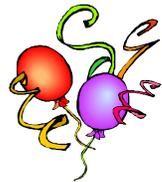


*Those who wait upon the LORD shall renew their strength, they shall mount up with wings like eagles....Isaiah 40:31 (NRSV)*

**A FAITHLETTER FOR UNITED METHODISTS WITH DISABILITIES AND THOSE WHO CARE ABOUT THEM**  
**Summer 2010 — Vol. 21 Issue 1 No. 81**



**FROM WHERE I SIT: HAPPY 20TH ANNIVERSARY TO WINGS! By Jo D'Archangelis**

*20 years ago this August the first issue of Wings appeared. In commemoration of that auspicious event (well, auspicious for me at any rate) I am reprinting here my very first "From Where I Sit" column—interspersed with current comments and reflections.*

**1990:** Let me introduce myself. Those of you who were at the retreat for orthopedically-disabled adults...may remember me as that middle-aged blonde lady in the electric wheelchair who needed about 99 people to haul her up and down that boulder-paved road! I am also a member and treasurer of the Fallbrook United Methodist Church located in the beautifully hilly part of northern San Diego County. And, oh yes, I have been wheelchair-mobile with spinal muscular atrophy almost all of my life.

**2010:** Let me re-introduce myself 20 years later. I am still a blonde lady—blondness then as now being, shall we say, chemically induced—a bit beyond middle-aged perhaps but happy to regard longevity in my condition as a major achievement. I am still in what nowadays is more commonly referred to as a "powerchair" rather than the more wimpy sounding "electric wheelchair"—spinal muscular atrophy intact. I am still a member of the Fallbrook United Methodist Church al-

though no longer treasurer. Fallbrook is still "beautifully hilly" after 20 years but much more populated. Unfortunately, the retreat for "orthopedically-disabled adults" no longer exists.

**1990:** Now let me introduce this newsletter. Several weeks ago someone stopped me after church to ask about the retreat. After telling her what a wonderful time I had getting to know and sharing experiences with everyone there, she asked if we were going to "keep in touch" with each other. "I'd like to," (suddenly it popped out of my mouth) "Maybe a newsletter."

The more I thought about it the better it sounded. But a newsletter not only for those at the retreat but for everyone—laity and clergy—within the conference with a physical disability. It would provide an opportunity to share information and personal experiences; report on special events and programs; discuss issues and air problems (perhaps even provide solutions) directly related to those of us who are

Christian, United Methodist, and physically disabled.

**2010:** At the time it was a very modest undertaking. We started out with a two-page newsletter and a list of 40 potential readers. Today Wings, a whopping eight pages long, is snail-mailed to over 810 readers and e-mailed to about 28 more. And from what I understand, many more people than those on our mailing lists read Wings as copies are handed around from one person to another.

**1990:** But I need your help. First, send me the names and addresses of others that you think would be interested in receiving this newsletter. They don't necessarily have to be disabled—friends, relatives, pastors, whatever (maybe just someone who needs to be more aware of our presence)—but I would like to reach as many of the disabled in the conference as possible, including the hearing- and sight-impaired.

**2010:** We now have readers throughout the United States, many of them non-Methodist. A few years after Wings' inception, someone wrote to suggest, and rightly so, that those with mental disabilities as well as those with physical disabilities should be included in our target audience. Since then articles and items in regard to

*(FWIS: HAPPY 20TH continued on page 2)*

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topics like mental illness and cognitive impairment have regularly appeared here.

1990: Second, send me news about yourself and others—marriages, births, jobs, achievements—any life-movements (up, down, or sideways). Also, send me news about goings-on in your local church and in the conference. Often we don't hear about things that happen (or that don't happen and should) in our churches and in our conference which are of interest to us. And you might send news clippings, cartoons, or items from other sources which fit into this newsletter.

Finally, send me your opinions and views. For example, how should we be described? Physically disabled, handicapped, or challenged? The last is the trendy phrase right now. It presents a more positive image, but in some situations it's a trifle understated ("Oh, Lord, I'm really being challenged today!"). Also, what other kinds of stories or items would you like to see here?

2010: *Speaking of "politically correct" descriptions, did you notice my reference in the fourth paragraph of that inaugural column to "the disabled"—as though we all composed some sort of single entity wholly characterized by disabled-ness? I*

*obviously needed to have my own disability sensitivity raised a notch or two.*

1990: Please write me at the church address below. I hope to bring this newsletter out bimonthly, so the next one should be sometime in October.

2010: *It soon became apparent that a quarterly publication schedule was better for me and also for those assisting me..*

1990: Until then, may God help you around, under, over, or through that next barrier.

2010: *At this point in our anniversary celebration, I'd like to raise a glass of good Methodist grape juice in a toast to those people who have made the past 20 years of Wings possible—church friends who have folded, collated, labeled, sorted, sealed, and schlepped copies of Wings to and from the printers and the post office; my sister Jill who updates the snail mailing list on a regular basis and prints up the mailing labels on her computer; and all those readers of Wings who have kept it aloft with their prayers, their words of encouragement and support, and their financial gifts.*

*And, of course, I am most grateful to God who put the thought of a newsletter into my mind 20 years ago at the seemingly chance remark of a church friend. Wings has brought purpose and a lot of sheer enjoyment to my life. Hopefully, it has also brought some needed inspiration, enlightenment, and information to its readers. Most of all, I hope it has helped not only those who are non-disabled but also those of us who are disabled to be more aware of the gifts and graces we as a community can and do bring to the church.*

*Until we meet again, may God enable us all—disabled and non-disabled, laity and clergy, Methodist and non-Methodist—to make our way around, under, over, or through that next barrier.*



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

**CORRESPONDENCE** Send all correspondence—including feedback, original writings, items from other sources, and changes of address—to Jo D'Archangelis, Editor; mailing address: 592 Ammunition Road, Apt. 1, Fallbrook, CA 92028-3191; phone/fax: 760-723-2668 (please call before faxing); e-mail: [jdarchangelis@roadrunner.com](mailto:jdarchangelis@roadrunner.com).

**E-WINGS** Two electronic versions of *Wings* are available for those who are vision-impaired and have computer "reading" devices, those who have difficulty handling paper and print publications, those who live outside the United States and its possessions, and/or those who just prefer computer viewing: (1.) A document version in partially formatted text without graphics available to those able to open attached files in Microsoft Word Document 97-2003 or higher (this version seems to work best for those who use computer "reading" devices), and (2.) A fully newsletter-formatted version with color graphics available to those able to open attached files in PDF format with Adobe Reader 6.0 or higher software (Adobe Reader software is easily downloaded from Adobe.com without charge). E-mail Jo D'Archangelis at [jdarchangelis@roadrunner.com](mailto:jdarchangelis@roadrunner.com) to request one, or both, of these versions.

**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](http://www.umdisabledministers.org/wings000.html).

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Please note that *Wings* editor Jo D'Archangelis has a new e-mail address: [jdarchangelis@roadrunner.com](mailto:jdarchangelis@roadrunner.com)



## CHURCH EMERGENCY PLANNING FOR PERSONS WITH DISABILITIES: PART I

By Naomi Mitchum

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

Your church can become prepared to assist persons with disabilities in all times of emergency—from fire, flood, hurricane, tornado, disease pandemic to just a broken water main or massive power failure.

We all think that an emergency will never happen on our watch or in our building or group, but we are mistaken. When it happens and we have intentionally prepared, lives can be saved. Emergency planning insures that persons with disabilities are safe, and tells them someone cares enough to prepare for their comfort zone.

There are at least three levels to congregational preparedness for persons with disabilities:

First, the church staff and congregation can learn how to deal with disability emergency issues occurring on the church campus.

Second, the church can develop a way of emergency communication with persons who must shelter in place or who are shut-in because of illness.

Third, the church can assist parents of children, youth, or adults with disabilities to prepare for congregational or community emergency.

### FIRST: WHAT CAN THE CONGREGATION DO?

Each congregation needs contingency plans of action that depend on the nature of the emergency. Since the plans will vary with the locale and size of the church, we cannot copy another church's plans but need to tailor any action to the issues of the local church or in-house weekday school.

To keep preparedness on track, one staff person or a Disaster Preparedness Committee can be responsible for over-

seeing preparations, with care taken to include a person or persons with disabilities or knowledge of disabilities. Ushers and church staff will usually be the first responders, but all church leaders can become prepared to aid citizens with disabilities. A Church Disaster Preparedness Survey Form\* can be used to determine disabilities and to facilitate volunteer help with equipment and open-home space. Once the forms are tallied, the Preparedness Committee, staff, and leaders are ready to include more information into their plan of action. The Preparedness Committee will need to gather facility information as well as congregational disability information and will then be ready to equip staff and other leaders.

### EQUIP STAFF AND OTHER LEADERS

Staff and other leaders should know:

1. The names of persons in the con-

gregation with disabilities and have information on them. (Are they non-verbal, have seizures, etc.)

2. How to recognize and respond to types of seizures. The over-stimulation of a crisis event may bring on seizures in some persons with medical conditions.

3. Who is in charge of emergency evacuation and where triage and safe gathering would be conducted.

4. The location of designated safe areas.

5. The location of Cardio-Pulmonary Resuscitation equipment and how to use it. Someone should also know CPR.

6. The location of utility turn-offs for the campus and know who has authority or knowledge to turn them off and on.

7. The location of air inflow and air conditioning switches for a shelter-in-place emergency.

8. The permanent location of medical supplies including a large portable first aid bag. This is important whether sheltering in place or evacuating a building.

### INFORMATION DURING CRISIS

Some churches keep a database for emergency preparedness, and they are sure to have it on flash drive or laptop

(CHURCH EMERGENCY continued on p. 4)



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

### Standards for the Approval of Building Proposals

1. The [District] board [of church location and building] shall require any local church in its district, before beginning or contracting for construction or purchase of a new church or educational building or a parsonage, or remodeling of such a building if the cost will exceed 10 percent of its value, to submit for consideration and approval a statement of the need for the proposed facilities [and] preliminary architectural plans... The design for renovation shall provide for equal access to people with disabilities where readily achievable and financially feasible.

From *Book of Discipline of the United Methodist Church 2000*, ¶2520.

(CHURCH EMERGENCY cont. from p. 3)



as many emergencies carry a power interruption. The database allows a church to cancel functions in a disease pandemic or notify congregants or a new meeting place in case of fire or flooding. A phone tree or database allows the church to offer assistance to persons off campus. Pre-recorded assistance information should be in English and Spanish or other locally predominant language, and, to benefit persons who are deaf, telecommunication devices (TTD or TTY) should be on the phone tree.

**Part II will appear in the Fall 2010 issue of Wings**

\*A model Church Disaster Preparedness Survey form was included at the end of the original article. It came from a Catholic Diocese pandemic planning website that is no longer available. However, a copy of the form can be obtained from Wings as an e-mail file attachment in Word document format. If you would like a copy of the form for your church to look over, contact the editor, Jo D'Archangelis, at [jdarchangelis@roadrunner.com](mailto:jdarchangelis@roadrunner.com).



## BOOK REVIEW: VULNERABLE COMMUNION BY THOMAS E. REYNOLDS

As parents of a son with disabilities, Thomas E. Reynolds and his wife know what it's like to be misunderstood by a church community. In *Vulnerable Communion: A Theology of Disability and Hospitality* Reynolds draws upon that personal experience and a diverse body of literature to empower churches and individuals to foster deeper hospitality toward persons with disabilities.

Reynolds, an Associate Professor of Theology at Emmanuel College in Toronto, argues that the Christian story is one of strength coming from weakness, of wholeness emerging from brokenness, and of power in vulnerability. He offers valuable biblical, theological, and pastoral tools to understand and welcome those with disabilities.

"A remarkable book that reveals in a compelling way that being truly human and Christian is not just accepting people with disabilities but accepting our own vulnerability by entering with them into a relationship of mutuality

where each one gives and each one receives. Their place is not at the margins of society and of the church, but at the center, urging and calling us all to open up to the fundamental truth of our being; they can then become our healers. This book is essential reading for all Christians who desire to enter more fully into the vision of our loving God for our world and to become men and women of peace."

—Jean Vanier, founder of L'Arche

"This is a wonderful contribution to theological studies—a resource that any clergy interested in understanding vulnerability for ministry will go to again and again—and a theological contribution to the exploding field of disability studies."

—Bill Gaventa, editor, *Journal of Religion, Disability, and Health*

"[The book] is an important work for theologians, ethicists, clergy, and seminary students as they reconsider assumptions about human and divine power and privilege. In placing persons with disabilities at the center of its theological conversation about God's power, Reynolds negates the 'cult of normalcy,' offers a theology of vulnerability, and encourages the church to reclaim its role in providing hospitality to those on the margins of society."

