

"Loving God, Serving Others, Changing Lives"

HIGH DESERT UNITED METHODIST CHURCH

REUBEN'S RAMBLINGS

August 2021, Issue 8

After a year and a half of lockdowns and restrictions, Judy and I were finally able to take a vacation last month and go back to South Carolina. We were fortunate to spend one night on our farm. My brother Harry has replaced the old cabin on the family pond with a new farmhouse with a great view of the five-acre pond. We lease the hunting rights on the farm to some friends that we grew up with. They gave us a tour of the farm on golf carts. Now you have never lived until you are riding through the woods, bushes and creeks on golf carts. We got a great inspection of our timber crop.

Late that evening while Judy and my niece Kelly were baking a pound cake, I took a walk on the dirt road that runs through the middle of the farm. While I originally was just planning to get some exercise, it turned into a journey down memory lane. I walked past the corral where we used to feed and load the cattle for the market; the old house where we stored the hay and feed; the old mule barn where we kept the three mules for plowing corn and cotton; the old barn that my grandfather built in 1946; a shed where we kept the plows and wagon; and the old blacksmith shop. All of these are now gone,

but not the memories, the precious memories.

Next to the farm is the cemetery where our deceased family is buried. Each person there has a story of a life well lived with good and bad times. There's my grandfather and brother Billy who both died of heart attacks; Uncle Lovic who committed suicide due to depression and alcoholism; Uncle Dewey who died of lung cancer from smoking; my father who was killed at the age of 53; and my mother who died in a traffic accident. But as I stood by their graves, I didn't dwell on the tragedies that ended their lives, but on the good lives they lived and the precious memories they left me.

We all have precious memories; we have all had good times, and all of us have had sad tragic times in our lives. Remember the lyrics of the hymn *Precious Memories*:

Precious memories, unseen angels,
sent from somewhere to my soul;
How they linger, ever near me, and
the sacred past unfold.

Precious memories, how they
linger, how they ever flood my soul;
In the stillness of the midnight,
precious, sacred scenes unfold.

Precious father, loving mother,
fly across the lonely years;
And old home scenes of my
childhood, in fond memory
appears.

Precious memories, now they
linger, how they ever flood my
soul;
In the stillness of the midnight,
precious, sacred scenes unfold.

As I sat on the deck of the
farmhouse the next morning
looking at the pond just after
sunrise, I thought that as we
enter the twilight years of our
life, let us all focus on the
positive precious memories of
the past, live each day the best
we can making new memories,
and live for the hope of eternal
memories with our Lord and
Savior. God Bless.

Reuben

MAYOR'S SUNDAY FUNDAY

After being canceled last year, the Mayor's Sunday Funday is scheduled for Sunday August 22 from 12 noon to 4 pm at Haynes Park. Family fun includes entertainers, dancing, fun jumps, inexpensive food items, games and activities. Admission is \$1 with proceeds going to youth programs in our community. High Desert UMC has registered for a canopy slot.

YOUR BRAIN AND SINGING: WHY SINGING IN A CHOIR MAKES YOU HAPPIER

By Jaimie Babbitt

Any of us who have sung in choirs know all too well the joy it brings not just the audiences, but also the choir members themselves. And why wouldn't it? When we raise our voices with lots of other gorgeous voices in a big, beautiful space, it feels like we're altering molecules. The power, the mojo that this (relatively) small time commitment offers...how is it possible? Well, according to various scientific reports, we *are* altering molecules...inside our brains, with different changes occurring whether listening to music, singing, or singing with others.

Choirs are known for singing about somber topics, including death. Requiem masses by Mozart, Haydn, Verdi and Berlioz are extremely popular selections for choirs worldwide. Yet even though the content isn't necessarily joyful or soothing, endorphins — hormones produced by

the central nervous system— release and interact with opiate receptors in the brain, diminishing pain and triggering an almost analgesic feeling in the body. Our brains get an endorphin "rush", which apparently feels a lot like taking morphine. Singing (both listening to it and doing it) can also release dopamine, a chemical that works to help regulate the brain's pleasure and reward centers. Music has also been found to release serotonin, a neurotransmitter found mostly in the digestive tract that helps regulate our moods, social behaviors and appetite; other studies have shown that cortisol levels can be lower when listening to music and singing.

Other forms of happiness await us via singing as we age. Neuroscientists have shown that musical memories engage broader neural pathways than other types of

memories – that's why hearing an old song can flood one with very specific emotions and visual cues.

