

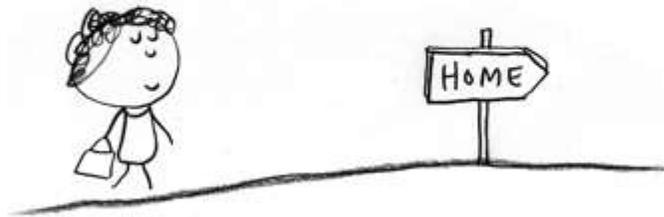
THE GRAPEVINE

FIRST UNITED METHODIST CHURCH OF NAPA (707) 253-1411

www.napaumc.org

September 15, 2015

HAPPINESS IS



...going home.

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Save the Date!
We'll be home on Nov. 22nd

We are grateful to the Napa Community Seventh-day Adventist Church for their gracious invitation to worship in their church at the corner of Brown and G Streets each Sunday. Thank You!

Navigating through Worry, Anger, Fear and Sadness to Joy from your Congregational Care Ministry Team

In a recent *Huffington Post* blog, Dr. Richard J. Davidson, professor of psychology and psychiatry at the University of Wisconsin-Madison and leading expert on the study of emotions, offers tips for understanding and managing each of the emotions. He cites the capacity to experience joy as crucial to well-being and that learning to savor positive moments can increase our joy. People with depression can experience joy, but it's short-lived and fleeting. People who have the capacity to activate the brain regions associated with joy for sustained periods of time report higher levels of well-being and lower levels of cortisol, a stress hormone. Davidson states that reflecting on "innate basic goodness" can increase positive interactions and enables us to respond to others in a way that furthers their well-being and ours. In other words, take time to pay attention to the beauty around you and the goodness in others. Davidson further advises that "mindfulness meditation" (as practiced by the *Monday Meditation Group*) can help appropriately regulate these emotions, as it helps reduce worry over things that haven't happened and speeds up recovery after negative events have happened.

Anger, while also an appropriate response to certain situations, can pose the greatest danger if left in charge of our brains. According to research, anger is biologically toxic and can increase the risk for health problems such as a heart attack. Anger often occurs when our goals are thwarted, and Davidson suggests harnessing that energy to work around the obstacle rather than being frustrated by it.

Sadness is also a contextually appropriate response, but if it controls our brains unnecessarily, it can lead to depression. Surprisingly, Davidson suggests the best antidote to sadness is generosity. Helping others in their own suffering helps us realize we're not the only ones with problems and moves us beyond ourselves. According to research, generosity activates circuits in the brain associated with joy. Other suggestions by health experts for increasing brain plasticity include mental and physical exercises, healthy diets, and certain nutritional supplements such as Vitamin D.

In a recent *New York Times* blog, psychologists Dacher Keltner and Paul Ekman write, "The truth is that emotions organize, rather than disrupt, rational thinking and social lives: "The truth is that emotions guide our perceptions of the world, our memories of the past and even our moral judgments of right and wrong, most typically in ways that enable effective responses to the current situation."

On learning to sustain joyful experiences, Philippians 4:8 (NIV) encourages us, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." In Luke 10:38-42, Jesus reminds Martha, who is distracted by tasks and duties, to act more like Mary. Jesus gently acknowledges Martha's emotions ("Martha, Martha, you are worried and distracted by many things") and then encourages her just to sit and listen ("One thing is necessary. Mary has chosen the better part. It won't be taken away from her").

While others view the lepers, blind people, and sinners with disgust, Christ consistently reframes this view with love and compassion by healing, even physically touching, those least among us. And while Scripture understands our propensity to fear things not based in reality, we are given numerous words of comfort, including, "Don't

worry about your life, what you'll eat or what you'll drink, or about your body, what you'll wear" (Matthew 6:25), and "Throw all your anxiety onto him, because he cares about you" (1 Peter 5:7).

In Matthew 21:12-13, Jesus displays contextually appropriate anger by pushing over the tables of those who were buying and selling in the Temple, channeling his anger into an important lesson: "It's written, *My house will be called a house of prayer*. But you've made it a hideout for crooks." In James 1:19-20, we're taught why anger can be harmful: "Know this, my dear brothers and sisters: everyone should be quick to listen, slow to speak, and slow to grow angry. This is because an angry person doesn't produce God's righteousness."

