



FIRST

VISIONS

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Different Frequencies

In Different Frequencies: RAS (reticular articulation syndrome) is the ability to focus one's mind on areas of interest to the extent that all other distractions are virtually eliminated from consciousness. For instance, RAS is the reason a mother can hear her child crying in a room of 20 screaming children. She has assimilated her child's voice into a retention pattern; she has programmed her mind to distinguish her child's voice from among many others. We all do this one way or another on a daily basis.

Larry Burkett, in his book *Why retire?*, tells of his love for old cars. One of his favorite hobbies, he explains is restoring relics that otherwise would go to the junk heap. His wife Judy, on the other hand, does not share Larry's passion. She is more into antiques.

One summer when they were traveling to North Carolina, Larry spotted several old cars well off the road. Knowing that he'd been less than patient some miles back when Judy had wanted to stop at an antique store, he didn't even suggest that they look at the cars. Imagine Larry's surprise when she asked, "Did you see that?"

"Sure," he replied. "Would you mind if we went back to take a look?" She said "Okay," and Larry wheeled the car around and parked as near as he could to the old cars. But when he started to get out she asked, "Why are we stopping here?" Larry replied somewhat cautiously, "Because this is

where the cars are." "But I wanted to go there," she said, pointing to an antique store farther down on the other side of the road.

She hadn't even noticed the cars, and Larry certainly hadn't seen the antique store. Why? Because of our different RAS.

The same is true today of our Christian faith. Most of us have attuned ourselves to the world around us - to our families, our job, our boss, our favorite music and entertainment.

But how well are we attuned to God? Much of the time we're sailing down the road of life attuned only to the earthly things of life that we miss the road signs God puts in our paths. God is speaking - constantly! But too often we're on different frequencies.

Do you need to retune your RAS to His wavelength? You can. It begins by regular Sunday worship and regular devotional time with God. Become familiar with His voice during these times and I'll guarantee you'll pick out His voice among the crowd as well.

See you Sunday.

Your Servant,

Barry



Summer Youth Intern

young people... and playing with dogs.

When I was in my youth group during high school, I was very involved with a youth leadership program where we planned and led day camps for the small children in our congregation. This experience got me excited about youth ministry, and last summer I worked at an all-ages Bible camp near Sun Valley, Idaho. That tight-knit Christian community nurtured my faith and taught me many things about love.

When I heard about this position in Los Alamos, I felt the Lord calling me to a new form of ministry instead of returning to camp for another summer. I'm sure I will learn a lot from all of you, young and old, and I hope you can learn something from me too! Thank you for allowing me to share the summer with you and being so welcoming!

God's Peace,

~Chelsea Forbrook

Hi! My name is Chelsea Forbrook, and I'm very excited to be joining FUMC to work with the youth this summer. I am a native of the Land of 10,000 Lakes, more commonly known as Minnesota. Living there has given me a love for the outdoors and God's creation.

I just finished my second year at Wartburg College in Waverly Iowa, and am double majoring in religion and social work. This past year I have been very involved in the international club on campus, as well as volunteering at the Children's Home in town, leading their "spiritual emphasis" hour. I enjoy playing my guitar and singing, drawing and painting, reading, hiking, tennis, hanging out with kids and

Summer Youth Group Activities

Times are a'changing, here at FUMC. For one thing, the Youth Group is open this summer to all kids from the 5th grade (completed) upwards!

For another, the Youth Group will be going on some new kinds of outings and trips—including hikes, a ropes course, overnight camping, a lock-in, a mission trip to Mexico, music events, and some other things, to be announced later... as well as our traditional trips to Cliff's, The Beach, rafting, and so on.

For yet another, there will be regular weekly get-togethers during the week, with Bible Studies and Fellowship, led by Chelsea Forbrook, your Summer Intern. Come expecting to have some good laughs, great snacks, and excellent discussion!

On July 22-23 there will be a 30-Hour Famine Lock-in for the students participating in the mission trip to Mexico (first weekend in August). This will be a time of group building through fun activities and games, as well as an introduction to the causes of poverty and hunger.

Come join us this summer!



Michael Ross, Youth Pastor

ARK Graduation

by Carol Mead

Proud parents and excited children celebrated graduation from the Ark on June 1. The thirty-one children marched up the aisle to Pomp and Circumstance, then treated the audience to songs about the

things they will be doing in kindergarten. Carol Mead, director and Diana Decker, chairperson of the Ark Board, presented each child with a diploma designed by Betty Koch. Everyone enjoyed graduation cake and punch after the ceremony.



Pre-kindergarten Graduates



Habitat For Humanity Needs The Skills That Only You Can Provide!

by Dennis Trumblee

Espanola Valley/Los Alamos needs volunteers. The current Habitat house is ready for roof sheeting and window installation. We work from 8AM to approximately 3:30 PM every Saturday. Many hands do make light work for all! Habitat needs 10 to 12 volunteers each Saturday. Lately we have been more at the 4 to 5 volunteers, this make many tasks very time consuming or impossible.

