Church Picnic
AUGUST 6TH 2023
PLEASE BRING A POTLUCK DISH TO SHARE

Please join us for a week of fun songs, dancing, and LOTS of creativity!

APTO SUMMER MUSIC CAMP FOR KIDS
ages 4 through 10
August 7-11 from 5-7 PM
A simple dinner will be provided.
Performances will be held on Friday evening August 11 and Sunday August 13.
Hosted by Aptos UMC
Greetings Church Family,

Summer is in full swing here at Aptos UMC. While much of our country is enduring record heat waves, we have enjoyed mild temperatures. Our campus grounds are looking beautiful thanks to the consistent work of our dedicated members. We are poised and equipped for our forays into fellowship and ministries.

Coming up first is our Church Potluck on Sunday, August 6. This will be our first large gathering of this sort in over three years! As we reflect on what we have come through, we welcome the opportunity to assemble once more for food and fellowship. I hope you will make plans to be with us on this special day.

Next on the schedule is our Summer Music Camp. In lieu of a traditional Vacation Bible School, we are casting a new vision with this program. This camp is being offered as a free enrichment opportunity that will both instruct and inspire. Our fun-filled week will culminate with a show for family and friends on Friday, August 11, and an invitation for our participants to return for an encore performance for our church members on Sunday, August 13. We appreciate your support and encouragement as we celebrate our local children.

On Sunday mornings we will continue our summer worship series, The Path of the Disciple. In recent weeks we’ve seen how the Kingdom of God is like a seed. We observe our Creator as an extravagant sower, and recognize our own role in tending the garden that is the world. Moving forward we will explore more passages from the Gospel of Matthew that elaborate on the themes of imagining a new reality, searching for the face of God, and beginning the journey.

I am always honored to share this path with you all. As we journey together, I pray God will tend and care for us, as we learn from the words of our Lord, and follow his example of sacrifice and service to all those around us.

“You are the light of the world. A city on top of a hill can’t be hidden.”

Matthew 5:14 CEB

Grace and Peace be with you all,
Pastor Gabe

Join us for in-person worship in our Sanctuary every Sunday at 10 AM. Sunday worship continues to be offered live on Zoom.
https://zoom.us/j/95070443590?pwd=SE5BdW5CbGpFhNkzkbGlsc1V1enQ3UT09
Meeting ID 950 7044 3590  Passcode 285448

Recordings of worship are available on our website under the ‘Worship Library’ tab. Online giving is available on our website by clicking on the ‘GIVE NOW’ button, or by clicking here.
Finance Update

Greetings from the Finance Team. I’d like to talk to you about weather forecasting. Did you know that the Farmers’ Almanac, an annual American periodical, has been in continuous publication since 1818? For the past 205 years it has provided long-range weather predictions for the US and Canada. Publishers state that many “longtime Almanac followers claim that their forecasts are 80% to 85% accurate.”

How does this pertain to the finances of our church as we enter the second half of 2023? Though we can’t refer to an almanac to forecast our end-of-year balance nor predict what our 2024 budget will look like, I can give you a picture of our current situation as well as forecasting a couple of possible stormfronts that lie ahead.

Our mid-year contribution report looked good. Monthly giving and income from pledges, identified giving, birthday/anniversary gifts, and rent from Apple Afterschool have come close to meeting our mid-year goals. If you are not caught up on your pledge, I encourage you to do so.

Elsewhere in the Tide you will see an article explaining the loss of Apple and the need to determine how we will fill the budget gap caused by their departure. A task force will be formed to address this issue. My financial forecast is that the 2024 budget will be impacted unless we find a solution to this issue.

The second possible stormfront has to do with the Holiday Boutique coming up in late November. For the past nine years, the Boutique has successfully provided a wonderful community event which supports local artisans and attracts many holiday shoppers looking for unique gifts. Through the years the Boutique has enjoyed tremendous success under the leadership of Anne Scott who will not be at the helm this year. It has always relied heavily on church volunteers and this year I am looking for individuals who will share the leadership responsibilities. We budgeted a net income of $5500 from this event. My forecast is that this will be a successful event if members are willing to share the responsibility of making it happen. Please let me know if you are willing to do so.

Thank you for your continued support of our church.

Dick Wood
Finance Chair

Fare Thee Well Dear Apple Friends

After 29 years of wonderful coexistence, Apple Afterschool is closing permanently. We have enjoyed a wonderful relationship with owners Jan and Fran, as well as Teacher Aubrey and Teacher Mallory. Our own Jenna Kaysen taught at Apple while earning her own teaching credential. A very young David Daley was welcomed as a ‘helper’ during one memorable summer.

With the exit of Apple, this leaves Aptos UMC in an interesting transitional period. The rental income has been a necessary part of our yearly budget. We need to replace the rental income, but how we replace it is a wonderful and challenging conundrum. Should we find another program to rent the space? Should we replace the funds ourselves so that we can use the space for church purposes?