And Scripture is peppered with stories of those who were generous in the midst of sad or difficult circumstances. Jesus praises the widow who gives two small copper coins worth a penny. While others give out of their wealth, "she from her hopeless poverty has given everything she had, even what she needed to live on" (Mark 12:41-44). Proverbs 11:24 states, "Those who give generously receive more, but those who are stingy with what is appropriate will grow needy." The Bible confirms a universal spiritual truism that in times of scarcity, we should give more, not less. Science confirms these acts lead to more joy—and a more Christ-like life.



2016 UMW Reading Program

The new books are here and all ready for you to read! We had a sneak preview at church on Sunday, the 6th and eight books were checked out already! One of the new books is Sally Armstrong's *Uprising* and guess what? We have an incredible opportunity to meet and hear her! The Napa Valley Performing Arts Center at Lincoln Theater, in partnership with Friends of the Cameo Cinema, is hosting An Evening with Sally Armstrong, Friday, September 25, at 7:00 PM. "She is an award winning humanitarian, journalist and author. She captivates audiences with her front-line presence as the voice of women who are finding their strength and rising across the globe. She shares with us the stories of brave women who are risking everything for a better life for themselves and their daughters." You won't want to miss this!

Mary Herzog

United Methodist Women World

Lots is happening with our Mini Thrift Shop. Martine Patrick has Fall and Halloween items for sale now and is getting ready for the Thanksgiving sale items. Soon it will be all the wonderful Christmas offerings for sale as the shop closes the Tuesday before Thanksgiving. You can get your Christmas shopping in early at the Thrift Shop. We are open 10-2pm.

Mark your calendars for our October meeting on October 15th at 7pm in the Kagawa Room. The program is entitled "Growing Strong Girls." The Sarah Crosby Circle is coordinating the meeting with Sidney Newton from the Girl Scouts coming to speak. Our mission project will be assembling all the school kits to send to UMCOR and we will share dessert.

Thank you to all the members of the congregation for contributing to the school kit project! The women of the church were able to sew 100 cloth school bags and fill ALL the bags with everyone's donations of school supplies. Thank you, thank you! What amazing things we can do together in mission to the world.

Maybe you have donated fabric or seen us all sewing at the church on our little girl's dresses and boy's shorts for the world. Connie Matthew-Warren contacted Rotaplast and they wrapped their surgical instruments in 30 of our dresses and off they went to the Republic of the Union of Myanmar. 15 more dresses are going to Peru with another surgical team. We have many more dresses already sewn so if you know of anyone going on a trip to a warm country where girls need clothes please contact Connie, our new Social Action Coord. at 224-9558 and let her know.

Some of our members are going to the Bridges District UMW Annual Celebration in Santa Rosa on September 26th. We will be receiving our awards for 5 Star Giving and being a Mission Today UMW Unit. We also submitted our report for the Charter of Racial Justice. Four of our executive committee members went to Mission u at UC Davis in August. This 3 day seminar included study on Latin America and the Blessings of Happiness.

Mary Herzog reports that all the new 2016 UMW Reading Program books are now in our church library. These books are enlightening reading on topics of Social Action, Spiritual Growth, Nurturing for Community, Leadership Development and Education for Mission. There are also books in these categories for youth and children. Check them out!

Our 2015-16 member directory is hot off the press thanks to Ruth Jenkins-McIntire our Communications Coordinator and Joan Feury our Membership Co-Chair.

From the Blog: Be the Change by Jason Valendy

“Over the past several years I have had the joy of administering a sacrament in the Church called the Eucharist or Holy Communion.

Maybe it is because of the fancy word Eucharist or the purity invoked when we call something "holy" but adults, for the most part, are funny when it comes to teaching kids "how to take communion". Mainly there is a strong reverence that is attempted to be transmitted from the adult to the child. But as children are not that keen on reverence and can "say the darndest things" communion with kids is something to behold, mainly because the theology a child has at communion is more profound than most adult's understanding of communion.

