



# RONALD REVIEW

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Pastor: Kelly Dahlman-Oeth

**Open Hearts, Open Minds, Open Doors**

## VISION STATEMENT AND PURPOSE OF MINISTRY STATEMENT

**Purpose of Ministry Statement:** *We are a responsive, respectful faith community reaching out in service to the needs of those around us with understanding, unlimited compassion and Christ centered support.*

**Vision Statement:** *Our vision of sustainable ministry is to be a center of hospitality, hope and service, responding to the spiritual and basic needs of our community.*

### A Word for the Year

*"Let us always meet each other with smile, for the smile is the beginning of love." - Mother Teresa*

As we faced another new year, my wife shared an "anti-resolution" idea with me. Instead of making the same half dozen commitments that we broke last February, what about one word for the year; one word that you want to embrace. Sure, it could be "exercise" or "nutrition", but feel free to let go of the annual "diet plan." Here are a few other ideas: generosity, serve, grace, inspire, community, imagine, reinvention, explore, or courage.

I recently read about two researchers at M.I.T. who had developed an algorithm that enables a robot to instantaneously predict human emotions and even actions to an accuracy of 93%, relying on facial expressions, verbal tone and past behaviors. It is still extremely limited regarding the complexity of possible actions from an individual; it made me realize that human emotions may not be as unpredictable as many of us think.

However, the challenge isn't just about predicting the emotions of others, it is often about predicting our own. That said, some of us know the challenge of learning to manage our emotions. In other words, we may know that certain situations, or even people predictably stir feelings of anger in us, but avoidance may not always be an option (e.g. your boss isn't going anywhere, and you need to keep your job.) Thus, we strive to learn how to manage our emotions.

However, managing isn't the same as suppressing. In her book, *The Managed Heart*, Arlie Russell Hochschild studied those who do "emotional labor." In her study of flight attendants, she found that by learning "deep acting," they could produce the desired outward emotional responses to airline passengers. At the same time, they were required to learn how to suppress negative emotions. The problem for many of these "emotional laborers" came in their off hours, when they struggled to stop "acting" and get back in touch with their true feelings.

Of course, I'm not advocating that everyone should act on every emotion as it comes. I can't imagine the psychological and spiritual wounds we would all inflict on one another. Instead, I think it's best that we try not to live out an emotional script.

Given all that, my next suggestion may seem completely incongruous. Specifically, that I also ascribe to the "fake it till you make it" theory when it comes to my emotions (i.e. our bodies can influence our emotional state.)

Psychologists and neuroscientists agree that smiling and laughter generate what most of us would agree are positive benefits. As one author put it, "The notorious party animals dopamine, endorphins, and serotonin start whooping it up when you smile. And a bonus: those endorphins serve as natural pain relievers and act as the body's own opiates."

Laughter lights up the hippocampus, the area of the brain responsible for long-term memory. So, for those of us concerned about memory loss in the future, laughter may turn out to be one of the best medicines.

Note, I am not suggesting that smiling and laughter would cure the mild depression I've lived with most of my life, or anyone else's. I believe such mental health matters aren't as simple as "smile more" or "don't worry, be happy." Nor am I suggesting that laughing will prevent Alzheimer's or dementia. Though, there are some studies about its benefits.

Someone once said, “laughter is a form of worship. It’s our soul’s way of saying, ‘I surrender to being human.’”

As for my word for the year, if you haven’t figured it out by now, I’m going with smile.



Blessings on you and your word,

*Pastor Kelly*

## CELEBRATE HUMAN RELATIONS DAY ON JANUARY 14, 2018

Turn on the news or drive around the outskirts of your town and You will find what Jesus called “the least of these.” Those living in the margins of society, struggling to survive. People like:

- ◆ An immigrant teenager in Texas’ poorest country, being recruited by a local gang
- ◆ A father struggling for sobriety in Little Rock, Arkansas
- ◆ An Oklahoma woman recently released from incarceration looking for work

Over and over Jesus served people like this, embracing them. And that’s what we want to model as the people of the United Methodist Church. To continue the ministry of Jesus we established Human Relations Day as a Special Sunday that calls all of our churches to participate in helping all God’s children to realize their potential.



## DISTRICT GATHERING: Saturday, January 27, 2018

9:00 AM-3:30 PM

### TOWARDS A NEW URBAN STRATEGY

With Keynoter Jason Byassee

Jason Byassee is a Professor of Biblical Hermeneutics at Vancouver School of Theology. Previously, he was senior pastor of Boone United Methodist Church in the Western North Carolina Conference. He serves as a contributing editor to Christian Century, and is the author of *Trinity: The God We Don't Know*, *The Gifts of the Small Church*, *Reading Augustine: A Guide to Confessions*, *An Introduction to the Sayings of the Desert Fathers*, and *Praise Seeking Understanding: Reading the Psalms with Augustine*. (Eerdmans, 2007). He has also co-authored the upcoming *Faithful and Fractured* with Dr. Rae Jean Proeschold-Bell. Dr. Byassee will also meet with SPRC's to talk about this book about clergy mental health.

