



# CHIMES

## Whittier First UMC

Good News for All...through learning, action, and love

IN-PERSON & ONLINE Worship every Sunday @ 10am

 **Whittier First United Methodist Church**

 **facebook.com/WhittierFirstUMC**

WhittierFirstUMC.com | Info@WhittierFirstUMC.com | 562.698.0022 | 13222 Bailey St., Whittier CA 90601 | 10.21.21



# 12 STEPS TO FAITH

SERMON SERIES  
9/19-10/24

“As we conclude this series, we realize that faith is a process. We intentionally have to move in a direction where we understand that God is the center of the world and we are in need of God's light and support! At the end of the 12-step program, we are invited to continue to meditate and allow our minds to soak in God's ways of living! Only then can it penetrate our hearts and seep into our choices. From there we can boldly speak about this new life that we find in Christ.”

– Pastor Angela

**Sept 19th, 12 Steps to Faith:** *Exodus 15: 1-6*

1. Life can be overwhelming. We have no control over it.
2. God is all powerful and is our source of strength.

**Sept 26th, 12 Steps to Faith:** *Romans 12: 1-5*

3. We surrender ourselves fully to the care of God.
4. With honesty, we take an inventory of our shortcomings that damage us and others.

**Oct 3rd, 12 Steps to Faith:** *James 5: 13-16*

5. We confess our shortcomings to God, ourselves and another.
6. We prepare our hearts for the removal of our shortcomings.

**Oct 10th, 12 Steps to Faith:** *Nehemiah 1: 5-11*

7. We then welcome God to remove our shortcomings.
8. We make a list of who we have harmed in order to make amends.

**Oct 17th, 12 Steps to Faith:** *Acts 2: 37-42 (C-J Conklin preaching)*

9. We make amends without harm.
10. We are steadfast in our self-awareness & continue to make amends.

**Oct 24th, 12 Steps to Faith:** *Psalms 119: 10-16*

11. We pray & meditate to become more aware of God's presence & will.
12. We share God's message thru the 12-step program.

# All Saints Sunday

is October 31st

We will honor those who have passed away during the past year. Please send in a photo of your loved one that will be shared in the service,  
info@WhittierFirstUMC.com or call 562.698.0022.

SAVE THE DATE:

## All-Church Conference

Wed, Nov 3 @ 6pm on Zoom

All chairpersons & team leaders are encouraged to participate.  
Forms & reports are due October 25th.

## Guided Meditation for Compassion Wed, Oct 27 @ 6pm on Zoom

Pastor Angela leads this meditation every last Wednesday of the month which entails: breathing and embracing the Spirit, showing compassion to yourself, and practicing kindness and compassion towards others. Contact the office for a Zoom link, Info@WhittierFirstUMC.com or 562.698.0022.

## Praise, Prayer & Pumpkins Sunday, October 31st @ 11:30am

All are invited to an old fashioned pumpkin carving on the Wesley patio.

## CHURCH PICNIC & KICKBALL FUN! SUNDAY, NOV 7 @ 1PM MICHIGAN PARK

We had such a fun time last time—we're doing it again! All are welcome! Bring your picnic lunch and blankets or chairs. There will be games and activities for children and adults.

## HONORING OUR VETERAN'S SUNDAY, NOV 7

During worship we will honor our Veteran's through recognition and story. Please invite your family and friends who are veterans to join us in person or online. Also, please give us their names to display and print in our worship bulletin,  
Info@WhittierFirstUMC.com or 562.698.0022.



## **BISHOP HAGIYA Briefing**

### **October is “Clergy Appreciation Month”**

**PLEASE SEND PASTOR ANGELA A KIND  
WORD OF ENCOURAGEMENT BY SENDING  
A CARD OR EMAIL TO LET HER KNOW HOW  
MUCH YOU APPRECIATE HER—NOT JUST  
THIS MONTH BUT ALL YEAR ROUND!**

The month of October is designated as “Clergy Appreciation Month.” More than just a consumer trick to sell more greeting cards, I appreciate the sentiment behind this designation. To recognize our clergy is so appropriate, for during COVID-19 they have had more pressure on them than ever before. Historically, our Christian Churches have relied on a physical presence in order to practice our faith. Modeled after the Incarnation of Jesus Christ, “God made flesh,” we have always excelled in person-to-person relationship building. Robbing our Christian Churches of meeting in person has thrown us completely off, and we have had to reinvent ourselves in the moment and on the fly.

However, I believe that this is exactly what we have needed in order to transform our way of doing ministry into something new and transformative. Our Christian paradigm of “attractional worship” hasn’t been working for decades, as we have been declining in worship attendance on a yearly basis. So, it is good news that we have had to adapt and innovate during this lockdown period. We cannot go back to the way it has always been.