Here is some cool stuff kids teach me about communion based on things that have happened to me:”

1. **Run down the aisle.** It is okay to run down the aisle for communion. In fact shouldn't we all be running to feast with Christ? Next time, don't walk to communion - run.
2. **Take communion with a stuffed animal.** This should be acceptable, as long as the stuffed animal is served communion as well. Kids understand that everyone is welcomed to the table. Human and teddy bear alike.
3. **Drink every drop.** It is critical that every drop of grape juice and morsel of bread is consumed at communion. Who cares if people are waiting behind you to move back to their pews. You do not leave that table until you have been able to take every last moment you can with Christ.
4. **Ask for a "big piece".** Why settle for just a little bit of Christ? Don't we all want a "big piece" of Christ?
5. **Dunk the whole piece into the cup.** If you get to dip the bread into the juice, soak that bread and be sure to not worry about drips or stains (see points 3 and 4 for justification).
6. **Seek out the leftovers.** The bread of Life is too good to discard in the trash or feed to the birds. That is why we eat all the bread after worship.
7. **Being shy is okay.** Kids understand that it is an honor to be at the table of God and they do not demand a place but know that it is a treat to be there. Being shy to kids is like being humble to adults. Humility at the table of God? Great idea.
8. **Laugh.** Partaking in the banquet of God is a joyful event! Smile, laugh and if you need to, put a rubber crocodile on your head and make the pastor laugh with you.

9. **Express thanks.** One thumbs up at the meal is something, but two thumbs up is great.
10. **Save some for later.** Putting bread into your pocket seems like a reasonable way to take Christ into the world.



A Note from Nancy Crane and her Family

Words cannot express how grateful I am for all that everyone did to make my dad's Memorial Service so special. It was a hot day and I can't believe your kindness and caring for everyone pouring out of the church into the sun. For your hours of setting up, serving, hosting, etc....I am forever grateful.

*With a heart full of love to each of you,
Nancy Crane and the Crane Family*



Youth Group/SSP Reunion

***Please meet in the Parking Lot at FUMC
Sunday, Sept. 20th at 11:00 am
We're off to have a picnic!
We want all of you there
so please join us.***

***For more information, call Mike, Lindsay or
Juliane or the church office.***

First United Methodist Church
625 Randolph Street
Napa, California 94559
(707) 253-1411

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Or Current Resident

Our Mission Statement is to build a loving community inviting people into relationship with Jesus Christ.

Sunday Traditional Worship Service: 9:30 am
Seventh-day Adventist Church
Fusion Contemporary Worship Experience: 11:00 am
Seventh-day Adventist Chapel
Corner of Brown and G Streets, Napa

Monday Silent Meditation Group—5:30 pm—FUMC Nursery

Adult Bible Study Group—10:45 am—Young Adult Room, S-d A Church
GRAPE Express—3 years through 5th grade—9:30 & 11:00 S-d A Church
Youth Event – Look for the next great event!

To make an online pledge or donation go to www.napaumc.org/onlinegiving.shtml



Pastor: *Rev. Lee Neish*

Lay Leaders: *Barbara Thompson & Mark Andersen*

Lay Speaker: *Michael Herzog*

Office Manager: *Dianne Mahler*

Director of Music: *Jan Lanterman*

Organist: *Harold Julander*

Director of Cathedral Choir: *Jan Lanterman*

Director of Bonner Bells: *Diane Levorsen*

Director of Children's Ministries: *Vicki Poli*

Director of Fusion Worship: *JoAnne Neish*

First United Methodist Church ~625 Randolph St.~ Napa 94559~ (707)253-1411

Since the earthquake we worship at the Seventh-day Adventist Church on Brown and G Sts.

Please worship with us there each Sunday morning.

email—secretary@napaumc.org

website: www.napaumc.org

You are welcome to visit us on Facebook: [NapaFUMC](https://www.facebook.com/NapaFUMC) or Twitter: [NapaFirstUMC](https://twitter.com/NapaFirstUMC)