Other workshops will include a meeting of all Lay Leaders, an SPRC training, a redistricting meeting with local UMW's, and sessions on Urban Discipleship, Urban Strategies for Families, Community Organizing, and Interfaith Partnerships. Pastor John Helmiere will also give a teaching on Collaboratory Theology.

**So save the date --- more information coming soon...**

**In Our Thoughts and Prayers:** As a church and people who believe in the power of prayer, let us continue to lift up our loved ones and friends in the joys and concerns that they are experiencing in their hearts and lives....

**Prayer List**



**For family members and friends who are grieving the loss of loved ones...**

The family of Shallum Legaspi for the death of her father, Lingkod Digan, the family of Shirley Betham for the death of son-in-law Ardell Moe, Connie's husband, the De Pano's family for the death of Melvin

**Those who are experiencing health concerns:** DJ del Rosario, Doreen Robinson, Aimee Mayuga, Chita's cousin's daughter, Dick Fleming, Leslie, Lydia Fernando, Lucy Maza, Rose Bernaldez, Jun Fernando, Susan De Groot the daughter of Virgie Sumabat, Lui Asistio, Virgie Sumabat, Tom the son-in-law of Shirley Betham, Andy the son of Corky Mayberry.

**Those in treatment for cancer, or who are in remission:** Rev. Gloria Kymn, Diane the friend of Sandra Reynolds, Elise Ritter, Rusty Finley

**Those in recovery from surgery:** Sandra Reynolds, Shirley Betham, Cheryl the daughter of Shirley Betham, Debra Cavinta

**Our homebound members or in care facility:** Ron Warner, Margaret Hyman, Gen Sison, Cal McNamee, Fritz Schlatter, Evangelina Digan, Ofelia and Patrick Pascual, Rosie Lincoln, Victor Smiley, Ken & Corky Mayberry and Bev Jenes

**Concerns for our community, our state, our nation, and the world:** For the victims of the church shooting in Texas, the shooting near a school in California, and the victims of Las Vegas shooting; those recovering from the wildfires in Northern California- Santa Rosa area; the people of Florida, Puerto Rico, Cuba, and the Caribbean Islands as they face the effects of hurricanes; for those affected by the suspension of DACA, and the anxiety and fear it creates for immigrant communities, and the children who have only truly known life in the United States; the people of Southeast Texas and Louisiana, who are experiencing deep hardship from the effects of Hurricane Harvey; leaders of US and world, that peace might prevail; heightened tensions with North Korea, Russia and China; prejudice and scapegoating of immigrant families and non-Christian religious communities.

**MISSION FOR JANUARY  
OPERATION NIGHTWATCH**



**Collecting new men's athletic socks for our homeless friends and neighbors at Operation Nightwatch.**

Imagine walking around Seattle, trying to find shelter, housing, or employment, and your feet are soaking wet.

Operation Nightwatch has made so many friends by offering a new dry pair of socks. These socks can open the door to hopefulness.

**OUTSIDE GUESTS/FRIENDS**

They are on their feet all day, and the only pair of socks, clothes they own are very likely to be wet, especially during fall and winter season.

**Please bring/donate the following:**

*Socks      clothes      Jackets      Blankets*

**DENTAL/MEDICAL MISSION 2018**

We are still collecting dental items (adult and children's toothbrushes, large tubes of toothpaste and dental floss). You still have time to donate. The group is leaving January 17th.



Your monetary donation will support the purchase of medical/dental supplies and also help with the local transportation for the volunteer doctors and dentists .



**JANUARY BIRTHDAYS**

- 02 Jeremiah Tobler
- 04 James Green
- 07 Dennis Reid
- 07 Kristine Ritter
- 12 Geno Lopez
- 12 Salve Roque
- 13 Ruth Sanoy
- 14 Marvin Legaspi
- 15 Nyaradzo Mvududu
- 16 Craig Dewitt
- 19 Melanie Potter
- 19 Mario Valbuena
- 20 Joshua Mina
- 24 Brittany Ledyard
- 25 Phil Hoxter
- 27 Ron Warner
- 31 Rosie Johnson

**JANUARY ANNIVERSARIES**

- 13 Nelia & Carlos Llanes
- 29 Bev & Ted Jenes

We apologize if we missed your birthday. Please call the church office with your information so we may include you next time.

## In Memory & In Honor of...



A feature in our *Ronald Review* is a column listing the names of those who gave gifts in memory, in honor, or in thanksgiving along with the names of the honoree or the event.

*In memory of ...  
and in honor of...*

**During October and November the following gifts were received:**

### In Honor of:

Dennis & Marilyn Reid  
Darol & Sandra Reynolds  
Marilyn Reid's b-day  
Church family

### By:

Shallum & Marvin  
Raleigh Smith  
Becky Sealey  
Beth Valbuena

These gifts go to the memorial fund/capital campaign/chairs/sound system and are used to purchase items that enhance our worship, facilitate our fellowship, and further our mission.