We will be forming a task force to develop our vision and investigate possible uses for the Education Building. If you would like to be a part of this group or have an idea you would like to share, please contact Sandi, Jana, Keri, or Dick.
"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make."  
Jane Goodall

"Creation was never given to us to do with as we please, not even as a gift", Pat Watkins reminds us in "A Biblical Theology of Creation Care," the first chapter of Climate Justice: A Call to Hope and Action, put out by United Women in Faith (United Methodist Church). "Creation belongs to God; it always has and always will be God's."

We who share a high standard of living in our country have embraced the conveniences of modern life with an underlying assumption that creation exists to serve us. It's convenient to drink from plastic water bottles, to wear clothes made of fabrics that shed microfibers into our environment, to use electricity to power our air conditioners to cool us off from the heat waves that are a result of global warming. However, as a people of Faith, who care about the Earth and all of the impacts upon it from our human behaviors, we need to pay attention and learn about ways in which we can make a positive difference in reducing these negative impacts.

Here are a few suggestions from the Aptos UMC Green Team:

Get rewarded with the Power Saver Rewards Program. Power Saver Rewards is a free program that rewards participants for temporarily reducing energy use when the demand for electricity is high. It is a simple program at no cost to you, meaning you will only save money and never pay more. You will be rewarded if you reduce your energy from 4 to 9 PM on select hot summer days when the demand for energy is high. You will get a notification the day before a Power Saver Rewards event happens any time between now and October 31. You will receive a credit on your bill after the program season for helping on days when California's energy grid needs it the most. You can sign up by going to powersaver.pge.com.

Reduce your use of plastic. Are you able to go plastic-free for at least a day? A Week? A Month? Not only is plastic pollution devastating to animals and the environment as well as challenging to collect and recycle, but now there is increasing concern about the potential human health impacts of plastic, from certain chemical additives as well as the tiny microplastic particles that have recently been found in the human body (as well as in animals and sea life).

Steps you can take include: avoid cooking or warming food in plastic, eat fewer packaged foods or processed foods, use glass containers for storage and heating food, avoid putting plastic in the dishwasher, avoid purchasing single use beverages. Other ideas include: regular vacuuming and dusting, not using personal care products that contain plastic micro beads, avoiding cosmetics listing the ingredient "fragrance", which often use phthalates as a solvent or stabilizer.

Now, about your clothes and laundry, here is Green Team member Sally Hicks' take on it:

It was maybe a year ago, maybe two years, when I first allowed a thought into my brain of: 'Whoa. They're saying that doing regular, normal laundry damages the environment. Hmm.' I did a quick search for information about it, found very little, and lost interest.

This year, in January 2023, an article in the Good Times came and hit me in the face:
“A study at UCSC examined common murres, a resident seabird; and anchovies, which are a major food source for the murres. They found that 58% of anchovies and 100% of murres had microplastics in their guts. They further found that some of that plastic was in fact endocrine disruptor plastic, of which BPA (bisphenol-A) is a formerly famous type. These chemicals can bind to estrogen receptors in the body, affecting women's health, but also brain development. And the particles definitely do go up the food chain up to use, because they are found in tissue samples.

Another showed microplastics in the water column of the bay, down to below 3300 feet. The term microplastics generally includes microfibers, which are mostly too small to see, and microplastic particles, which are small pieces of larger plastic items. It also includes portions of the asphalt that are washed off our roads into the sea, and tire shreds also washed off the roads.

Estimates of how much total plastic is in the world's oceans range from 75 to 199 million tons, and we are presently adding about 35 billion pounds to that every year. Microfibers from the laundry come from the synthetic fibers that many of our clothes are made of now, from polyester to acrylic to spandex. Fleece fabrics are the worst.”

What can you do to reduce microfiber pollution?

- Do laundry less often.
- Wash full loads.
- Avoid delicates settings on your machine.
- Line-dry your clothes when possible.
- Consider installing a filter on your washing machine or using a laundry bag or laundry ball.

When it’s time to buy a new washing machine, opt for a front-loading model.

The following ideas will not only save you money and spare the earth but also keep your clothes looking better longer:

1. **Switch Every Load to Cold.** Modern machines and soaps are designed to work best in cooler temps for all but the dirtiest loads. Turning the dial down adds up to huge environmental savings: As much as 90 percent of the energy consumed by our washing machines goes to heating the water. If you simply must use heat, the NRDC (National Resources Defense Council) says that even turning the dial down to warm can cut the energy use in half.

2. **Tweak Your Settings.** Only use as much water as the load needs. On your dryer, choose the drying time yourself to avoid wasted running time.

3. **Dry Longer and Lower or . . .maybe use a filter on either the washer or dryer.** More expensive solutions are the filters. There are two basic types of laundry outflow filters: plastic cylinders that you install on your washing machine's outflow pipe, and that contain a filter that can be cleaned and periodically replaced. These gadgets cost $150 to $200 and are fidgety to install. They also have to be cleaned out every 2 to 3 loads. However, these filters remove from sixty-five to ninety percent of what is in the wash water. Plastic filter balls, around $45, remove only about 25 percent. Be careful about buying any of these things on Amazon: their ads are written to obscure this fact, but they only really collect large fibers, mainly natural ones.

