

***YUMC  
March 2022  
Bridge Newsletter***

***Pastor Mike Bekstrom***

**Church Office Hours  
Monday thru Friday  
10:00 am to 4:00 pm**

**Office Manager  
Michael Burleson-Raney**





## Worship Leader's Corner

I'd like to take a moment to thank you for allowing me to be your worship leader each Sunday. It is an honor to walk with you as together we learn more about Jesus and His love. As your worship leader and member of the leadership board, I encourage you to talk to me and the rest of the leadership team. We'd love to hear your suggestions and ideas for how we can continue to build our church in unity.

As you may have noticed this week, there are new banners on our sanctuary walls. These too are a part of worship. They are visual reminders of His word and how much He loves us. I encourage you to read and meditate on the scriptures during quiet times at the beginning and throughout the service.

As we prepare to enter our Lenten journey, I pray you are able to create space in your life for more of God's grace and God's love.

In His Peace, *Karen*

*The Leadership Board has begun planning our master calendar of events for 2022.*

*In addition to our church celebrations (i.e. Christmas and Easter) **are there events you would like to see happen this year?***

*Please let any Board member or Michael know about anything you would like to see come back, or perhaps some new opportunities for the coming year.*

## YUMC Leadership Board

Chris Bowers  
Cliff Lantz  
Deb Bein  
Joe Allison  
Karen Clark  
Kelly Atchley  
Nick Sinnott  
Sarah Frey  
Shawn Cortright

*Thank you for your service!*



The Leadership Board meets on the third Tuesday of the month at 5:15pm. Generally they meet in Rm 8 in the Ed Building. All church members are welcome to attend.



**For those of you who have praying about the future of our Children and Youth programs, There will be a dinner in the social hall on Friday, March 11, 2022 at 5:30. Pizza!**

**This is a time to talk about what God has shown you or told you about the direction we need to go. Come on down and join Chris for a wonderful and Rewarding experience.**

**RSVP to Michael**

### **IMPACT:**

**Ignited messengers passionately applying Christ's teachings**

The IMPACT Youth group has begun meeting again. We were waiting out of an abundance of caution due to COVID. Please keep our youth in your prayers.

## **YUMC Has a New Faith Community Nurse!**

The Leadership Team is happy to report that Catey Olivolo will volunteer some of her time and expertise as Nurse for YUMC. Catey has a solid background in both medical education and in health care practice. Some of you already met her as your own Certified Nurse Practitioner. Others of you know her as part of our Worship Team. She is also known community-wide for her key roles in the formation and success of the local Madrone Hospice.

For YUMC, Nurse Catey will provide health education and on the first Sunday of each month she will be available to answer questions about your own health concerns. Do you wonder if you are checking your blood pressure or blood sugar correctly? Catey can help you. Is it time to call your doctor about that annoying condition? Catey can let you know.

Catey Olivolo will be available as Faith Community Nurse on March 6 right after the close of worship. Look for her educational article in the monthly Bridge newsletter.

## **March Birthdays**

Keith Callison	8
Gail Broske	15
Teri Callison	16
Linda Thornburg	20
Shawn Cortright	25
Wendy Woodland-Carr	26



## **March Anniversaries**

Paula and Charles Cook	16
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## COVID Prayer of Lament

God of all people, we come to you betwixt and between.  
 In some ways we stand tall, strong, and self-assured.  
 In other ways we feel desperate and lost.  
 When crisis hits, we know how to respond.  
 We step up, we care for one another, and we get to work. But the longer this pandemic has gone on, the harder it has been to know what to do.  
 We try our best, we listen to others, to science, to conference leaders, to pastors, to epidemiologists, and public health officials but sometimes the voices have been so loud, so incongruent, we don't know what is best, or right, or necessary.  
 We're frustrated, angry, tired, and weary  
 We've yearned for our sacred spaces  
 We've missed singing together  
 We've sacrificed hugs, handshakes, and shoulders to cry on.  
 We've missed the first steps of the babies born among us, and last breaths of the saints who've inspired us.  
 We've been lonely, sad, and confused.  
 We've wondered why it isn't different, better, or over.  
 How long O Lord?  
 How much longer must we wait?  
 How many more months of sacrifices, mandates and restrictions?  
 You are the God of healing, of miracles, and of making a way where there is no way  
 We've prayed and we've waited.  
 We've begged and we've pleaded.  
 How long O Lord.  
 And, in the midst of our pain, we recognize you have given us help.  
 You've guided the research.  
 You've made vaccines available.  
 You've offered creativity and insight for effective medical treatments, and you've spurred the technology that serves to connect us. Because of you, we

