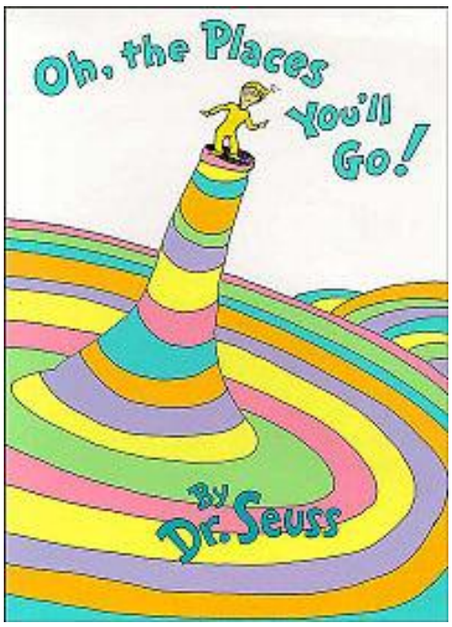
SUNDAY WORSHIP HOURS
8:30 & 10 a.m. and 5:30 p.m.
CHURCH OFFICE HOURS
Monday – Friday 9 a.m. – 5 p.m.
Next Cornerstone deadline is April 22
www.rhumc.org

The Cornerstone
Rolling Hills United Methodist Church
26438 Crenshaw Blvd.
Rolling Hills Estates, CA 90274
310-377-6771
April, 2013

RHUMC Children's Auction
Friday, April 19th
7:00-10:00pm
Norris Pavilion

Join us for a whimsical evening of great food and fun!
Amazing Auction items that include:



Andrea Bocelli Concert – VIP Suite, Preferred Parking & More
Big Bear Cabin Get-away – Sleeps 12!
Fine Dining at Great Restaurants
Theme Baskets – Beach Party, Wine & Cheese, Toys

Tickets are $50 per person and can be purchased by contacting the Preschool or the Children's Ministries offices. All proceeds go directly to RHUMC Children's Programs.

If you have an item that you'd like to donate, please contact the church office 310-377-6771.

From the pastor

There is never too much gratitude. In a congregation as active and alive as ours, there are always things happening – important things! – that most do not see. So there was a crew of people that helped set the stage for all of the special services of Holy Week. They hung the cloth from the cross, set up the chancel for the orchestra and expanded choir and took it all down again. Some helped with the arrival of the flowers, others removed the pollen from the lilies so that we could all breathe freely. Still others set up the sanctuary and entrance area, helped hang the flower cross on Saturday morning and helped take it all down on Monday. Additional counter helpers came in to bring order to the generosity so many shared with lots of extra services. The hospitality committee set up hot cross buns and fed the choir (who went over the top with all that they did!). Extra liturgists, extra ushers, parking lot helpers and more all worked to bring off a joyful, hopeful, glorious week of Easter. Thank you to each and every one! Over 1,100 people worshiped with us that day, and joined in the celebration of new life and hope. I believe that is the largest number we've ever seen in our 53 years of life together.

We offered a week of Spring Break Vacation Bible Camp during Holy Week (when PV schools were out), and we're doing it again next week (when Torrance schools are out)! We also had a great Easter Egg Hunt on Saturday morning, with help from a number of our youth and young adults who came to set up, hide the eggs, and generally made sure everyone had a good time. Thank you to all of you as well!

There's more to come. The plans for the first phase of our building plans have now gone to the City of Rolling Hills Estates. We've had a number of good conversations with Planning staff and are hopeful about the outcome. The proposal includes the expansion of the choir room. This will be helpful for the current choir as well as provide a better room for other purposes. Additional space, as well as restroom facilities, will allow it to serve a wider range of needs. The adjacent parking area will also be improved. In the short term and long term this will add a number of new spaces. In between, when the moment arrives to tear down the original Sunday School buildings, we will locate portable classrooms there during the rest of construction. The public hearing is tentatively scheduled for May 6 at 7 p.m. We'll let you know as we hear anything further.

