



Save the date!

Missionary Katherine Parker
will be joining us for worship
on Sunday, August 16.



2026 CA-NV Annual Conference Session

To read the **recaps** from each day of ACS 2026, click the link below:

[Friday, June 26](#)

[Saturday, June 27](#)

[Sunday, June 28](#)

[Monday, June 29](#)

To view the *Remembering the Saints* 2026 Memorial Booklet, click [here](#). See page 10 for Bob Blaney, and page 22 for Robin Mathews-Johnson.

To rewatch any of the **livestreams** from ACS 2026, click [here](#).

To view the **photo albums** from ACS 2026, click [here](#).

ACS 2026 wrap up and links can also be found at www.cnumc.org/eventdetail/18248435/news_item/19137851

Healing the World

The 178th California-Nevada Annual Conference Session

June 26 - 29, 2026

Isaiah 58:12



FROM THE PASTOR'S DESK

“For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”

Romans 8:38-39 NRSVUE

Greetings Church Family,

For the past few weeks, we’ve been swimming in the deep waters of our sermon series, “Core Faith.” We’ve been asking the big, fundamental questions about who we are, who God is, and what it actually looks like to follow Jesus when the rubber meets the road.

As we turn the page in the coming weeks, we’ll be stepping out of our “Core Faith” series and stepping into a vibrant new summer series called “Praise Break.”

We’ll be diving into the Psalms, where we’ll explore what it means to catch our breath in the middle of a chaotic, broken, messy world and intentionally hit the “pause button” to praise the God who holds us.



Now, when I say "Praise Break," I don't mean pretending everything in life is sunny and perfect. The Psalms aren't fake-smile music. The Psalms are full of real tears, deep questions, raw frustrations, and honest grief.

Psalm 17 shows us how to pray when life feels downright unfair, pleading for God to protect us as the "apple of His eye."

Psalm 105 reminds us to look back across our history, through the wilderness, through the trials, through the long waiting periods, and remember the quiet, unshakeable faithfulness of God that brought us through.

Psalm 133 paints a gorgeous picture of what happens when a diverse, imperfect group of people decide to dwell together in unity, a sweet, refreshing oil running down, bringing life to thirsty ground.

A "Praise Break" isn't about ignoring reality; it's about shifting our focus. It's an act of holy resistance. It's saying to the noise of the world, "You don't get the final word. My anxiety doesn't get the final word. God's grace gets the final word."

As we walk into this season together, remember this: You're not walking alone. You're held in a love that will not let you go. You're covered by a grace that meets you where you are, but loves you too much to leave you there.

So take a deep breath. Release the guilt. And get ready to join in the song. It's time for a praise break.

***“As for me, I shall behold your face in righteousness;
when I awake I shall be satisfied, beholding your likeness.”***

Psalm 17:15 NRSVUE

Grace and Peace be with you all,

Pastor Gabe

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 10 & 24*)
<https://zoom.us/j/97895982359?pwd=dURlM09lZXl4V2pLN3ByZkxwT1pHQOT09>
Meeting ID 978 9598 2359 Passcode 813515
- **Alive Now** - Tuesday at 10 AM in the Fellowship Hall
- **Upper Room** - Tuesday at 7 PM (Study book is *The Upper Room Disciples*)
<https://zoom.us/j/94925380499?pwd=OGNpaHc4VmZ2OFhicZVML2M2ME5Ddz09>
Meeting ID 974 1046 9403 Passcode 935450
- **Scott Group** - Friday at 10 AM in the Fellowship Hall

Second Quarter Special Offering Totals

Thanks to generous giving by members of our congregation, the following organizations and projects received these financial gifts during the second quarter of 2026:

Miracle Sunday - \$875

Native American Ministries Sunday - \$503

United Methodist Student Day - \$381

Annual Conference Offering - \$815



August 19 *Whistler* by Ann Patchett

The 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.



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.

Green Team

What does preserving summer fruits and vegetables have to do with Climate Change? Making small changes on where you source your food, planting a container or backyard garden, and learning to preserve the seasonal harvest can reduce the amount of carbon your household emits. You can also help reduce your carbon footprint by reducing waste of food at home and cutting the transportation emissions of your food by buying local.

Missions

Aptos United Methodist Church continues to offer space to Village Santa Cruz, an organization that helps seniors age in place, stay socially connected, and receive help with short-term projects as needed. The Aptos subgroup of the Village meets at our church on the first Wednesday of the month at 1 PM. The next meeting will be August 5. You are welcome to attend if interested.

MENTAL HEALTH

FAITH & FACTS

ECONOMIC, HEALTH, AND GENDER JUSTICE

What does the Bible say?

God created humankind in his image, in the image of God he created them. **(Genesis 1:27)**

Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. Put on my yoke, and learn from me. I'm gentle and humble. And you will find rest for yourselves. My yoke is easy to bear, and my burden is light. **(Matthew 11:28)**

Bear one another's burdens, and so fulfill the law of Christ. **(Galatians 6:2)**

But the Lord says, "Because the poor are oppressed, because of the groans of the needy, I'm now standing up. I will provide the help they are gasping for. **(Psalm 12:5)**

I'm convinced that nothing can separate us from God's love in Christ Jesus our Lord: not death or life, not angels or rules, not present things or future things, not powers or height or depth, or any other thing that is created. **(Romans 8:38-39)**

I came that you might have life and have it abundantly. **(John 10:10)**

What does the United Methodist Church say?

"We affirm health care as a basic human right and vow to work toward expanded access to all forms of medical treatment, including preventative, therapeutic, and palliative care." **(Social Principles 163.A)**

We believe that faithful Christians are called to be in ministry to individuals and their families challenged by disorders causing disturbances of thinking, feeling, and acting categorized as "mental illness." We acknowledge that throughout history and today, our ministries in this area have been hampered by lack of knowledge, fear, and misunderstanding. Even so, we believe that those so challenged, their families, and their communities are to be embraced by the church in its ministry of compassion and love. Our model is Jesus, who calls us to an ethic of love toward all. **(Book of Resolution #4207 Ministries in Mental Illness)**

The United Methodist Church affirms its long-standing support for persons with mental illness and their families. Jesus Christ made no distinctions in his healing ministry between persons with physical disabilities and those with what we might today call mental illnesses. **(Book of Resolutions #4284 Mental Health Discrimination in Disability Compensation)**



CHURCH & SOCIETY

The United Methodist Church

Living FAITH Seeking JUSTICE Pursuing PEACE

MENTAL HEALTH

FAITH & FACTS

ECONOMIC, HEALTH, AND GENDER JUSTICE

What do the facts say?

- Mental illnesses are common in the United States. Nearly one in five US adults live with a mental illness (52.9 million in 2020).¹
- Young adults aged 18-25 had the highest prevalence of mental health concerns (30.6%) compared to adults aged 26-49 years (25.3%) and aged 50 and older (14.5%).²
- The COVID-19 pandemic caused a 25% increase in prevalence of anxiety and depression worldwide.³
- Suicide is the leading cause of death in the United States, with 45,979 deaths in 2020. This is about 1 death every 11 minutes.⁴
- In 2020, an estimated 12.2 million American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicide.⁵



^{1,2} National Institute of Mental Health / National Institutes of Health, ³ World Health Organization, ^{4,5} Center for Disease Control

What do you say?

Take **ACTION** for justice...

- Remind your elected officials that individuals and families experiencing mental illness form a sizable and vulnerable population in your community. Those dealing with mental illness benefit from public health services, community health initiatives, and having thoughtful advocates that listen to their needs. Programs at the community, state, and federal level help individuals in coping with mental illness and provide assistance to families.
- Learn more about how mental illness affects your community, and about how to support public and private resources for those struggling with mental illness through National Alliance on Mental Illness (www.nami.org/faithnet) and Path-ways (<http://pathways2promise.org>).



For more information contact:
advocacy@umcjustice.org

www.umcjustice.org

Updated 2025

General Board of Church and Society

100 Maryland Ave, NE Washington, DC 20002

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The United Methodist Church

Gardening Group Update

You may have noticed some changes to the church landscaping, most notably in the area between the church sign and the stairs. The spiky plants that have been removed posed a possible danger to the children that enter our campus, and are being replaced with more suitable plant material. Thank you to the gardening group for their efforts! If you would like to help support the gardening group's work, online giving is available [here](#) or note 'garden fund' on your check.



Trustees Report

On Tuesday, July 7 the Trustees received a call from Secret Garden indicating they were having problems with the kitchen drain line and had tried to snake it. They requested we call our plumber to troubleshoot the problem. The plumbers arrived on July 9 and the problem turned out to be much larger than any of us foresaw. The line had been leaking underneath the cabinetry and flooring for several days and had now seeped into the storage area, carpeting, and adjacent women's restroom. This was a situation that was hidden and not visible until the damage had been done.