—Kathy Black, professor, Claremont School of Theology

## TAINTED LEGACY By Patricia Adell Dickson

Whoever breathed into your ear  
The slightest whisper to suggest  
That you were not your God's elect  
Most certainly was mistaken  
About whose all God's children are

From *Alive Now* (March/April 2010). Dickson started writing in the third grade. Her book, *Pastels*, has been chosen for publication by Finishing Line Press.

**Ordering information: ISBN: 57843-177-7, 256 pp., \$24.99, available in paperback at local bookstores, and at [www.amazon.com](http://www.amazon.com), [www.christianbook.com](http://www.christianbook.com), [www.brazospress.com](http://www.brazospress.com).**

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Adapted from DISC e-mail listserv.



## ADAPTING TO LIFE'S CHANGES

By Rev. Jim Schoeld

I retired as a Lutheran pastor in 2001 after 39 years of service. My ministry included congregations in Montana, North Dakota, Minnesota, and Washington. I'm married to Rachel and have four children. My C5-6 injury occurred one month after I retired, in a car accident.

Rachel and I had retirement plans to travel with our fifth-wheel RV. We had bikes, loved swimming, knew people throughout the West with whom we had hoped to spend long visits. My guitar always went with us as we enjoyed singing around evening campfires. We planned interim ministry in the upper Great Plains where many small communities can no longer afford a full-time pastor.

After my injury, it became very clear to me that I would have to re-invent myself. With no use of hands, torso, and legs, the motorized wheelchair brought me mobility. But without my hands, the guitar and clarinet, gardening and landscaping, barbecuing and handyman talents disappeared. While Rachel and I were too distressed to imagine a life-after-injury, my Rotary Club remodeled our house for accessibility. We bought a Dodge van with hand controls, lock-downs, and automatic doors.

The van afforded me mobility and independence and helped restore some sense of value, which was surprisingly bolstered one evening when my wife and I were invited to enjoy a supper with 15 young people who were dually diagnosed. As we sat at table that evening, they asked me what I missed most since my accident. My answer included everything in my work that had been sources of fun. They told me that they hadn't known me in any of the ways I had listed and reminded me that my humor, interest, and compassion had not been affected in the accident.

I am quite content with my reinvented itself. Now my time is spent in ways not diminished by my injury. I preach in places where the pastor is out of town. The lay people of those churches are more than willing to be "my hands" during the distribution of the bread and wine. Now, my greatest challenge comes in getting congregations to "hear the words" instead of "seeing the chair."

That challenge keeps me focused and attentive to the Gospel message, not my own survival and faith reactions. When I am asked, "Where was God? Why didn't he protect you?" my answer always begins with "Accidents happen." Since I have felt rescued at

many times in my life, how can I suddenly turn against a God who has seen me through so much other stuff?

You have to give credit to the people who wake you up and restore you. Some of my self-pity got a severe jolt while I was in the hospital after my accident. A teenager, severely injured when he was only 3 years old, asked me what I missed most. I said, "My hands." He replied, "What do you do with hands?" I had had 66 years of using very talented and trained hands! My sense of life's joys, even if altered, was awakened and challenged.

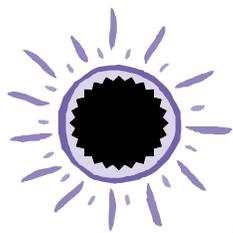
**Excerpted from "Retirement Scenarios," edit. Roxanne Furlong, *New Mobility* (July 2008). Reprinted by permission from *New Mobility*; phone: 888-850-0344; website: [www.newmobility.com](http://www.newmobility.com). Furlong is associate editor of *New Mobility*.**

## O GOD, MOST LOVING COMFORTER

By Thomas a Kempis

O God,  
most loving Comforter of the fainthearted,  
I pray that you will always turn  
what is evil in me into good,  
and what is good into what is better.  
Turn my mourning into joy,  
my wandering feet into the right path,  
my ignorance into knowledge  
of your truth,  
my lukewarmness into zeal,  
my fear into love,  
all my material goods into a spiritual gift,  
all my earthly desires into heavenly desires,  
all that is transient into what lasts forever,  
everything human into what is divine,  
everything created and finite into that sovereign  
and immeasurable good,  
which you yourself are,  
O my God and Savior.  
Amen.

