

# United Methodist Church of Monroe

# *messenger*

JUNE 2016

***You've heard of Bring a Friend to Church Sunday ...***

***June is Bring a Friend to Church MONTH!!***

We have many wonderful opportunities to share in worship in June and this is the perfect time for you to extend that invitation to come and join the fun. At our last Church Council Meeting we were asked why the person at a make believe address did not come to our Easter Service. Most likely it was because that person wasn't invited to attend.



"88% of the unchurched are at least somewhat likely to attend church if invited," Dr. Thom Rainer, with The Unchurched Next Door has said. Yet, only 2% of people actually invite someone to church. Maybe we are fearful that they will think we are a crazy religious zealot if we invite them or that they will say no. Well, if we don't ask then certainly the answer is no, but if we ask we at least have a 50% chance of them attending and if they do come they will see we are a welcoming family seeking to serve others not some crazy cult.

As such, I really want you to pray to get over the fear of asking and see who God puts on your heart to invite. Praying is great, but we have to do something too. God works through us, so it's not enough for us to pray for our neighbors to come, we have to extend the offer. And, to make it easy for you we have some great services in June well worth attending:

- June 5th is Confirmation Sunday: invite your friends and family to be a witness to our newest members joining the church.
- June 12th is Children's Sunday: invite your friends and family to see our children and youth participate in the service. Plus we have a very special guest that day as our District Superintendent, the Rev. Ken Kieffer, will be offering the message.
- June 19th is Father's Day: invite that special man and his family for a fabulous service that Rose Aiello is putting together.
- June 26th is our Blessing of the Animals Service: invite your four-legged friend and your friends who have four-legged friends (or wings or fins) to come to our outdoor service where we will celebrate all of God's creatures.

I look forward to seeing you all and meeting your friends and neighbors!

In Christ's Service,

*Pastor Maude*



# Health Notes

Carin Florin, Parish Nurse

## Allergic Rhinitis (Hay Fever; Seasonal Allergies)

### Definition

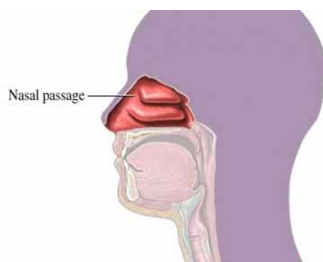
Allergic rhinitis is irritation and inflammation in the nasal passages after exposure to allergens. Allergens are substances that cause an abnormal response of the immune system. The response can include swelling of the nasal passage, runny or itchy nose, watery eyes, congestion and congestion pain, and sneezing. It may be:

- Seasonal (intermittent) allergic rhinitis (sometimes called hay fever or rose fever)—This occurs during times of the year when allergens are in the air, like spring, summer, and fall. The most common allergens are tree, grass, or weed pollens.
- Perennial (persistent) allergic rhinitis—This condition is caused by allergens that may be present year round. These may include chemicals, dust, dust mites, cockroaches, animal dander, or mold spores. Symptoms may be present any time of year.

### Causes

An allergic reaction occurs when your body's immune system overreacts to an allergen. When you breathe in an allergen, cells in your nasal passages release a chemical called histamine. Histamine causes your nose to feel itchy and creates swelling and mucus production in the nasal passages.

### Site of Histamine Production



*This area has swelling and increased mucus production after contact with an allergen.*

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### Risk Factors

Factors that increase your chance of having allergic rhinitis include:

- Family members with allergic rhinitis, eczema, or asthma
- Eczema
- Asthma
- Food allergies

### Symptoms

Exposure to the allergen can cause:

- Sneezing
- Itching in the nose, eyes, throat, and ears
- Red, watery eyes
- Runny nose, nasal congestion
- Congestion with sinus pressure
- Postnasal drip and cough
- Headache
- Dark circles under your eyes

### Diagnosis

The doctor will ask about medical history and a description of symptoms. Allergic rhinitis is most often diagnosed based on description of symptoms. A referral to an allergy specialist may also be made.

