



ROLLING HILLS
UNITED METHODIST CHURCH

The Cornerstone

Rolling Hills United Methodist Church
26438 Crenshaw Blvd.
Rolling Hills Estates, CA 90274
310-377-6771

July 2015

Managing Caregiver Stress

Saturday, July 25th

11:00 a.m.



More than 65 million Americans are caring for a loved one. Since stress is the #1 health issue caregivers face, what are the health risks of long-term stress? How can caregivers manage stress, burn-out and depression which can lead to other health risks?

Sherri Snelling, CEO of Caregiving Club, provides her prescription for conquering stress called the **7 Ways to Caregiver Wellness: Physical, Emotional, Environmental, Social, Intellectual, Financial and Spiritual.**

This event, which includes a light lunch, is free of charge, but pre-registration is required. You can register on our website at www.rhumc.org, email familyministries@rhumc.org or call the church office. This event is open to our community, so all who many need guidance and care are welcome to attend.

from the pastor



As we move into summer I want to stop and give thanks. On a personal level it is a joy to begin my eighteenth year with all of you. When Thyra, Hannah and I drove back to California after nine years in Ontario, Canada, we had no way of knowing what was ahead for us. Hannah was getting ready to start first grade. Thyra was a fellow at the Jonsson Cancer Center at UCLA. Now she's the head of her department at Torrance Memorial (so much closer!). Hannah, at least for now, is staying in Rochester, New York. Over this time together we have seen many changes. We have trusted in God's grace and cared for each other through them. With you, I look forward to many good things to come. I am confident that God is not finished with us.

I can't tell you how glad I am to welcome the Rev. Dr. April Herron to our pastoral team. She has been a trusted friend and colleague for longer than the thirty years since our ordination. She brings a depth of wisdom and compassion that will encourage and strengthen our life together. Over the coming months she will be visiting with members and friends, first time worshipers and others in the community. She will be developing Bible study and other resources, helping lead next year's Women's Retreat, preaching and leading worship. As we find our way together I know that other important and encouraging opportunities will emerge. Welcome, April!

Summer is a season of mission for our congregation. We're already well into Kid Zone and Mid Zone camps, serving about 140 children and youth each week with a program that stimulates young minds, encourages their hearts, nourishes their bodies, and is just plain fun! If you stop by during the week I think you'll be amazed.

It's also when our junior and senior high youth head off for their week of mission with Sierra Service Project. Our middle schoolers are heading up to Stockton, where they will serve an urban community whose experience of poverty is different from the rural Native American areas where we have gone before. Some 15 youth and 5 adult counselors will share an extraordinary week of learning and growing together. Our senior high group is even larger than last year's record number. They will be traveling to Chiloquin, Oregon and Walker River, Nevada. It looks like we will have 50 youth and 11 adult counselors between the two

sites. But wait, there's more! We also have a team of 15 youth and adults going to Nicaragua through SSP, helping build classroom facilities for local children in the morning and engaging in cross-cultural learning in the afternoons. They will make a difference both while they are away and when they come back to share their experiences with all of us.

So many good things are taking shape through the generosity and efforts of this congregation. It is a joy and a privilege to share in mission and ministry with all of you. Thank you for the opportunity to live and work together. With your encouragement and care, I know there is so much more to come.

Grace and peace,

Jonathan

Welcome Rev. Dr. April Herron

Dear New Friends:

I am delighted to have begun my first month of sharing in ministry with Rolling Hills UMC. I am excited about joining you in your good work and eager to begin getting to know you. As I write, the church campus is lively with the happy sounds and sights of children and young people enjoying their summer and experiencing the blessings of a loving community all around them. What joy! Clearly you have received, and continue to receive great leadership, from your beloved pastor, the Rev. Jonathan Chute.



I have come up the coast to you from San Diego, where I was born and grew up, and also where I served as a pastor from 1991 to 2014. Taking up residence in Los Angeles County will be an adventure for me. It's clear that the Palos Verdes Peninsula is a special place, and I welcome your assistance in getting acquainted with its many wonderful features.

