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 May 20
www.rhumc.org

The Cornerstone

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

May 2013

Mental Health Information & Resources Panel

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@rhumc.org, or call 310-377-6771.

"Sing for joy, O heavens, and exult, O earth; break forth, O mountains, into singing! For the LORD has comforted his people and will have compassion on his afflicted."

Isaiah 49:13

From the pastor

In the northeast, lilacs announce that Spring has finally come. In the desert, the wildflowers proclaim the news. Here in southern California we have the jacarandas. Their purple blossoms make clear what we've suspected for some time. The days are growing longer, and the sun's warmth makes its presence felt. In our back patio another pair of birds builds its nest above our sliding doors, taking offense each time we go outside. Spring is here. In scripture we find that others have rejoiced in the same good news: "The flowers appear on the earth; the time of singing has come, the voice of the turtledove is heard in our land" (Song of Solomon 2:12).

It is a season of grace. There are good and important things happening in our lives. We give thanks for God working in and through us to bring us closer to one another. We give thanks for God leading us beyond ourselves. God's grace invites us both to deeper gratitude and to wider generosity. As we reach out to others we discover our best selves. As we live and grow in grace we find that we are connected with more and more people, and in more and more ways.

In May we give thanks for the grace we have known from our mothers. For each of us Mother's Day means different things. This year we will see new mothers (and new grandmothers!) sharing the joy of the day. We may not see, but will also remember, that not everyone who would like to be is able to be a mother. Some of us had mothers who made it harder to give thanks. And others have become mothers

to those who needed one. Whether our mothers are still with us or present only through our memories, whether they lived up to our needs or struggled even to meet their own, it was through them that each of us came to be. I am glad that we are here, together, now.

It is a season of grace, and we are grateful for the leadership that Diane Rehfield has provided through her work with Family Ministries. She and Mark will be making their way to Atascadero in June, and we will be thanking them and offering our blessing on Sunday, June 2. Details are still to be arranged, but there will be food, and it will take place after the second service. The Rehfields have brought much to our common life, and to each of the lives they have touched over the past five and a half years. We will miss them even as we look forward to continuing our friendships over the coming seasons. Atascadero is not that far away!

We meet with the Rolling Hills Estates Planning Commission this Monday, May 6, at 7:00 p.m. to seek approval on the initial improvements to our facilities. We look forward to breaking ground this Summer, and to seeing the work take shape over the next few months. Once work begins we will submit the plans for the rest of the project to the city. Those will take roughly a year to move through the planning and approval process. As we move forward I promise to keep you up to date on our progress. And I thank you for the encouragement and hope you have shared to strengthen our mission with children, with families, with the whole of our community.

Grace and peace,

Jonathan

Family Ministries

The Purposeful Readers will meet on May 19 at 6:30 PM to discuss the book, *Help, Thanks, Wow,* by Anne Lamott. Amazon describes the book this way:

New York Times-bestselling author Anne Lamott writes about the three simple prayers essential to coming through tough times, difficult days and the hardships of daily life.

Readers of all ages have followed and cherished Anne Lamott's funny and perceptive writing about her own faith through decades of trial and error. And in her new book, *Help, Thanks, Wow*, she has coalesced everything she knows about prayer to these fundamentals.

It is these three prayers – asking for assistance from a higher power, appreciating what we have that is good, and feeling awe at the world around us – that can get us through the day and can show us the way forward. In *Help, Thanks, Wow*, Lamott recounts how she came to these insights, explains what they mean to her and how they have helped, and explores how others have embraced these same ideas.

Insightful and honest as only Anne Lamott can be, *Help, Thanks, Wow* is the everyday faith book that new Lamott readers will love and longtime Lamott fans will treasure.

All are welcome to attend.

Family Camp Set for Memorial Weekend

This Memorial Day weekend (May 24-27) we will be having our 5th annual All Church Family Camp. It's open to people of all ages - singles, couples and families alike. It's a great chance to get to know people. In addition to the wonderful fellowship with friends and family and the opportunity to relax and enjoy yourselves, there's hiking, swimming, volleyball, crafts, singing around the campfire, games, and great food that is cooked by the camp staff. We stay in heated cabins so it is a very enjoyable weekend. You can come up Friday night and stay until Monday afternoon for just $155.00 per person. Children aged 3-9 are half price and children under 3 are free! If you can't stay for the whole weekend, you can join us for any part of the weekend for a reduced price. For more information or to register for camp, please come to the Family Ministries table after the morning church services on May 5th and May 12th

Dawn Unity Panel Discussion at RHUMC May 7th @ 7:30 p.m.

