



*September 2014*

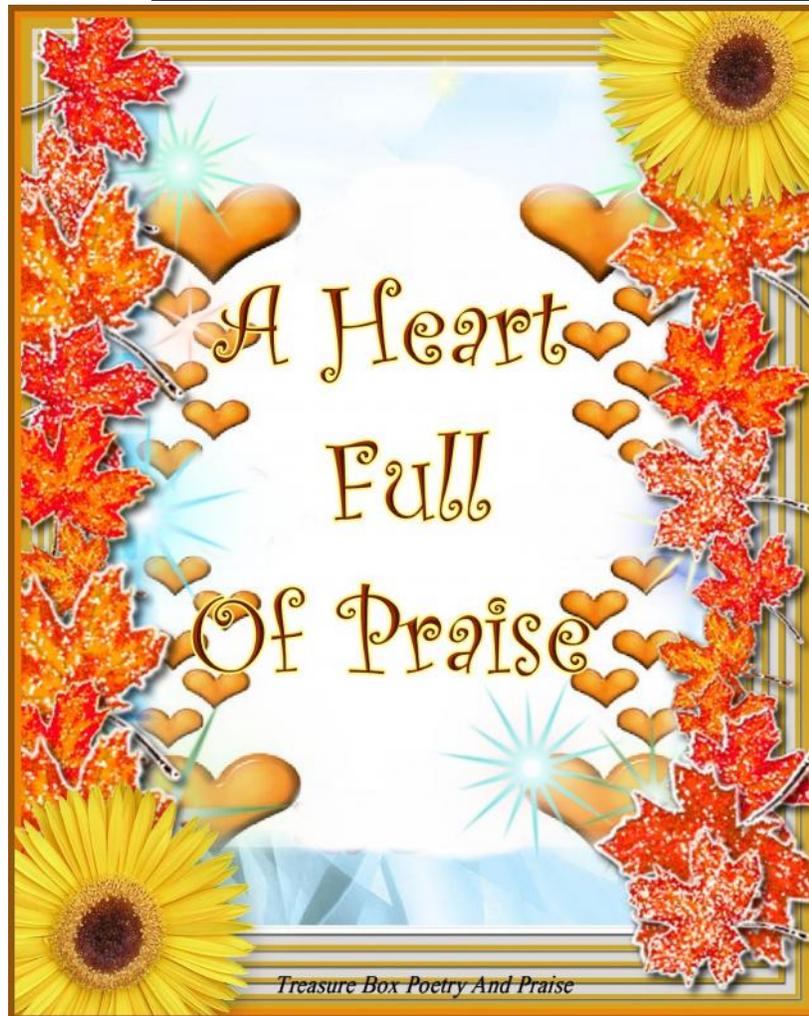
# The Beacon

Sunnyhills United Methodist Church  
355 Dixon Road, Milpitas CA 95035

**Pastor Shirley Macemon**

Church Office  
*Visit us on the Web!*

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## Note from the editor:

- The next **Community Breakfast** will be **Saturday – September 6, 2014 at 8:00 a.m.**
- **Trustees will meet** on **Wednesday September 10, 2014 at 7:30 p.m.** at Karen's'
- **Ad Council** will meet again, **Wednesday, September 3, 2014 at 7:00PM** in **Jones H**
- **BEACON DEADLINE:** For the **October** issue – **Thursday afternoon, September 19, 2014.**



Dear Friends,

I hope you've had a wonderful summer. I've had some really wonderful times that you'll be able to hear about on Sunday mornings for awhile. But this month, I wanted to share with you an email I got from my "almost" son-in-law. At first, I thought it was just another of those "Facebook lists" with which we social media users are bombarded. But it turns out to be a real missive from – of all people, the Pope. I'm continually impressed that the Roman Catholic leader is insightful, challenging, and speaking to the needs of his people – not just the desire to grow a church! So, from a website called "Higher Learning"

### **10 Steps Toward Being A Happier Person**<sup>1</sup>

In a recent interview with the Argentine publication *Viva*, Pope Francis issued a list of 10 tips to be a happier person, based on his own life experiences.

The Pope encouraged people to be more positive and generous, to turn off the TV and find healthier forms of leisure, and even to stop trying to convert people to one's own religion.

But his number one piece of advice came in the form of a somewhat cliché Italian phrase that means, "move forward and let others do the same." It's basically the Italian equivalent of, "live and let live." You can check out the full list below.

#### **The Pope's 10 Tips for a Happier Life**

1. **"Live and let live."** Everyone should be guided by this principle, he said, which has a similar expression in Rome with the saying, "Move forward and let others do the same."
2. **"Be giving of yourself to others."** People need to be open and generous toward others, he said, because "if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid."
3. **"Proceed calmly" in life.** The pope, who used to teach high school literature, used an image from an Argentine novel by Ricardo Güiraldes, in which the protagonist — gaucho Don Segundo Sombra — looks back on how he lived his life.
4. **A healthy sense of leisure.** The Pope said "consumerism has brought us anxiety", and told parents to set aside time to play with their children and turn off the TV when they sit down to eat.
5. **Sundays should be holidays.** Workers should have Sundays off because "Sunday is for family," he said.
6. **Find innovative ways to create dignified jobs for young people.** "We need to be creative with young people. If they have no opportunities they will get into drugs" and be more vulnerable to suicide, he said.
7. **Respect and take care of nature.** Environmental degradation "is one of the biggest challenges we have," he said. "I think a question that we're not asking ourselves is: 'Isn't humanity committing suicide with this indiscriminate and tyrannical use of nature?'"
8. **Stop being negative.** "Needing to talk badly about others indicates low self-esteem. That means, 'I feel so low that instead of picking myself up I have to cut others down,'" the Pope said. "Letting go of negative things quickly is healthy."
9. **Don't proselytize; respect others' beliefs.** "We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyzes: 'I am talking with you in order to persuade you,' No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytizing," the Pope said.
10. **Work for peace.** "We are living in a time of many wars," he said, and "the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive" and dynamic.

