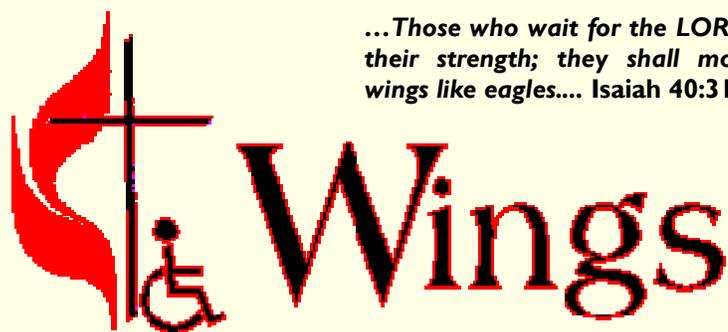


...Those who wait for the LORD shall renew their strength; they shall mount up with wings like eagles.... Isaiah 40:31 (NRSV)



A FAITHLETTER FOR UNITED METHODISTS WITH
DISABILITIES AND THOSE WHO CARE ABOUT THEM
Fall 2010 — Vol. 21 Issue 2 No. 82



FROM WHERE I SIT: DISABLED ACTORS, PEA-BRAINED POLITICIANS, AND THE ADA

By Jo D'Archangelis

I often wonder, probably because I have nothing better to do, if the actor playing a character with a disability on television is actually disabled. For example, there's this guy Auggie, a vision-impaired IT expert for the CIA in the new series *Covert Affairs*. Is the actor (Christopher Gorham) really vision-impaired? Probably not, but I hope so. Yes, it's kind of weird for someone to hope that someone else has a disability, but I think it's appropriate in this context. Although I'm always pleased when I see people with disabilities being represented on television, especially in major roles, I like it even better when I know that the actor has a real disability and a real job.

Take Artie, the nerdy wheelchair guy on *Glee*. I had hoped that the actor (Kevin McHale) playing him was a real wheelchair user until I saw this episode in which Artie gets up on his feet and starts dancing during a dream sequence. At the end of last season though, a new character with a disability was introduced, a somewhat hungrier quad named Sean (thank goodness, I was beginning to think that all charac-

ters with disabilities on television nowadays had boyish nicknames beginning with "A"). Reportedly, the actor (Zack Weinstein) playing Sean is an actual quadriplegic and will appear in future episodes. Good for him.

Not so good though for the hundreds of thousands of people with disabilities who don't have jobs of any kind. 20 years ago this past August the Americans With Disabilities Act (ADA) was signed into law. It was enacted to provide equal opportunity in employment and equal access to housing, education, health, and government services for people with disabilities.

In the area of employment, the ADA over the past 20 years has not been terribly successful. In 1990 the unemployment rate for people with disabilities was 67%; in 2010 the unemployment rate stands at 75%. In the area of access, however, the ADA has had a more noticeable impact. At least, we in wheelchairs are now able to enter more stores and spend more money. And although overall results are a mixed bag at best, I can see in my own life a few of the positive changes that

the ADA has wrought.

I can remember being denied access to movie theaters because I couldn't transfer from my wheelchair to a theater seat. I can remember my family and I being told that I couldn't attend the local high school in my wheelchair because of "fire laws." I can remember earning a California Community College Teaching Permit and then being denied employment because regulations at the time stipulated that a community college teacher had to be able to stand in front of a classroom and write on the blackboard—neither of which I could do.

I can remember being interviewed for teaching jobs in private colleges sitting outside in the open air because none of the buildings was wheelchair accessible. I can remember, if I could get into them at all, entering restaurants through the kitchen area or getting to the second floor of department stores via the freight elevator. I can even remember a time when those ubiquitous blue wheelchair access symbols did not litter parking spaces, building walls, and doorways.