Unfortunately, our clergy have borne the brunt of this need to change and innovate. Moving to online formats, trying to care for our laity when we cannot physically be with them, and keeping the church alive with dwindling resources has been a challenge that is unparalleled in our contemporary times. Not many of our clergy learned these skills sets in seminary! So, our clergy have had to adapt and experiment. Learning videography, editing, and sound production, which goes to the technical side of online worship, has been a huge learning curve.

Almost all of our clergy have done this without complaining or feeling sorry for themselves. They have been faithful to the Gospel in caring for our laity and churches. They have given their all during such a stressful season, and they deserve not just a month of public recognition, but probably a whole year!

So, I would ask you, our beloved laity, to thank your clergy publicly and privately. I would also like you to reward them for their hard work by giving them extra time off during this upcoming holiday season. If our Staff-Parish Relations Committees can provide extra vacation and time off in the coming months, this is a way for you to thank them actively. You may want to gift them with a mini-vacation, or restaurant gift cards for the whole family.

Since “Clergy Appreciation Month” is a one-and-done type of event, my suggestion is that we extend this until the end of the year. This will give us the time to plan and implement a recognition that is truly worthy of what our clergy deserve.

In this past year and a half, our clergy have given their all so that our laity can be taken care of and our churches held together. Now, it can be our turn to tell and show them how much we have appreciated all they have done for us. They certainly deserve nothing less.

Be the Hope,

**Bishop Grant J. Hagiya**  
Los Angeles Area Resident Bishop



## 50 Ways to Support Your Pastor Across Five Dimensions of Well-Being

### Physical Dimension

1. Allow the pastor to choose which areas to focus on when improving his/her health and well-being, rather than making recommendations.
2. Consider fruits and vegetables, or other healthy foods as a welcome/appreciation gift instead of baked goods.
3. Encourage the pastor to be physically active and participate in recreational activities appropriate to his/her abilities.
4. Encourage the pastor to care for his/her physical health by resting when overworked and not working when ill.
5. Allow the pastor sufficient time for recovery from illness, injury or surgery.
6. Ensure healthy food choices are available at potlucks and other church events.
7. Don't insist the pastor "try everything" at food-related events or push him/her to eat unhealthy foods.
8. Work to correct any parsonage, office or other physical environment problems in a timely manner with input from the pastor.
9. Allow the pastor to take time off for doctor's appointments, preventive screenings, etc.
10. Respect the pastor's privacy regarding personal health issues.



*Five Dimensions of Well-Being*

### Emotional Dimension

11. Encourage the pastor to schedule two days off each week—a personal day in addition to a Sabbath day. Respect your pastor's day off, contacting him/her only for "true emergencies." Discuss in advance what constitutes a "true emergency."
12. Expect and encourage the pastor to take his/her full allotment of vacation time each year and to not return from vacation to perform funerals, etc. whenever possible. Help the pastor arrange for pastoral care coverage while he/she is on vacation.
13. Recognize that the role of a pastor requires a great deal of emotional energy (e.g., dealing with deaths, conflicts in the church, and multiple demands from members, the district superintendent and others). Be sensitive to more demanding times of the church year and arrange for additional support from lay members.
14. Respect the pastor's responsibility to keep many issues and information confidential (i.e., details of member illnesses, certain financial information, etc.)
15. Encourage the pastor to have a coach or counselor outside the church with whom to discuss and process church and personal issues.
16. Respect the privacy of the pastor and his/her family at home and in the community.
17. Observe Pastor Appreciation Month in October each year, expressing appreciation to the pastor(s) and staff.
18. Discuss any conflicts or disagreements first with the pastor directly and confidentially, giving him/her the benefit of the doubt and seeking reconciliation. Encourage others to do the same.
19. Support the pastor in setting congregational expectations for his/her time, talents and priorities.
20. Work with the pastor to identify which church programs and activities truly require the pastor's presence and which might be equally guided by lay leadership; manage congregational expectations accordingly.





### Spiritual Dimension

21. Recognize that Sunday is a work day for the pastor. Encourage him/her to observe a Sabbath day, other than Sunday.
22. Allow time for the pastor to take regular spiritual retreats.
23. Encourage the pastor to include prayer/reflection as a part of daily work-time, letting others know calls/e-mails will not be answered during this time except for emergencies.
24. Recognize that the pastor is also a Christian on a spiritual journey and will not have "all the answers."
25. Pray for the pastor and his/her spouse/family and let him/her know that you are doing so.
26. Assume the pastor is a committed Christian and discuss theological differences in a respectful manner, recognizing that Christians can come to somewhat different understandings depending on their background, life situation, and God's unique work in each person's life.
27. Encourage the pastor to take a renewal time (several weeks for renewal and/or study) every few years, particularly before or after very demanding times, such as a building campaign, relocation, or other major church endeavor. ¶350 *The Book of Discipline*
28. Encourage the pastor to meet periodically with a trained spiritual director.
29. Share with the pastor how his/her ministry has strengthened your own relationship with Christ.
30. Support the pastor in practicing spiritual disciplines in a way that fits who they are and his/her personal relationship with Christ.