Courtesy of the [Catholic News Service](#).

*Pastor Shirley*

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<sup>1</sup> <http://thehigherlearning.com/2014/07/31/the-pope-just-released-a-list-of-10-tips-for-becoming-a-happier-person-and-they-are-spot-on/>



**The Sunnyhills United Methodist Church**  
**Choir** Choir resumes! September 18<sup>th</sup>!

**Ad Council**

The **Administrative Council** will meet at **7:00PM** on **Wednesday, September 3, 2014** in Jones Hall. Please contact Bob Roll for additional information.



**Change-Over Sunday**

The weather is warm and the rain is long gone, but the demand for help from the Milpitas Food Pantry remains constant. The next **Change-Over Sunday is September 28, 2014**. Your continuous support is so greatly appreciated.

**The Trustees**

The Trustees will meet again, Wednesday, **September 10, 2014** at **7:30PM**, at Karen Schreifels'.



**Lunch Bunch**

No Lunch Bunch scheduled for the month of September.

**Happy Birthday Wishes to:**

- 9/5 Eric Cruz
- 9/14 Ria Feldman
- 9/15 Erin Cruz
- 9/15 Rolf Haas
- 9/17 Anna Phan
- 9/21 Karen Schreifels
- 9/22 Warren Scott
- 9/25 Isak Larsen
- 9/26 Dee Bragg



**Happy Anniversary!!**

- 09/15 Ann and Fred Zeise
- 09/21 Aida and Pablo Cruz
- 09/23 Emil and Laine Sazon

**Income and Expenses  
July 2014**

<b>INCOME</b>	<i>July</i>
Offerings	\$ 2,771.00
Bldg. Use, etc.	\$ 6,931.84
Special Giving	\$ 37.28
<b>TOTAL</b>	<b>\$ 9,740.12</b>

<b>EXPENSES</b>	<i>July</i>
Ministry & Outreach	\$ 1,083.41
Operating Expense	\$ 1,937.40
Pastor and Staff	\$ 5,712.09
<b>TOTAL</b>	<b>\$ 8,732.90</b>

**FUND BALANCE**

Cash on hand	\$22,834.52
Designated funds	\$ 9,743.65



## **9to5 California 10th Annual Conference**

Sept 13, 2014

10:00 AM

2302 Zanker Road, San Jose, CA 95131

Santa Clara County officials are promoting a county Living Wage - hear directly from organizers, and from County Supervisor Cindy Chavez and give your input!

### **Scrip**

Our scrip coordinator has opened again - Monday 7/28. So Daislyn can start taking your scrip orders!. The coordinator sometimes comes back from her summer schedule with updated forms with new vendors available. But for now, the form in the back of the sanctuary should still work. Don't forget that you can also order by going through [go.milpitas.com](http://go.milpitas.com) and the church still gets credit. See last month's Beacon if you're interested in that.

This is still an easy way to help support your church. We get a small percentage of everything you order on scrip.

Call Daislyn if you would like to order scrip. 408-656-6023.

Thank you!



## *Spiritual Life Work Group*

As our work continues and we grow in our efforts to reach others, we are continually seeking others to join us. This group is not for those members in church, but room for all. We are working on a prayer circle, and all ideas are welcome, please let me know if you have additional ideas or wish to become a part of the group at any capacity.

In the past few months we have sent out numerous cards and notes to friends and family. We sent notes out sharing our Mardi Gra food and fellowship event inviting all congregations to attend. What a turnout! we expressed our gratitude for a wonderful mighty choir and their services throughout the year. Our group sent out over 40 invitations to friends and families from past Sunnyhill members for an exciting reunion on August 30, 2014.

As we share the love of God through our cards and letters we know "Faith does not come from your brain, but from your heart"! Your hands and feet are always welcomed.

If you have ideas for this group, or want to update any contact information please feel free to reach out to me at [gracexgod@yahoo.com](mailto:gracexgod@yahoo.com) our next meeting will be held directly after church services at 10:45a Sunday October 26, 2014

Thank you,  
In Service,  
Mary Schreifels

# *Calendar*

## September

- 1 Centering Prayer
- 3 Ad Council
- 7 Worship
- 8 Centering Prayer
- 10 Trustees
- 14 Worship
- 15 Centering Prayer
- 21 Worship
- 22 Centering Prayer
- 28 Worship
- 29 Centering Prayer

## October

- 5 Worship
- 6 Centering Prayer
- 12 Worship
- 13 Centering Prayer
- 19 Worship
- 20 Centering Prayer
- 26 Worship
- 27 Centering Prayer

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**FIRST CLASS MAIL**