The Dawn Unity Group's Interfaith Discovery Series will conclude its twelfth year with "Major Influences in My Life" at 7:30 Tuesday, May 7th here in our sanctuary. The panelists will be

Jonathan; President Maurice Lam of the Church of Jesus Christ of Later-day Saints; Rev. Diane Rehfield of the Walteria United Methodist Church; and Rev. Judy Siker of St. Peter's by the Sea Presbyterian Church. Bob Rothman will be the Moderator. This evening offers the chance to hear these notable clergy tell us how each chose their faiths, their careers, and made other major decisions. It will be a personal perspective that is not normally provided to us. Join us for this evening which is free to all, including the cookies, after the ninety minute program.

Club Maintenance

A small but hard working Club Maintenance crew painted the interior of the Information Center, re-hung a sign in the Pre-School, trimmed and trained rose bushes growing at the entrance of the Meditation Garden, and caulked light stanchion base plate covers in the parking lot. Those participating were Jim Showalter, Oren Sheldon, Dave Larson, Clarence Fung and Bill Bails. The next work session starts at 8:30 am on Saturday, May 11. Your help is needed and welcomed.

SAVE THIS DATE – SUNDAY, JUNE 2ND

Much as we hate the thought of it, we want to give Diane Rehfield a grateful hail and farewell party as she leaves us to start a new chapter in her life – Senior Pastor of Atascadero United Methodist Church. The event will be after the second service on Sunday, June 2nd. More information will follow soon, but please ink this date on your calendars. If you'd like to help, please contact one of the following: Maureen at chomo2@cox.net; Suellen at empressdowager@live.com; Doug at dhkemps@aol.com

Club Maintenance Regulars Create Palm Sunday Entry Arches

For the past few years, our reliable and loyal CM crew has put together the wonderful palm arches that we walk through into the sanctuary on Palm Sunday. Sean Bennett of Bennett Landscaping, provides us with the palms (free of charge!) and the guys go to work on the project the Saturday before. Thank you to: *(l – r, standing), Clarence Fung, Bill Bails, Jim Showalter, and Rich Prihode. Kneeling is Oren Sheldon, coordinator for Club Maintenance.*

Basketball Update

"I use to think 'mother' was a title given to special women in my life. So when I was a teenager, I started to call my girlfriend 'mom'."

- Jim Paul

Welcome to the month of May! Be sure to let the women in your lives know how much you appreciate them . . . and then play some basketball!

	Thurs., May 2nd, 6-8 pm	Sat., May 4th, 2-4 pm
Mon., May 6th, 6-8 pm	Thurs., May 9th, 6-8 pm	Sat., May 11th, 2-4 pm
Mon., May 13th, 6-8 pm	Thurs., May 16th, 6-8 pm	Sat., May 18th, 2-4 pm
Mon., May 20th, 6-8 pm	Thurs., May 23rd, 6-8 pm	Sat., May 25th, 2-4 pm
Mon., May 27th, 6-8 pm	Thurs., May 30th, 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!

Health & Wellness

Mental Health and My Favorite Hike

With May being Mental Health Awareness month, I'd like to tell you about my favorite hike. How is hiking related to mental health? Hiking, like any sport, benefits our physical health. The activity also stimulates the production of endorphins in our brain, chemicals that make us feel good emotionally. Hiking gives us the opportunity to enjoy the company of and conversation with family and friends while we explore God's good earth – viewing the ocean, mountains, flowers, trees, and fauna along the way. Aesthetic adventures related to hiking remind us of God's blessings and bond us to each other.

I love our local hikes in Palos Verdes. There are also great hikes in the Santa Monica mountains. My favorite is the "Parker Mesa Overlook", from Paseo Miramar. This hike affords many stunning views of the ocean and L.A. Atop the overlook, enjoy a panoramic view of our PV peninsula and the Santa Monica Bay. Take your family or friends this spring on a clear day, and be refreshed!

Check out the following for more information:
http://www.hikespeak.com/trails/parker-mesa-overlook-in-the-santa-monica-mountains/
www.pepperdine.edu/campusrecreation/outdoor/local-hikes.pdf see #10
http://www.webmd.com/depression/guide/exercise-depression

I lift up my eyes to the hills. From where does my help come? My help comes from the Lord who made heaven and earth. Psalm 121:1-2

Join one of our Ongoing Fitness Classes

Pilates – M-Th, 7:45-8:45 am – Bride's Room. Coached by Gretchen Lanam, $15/session.

Core Strengthening – Mondays, 8:45 am – Narthex led by Helaine Lopes. The Wednesday class (same time as Monday), is student-led. Fee is $8/session.

Laughter Group - Thursday, May 9th at 9 am – Mission Room. Led by Nina Bradbury, R.N. Fun while stretching, improving balance, reducing stress. After May 9th, this group will have a recess until late October.

Group Exercise – with a variety of activity videos – Fridays, 8:45 am – Aldersgate. Led by volunteers – no fee.

"Oh the Places We Went On That Whimsical Night"

One family, two families, three families, four
Five couples, six couples, many, many more!
Big kids, little kids of all shapes and sizes.
We enjoyed an auction night full of surprises!