If nothing else, the past 20 years have hopefully brought an increased recognition of the various roles that we people with disabilities can and do play in this society—as parents, as teachers, as athletes, as consumers, as students, as church ministers, as actors, etc.—and of our rights under the ADA to the same
(FWIS: *DISABLED ACTORS cont. on page 2*)

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opportunities and access that non-disabled people have. And, unlike what a particularly pea-brained politician running for public office (and there've been a bunch of them lately) maintained in a radio interview last spring, the ADA only requires that "reasonable accommodations" be made; it does not require a business to install an elevator and completely remodel a second floor if constructing a ramp to an already existing office on the first floor does the job of making it possible for an employee in a wheelchair to do his/her job.

Now that we've settled that, back to

my little TV game. Hugh Laurie, the actor who brilliantly portrays the brilliant but highly obnoxious Dr. House on *House*—is he or isn't he? Nah, Laurie doesn't have a bum leg or walk with a cane in "real life." Hey, how about Robert David Hall who has played the coroner on *CSI: Crime Scene Investigation* for the past 10 years? Definitely yes—Hall wears prostheses on both legs and, from what I understand, is an outspoken advocate for people with disabilities.

And as for that actor who plays the vision-impaired guy on *Covert Affairs*? I just saw him in a rerun of *Ugly Betty*, with no vision impairment. Oh well....



DID YOU KNOW IT SAYS IN THE UMC BOOK OF DISCIPLINE...?!?

[Local Church] Board of Trustees' Powers and Limitations

6. The board of trustees, in cooperation with the health and welfare ministries representative, shall conduct or cause to be conducted an annual accessibility audit of their buildings, grounds, and facilities to discover and identify what physical, architectural, and communication barriers exist that impede the full participation of persons with disabilities and shall make plans and determine priorities of the elimination of all such barriers. The Accessibility Audit for churches shall be used in filling out the annual church and/or charge conference reports.

From *Book of Discipline of the United Methodist Church 2000*, ¶2532.



A non-official quarterly newsletter for United Methodists with disabling conditions and all others interested in the issues of disability, accessibility, and the church

FOUNDER/EDITOR COMPUTER LAYOUT/GRAPHIC DESIGN

Jo D'Archangelis

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WINGS ON THE WEB Selected back issues of *Wings* in PDF format plus information about the newsletter and its founder/editor may be found at the website of the United Methodist Association Of Ministers With Disabilities (UMAMD), www.umdisabledministers.org/wings000.html.

DONATIONS *Wings* is an all-volunteer undertaking, but financial assistance is needed for printing and mailing costs as well as for the purchase and maintenance of the computer equipment used by the editor. Most of our funding comes from reader donations. There are no subscription fees. If you think *Wings* is worth it, please make out a check or money order payable to "Fallbrook United Methodist Church" (or "FUMC"), mark it "Wings," and mail it to Fallbrook United Methodist Church; church address: 1844 Winterhaven Road, Fallbrook, CA 92028; phone: 760-728-1472; fax: 760-728-7433; e-mail: FUMC1887@sbcglobal.net.

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—Jo D'Archangelis, Editor of *Wings*—



Book Review

NOT JUST POLIO: MY LIFE STORY BY RICHARD DAGGETT

Richard Daggett's new autobiography recounts his remarkably full and enjoyable life as a 60-year resident of Downey (Calif.) and a patient of Rancho Los Amigos National Rehabilitation Center.

Not Just Polio: My Life Story vividly and honestly discusses how Daggett overcame a devastating illness to become a world-renowned advocate and resource for individuals with disabilities....

Daggett's book has much to tell....He grew up in a great community with three siblings and parents who loved him. He was passionate about his piano lessons, playing the saxophone in his junior high school band, and singing in the mixed glee club. He also enjoyed sports, especially roller skating, bicycling and golf. His family traveled to wonderful places such as Zion, Bryce, and Yellowstone National Parks....In every way, he seemed to have the All-American life.