### Social Dimension

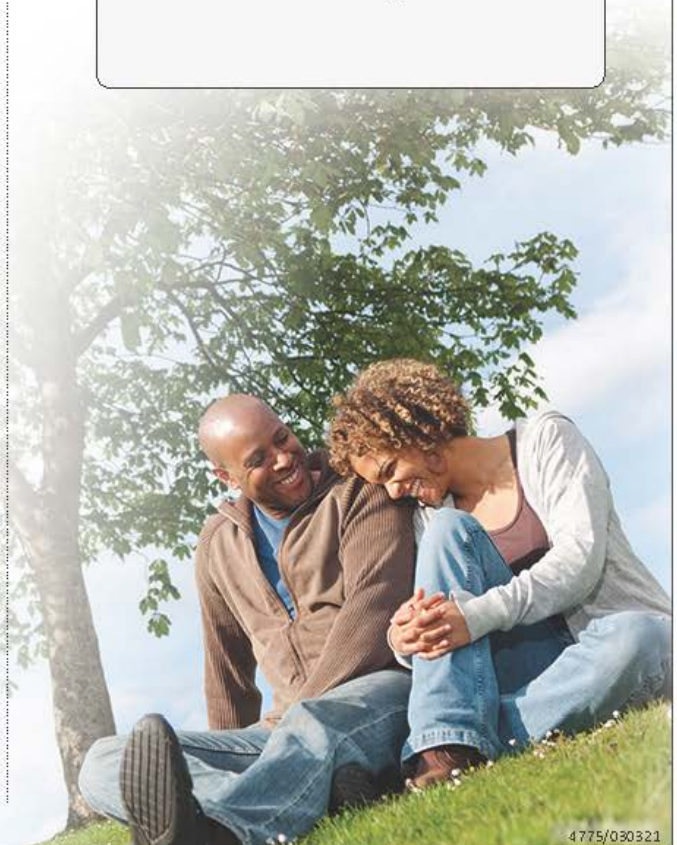
31. Encourage the pastor to socialize with others outside the church "family" with whom he/she can "step outside" the pastoral role for a period of time.
32. Understand that "social" events with church members (although fun for everyone) are not always truly social events for the pastor who can be pulled into the pastoral role at any time.
33. Respect the pastor's time set aside to spend with his/her spouse, family, friends, etc.
34. Support the pastor in "getting out-of-town" regularly, particularly when serving in a small town, in order to engage in activities outside the church's direct mission field.
35. Encourage the pastor's participation in a clergy accountability/support group and allow him/her time during the work week to participate.
36. Invite the pastor and his/her spouse/family to civic and community functions where he/she can meet others in the community.
37. Welcome the pastor's spouse and family as a part of the congregation and community without unrealistic expectations or demands, such as expecting the pastor's children to always be perfectly-behaved or expecting the spouse to be an "unpaid staff member."
38. Encourage the pastor to engage in hobbies and enjoyable recreational activities outside the church setting.
39. Avoid scheduling church meetings or activities requiring the pastor's presence more than two nights a week.
40. If your pastor is single, do not try to "set him/her up" with a member of the congregation or a member's relatives, etc. Respect his/her privacy in dating relationships.



### Financial Dimension

41. Compensate the pastor fairly according to his/her experience, education and effectiveness.
42. Provide all paychecks and reimbursements to the pastor on-time. Never ask the pastor to wait for his/her paycheck or reimbursement because church funds are low.
43. Ensure that all pension, insurance and any other benefit payments are made when due. Delayed payments may result in loss of earnings or put important benefits at risk of cancellation.
44. Recognize that most pastors coming out of seminary have significant student loan debt that must be repaid; many continue to have significant debt later in their career as well.
45. Understand that the pastor's spouse may also work to support the family financially in order to reach long-term goals, such as sending children to college, retirement, etc.
46. Budget adequate funds to cover the costs of the pastor's continuing education, as required by *The Book of Discipline*.
47. Ensure adequate funds are budgeted to cover the costs of the pastor's attendance at their annual conference meeting each year, also required by *The Book of Discipline*.
48. Be aware of the unique tax laws that apply to United Methodist clergy, working with the pastor to structure his/her compensation package in a way that best fits his/her family and life situation.
49. Be sure the pastor is aware of ways to make personal contributions toward his/her retirement and to utilize the financial planning resources available at no charge through Wespath Benefits and Investments.
50. Confirm your congregation supports the Ministerial Education Fund apportionment and other conference-level funds supporting clergy education and scholarships.

Wespath Benefits and Investments provides the information in this publication as an educational service, illustrating practices that may have a positive impact on well-being. Wespath shares this general information with the annual conferences, local churches, plan participants, and clergy and workers of The United Methodist Church. It should not be construed as, does not constitute, and should not be relied upon as legal advice nor medical, counseling, accounting, tax, or other professional advice or services on any specific matter.



4775/030321