see tangible hope and progress through this pandemic. Still, we wrestle with the challenges.  
 We cry out for an end to this trial.  
 We've missed so much that we've begun to doubt ourselves, our leaders, others, and even you, God.  
 Forgive us our doubt, our resistance, and our resentment. Deliver us from simply desiring to go "back to normal," --looking only to the past for what normal should be, instead of prayerfully listening for the new "normal" we could create with you.  
 Through it all, instead of getting angry at our humanity, you empathize. You get it. You get us.  
 You lived and walked among us.  
 You know frustration, anger, isolation and pain.  
 You know the tender hope that arises from deep pain. So you call us to draw close.  
 You remind us:  
 We are yours. We are beloved. We are valued.  
 We will get through this.  
 Shine a light on our path  
 Kindle us with hope  
 Inspire us with new vision  
 Nurture the connections between us  
 So that we shine as a light for the world  
 That we may proclaim the Good News of your redemptive and life-giving work  
 And we may be the church of the future.  
 Holy One, God of hope, help and healing  
 We pray for the places we can't reach  
 The wounds we can't heal  
 The hurts we can't name  
 The people we will never see again  
 We pray  
 For mercy  
 For grace  
 For healing  
 For forgiveness  
 For wholeness  
 For reconciliation  
 For new beginnings  
 Through Jesus Christ our Lord.  
 Amen.



All Methodist men are welcome to join them for breakfast & conversation **Sunday March 13th at 8:00 am** in the Social Hall.

## Church Spending Plan

	Building & Maintenance	
502	Major Maint./Reg. Improvements	\$12,500.00
504	Lift Inspection	\$1,200.00
540	Maintenance	\$1,000.00
541	Utilities	\$25,000.00
542	Custodial Supplies	\$1,000.00
546	Insurance/Liability	\$10,000.00
547	Property Tax	\$500.00
	TOTAL	\$51,200.00

Each year the Leadership Board plans spending to maintain the church property. As the building gets older the amount of time and money required increases. We are very fortunate to have a group of volunteers led by Nick Sinnott and Charles Cook who help to maintain the church. Utilities are our biggest expense, by far, so if you use the building, and we hope you do, please turn the heat down .

## Tailgaters - March 2, 2014

Eight years ago this month Yreka United Methodist Church decided to “leave the building” and go into the community to serve those that are less fortunate. On March 2, 2014 a small group set out with 30 lunches to feed the hungry and minister to those who had run out of hope. Eight years later YUMC has served 56,629 lunches and so much more. We are there with a prayer, with a listening ear, with a coat, with a ride, with a Bible...but most importantly we are there!

As one young lady told me, “The lunch is good and I always need dry socks, but the best thing is knowing you’ll be here and that you really care.”

Congratulations YUMC...for 8 years you have made a difference in the lives of so many.



## Faith Community: March Health Awareness

As a contribution to the wellness of my Faith Community, I will be providing health information to our newsletter. I will also be available once monthly to talk, take a blood pressure or blood sugar and answer questions. Look for me after services, in the Wesley room. Catey Olivolo Each month we will focus on a health tip to improve well-being and provide a thought provoking opportunity. February was heart health month but since we're just getting started, **MARCH** will focus on kidney health.

**Causes of Chronic Kidney Disease** Diabetes and high blood pressure are the most common causes of kidney disease. Your health care provider may do tests to find out why you have kidney disease. The cause of your kidney disease may affect the type of treatment you receive.