Happily for all of us, my two daughters were able to visit me at my apartment on the very same weekend the movers made their delivery. The photo shows me with Elizabeth, who has a translation business and lives in Brazil, and Christina, who is an environmental scientist living and working in Montana. My daughters have motivated and stretched me to learn Portuguese, become more conversant about current developments in science, and travel to more places than I ever imagined I would see. I am fortunate also to have extremely supportive parents in San Diego, still in the home they bought in 1971.

For me, the ocean is a great symbol of God's grace. I am grateful that while here among you I will be able to continue my lifelong habits of walking, bicycling, and swimming alongside or in its waters. I pray that daily we will all know ourselves to be buoyed, refreshed and restored by the amazing grace of God, and that we will grow in faith as we encourage one another.

In the Peace of Christ,

Pastor April

23 June 2015

Dear friends in my supporting congregations,



For much of the last several months, I've been on the road in places where life is difficult for many people. Yet those are precisely the places where I witness God's love being expressed most deeply, whether in the compassion of those who offer food and medical care to displaced families or in the courageous decisions of ordinary people to accompany vulnerable people under attack.

I just returned from the Middle East, where I documented the work of church agencies with refugee populations in Jordan and Lebanon. I spent time with newly arrived refugees from Syria and Iraq, as well as with Palestinians who have been displaced for decades. Yet United Nations agencies and humanitarian groups can only do so much, and immense needs quickly outstrip available resources. When that happens, where do the poor turn? Often to other poor people.

Ahlam Mazatha is a Syrian woman who with her husband and three children fled their home in Daraa in 2013 under incessant bombing. They came to Jordan and were ushered into the sprawling Zaatari refugee camp, where more than 80,000 Syrians live today. Yet they were miserable there, and after a couple of months managed to move to Madaba, a Palestinian refugee camp south of Amman. They've had a tough time economically, because although she was a teacher in Syria, and her husband a librarian, the Jordanian government—faced with high unemployment—prohibits the Syrians from taking regular employment. Yet the Palestinians welcomed them with open arms. “Perhaps because they have suffered for so long themselves, they understood what we were going through, and they reached out to us with hospitality and food and love,” Ahlam told me. Here she is helping her kids with their homework.



I heard the same theme repeated all over the region, in places like the basement of a Catholic church in Amman where 60 refugees from Iraq live, people who fled their homes in Mosul last year under threat from the Islamic State. Although humanitarian groups do what they can, at the end of the day it's the simple hospitality of ordinary people that keeps many alive and able to dream of either returning home some day or else moving on to a new home somewhere else.

I also spent a week in Gaza, a rather tense time given the launch while I was there of new rockets by an extremist group trying to wrest control of the territory from Hamas. Israel closed the border at one point, leaving me wondering if I'd be stuck there for a while. I spent a lot of time with the Christian community in Gaza, which, although it lives with tensions with the Islamist government, considers the Israeli siege to be the biggest obstacle to people being able to live in peace and unafraid. The Christian community and the church agencies that support it have done amazing work since the 50-day war between Israel and Hamas last year, and I spent a lot of time documenting that. One of the most fun moments was going with some war-weary kids on an outing sponsored by an Anglican hospital in Gaza. They took the kids to an amusement park and made them forget about the trauma of the war by scaring them to death.



Earlier in the year, I spent some time in Uganda, documenting the work of women empowering themselves with support from United Methodist Women. And I spent five weeks in South Sudan. That was depressing on many levels, as the hope that much of the world felt with independence in 2011 has dissolved in a literal bloodbath of ethnic rivalries and struggles for power. Yet even there I repeatedly found the church working creatively to carve out a space for peace. Look at the hope of these kids learning under the trees in a church-sponsored school.



In the months ahead, more adventures await. Besides my usual work, I've also committed to provide leadership for several events in the U.S. In July, I'm teaching a class on mission at the Course of Study at Claremont Seminary in California. I return to Washington to teach a class on Latin America at Mission U in Ellensburg. And looking farther ahead, next February I'll be helping to lead a Five Day Academy for Spiritual Formation along the shores of Puget Sound.

As always, I write to express my deep appreciation for your involvement in this adventure of mission, for the creative ways you express hospitality and solidarity in your own communities, and for your commitment to the worldwide mission of the church, including the prayer and financial support that you offer me. Without you, I couldn't do what I do. So thanks!