The doctor may also try to find out which allergens are causing the problems through tests such as:

- Skin Prick Test - A tiny bit of an allergen is placed under the skin with a needle. The doctor watches to see if the skin in that area becomes red, raised, and itchy. This can be done for multiple allergens at the same time.
- RAST Testing - A small sample of blood is taken and tested for different allergens.
- Provocation Testing - You breathe in air containing an allergen. The doctor will watch to see if you have an allergic reaction, such as wheezing or trouble breathing. This test is usually reserved for research settings.

### Treatment

Minimizing exposure to the allergen is the most effective way to treat allergies. Specific steps will depend on allergen such as:

Dust mite reduction:

- Wash pillows and bed sheets regularly in hot water.
- Remove carpeting, feather pillows, and upholstered furniture, especially in bedroom.
- Keep clothes off bedroom floor.
- Use acaricides solutions to kill dust mites.
- Keep humidity levels < 50%.
- Use double-bag vacuum bags and HEPA filters.

*Continued*



# Health Notes (Continued)

Carin Florin, Parish Nurse

## Mold exposure reduction:

- Wear facemasks when working with soil, leaves, or compost.
- Try to avoid moist, damp areas within the home.
- Use a dehumidifier in places like your basement that may encourage mold growth.
- Repair leaky roofs or pipes.

## Animal allergen reduction:

- Removal of pet from home is most efficient option. It may take 4-6 months to clear the home of pet allergens.
- If you wish to keep pets, keep your pet out of bedroom and off of furniture.
- Frequent vacuuming or removal of rugs.

## Pollen reduction:

- Be aware of pollen levels and limit your exposure on high days:
  - Stay indoors and keep windows closed.
  - Consider using an air purifier inside
  - Do not dry clothes outside.
  - Shower once you get home. Keep clothes contaminated with pollen out of the bedroom.

## General reduction techniques:

- Use petroleum jelly on the nostrils. The jelly may catch some of the allergens before they pass into the nose.
- Nasal filters—device inserted into the nostrils that can filter allergens before they reach the nose

- A Neti Pot, nasal sinus rinse, or saline nasal spray may help clear irritants from the nasal passage after exposure. It may also help loosen congestion.

Though reducing allergens can help, it is not possible to completely eliminate all allergens. Other treatments may help reduce the body's reaction to the allergen:

## Medications

Medications can help to minimize the reaction of the immune system to reduce symptoms like swelling and mucous production. They may be given alone or in combination. Options include:

- Nasal corticosteroid (glucocorticoid)—often considered most effective for allergic rhinitis
- Antihistamine—may be pills taken by mouth or as nasal spray

These medications are most effective when delivered before exposure to allergen and through time of exposure.

Other medications that may be added include:

- Nasal mast cell stabilizers
- Leukotriene receptor antagonists
- Anticholinergics

Decongestants may be recommended for severe congestion. Decongestants are not appropriate for everyone and do not stop symptoms, only temporarily relieve some pressure. Overuse of nasal decongestant sprays can actually make symptoms worse.

## FOR YOUR INFORMATION ...



### *Mini Missions: Fruit Juice*

Fruit juice is perfect for the warm weather. Bring in some juice, juice boxes, and dry drink mixes and get loose!!

### *Change for Waterman Scholarship*

We are collecting loose change for the Waterman Scholarship Fund. There is a jug in the narthex for you to deposit loose change. All coins accepted! Keep an eye on the thermometer and watch it rise with your help!



# Confirmation

sunday, june 5

YOUTH

..... sunday, june 12

**Join us at the *Surf Shack* this July and  
Catch the wave of God's amazing  
love!**



We'll have fun exploring how God Creates, God Helps, God Loves and God Calms! We will learn about Moses, the Baptism of Jesus, Jesus Calming the Storm and celebrating Breakfast on the Beach.

Please see the VBS flyer on page 9 or visit our website for more dates and registration information. Feel free to invite your friends ... all K-5 youth are welcome!



UMC Monroe will host a night of music at the **4th Annual Monroe Summer Show** on Saturday, June 25. Bands are still being confirmed so please check back on the website for the line-up! All ages are welcome. Doors open at 5:30 pm and show starts at 6:00 pm. Admission is \$5. Snacks & beverages will be sold with all proceeds going to the church and its missions. Questions? Call 203.727.3502.