Oh, the places went on that whimsical night!
The Norris Pavilion gave us magical light
There was dancing and laughing and so much more
The auction items were not a bore!

Thank you for coming and bringing a friend to see
How much fun a children's auction really can be
Your generous gifts of $eventeen thousand plus
Makes thanking you a definite must!

Myra and Lisa and many, many more say THANK YOU!

Thanks to RHUMPS parent Karen Yamamoto for her inspiring designs and dedication to the "cause".

And a bouquet to Daisy Constantino for her great organization of the auction items

Kudos to Kwan! John Kwan, that is. He did a lot of the heavy lifting for this fun-filled event.

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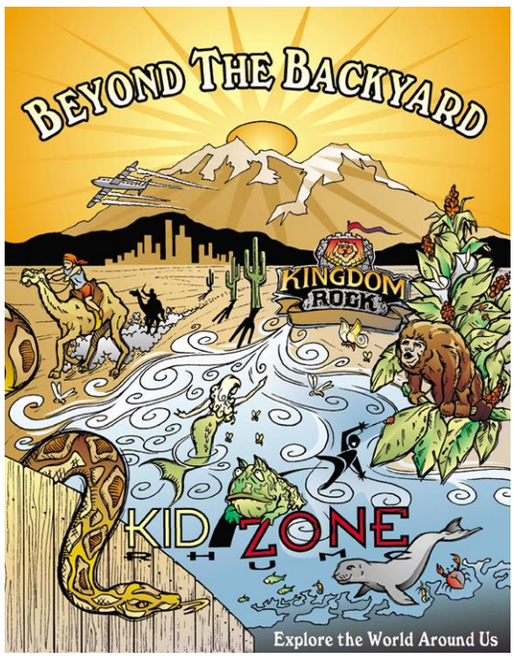

Kid Zone

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

Children's Ministries

Summer

Lisa Williams, Director of Children's Ministries

This school year I mentored a group of kids working on their senior projects at Palos Verdes High School. One student did his research and presentation on the importance of summer camps. His thesis was based on the need for kids to set aside electronics and explore outdoors. It was fun for me because he had been a camper at Kid Zone and then worked as a counselor over the years. It was so interesting to watch them grow and formulate their own ideas of what the world should look like. Camp is a special time of the year whether you go to church camp, day camp or overnight camp. Each camp hopefully builds memories that will help children grow.

We are excited about summer camp this year. At Kid Zone we are *Going Beyond the Backyard* as we explore the different ecosystems around the world. Mid Zone will *Get Connected* as they explore sites around the greater Los Angeles area. The preschool will have summer school during the month of July. *Kingdom Rock – Where Kids Stand Strong for God* is this year's theme for vacation bible camp. VBC will be August 5-9.

An Important Note about Camp: We believe that summer should be flexible. That is why we have designed our programs to work with your schedule. You may register for one week, a few days a week or all summer. If one child will be attending summer school at the preschool you can have your elementary child come to Kid Zone camp during the same time. If you are a grandparent who will have small visitors this summer. think about sending them to camp.

If you would have fun falling in love with a group of kids this summer I invite you to be a part of the *Kingdom Rock* Vacation Bible Team. Please contact me for more information.

Children's Ministries

Join us for Summer Vacation Bible Camp

Kingdom Rock- Where Kids Stand Strong for God!
August 5th-9th, 2013
Please call the Kid Zone office 310-377-7302

Mark your calendars...
Annual Mother's Day Tea
Sunday, May 12th
after morning services

<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

Preschool Graduation 2013
Tuesday and Wednesday,
June 11 and 12th at 7:00 pm
Join us in honoring our
graduating 4 & 5 year olds!

Mid Zone
Summer Camp
2013

Get Connected

June 17th-August 8th

- Friday Beach Days
- Exciting Field Trips- iFly 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

Senior Pastor	Jonathan Chute	Music Director	Chuck Dickerson
Assoc. Pastor	John Kwan	Organist/Pianist	Althea Waites
Assoc. Pastor	Diane Rehfield	3rd Service Ensemble	Patti MacLeod
Children's Min. &		Church Office Admin	Peggy Roulette
Kid/Mid Zone Director	Lisa Williams	Admin. Asst. to Pastor	Michele Nelson
Jr. High Youth	John Kwan		
Senior High Youth	Evan Griffiths	Treasurer	Robin La Tourette
Preschool Director	Myra Ghabrial	Bookkeeper	Nicole Lowery Zakman
Parish Nurse	Annette Matsuda	Facility Manager	Gene Koester
Custodian	Miguel Portillo		
Church Office Phone	310-377-6771	Resident Bishop	Minerva Carcaño
Fax Line	310-544-4123	District Superintendent	Kathey Wilborn
Web Site	www.rhumc.org		