Hello Beloved Friends~

This month, I want to talk about Mrs. Emily Polifax, someone introduced to me by one of you! She is a fictional character in a book series written by Dorothy Gilman, begun in the late 1960’s. She is a retired widow in her senior years who discovers she is quite bored with her life and decides to volunteer her services with the CIA. Through a mix-up, she actually gets an assignment and becomes a secret agent. Could you even imagine? Her cases take her to Albania, Mexico, Hong Kong, Africa, and Sicily. As she faces impossible situations, she is fearless, wise, and resourceful. I just love her.

I was thinking about how we could learn a few lessons from Mrs. Polifax in this time of facing our various difficulties. In a tight spot with unknown outcomes, our senior spy doesn’t give up. She becomes more resourceful, using what she has in her purse or utilizing the good brain God gave her. When she might be prone to feel sorry for herself, she gives herself a good pep talk or stops to enjoy the beauty around her so she might be able to go on. She employs humor and much practicality as she looks for new ways to survive. You know what else she did? She learned new skills so she could help more. She took up karate and spent more time learning about the world around her so she would be more prepared. She is just a hero as she fights evil.

In every book, Mrs. Polifax is helped by someone sent to lend a hand or by someone who comes alongside her. I am unsure how this newsletter finds you, but I know many of us are discouraged and weary. And, I want to remind you that, while we all are on assignment on earth, we have Someone who is helping us in ways we can’t see. Psalm 46:1 says, “God is our refuge and strength, a very present help in times of trouble.” May you remember that you are never alone, that God has work for you to do, and that He is going to always help those who are facing unknown and seemingly impossible challenges. Let us rise to this occasion, use what we have been given, and rely on the Lord.

Until next time and with great love, ~ Pastor Colleen
Need Help?

If you are needing help in this time, please reach out. We have people who are ready to go grocery shopping, who can pick up prescriptions, or do errands.

Give Pastor Nikki a call: (949) 241-7851.

Dial-A-Prayer…

Starts September 16, 2020. How much we miss seeing all of you. You all are regularly in our prayers at our church. The lunches added such joy to our hearts because we were able to be together and share life in community. We hope to be back soon. Until then, Pastor Colleen and Pastor Nikki will be offering Dial-A-Prayer! Once a week, for an hour, both of us will be available to talk and pray with you. You can call us and we will lift you up. No charge and no need to leave your house. A free connection, which we need in our isolation. Call us! If we don’t answer, it’s because we are on the phone praying for someone else! Just leave a message and we will call you right back. Starting September 9th, we will be on each Wednesday from 1:00pm-2:00pm.
Call: (805) 259-8461 or (949) 241-7851

We hope to talk to you!

Senior Study

Calling all seniors to join us as we seek to make our faith come alive during this challenging time. We long to be encouraged and inspired and are turning to Henri Nouwen’s classic The Return of the Prodigal Son: A Story of Homecoming. This beautiful book will reawaken our hearts and minds to God’s call for us to return to His open arms. Join us for prayer, study, and vibrant discussion. Pastor Nikki and Syd Bush are leading and are excited to discuss this book with you. They will meet every other Thursday (1st, 3rd, and 5th Thursdays) at 10:00 am, starting on September 17. The meetings will be by ZOOM and you can get the link by emailing or calling Nikki or Syd: Pastor Nikki Ramage (nikki@fmcsb.org) (949-241-7851); Syd Bush (sbsydneywray@gmail.com)

We hope to see you there.
Sheilagh Came Across this Poem and Wanted to Share it with You

Send in Some Good News

As we are pretty disconnected right now, we are eager to hear from you. Send us something that is good news in your life. Or tell us something new you have learned in this time. Share with us some happiness so we might encourage each other. You can call either Pastor Colleen or Nikki (see numbers under Dial-a-Prayer) or you can email us: colleen@fmcsb.org nikki@fmcsb.org

Let’s encourage one another!

This Ministry Sponsored by
Cliff Drive Care Center    Santa Barbara Free Methodist Church
Friends of Senior Lunch    Thank you!
Your Fall Search

ACORNS
APPLE
AUTUMN
BAKING
BERRIES
BONFIRES
BOOTS
BROWN
CANDYCORN
CARAMEL

SEASON
SEPTEMBER
SWEATER
THANKFUL
TREES
WEATHERCHANGE
WREATH
YELLOW

HAYRIDE
HAYRIDES
LEAFPILE
LEAVES
MAIZE
NOVEMBER
OCTOBER

FALLBREAK
FESTIVALS
FLANNEL
FODDERSHOCK
FOLIAGE
FOOTBALL
FORRESTCREATURES
GOLD
GOURD
HARVEST