## Let's Celebrate!

# June



happy birthday

06/01 Claudia Wallace  
06/08 Art Beardsley  
06/08 Julie Chrislip  
06/12 Stacey Moore  
06/15 Amy Schmalkuche  
06/16 David Hornak  
06/16 Gordon Palmer, Sr.  
06/17 Katie Early  
06/20 Tom Early  
06/25 Annette Griffith  
06/25 Marina Salvas  
06/26 Jordyn Harris  
06/30 Kathleen Brantley



happy anniversary

06/01 Kathleen and Quintin Brantley  
06/24 Leigh and Russ Gray  
06/26 Cindy and Kenneth Krom  
06/27 Debbie and Doug Salvas  
06/29 Julie and Gary Chrislip

Please submit additions and corrections to the birthday and anniversary list to the office at [umc@umcmonroe.org](mailto:umc@umcmonroe.org) or 203.268.8395. We don't want to miss anyone! Thanks!

# Meet our Graduates!

Max Gray – University of Wisconsin at Madison, Masters

Bethany Hagopian – Pfeiffer University

Paul Harris – Queensborough Community College

Katie Schmalkuche – Harvard University

Haley Bassett – Masuk High School to SUNY New Paltz

Peyton Northrop – Masuk High School to Southern Connecticut

Wyatt Palin – Masuk High School to Central Connecticut

Emily Benoit – Fraser Woods Montessori to Westover School

Sara Rupp – Shelton Intermediate to Emmett O'Brien

Wayne Epstein – Monroe CERT

Claudia Wallace – Monroe CERT



## HELP! Birthing Kit Items Still Needed

We are collecting supplies to make *UMCOR* (United Methodist Committee on Relief) Birthing Kits during the month of May to bring to the New York Annual Conference in June. They will be delivered all over the world. Last year our conference collected over 3,000 health, birthing and school kits. Every 90 seconds worldwide a woman dies from complications during pregnancy or childbirth. That comes to 356,000 women a year, most occurring in the developing world. Annually, 4 million infants pass away within a month of being born. It goes without saying that when a mother dies, it dramatically increases the risk of death for her baby. Birthing kits provide the essential items to promote a safe, clean delivery and to encourage good after care. Using a birthing kit can double a woman's chance of surviving the birth. We find it is easier to collect the materials and put the kits together as a group, which My Fair Ladies and Friendship Circle will do the first week in June. A collection box will be in the narthex for donations. Monetary donations can be placed in the collection plate made out to *UMCM* and clearly marked **"BIRTHING KITS"**.

### Items needed:

- Small bars of soap (1-2 oz. size, in original packaging; small bars such as those found in hotels are acceptable). These can be donated year round.
- Receiving blankets (sizes may range from 28 x 28 inches to 32 x 32 inches -- you can donate a large piece and we will cut it down to size, no thermal or fleece please)
- Clear plastic sheeting, 4 mil thick (1 square yard is needed for each kit)
- Gallon-size plastic sealable bags
- We also need to enclose \$1 for each kit we provide

If you wish to donate money, we can purchase the plastic bags, plastic sheeting in large rolls (already 3 feet wide) and the receiving blankets tax exempt. We currently have enough razor blades, cotton string and vinyl gloves for this year. Last year we made 40 kits. Hopefully, with your help, we can make more this year.



Add [smile.amazon.com](https://smile.amazon.com) to your browser's bookmarks!

AmazonSmile is a simple and automatic way for you to support the United Methodist Church of Monroe every time you shop, at no cost to you. Visit our website for a link to AmazonSmile. Be sure to complete the one-time setup by selecting *United Methodist Church of Monroe (EIN: 06-6034463)* and the church will receive donations for qualifying purchases anytime you shop on [smile.amazon.com](https://smile.amazon.com). For more information, please visit our website and search *AmazonSmile* or contact Steve Arnold or Kathy Schmalkuche.





