see "My Fair Lady" at the Glendale Theater on Saturday, April 7, 2007 at 3 PM. (Doors open at 2 PM.)

Those interested should obtain tickets from Joan Buttrey. The price is \$16.50 per person.

Also, sign up for dinner at Jax after the show.

# Open Doors

## March 2007

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### Schedule of Events

- 6 Voting Day: Cracker Barrel at 9 AM in Library  
Church & Society Movie Night at 7 PM in Kendall Building  
SPPR at 7:30 PM in Library
- 7 Soul Food at 6 PM in Fellowship Hall
- 10 Vision Team Meeting from 9 AM to 2 PM in Library  
Dinner Bridge at 5:30 PM in Fellowship Hall
- 12 Red Cross Blood Drive from noon to 8:00 PM in Fellowship Hall  
Missions Team Meeting at 7:30 PM in Kendall Building
- 13 Caring ministries at 4 PM in Library  
Leadership Development (Nominating) Meeting  
at 7:30 PM in Library
- 17 Men's Club Breakfast at 8 AM in Fellowship Hall  
ALL CHURCH WORK DAY from 9 AM to Noon
- 18 L'Enfant Prodigue (The Prodigal Son) Choir Concert  
at 3 PM in Sanctuary
- 19 Church & Society Team Meeting at 7 PM in Kendall Building
- 20 Trustees Meeting at 7 PM in Kendall Building  
Finance Meeting at 7:30 PM in Library
- 24 North Valley Caring Center Bike-a-thon Rest Stop at 11 AM
- 25 Church Council Meeting at 12:30 PM in Fellowship Hall  
Taizè, Service of Prayer, at 6:30 PM in Sanctuary
- 27 Caring Ministries at 4 PM in Library  
Team Leader Huddle at 7:30 PM in Kendall Building
- 31 Making of Palm Crosses at 8:30 AM in Fellowship Hall

### Regularly Scheduled Meetings

<b>Tuesdays:</b>		
Cracker Barrel	10:00 AM	Library
Sr. Exercise Class	11:30 AM	Fellowship Hall
<b>Wednesdays:</b>		
Maintenance Volunteers	8:30 AM	Church Office
WORMS	9:30 AM	Kendall Bldg.
<b>Thursday:</b>		
Youth Choir	5:00 PM	Fellowship Hall
Chancel Choir	7:30 PM	Sanctuary
<b>Fridays:</b>		
Cracker Barrel	10:00 AM	Library
<b>Sundays:</b>		
Adult Study	8:00 AM	Library
Sunday School & Nursery	9 & 11 AM	
Dr. Goss' Class	10:15 AM	Library
Grief Healing Support Group	11:00 AM	Library
Young Adults	7:00 PM	Room 4

### United Methodist Women

UMW  
Prayer Chain  
Hearts & Hands

Contact Person  
Pat Small  
Ruth Sanders  
Betty Kinzy

### MARCH 2007 ACTIVITIES

#### WEEKLY:

Mondays 9 AM Arts & Crafts in Kendall Bldg Phyllis Nelson  
Wednesdays 9 AM Bowling at Matador Bowl Joann DeSantis

#### MONTHLY:

5 Monday at 7:30 PM New You Barbara Hamilton  
6 Tuesday at 10 AM Magpies Bridge Jean Thompson  
12 Monday at 12 PM Ex. Board Meeting in Kendall Bldg.  
20 Tuesday at 11:30 AM Fellowship Luncheon in Kendall Bldg.  
(Speaker: Leonora Baron Re: NVCS Bike-A-Thon)  
23 Friday at 1:30 PM Friday Lunch Bunch Win Wheatley  
27 Tuesday at 10 AM Bluejays Bridge Pearl Adams

### On-Going Support Groups

**Sundays:** Narcotics Anonymous at 7 PM in Fireside Room  
**Mondays:** AA (Women) at 6 PM in Fireside Room  
Alanon at 8 PM in Room 5/6  
**Tuesdays:** Alanon at 10 AM in Fireside Room  
**Wednesdays:** TOPS at 6 PM in Fireside Room  
**Thursdays:** AA at 7 PM in Fireside Room  
**Fridays:** Alanon at 12:30 PM in Fireside Room  
**Boy Scouts** - Troop 911: Tuesdays 7 PM in Fellowship Hall  
Call John Orlick at 818-886-6229  
**Cub Scouts** - Call Scott Anthony at 818-268-4762  
**Girl Scouts** - Call Nancy Leverage at 818-368-4844