

United Methodist Church of Monroe

messenger

APRIL 2016

"Train yourself for a holy life! While physical training has some value, training in holy living is useful in everything. It has promise for this life now and the life to come."

1 Timothy 4:7b-8



Just because Lent is over doesn't mean we need to go back to the ways things were before, do we?

Last winter I did a "cleanse" where for four weeks I gave up things like dairy, gluten, sugar, artificial and processed foods. While doing this I felt the best I had in a long time and I lost a few pounds. We were encouraged to gradually introduce things back into our diet to see if we had any reactions to them. And, although no foods were considered "bad" we were encouraged to stay away from the foods our body did not agree with. After working so hard for those four weeks I did not want to go right back to eating those foods which had put all the toxins in my body in the first place. Yet, I am a realist and knew that there are certain things I enjoy and I also don't have the time to cook wholesome meals every day, so I was striving for the 80/20 guideline (or at least 50/50). But I did determine to keep one change I had made. Every morning I enjoy my cup of coffee while I watch the news. Before the cleanse I had it full of flavored creamers and sugar; on the cleanse I had either coconut or almond milk in it. I was not going back to putting all the sugar and chemicals in my coffee. And I am proud to say that a year later I have continued only putting almond milk in it!

Before Lent I gave a list of different things to do to help improve your Lenten journey. Things to do, like perform random acts of kindness, serve people in need and read John Wesley's sermons, were offered as an alternative or in addition to giving something up as is traditionally done during this penitent season. But do you think Jesus wanted his followers to go back to the way things were before his crucifixion? Certainly not, and as such, I encourage you to hold on to at least one thing that you started during Lent.

Maybe you didn't take something up; it certainly is not too late -- check out the February newsletter on our website for some ideas but don't limit it to those. And don't try to overdo it. Choose one and stick with it. Tell someone what you plan to do as accountability is great. After all, Jesus sent his disciples out two by two!

I look forward to hearing how you are doing with your spiritual practices ... mine by the way is to read works from different theologians.

In Christ's Abundant Love,

Pastor Macdonald

Waterman Scholarship Fund



The Waterman Scholarship Fund (WSF), a trust fund of the United Methodist Church of Monroe, was established in 1982 by UMC Monroe member Ray Waterman in memory of his wife, Mary Waterman. As Mary was a teacher, the Watermans were very supportive of youth activities within the church and of education, in particular. Therefore, the original intent of the fund was to award post-secondary education scholarships to outstanding student members of UMC. It was also intended by Ray that the value of the fund should increase over its lifetime. Subsequent to Ray's passing, the scholarships have been awarded in the memory of both Ray and Mary Waterman.

The office is accepting applications from those wishing to be considered as a recipient of a scholarship this year. **The deadline is May 15, 2016.** Please contact the office for an application.

Paper Shredding set for Saturday, May 7

On Saturday, May 7, we will be holding a Paper Shredding Fundraiser Event (rain or shine) from 9:00 – noon at Village Square, 401 Monroe Turnpike/Route 111, Monroe (across from McDonald's). The event will benefit missions near and far.

Individuals and businesses are welcome. Cost: \$10 standard archive box (15"x12"x10") – prices increase \$5 according to container size.

For more information, please visit our website or email papershredding@umcmonroe.org.

Seeking Coffee Hour Hosts

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 spring. 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 you can email the church office to book your date!



Let's Celebrate!



Congratulations to Pastor Martha as she graduates from her CPE Training at Griffin Hospital. She is one step closer to her ordination!

04/01 Evan Chaudhary
04/05 Dan Cahill
04/08 Wayne Epstein
04/11 Rich Steiner
04/16 Amy Rajpolt
04/18 Henry Whalen
04/19 Adam Bartlett
04/19 David Bartlett
04/19 Joe Bartlett
04/22 Doug Salvas
04/25 Tim Aiello
04/25 Katie Palmer
04/27 Dan Aiello



happy birthday



happy anniversary

04/18 Bill and Pat Smith

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

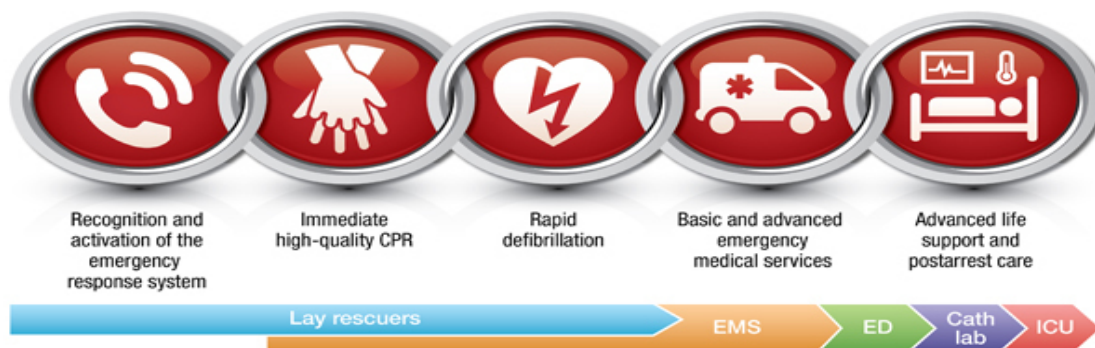
Your Support Can Save Lives

Sheryl Rajpolt

Just over 6 years ago, on March 8, 2010, our then 11-year-old daughter, Michelle, collapsed during her 5th grade gym class at Chalk Hill Middle School. She experienced Sudden Cardiac Arrest (SCA) ... her heart had stopped.