Paul

Missions Update

Red Bird Mission in Kentucky has been one of the missionary groups supported by RHUMC for many years. For the past year or so, our church family has been collecting labels, box tops and lids to help the school at Red Bird earn free equipment and supplies - including a minivan!

As part of a larger trip to visit friends and family, Barbara and Bill Leone visited Red Bird this past spring, and will share highlights on **Sunday, July 12th**, after each of the morning services.

Come learn more about the mission, its many facets, and how we can continue to be helpful supporters. Refreshments will be served.



2015 Graduates



College

Jennifer Atkinson, granddaughter of Wayne & Margaret Stark and niece of Cathy Stark, UC Santa Barbara with honors, BA in Communications and English; **Ash Calderon**, daughter of Ana Lopez, University of Redlands, two BA degrees in Sociology & Women's and Gender Studies; **Hannah Chute**, daughter of Jonathan Chute and Thyra Endicott, University of Rochester, MA in Literary Translation; **Niles David**, grandson of Sharon Baker, UC Berkeley, Physics A.B. Degree with a double major in Physics and Math and will attend the University of Colorado to work toward a Ph.D. in Physics; **Ryan Keller**, grandson of Edith Utterberg, UC Santa Barbara, BS in Electrical Engineering to Vanderbilt University for their Electrical Engineering Graduate Program; **Blake Laham**, grandson of Sharon Baker, Santa Monica College, A.A. Degree and will attend UC Santa Barbara; **Sophia Larriva**, daughter of Emily Howard, UC Santa Barbara, BA in Dance and a BS in Biopsychology and plans to become an Emergency Medical Technician before applying for advanced study as a Physician's Assistant; **Michael Keith Levan**, son of Keith & Debbie Levan, Humboldt State University, BA in Music; **Scott Mainquist**, grandson of Jim & Lois Moore, University of Chicago, BA in Public Policy; **Christopher Maldonado**, student of Althea Waites, Cal State University of Long Beach, will attend Jacobs School of Music at Indiana University for graduate study in piano; **Cory Nicks**; grandson of Sue Nicks, UC Berkeley, BA in Business and Political Science; **Kathryn Nicks**, granddaughter of Sue Nicks, California State University Channel Islands, BA; **Colleen Ortega**, granddaughter of Ray & Gail Roulette, California State University Fullerton, BS in Human Services; **Phillip Osgood**, grandson of Norine Morse, Cal Poly, San Luis Obispo, BS in AgriBusiness; **Hannah Peitzman**, granddaughter of Fred & Ann Peitzman, San Francisco State, BA in Fashion Design/Merchandising; **Molly Peitzman**, granddaughter of Fred & Ann Peitzman, Whitworth College in Spokane, BS in Political Science; **Hannah Plank Schwartz**, granddaughter of Janice Plank, UC Davis, BA in Political Science-International Relations; **Emily Scherba**, niece of Ron & Cindy McCoy, University of Tennessee at Chattanooga, BA in Communications/Public Relations; **Allison Scott**, daughter of Doug & Tammy Scott, UCLA, BS in Psychobiology; **Kenneth Skale**, son of Steve & Cindy Skale, Chicago School of Professional Psychology, Psy.D. Heading for post-doc work at Rose City Center in Pasadena; **Stephen Wahlig**, grandson of Larry Kittiver, Rice University in Mechanical Engineering and Pre Med to Duke University for Medical School; **Kandy Jean White**, daughter of Bill & Susan Nims, California State University Dominguez Hills, BS in Accounting and Business Management; **Yunji Danielle Yi**, student of Althea Waites, Cal State University of Long Beach, will attend USC School of Music for graduate study in piano.

