



La Habra United Methodist Church

# Vista

*July 2017*

I heard a fascinating interview with Dr. Joel Salinas recently. Dr. Salinas is a Harvard trained Medical Doctor specializing in the brain (neurology). In addition, he has a unique condition of the brain called Mirror-Touch Synesthesia. He is author of a new book [Mirror Touch: Notes from a Doctor Who Can Feel Your Pain.](#)

This medical condition has both an upside and a downside. Persons with this condition actually feel what another person is feeling. If someone touches his cheek a synesthetic person will feel the same sensation. Individuals with this condition often have complete empathy with another person.

Salinas, as a Doctor, can literally feel what his patient is feeling. The downside is obvious. If a patient experiences pain, the doctor will feel that. The upside is that this might enhance his diagnosis. As he explains it he can also, in a sense, completely empathize with what a patient is going through. As difficult as this can be, according to Dr. Salinas, it can also be rewarding when an adequate treatment leads to better health. He also feels that joy.

I've made a note to find more information about this condition. I've put his book on my ever-expanding reading list.

I instantly made a theological connection. In some ways, this is God's condition in relation to us. We believe that the Jesus story is, at its heart, a reminder that God completely empathizes with the human condition. As Jesus felt the pain of the human condition it was (and is) a reminder that God can literally "feel our pain."

When we pray for someone in pain or difficulty most of us do not feel that pain or experience that difficulty. If we have gone through something similar we might carry a reminder of that experience. If we are at all empathetic we might do our best to understand. In the end though someone else will have a unique experience. I can never really completely enter into that experience.

We believe that the God we pray to completely enters into whatever we are experiencing. This is amazing to me. It gives me a new understanding of the value of prayer.

Blessings,

*Pastor Doug*

## *Out to Lunch Bunch*

*Out-to-Lunch Bunch meets every third Wednesday of the month. We get together*

*for a nice meal and fellowship. Come join us for this month's event on Wednesday, July 19, at 1:00pm. We will be meeting at "Black Angus" in Whittwood  
Hope to see ya there!*

**happy  
biRthday**

### *July Birthdays!!*

<i>Roberta Carlson</i>	<i>July 1<sup>st</sup></i>
<i>Barbara Wright</i>	<i>July 7<sup>th</sup></i>
<i>Merrill Evans</i>	<i>July 9<sup>th</sup></i>
<i>Sara Kaucher</i>	<i>July 9<sup>th</sup></i>
<i>Kristi Hancock</i>	<i>July 11<sup>th</sup></i>
<i>Treecia Mark</i>	<i>July 19<sup>th</sup></i>
<i>Dick Shaw</i>	<i>July 19<sup>th</sup></i>
<i>Pat Paulsen</i>	<i>July 21<sup>st</sup></i>
<i>Cristi Jones</i>	<i>July 24<sup>th</sup></i>
<i>Adrienne brundage</i>	<i>July 28<sup>th</sup></i>



*....if we have forgotten your birthday, please contact the church office.....*

### **Summer Activities!!!**

Vacation Bible School is coming...  
August 14<sup>th</sup> thru August 18<sup>th</sup>

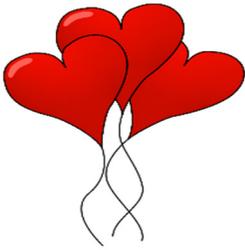
Wednesday Night BBQ's  
Every Wednesday night at 6:15pm  
\$3 per person

P.E.P  
Picnic Exercise Play  
The last Tuesday of the month  
We meet at Clark Park @5pm



*Update.....*

Treecia Mark's current email:  
[treeciamark@gmail.com](mailto:treeciamark@gmail.com)



## *A Special Thank You...*

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LHUMC,

Thank you so much for the extremely generous scholarship! You have gone above and beyond, more than I could ever imagine. This scholarship gives me the opportunity to help buy all of the books that I will need for my college classes.

All of you have shown me grace and love, and I am beyond blessed to have you as my church family throughout my entire life. Words cannot express how thankful I am for this amazing opportunity.

Many thanks!

*--- Samantha Kreeger*

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## **Summer Wednesday Night BBQ**

@ 6:15pm

Bring a salad or dessert to serve 8  
Cost is \$3 for hotdogs, hamburgers or chicken

Sign up to host an event. It's easy!  
Can you provide a program?

Please sign up on Sunday morning or call  
Cathy Doub at 562-690-1228

## REPORT FROM OUR CALIFORNIA-PACIFIC ANNUAL CONFERENCE SESSION

Pastor Doug, Nancy Tittle, and Karen Hill recently attended the business meeting of our California-Pacific Annual Conference. This is a gathering of our United Methodist clergy and laity which is held at the University of Redlands. As usual the first summer heatwave arrives at the same time we head east for this meeting.

A portion of time was devoted to the business of our regional denomination. A budget was passed, new persons coming into ordained ministry were recognized, retiring clergy were honored, and a whole host of people were elected to serve on our behalf in our corporate work.

This year a significant portion of time was devoted to the priorities of transforming vital congregations, transforming Christian leaders, transforming lives, and transforming the world. These four priorities were highlighted in four separate hour-long presentations. It is a lot to absorb. A part of these regional priorities do have something to do with our own local priorities. We'll do our best to communicate those connections as they are pertinent.

Time was also devoted to a huge discussion going on in our United Methodist Church around human sexuality. Our denomination is struggling with "traditional" views of human sexuality as they play out in our current culture. Some want a more "progressive" or "permissive" view that would allow for complete inclusion of lesbian, gay, bisexual, transgendered, and "questioning" persons. Others want to stick with "traditional" understandings of Biblical purity.

Much more can be said about this important topic. We will find places to have those discussions in our local congregation.

If you would like more information, please feel free to contact Pastor Doug, Karen, or Nancy.