Michelle was just one of more than 325,000 SCA victims per year in the US alone, many of whom are youth (it is estimated that 16 people under the age of 18 experience SCA every day). SCA is one of the leading causes of death each year, exceeding the number of deaths from Alzheimers, firearm assaults, breast, cervical, prostate, and colorectal cancers, diabetes, HIV, house fires, motor vehicle accidents and suicides combined.

The survival rate for out-of-hospital SCA patients is less than 10%, primarily because the survival rate drops by 10% for every minute that passes without action. The Cardiac Chain of Survival defines the following critical steps, the first 3 of which are often performed by lay rescuers or bystanders who must take action while waiting for EMS to arrive:



- **Recognition** of cardiac arrest and **activation** of the emergency response system
- Early **cardiopulmonary resuscitation (CPR)** with an emphasis on chest compressions
- Rapid **defibrillation using an Automated External Defibrillator (AED)**
- Basic and advanced emergency medical services
- Advanced life support and post-cardiac arrest care

Statistics show that **bystander action can more than double the rate of survival for SCA victims**, but we **must have the training and the tools to be able to respond quickly**. Fortunately, Michelle's SCA occurred in gym class where her gym teacher immediately recognized her condition and activated the chain of survival. He called 911 and the school nurse and art teacher, they began CPR and utilized an AED located within 5 feet of her collapse in the school gym. Without the quick actions of 3 dedicated school "heroes" as well as the available AED, Michelle would not likely have beaten the SCA odds. Today, Michelle is healthy and active and has her own internal defibrillator so her heart can likely recover on its own if/when she has another SCA incident. Michelle was fortunate ... she was one of the 10% who survived.

We've learned the value of the chain of survival and the need for proper readiness training and equipment to help save the next potential SCA victim. Along with the Monroe Rotary Club, **we want every church in Monroe to have**

an AED, as well as educated lay people, who will be ready to save more lives. Together, we can continue to expand Monroe as a Heart-Safe Community. Please support these efforts and be part of the survival chain ... **your support can save lives.** We encourage you to make your donation in honor or memory of someone in your life that may be impacted by the cardiac chain of survival. Thanks!

Our donation will be in honor of Michelle and her "Heroes" (photo from March 2010): Barbara Monaco (school nurse), Rob Troesser (gym teacher), Michelle, Alice Pullium (art teacher).



Mission Opportunities

Quintin Brantley

The Missions calendar reflects the revitalization of spring. Here are a few of the options.

Mercy Learning Center is back in the spotlight in April. We're hosting a Baby Shower on April 19. Enjoy finger food and fellowship while collecting basic needs for infant and toddler care. Your generous gifts will help underprivileged families on the path of self-improvement. How refreshing is that! (See page 6 for more details)

Our ongoing support of the ***King's Pantry*** Hunger relief effort is scheduled for May 15. Please join the Game Night crowd in assembling sandwiches the night before on Saturday, May 14. Our goal will once again be 200 sandwiches. You could make a few on your own or just drop off supplies for use on Saturday night. Whatever works best in your schedule. Every contribution is welcome!

Cruisin' for a Cause is back! Hold Saturday, May 21 open on your calendar. Invite your friends and neighbors to take in a day of food, classic cars, and the music of the hot rod generation. You'll also be able to learn about our community outreach programs. Our Silent Auction is not to be missed. It will feature many excellent prizes in order to support our outreach near and far. Bring a non-perishable canned food item in order to cast a vote for your favorite car. These donations will go to the ***Monroe Food Pantry***.

Please keep in mind our ***Church World Service*** Support efforts. Donations for disaster relief blankets will be on Mother's Day, May 8. (See page 5 for more details) The Greater Bridgeport ***CROP Hunger Walk*** is scheduled for May 22. We're looking for two people to help coordinate our in house participation. Please contact Quintin. Young or old, there is a place for you in this Monroe UMC favorite!

Embrace a familiar mission or support the growth of a new program -- your service effort is welcomed. Please contact a member of the ***Missions and Social Concerns Committee*** or the church office.

Easter Egg Hunt

Rose Aiello, 2016 Coordinator

Great times at the 2016 UCMC Easter Egg Hunt! Breakfast was served to 154 people and 68 children enjoyed a craft and hunting for eggs. My thanks to everyone that assisted with the event including those that donated candy, food and baked goods; the ladies' groups for cleaning and stuffing 1600+ eggs; our youth for hiding the eggs on a chilly morning; craft organizer Sue Simmons and all her helpers; kitchen crew; and set up and clean up assistance. A special "shout out" to Kathy Schmalkuche for all the publicity and registration work, to John Rajpolt for cleaning the church grounds and to Tammy Cahill for coordinating a beautiful breakfast buffet! And from the non-perishable food collection, 113.5 pounds was delivered to the Monroe Food Pantry!!



Josh Pantalone, Malenna Hornak and Sera Lambert working on an Easter craft at this year's Easter Egg Hunt.

SUNDAY, MAY 8 IS MOTHER'S DAY!!

This Mother's Day, give more than a card! