

THE LYNNWOOD LINES

THE MONTHLY NEWSLETTER FOR LYNNWOOD UNITED METHODIST CHURCH

Pastor's Letter

What a crazy time it has been! COVID-19 is something we have not experienced, and the world is no longer the same because of it. It has caused us to adopt new ways to do ministry at Lynnewood. Since the shelter-in-place mandate, we have offered worship services, Bible studies, and meetings in an online conference platform, Zoom. Although it is never the same as being in a room together and greeting each other with hugs and handshakes, we have developed effective ways to be a church in these extraordinary circumstances. I am grateful to know that no one in our church has been affected by the virus, but the devastation is too enormous throughout the nation and the world to be truly comforted.

Even in the time of isolation and social distancing, many essential people have worked continuously at all levels. Church is not an exception. Starting in February, each annual conference of The United Methodist Church normally enters an important time: the season of new appointments. This time each year, Bishop and the Cabinet make important appointment decisions to fulfill the needs and missions of the local churches and also pastors and their families, and their work often goes all the way to the time of the annual conference session in June. COVID-19 has made a huge effect in the life of the annual conference. This year's annual conference session has been postponed to September, and all physical gatherings have been suspended. However, their important work of appointment-making has not stopped. Most of you have heard that I will be leaving Lynnewood and will be appointed to First UMC in San Leandro effective July 1. You also know that Rev. Jennifer Murdock from Los Gatos UMC is going to be appointed here. I want to thank all members of SPRC who have worked so closely and diligently with our District Superintendent (D.S.) to communicate the congregation needs of the pastoral leadership and also to provide all necessary support for Jennifer's transition. Due to the COVID-19 pandemic, the pastoral transition will be exceptionally difficult, but it is nevertheless a time of excitement and gratitude.

My wife Esther and I are forever grateful to all members of Lynnewood for your love and support for us. We will miss you all and continue to pray for you. If you have any questions or thoughts about the transition, please feel free to reach out to me. I will continue to serve you as your pastor until my last Sunday on June 14th. In July, you will have your new pastor, and I cannot take any pastoral duties for you unless I am asked by your new pastor. It is a lonely journey to be a pastor leaving wonderful people behind, but is something I deeply honor and respect so that the new pastor will not be interfered with by their predecessor. I will always hold you all in my prayers. May God continue to bless and keep you so that you will be blessings to each other and those you serve in God's name.

Blessings,
Pastor Henry

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As a reconciling congregation that **dares to question, love, and serve**, we offer wide welcome to all people regardless of age, sex, racial or ethnic background, sexual orientation, gender identity, family status, physical or mental ability, or economic or immigration status.

Community, Prayers, and Stephen Ministry

LYNNEWOOD FAREWELL PARTIES

Many have suggested that the sheltering in place has become boring and lacking in ideas for what to do with this newfound luxury of time. Others have become quite creative with making masks, sewing, painting, reading, writing journals, calling and caring for others.

While your creative juices are flowing, Staff Parish Relations Committee (SPRC) are seeking folks to assist with the parties to recognize Pastor Henry, Diana, and Donna as they prepare to move or retire. Photos, notes, cards, and volunteers to assist with the event are appreciated.

We will host parties to recognize the talents and service these three fine individuals have shared with the Lynnewood church family. The dates will be announced as the reopening of our lives beyond the home are actualized.

Please contact the church office by email at office@lynnewood.org or by phone at (925) 846-0221.

STEPHEN MINISTRY



Encourage One Another

In 1 Thessalonians 5, Paul writes, "Therefore encourage one another and build each other up...Encourage the timid, help the weak, be patient with everyone." God has called us all to build up and encourage one another. For those who are experiencing a really difficult time, our Stephen Ministers can provide the special encouragement, care and support they need until they are past the crisis. If you would like more information on our Stephen Ministry, please call the church office.