High School

Jack Binford, grandson of Ron & Elaine Florance, from Mater Dei High School in Santa Ana to Texas Christian University; **Jocelyn Audrey Carroll**, granddaughter of Jack & Joyce Crump, from Foothill Technology High School in Ventura with honors, to UC Santa Cruz; **Kimberly Coscia**, granddaughter of Oren & Jo Sheldon, from South High School to University of Alaska, Anchorage to study Forestry; **Katie Fejes**, daughter of Ann Fejes, from Palos Verdes High School to University of Massachusetts Amherst; **George Froehlig**, son of Mary Tabata, from Palos Verdes High School to Pepperdine University; **Jade Gehr**, granddaughter of Dale & Linda Gehr, from West High School to El Camino; **Grant Geiger**, son of Greg & Jackie Geiger, from Palos Verdes Peninsula High School to University of San Diego; **Samantha Hanhart**, daughter of Brian & Silvia Hanhart, from South High School to Birmingham Southern College; **Adam Itokazu**, grandson of Fred & Ann Peitzman, from Santana High School in Santee, CA to Colorado State to study Engineering; **Bobby Jones**, son of Bob & Melinda Jones, from Palos Verdes Peninsula High School to UC Santa Barbara; **Matthew King**, grandson of Leonard & Rita Guiton, Cypress High School to Belmont College in Tennessee studying Audio Communication; **Alex Kokka**, son of Alan Kokka & Susie Wendorf, from Palos Verdes Peninsula High School to University of California, Davis; **Zoe Peterson**, son of Michael Peterson & Chris Campbell, from Palos Verdes High School to University of Redlands; **Nicole Phillips**, daughter of Steve & Cheryl Phillips, from Palos Verdes Peninsula High School to Brown University; **Sara Rebekah Platnick**, daughter of Kathy & Joe Platnick, from Chadwick School to Whitman College; **Dylan Plunkett**, son of Sheril Plunkett, from South High School to Temple University; **Nic Ransom**, grandson of Ron & Cindy McCoy, from Illinois Valley Central High School, Chillicothe, IL to Illinois Central College, to study nursing; **Caela Roach**, daughter of David Rentz & Beth Roach, from South High School to Texas Christian University; **Zen Roten**, son of Russell & Yuriko Roten, from Palos Verdes High School to Temple University; **Taylor Routh**, daughter of Robert & Lauren Routh, from South High School to University of Kansas; **Rose Satchwell**, granddaughter of Dave & Marilyn Satchwell, from Santa Ynez Valley Union High School to Oklahoma Baptist College to study nursing; **CJ Scharenberg**, grandson of Wes & Gigi Thompson, from South High School to Marymount College; **Kade Schmitz**, son of Doug & Cindy Schmitz, from San Pedro High School to Cal Poly, San Luis Obispo, to study Materials Engineering; **Julian Szieff**, son of Caitlin & Bill Szieff, from Palos Verdes High School to Carleton College in Northfield, MN, to study Biology with a focus in Neuroscience; **Ryan Tsang**, son of Wayne & Bonni Tsang, from Palos Verdes Peninsula High School to University of California, Berkeley; **Abigail Whitman**, daughter of David & Gina Whitman, from Palos Verdes Peninsula High School to Boston Conservatory of Music majoring in Vocal Performance with an emphasis in opera; **Steven Williams**, son of Peter & Lisa Williams, from Palos

Verdes High School to Michigan State University; **Evan Andrew Zakman**, son of Nicole Lowery Zakman & Stephen Zakman, from Palos Verdes High School to University of Illinois, Urbana-Champaign to study Electrical & Computer Engineering; **James Zhang**, son of William & Julie Zhang, from Palos Verdes Peninsula High School to Georgetown University.

Middle School

Parker Alvin, grandson of Jim & Ann McCurry, from Miraleste Intermediate School to Palos Verdes Peninsula High School; **Micah James Crook**, grandson of Norma Jean Crook, from Bert Lynn Middle School to West High School; **Emerson Gehr**, granddaughter of Dale & Linda Gehr, from Mission Viejo Christian School to Mission Viejo High School; **Kerra Mueller**, daughter of Melinda Mueller, from Calle Mayor Middle School to South High School; **Trevor Peitzman**, grandson of Fred & Ann Peitzman, from St. Lawrence Martyr to St. John Bosco High School in Bellflower; **Ryan Roulette**, son of Mark & Peggy Roulette, from Renaissance School of Arts & Sciences and will continue high school at Renaissance School of Arts & Sciences; **Alex Scharenberg**, granddaughter of Wes & Gigi Thompson, from Richardson Middle School to South High School; **Kenny Uchida**, son of Yasuko Martin, from Miraleste Intermediate School to Palos Verdes Peninsula High School.

