

United Methodist Church of Monroe

Messenger

February 2016



Yes, we just put away the Christmas decorations but it is time to think about Lent. Lent is the 40 days (plus Sundays) that lead up to Easter. It is a time to deepen our relationship with God as we contemplate what it meant for Jesus to make the journey to Jerusalem and the cross. Traditionally it has been a time for giving things up as we focus on repentance, but sometimes we end up doing that because we feel like we should without really contemplating what it means. This year I would like to offer some ideas I have adapted from Joe Iovino who works for United Methodist Communications to help enrich your Lenten experience.

1. Apologize to someone

Lent is a season of repentance. Most often we think of asking God for forgiveness from our sin, but that is only half of the story. Most sins include hurting others, which mattered to Jesus. Lent is a great time to seek forgiveness from those we have harmed.

2. Perform random acts of kindness

Express your love for Jesus by loving others. Pay for the order of the person behind you in the drive-through. Give an extravagant tip. Carry gift cards to give away. Ask others how they are doing, then stop and listen to their responses. Share the love of Jesus in any way you can think of each day during Lent.

3. Delve into a book of the Bible

Enhance your devotions by getting to know a book of the Bible well. Read it repeatedly, at least once in a single sitting. Find articles about it. Meditate on it with a commentary. Memorize portions of it. Pray through it. Google sermons about it. Find hymns based upon it. In the six weeks of Lent, you could develop a deep understanding of a book of the Bible about which you have always been curious.

4. Serve people in need

When Jesus washed his disciples' feet at the Last Supper, he taught that we are called not to be served, but to serve. Volunteer at the Mercy Learning Center, the Monroe Food Pantry or the Senior Center. Donate an extra can of food each week to the Mini Missions Wagon.

5. Visit the lonely

Jesus also taught his disciples to treat others as we would treat him. This included visiting those who are sick and in prison. Some of our parishioners cannot get out to church. Visit them, play games, tell stories, look at photo albums, and enjoy them. See me for more details—you can come along with me on a visit or I can give you suggestions on whom to visit.

6. Read Wesley's sermons about the Sermon on the Mount

These 13 sermons (available online) are central to the message of John Wesley. They make up a little more than one-quarter of the fifty "Standard Sermons" he gave to his Methodist lay preachers to teach them "the essentials of true religion" ("The Sermons of John Wesley – An Introduction"). Reading these sermons will have you focused on Jesus' Sermon on the Mount and give you a sense of what it means to be a United Methodist in the tradition of John Wesley.

7. Tell others you love them

Some of us struggle to say those three little words. Maybe we assume others already know how we feel. Maybe we think we show our love and don't need to say it. Or maybe we are concerned it won't be reciprocated. Fight the fear and say "I love you" to friends, family members, and everyone else you love at least once during the season.

8. Throw a party for everyone

Jesus often used the image of a party to describe the Kingdom of God. He talked about wedding receptions and banquet feasts, and participated in several large group celebrations. Host your own Kingdom party by cooking for the neighborhood, or buying lunch for the entire office or sign up to host coffee hour—not sure what to do? See Tammy Cahill.

9. Serve in worship

Your church needs you! See Michelle Lambert about joining the choir. Sign up on the sign-up sheet in the narthex, just above the Waterman Scholarship jar, to be an usher, greeter or acolyte—not sure what to do? See Patti Early for a list of the duties. See Rose Aiello to serve as a liturgist. See Wayne Epstein to help with the PowerPoint. Volunteer to help Marsha Cohen in the Nursery. Don't wait for someone to ask you to use your God-given gifts. Offer yourself in service to your church for the season.

10. Say "thank you"

Parents, family members, mentors, coaches, teachers, authors, pastors, Sunday school teachers, and others have shaped you into the person you are. Each week during Lent, send a note of gratitude to one of them. Tell them how much they meant to you and how they inspired you. Consider including a small gift. Even if you do not know that author or speaker personally, draft an email of thanks.

I look forward to hearing how you have made the most of this wonderful season.

Blessings to you on a very meaningful Lenten journey,

Pastor Martha

Join us for our Ash Wednesday service on February 10th at 7:00 p.m.

Health Note by Carin Florin, Parish Nurse:

MRSA- Methicillin Resistant Staphylococcus Aureus

General Information about MRSA in the Community

MRSA is methicillin-resistant Staphylococcus aureus, a type of staph bacteria that is resistant to several antibiotics. In the general community, MRSA can cause skin and other infections. In a healthcare setting, such as a hospital or nursing home, MRSA can cause severe problems such as bloodstream infections, pneumonia and surgical site infections.

Who is at Risk, and how is MRSA Spread in the Community?