But on July 17, 1953, Daggett awakened with a stiff neck and back. He was quickly sent to Los Angeles County General Hospital. Three weeks later he entered Rancho Los Amigos National Rehabilitation Center in a tank respirator (commonly known as an iron lung) as a polio patient. He couldn't move, but otherwise felt healthy....

"Richard's autobiography presents a clear and comprehensive view of his experience with polio," said legendary Rancho physician Jacquelin Perry, MD, in the foreword to the book. "Every episode he reviews is stimulating and told with candor."

Daggett spent two years at Rancho to recover enough independent breathing and leg strength sufficient for walking with braces. But his severe scoliosis caused by polio showed no significant gains. So Dr. Perry and Dr. Vernon Nickel successfully stabilized his spine with a revolutionary spinal fusion proce-

dure that allowed him to sit and stand erect.

"The vision and determination which became evident during this long challenge, were, without a doubt, significant elements which enhanced Richard's effectiveness as an advocate to improve the welfare, comfort and safety of the severely disabled patients who lacked adequate resources," Dr. Perry said.

Dr. Perry has treated Daggett for more than 50 years. Today, the scourge of Post-Polio syndrome affects many of the world's 5 million polio survivors. Daggett and Dr. Perry continue to make a difference for those who have battled polio over all these years....

The late effects of polio have forced Daggett into a wheelchair, but this has only served to inspire him to increase his activities. He was elected President of the Polio Survivors Association in 1980 and has held that position for 30 years. He has also served on the Board of Directors of The Amigos Fund board for three decades and is a member of the Board of Directors of the Rancho Los Amigos Foundation.

The book highlights Daggett's life of service to the disabled community. "As President of the Polio Survivors Association and President of Rancho's Ami-

gos Fund, Richard is a role model and a lifesaver to countless individuals," said former Rancho Director of Social Work Greg Thompson. "People come to him in crisis, and with his knowledge of polio, the benefits system, and special caregiver programs, he is able not only to solve problems, but to instill hope. When you look at what he's done for polio survivors, it's amazing."

Daggett's book has been very well-received. One reviewer said, "It's wonderful, and of course the photos are priceless. A tribute to Richard's parents, a paean to Rancho Los Amigos, a history of Los Angeles and Southern California in the '50s and '60s, an honest discussion of sexuality, a first-rate description of a tracheotomy and spinal fusion, and how he kept his head through it all."

Another reviewer said, "It is a good read. It is nostalgic for those of us who are old enough to remember the 1950s and great for those who enjoy reading about recent history. The author recalls the events of his life clearly and with absolute candor."

Daggett has given nearly 10,000 volunteer hours to Rancho Los Amigos, making him one of the top volunteers in the 122-year history of the hospital. "He was Volunteer of the Year for Rancho in 1988, but as far as I'm concerned, he could be Volunteer of the Year every year," said Rancho's Director of Volunteer Services D Tomlinson. In 2006, Rancho awarded

(NOT JUST POLIO continued on page 4)

Proceeds from the sale of *Not Just Polio: My Life Story* will be divided between The Amigos Fund of the Rancho Los Amigos National Rehabilitation Center and the Polio Survivors Association.

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(NOT JUST POLIO continued from p. 3)



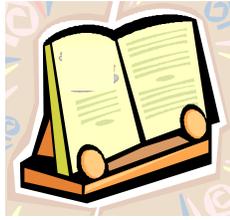
Daggett its highest honor, The Amistad Award.

In addition to his work at Rancho and in his volunteer organizations, Daggett is an active journalist who has written extensively on disability and the human condition. ... [and] has authored several pieces of legislation benefiting those with severe disability. "He learned from his parents how to overcome barriers caused by his disabling condition, and he continues to overcome every barrier he encounters to be a powerful advocate for other individuals with disabling illnesses and injuries," said Rancho Chief Executive Officer Jorge Orozco.