We also learned this week that the Board of Supervisors gave approval to a pedestrian gate between our two parking lots, as well as reciprocal use by us, the Garden, and Rolling Hills Country Day School for special events. The cost of the gate and walkway is being split between the church and Country Day School. It will provide access for all kinds of good purposes over the years to come, and we look forward to breaking ground on that as soon as possible!

Easter has come, and now we live in the light of God's new day. Thank you for helping our congregation be a source of encouragement and hope for so many. It really is a privilege to share this work with you all.

Grace and peace,

Jonathan

Family Ministries

May is Mental Health Awareness Month. Statistics show that 1 out of 3 people will suffer with a diagnosable mental health disorder at some point in their lives. Often people feel shame, and a need to keep it secret, but the truth is, if we ourselves are not personally affected, we are close to someone who is or will be. Removing stigma and learning about treatment and resources is an important part of caring for one another. On Sunday, May 5, immediately following the second service, Family Ministries and the Health and Wellness Committee are sponsoring an event to do just that. There will be a light lunch served, followed by a panel presentation with people who have personally struggled with some form of mental illness, as well as loved ones who have dealt with the illness of a family member. There will be resources available for various different types of illness, and there will be sharing of hope as well. The presentation is free, but in order to have enough food and resources, we would greatly appreciate it if you would let us know you will attend. Friends and neighbors are welcome as well. You can sign up on the church patio on Sundays, or email familyministries@rhucm.org, or call 310-377-6771.

The Purposeful Readers will meet on Sunday night, April 14th at 6:30 to discuss the book, *Proof of Heaven: A Neurosurgeon's Journey into the Afterlife,* by Eben Alexander. Amazon describes the book this way:

Thousands of people have had near-death experiences, but scientists have argued that they are impossible. Dr. Eben Alexander was one of those scientists. A highly trained neurosurgeon, Alexander knew that NDEs feel real, but are simply fantasies produced by brains under extreme stress. Then, Dr. Alexander's own brain was attacked by a rare illness. The part of the brain that controls thought and emotion—and in essence makes us human—shut down completely. For seven days he lay in a coma. Then, as his doctors considered stopping treatment, Alexander's eyes popped open. He had come back. Alexander's recovery is a medical miracle. But

the real miracle of his story lies elsewhere. While his body lay in coma, Alexander journeyed beyond this world and encountered an angelic being who guided him into the deepest realms of super-physical existence. There he met, and spoke with, the Divine source of the universe itself. Before he underwent his journey, he could not reconcile his knowledge of neuroscience with any belief in heaven, God, or the soul. Today Alexander is a doctor who believes that true health can be achieved only when we realize that God and the soul are real and that death is not the end of personal existence but only a transition.

All are welcome to attend for what promises to be a though-provoking discussion.

A Letter from the Bishop

Dear Pastor Chute,

Grace and peace to you in the name of Christ Jesus! I write to you on this day to thank you. In 2012 Rolling Hills UMC paid its conference apportionments at the 100.02 percent level. You were faithful and then just kept on giving! I know that this great portion that you have given to missions says much about the heart of your church and about your pastoral leadership. I cannot thank God enough for you and your faithfulness, and that of the church you lead.

Your faithfulness and extra mile giving enables and sustains connectional mission work all over the world. Persons are being fed, educated, brought out of poverty, called to the feet of Christ and being prepared for Christian discipleship and ministry that the world may be transformed by the grace and mercy of Christ Jesus! There is so much good we can do together as United Methodists and you are helping to lead the way. Thank you!

God bless you as you continue to serve Christ Jesus. I am praying for you and covenant to work as faithfully as you do to lead the California-Pacific Conference in our connectional ministry.

Your sister in Christ,

Bishop Minerva G. Carcano

The Sandcastles Program

Our next program is Sunday, April 21, from 1 – 5 p.m. at Congregation Ner Tamid in Rancho Palos Verdes. This is a nationally known, non-sectarian program designed to assist children 6-17 in dealing with their reaction to their parent's divorce or separation. The parent portion educates them about their children's experience of divorce and the challenges of parenting after divorce.

Call the Family Ministries office
for details and registration.

Club Maintenance

Club Maintenance completed a detailed survey of the perimeter fence to define prudent repairs prior to cleaning and repainting. Other jobs completed included cleaning all the Pre-School rain gutters, cleaning the patio fountain, leveling uneven stones in the Meditation Garden, treating for termites in the narthex and Pre-School, and cleaning a floor drain in the office rest room. Those participating included Bill Bails, Clarence Fung, Gene Koester, Dave Larson, Don Pedersen, Rich Prihode, Oren Sheldon and Jim Showalter.

The next scheduled Club Maintenance activities will start at 8:30 am on Saturday, April 13. Please help in keeping our church facilities in good working order.

Basketball Update

"In the Spring, I have counted 136 different kinds of weather inside of 24 hours." ***- Mark Twain***

Our basketball schedule for April is:

Mon., Apr 1st, 6-8 pm Thurs., Apr 4th, 6-8 pm Sat., Apr 6th, 2-4 pm

Mon., Apr 8th, 6-8 pm	Thurs., Apr 11th, 6-8 pm	Sat., Apr 13th, 2-4 pm
Mon., Apr 15th, 6-8 pm	Thurs., Apr 18th, 6-8 pm	Sat., Apr 20th, 2-4 pm
Mon., Apr 22nd, 6-8 pm	Thurs., Apr 25th, 6-8 pm	Sat., Apr 27th, 2-4 pm
Mon., Apr 29th, 6-8 pm		

If you would like to be sent reminders/updates regarding our schedule via email, please forward your email address to John Kwan at john@rhumc.org. We look forward to seeing you there!

2013 Junior & Senior High Sierra Service Project!

Dates and locations for junior and senior high SSP has been assigned! This year, our Junior High SSP group will be heading to Coarsegold, CA from July 21st through July 26th.

Our Senior High SSP group will be heading to two locations this year. One group will be heading to the Navajo Nation in Northeast Arizona and the other group will be heading to Smith River, CA. Both groups will be attending SSP on the same week – August 3rd through August 11th.

If you have any questions or would like more information, please feel free to contact John Kwan at the church office or via email at john@rhumc.org. We have a few slots still left! Hurry, before they get taken up! For more information about SSP or the site locations, please feel free to visit the SSP website at www.sierraserviceproject.org.

2012 Jr. High SSP Team

2012 Sr. High SSP Team

RHUMC Kid Zone presents...

Everywhere Fun Fair

Spring Break Vacation Bible Camp 2013

Join us for a Global Celebration and World's Fair!

April 8-12

1/2 Day (Ages 3—5th Grade) 9:00am-Noon $125/wk
Full Day (Kinder—5th Grade) 9:00am–4:00pm $225/wk
Early Care 7:30am-9:00am $30/wk
Late Care 4:00pm-6:00pm $40/wk

***Early Bird Discount- 10 % off when you register and pay in full by March 1st**
***Sibling Discount- 5% each**

For Registration Information:

Kid Zone Office
310-377-7302 kidzone.rhumc@gmail.com

Nancy Rasmussen's Haiti Mission

On January 12, 2010, a powerful earthquake caused widespread loss of life and devastation of property in Haiti. Rebuilding is not yet complete. UMCOR and the United Methodist Volunteers in Mission continue to send mission teams to Haiti for construction and re-construction of facilities and homes. Church member Nancy Rasmussen is joining a team from First United Methodist Church of Olympia, Washington May 10-18 to connect with members of the Methodist Church of Haiti and work alongside Haitians in a construction project. Nancy will be raising funds to support the mission, which will be used for supplies, Haitian labor, and a donation to the church in Haiti as they continue to rebuild. She will be on the patio Sunday, April 7 and April 14 to receive donations and give you a prayer card to support the team as they travel to serve in Haiti.