**Preventing Chronic Kidney Disease** You are at risk for kidney disease if you have diabetes, high blood pressure, heart disease, or a family history of kidney failure. If you have risk factors, get tested for kidney disease and protect your kidneys by making healthy food choices, being more active, aiming for a healthy weight, and managing health conditions that cause kidney damage. Find the fun crossword puzzle at the newly formed health table.

Thanks  
Catey O





The Book Club is an exuberant subsidiary of YUMC's Saints Alive! The Club generally meets on the second Thursday of each month at 4:30 PM at varying locales. This club is open to all who enjoy reading and socializing.

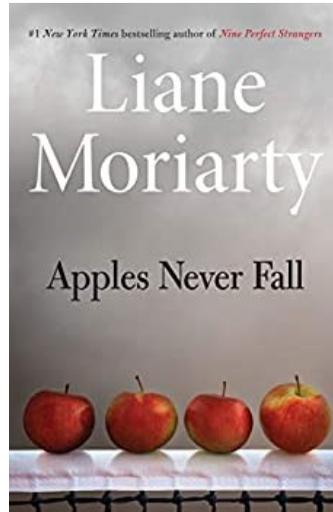
**Please consider joining us!**

March's Book Club Choice is **"Apples Never Fall"**

**March's Book Club is being hosted by Kelly Atchley on Thursday March 10th at Strings Italian Café. Join us at 4:30 pm for good food and good company.**

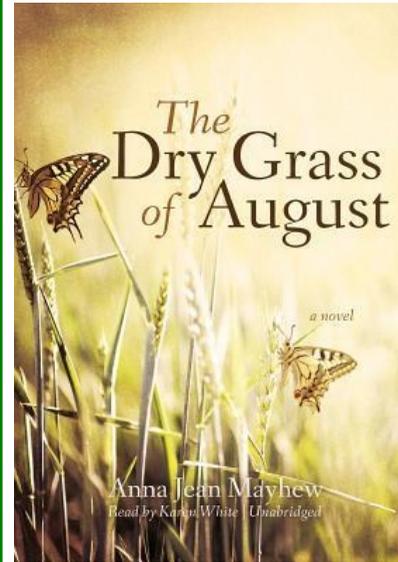
**Apples Never Fall**, by veteran Australian novelist Liane Moriarty, begins as a mystery thriller: Joy Delaney, a 60-something mother and retired tennis coach, suddenly vanishes on Valentine's Day, and all signs point to her moody and volatile husband, Stan, himself a former world-renowned tennis coach, as the most likely killer.

However, as the days pass and the police continue to search for Joy, the novel evolves into a probing psychological study of a profoundly dysfunctional family. Each of the couple's four grown children harbors deep grudges and bitter resentments against the parents who dreamed of coaching their kids to be world-class tennis champions.



Questions? Please contact Michael in the YUMC office!

April's Book Club Choice is:  
**The Dry Grass of August**  
by Anna Jean Mayhew



On a scorching day in August 1954, thirteen-year-old Jubie Watts leaves Charlotte, North Carolina, with her family for a Florida vacation. Crammed into the Packard along with Jubie are her three siblings, her mother, and the family's black maid, Mary Luther. For as long as Jubie can remember, Mary has been there—cooking, cleaning, compensating for her father's rages and her mother's benign neglect, and loving Jubie unconditionally.

Bright and curious, Jubie takes note of the anti-integration signs they pass, and the racial tension that builds as they journey further south. But she could never have predicted the shocking turn their trip will take. Now, in the wake of tragedy, Jubie must confront her parents' failings and limitations, decide where her own convictions lie, and make the tumultuous leap to independence . . .