Anyone can get MRSA through direct contact with an infected wound or by sharing personal items, such as towels or razors that have touched infected skin. MRSA infection risk can be increased when a person is in certain activities or places that involve crowding, skin-to-skin contact, and shared equipment or supplies. This might include athletes, daycare and school students, military personnel in barracks, and people who recently received inpatient medical care.

How common is MRSA?

Studies show that about one in three people carry staph in their nose, usually without any illness. Two in 100 people carry MRSA. There are not data showing the total number of people who get MRSA skin infections in the community.

Can I Prevent MRSA?

There are the personal hygiene steps you can take to reduce your risk of MRSA infection:

- Maintain good hand and body hygiene. Wash hands often, and clean body regularly, especially after exercise.
- Keep cuts, scrapes, and wounds clean and covered until healed.
- Avoid sharing personal items such as towels and razors.
- Get care early if you think you might have an infection.

What are MRSA Symptoms?

Often, people first think the area is a spider bite; however, unless a spider is actually seen, the irritation is likely not a spider bite. Most staph skin infections, including MRSA, appear as a bump or infected area on the skin that might be:

Red	Warm to the touch
Swollen	Full of pus or other drainage
Painful	Accompanied by a fever

What Should I Do If I See These Symptoms?

If you or someone in your family experiences these signs and symptoms, cover the area with a bandage, wash your hands, and contact your doctor. It is especially important to contact your doctor if signs and symptoms of an MRSA skin

infection are accompanied by a fever.

What Should I do if I Think I Have a Skin Infection?

You can't tell by looking at the skin if it is a staph infection (including MRSA).

Contact your doctor if you think you have an infection so it can be treated quickly. Finding infections early and getting care will decrease the chance that the infection will become severe.

Signs of infection include redness, warmth, swelling, pus, and pain at sites where your skin has sores, abrasions, or cuts. Sometimes these infections can be confused with spider bites.

Infections can also occur at sites covered by body hair or where uniforms or equipment cause skin irritation or increased rubbing.

Do not try to treat the infection yourself by picking or popping the sore.

Cover possible infections with clean, dry bandages until you can be seen by a doctor, nurse, or other health care provider such as an athletic trainer.

How to Prevent Spreading MRSA If You Have MRSA

Cover your wounds. Keep wounds covered with clean, dry bandages until healed. Follow your doctor's instructions about proper care of the wound. Pus from infected wounds can contain MRSA so keeping the infection covered will help prevent the spread to others. Bandages and tape can be thrown away with the regular trash.

Clean your hands often. You, your family, and others in close contact should wash their hands often with soap and water or use an alcohol-based hand rub, especially after changing the bandage or touching the infected wound.

Do not share personal items. Personal items include towels, washcloths, razors, clothing, and uniforms.

Wash used sheets, towels, and clothes with water and laundry detergent. Use a dryer to dry them completely.

Wash clothes according to manufacturer's instructions on the label.

How are MRSA skin infections treated?

Treatment for MRSA skin infections may include having a healthcare professional drain the infection and, in some cases, prescribe an antibiotic. Do not attempt to drain the infection yourself – doing so could worsen or spread it to others. If you are given an antibiotic, be sure to take all of the doses (even if the infection is getting better), unless your doctor tells you to stop taking it.

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

2016 Easter Flowers

This year we will be purchasing our Easter flowers directly from the greenhouse of Pivot Green. All proceeds will fund the program activities of both Pivot Green and Pivot Ministries.



If you would like to order flowers for the altar for Easter Sunday, March 27, please fill in the order form below and return to the church office **no later than Sunday, February 28**. All acknowledgements will be included in the Easter Sunday bulletin.

Plant	Size	Price	How Many?	Color (Circle)			Total Price
Tulip	6" pot (5 blossoms)	\$8		red pink	yellow purple		
	8" pot (8 blossoms)	\$14		red pink	yellow purple		
Hyacinth	6" pot (3 blossoms)	\$8		pink	white	purple	
	8" pot (5 blossoms)	\$13		pink	white	purple	
Easter Lily	6" pot (4-5 blossoms)	\$11					
	8" pot (6+ blossoms)	\$18					
Daffodil	6" pot (Multi bloom)	\$10					
	8" pot (Multi bloom)	\$13					
Reiger Begonia	6" pot (multi bloom)	\$13					
	8" pot (multi bloom)	\$17					

Total Plants: _____ **Total Price: \$** _____

Please make checks payable to UMC Monroe.

PLEASE PRINT:

Given By: _____

Honor of: _____

Memory of: _____



We encourage everyone to take their flowers after the worship service on Sunday, March 27. You may also donate your plant(s) to a local shut-in by notifying Rose Aiello (buildingroses@aol.com).