In Need of Prayer

Lynnewood Family

- For the family of Jim K. after his passing
- For Raelene S. during the uncertainty of postponed medical tests
- For the people of Michigan experiencing a flood during pandemic
- For the people of India and Bangladesh in the wake of Cyclone Amphon

National and World Needs

- The healthcare workers dealing with COVID-19 directly.
- Those considered high-risk for COVID-19 infection.
- The nation and world as we struggle with sheltering in place.

Prayer Ministry:

Please email your prayer requests to the church office

Stephen Minister:

If you or a friend would like to meet with a Stephen Minister, call the church office.

Bible Study

MONDAY NIGHT BIBLE STUDY

If you have always wanted to join a Bible Study but could not get out at night, could not get a sitter, or were stuck at work after hours? Consider joining Monday Night Adult Bible Study at 7pm Thru Zoom.

We will start June 1 with our new book: Fearless: Imagine Your Life Without Fear by Max Lucado. Since we are all Sheltering in Place, we are each ordering our own book (or Kindle edition). Fearless can be ordered through online sites like Amazon or at an independent bookstore, such as Towne Center Books in Pleasanton

Our first Bible Study Meeting for Fearless will be at 7:00 pm on Monday, June 1 through Zoom, but new members can join anytime. We will meet in the Choir Room at the church once we are able to be back in the building. To help everyone join the group, we will also continue to use Zoom.

Please call or email with questions to the church office.

WEDNESDAY MORNING BIBLE STUDY

10:00 a.m. Online using Zoom

During this time of "shelter in place," I would like to offer a chance to study scripture via Zoom. Please Zoom with devices that have speakers, microphones and cameras will allow us to see, speak and hear each other. Please join me on Wednesdays at 10 am to study together. Details about how to use Zoom can be found in the weekly emails. If you have any questions, please email me (henry@lynnewood.org) and I will be happy to answer your questions.

-Pastor Henry

Music Notes



The time has come to write my last formal "music notes" as your director of music. So many memories, so many anthems, so many people who have come and gone from the choir. Each has left an imprint on my heart. I am grateful to my predecessor, Rev. Patrick Davis, for demonstrating how a choir could focus on music ministry and not just performance. He started the sharing of joys and concerns at the end of rehearsal, a tradition I have kept and that was enhanced years ago by adding the singing of "Go Now in Peace" at the end of the prayer... a tradition we continue on our zoom meetings.

I'm at a loss as to what exactly to write. Here are words and phrases that come to mind:

- "Make a joyful noise to the Lord, all the lands! Serve the Lord with gladness! Come into God's presence with singing!" Psalm 100:1-2 (RSV)
- Chancel Choir – a supportive small group that sings!
- Choir Sundays – so much fun to get to sing our favorites from each year.
- The Chancel Choir is growing in size... eventually outgrowing the choir room rehearsal space.
- Sing from the heart. And somehow keep the brain engaged while you do it.
- Carnegie Hall – the surprise of being invited. The hard work of preparing the music. The support of the congregation. The joy of our trip to New York and singing in Carnegie Hall. A once in a lifetime opportunity that I never dreamed we would have.
- Chimes Choir growing beyond the capabilities of the chimes. The unbelievable support of the congregation raising funds to purchase handbells.
- The joy of the first day we rang handbells in worship.
- Laughter in handbell rehearsals even as we worked hard to learn the music
- Asking God to sing/ring through us as we lead the congregation in worship
- The satisfaction of building worship services like the Silent Night themed Christmas Eve service
- Caroling to shut-ins and how touchingly meaningful that time is.
- Years and years of Church Council meetings... ok, I won't really miss those.
- Learning to trust God to provide inspiration as needed, singers/ringers as needed.
- The Holy Spirit coordinating music and themes in ways that we didn't realize until Sunday rolled around.
- Sonshine Choir – energetic, bright young singers. Working hard to stay one step ahead of them. They learn music and lyrics so quickly. Thankful for the help I've had over the years.
- Joyful Noise Choir – aptly named. Always a joy when they sing in worship.
- Christmases with my entire family in the choir.
- Christmas Ensembles – different each year. But so much fun. The first one had 3 tenor saxes out of about 12 -14 players. What does one do with THREE tenor saxes?!
- Easter Brass recruited from the high schools. The challenge and joy of working with young musicians. The incredible talent of high school musicians in Pleasanton.
- Learning, learning, learning ... always new challenges, new opportunities for growth.
- Joy of discovery – how the music illuminates the lyrics, inspirational thoughts and explanations occurring mid-rehearsal, finding new music, how fulfilling rehearsals are...