Another successful **Paper Shredding** event is in the books! Many thanks to everyone who came out on a cool, wet morning to serve our community and share in fellowship and to those who contributed to our fundraiser!

### **2016 UMC of Monroe CROP Walk Team**

... walking all the way to the lighthouse and back was challenging, but still better than being hungry or carrying water 5 miles on your head! Thank you to our walkers, sponsors and those who made donations!



### ***“Fun facts” about Emmaus Weekend XXXV ...***

- We had: 45 team members ... 22 adults, 17 youth team members and 6 candidates
- Weekend Scripture: *“You are the salt of the earth ... You are the light of the world.”* Matthew 5:13-16
- UCMCM Team Member: Patti Early
- Many UCMCM Prayer Angels
- UCMCM Kitchen Angels: Rose, Martha, Wayne, Juliana, Bobbie, Paul, Janet, Betsy, Bill and Kathy
- Emmaus Weekend XXXVI will be this fall and our very own Patti Early is the Rector! Stay tuned ... more details to follow!
- Any high school youth or adults interested in the program, please contact Patti or Bill.

*Thank you for your support and prayers!*



***Congratulations to Claudia Wallace and Wayne Epstein*** – two of Monroe's newest CERT members! Claudia and Wayne join UMC Monroe's Quintin Brantley, Neil Chaudhary, Jim Eastwood, Martha Epstein, Carin Florin, Bill Florin and Dave York on the town's emergency response team. Thank you and congratulations!!

Thank you to everyone that contributed to our annual ***Church World Service Blankets+ Program for Mother's Day Sunday!*** With your generous donations, we raised \$430 for the Church World Service Blankets+ Program! A lovely tribute to those special women that were and are a part of our lives!



We would like to thank everyone who helped out at our ***Cruisin' for a Cause Car Show.*** Whether it was publicizing the event, placing, picking or cleaning up signs, creating or contributing to a basket, manning a table, setting up or breaking down, running to the store or the bank or any of the other many jobs, we could not have done this without you. We also want to thank everyone who came out to support the event. All your efforts are much appreciated!

***Our choir will be taking a break for the summer*** beginning June 26 (last Sunday is Father's Day, June 19). Our 2016 – 2017 season will begin on Sunday, September 11 with our first rehearsal on September 7 at 7:30 pm. If you would like to perform special music during summer worship, please contact Michelle Lambert or let the office know. We need your talents!





# UPCOMING EVENTS

**Healing Service** Please join us on Tuesday, June 7 at 7:00 pm for a relaxing time of prayer and meditation to facilitate your own personal, palpable connection to God, divine energy and healing.

The service begins with a time of prayer and invocation. We will have meditation music, and candlelight, in a relaxed atmosphere will have a 10-15 minute guided meditation.

There will be an opportunity to sit in the healing chair to receive hands-on healing for several minutes. We will also offer prayers for others and the world for healing. We will close with prayers and blessings.



**Family Game Night** is Saturday, June 16, from 6:00 pm – 8:00 pm. Bring your favorite game and a snack to share. Join us for lots of fun and fellowship!



**Blessing of the Animals:** Sunday, June 26 at 10:00 am. Bring your dog, cat, hamster, goldfish, or any other beloved pet to an outdoor service especially for pets and people who love them. You can also bring a picture of your pet if you prefer. There will be a blessing of the pets during the service.

**Covenant to Care Collections** For over 20 years our church has assisted Covenant to Care of Connecticut, an organization that helps kids in foster care. Each year we collect various items that the State does not supply to these children between the ages of newborn to 18. Our contact, Social Worker Marie Lucien, has a caseload of about 25 children that our donations will assist. This year, we are asking for school supplies and backpacks. They will be collected during the months of June, July and August and can be placed on the shelf above the coat hangers. Thank you in advance for your generosity to this cause! Contact: Priscilla Bromley at 203.268.4218.