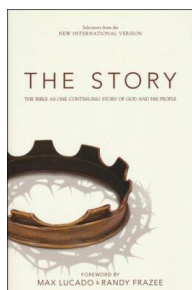


Sign up today to host a coffee hour as a way to ...support fellowship...commemorate a special event...make some new friends...share your favorite cookies...celebrate Fall...All the basics (plates, cups, napkins, utensils, sugar) are supplied--including the coffee and instructions on how to make it. The 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.

Family Game Night is **February 20, 2016**. Bring your favorite game and a snack to share. Join us for lots of fun and fellowship!

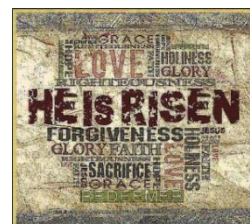


We will be celebrating The Boy Scouts during our worship service & coffee hour on Sunday, 2/14. If you are a past or present scout or leader, please wear your uniform. If you would like to participate in the service, please contact Rose Aiello (buildingroses@aol.com).



NEW MEN'S BIBLE STUDY "THE FRIDAY GUYS" All men are invited to a new Men's Study Group beginning on Fri., 2/19 from 12 to 1 pm in Meeting Room 1. Join us for a brown-bag lunchtime study group. The first study will be based on "The Story", a 30-chapter condensed version of the New Int'l Version of the Bible (\$10 for the book). We will discuss one chapter a week while enjoying lunchtime fellowship. RSVP to Bill Florin

Our Lenten bible study, *The Gift of New Creation*, begins Thursday, February 11 and will go to Thursday, March 17th from 10 a.m. to 11:30 a.m. It will explore God's saving and redeeming love through a study of the Bible readings we hear on Sunday mornings. Key scriptures call us to prepare and to contemplate God's restoration and new creation through the death and resurrection of Jesus.



February Birthdays!

2/1 Sue York
2/2 Tammy Cahill
2/3 Michael Aiello
2/4 Molly Smith
2/7 Dotti Hossler
2/10 Emily Florin
2/12 Matthew Steese
2/16 Aubrey Ramos
2/16 Billy Schmalkuche Jr.
2/22 Elizabeth Steese
2/27 Laura Bartlett
2/27 Ethan Basset

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!



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

The Youth Group will meet on February 14th from 4 to 6 p.m. for a Valentine's Day Party and on February 28th from 4 to 6 p.m. for a regular meeting.

Opportunities to be Jesus' Hands and Feet:

The Mission Committee invites you to share in sandwich making this month for King's Pantry. There are many ways to get involved: come make sandwiches at Game Night, Saturday February 20th, or drop off items to be used (lunchmeat, cheese, bread—no condiments); or make them and bring them to church on Sunday, February 21st when they will be taken to Bridgeport to be delivered.



BE SURE TO JOIN IN AT THE SOUP LUNCH AND SOUPER BOWL COLLECTION NEXT SUNDAY 2/7. Bring two cans of soup to church—one for our soup luncheon after service and one to be donated to the Monroe Food Pantry or Kings Pantry.

Register for inclement weather alerts! Enroll for text and/or email alerts if you would like to receive notice when UCMCM is closed or activities cancelled. Go to our website, click on "Resources", then "Inclement Weather", then "NBC CT Storm Alerts" in the last sentence. It will take you directly to the enrollment page.

For breaking news: (1) Tune in to NBC WVIT, CBS WFSB or ABC WTNH; (2) Visit our website at www.umcmonroe.org or (3) Check our FB page. Be prepared! Please see Kathy Schmalkuche if you have any questions.



Prayer Concerns:

Family & Friends of Kathy Pancoast's Mother-Grace-on her passing. Kathy is Patti Early's sister-in-law & Grace was a former choir director at Long Hill UMC
Gail Mas' nephew-A.J.-easy transmission as he nears the end of his life
Leigh Gray & family, especially her sister & niece-nephew passed away suddenly
Scott & Laura Welliver-fire in their condo
Linda Patterson-cancer
Bobbie Grant's son-in-law-Lyme disease
Bobbie's friend Nancy's grandchildren
Charlotte
Millie Chase & caregiver Lucy
Those mourning the loss of Coach Ed Zimmel
George Stabler- Anita's brother
Lauren- struggling with addiction-and her mother,
Linda
Emma- Pastor Martha's niece-car accident w/whiplash & minor injuries relating to air bag deployment
Anita's granddaughter-Danielle-continued recovery
Family of Janet Boyko on her passing
Christina Benoit's brother's widow-Kathy
Stacey (Smith) Moore-surgery recovery
Heidi & Bill Curry - Medical Issues
Dott & Bud Blackwell - Medical Issues
Mike-HS student hospitalized battling mental illness & fighting suicidal thoughts
Merryjane-lung cancer
Anne Rice-Pastor Martha's aunt-broken ankle from fall
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

Robert Ellis-Stage 4 cancer-co-worker of Claudia Wallace
Amanda-peace & healing
Greg-Gail Mas' nephew-cancer
Zeke Hesler -in the hospital
Kevin-at Gaylord
Dotty Cedergren-continued recovery from back surgery
Dolores Ovesny-rehab at Wicke
Cindy-cancer
Donald Austrian-kidney cancer
Christine Stewart - friend of Marsha Cohn-cancer
Evelyn Sweetnam- hospice care
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-lung cancer treatments
Dave York's cousin Richard-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
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

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.