When dementia and Alzheimer's patients are encouraged to sing along songs from their youth, they sometimes respond with wide-eyed wonder and exhilaration, and sing out in a way that surprises not only those around them, but themselves as well; it's a beautiful phenomenon to witness. Additionally, doctors are now finding that singers have more circuit connections between the right and left sides of their brains than non-singers. Memorizing words (Left brain function) and music (Right brain function) could keep those nerve cells and synapses in excellent working order.

Dr. Gene D. Cohen of George Washington University kept track of a senior singers' chorale in Arlington, Virginia. The

singers' average age was 80 (65 the youngest, 96 the eldest). Findings showed that the singers suffered depression less frequently, made fewer doctor's visits each year, needed less medication, and increased their other activities. I can attest that some of my greatest memories are of forming and leading a choir at an assisted living facility and seeing with my own eyes

how the songs from my elders' era affected them; they laughed, cried, and told stories about first hearing that song performed.

The even better news is that while we always strive to be the best choristers we can be, our voices don't have to be "professional strength" to derive these myriad health benefits. A 2005 study

showed that singing even at an amateur level was beneficial to people's emotional, physical, and cognitive well-being.

So please, sing. Sing a song. Sing out loud. Sing out strong. (See what I did there? C'mon, who remembers *Sesame Street*? The Carpenters? Sigh.)

"Choral Director", 2018



Our "Angel Among Us" this month goes out to a Host of Angels, Our Choir!

Being such a small church, we are blessed to have such a wonderful choir. To volunteer to be part of the choir doesn't require having a perfect singing voice, but it does require time and commitment. They practice weekly and before the church service on Sunday mornings. And when they sing, God is truly part of it. We are Blessed!

[Psalm 149:1](#)

Praise the LORD! Sing to the LORD a new song, his praise in the assembly of the godly

Our Host of Angels: (Some not in the picture) FRANK ROTOLO, CHOIR DIRECTOR

BARRY BIRCH, MARY ANN BIRCH, SKIP CHAMBERS, IONE HARRAND, WARREN HERRINGTON, SUE HINCHCLIFFE, BECKI KIM, BRUCE PACKARD, JUDE SADEL, EILEEN SEVER, RANDY SEVER, REY SHUMAN, JUDY THOMAS, USA VANDOREN, JEAN WELCH, ARLENE WESTGAARD, DIANE WITT, KEITH WITT! THANK YOU, for all you do!

WOMEN WITH PURPOSE

Women With Purpose

Thursday, Aug. 5th at 10:00 a.m., HDUMC sanctuary

Ladies! We need YOU! This month we will be filling 100 lunch bags with non-perishable foods for distribution in the International Zone of Albuquerque. The Rev. Joanne Landry who leads the Interfaith Bible Institute and her tireless volunteers routinely (weekdays) assemble 100 meals to hand out to the hungry and/or homeless. So, not only are we providing the foodstuffs (including the much desired Vienna sausages), but we are giving the volunteer staff a well-deserved break from the task. Do not doubt for one moment--this is a bona fide Christian outreach as even our Savior commanded us--"Feed my sheep."

AUGUST SERMON SERIES

During the month of August, we will be discussing the Book of James. James has been called the Proverbs of the New Testament and is full of practical wisdom and instructions for Christian living. Traditionally it is believed that the author James was the younger brother of Jesus. At first James did not believe that his brother was the Messiah and misunderstood His ministry, but the Apostle Paul tells us in 1 Corinthians 15 that Jesus appeared to James following His crucifixion and resurrection. James believed and went on to become the leader of the Christian Church in Jerusalem. I hope that you can join us as we discuss the following topics during August:

DATE	SCRIPTURE TEXT	SERMON TITLE
August 1	James 1: 16-27	Just Do it
August 8	James 2:1-13	Does God Have Favorites?
August 15	James 3:1-12	What Did You Say?

NURSING HOME MINISTRY

Starting in July on Tuesdays

1st Tuesday, August 3rd at 11:00 AM
At Beehive, 2709 Chessman Dr NE
505-591-7021

2nd Tuesday, August 10th at 11:00 AM
Beehive 6336 Enchanted Hills NE
505-591-7024

3rd Tuesday, August 17th at 3:00 PM
Casa Contenta, 4805 Sombrete
505-896-8132

4th Tuesday (OPEN)
Contact person: Arlene Westgaard



UPDATE FROM THE EDITOR: This Edition is dedicated to Frank Rotolo, Arlene Westgaard and the Choir. Hope you like it.

generations4counseling@hotmail.com or phone 505-331-8894.