Habitat for Humanity is currently in the process of rebuilding our organization due to the loss of board and committee members. There are exciting times ahead: one more house this year, a possible

Habitat subdivision in Espanola, and spiritual growth for you and your family.

Some of our more pressing needs are: site selection, family support, and church relations committee members, as well as volunteer home builders.

Whether experienced in construction or picking up a hammer for the first time, or you would like to volunteer for a committee: please contact Yvonne Maestas at the Espanola/Los Alamos Habitat for Humanity office at 747-2690 or Dennis Trumblee (HfH Church Relations) at 455-3559 or trumblee@earthlink.net

Directions to our Current Build: 16C Calle Resolana in La

Puebla, NM:

Head north on Highway 84/285 from Pojoaque. Turn right at stoplight for La Puebla, this is County Rd 88 (with stone church at the corner). Go approximately 4/10s of a mile and turn right onto La Resolana. It is 1/10 of a mile to 16C Calle Resolana. Watch for Habitat sign.

Habitat for Humanity Training

A Habitat for Humanity Training Session will be held June 18th at Lowe's in Espanola. This training will be approximately one and a half hours long and there will be three sessions. First session will start at 9:00 AM.

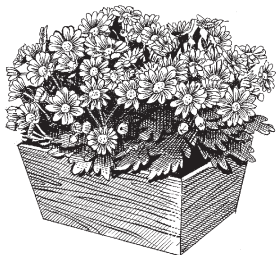
Entrance Flower Beds



For many years one of the attractive attributes of our church outside entrance has been the beautiful flower beds. These flower beds have primarily been the ministry of Irene Bubernak who has faithfully planted, watered, fertilized and weeded her lovely garden. It is with deepest heartfelt gratitude that we thank Irene for sharing her many years of labor and love.

This year, due to health reasons, Irene is stepping down from this ministry. The

Trustees, therefore, are seeking new volunteers who might continue this service for our current 2005 growing season. All or part of the flower beds may be entrusted to new volunteers. This is an important ministry as many guests form their first impression of our church before entering the front door. Do you enjoy gardening? Then please employ your green thumbs in this ministry by contacting the church office at 662-6277.



Graduating Seniors



Seniors spoke during church services

by Opal Lee Gill

On Baccalaureate Sunday our church was pleased to honor seven graduates from high school. At the morning worship services and a brunch hosted by United Methodist Women, the students were recognized and shared their plans. They received good wishes from Rev. Dickens and from Jerry Beery following the brunch.

At the same time, Daniel Watkins was graduating from Colorado Timberline Academy. He will attend Collins College in Phoenix, AZ, studying computer game design and programming.

Other graduates and their plans include Maureen Beery, Kansas State to become an athletic trainer; Riley Courtright, Nebraska, journalism or agriculture; Kim Dickens in pre-med at Arizona State; Matt Ricketts, Mesa State in Grand Junction studying science,

business or engineering; Rachel Sheppard, New Mexico State, to pursue a math education degree; Elizabeth Shuman, Art Institute of Colorado in Denver, and Micah Sims, Merchant Marine Academy. R. J. Visel graduated in December and

will attend Dona Ana Community College.

Each graduate received a Back-packer's Bible in the Contemporary English translation, with testimonies from students included.



New Church Photo Directory

That's right! We've contracted with Olin Mills to create for our congregation a new membership photo Directory! Please reserve on your calendars the portrait shooting dates of September 8-10 (Thursday through Saturday) here at FUMC. The Photo Directory committee will be mailing everyone detailed

information towards the end of this month.

Also, the Church Directory will also have several photo pages for us to fill. If you have any church related images (prints, negatives, or digital) you would like to offer for consideration, please deliver them to the church office. Be sure to label with your name any media you wish returned.



Seniors and families at brunch



Our Applause

The office and Ark staff send a cool and serene thank you to Don Siebe and Dennis Gill for getting the swamp coolers up and running in the building. Thank you for all the hours you invested in this project.

Kudos go out to Aaron and Peggy Goldman and Alice Carter for hosting our Youth Intern, Chelsea Holbrook, this summer. Also thanks to Harold Kruse who

has lent Chelsea a car for the summer.

Thank you to Don Casperson for overseeing and making the Seniors' Appreciation Night Skating a success.

We give a hearty round of applause to Joe Bubernak for his continuing service on our sprinkling system and to Irene Bubernak for her many years working in the flower beds along

the front of the church. We also thank Dennis and Opal Lee Gill who have stepped in to spruce up the flower beds since Irene retired.

Many thanks are expressed to all those of you who have contributed to the Sacramento Methodist Assembly Camps. Young people from Pinedale, God's Way, and our own church will be able to participate thanks to your generosity.



by Susan Nava

The Outreach / Missions board is sponsoring a FUMC special eight (8) hour course through IMPACT Safety for girls ages 13 -18 years of age. This course will be offered in Santa Fe on June 25 & 26 from 1 - 5 pm both days. There are 18 slots available so sign up soon. Please contact Susan Nava 455-3559 or 665-0667 or email to nava@lanl.gov. The course is free, however, a love offering from each person attending would be appreciated. This class is being offered as a result of the Domestic abuse seminar and the statistics presented there on date rape for freshman girls in college. Please help your child be safe by giving her the ability to defend herself. If necessary, travel to and from Santa Fe will be provided by the FUMC Youth coordinators for anyone needing transportation to the course.