CROP Walk Benefitting Local Food Banks

Hungry? For most of us, if the answer to that question is "yes", we just head to the kitchen, or down to a local favorite café. For many, however, hunger is a serious problem. One in six Americans, and more than 17 million children, are impacted by "food insecurity" – not knowing where they will get their next meal.

Want to help? RHUMC will be signing up volunteers to participate in the CROP Hunger Walk to raise funds and awareness to eradicate hunger and poverty. Last year, 245 walkers/workers raised more than $30,000 to benefit local service providers, including Shared Bread, San Pedro United Methodist Church Sunday Suppers, and Toberman Neighborhood Center.

This year, the 10K walk will be held Saturday, May 4th, beginning at 11:00 a.m. at Point Fermin Park. Anyone can participate by signing up as a walker and seeking sponsors, recruiting other walkers, or donating to those walking. Look for more information at the tables outside of your favorite church service.

Also, we will be collecting cereal during the month of April, to benefit the San Pedro Food Net Pantry. If you want to contribute, please pick up an extra box on your next shopping trip and bring it with you to church. There will be a large collection bin in the narthex that we hope to fill!

Health & Wellness

Hear popular speaker on "Caregiving"

Sharmone La Rose, who has a masters degree in Gerontology, will be presenting, **"Caregiving", on April 10th, from noon - 1:00pm in the Sanctuary.** She will address: how to care for your family member, how to care for yourself as the primary caregiver, and what to look for when hiring a caregiver. She will bring resources as well as field questions. Bring a bag lunch and meet us in Wesley Hall at 11:15 before the talk.

Health Tips: Sleep, Part II of II

"I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety." Psalms 4:8, NKJV

How to Foster, restore, and maintain good "Sleep Hygiene":

- Get some sun exposure soon after you wake in the morning. Sunlight helps regulate the sleep-wake cycle. This is especially important for older adults and those who cannot leave the house regularly.
- Exercise enhances deep sleep. Aim to get at least 20 minutes of moderate activity daily during daylight hours. Relaxing exercises, such as deep breathing and light yoga may be performed before bedtime.
- Avoid caffeine, alcohol, and nicotine 4-6 hours before bedtime.

The sleep environment can promote sound sleep. Aim to:

- Darken your home at night. Darkness is required to stimulate the production of melatonin in our pineal gland, which promotes sleepiness and sound sleep.
- Set your bedroom at a cool, comfortable temperature. Cooler temperatures set the stage for better sleep.
- Remove the TV and computer from the bedroom. Refrain from using these engaging electronics well before bedtime.
- Relax and refrain from noisy, challenging activities.
- Read your Bible and pray, asking God for wisdom on how to handle challenges.
-

References: "Sleep Disorders", Teisha Phillips, RN, BSN, Continuing Education for California Nurses, January 2013, various web sites, and scripture.

Welcome New Members!

Several new members joined RHUMC in March. Their photos are posted in the narthex and their Directory information is listed here.

If you haven't already, please make it a point to reach out to these folks and give them the always warm welcome that this congregation is well known.

Bill & Mimi Avant
23612 Moneta Ave., Carson
310-561-2122
bavant@aavvid.com
mavant@avantcal.com