Francie Larsen

BIBLE STUDIES ANYONE??

Sundays, 10 AM, Studying Revelations, Led by Tony Smith

Mondays, 11 AM, "Purpose-Driven Life", Rick Warren (DVDs). Led by Francie Larsen

Wednesdays, 10:30 AM, 12 Part Study on King David, Led by Judy Ballard

Wednesdays, 5:30 PM, Studying Hebrews, Led by Pastor Reuben

RECIPE FROM JANE BUTEL

GALETTE PASTRY



This recipe is credited to Jacques Pepin and is typically French for a single crusted tart or galette. Be careful to follow the instructions about the correct size of butter pieces in the dough. I prefer to use more fruit than pastry. One pint of frozen peaches (1/2 quart package) is a perfect proportion. I make the pastry just before using it and it works quite well without chilling. You may freeze half the pastry, if making only one tart for up to 6 months.

Yield: 2, 4 serving tarts

Temperature: 400 F

Baking Time: 25 to 30 minutes

2 cups all-purpose flour

1 teaspoon sugar

1/4 teaspoon salt

6 ounces or 1 1/2 sticks unsalted butter

Combine the dry ingredients and in a large, shallow bowl. Divide the butter in half and cut each into 1/2 inch cubes. Add half of the butter to the dry ingredients and work with your fingers until the texture of cornmeal.

Add the rest of the butter and working quickly, until the butter pieces are all flattened and about the size of a dime. Starting with 1/2 cup cold water, add a small amount at a time in several stages, working it into the dough with your hands until a rough, textured dough that will cling together results.

Divide the dough into two equal sized balls and cover tightly with plastic wrap. You may chill the dough for several hours up to 2 months in the freezer or roll it out immediately. When rolling it, roll into a 14-inch circle that is rather thin—slightly thinner than 1/8 inch. Place the pastry on a baking sheet—with a silpat cover if possible.

To create a tart, place the fruit in the center of the pastry, allowing about a 2-inch margin around all the edges. Fold the pastry in about 2-inch sections, making each section overlap the previous one. Brush the pastry with milk or cream and sprinkle with sugar before baking in a pre-heated oven.

Jane's student with
finished Galette Pastry



OBSCURE NAMES IN THE BIBLE



Next month: Who is Jairus of the New Testament?

Judy Ballard

ANSWER FOR JULY: Who was Queen Vashti of the Old Testament

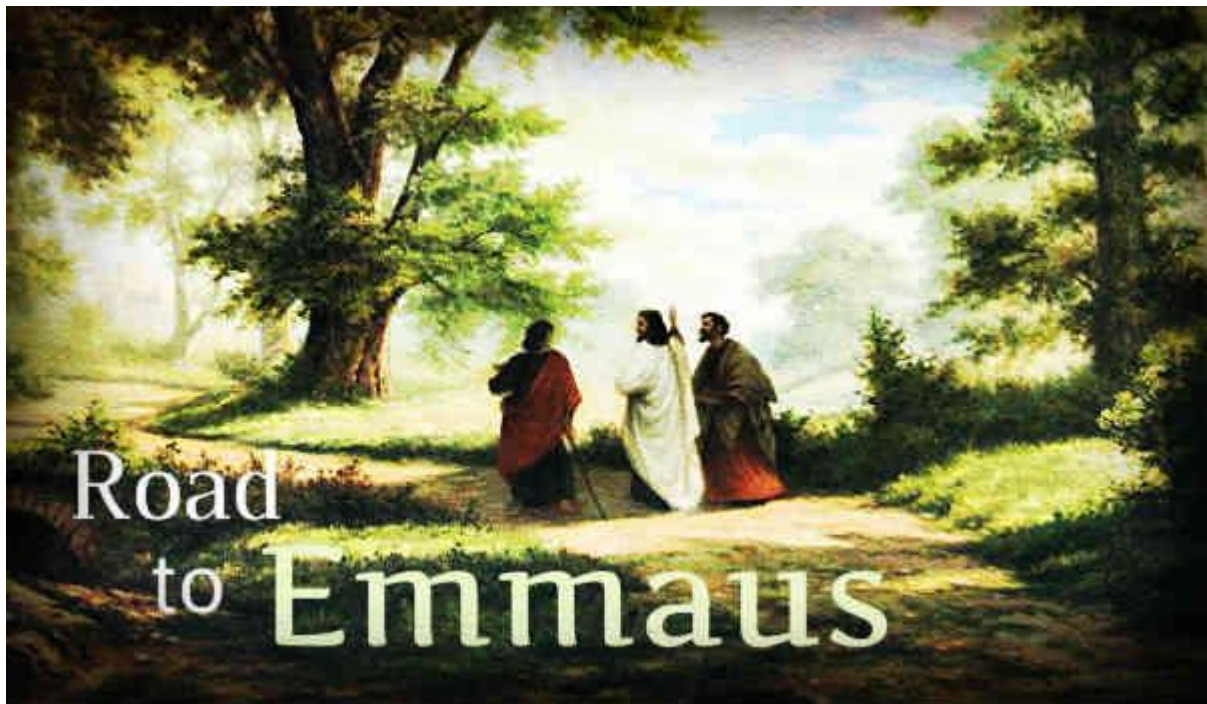
In 486-465 BC King Ahasuerus of Persia ruled an expansive kingdom and frequently threw parties that lasted for months. At one of them he requested his wife, Queen Vashti to dance for his male guests, which she refused to do. In those times, it was forbidden to look at the face of royal women. Though she chose to serve protocol, the denial cost her dearly for she was deposed. At the time she was thrown out of the palace she was pregnant with a son, Artaxerxes. He became King in 465 BC and restored his mother to some of her former glory.

