

United Methodist Church of Monroe

Messenger

October 2015

Where in the world is Pastor Martha?

I used to love watching the Today Show when Matt Lauer would go all over the world in five days; each day we were left wondering: "Where in the World is Matt Lauer?" Over the next couple of months you might be asking yourself where I am; but alas, you won't find me on some exotic island somewhere. Instead, you most likely will find me at someone's bedside. I'm in the final stages of seeking my ordination as an elder in full connection with the New York Annual Conference of the United Methodist Church. One of the last things I need to complete is CPE, Clinical Pastoral Education. I have been accepted into the CPE program at Griffin Hospital and truly feel like the placement is a "God thing."

CPE is designed for clergy and laypeople to mature their capacity for theological reflection, enhance their sense of pastoral identity and improve their pastoral ministry skills. The way this happens is through classwork, hands-on visits and lots of processing both in a group as well as individually with a supervisor. As such, until the end of February, I will be spending Mondays in class, Tuesday afternoons and Friday mornings at Griffin Hospital. Additionally I am required to do two overnights and one 24 hour weekend shift a month. I was able to arrange all overnights on Friday nights so as not to conflict with meetings or church work during the week. We are hoping for quiet Saturday nights when I'm on call so as not to effect Sunday morning service but I will have back-up available just in case. Many thanks to Rose Aiello, Lay Leader, and Bobbie Grant, Staff Pastor Parish Relations Chair, for their assistance during this time. So far my interactions at the hospital have been extremely meaningful. It is my prayer that what I learn there will improve my skills, which in turn will benefit you.

Although my schedule is going to be a little tight I am committed to continuing to be the best pastor I can be to you all. It might mean working later on some evenings and attending the evening Ladies group instead of the daytime, but I still intend to continue making visitations, conducting Bible Study and spending time in prayer and study. I will still be in the office Tuesday and Thursday mornings and am always available via email or phone. Leave a message at the church or the house and I will get back to you as soon as possible.

Unfortunately I also have to share the news that I am going to have to miss the Harvest Fest this year as well as World Communion Sunday. I am certainly going to miss that wonderful day of fun and fellowship but know that it is in the trusting hands of Anita Stabler-Hussey. And thanks to Rose and Dave York who will oversee the Sunday service. So, where in the world will I be then? No, not the hospital but Hershey, PA. I have been chosen as one of ten people in the CT District to attend a Conference: *The See-Know-Love Transformational Leadership Event*. The tag line for the event is, "It's not church as usual," with many excellent presenters and seminars which is intended to offer innovative ideas so that as a church we can meet the needs of folks in places where they gather, which is not always the sanctuary. Visit (<http://nejleadership.org/home/>) to find out more about the conference. I am very thankful to the NYAC for this opportunity and not only are they paying for my expenses but families are welcome to come and stay too, so Juliana and Wayne will be accompanying me. We are all disappointed to be missing the Fest but we will be checking Facebook frequently and will be praying for you all as I know it will be a wonderful day!

If you have any questions or want to learn more about CPE or the Conference please do not hesitate to ask me. I am looking forward to sharing my learning with you all.

God is always up to something and I am thrilled to be on this journey of faith with you.

In Christ's Peace,

Pastor Martha

Health Notes by Carin Florin, Parish

Nurse:



New Study on Intensive Blood Pressure Management May Save Lives

A study released on September 11 showed that aggressively treating high blood pressure (hypertension) in high-risk patients to a new low target of 120 mmHg instead of the previously recommended 140 mmHg significantly reduces the rates of cardiovascular events (i.e., heart attack, heart failure, and stroke) and the death rate in a group of adults aged 50 and older (NIH, 2015). The results were so striking that the research was stopped *early* to share the important news.

What is blood pressure? Blood pressures are read as 120/80 (Systolic/Diastolic). Systolic is the pressure in the arteries when the heart is contracting while pushing blood to organs and extremities. Diastolic is the pressure in the arteries when the heart is resting between beats. Below is a table to help identify blood pressure readings and their significance.

Normal	Less than 120 systolic/80 diastolic
Pre-hypertensive	120-139/80-89
High Blood Pressure (Hypertension) Stage 1	140-159/90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher/100 or higher
Hypertensive Crisis (<i>Seek Immediate Care</i>)	Higher than 180/higher than 110

A single reading is not an indicator for a diagnosis of high blood pressure as there are common factors that can temporarily increase it. But should you have a concern, please see your physician for continued monitoring and appropriate treatment.