**April's Book Club is being hosted by:  
Mary Skeahan on Thursday April 14th  
at Strings Italian Café. Join us at 4:30 pm  
for good food and good company.**

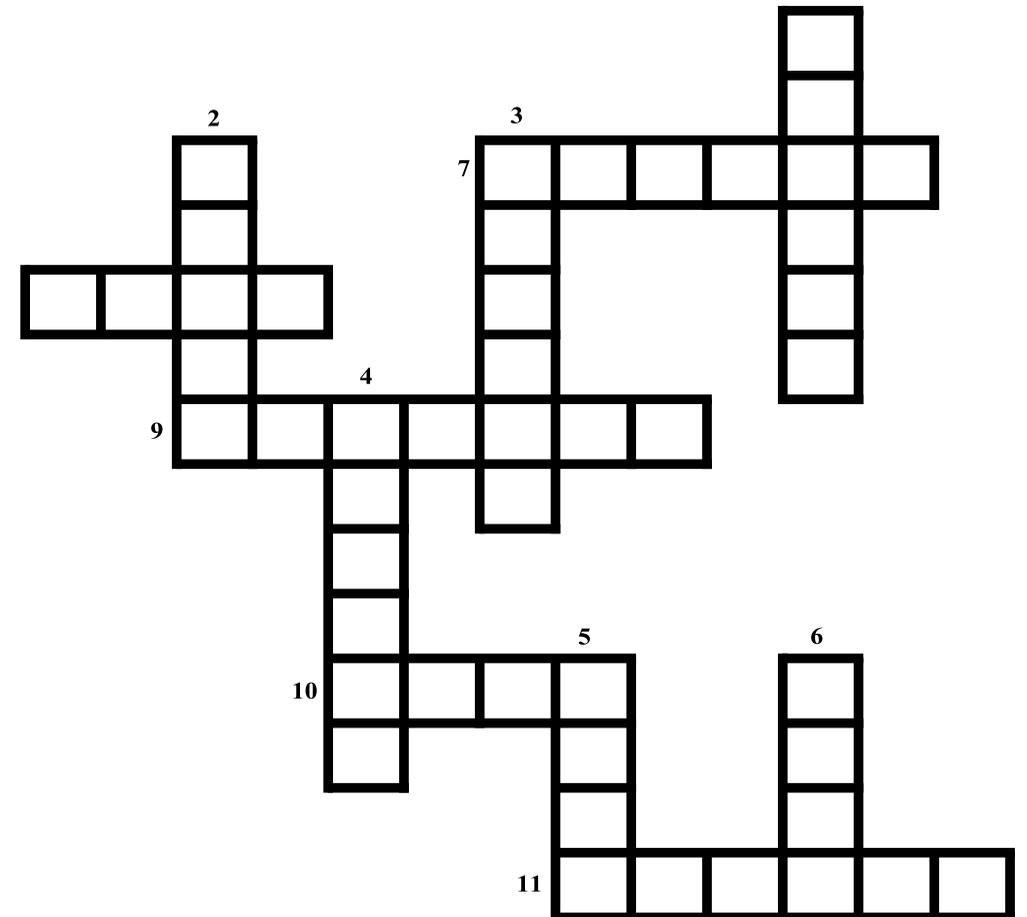
Questions? Please contact Michael in the YUMC office!

# Crossword Puzzle

1. Changing from green to yellow as it ripens, this fruit comes in its own easy to remove, natural wrapper. **Down**
2. These are examples of \_\_\_\_\_ which can be used to flavor food: cilantro, parsley, mint, chives.
3. Raisins are the result of dehydrating or drying \_\_\_\_\_.
4. This dairy product comes in a variety of flavors and may contain “good \_\_\_\_\_ bacteria”. It can be eaten plain, with fruits or vegetables, and even made into dips.
5. This breakfast classic often accompanies other dishes like toast, pancakes, sausage, and bacon.
6. This green vegetable is a common ingredient in gumbo and jambalaya. It can be grilled, roasted, fried, sauteed, or added to soups and stews.