AUGUST SECOND MILE GIVING – FEED NM KIDS

Did you know that over 245 children in Rio Rancho are homeless and even more go hungry, especially on the weekend? A hungry child is twice as likely to repeat a grade; three times as likely to be suspended; and a hungry teen is five times as likely to commit suicide. And of course, the past year has been very stressful on our school children.

To address this need, High Desert UMC through Women with Purpose (WWP) has been participating in and supporting Feed New Mexico Kids, a local nonprofit organization, by providing weekend food packs to children in our local community. Currently, and throughout the pandemic, WWP and other volunteers have assembled over 200 food packs per month which are given to students in three local schools. Each food package costs approximately \$7.

Our Second Mile Giving during August will go to the purchase of the food for these packs. You can support this worthwhile ministry by writing “Feed NM Kids” on the memo line of your check to the church. Thanks for making a difference in the lives of these children.



The **Men's Walk to Emmaus - September 16-19, 2021**
The **Women's Walk to Emmaus - September 23-26, 2021**
Inlow Retreat Center (in the Monzano Mountains)

“Walk to Emmaus” is based on the scripture Luke 24:13-35 which tells of the men’s journey on the road to Emmaus and sharing their hearts’ deepest concern about the death of Jesus. They encounter Christ, share a meal and recognize our risen Lord; rushing back to Jerusalem to share the great news. **The Walk to Emmaus is an opportunity to meet Jesus Christ in a new way as he is revealed to you through other believers.** It is a 72-hour experience of Christian spiritual renewal and formation. You will enjoy 3 busy days singing, learning, laughing, praying, worshipping and participating in small groups.

The theme of each talk is God’s Grace, how that grace comes alive in the Christian community, and how it expresses itself in the world. You’ll also discover how grace is real in your life, how you live a life of grace and bring grace to other.

You are invited to walk with Christ, in a new and different way, for the rest of your life!

We have numerous persons in our congregation that have gone a Walk to Emmaus. In fact, we have several working on these men and women’s walks!

If you would like to talk with someone, have questions or would like an application, please contact **Linnette Carlson at 450-4152** or **Judy Ballard at 240-0912** or **Randy Sever at 514-3635** ASAP to reserve your weekend experience.

August 2021



HIGH DESERT UNITED METHODIST CHURCH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9 & 11 AM Worship 10 AM SS	2 11 AM Bible Study	3 Music Ministry 11 AM Ministry Meeting 6PM	4 Bible Study 10:30 AM 5:30 PM Bible Study	5 WWP 10AM	6 Food Pantry 11AM to 2PM	7
8 9 & 11 AM Worship 10 AM SS	9 11 AM Bible Study	10 Music Ministry 11 AM	11 Bible Study 10:30 AM 5:30 PM Bible Study	12	13	14
15 9 & 11 AM Worship 10 AM SS	16 11 AM Bible Study	17 Music Ministry 3 pm Food Pantry 9 to Noon	18 Bible Study 10:30 AM 5:30 PM Bible Study	19 Food Pantry 1 to 4 PM	20	21
22 9 & 11 AM Worship 10 AM SS	23 11 AM Bible Study	24 Music Ministry 11 AM	25 Bible Study 10:30 AM 5:30 PM Bible Study	26	27	28
29 9 & 11 AM Worship 10 AM SS	30 11 AM Bible Study	31				

Care Ministry

You are invited to call, write or visit our friends in Christ who are homebound or have health issues, and offer your love, support and encouragement.