I am available anytime you're in need or have questions; feel free to call or email:

- Cell 203-450-7441
- Email carinflorin@hotmail.com

Carin Florin's Dedication as our New Parish Nurse



10/1 Nancy Gray
 10/2 Kurt Bassett
 10/3 Maya Chaudhary
 10/3 Dave York
 10/10 Erin Brantley
 10/18 Haley Bassett
 10/22 Kailea Krom
 10/23 Patrick Chrislip
 10/25 Russ Gray
 10/26 Kevin Early
 10/28 Will Steese

10/10 Art & Ina Beardsley
 10/15 Cheryl & Michael Pavia
 10/20 John & Sheryl Rajpolt

Please submit additions and corrections to the birthday and anniversary list to the office at 203-268-8395. We don't want to miss anyone! Thanks!



COLLECTING LOOSE CHANGE

We are collecting loose change for the Waterman Scholarship Fund. Please place your loose change in the jug in the narthex



*A beautiful rose was placed on the altar for the birth of Trevor James
 Congrats to Rose and Dave Aiello on the birth of their first grandson*

Thank you to:

Dotti Hossler for cleaning the kitchen, and especially the refrigerator

Paul Lesko, Sr. and Paul Lesko, Jr. for cleaning up outside behind the kitchen

Bill Schmalkuche for filling in for Marilyn on the keyboard on Sunday, Sept 21st

The Fromm's for painting the new exterior door



Sign up today to host a coffee hour as a way to ...support fellowship...commemorate a special event...make some new friends...share your favorite cookies...celebrate Fall...All the basics (plates, cups, napkins, utensils, sugar) are supplied--including the coffee and instructions on how to make it. The host makes the coffee, heats the tea water and supplies the creamer...of course, no one will object if you want to put out juice and a few cookies. The sign-up sheet is posted outside the sanctuary or email the church office to book your date.

Game Night is Saturday, October 17th from 6-8 p.m. Bring your favorite game and a snack to share. Join us for lots of fun and fellowship!



Order your new UMC Monroe t-shirts ... online or in person!

Ordering online is easy ... visit the church's website (www.umcmonroe.org) and look for the t-shirt ordering button located directly below the pictures "sliding" across the homepage. You'll be directed to the Custom Ink site to complete your order. Prefer to order in person and/or pay by cash or check? Simply place your order on the form posted in Fellowship Hall on the *College Students* bulletin board.

**** Sample t-shirts will be available after Sunday worship until October 18 — stop by and try them on for size! ****

Remember ... the deadline to order AND pay for t-shirts is Sunday morning, October 18, 2015!

For questions or for more information, please contact Darlene Dobler-Palin.

Calling all Prayer Angels!!

We're preparing for South Central Emmaus Weekend XXXIV on Friday, November 6 - Sunday, November 8, 2015 at Trinity Episcopal Church in Seymour, CT.



Please consider being one of our Prayer Angels! A great deal of prayer goes into each Emmaus weekend. While participants are on the retreat, our Prayer Angels lift them and the weekend itself, up in prayer. Your prayer is a wonderful gift to each person on this Emmaus weekend.

To choose a day and time, visit our website www.umcmonroe.org and click on the *Emmaus Prayer Angels* button below the pictures "sliding" across the screen.

Looking for a way to serve on Sunday morning? We are always in need of ushers, greeters, acolytes and liturgists. Sign up on the sheet in the narthex (on the bulletin board next to kitchen). Never done it and have questions or want some tips? See Patti Early or Rose Aiello. We also are looking for people to sign up for altar displays—flowers, cornucopias, fabric and candles, pictures...

Bad Girls of the Bible: And What We Can Learn from Them

Thursday Morning Bible Study

Begins October 8, 2015

Time: 10:00 - 11:00 am

This study will focus on the book and video “Bad Girls of the Bible: And What We Can Learn from Them” by Liz Curtis Higgs.

“Popular storyteller Higgs takes a look at the vamps and tramps of the Bible, searching for the lessons these wicked women have to teach. Higgs retells these biblical stories with rollicking humor and deep insight as she teaches about the nature of sin and goodness.” —

Publishers Weekly

Ten of the Bible’s best-known femmes fatales parade across the pages of Bad Girls of the Bible with situations that sound oh-so-familiar.