Trustees immediately called for a water remediation team to assess the situation and to dry out the water damage. Because the back up was caused by food borne water it was classified as a Class 3 water damage concern. Water had infiltrated into cabinets and walls and would be considered damaged and cause for removal due to possible bacteria concerns.

With this knowledge our insurance company was contacted to report the damage and start the claim process. We have been reassured from our insurance carrier and insurance adjuster that our claim is covered and at this time only our deductible will be expensed.

Trustees are working closely with Secret Garden to ensure that their staff and the children are kept safe from the damaged area, and we have relocated their kitchen into the Fellowship Hall kitchen for the next 6-8 weeks. Secret Garden did not lose one day of operation due to our quick response and action. The problems were not related to their use of the kitchen, and it remains to be seen what concerns with the plumbing system we have. At this time Trustees are working to confirm the problems associated with the backup and will have confirmation in the next week or two.

Trustees are working with JD Stager Construction to restore the kitchen, bathroom, and storage area. This will require all new sheetrock, kitchen cabinets, kitchen countertops, and sink, and painting in the kitchen. The vinyl flooring will be replaced throughout the Education Building and all new carpeting will also be required. All the above repairs are expected to take a minimum of six weeks and up to eight weeks as far as we know now. Trustees are very thankful we are in good hands with this construction team and our assigned insurance adjuster, and we look forward to the day when our new kitchen is complete.

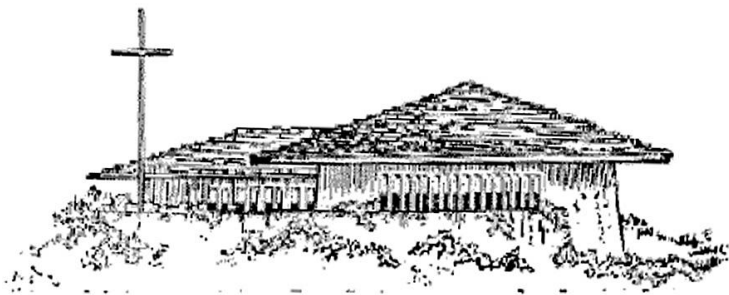
Should any of the above scope of work change in the coming weeks, we will keep you all informed. Your Trustee team of Steve Green, Mike Proffitt, Marty Mason, Jeff Favorite, and Roger & Keri Swenson are a good team and up to the challenge.

The Education Building is off limits during construction, so please refrain from using the bathrooms in that building until further notice.

Many Thanks,
Your Trustees

June Financial Report

	YTD Actual	YTD Budget	YTD Over/Under Budget
<u>INCOME</u>			
Pledge, Plate, Other Giving	83,696.50		
Secret Garden, Building Use	32,591.16		
Investment Income	2,929.17		
TOTAL INCOME	\$119,216.83	\$127,280.04	-\$8,063.21
<u>EXPENSES</u>			
Church Program & Office			
Conference Apportionments	14,307.00		
Church Program Funding	859.88		
Maintenance, Supplies	444.56		
Office Expenses	2,095.78		
Employee Compensation	25,448.42		
Subtotal, Church Program & Office Expenses	\$43,155.64	\$42,952.98	-\$202.66
Church Campus			
Custodial	1,640.00		
Utilities	12,692.62		
Insurance	8,352.73		
Taxes	1,713.90		
Maintenance, Improvements	6,426.02		
Subtotal, Church Campus Expenses	\$30,825.27	\$27,883.98	-\$2,941.29
Pastoral Ministry & Parsonage			
Salary	30,164.04		
Housing & Utilities	2,250.00		
Travel, Annual Conference, Education, Supplies	2,102.27		
Health Insurance	6,769.92		
Pastor's Pension	5,713.56		
Parsonage Mortgage, Insurance, Taxes, Maintenance	13,194.73		
Subtotal, Pastoral Ministry & Parsonage Expenses	\$60,194.52	\$75,706.50	\$1,293.00
TOTAL EXPENSES	\$134,175.43	\$132,324.48	-\$1,850.95
NET INCOME-EXPENSES	-\$14,968.6	-\$5,044.44	-\$9,914.16



Aptos Community United Methodist Church

"The Church Worth Finding"

221 Thunderbird Drive, Aptos, CA 95003

831.688.2210

www.aptosumc.org

RETURN SERVICE REQUESTED

Sunday Worship at 10 AM in person

and livestreamed on  **YouTube**

YouTube channel: @aptosumc

**Deadline for
September Tide**
Friday, August 21

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.

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

Church Staff

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