I could go on and on...

These last months have not been what I anticipated, what anyone anticipated. They have brought a unique set of challenges, especially figuring out how to serve in a time of physical distancing. I'm sure there will be a time for grieving. But this is a time of celebration and of gratitude. Gratitude for all those who have chosen to participate in choirs and ensembles, to share their passion for music with the congregation and with me. Gratitude for the constant support of a congregation that truly listens with "ears of love." Gratitude for the support of the pastors and fellow music and office staff. Without their support, my job would have been well nigh impossible.

Continued on page 5

Music Notes



Rest assured that I am not going anywhere. Steve and I plan to continue as members at Lynnewood, worshiping and serving with you. We just plan to travel more often once things open back up.

Finally, I leave you with one of my favorite passages, Philippians 4:4,6-7 (RSV):

"Rejoice in the Lord always; again I will say, Rejoice. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus."

Love, in Christ,

Donna

General Announcements and Small Group Ministries

Nourish at Noon

Join Diana at noon on **Monday, June 1st**, for a time of sharing and prayer. Come and nourish at noon through Zoom.

Meeting ID: 878 9419 5191 #

Participant ID: Just press #

Password: 983978 #

Mobile: Call (669) 900-6833. Enter the meeting ID and then the password when prompted.

To MUTE or UNMUTE, please press *6

We will meet again on June 15th, and 29th. Details are forthcoming, so please keep an eye on the weekly email!

KNITTING GROUP

The knitting group is on hiatus at the moment as they await more volunteers. If you know how to knit and would like to join this group, please contact the church office.

MEN'S MEET-UP

SECOND SATURDAY of the month - 8 a.m. via Zoom

We may not get to meet for breakfast due to the shelter-in-place order, but we can still meet up! All men are invited to meet at 8:00 a.m. online through Zoom (details forthcoming; check the weekly email). Come and join in for a time of fellowship!

We will meet again **Saturday, June 13** through Zoom. Start the day off right with good fellowship!

Please call the church office with any questions.



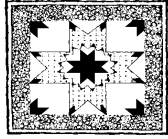
A quick reminder... If you have not yet reviewed your contact information and photo, please remember the deadline for changes is Friday, June 5th. Call the office for more information if needed or simply send your updates to lumc-directory@lynnewood.org

Seasoned Citizens

We will not be scheduling future Seasoned Citizens luncheons until our "Shelter in Place" order has been lifted. As we face this new way of living due to COVID-19, please stay connected to your friends and family by telephone, email or video. It is important to maintain our mental and emotional health until we meet again. Please stay safe and healthy.

Lucy and Carol

General Announcements and Small Group (cont)



PRAYERS & SQUARES

Face Coverings/Masks for church - sewers needed!

The prayers and squares group needs the help of all sewers! We have been asked to sew masks for the day that we can all be together in worship again. While this might be some time away, the church would like to be able to provide masks for those coming to worship or gatherings who do not already have one.

If you sew, we would love if you join us in this effort! There are a large variety of mask patterns available online. Below are just a few links of places you can find instructions and tutorials. If you do not have access to a computer, please contact Michele and she can get a pattern.

- Tutorials from Missouri Star Quilt Company <https://www.missouriquiltco.com/msqc/tutorial/DIY-face-mask>
- Joann.com has several different tutorials on masks : <https://www.joann.com>
- You tube has lots of tutorials, just search for masks <https://www.youtube.com>
- CDC has information on some simple face coverings including instructions for sew and no sew types <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Please contact Michele if you need fabric. It is recommended that the fabric is pre-washed. Supplies of elastic and interfacing are challenging to find at this time, so if you need these items, you can substitute an additional layer of fabric for interfacing and use bias tape or fabric tie versions instead of elastic.

To be sure the masks are ready to wear, please wash them after construction, and place each mask in a baggie with gloves on or freshly washed hands. Baggies can be marked with any special notes (ie: small Adult size, child size). Masks can be dropped off at Michele's or at the church office. Please let Michele know how many masks you have been able to make so she can track our goal of 100 adult masks!

If you have any questions, please contact Michele or the church office.

Thank you for your help. Praying for you and your family to stay healthy and safe.

Michele
Prayers and Squares

General Announcements and Small Groups (cont)

DREAM GROUP

Dreaming During COVID19

If you are experiencing weird dreams or nightmares these days, you are not alone. Some of you may have watched the PBS News Hour Weekend interview in early May with Deirdre Barrett, a renowned dream worker and author (one of my favorite books is one she wrote titled "The Committee of Sleep"). It is well established in the dream

community that our dreaming life has been affected by this virus, and the fact that it is doing so has made it into the public domain. This has made a lot of dream workers and dream researchers appreciate the fact that dreaming is now more visible to people, and perhaps more people will be able to share and learn and heal from their dreams. For

working with dreams is one way in which we can learn to address our fears and anxiety.

I wanted to take this opportunity to offer you some solace (if needed) as I've worked a number of COVID-19 dreams in my dream groups as well as having had them myself. Examples of these dreams are: being worried you or others aren't wearing masks or keeping enough social distance with each other; dreams with bugs; dreams of being in train stations or airports and not knowing which direction to take; standing on rickety stairs and seeing chaos all around you. All of these are anxiety dreams, and are amplified in times of crises. Dream researchers are actually collecting these dreams!

Some people are dreaming more because they aren't rushing out of bed to commute to work or school. Thus, that stage of sleep in which our most bizarre dreaming takes place, REM sleep, actually increases as the night progresses. By morning, our last REM cycle can last up to 45 minutes, whereas the first REM cycle of the night lasts for just a few minutes. Thus, we sleep longer and we dream more and chances are we'll remember these longer dreams more often.

I want to reiterate that if you are experiencing weird dreams or nightmares (ultimately, nightmares are "unfinished" dreams, but that doesn't mean we don't wake up from them terrified), what you are experiencing is very common. However, some of us are able to let these and other dreams go, others of us can carry them with us for days, years, or a lifetime.

So, I want to invite you to call or email me or Diana if you would like someone to talk to about your dream, or just to have someone safe to tell your dream to. Our Stephen Ministers are there to listen to you as well, and several have attended a workshop I gave on the topic of dreaming. You can contact Linda VanPelt for a referral to a Stephen Minister.

Meanwhile, according to Barrett, something that may work for you to reduce these anxiety dreams is to visualize your favorite place or person as you drop off to sleep. Your dreaming mind usually picks up on this "incubation" and incorporates it into your dream.

Going forward, I am hoping that our small dream group at LUMC which has been meeting for years will expand once we get back to our new normal. This can take many forms which will be exciting to explore: Will we expand our group? Will we create a second group? Will men want to join? Would LUMC members like to take a class from me on dreaming (I hold a Dream Leadership Certificate from the Haden Institute in NC along with a CA Adult Ed Credential). Finally, are you curious about dreams and would just like to learn more? Call or email me anytime!

Lisa R.

Lynnewood Outreach

A BIG "THANK YOU" FROM YOUR OUTREACH COMMITTEE

We know Lynnewood is a generous church, so no one should be surprised by the outpouring of donations from our Lynnewood family in these last couple of months of the "Shelter In Place" protocol. We asked you to help if you could. And you certainly did! During April we distributed \$5000 to four different organizations in the Tri-Valley area as well as eleven bags of groceries and five bags of toiletries to the Kidango low income childcare organization. In May we distributed \$6950 to eight organizations in the Tri-Valley area. We have also delivered \$1,950 of Safeway gift cards to three different organizations. These figures represent YOUR donations, not monies from the Outreach General Budget. All of these recipients are on the front lines feeding and caring for families who have little or no means of providing food for their families. Some are providing mental and emotional care during such difficult time. The needs are growing and we know Lynnewood will continue to be there helping those on the front lines. If you would like more information on how to donate or the organizations involved, please feel free to email or call the church office. We are fulfilling the "Dare to Love and Serve" portion of our mission statement.