Daggett is a longtime member of the United Methodist Church in Downey, where he is a lay speaker. He is also a member of the Downey Coordinating Council. A brilliant landscape photographer, he serves as an instructor in the Don Knabe Pediatric Photography program at Rancho....

"I just think we're put on this earth to help one another," Daggett said. "If I can help improve the life of even one person, then I'm enriched also...and I think that's what we're here for."

**Abridged and adapted from
The Downey Patriot, June
17, 2010 (Vol. 9, Issue 9),
©thedowneypatriot.com 2010.**



I HAVE A STORY TO TELL By Richard Daggett

(The following is an excerpt from Daggett's new autobiography, *More Than Polio: My Life Story.*)

I've also talked with polio survivors, and others with disabling conditions, who are having a really tough time. They sometimes ask, "Why me?" I think to myself, "Why not you? What makes you so special that you are immune from life's problems?" Of course I don't actually say this to them. Well, sometimes I do. It depends on the person and the circumstances.

I don't believe that "Why me?" has any point. We know that bad things happen sometimes, but it isn't because we did something to deserve it. If a brick falls off a building, and you are underneath it when it falls, you will be hit on the head. God didn't put you in that spot and God didn't drop the brick. Yes, God made all of creation, including gravity, but the God I know doesn't push bricks off buildings.

If you visit someone with a communicable disease you run the risk of contracting that disease, whether you are a physician or a crook. I have a strong belief in God, but not an anthropomorphic God who looks like an old

man sitting on a throne. I can't believe in a God who manipulates peoples' lives and events as if we were puppets on a string.

I remember a play I saw in the early years of public television. It was called "Steam Bath," and the steam bath attendant was supposed to be God. Every few

minutes he would walk to the corner of the room and start pulling levers on a giant console. He would say something like, "There's a black Buick going down Highway 9. I think I'll make it miss the curve and go over a cliff." It was an interesting play, but it was bad theology.

If God doesn't micromanage everything that happens, does prayer do any good? My answer is both yes and no. One person, or ten people, or ten thousand people praying for the flood to recede, the earth to stop shaking, or a plague to end will have little effect. But, if these same people are inspired by their prayers to act, then prayer will have worked. They can find ways to prevent, or at least alleviate disasters, and relieve the suffering they cause. Prayer changes people, not things.

Many people say they talk to God in their prayers. This is fine, but I believe the most effective prayers are when we let God talk to us. I believe prayer is a way that we can allow that "still small voice" within us all to speak. It can calm our fears. It can help us put things in perspective. And it can inspire us to action. In addition, knowing that others are praying for us, or with us, gives us a sense of belonging to something that is greater than ourselves.

I believe in a God who is with us at all
(STORY continued on page 5)

**Many people say they talk to God in their prayers...
I believe the most effective prayers are when we let God talk to us.**

SOLITUDE AND...

Solitude is the garden for our hearts, which yearn for love. It is the place where our aloneness can bear fruit. It is the home for our restless bodies and anxious minds. Solitude, whether it is connected with a physical space or not, is essential for our spiritual lives. It is not an easy place to be, since we are so insecure and fearful that we are easily distracted by whatever promises immediate satisfaction. Solitude is not immediately satisfying, because in solitude we meet our demons, our addictions, our feelings of lust and anger, and our immense need for recognition and approval. But if we do not run away, we will meet there also the One who says, "Do not be afraid. I am with you, and I will guide you through the valley of darkness."

— Henri Nouwen —

(STORY continued from page 4)

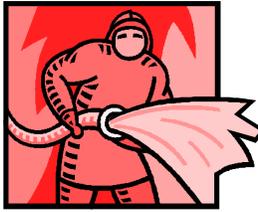


times. You say you can't see Him? I say you see Him every day, working through ordinary human beings. He comes to us in the incarnation of caring people. Friends who support us and uplift us. I believe this because I have seen it and experienced it. We are His instruments on earth. That's the way He works. He sent His Son, fully human, to earth as our guide and teacher. He could have made a wind blow across the land, obliterating illness, famine, and hate, but He gave us that responsibility. We haven't done a very good job of it, but that shouldn't stop us from trying.