Donovan & Nancy Black
39 Chuckwagon, RH
310-377-1848
donovannan@msn.com

John Copper
1212 Via Coronel, PVE
310-375-1176
johncopper@cox.net

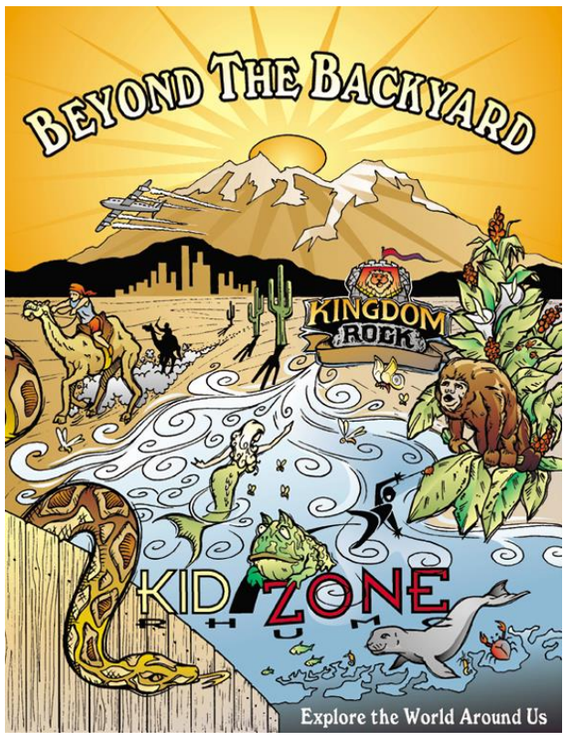
Glenn & Pat McKee
3720 S. Dolphin St., San Pedro
310-832-2333
glennm53@cox.net
patm22@cox.net

Bill & Barbara Leone
2408 Chelsea Rd., PVE
310-377-2628
wcleone@aol.com

Jim & Hazel Lord
2401 Via Sonoma, PVE
310-375-8119
jhlord@yahoo.com

Al & Donna Worch
27500 Rainbow Ridge Rd., PVP
310-377-5468
abcdew@me.com

Tony & Logan Tootell
518 S. Guadalupe Ave. #1, RB
90277
310-792-0579
letootell@gmail.com



Kid Zone

Summer Camp 2013

June 17th-August 8th

Beyond the Backyard

Explore the world around us!

Create your own camp

- Flexible schedules- Full Day, 1/2 Day, Daily Rate, Weekly Rate, Early and Extended Care
- Rotating class choices- Art, Cooking, Science, Media Production, Sports

Kindergarten Ready through 5th Grade

Kid Zone Office 310-377-7302
kidzone.midzone@gmail.com

Mid Zone
Summer Camp
2013

Get Connected

June 17th-August 8th

- Friday Beach Days
- Exciting Field Trips-
- Fly Indoor Sky Diving, USS Iowa, Ringling Brothers Circus, Fashion Institute, Pacific Park, Water park, and much more!
- Early and Extended Care
- 6th through 8th Grade

Mid Zone Office 310-377-7302
kidzone.midzone@gmail.com

Children's Ministries

Spring Training

Lisa Williams, Director of Children's Ministries

Spring can mean many things - for some it means cleaning the house, or emptying the rain gutters, planting a garden, buying an Easter dress, or even going to spring training.

This year we were fortunate enough to spend a few days in Arizona watching several teams prepare for their season.

The grounds were beautiful and the day was warm, but not too hot. The boys were gathering signatures from the players and we were watching bp (batting practice). This is when I was first introduced to Isaac. He was dressed in Dodger blue from head to toe, had a perfect stance when swinging his bat, and ran the bases like he knew what he was doing. Isaac could not have been any older than 2 1/2 maybe 3. Soon Isaac welcomed Braden into the game. He was an older player, maybe 4. They started a pickup game of swinging the bat and running bases. They were laughing and encouraging each other, then Isaac fell. A man walking by stretched out his hand to help Isaac up.

This spring break, vacation bible camp has taught us that neighbors are friendly, giving, bold, forgiving and loving. That day at spring training what I saw in Isaac and Braden was just how powerful God's message of hope and love can be. Friendships are meant to be simple and when we reach out to others we can find help and strength.

Children's Ministries

Thanks to all who joined us for Spring Break Vacation Bible Camp!
Love the Lord your God... and love your neighbor as yourself. Luke 10:27

Mark your calendars...

Annual Mother's Day Tea

Sunday, May 12th

<u>Kid Zone and Mid Zone are now accepting pre-registration for Fall 2013</u>
Kindergarten through 8th grade
Stop by the Kid Zone office for more information or call 310-377-7302

Family looking for a loving nanny
7 and 5 year olds
3:00-8:00pm
(must drive pickups from school)

Please contact Lisa Williams for information
310-377-7302