*When on vacation ... be with us in spirit.  
The rest of the summer ... be with us in person.*



# *Vacation Bible School*



## *Join us at the Surf Shack!*

Storytelling, Music, Snacks, Crafts and Recreation

*Learn about how God Creates, God Helps, God Loves and God Calms!*

*Topics include Moses, the Baptism of Jesus, Jesus Calming the Storm and celebrating Breakfast on the Beach!*

WHEN: July 11 – 15, 2016 ~ 6:00 pm – 8:00 pm nightly

WHERE: United Methodist Church of Monroe ~ 515 Cutlers Farm Road

AGES: Entering Kindergarten – 5<sup>th</sup> Grade

COST: \$10 per child (\$20 maximum per family)

Registration: [www.umcmonroe.org](http://www.umcmonroe.org)

Questions: [vbs@umcmonroe.org](mailto:vbs@umcmonroe.org)

Call: 203.268.8395

***Remember that the Lord is great and awesome!*** Nehemiah 4:14b

# *It's game time!*



VS.



Sunday, August 7, 2016 – 1:12 pm

Ticket price: \$12 \*

Ballpark at Harbor Yard • 500 Main Street • Bridgeport

Join us for fellowship and fun while raising funds for *Binky Patrol of Southern Connecticut* when the *Bridgeport Bluefish* take the field against the *Long Island Ducks*!

Register online or complete a registration form at coffee hour. Submit payment in the collection plate or drop it by the church office. Make checks payable to *UMC Monroe* with *Bluefish Game* in the memo line. ***The deadline to register and pay for your tickets is Sunday, July 24.***

Family, friends and neighbors are welcome!

Questions? Contact Anita Stabler-Hussey or visit our website and search "Bridgeport Bluefish." Information about carpooling will be available soon!

\* A portion of each ticket will go to *Binky Patrol of Southern Connecticut*. For more information about this organization, please visit our website and search "Binky Patrol."

UMC Monroe • 515 Cutlers Farm Road • 203.268.8395

[www.umcmonroe.org](http://www.umcmonroe.org) • [umc@umcmonroe.org](mailto:umc@umcmonroe.org)

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On April 30 our confirmands went on a field trip to NYC and visited John Street UMC, the 911 Memorial and St. Paul and St. Andrew's UMC ... looks like they had a great day!



## UMC MONROE YOUTH NEWS

**Our final Youth Group gathering** will be on June 12 from 4:00 pm – 6:00 pm at the parsonage (529 Cutler's Farm Road). This will be an afternoon of food, fun, fellowship and faith. June is "invite your friend to worship" month so in that vein friends are more than welcome.

**FOOD**  
and  
**Fellowship**

youth group

kick  
off  
event!

**Looking ahead:** We will Kick Off our 2016 - 2017 Youth Group with a "Lock-In" August 19. We will participate in the town-wide Bible Reading Marathon and then have a sleepover at the church. More information to come! Our hope is that next year we will be able to meet every week rather than just the 2<sup>nd</sup> and 4<sup>th</sup> Sundays.



A special "thank you" to our Youth who worked at our **Paper Shredding Fundraiser** and all of our bakers who made items for the free will bake sale. Close to \$300 was raised for the Waterman Scholarship fund. P.S. We rescued Cooper before he could be hoisted into the shredder! ☺





# Prayer Concerns



Jeanne Baklik - receiving rehab at Lord Chamberlain  
Michelle Lambert's cousin's son - Aidan - attempted suicide  
Friend of Billy Schmalkuche - Jill - strength for long-term rehab from surgery for spinal injuries  
Anita's granddaughter - Danielle - brain surgery in June  
Anita's friend Esther  
Charlotte - Marilyn's friend  
Quintin Brantley - recovery from auto accident  
Marilyn Jones' niece - Kathryn - ALS  
Dexton - seizure  
Family and friends of Dr. Spivack on his passing  
Family and friends of Don Austrian on his passing  
Sonia - teacher at Frasier Woods - caring for husband as he nears the end of his battle with cancer  
Pat - congestive heart failure  
York's friend - Bryan - broken leg from logging accident  
Olivia - newborn baby - Tuberous Sclerosis (rare genetic disease) causing seizures  
Marilyn Jones' nieces: Vicky with tongue cancer and Amy experiencing paralysis  
Michelle Lambert's friend Melissa - brain tumor  
Jen - Sue Simmons' daughter  
George and Audrey Stabler  
Janet as she mourns the loss of Harry  
Dolores Ovesny  
Jeff York  
Tom Boomershine  
Michelle's Uncle Ronald - leukemia treatment  
Anita's niece - Marsha  
Fran - waitress at McGowan's - cancer