## Stewardship News



It is not too late to turn in your pledge for 2018. Doing so helps those who are responsible for planning and budgeting to do a better job. You may change your pledge as your circumstances change by calling Lori Mina.

Thank you to all who made end of the year extra mile gifts. We also appreciate everyone who made an extra gift to help with the replacement of the broken windows since our insurance deductible exceeded the cost. Thank you also to those who calked the windows saving the church \$330.00

## SAVE THE DATE: MAY 5, 2018



Please start looking for items for the silent auction that you can donate and clear your closet.

## From the Safety Officer

A  
**SAFE  
PLACE**

We have been reminded that some people have allergic reactions to scents. Therefore we encourage everyone to be careful with the use of perfumes and other scented products. This extends to our choices of cleaning products. Incense and scented candles should not be used.



## 2017 Christmas Cards Donors for RONALD COMMONS CAFE

**Dennis & Becky Sealey**

**Marilyn & Dennis Reid**

**Larry & Arlene Anderson**

**Marvin & Shallum Legaspi**

**Rod & Betty Hamlin**

**Trina McCarrell**

**Darol & Sandra Reynolds**

**Mingh Saldana**

**Ramon & Fe Roque**

**Doreen Robinson**

**Leo & Tal Cuanan**

**Nelia Manabat**

**Larry & Pauline Heesacker**

**Dottie & Jason Metcalf-Lindenburger**

**Rev. Stan & Audrey De Pano**

**Rev. Kelly & Whitney Dahlman-Oeth**

**James Havier**

**Shirley Betham**

**Cynthia Ramirez**

**Robert Koch**

**A heartfelt thank you to all the donors. We have collected \$440.00 for the Ronald Commons Café (Thursday Community meal).**



**HOPELINK NOTES**

Used books are a recent addition to the shelves of non-food items that are available. Someone recently brought some *National Geographic Magazines* that were welcomed by the clients. Reusing is better than recycling.

Thank you for those who have traveled and stayed in motels and hotels for saving unopened toiletries for Hopelink. We package up an assortment in clear bags that really look like little gifts. They are a big hit with the clients.

Larger personal care items are also much appreciated as are household items such as paper towels, toilet tissue, soap, and cleaning supplies. Think about the things that can't be bought with SNAP (Supplemental Nutrition Assistance Program) which works only for food. Much of what we put into our grocery carts falls into the non-food category.

**RUMC HOPELINK GROCERY CART**



**HOPELINK  
CANNED-FOOD  
DRIVE**

**Year-round Needs:**

- Canned meats (tuna, chicken, etc.)
- Canned meals
- Beans (dry or canned)
- Grains (pasta, rice, quinoa, barley, etc.)
- Canned fruits, canned vegetables
- Nut butters (Peanut butter, almond butter, etc.)
- Vegetables (canned, fresh or frozen)
- Pop-top containers of any of the above canned goods

*Please drop all your canned goods in the grocery cart in the Narthex.*

**RONALD METHODIST CHURCH  
RONALD REVIEW**

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**TIME VALUE-DATED MATERIAL**  
Return Service Requested

**COMING EVENTS**

Jan. 07 12:30 pm Christmas Un-Decoration  
Jan. 17-Feb.1 Medical/Dental Mission Philippines  
Jan. 27 9:00 am District Training at Kent UMC  
Feb. 20 8:00 am Interfaith Advocacy day  
Mar. 07 10:00 am Martha Circle  
May 05 2:00 pm Spring Tea/Auction  
May 18-20 5:00 pm UMW Assembly 2018 Columbus, Ohio.

Every Wednesday 4:30 pm Volunteer at POPY's Café  
Every Thursday 10:30 am Bible Study  
Every Thursday 5:30 pm Ronald Commons Café  
Every Thursday 7:30 pm Choir Rehearsal  
Every Sunday 9:30 am Praise Team Practice  
Every Sunday 10:45 am Worship Service

**ASSISTING IN WORSHIP**

**GREETERS/USHERS  
FOR JANUARY**

Harold and Cristina Hill  
Dennis and Becky Sealey

**COFFEE HOUR**

Jan. 07 Reuben & Carla Roque, Salve & Rey Roque  
Jan. 14 Doreen Robinson, Julius & Zelda Carbonell  
Jan. 21 Ramon, Fe & Jenny Roque and the Nepomucenos  
Jan. 28 The Sealeys & Jean Kennison

**COUNTERS SCHEDULED**

Jan. 07 Darol Reynolds/Larry Anderson  
Jan. 14 Colleen Lee /Becky Sealey  
Jan. 21 Harold Hill/Becky Sealey  
Jan. 28 Harold Hill/Shelly Hogan