—15th Century—



## FACING THE BLACK HOLE

By Barbara Bate

As a child prone to questions and uneasiness, I found safety and pleasure sitting on a branch of the gnarled apple tree at the end of our street. After a family squabble, I would climb up, sit on a limb, watch robins, and eat the worm-free sections of green apples while I calmed down. In that season of my life sitting on a branch was a reliable source of comfort.

Twenty-five years later, as a doctoral student at the University of Oregon, there were no apple trees in sight--no place of calm, indoors or out. Peace of mind seemed impossible. I felt as if my whole body were inhabited by darkness, a deep black hole. Deeply ashamed after the breakup of my marriage and the moving away of several dear friends, and convinced that my despair would never lift, I made plans to end my life. I had to stop the pain of

being a weak, worthless failure.

Three caring friends intervened, and over the weeks that followed they put me on the path toward light and hope. With the help of effective medicines and wise mentors, I recognized the many reasons I had to live. I have been able to thrive most of the time doing the thirty years that followed.

An important event in my continuing recovery was meeting Tom Troeger in 1984 and hearing the lyrics of his hymn "Silence, Frenzied, Unclean Spirit." I knew at once that stories like my own were and are legion: "Silence, Lord, the unclean spirit in our mind and in our heart."

What were the unclean spirits so often referred to in the stories of Jesus' healings? They could have been ailments such as cerebral palsy, tics, or other medical illnesses we have learned to name and tame. They may have been complex physical and psychological problems that unraveled the lives of individuals. Then as now, maladies with no single label had the capacity to topple a person's spirit, mind, and body.

The story of the Gerasene demoniac, a man possessed by demons (Luke 8:26-39) feels completely familiar to me. Though I was not chained or shackled during my periods of depression, I often felt as far from community as if I were living in a cemetery or in the tombs. Death felt palpable, close, inevitable, and at times even inviting.

The Gerasene man behaves in a way that many of us would call insane: he is naked, shouting incoherently, out of control, and living in isolation. Yet Jesus responds not to his behavior or external features but to the alien voices that are coming out of the man's mouth. Jesus hears the voices, releases the man from torment, and returns him to himself. Clothed and in his right mind, he sits peacefully alongside Jesus. To this man, Jesus' healing has come as the light of the world, helping to free him and bring him back into life.

(BLACK HOLE continued on page 7)

## SILENCE, FRENZIED, UNCLEAN SPIRIT

By Thomas H. Troeger

"Silence, frenzied, unclean spirit!"  
cried God's healing Holy One.

"Cease your ranting! Flesh can't bear it;  
flee as night before the sun."

At Christ's words the demon trembled,  
from its victim madly rushed,  
while the crowd that was assembled  
stood in wonder, stunned and hushed.

Lord, the demons still are thriving  
in the gray cells of the mind:  
tyrant voices, shrill and driving,  
twisted thoughts that grip and bind,  
doubts that stir the heart to panic,  
fears distorting reason's sight,  
guilt that makes our loving frantic,  
dreams that cloud the soul with fright.

Silence, Lord, the unclean spirit  
in our mind and in our heart;  
speak your word that when we hear it,  
all our demons shall depart.  
Clear our thought and calm our feeling;  
still the fractured, warring soul.  
By the power of your healing  
make us faithful, true, and whole.

**For music see *United Methodist Hymnal #264; Voices United #620; New Century Hymnal #176.* Text: Thomas H. Troeger. From *Borrowed Light* © 1994 Oxford University Press, Inc. Used by permission. All rights reserved. Re-printed in *Alive Now* (Jan-Feb 2009).**

(BLACK HOLE continued from page 6)

 In my experience the metaphor of light is meaningful not only as contrasted with darkness but also in terms of weight. I have felt an "inner black hole" of endlessly empty outer space. Paradoxically I also struggled with the sensation of a heavy weight in the middle of my body, making it difficult to move any distance--from a chair to a telephone, or from my bed to the hall.

People who have lived with clinical depression for a long time know that it is physical, emotional, spiritual--total. Today's clinicians might use terms such as "disassociation" or "paranoia" to diagnose the Gerasene man's particular demon. Either way, in Jesus' time and in our time, those who struggle against the darkness, the heaviness, the demons, are searching for the light.

I am not "cured." Tom Troeger wrote "the demons still are thriving in the gray cells of the mind." Whenever I listen to a person dealing with deadening, long-term depression or mood swings, memories of that inner black hole return. The isolation, fear, and stigma that keep people at a distance are still present around us.

Yet connections to community serve as a profound force for healing. Jesus' invitation to the healed man to go tell his story back home is exactly the message worth sending today. The millions of us recovering from inner demons become healthier when we tell our stories in a safe environment. Those who live around us, often fearing to admit their own inner darkness, can experience the light of compassion and the truth that frees us for true community.

**From *Alive Now* (Jan-Feb 2009).  
Bate plays music, writes, and leads  
retreats from Ocean Park, Wash.  
She is president of the Washington  
state board for the National  
Alliance on Mental Illness (NAMI).**



## ELEVATOR AND LIFT PROJECTS

**O**lder churches were usually built with many staircases but no elevator. As members of these older churches age, they find the stairs increasingly difficult to climb. Often they stop coming to church.

To respond to the problem, churches form an elevator committee to fund an answer. It is a daunting task. The number one cause of poor performance by these committees is failure to study the problem thoroughly. Here are some rules that can save time and money:

1. Include people on the committee who live with disabilities, have electrical and mechanical knowledge, have experience of project management, have knowledge of accounting. Create a plan for communicating each project step to the congregation.

2. In worship, bless the committee and covenant to support their service.

3. Do a thorough needs assessment. Identify who will use the elevator, how often, for what purposes, and how much weight it must bear. How will traffic patterns be effected? How many levels must be serviced? What new opportunities for ministry will an elevator create? Visit other churches with elevators. Ask them about the needs they met.

4. Create the design criteria. Based

on assessed needs, determine and document the criteria the elevator design must meet. These criteria will help you decide whether to choose an elevator or lift. Create a budget and fund-raising plan.

5. With your design document in hand, visit several architects with experience designing ADA compliant sanctuaries. Ask for referrals to former clients. Ask if the architect works with an elevator company. In addition, take your design to your city inspector. Ask your inspector about codes that apply to your project.

6. With information you learned from step 5, review your needs assessment and design criteria. Make necessary changes. Don't be in a rush. It's easier to change a document than an elevator.

7. Choose an architect who works with an elevator company or an elevator company that works with an architect. Identify one person in the firm to deal with. Designate one committee person to do all the communication with the firm.

8. Start construction. Stay in constant touch with the firm and the city inspector. Don't assume the firm knows the code. Keep the inspector informed and be respectful.

9. Dedicate and celebrate the installation.

**From *DAMI NEWS*, the newsletter of  
Disability Awareness Ministries, Inc.**

## ON ALONENESS

**A**ll human beings are alone. No other person will completely feel like we do, think like we do, act like we do. Each of us is unique, and our aloneness is the other side of our uniqueness. The question is whether we let our aloneness become loneliness or whether we allow it to lead us into solitude. Loneliness is painful; solitude is peaceful. Loneliness makes us cling to others in desperation; solitude allows us to respect others in their uniqueness and create community....

—Henri Nouwen—

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



## STILL CLOSE BY

### By Richard Parker

The psalmist wrote, *Why are you so downcast, O my soul? Why so disturbed within me?* —**Psalms 42:5 (NIV)**

**W**hile recovering from a heart attack, I discovered that I could no longer concentrate on a conversation, a book, or a television program for more than 15 minutes. Soon I became moody, sad, and tearful. Eventually the depression became a major concern. My main thought was: Christians aren't supposed to be depressed! Christians are supposed to have abundant life! In my desperation, I tuned to the Bible.

I believe that Psalm 42 may have been written by someone who was experiencing depression. This psalm describes poetically the same emotions I was experiencing. The psalmist and I both were crying out to God because we felt that our hearts were empty, that we

were living on our memories, that we wanted to sense the power of God in our lives again.

The psalmist concluded, "Put your

hope in God, for I will yet praise him, my Savior and my God." When I read that I thought, Is that all it takes? Is that the answer? Surely this was too simple. Still, I began to praise God again. And I learned that even when we think God has deserted us, God is still close by, loving and caring for us.

**From *The Upper Room* (Jan-Feb 2009).**



### *Wings Honor Roll Of Appreciation*

We thank the following people or organizations whose gifts of time and/or money have made possible the publication and mailing of *Wings*:

**Jill Halley  
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*"A Faithletter For United Methodists With Disabilities  
And Those Who Care About Them"*

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