My faith has led me to become a lay speaker in our local United Methodist congregation. Public speaking is not my greatest gift because, like many respirator users, I sometimes talk in sentence fragments. Still, I feel I have a story to tell. A story that needs to be told. God has blessed my life in more ways than I can count, and His hand has been on my shoulder from my very first day. I'm guessing that there might be some people who cannot understand this statement. All they see is a man in a wheelchair, breathing with the aid of a machine. I hope my "talks" will change their minds, or at least open their minds to the overwhelming goodness of life. Life is good! God is good! And His love and joy are everlasting!

From *Not Just Polio: My Life Story*
©2010 by Richard Lloyd Daggett;
iUniverse: Bloomington, Ind.
04/28/2010; www.iuniverse.com.

(For publication and ordering
information see page 3
of this issue of *Wings*.)



CHURCH EMERGENCY PLANNING FOR PERSONS WITH DISABILITIES: PART II

By Naomi Mitchell

(The following is the second part of a three-part series on how a church or church-related facility can plan to assist people with disabilities during an emergency.)

CRISIS ESCORTS

Experience has shown that during crisis events, family members often become separated from each other, so a crisis escort will be required for each person with a disability even if family members were previously with them.

When an emergency situation occurs within the church campus, after determining visible danger, staff can dispatch escorts to persons with disabilities. Persons with cognitive impairments often do not respond to verbal directions and will need companionship and physical guidance. If you cannot get to the persons, dispatch escorts to the pre-selected safe location where they can become one-on-one escorts when persons arrive there. They can also assist with triage.

Rule number one for the escort is to say, "My name is _____. I will help you find a safe place." In doing this, you have told them that you are a friend

and that you care about their safety.

In an emergency situation, persons with cognitive impairments easily become disoriented, and persons with mobility or other physical impairments who move slowly or have difficulty following directions can get lost in the exodus from any room. These persons need reassurance and personal one-on-one assistance to prevent an emotional meltdown or sense of panic. Escort each one to safety (rather than tell how to get there), and once in a safe location, do not leave them alone to wander or become panicked. If you must leave, literally hand them over to a friend, name their name, and say that you will return if that is your plan.

Put a special plan in place for persons with wheelchairs, canes, or walkers who use an elevator that has been power-outed. Powerchairs are too heavy to carry with a person in the chair. Consider using a fireman's carry to take a
(EMERGENCY continued on page 6)

...COMMUNITY

Solitude greeting solitude, that's what community is all about. Community is not the place where we are no longer alone, but the place where we respect, protect, and reverently greet one another's aloneness. When we allow our aloneness to lead us into solitude, our solitude will enable us to rejoice in the solitude of others. Our solitude roots us in our own hearts. Instead of making us yearn for company that will offer us immediate satisfaction, solitude makes us claim our center and empowers us to call other to claim theirs. Our various solitudes are like strong, straight pillars that hold up the roof of our communal house. Thus, solitude always strengthens community.

— Henri Nouwen —

From *Bread For The Journey*, Harper (San Francisco: 1997).

(EMERGENCY continued from page 5)



person down stairs or use a manual wheelchair with escort helpers front and back. Some mobility-impaired persons may feel safer scooting down the stairs if there is time. Remember that personal mobility devices are precious because they represent independence.

The escort for a person who is blind should hold that person's hand or arm, say his or her name and who they are (usher, leader, choir director) and describe to the person what is happening and where they are going. If time, ask his or her preference for being touched for guidance.

The escort for a person who is deaf should face the light for better speech reading as well as carry a notepad and pencil for written directions, or, ideally, should use sign language. Initially, a light touch on the shoulder tells them you are there. Point to your nametag or write your name on paper. The paper could also contain one word, "safety," or "fire alarm," or other appropriate words.

