

United Methodist Church of Monroe

Messenger

January 2016

Thank you for the very generous staff gifts for Christmas! It was greatly appreciated. With love, Pastor Martha, Marilyn, Michelle and Vivian

*Another year is dawning;
Dear Father, let it be,
In working or in waiting,
Another year with Thee;
Another year of progress,
Another year of praise,
Another year of proving
Thy presence all the days.*

*Another year of mercies,
Of faithfulness and grace;
Another year of gladness
In the shining of Thy face;
Another year of leaning
Upon Thy loving breast;
Another year of trusting,
Of quiet, happy rest.*

Frances Ridley Havergal

This is the time of New Year's Resolutions. Unfortunately, many of them never come to fruition. So this year, instead of making New Year's resolutions that might end up causing us disappointment when we don't keep them, let's focus on the joy that we have experienced through the Christmas season. We have been blessed with another year. Another year that is full of mercy and grace as the angels foretold. Another year to praise and rejoice as with the shepherds. Another year to trust in God as Mary and Joseph did.

I think one of things that strikes me in this poem is the second line, "let it be." That is sometimes so hard, to just say to God, o.k. "let it be." We want to control things, we want to secure outcomes, we want to steer things in our direction, but it is not always so. This year let us try to practice "letting things be." Let's trust in God to lead us in the right direction as he did with the Magi. Let us take time to bask in God's goodness and take comfort in leaning on Him.

Wishing you a New Year full of God's Blessings,

Pastor Martha



Health Notes by Larin Florin, Parish Nurse:

(Diabetes Mellitus Type 2; Insulin-Resistant Diabetes; Diabetes, Type 2)

Definition

Glucose is a type of sugar. It comes from food, and is also created in the liver. Glucose travels through the body in the blood. It moves from the blood to cells with the help of a hormone called insulin. Once glucose is in those cells, it can be used for energy.

Diabetes is a condition that makes it difficult for the body to use glucose. This causes a buildup of glucose in the blood. It also means the body is not getting enough energy. Type 2 diabetes is one type of diabetes, and it is the most common. Medication, lifestyle changes, and monitoring can help control blood glucose levels.

Causes

Type 2 diabetes is often caused by a combination of factors. One factor is that your body begins to make less insulin. A second factor is that your body becomes resistant to insulin. This means there is insulin in your body, but your body cannot use it effectively. Insulin resistance is often related to excess body fat.

Risk Factors

Type 2 diabetes is more common in people who are aged 45 years and older. It is also common in younger people who are obese and belong to at-risk ethnic groups. Other factors that increase your chance for type 2 diabetes include:

- Prediabetes—impaired glucose tolerance and impaired fasting glucose
- Excess weight or obesity, especially central obesity

- Lack of exercise
- Poor diet—high intake of processed meats, fats, sugar-sweetened foods and beverages, and calories
- Family history of type 2 diabetes
- High blood pressure
- History of gestational diabetes, or having a baby that weighs over nine pounds at birth
- Endocrine disorders, such as Cushing's syndrome, hyperthyroidism, acromegaly, polycystic ovary syndrome, pheochromocytoma, or glucagonoma
- Certain medications, such as glucocorticoids or thiazides
- Certain ethnic groups, such as African American, Hispanic, Native American, Hispanic American, Asian American, or Pacific Islander

Symptoms

You may have diabetes for years before you have symptoms. Symptoms caused by high blood sugar or include:

- Increased urination
- Extreme thirst
- Hunger
- Fatigue
- Blurry vision
- Irritability
- Frequent or recurring infections

- Poor wound healing
- Numbness or tingling in the hands or feet
- Problems with gums
- Itching
- Problems having an erection

Diet

Food and drinks have a direct effect on your blood glucose level. Eating healthy meals can help you control your blood glucose. It will also help your overall health. Some basic tips include:

- Follow a balanced meal plan. It should include carbohydrates, proteins, and fats.
- Be aware of appropriate serving size. Measure your food to help understand ideal serving size.
- Do not skip meals. Plan your meals and snacks through the day. Having meals throughout the day can help avoid major changes in glucose levels.
- Eat plenty of vegetables and fiber.
- Limit the amount of fat in your foods.
- Eat moderate amounts of protein and low-fat dairy products.
- Carefully limit foods containing high concentrated sugar.
- Keep a record of your food intake. Share the record with your dietitian or doctor. This will help to create an effective meal plan.

Weight Loss

If you are overweight, weight loss will help your body use insulin better. Talk to your doctor about a healthy weight goal. You and your doctor or dietitian can make a safe meal plan for you.

These options may help you lose weight:

- Use a portion control plate
- Use a prepared meal plan

Exercise

Physical activity can:

- Make the body more sensitive to insulin
- Help you reach and maintain a healthy weight
- Lower the levels of fat in your blood

Aerobic exercise is any activity that increases your heart rate. Resistance training helps build muscle strength. Both types of exercise help to improve long-term glucose control. Regular exercise can also help reduce your risk of heart disease.

Talk to your doctor about an activity plan. Ask about any precautions you may need to take.

Prevention

To help reduce your chance of type 2 diabetes:

- Participate in regular physical activity
- Maintain a healthy weight
- Drink alcohol in moderation (2 drinks per day for a man, and 1 drink per day for a woman)
- Eat a well-balanced diet:
- Get enough fiber
- Avoid fatty foods
- Limit sugar intake
- Eat more green, leafy vegetables
- Eat whole fruits, especially apples, grapes, and blueberries

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

FROM THE DESK OF

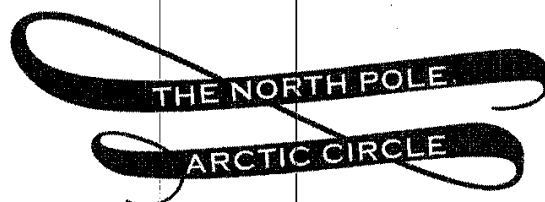
Santa Claus

Greetings Once again everyone at United Methodist Church of Monroe, CT from me, Mrs. Claus, and all of the Elves at the North Pole.

Well it seems that this was a very strange year with so much warm weather, lots of rain everywhere, and not much snow for my Reindeer to fly through. But, as always, we did it and hopefully did not miss anyone. There is always the chance that could happen once in a while, but my elves are pretty good about making sure everyone is taken care of.

Anyway, I just wanted to thank you all once again for inviting me to Breakfast and especially for inviting me once again to Worship with all of you the next day. It was such a joy to help light the Advent Wreath with the Reynolds family, and it was especially nice to be a part of Christina, Max, and Griffin Reynolds becoming members of such a wonderful Church.

I must say that I am always so happy to come to your church. You are all such a wonderful bunch of people who work hard to do God's work, but have fun doing it. What a joy and honor to be a part of that each year.



FROM THE DESK OF

Santa Claus

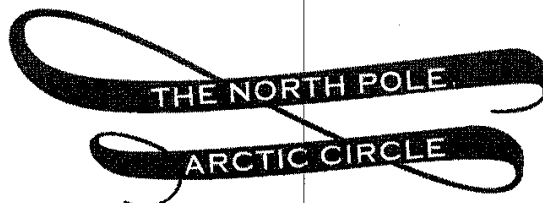
I would like to thank each of the boys and girls who brought me pictures they drew, and lists for what they wanted from me. Of course, by the time I got back to the North Pole with those lists, the Elves were a little unhappy but they know that is how it works.

I understand that the Breakfast with Santa (that would be me Ho Ho Ho) for 2016 is already in the works and that I have been officially invited back once again. I am so excited to be returning to Monroe again. I have not told the Elves yet, as they always want to come along. But, their job is to stay up here to make and pack the toys for distribution on Christmas Eve. I asked Mrs. Claus if she wanted to come along, but she said that someone must stay at the North Pole and take care of business since I am off partying with all of you. Guess she is right there.

Well, time for me to go teach Elf school. Please love and take care of each other, remember to continue to Do God's Work, and most important Mrs. Claus and I wish you all a very Merry Christmas and a Very Happy, Healthy, Joyous, and Blessed New Year.

See you all in December, 2016

Santa





2016 Schedule (10:30 a.m. and 7:30 p.m.)

Monday, January 4
 Monday, January 18
 Monday, February 1
 Monday, February 15
 Monday, February 29
 Monday, March 14
 Monday, March 28
 Monday, April 11
 (Friendship Circle Only)
 Monday, April 25
 Monday, May 9
 Monday, May 23
 Monday, June 6
 Monday, June 20

Monday, July 18
 Monday, August 1
 Monday, August 15
 Monday, August 29
 Monday, September 12
 Monday, September 19
 Monday, September 26
 Monday, October 3
 Monday, October 10
 Monday, October 24
 Monday, November 7
 Monday, November 21
 Monday, December 5 –
 Christmas Party



Welcome to Christina, Max and
 Griffin Reynolds who joined
 UMCM on 12/20/15



1/5	Anita Stabler-Hussey
1/6	Aidan Ramos
1/10	Juliana Epstein
1/13	Bill Florin
1/18	Martha Epstein
1/18	June Hallden
1/18	Lee Hossler
1/18	Katie Schmalkuche
1/21	Michelle Rajpolt
1/22	Malenna Hornak
1/28	Carl Sword

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!



date.

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 winter...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

Family Game Night is **January 16th**. Bring your favorite game and a snack to share. Join us for lots of fun and fellowship!



So much Christmas Caroling this year! Thanks to all who participated and special thanks to Bill for his keyboarding, Sheryl and Dotti for their conducting and animation and the Grays for their hospitality.