Bill Florin's friend - Bill - cancer  
Darcy and Cameron  
Suzette - Gail Mas' niece  
Edna Turner - healing  
Robert Ellis - co-worker of Claudia Wallace - Stage 4 Cancer  
Amanda - peace and healing  
Greg - Gail Mas' nephew - cancer  
Evelyn Sweetnam - hospice care  
Linda Summa - Turner's daughter - cancer  
Theresa - friend of Yorks - cancer  
Olivia - Juvenile Diabetes  
Sue Simmons' friend - Debbie - MS  
Jimmy - Bobbie Grant's friend's son  
Lynn Abbott's grandson - Brady  
Fromm's friend - Radovan Frzop  
York's daughter - in-law - Lori  
Jodi Kles - Sheryl's cousin - living with a rare form of cancer

Military personnel  
Unemployed  
First responders, firemen, policemen - especially police who have been victims of violence  
Persons dealing with serious medical issues, drug addiction  
Caregivers  
Guidance for world leaders  
Covenant to Care children, foster children  
Those who do not have anyone to pray for them  
Christians around the world persecuted for their faith  
Those going through personal turmoil and facing financial concerns  
Bringing an end to the drug epidemic and deaths

*If you would like to add a person to our prayer list, or to receive a weekly copy of the joys and concerns email [prayerrequest@umcmornoe.org](mailto:prayerrequest@umcmornoe.org), call the office or leave your request in the collection plate.*

*Names will remain on the prayer list for 3 weeks. If you would like your name or that of a relative or friend to stay on the list longer, please contact the office.*

## Seeking Coffee Hour Hosts

It's a wonderful way to support fellowship! The sign-up sheet is posted in the narthex or you can email the church office to book your date. All of the basics are supplied including coffee, tea, sugar and paper goods. Coffee making instructions are in the kitchen. As host we ask that you make the coffee, heat the tea water, supply the creamer and juice and clean up. Snacks and sweets are not required unless you'd like to provide them. Please consider taking a Sunday and sign up today!



United Methodist Church of Monroe, Contacts, Holidays in United States

Jun 2016 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 8:45am - CP: Choir Practice 10am - SS: Sunday School 10am - Worship Service 10:15am - YWD: Youth 2pm - Memorial Day Parade 3pm - CNF: Confirmation	30 Memorial Day	31	1 7:30pm - CP: Choir Practice	2	3	4 2pm - YC: Youth Craft
5 Communion Sunday 8:45am - CP: Choir Practice 10am - Confirmation 10am - SS: Sunday School 10am - Worship Service	6 10:30am - FC: Friendship 7:30pm - MFL: My Fair	7 11:30am - MM: Missions 7pm - Healing Service	8 New York Annual 7:30pm - CP: Choir Practice	9 New York Annual	10 New York Annual	11 New York Annual
12 8:45am - CP: Choir Practice 10am - Youth/Children's 4pm - YG: Youth Group	13	14 7:15pm - CC: Church	15 Newsletter Deadline 7:30pm - CP: Choir Practice 7:30pm - Great Oak Farm @	16	17	18 6pm - FGN: Family Game
19 Father's Day 8:45am - CP: Choir Practice 10am - Worship Service 11:30am - Social Issues	20 10:30am - FC: Friendship 7:30pm - MFL: My Fair	21 7pm - Condo Meeting (Hills)	22 6:30pm - Girl Scout-	23	24	25 5:30pm - 4th Annual
26 10am - Blessing of the	27 9am - TP: Two Planks	28 9am - TP: Two Planks	29 9am - TP: Two Planks	30 9am - TP: Two Planks	1 9am - TP: Two Planks	2