Persons with speech impairments cannot ask questions or express their needs, so pencil and paper will help, and will carry with them a story paper or story board or speech device. A story paper has pictures of actions or questions, and the person simply points to the correct picture. An alphabet board allows the older person to spell out wishes or discomfort. A speech device is similar to a typewriter in that the person types in messages, and the speech machine either prints out the message or speaks it.

Every congregation has persons with non-visible impairments such as stroke, diabetes, epilepsy, etc., and these persons may need assistance in sheltering-in-place or exiting a room or building, and may need help with medication. Respect the need of chemo or radiation patients to remain apart from a group. If you are in charge of a room that must be evacuated, check for signs of lagging or confusion for such a person who needs help.

Spiritual impact can be calming. Sometimes in the midst of chaos, someone begins humming or singing a well-known hymn, and soon others join in. Singing without words with the lips closed (humming) creates a steady, droning sound that covers other sounds and has a calming, concentrated effect on the individual. It can also be a physical prayer especially for persons with autism who cannot speak.

(Part III will appear in the Winter 2011 issue of Wings)

Mitchum is the Coordinator of Special Needs at Chapelwood United Methodist Church in Houston, Tex. She has written resource materials in the areas of church environment, worship, and leadership for parents of special needs children and for those ministering with people with disabilities. The author of several books, Mitchum has recently finished a book of participation stories and skits for use with people with special needs. All copyrighted materials may be reproduced from her website, naomimitchum.com, if not for profit.

MORE THAN ENOUGH

By Sudha Khristmukti

"Something is better than nothing," I say to myself.

Still, another voice persists:

"Will my gift, which appear so meager,
count amidst this sea of other offerings?"

I ache with doubt,

And yet I saw how my leaking faucet filled a bucket last night,
One drop at a time.

More isn't always the most, and less isn't always the least.

Approachability. Availability. Dependability.

Listening ears, understanding heart.

Words of encouragement,

being present when it matters most.

Selflessness and the gift of self.

If the smallest act to even one life

becomes significant enough,

it might just make a world of difference.

The endless possibilities lie with the One

who can use the whole

of what we think is merely a mite, a part.

Here and now, if we simply present

whatever we are, whatever we can, and whatever we have,
somehow it would be more than enough,

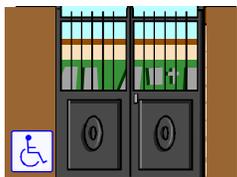
more than worthwhile.

Something is better than nothing.

And nothing is worse than nothing at all.

From *Alive Now* (September/October 2009).

Khristmukti is a freelance writer and independent teacher of English who enjoys playing sitar and flute but loves Western music, especially piano and saxophone. She is a member of The Methodist Church in India and lives in Nadiad, Gujarat, India.



GRACEFUL ACCEPTANCE By A Minister On Wheels

(The following, written by a clergy member of the UMC who uses a wheelchair, is presented anonymously so as not to embarrass the truly gracious among her fellow congregants.)

As he celebrated his retirement, the pastor where I worship during my incapacity leave celebrated the church's "gracefully accepting people who are different from us" as his legacy. Oh, if only that "different" included those of us who are "differently-abled"! True, the church does have large-print hymnals and assistive-hearing devices at the back of the sanctuary—for those who know about them. But heaven pity you if you are mobility-impaired!

The church, the largest in its geographical area, doesn't have a ramp into its sanctuary. Instead there is a small reflective wheelchair sign on a gate in front of a walkway between the sanctuary and office building. If the gate is open, you won't see the sign. But if you do see the sign and go up that walkway, you'll come to a door on the left. Most Sunday mornings, the door is unlocked. A few Sunday mornings, it hasn't been. That is the accessible entrance. There is no greeter. There are no bulletins at the door; they are in a box on a counter.

But you're not in the sanctuary yet; you're in the old fellowship hall which was modified a decade or so ago to provide additional seating. If you wish to

go into the century-old sanctuary, which is lovely, you must wheel past the chairs and either down an uneven lip or through a set of double wooden doors (remember, there is no greeter or usher to help you).

When I first came back to this church (which was once my home

The pastor celebrated the church's "gracefully accepting people who are different from us." If only that included those of us who are "differently-abled"!

church) to worship after being placed on incapacity leave, I told an usher I didn't have a bulletin. I was told, "You came in the wrong door." Gee, it's the only one you can use in a wheelchair!

This past winter the sprinklers came on by mistake. It wasn't much of a problem in the front, but it was a big problem at the only accessible door—which was drenched. When I reported it to the Worship Committee, I was told, "It's only water, get over it." My concern wasn't for me but for the elderly ladies coming in from the residential care facility who can't move very quickly in their walkers. It was cold that morning, and it took time to find the sprinkler controls and turn the

water off.

When the chancel was remodeled a few years ago, I begged that it be ramped but was overruled. That meant that one of the choir members who was going into a wheelchair would have to resign. It meant that I, a member of the clergy, couldn't preach from the pulpit or assist with communion the way it is celebrated at this church. It meant a problem for future clergy appointments at the church who might be mobility-impaired. It meant huge problems for the open hearts, minds, and doors of this congregation.

When I decided to rejoin the choir after many years, I talked with the choir director about the impediment to my entering the chancel. He was delighted to have me and decided the choir could

assemble on the chancel steps with me sitting to the side of the steps. Two of the choir members then informed me that I didn't belong in the choir because it was the "Chancel Choir" and I couldn't get into the chancel.

The director, however, continues to be extremely supportive and has the choir assemble on the steps even if I'm not there. When the pastor retired, we sang the old introit and invited everyone who had ever sung in the choir to join us. My friend in her wheelchair sat front and center with me.

A few years ago, I had my pet dog trained as a service dog to keep an eye on me. When the weather is hot, I get faint and tire very easily, and he knows when I need to go home, when I need to lie down, and when I need to take my medication. The pastor has never been fond of him and was very unhappy when we starting training a second dog as a replacement for dog number one who is of "retirement" age.

The pastor recently told my husband that people had been complaining that the dogs' tags made too much noise, so we didn't bring the dogs to church. (This, by the way, is contrary to the *(GRACEFUL continued on page 8)*)

MOMENTS By Ken Juler

Happy moments, praise God
Difficult moments, seek God
Quiet moments, worship God
Painful moments, trust God
Every moment, thank God

From *Lamplight* (Summer 2010 — Vol. 12, No. 3).

(GRACEFUL continued from page 7)



ADA.) To my surprise, several people at church came up to us asking where the dogs were and expressed disappointment not to see them. Someone even brought key covers for their tags. They didn't fit, but I found dog tag covers online, and both dogs will be with us this coming Sunday. Amen.

— June 29, 2010 —



*Wings Honor
Roll Of
Appreciation*

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"GOD'S RIGHT HERE"

By Steve D. Davis

Because you are children, God has sent the Spirit of his Son into our hearts. —Galations 4:6 (NRSV)

My younger brother, Alan, had Down syndrome and died four months short of his 50th birthday. He was terrified of thunderstorms. Our mom taught Alan that when a storm approached, he should put his hand over his heart and say, "God's right here." After Mom died, Alan stayed overnight with my family once a week. When a storm was near, Alan would come to us and say, "God's right here." Then he would calm down. Later, when the storm passed, he would come to us and say, "Alan's all right."

What a wonderful picture of faith Allen gave us! When the storms of life threaten, we can follow Alan's example and remember that "God's right here"—right here in our heart, every single day of our lives. And if we believe that as strongly as Alan did, we, too, will be able to say, "I'm all right," even in fearsome times.

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