Breakfast with Santa was another HUGE success! As the smiles indicate, fun was had by all! Please check out our website, <http://umcmmonroe.org/> or our Facebook page for all the pictures. Thank you to Anita for her hard work in putting this together and for all of the elves who helped. And of course to Santa for taking time out of his busy schedule to not only join us for Breakfast but for Worship on Sunday too!

ALL youth in grades 6-8 are welcome in our Youth Group for an opportunity to spend time with old friends, meet new friends and have fun in our faith journey.

Our goal is to reach students with the love of Jesus Christ, then encourage, equip and empower them to be Christ's ambassadors to the world.

January Happenings:

- January 10th Regular meeting 4 p.m. to 6 p.m.
- January 24th Regular meeting 4 p.m. to 6 p.m.

We are in need of adult volunteers to help during the meetings. If you are interested in helping in this important ministry please contact Pastor Martha.



The Youth Group made goodies for the students at the Mercy Learning Center for the Holidays. Pastor Martha and Juliana delivered them, along with all the donations from the congregation and presented them to Jane E Ferreira, President & CEO. The youth also enjoyed eating some treats too—along with real hot cocoa!

Our 2016 Christmas Pageant: "What is Christmas?"





Prayer Concerns

Family & friends of 31-year old stroke victim who passed yet donated organs to 7 individuals
 Edna Turner-procedure
 Zeke Hesler -in the hospital
 Comfort for Michelle Lambert's friend Cindy- who lost her Dad
 Amy McDonald & family (friends of the Rice's) on the loss of her mother in a tragic auto accident
 Sandi Hagopian's co-worker-Jenn Sanders & family -on passing of Jenn's mother
 Kevin-at Gaylord
 Dotty Cedergren-continued recovery from back surgery
 Christina Reynold's sister-surgery
 Bobbie Grant's friend-Dolores-at Wicke
 Carrie-complications from a tick bite
 Dolores Ovesny-rehab at Wicke
 Dave Rupp's father- undergoing treatment
 Stacey (Smith) Moore-medical issues
 Sydney-suffered heart attack
 Amy-difficulty after bone marrow transplant
 Cindy-cancer
 Long Fan Cui-father of one of Cari Harris' friends, Jason
 Craig-cut leg
 Michelle Lambert's Uncle Ronald-Leukemia
 Shea-Benoit's goddaughter- ill w/host vs. donor disease
 Dotti Hossler's brother-in-law
 Mark Kigler-mini-stroke
 Dennis-Wenzl's daughter- in- law's father-ALS
 Donald Austrian-kidney cancer
 Christine Stewart - friend of Marsha Cohn-cancer
 Evelyn Sweetnam- hospice care
 Marilyn Jones' friend Charlotte-recovery from stroke
 Quinn-child in need of bone marrow transplant
 Jeff York

Pat Reeves- Stage 3 colon cancer
 Michael Hossler-continued healing
 Paul Lesko's friend-Sultan-liver cancer & wife Nancy
 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
 Bringing an end to the drug epidemic & deaths

Additions, corrections and deletions can be sent to prayerrequest@umcmonroe.org. You may also call the church office or leave your request in the collection plate. Names will remain on the prayer list for 3 weeks. Requests can be extended by emailing to the above address or phoning in.

Monthly Mini Missions:
School snacks such as chips, pretzels, and fruit snacks

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
						12pm - Ram's @ 2pm - T.C. Youth
3	4	5	6	7	8	9
Communion Sunday Walk to Jerusalem 8:45am - CP: Choir 10am - SS: Sunday 10am - Worship	10:30am - PC: 7:30pm - MPL: Mt. Pin	11:30am - MPL:	7:15pm - CP: Choir	10am - Bible Study: 6:30pm - Cub Scout	9am - MPL: Mont	
10	11	12	13	14	15	16
8:45am - CP: Choir 10am - SS: Sunday 10am - Worship 11:15am - Health 11:15am - SPPBC 8pm - Connecticut 8pm - T.C. Youth		7:15pm - CC: Church	6:30pm - Girl Scout 7:15pm - CP: Choir	10am - Bible Study: 6:30pm - Cub Scout		6pm - PGR: Family
17	18	19	20	21	22	23
8:45am - CP: Choir 10am - SS: Sunday 10am - Worship	10:30am - PC: 7:30pm - MPL: Mt. Pin	7pm - Condo Meeting	7:15pm - CP: Choir 7:30pm - Girl Scout	10am - Bible Study: 7pm - TM: Trustees		
24	25	26	27	28	29	30
8:45am - CP: Choir 10am - SS: Sunday 10am - Worship 8pm - T.C. Youth			7:15pm - CP: Choir	10am - Bible Study: 6:30pm - Cub Scout	9am - MPL: Mont	
31	1	2	3	4	5	6
8:45am - CP: Choir 10am - SS: Sunday 10am - Worship 2pm - District						