Elementary School

Spencer Alvin, grandson of Jim & Ann McCurry, from Rancho Vista Elementary School to Miraleste Intermediate School; **Zachary Dawson**, son of Steve & Bethelyn Dawson, from Silver Spur Elementary to Palos Verdes Intermediate School; **Lance Jasanis**, son of Patrick & Noucha Jasanis, from Taper Avenue Elementary to Miraleste Intermediate School; **Elizabeth Manth**, daughter of Larry & Julie Manth and granddaughter of Tom & Betsy Coleman, from Lunada Bay Elementary to Palos Verdes Intermediate School; **Liam Miller**, grandson of Sallie Krause, from Rolling Hills Country Day School; **Sony Onyeabo**, son of Onyeabo & Stella Okoro, from Walteria Elementary School to Richardson Middle School; **Elisa Switzer**, daughter of Brian & Tiffany Switzer, from Lincoln Elementary in Redondo Beach to Adams Middle School.

Preschool

Genavee & Mattea Maines, daughters of Michele Genovese-Maines, from preschool to “big school.

ICYOLA Makes Annual Journey to Disney Hall



Get Your Tickets Today!

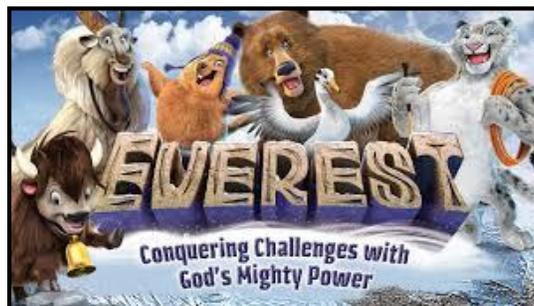
The Inner City Youth Orchestra of LA (ICYOLA), led by our very own Chuck Dickerson, will present its season finale concert on **Sunday, July 19th, at 3:00 p.m.** at the Walt Disney Concert Hall. The concert will open with the Theme from the Magnificent Seven and will feature the music of George Gershwin and Stevie Wonder. Tickets may be purchased directly from the ICYOLA Box Office. Stop by the Family Ministries table after morning services to pick up your order forms. You can also download the

order form from our website www.rhumc.org or call the church office. Bus transportation will be available based on demand. Come and support Chuck and the wonderful musicians!

Join Kid Zone and RHUMC for Summer Vacation Bible Camp 2015!

August 3rd-7th 9 a.m.-Noon

Ages 3 years-5th grade



Sign up online at <http://rhmc.org/ministries/childrens-ministries/vacation-bible-camp/>
or call the Kid Zone Office 310-377-7302

Volunteers still needed - Jr Crew Leaders (middle school),
Crew Leaders (high school, college, adults, etc!)

RHUMC Youth July Events

July 8th – Extended L.O.G.O.S....Come and learn about a "hair raising & head splitting courage" story about Jael, Prophetess Deborah & the Israelite. We will take a closer look at an Old Testament story from the book of Judges. Youth will test their courage, examine the tremendous courage of Jael, and ponder their decision to commit to depending on God for courage. LOGOS begins with dinner at 6 p.m. & ends with Christmas Candle at 8 p.m.

July 15th – it's time to turn in your Presidential Volunteer Service (PVSA) Award logs. Place completed service logs, application and supporting documents in Nicole Benson box inside the RHUMC church office by 5 p.m. Forms are posted on the church website, RHUMC.org.



July 19th – Once again it's time to break bread & "Chill with Miss Nicole"...All youth & families are invited to come have lunch after the 2nd service (11:30) @ Veggie Grill, 2533 PCH, Torrance.

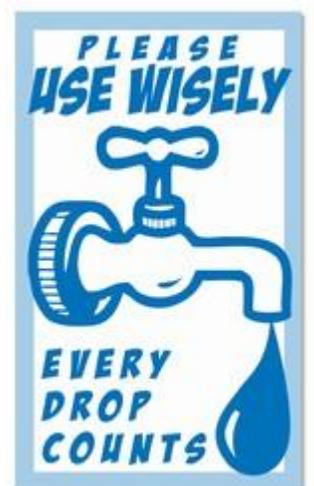
UPDATE: In July, we will not have the Weekly F.I.T.S. Beach days.