## Across

7. When using MyPlate: tortillas, naan, and pita all belong to the \_\_\_\_\_ Group.
8. This vegetable can be eaten off the cobb and makes a popular snack when dried and popped. It can also be dried and ground into \_\_\_\_\_
9. \_\_\_\_\_ flour, which is used to make foods like tortillas, arepas and some breads.
9. Sometimes called edamame, this bean can be eaten steamed and is also used to make tofu and tempeh.
10. This grain is a mealtime staple for many people all over the world, and it can either be a refined grain or a whole grain
11. depending on whether it is white or brown in color.
11. Pumpkin, butternut, acorn, spaghetti, kabocha, and turban are all types of winter \_\_\_\_\_.



## *Prayer Ministry Coordinator's Corner*

March prayer points are focusing on prayer for our Pastor. A daily prayer calendar is available in the back of the church and will be emailed out. I encourage all church family to daily lift up your pastor in prayer. The prayer calendar is just a guideline to jump start your prayer. Each day is focused on scripture(s).

**I have implemented a sign up sheet for people to designate one day in your week committed to praying and texting Pastor Mike ( 530-457-7191) a brief message when Holy Spirit brings prayer to your mind.**

Jesus declared; "My house shall be called a house of prayer." (Matthew 21:13). May these monthly prayer points draw us together in one focus.

Reading the Bible and praying with other Christians is a critical part of our growth in the faith. It is a critical part of your fellowship with God.

In other words, prayer is to be such an obvious part of the gathering of Christians that people will call that gathering "a house of prayer".

One may say... I see prayer in that verse. But I don't see Bible study in the verse. Well, scripture is always a part of prayer. That is because scripture determines the content of prayer. Prayer that is inconsistent with scripture will not be honored by God. Praying God's word is the most powerful prayer I know.

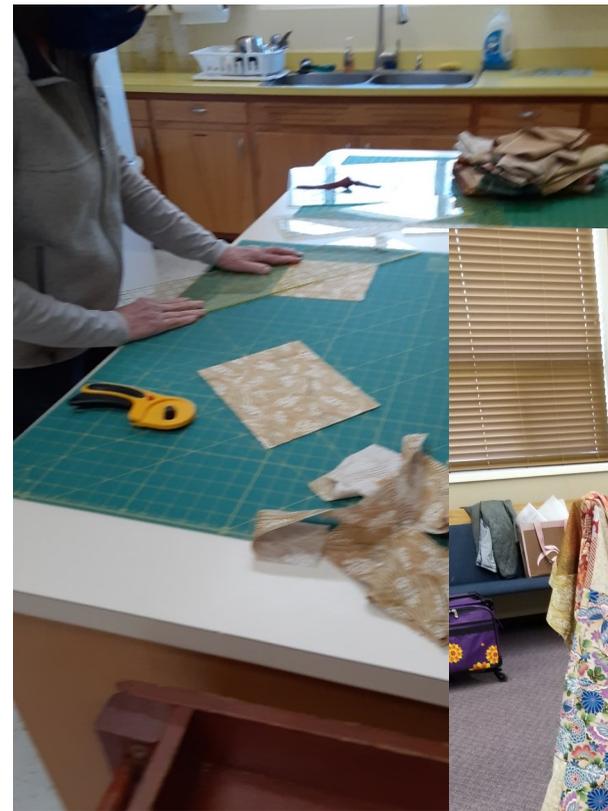
I find praying scriptural prayers brings the power of God's word into our minds, onto our lips and into our daily walk with the Lord. We should always pray scriptural prayers. But we cannot pray scriptural prayers if we do not know scripture. Prayer and scripture go hand in hand.

A heartfelt thank you to all of our church family who joined in the PRAYER POINTS for the month of February as we seek the Lord for direction to serve our youth.