4. **Air Dry More (Yes, It Can Be Convenient).** Air drying is the much greener option. And way less expensive!! Whether you’re trying to prevent microfiber pollution or quit your tumble dryer, air drying isn’t just better for the environment; it’s better for your clothes. Studies show that high heat from a clothes dryer not only fades fabrics but breaks them down. That lint is your clothing falling apart.

continued
5. **Choose Safer Suds.** Of the over 1,300 laundry detergents and products studied and ranked by the Environmental Working Group, a nonprofit working to eliminate toxicity in consumer products, a whopping 68 percent receive a failing grade, meaning we’re washing our clothes in chemicals that are harmful to human health or the environment. Look for the EPA’s green and blue Safer Choice logo when you’re out shopping, which indicates products made with the safest ingredients.

Keep in mind that fabric softeners, stain removers, dryer sheets, and other laundry “add-ons” are more likely to have hazards lurking in them, and are more difficult to find safe alternatives for. One tip is to buy reusable wool dryer balls; they are nontoxic and cut down on drying time. And household ingredients like hydrogen peroxide, lemon juice, rubbing alcohol, and clear dish soap work great on stains as long as you treat the garment immediately.

6. **Beware the “Green” Dry Cleaner.** Watch out for toxic chemicals at your local dry cleaner. The most common dry-cleaning solvent, called perchloroethylene, is a known carcinogen and a potential soil and groundwater contaminant.

7. **Wear More, Wash Less.** It may sound unsavory to wash your clothes less frequently, but in reality, most Americans over-wash their clothes (the fact that we do 300 loads of laundry per year is a sign we’re fanatical about it). And, unless someone has a contagious illness in your household, there’s no evidence that skipping washes is bad for health or hygiene.

Doing what we can as individuals and a faith community to address climate concerns is a declared Mission of Aptos UMC. Please consider these ideas carefully and implement any or all of them to be a responsible steward of this Earth, the Lord's creation.

The Aptos chapter of Village Santa Cruz will be meeting at 1 PM on Wednesday, August 2 here at church.

We also are scheduled to deliver lunches to the Habitat site on August 29. Further announcements will be made later in the month concerning the lunches.

> Let each of you look not only to his own interests, but also to the interests of others.
> Have this mind among yourselves, which is yours in Christ Jesus, ...
> Philippians 2:4

Joyce Rodgers
Missions Chair
joyceburtrogers@comcast.net

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**Small Group Meetings**

Small Groups are open to anyone. If you have questions about any of the groups, please contact Pastor Gabe.

- **Blaney Group** - Sunday at 11:15 AM in the Youth Room
- **PACT** - every other Monday at 10 AM *(August 14 & 28)*
  
  https://zoom.us/j/97895982359?pwd=dURIM091ZXI4V2pLN3BvZnxwT1pHQT09
  
  Meeting ID 978 9598 2359  Passcode 813515
- **Alive Now** - Tuesday at 10 AM in the Fellowship Hall
- **Upper Room** - Wednesday at 7 PM
  
  https://zoom.us/j/94925380499?pwd=OGNpaHe4VmZ2OFhiczVML2M2ME5Ddz09
  
  Meeting ID 974 1046 9403  Passcode 935450
- **Scott Group** - Friday at 10 AM in the Fellowship Hall
Greta Justus and the family and friends of Forrest Willcox on his death on July 6. Cards may be sent to the family and Greta at 184 Potter Road, Aptos, CA 95003

You are invited to join our Prayer Team.

The Prayer Team receives a weekly email with prayer requests. To join the Prayer Team or submit a prayer request, please contact the church office.

August 16

The Salt Path by Raynor Winn

The Aptos UMC Book Club meets at 1:30 PM on the third Wednesday of every month in the Youth Room. Anyone is welcome to attend. For more information, please contact Barbara Coy-Bulicz at 689-9772 or bcoybulicz@gmail.com.

Online Giving

To give online, go to www.aptosumc.org and click on the ‘GIVE NOW’ button, or click HERE.

Or, scan this code using your smartphone:
- For iPhone (iOS 11 or later): Launch the Camera app, frame the QR code, and tap the notification at the top of the screen.
- For Android devices: You'll need to download a third-party app, such as QR Code Reader.

Creating an account online is not necessary unless you would like to set up a recurring payment or if you would like to save your payment information for future transactions.

Don’t hesitate to contact Sandi in the church office (office@aptosumc.org or 831-688-2210) if you have any questions or need assistance.
Deadline for September Tide
Friday, August 18

The Tide is published monthly by Aptos United Methodist Church. Aptos UMC is an inclusive community that welcomes and encourages full participation of all persons, regardless of race, culture, age, economic circumstance, sexual orientation, gender identity, or physical/mental abilities. We affirm our denomination’s motto – Open Hearts, Open Minds, Open Doors.

The church office is open Monday through Thursday from 9 AM to 2:30 PM.

Church Staff

Gabe House
Pastor
gabriel.house@cnumc.org
831.535.2912 (cell)

Sandi Thomas
Office Manager
office@aptosumc.org
831.688.2210

Rebecca Dulatre-Corbin
Accompanist
dulatrebecca@me.com
818-723-3567

Ruth Landmann
Facebook
tddynewf@cruzio.com
831.334.0900