MANY THANKS: Much gratitude to Debra DeLuca & Mark Pope for their help during our youth lock-in June 28th. A big hug to Pastor Doug...thank you! Following Taco Night, the youth indulged in bowling, ate s'mores around a camp fire, & created "God's Promises" socks.



CONSERVATION

Like for many of you, California Water Service has asked the church to reduce our water consumption by 36 percent based on corresponding months of 2013. In May we used 221 ccf (billing units of 100 cubic feet). That's equivalent to over 165,000 gallons, enough water for over 100,000 toilet flushes or enough to fill over 4,000 bathtubs to overflowing. Since we did have high water usage in 2013 we will likely satisfy our quota but we must still be good stewards of our water resources during this period of extreme drought. Our Board of Trustees has monitored our usage and found that 58 percent is used for our nighttime landscape irrigation and 42 percent is used during our normal occupancy hours. We are currently working with Bennett Landscape, our landscape maintenance contractor, to reduce our landscape needs. Watering times are being reduced, sprinkler heads are being capped and some drip irrigation is being installed. Effects of our efforts may be seen at times as vegetation is stressed. We will make adjustments as necessary. We request your assistance with the other portion of our water usage. Please minimize the amount of water used at our sinks in the restrooms and kitchen. Any helpful suggestions are appreciated.



ROLLING HILLS UNITED METHODIST CHURCH
Tuesday, July 21st, at 7:30 p.m.

iPalpiti Orchestra

EDUARD SCHMIEDER *Music Director & Conductor*
18th Annual *iPalpiti Festival of International Laureates*

Festival Preview Concert



iPalpiti in Walt Disney Concert Hall, July 2014

“A dazzling international chamber orchestra... Eduard Schmieder’s art is all about communicating emotional energy through glorious sound.”

— Rick Schultz, *Los Angeles Times*, July 2014

The orchestra ***iPalpiti*** (*ee-PAHL-pit-ee*, Italian for "heartbeats") is unique in the world in that it draws its members from top prize-winning laureates of international competitions. ***iPalpiti*** has played to great acclaim in leading concert halls around the world. Approximately 30 artists will arrive in Los Angeles from over 20 countries for the annual ***iPalpiti Festival of International Laureates***. Concerts take place at various venues throughout the Southland July 9–26 and culminate in an evening concert by the full orchestra in the Walt Disney Concert Hall. This concert at Rolling Hills United Methodist Church previews chamber music and orchestral selections from the 2015 Festival.

Free-Will Offering
Donations appreciated — 100% for the artists

Save the Date

Rolling Hills UMC
Women’s Weekend Spiritual Retreat
January 22-24, 2016

Reverend Dr. April Herron will lead us in scripture study, reflection, and prayer held at La Casa de Maria Retreat Center, a non-profit conference center, a ministry of the Immaculate Heart Community, at the southern end of Santa Barbara, between the mountains and the sea. Signups begin in September.

Club Maintenance



The latest items crossed off of the Club Maintenance to-do list included assembling a TV screen on a portable cart, replacing burned out Sanctuary lights, repairing a broken tree-straightening cable in the Meditation Garden, spraying for spiders in the Preschool eaves, repairing and aligning irrigation sprinkler heads, painting a Youth Lounge handrail, painting a room in the Office Building, cleaning the rain gutters and installing gutter covers on Preschool Building C, removing dead tree branches, and securing a loose pillar pad in Wesley Hall. Those involved in this work included Jim Showalter, Oren Sheldon, Eric Rasmussen, Don Pedersen, Dave Larson and Bill Bails.

The next work session for Club Maintenance will next meet on **Saturday, July 11th**, at 8:30 a.m. Please help in these efforts to keep our facilities in good condition.



Rachel Stam
Director of Family Ministries

Get your Hollywood Bowl Tickets Today!

Our first Hollywood Bowl Concert, Sound of Music Sing-Along, sold out! Make sure to get tickets for the last two concerts of the season.

We will celebrate Sinatra’s 100th Birthday on **Wednesday, July 22nd** at 8:00 p.m. One of the most important music figures of the 20th century, “Old Blue Eyes,” is honored on his hundredth birthday with a celebration of his classic recordings. The Count Basie Orchestra and outstanding guest stars gather for this musical tribute. Tickets are \$26 each.