**Blessings,  
Shawn Cortright**



## *Quilting and Crafting Pictures*



**Jan Taylor  
holding the first  
Quilt she has  
ever made! How  
exciting !**

## March Prayer Points

<p>1. Walk with God May he have a close walk God and love the Lord with all his heart, soul, and mind. Matt 22:37 Proverbs 3:5-6</p>	<p>2. Passion for Scripture May he delight in your Word and meditate on it day and night. Psalm 119:15-16</p>	<p>3. Prayer Life May he be a man of prayer devoting himself to pray and communion with You. Colossians 4:2</p>	<p>4. Character and integrity May he be a godly man, having integrity of heart and being a faithful doer of the Word. James 1:22</p>	<p>5. Humility May he be kept from Pride and self-interest Remaining teachable and humble to you instruction Galatians 6: 14-15</p>	<p>6. Obedience May he obey your commands and faithfully follow your leadings. May he fulfill the call on his life John 14:15 Romans 8:16</p>	<p>7. Health Give him good health and Help him to care for his physical body for it is your temple of the Holy Spirit 1 Cor 8:19-20 John</p>
<p>8. Thought of Life May His every thought be held captive to the obedience of Christ and he be continually transformed by the renewing of his mind. 2 Cor 10:5 Romans 12:2</p>	<p>9. Peace and Joy Grant him peace joy hope and a deep trust in You. Help him to not be Anxious but thankful and Prayerful in all things Romans 15:13 Phil</p>	<p>10. Temptations May his heart be kept Guarded and pure. Keep Him from falling into Temptation of body or Mind. Prov 4:23 Ps 119:9 Matt 28:41</p>	<p>11. Rest &amp; Refreshment Help him find the rest he Needs and may he find Refreshment in your Presence. Dt 33:14 Matt 11: 28-30 Mark 6:31</p>	<p>12. Protection Protect him and his family Bless the work of his hand Delivering him from the Schemes of the enemy. Job 1:10 Ps 34:7 Ps. 91</p>	<p>13. Marriage In your timing and in your wilt we pray for a helpmate, a wife to come into his life and stand alongside him in ministry. Eph 5:22 1 Peter</p>	<p>14. Wife May she be a Godly woman able to Thrive in a unique role. May she Love and respect him, comfort and support him. Eph 5 22-23</p>
<p>15. Household/Family Help him to keep the ways of the Lord in his house. May all who live under his roof serve the Lord. May those who visit feel welcome and blessed</p>	<p>16. Finances Provide for his needs and Keep him from a love of money. May he be generous and a good steward. Prov 3: 9-10 Heb 13;5</p>	<p>17. Priorities/Time May he seek your kingdom above all else. Guide him in setting priorities and managing time. Ps 90:12 Matt 6:33 Eph 5: 15-17</p>	<p>18. Love for Others May he love others with The love of Christ. Help Him to humbly put his Love into action. Phil 2:3-4 John 13:34 James 2 :14-17</p>	<p>19. Shepherds heart May he have a heart for those you have placed in his care and appropriate sense of responsibility. Acts 20: 28-29</p>	<p>20. Heart for the Lost May he proclaim the Gospel with compassion And truth. Give to him Your heart for the lost. Mark 16:15 Matt 25:19</p>	<p>21. Conflicts Help him To handle conflict Biblicum band with love. Give him discernment in difficult situations. Matt 11: 15-17 Prov 15:1</p>
