



FIRST

VISIONS

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INSIDE  
FIRST VISIONS

From the  
Editor's Desk

New Ark  
Assistant  
Director

1<sup>A</sup>

We Witness

Special  
February  
Days

Our  
Applause

New Mexico  
Winner,  
Kimberly  
Scudder

Accreditation  
Accomplished

8<sup>A</sup>

From  
the  
Editor's  
Desk



Good Morning, America announced last week that the week of January 23 is the most depressing week of the year. What struck me as odd was the fact that the day before this astounding announcement, I had just realized how depressed I was feeling. Ok, who's got the data collection devise planted in my head?

There must be something to it. When I think about it, this is the time of year when I usually feel morose and lackluster. I choose to huddle up in front of my computer screen and drift off into my latest games, none of which really make me feel better, but I do it hour after hour anyway. I want to get out and do something, but, yet, I don't want to get up and do anything.

Ok, ok, so you're telling me to kick start myself.

Well, I'm thinking there is something to this "depressing time of the year." The weather is colder now. Some years there is so much snow, you are sure you are never going to see the ground again or like this year the barren, dry earth will never hold life again. Part of it, too, may be the end of the Christmas holidays--that time of anticipation and excitement gone by for another year--nothing but cold, dry weather for the near future.

I do sound depressed. I wish I could blame it on Good Morning, America, but I was already feeling this way (shucks).

Maybe my problem is that everything is so ordinary. There are no emergencies to handle or crises to be dealt with. I think God set my psyche up to work better with adversity. When things are difficult, I call

on the Lord for deliverance. I put my trust in Him and plow through it. When things are easy, I don't feel the pull to lean on Him. I can handle it. Only I don't do so well, do I? I need to call on Him now, too.

O Lord, my God deliver me from me.

I can't handle inactivity, the ordinariness of January.

Grant me direction, deliverance from routine.

Grant me peace, contentment in today, The day You have given me

The quiet You surround me with.

Grant me understanding and joy in the quiet of January, and February and March.

Thank you Lord, for these Thy days

Which You have given me.

Yours in Christ,

*Jan Stong*



by Carol Mead and Jan Stong

The Ark welcomes Sandi Hosack as the Ark's new assistant director. Sandi has been at the Ark for four years as one of our Montessori teachers. She will still be in that position half time and will spend the other half of the day in the office.

Sandi and her husband, Keith, have four grown and almost grown children. Her older daughter is finishing graduate school with a master's degree in geology, one of her sons is studying mathematics and the other is studying psychology. Her younger daughter is a senior at LAHS and is planning to study at UNM next year.

Sandi herself has lived most of her life in Los Alamos and also attended Los Alamos High School. She is a certified Montessori teacher with twenty-eight years of experience in teaching. She was the director at Quemazon Montessori School for one year and at Sagetoo Montessori for eight years before coming to the Ark.

The best things about the Ark, Sandi believes, include the organization of the facility and the well-oiled way the Ark is run. The resources that are available to teachers that assist them in their efforts to do the best possible job of teaching their students are high on her list, as well. These are all combined in a loving atmosphere where the focus is on the students in small classrooms with a great teacher/student ratio.

She says, that the non-profit status of the school allows the Ark to keep the focus on the young people. This is where the focus belongs. The Ark's staff don't concentrate on the bottom-line and making

New  
Ark  
Assistant  
Director



Assistant Director,  
Sandi Hosack

money, but, rather, keep their eyes on the precious children God has given them to care for.

Sandi is glad that she will continue to be in the classroom where she can work directly with the children and is looking forward to exploring the new avenues her position as assistant director will open to her. She is anticipating the opportunity to be a sounding board for Carol Mead, the director, sharing her experience, and growing as she learns through the new experiences in the office.



Welcome on board,  
Sandi, to your new  
position!

## 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

On Sunday, January 22, one hundred-seventy three people attended church at FUMC.

## Special February Days



### Birthdays:

Doris Blackstock 02/01  
 Bob Collom 02/05  
 Aaron Goldman 02/08  
 Frances Naffziger 02/15  
 Sarah Kelly 02/18  
 Peter Dickens 02/26

### Anniversaries:

February 17  
 Cathy & Darin Westley

## New Mexico Winner, Kimberly Scudder



by Sarah Kelly

Kimberly Scudder, a junior at UNM in Viola Performance, is the New Mexico winner of the MTNA (Music Teachers National Association) College Auditions in Strings. She will represent New Mexico at the Southwest Regional MTNA Auditions in Las Vegas, Nevada on Sunday, January 29. The winner in Las Vegas will compete at the National MTNA Conference, which will be held at the University of Texas it

Austin in March, 2006.

Ellen Scudder, Kimberly's mother, is her daughter's piano accompanist and she will accompany her in Las Vegas. In fact, Ellen has been Kimberly's accompanist for the two years that she has been a student at UNM. The church is proud of both Ellen and Kimberly.

Kimberly's program will include a Bach Sonata, a Schubert sonata and two movements of a work by Ralph-Vaughan-Williams.



## Our Applause

Thank you to the Bible History Class that has undertaken the task of providing meals to Gail and Gene Diedrich as Gail recovers from her surgery.

Thanks also to the Methodist Youth Fellowship (MYF) who sent meals to the Densmore family as they struggled through

many doctor visits and hospital time with their son's recent illness.

Shouts of praise spring forth for the service of FUMC's Chancel Choir. Your hours of practice and hours of service to this church during the Christmas season have greatly enhanced our ability to focus on God and

His wonderful gifts. May your voices continue to fill our hearts and ears with His praise.

Thanks also go to Opal Lee Gill and Alice Carter for leading the UMW Bible Study on Wednesdays throughout January.

## Accreditation Accomplished!

After more than a year of preparation, the Ark has received its reaccreditation from the National Early Childhood Program Accreditation last week. Quoting the letter: "[The NECPA National Accreditation Council and Commission] highly commends you and your staff for your demonstrated emphasis on quality early childhood care and education... The Ark Child Development Center has taken its place among a select group of early childhood care and education programs nationwide, which have pronounced an exceptional commitment to

professional and programmatic quality through accreditation."

We are one of two accredited child care centers in Los Alamos and provide child care in a Christian setting to 120 children from 6 weeks of age to 6th grade afterschoolers. The accreditation automatically gives us a five star state license, the highest awarded.

As a ministry of the church we appreciate the prayers and support of the congregation as well as monetary donations through the church budget and from families that enable us to provide scholarships for state funded children and families in need.



Ark Director, Carol Mead

The ARK

National

Accreditation

The next edition of Visions will be dated February 10.

The deadline for articles is Monday, January 30.

### First United Methodist Church

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Pastor ~ Barry Dickens

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

MYF Youth 6 pm

Chancel Choir 7 p.m.

### United Skates, Friday evenings

First Session 5:00-6:45 p.m. for children third grade and younger,

\$2.00 includes skate rental

Second Session for third grade and up, \$2.50 includes skate rental