Sheila Arce	4910 Tramway Ridge Dr. NE, #318, Albq. NM 87111	
Lois Brister	2867 Cripple Creek Drive SE, Rio Rancho, NM 87124	892-7987
Grover Donahoe	766 Hood Way SE, Rio Rancho, NM 87124	220-3839
Mac Esquibel	4544 Aguila Road SE, Rio Rancho, NM 87124	891-1469
Lorra Garner	Genesis, 9150 McMahon Blvd. NW Albq. 87114	408-722-6482
Pat McMillan	Genesis, 9150 McMahon Blvd. NW Albq. 87114	828-331-0963
Phil Pittman	C/O Ravenna Assisted Living, 3051 Twin Oaks Dr. NW Room 28, Albuquerque, NM 87120	
Dodie Rossman	The Rio Grande, 2331 Westside Blvd #219, Rio Rancho, NM 87124	300-7499
Mary Lou Schimke	7927 Jamestown Road NW, Albuquerque, NM 87114-4498	898-5911
Norvin Schuman	382 Nicklaus Dr. SE, Rio Rancho, NM 87124	891-0526
Rod & Louise Warpole	10301 Golf Course Rd NW, #1190, Albuquerque, NM 87114	382-9706
Mae Washburn	Ravenna Assisted Living, 3051 Twin Oaks Dr NW, Albq. 87120	



Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Gordon Golson	8/2
Gloria Sims-Graham	8/3
Ton Creveling	8/10
Bobbie Morris	8/11
Paul Lewis	8/13
Del Larsen	8/13
Dannye Bristow	8/17
Judy Sampson	8/18
Doris Donahoe	8/20
Ben Kottenbrook	8/22
Jana Siverts	8/25
Eileen Sever	8/26
Lorraine Zapf	8/27
Arlene Westgaard	8/27

Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Happy birthday! Happy birthday!



Lynn & Jana Siverts	8/10/1996
Chuck & Mary Lou Schimke	8/13/1966
Jeff & Elaine Pratt	8/14/1993
Keith & Diane Witt Jr	8/21/1976
Ken & Sandy Dewbre	8/29/1975

GETTING TO KNOW YOU. . . (by Dottie Hester)

Frank Rotolo was born in Rochester, NY. His father was a furrier who cleaned and repaired furs for garments. He says his mother would often sing and maybe that was where Frank got his talent from. Frank and his family moved to Tucson when he was in the 6th grade. He had a 7th grade teacher who realized Frank's musical abilities and encouraged him. Frank attended the University of Arizona getting a BM in choral education in 1970. The Norman Luboff Choir needed a tenor which Frank auditioned for, and he became the youngest member at 22 years old. He toured across the country with the choir for 3 years.

Frank attended Michigan State University on a fellowship and graduated in 1977 with a Master of Music in Vocal Performance. He moved back to Tucson to start his teaching career. From Tucson he moved to New Mexico and taught Voice Music Appreciation at San Juan College in Farmington. His next move was Rio Rancho. He taught in the Elementary and Middle schools in Laguna Pueblo and has done some subbing in Rio Rancho schools. Frank says that he came to HDUMC, when he heard there was an opening for a Choir Director. We are so lucky to have him! Oh, by the way, Frank is a HUGE Yankees fan!



Dear High Desert UMC,

*On behalf of the Rio Rancho Police Department,
THANK YOU for all the snacks and cards of
appreciation to our officers and staff.*

*Your thoughtfulness and generosity are greatly
appreciated. Thank you again for the sweet
reminder that we have support within the
community.*

*Sincerely,
Andrew Rodriguez, Acting Chief of Police.*

High Desert United Methodist Church

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Rio Rancho, NM 87174
Office Hours: Wednesdays
9AM-Noon
Phone: 505-891-4206.
Email:
highdesertumc@outlook.com

We're on the Web!
www.highdesertumc.org

"Like" us on Facebook at:
[Facebook.com/HDUM](https://www.facebook.com/HDUM)

HDUMC CHURCH PANTRY

Distribution dates for August are:

Friday, August 6th - 11 am to 2 pm

Tuesday, August 17th – 1pm to 4pm

Thursday, August 19th – 9 am to noon

Featured collection for August is: Rice (small bags) and Beans