<p>22. Elders/ Leadership May they be spirit filled and godly, unified in purpose, good examples to others and serving You joyfully. Hebrews 13:17 1 Cor 1:10 1 Peter 5: 1-4</p>	<p>23. Godward Focus Help him to keep his eyes focused on you in every situation especially in the face of any challenger  Proverbs 4: 25-27</p>	<p>24. Wise Counsel May the scripture be his first counsel, Support him through godly counselors who strengthen and guide him with wisdom. Prov 24: 5-6 &amp; 19: 2M1</p>	<p>25. Encouragement May his hope be found in You. Bring encouragers Into his life to build him Up and support him. 1 Thess 5;11 Isaiah 41:10 1 Timothy 5:17</p>	<p>26. Discernment May he listen to your Voice as you direct his Path. Grant him godly Wisdom and understanding Isaiah 30:21 Prov 3: 13-18</p>	<p>27. Biblical Faithfulness May he understand and hold firm to the truth, teaching it and rebuking those who contradict it. Titus</p>	<p>28. Sermon Preparation Grant him the time and focus to prepare his message and give him the ideas and words to clearly present his sermons. Colossians 4:5</p>
<p>29. Teaching May Jesus be exalted in Every message. May he Rightly divide the word of Truth and may the hearts Of your people be open to Hear it. 2 Tim 2:15</p>	<p>30. Vision May he lead the congregation by the power of the Holy Spirit. Impart to him Your vision for our church,  Jeremiah 3:15</p>	<p>31. Blessing May he be blessed by the Lord and appreciated by the congregation. May it be received humbly and for your glory. 1 Tim 5:17 Thes 5: 12-13 Num 6:24</p>	<p><b>And I will give you shepherds after my own heart who will feed you with knowledge and understanding.</b></p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9 am Quilting Crafting</p>	<p>2</p> <p>10 am Strong Women Bible Study</p> <p>6 pm Ash Wednesday Service</p> <p>6:30 pm Small Group</p>	<p>3</p> <p>10 am Work Study 5 pm WOW</p> <p>5:30 pm Worship Team</p>	<p>4</p> <p>10 am Strong Women</p>	<p>5</p> <p>9 am Tailgaters Lunch Prep</p>
<p>6</p> <p>9 am Prayer Worship team Sunday School</p> <p>10 am Worship Service</p> <p>12 pm Tailgaters</p> <p>4 pm Impact Youth</p>	<p>7</p> <p>10 am Strong Women 5 pm WOW</p>	<p>8</p> <p>9 am Quilting Crafting</p>	<p>9</p> <p>10 am Strong Women Bible Study</p> <p><i>Agenda Items Due Please Board Reports Due Please</i></p>	<p>10</p> <p>10 am Work Study 4:30 pm Book Club at Strings</p> <p>5 pm WOW</p> <p>5:30 pm Worship Team</p>	<p>11</p> <p>10 am Strong Women</p>	<p>12</p> <p>9 am Tailgaters Lunch Prep</p>
<p>13</p> <p>8 am Methodist Men</p> <p>9 am Prayer Worship team Sunday School</p> <p>10 am Worship Service</p> <p>12 pm Tailgaters</p> <p>4 pm Impact Youth</p>	<p>14</p> <p>10 am Strong Women 5 pm WOW</p>	<p>15</p> <p>9 am Quilting Crafting</p> <p>5:15 pm Leadership Brd Mtg</p>	<p>16</p> <p>10 am Strong Women Bible Study</p> <p>6 pm Small Group</p>	<p>17</p> <p>10 am Work Study 5 pm WOW</p> <p>5:30 pm Worship Team</p> <p><i>Saint Patrick's Day</i></p>	<p>18</p> <p>10 am Strong Women</p>	<p>19</p> <p>9 am Tailgaters Lunch Prep</p>
<p>20</p> <p>9 am Prayer Worship team Sunday School</p> <p>10 am Worship Service</p> <p>12 pm Tailgaters</p> <p>4 pm Impact Youth</p>	<p>21</p> <p>10 am Strong Women 5 pm WOW</p>	<p>22</p> <p>9 am Quilting Crafting</p>	<p>23</p> <p>10 am Strong Women Bible Study</p>	<p>24</p> <p>10 am Work Study 5 pm WOW</p> <p>5:30 pm Worship Team</p>	<p>25</p> <p>10 am Strong Women</p> <p><i>Bridge Items Due Please</i></p>	<p>26</p> <p>9 am Tailgaters Lunch Prep</p> <p>9 am Cleanup Day</p>
<p>27</p> <p>9 am Prayer Worship team Sunday School</p> <p>10 am Worship Service</p> <p>12 pm Tailgaters</p> <p>4 pm Impact Youth</p>	<p>28</p> <p>10 am Strong Women 5 pm WOW</p>	<p>29</p> <p>9 am Quilting Crafting</p>	<p>30</p> <p>10 am Strong Women Bible Study</p>	<p>31</p> <p>10 am Work Study 5 pm WOW</p> <p>5:30 pm Worship Team</p>	<p><b>March</b></p> <p><b>2022</b></p>	