In gratitude,
Your Outreach Committee

Bundles of Joy

Bundles of Joy is an on-going joint project with Axis Community Health and several other churches in the Tri-Valley. It is only made possible by the donations we receive each month. We provide 14 bags per month to Axis to be given out to low-income pregnant women. Please help us to continue to reach out to families in need and show them what a caring community we are. Donations from the list below can be given to Kristin. Contact Kristin or the church office with any questions.

Items Needed for the Bundles of Joy Project:

- Diapers (Newborn – Size 1)
- Pacifiers
- Cloth Toys or Stuffed Animals
- Bibs (We usually include 2.)
- Wipes
- Blankets
- Rattles
- Hats (We usually include 2.)
- Baby Wash, Lotion, Powder or Ointment (We include 1 item per bag.)
- Newborn Outfits – Size 0-6 months (We usually include 1 per bag.)
- Pajamas, Size 0-6 months (We usually include 1 per bag.)
- Onesies, Size 0-6 months (We usually include 1-2 per bag.)
- Baby Booties or Socks (We usually include 2-3 pairs.)
- Cash or Gift Cards (Target, etc.)

How Can We Help Open Heart Kitchen?

Due to the shelter-in-place mandate, Open Heart Kitchen is not operating out of Lynnewood on Sundays. We can still help them though as they work to make sure people are fed despite the current pandemic. If you would like to help, Please send in a donation check to Lynnewood and note "Open Heart Kitchen" in the memo line. Thank you.

EGG CARTONS—Ongoing Project

Many people see egg cartons in the narthex and wonder why empty egg cartons are brought to church. The Tri-Valley Haven Food Bank receives eggs from local grocery stores with good eggs and some broken and mushy eggs. Before Tri-Valley staff distributes the good eggs to their clients, they seek cleaner egg cartons. Over the years the Lynnewood church family has been the source for the egg cartons. Thank you for your continued support of this outreach opportunity. **NOTE: Linda is taking the egg cartons during the shelter-in-place mandate, so please contact her if you would like to contribute!**

Youth News, Children, and Sunday School

Congratulations to Lynnewood's Graduates!

Congratulations to high school graduates: Tazzy D., Matthew E., Sheily L., and Matthew S.! What a feat! You have accomplished something truly remarkable in these strange and difficult times. May God bless your way forward. During the month of May a different high school graduate was recognized in our worship service through a video they prepared.

Congratulations also to our Lynnewood college graduates: Coco B., Arielle B., Ben F., and Aaron W.!

<p>No Room? Let's ZOOM!</p> <p>Join us at 4:00 p.m. on Sunday afternoons for youth "No Room? Let's Zoom!" led by Pastor Diana. Please send Diana your email address and cell number. CLICK HERE to join Diana. Password: 773788 If you choose to dial in, the meeting ID is 833 265 636.</p>	<p>LWood College Crew</p> <p>LWood College Crew zoom— Join us at 7:00 p.m. on Sundays for a college student hangout through Zoom! CLICK HERE to join! Password: 483900 If you choose to dial in, the meeting ID is 956 2559 7865</p>
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Finance Update

APRIL FINANCE UPDATE									
	Amount	% difference from budget							
Operating Budget									
Donations (Year To Date)	\$135,020	-24.2%							
Expenses (Year To date)	\$241,770	-9.4%							

Donations do not include rent income from Quarry Lane

We collected \$700 for One Great Hour of Sharing,

If you would like to better understand where our church stands financially or the financial goals of our church, please see any member of the finance committee. We would be happy to discuss our finances with you!