*The book to purchase new is \$14.41, which includes tax. Please let Pastor Martha know if you are interested in purchasing a book



Our first meeting was a great success. The youth room theme is “Peace, Love and God” in a tie dye color scheme and we are looking for some gently used donations to decorate our room:

Comfy chairs like: Yogi Bo, Spider Webs, Bean Bag Chairs, Blow up Chairs, Body Pillows; cushions for the long cabinet in front of the window

Shag Rug – plain color

Colorful Trash Can

Stringed Lights – Christmas Lights, Fairy lights, Chinese lantern lights

Shadow Box

October meetings are October 11th and 25th from 4:00 p.m. to 6:00 p.m.

Bring a Friend and Come Join the Fun!

Thanks to everyone who helped with the pie making, from the donation of ingredients, the preparation work, the assembly of boxes, the creation of the labels, the peeling and chopping of the apples, assembling the pies and putting them in the freezer! Lots of fun was had. It's not too late to purchase one; come to the Harvest Fest on October 3rd or place your order online at <http://umcmonroe.org/>



For more apple pie pictures like us on
Facebook



Prayer Concerns

Dennis-Wenzl's daughter- in- law's father-diagnosed with ALS
Marilyn Jones-successful surgery
Bobbie Grant's friend-Dolores- successful surgery
Gail Northrop-in Maefair on hospice care
Suzette's-Gail Mas' niece-tumor is non-cancerous
Cari Harris-upcoming hernia surgery
Carl Sword-suffering from dehydration
Hana Rupp's boyfriend's grandmother-open heart surgery
Michelle Lambert's Uncle Roger
Family & friends of Ginny Shaw (long-time UMCM member) on her passing
Mrs. Kadavy-mother of Kathy Schmalkuche's friend- hospice care; strength for her caregivers & family
Brenda Pantalone's grandmother- Mickey Bennett
Richard Rice-Pastor Martha's father-recovering well from surgery but more will be needed
Anita Stabler-Hussey's granddaughter-Danielle- tumor on spine that appears cancerous
Charles Wilson-Tammy Cahill's dad-hospitalized
Vannah Griffin-doing well after surgery
Family & friends of Carin Florin's aunt on her passing
Salvas Family & friends on the passing of Ernie Salvas
Lisa Furman-cancer treatments
Donald Austrian-kidney cancer
Kevin-recovery from stroke
Sue Simmons' neighbor –Will-cancer
Marilyn Jones' niece- Amy-experiencing paralysis
Chris Reardon- friend of Yorks-awaiting a liver & kidney transplant in Yale New Haven Hospital
Bella's parents
Steve-depression
Christine Stewart - friend of Marsha Cohn-cancer
Greg Cable-Gail Mas' nephew-E Coli
Evelyn Sweetnam- hospice care
Marilyn Jones' friend Charlotte-recovery from stroke
Rosemary- battling cancer
Maureen Cummings-stroke

Craig-recovery from injuries from tree accident
Quinn-child in need of bone marrow transplant
Jeff York-legal matters
Marge Derle & daughter Millie as she cares for Marge
Pat Reeves- Stage 3 colon cancer
Barbara Palmer-medical issues
Michael Hossler-continued healing
Paul Lesko's friend-Sultan-liver cancer & wife Nancy
Bobbie Grant's friend-Donald
Dotti Hossler's brother-stroke
Linda Summa-Turner's daughter -cancer
Bobbie's cousin's widow-Mary Johnson
Theresa-friend of Yorks-cancer
Rosemarie Lewis-Bobbie's friend-chemo for lung cancer
Dave York's cousin Richard-recurrence of cancer
Olivia-Juvenile Diabetes
Sue Simmons' friend- Debbie- battling MS
Jimmy - Bobbie Grant's friend's son
Lynn Abbott's grandson- Brady
Fromm's friend-Radovan Frzop
From Lydia: Hayley Annino-friend of Kathryn-leukemia
Anna- friend of Sue Simmons-colon cancer
York's daughter-in-law-Lori
Jodi Kles –Sheryl's cousin - living w/rare form of cancer
Military personnel
Unemployed
First responders, firemen, policemen
Persons dealing w/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
Those who are persecuted for their faith
Christians in harm's way
Those going through personal turmoil & facing financial concerns

If you would like to add a person to our prayer list, notify the church 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.

If you would like to receive the list of joys and concerns lifted up each Sunday during worship please contact Pastor Martha at PastorMartha@verizon.net. She compiles them and emails them every Monday.

Monthly Mini Missions 2015

Don't forget our friends at the Food Pantry; it's getting cooler out—how about donating some soup?

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