A Sheryl Crow concert will close out our Hollywood Bowl season on **Saturday, August 8th** at 8:00 p.m. Nine time Grammy®-winning singer-songwriter performs with the Hollywood Bowl Orchestra for an evening of good-time hits and powerful ballads, from “All I Wanna Do” and “Soak up the Sun” to “Callin’ Me When I’m Lonely.” Latin Grammy®-winning Cuban-Canadian singer-songwriter Alex Cuba opens the evening. Tickets are \$40 each.

Stop by the patio or church office or email familyministries@rhmc.org to purchase your tickets or for more information. Bus service from Wilson Park is additional \$7.

United Methodist Dodgers Night



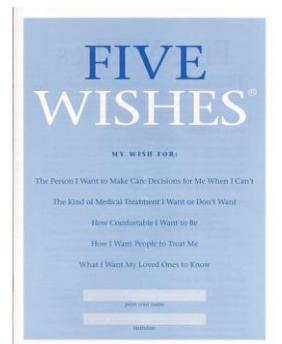
Cheer on the Dodgers as they face off against the Cincinnati Reds on **Friday, August 14th, at 7:10 p.m.** Reserve level tickets are \$26 each and \$2 of that will go towards the *Imagine No Malaria* campaign. Email familyministries@rhmc.org or call the church office to purchase your tickets. The deadline to order tickets is **Friday, July 17th**, so don’t wait too long. Fireworks will immediately follow the game. Go Dodgers!



Health & Wellness
Annette Matsuda, RN, BSN
Parish Nurse
Health and Wellness Opportunities

Advance Directives

The act of making personal end-of-life decisions in advance is as old as mankind. According to the book of Genesis, Abraham, Isaac, and Jacob, near the end of their lives, made directives such as designating inheritances to their sons, giving formal blessings, and designating where they wanted to be buried. Likewise, today, it is important for us to plan directives in advance, and include aspects of our health care.



A living will or other advance directives are legal instructions written by you that state your preferences for medical care ahead of time, should you become unable to make decisions for yourself. Your written directives enable doctors, family members, and friends to know how you want to be cared for if you are terminally ill, seriously injured, in a coma, in advanced stages of dementia, or near the end of life.

Directives may also help to avoid unnecessary suffering, and ease the burden of decision-making on your loved ones, should you become incapacitated.

Advance directives aren't just for older adults. Unexpected end-of-life situations can occur at any age, so it's appropriate for all adults to prepare these documents.

One popular and comprehensive form of advance directives is called, *Five Wishes*. It is an easy form to complete and addresses your wishes for care. It is for anyone age 18 or older.

During the month of July, you may easily obtain a *Five Wishes* form. These forms will be located in the narthex on the table with our *Care Notes* display.

Feel free to give a copy of your directives to our pastoral staff, if you like.

So teach us to count our days
that we may gain a wise heart. Ps. 90:12 NRSV

Senior Pastor	Jonathan Chute	Music Director	Chuck Dickerson
Assoc. Pastor	April Herron	Organist/Pianist	Althea Waites
		3 rd Service Ensemble	Patti MacLeod
Preschool Director	Myra Ghabrial	Admin. Asst. to Pastor	Michele Nelson
Family Ministries Dir.	Rachel Stam	Church Office Admin.	Peggy Roulette
		Adm. Asst.	Ana Ysabel Lopez
		Treasurer	Robin La Tourette
Junior High Youth	Nicole Benson	Bookkeeper	Nicole Lowery Zakman
Parish Nurse	Annette Matsuda	Facilities Manager	Rick Mitchell
		Custodian	Miguel Portillo
Church Office Phone	310-377-6771		
Fax Line	310-544-4123	Resident Bishop	Minerva Carcaño
Web Site	www.rhumc.org	District Superintendent	Kathey Wilborn

SUNDAY WORSHIP HOURS
8:30 & 10 a.m. and 5:30 p.m.
CHURCH OFFICE HOURS
Monday – Friday 9 a.m. – 5 p.m.
Next Cornerstone deadline is July 20th
www.rhumc.org