MINI MISSION WAGON NEEDS

February is the month for hearts!
Get in the spirit and donate some HEARTy soups!
Give so others will feel UMC's love!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>21</div> <div>8:30am - CP: Choir</div> <div>9:30am - SS: Sunday</div> <div>10am - Supper</div> <div>10am - Worship</div> <div>2pm - District</div> <div>3pm - Girl Scout Logo</div>	<div>1</div> <div>10:30am - PC:</div> <div>7:30pm - MPL: Mtg Pair</div>	<div>1</div> <div>11:30am - AM:</div> <div>7pm - T & o Planks-</div>	<div>2</div> <div>7pm - T & o Planks-ro</div> <div>7:15pm - CP: Choir</div>	<div>4</div> <div>7pm - T & o Planks-8</div>	<div>5</div>	<div>6</div> <div>9am - District</div> <div>1pm - Shoshan</div> <div>3pm - T C: Youth</div>
<div>1</div> <div>Communion Sunday</div> <div>8:30am - CP: Choir</div> <div>10am - Souper Bowl</div> <div>10am - SS: Sunday</div> <div>10am - Worship</div> <div>11:30am - SPB</div>	<div>8</div>	<div>8</div> <div>7pm - T & o Planks-</div> <div>7:15pm - CC: Church</div>	<div>10</div> <div>Ash Wednesday</div> <div>7pm - Ash</div> <div>7pm - T & o Planks-</div> <div>7:15pm - CP: Choir</div>	<div>11</div> <div>6:30pm - Cub Scout</div> <div>7pm - T & o Planks-</div>	<div>12</div> <div>12pm - Men's Study</div>	<div>13</div>
<div>14</div> <div>8:30am - CP: Choir</div> <div>10am - Boy Scout</div> <div>10am - SS: Sunday</div> <div>10am - Worship</div> <div>3pm - Girl Scout Logo</div> <div>3pm - T & o Planks-</div> <div>4pm - T C: Youth</div>	<div>15</div> <div>Homeletter Deadline</div> <div>10:30am - PC:</div> <div>7:30pm - MPL: Mtg Pair</div>	<div>16</div> <div>7pm - Condo Meeting</div> <div>7pm - T & o Planks-</div>	<div>17</div> <div>6:30pm - Girl Scout</div> <div>7pm - T & o Planks-</div> <div>7:15pm - CP: Choir</div> <div>7:30pm - Great Oak</div>	<div>18</div> <div>6:30pm - Cub Scout</div> <div>7pm - TM: Trustees</div> <div>7pm - T & o Planks-</div>	<div>19</div> <div>12pm - Men's Study</div> <div>8pm - T & o Planks:</div>	<div>20</div> <div>6pm - PMH: Family</div> <div>8pm - T & o Planks:</div>
<div>21</div> <div>8:30am - CP: Choir</div> <div>10am - SS: Sunday</div> <div>10am - Worship</div> <div>3pm - Girl Scout Logo</div> <div>5pm - T & o Planks:</div>	<div>22</div>	<div>23</div>	<div>24</div> <div>7:15pm - CP: Choir</div>	<div>25</div>	<div>26</div> <div>12pm - Men's Study</div> <div>8pm - T & o Planks:</div>	<div>27</div> <div>8pm - T & o Planks:</div>
<div>28</div> <div>8:30am - CP: Choir</div> <div>10am - SS: Sunday</div> <div>10am - Worship</div> <div>3pm - Girl Scout Logo</div> <div>4pm - T C: Youth</div> <div>5pm - T & o Planks:</div>	<div>29</div> <div>10:30am - PC:</div> <div>7:30pm - MPL: Mtg Pair</div>	<div>1</div> <div>11:30am - AM:</div>	<div>2</div> <div>7:15pm - CP: Choir</div>	<div>3</div> <div>6:30pm - Cub Scout</div>	<div>4</div> <div>12pm - Men's Study</div> <div>8pm - T & o Planks:</div>	<div>5</div> <div>3pm - T C: Youth</div> <div>8pm - T & o Planks:</div>