IMPACT is a national organization offering assertiveness and realistic full-contact personal safety training for women, men, children, youth, teens, seniors, and those with special needs. Our goal is to provide training that empowers individuals to make effective personal safety choices.

IMPACT Safety Programs are effective for everyone! Research has shown that the majority of perpetrators prey on those they perceive as helpless, powerless, and unaware. By building confidence and self-reliance,

PERSONAL SAFETY TRAINING

IMPACT Safety Programs contributes to stopping the cycle of violence by providing individuals the tools to empower themselves.

Anyone Can Take These Programs

The courses are designed for ALL people, athletic or not. Freezing or flailing responses are reconditioned. You train your muscle memory so that your body remembers what your mind may forget.

Programs focus on what you can do -- not what you can't.

The supportive, non-competitive environment emphasizes personal choices and the practice necessary to gain confidence in verbal strategies and the body's natural strengths.

What You Learn:

- Important everyday safety tips
- How to avoid conflict through effective verbal communication
- How to de-escalate and confront potentially dangerous situations
- How to assess and respond to your environment
- How to physically protect yourself

Benefits of the Training:

- ✓Increased self-confidence to take on new challenges
- ✓An enhanced sense of self-worth
- ✓Increased trust in your capabilities
- ✓Expanded awareness of personal skills
- ✓Increased personal effectiveness

Young women and men have always been vulnerable to peer pressure and relationship concerns and are at high risk of

assault. It is the very nature of this time in their lives as they are moving from the protection of parents to being responsible for their own safety that creates this vulnerability. We understand that infants learning to walk fall down as part of how they learn. However, we can not let teens be assaulted so they can learn to take care of themselves. We can teach them how to be aware of dangerous situations, set boundaries with others, and protect themselves.

Young people are pressured to become sexually active at an increasingly young age. The prevalence of drugs and alcohol increases the potential for being in dangerous situations. Learning what to do can help teenagers deal with these challenges.

IMPACT programs are specially designed for teens. Most teens understand the issues around safety, but have not had the opportunity to learn how to respond appropriately in the moment of fear or intimidation. Through IMPACT training, they get the opportunity to see how it feels and actually do it, in a safe, supportive environment through repetitive role plays. They practice saying "NO" when they mean no and "yes" when they mean yes. They practice leading themselves out of problematic situations. They also learn techniques to break off physical confrontations.



We Witness

Our Church Vows

We will be loyal to the United Methodist Church and uphold it with our prayers, presence, gifts and service.

Our Prayers

There are many, many prayer needs in our church family and community. The caring board by the church office is filled to overflowing, and there are too many

prayer needs to put in this space without leaving out some other equally important needs. Having the complete prayer list is as simple as sending your email address to the church office and asking to be placed on the email list for prayer needs.

Our Presence

One hundred-sixty people attended church on June 5.

Special June Days



Birthdays:

Robert Visel	06/01
Denise Urbina	06/03
Barbara DeMarsh	06/04
Jane Starke	06/04
Clarence Courtright	06/07
Joe Bubernak	06/09
Tyler McCormick	06/10
Barry Dickens	06/12
Terri Morris	06/12
Cindy Little	06/13
Gail Little	06/14
Terri Armstrong	06/15
James Gallagher	06/17
Bill Kluegel	06/18
Marla Matthews	06/21
Vera Gallagher	06/26
Denny Armstrong	06/27
Marie Matthews	06/27
June Pirtle	06/27
Lora Belle Cole	06/28

Anniversaries:

June 3
Al & Doris Blackstock
June 5
Rick & Debbie Reiss
June 6
Bob & Sarah Kelly
June 7
George & Miriam Balog
June 9
Jim & Betty Terrell
June 19
John & Geniece Courtright
June 20
Charles & Emma Jean Mader
June 21
Dennis & Terri Armstrong
June 22
Mike & Pam Hundley
June 24
Maurice & Jensina Sheppard
June 26
Craig & Carolyn Pearson



Vacation Bible School

is coming
June 27-July 1

9:00-11:30

The next edition of Visions will be dated July 1.

The deadline for articles is Monday, June 20.

First United Methodist Church

715 Diamond Drive
Los Alamos, NM 87544
Phone: 505-662-6277

Fax: 505-663-0089

E-mail: lafumc@lafumc.org

Website: www.lafumc.org

Pastor ~ Barry Dickens

Youth and Education ~ Michael Ross

Youth Intern ~ Chelsea Forbrook

Choir Director ~ Sarah Kelly

First Visions Editor ~ Jan Stong

Ark Child Development Center

Carol Mead, Director
(505) 662-4822

Sunday Services & Activities

8:00 a.m. Contemporary Worship

9:15 a.m. Sunday School

10:30 a.m. Traditional Worship

Wednesday Activities

Chancel Choir 7 p.m.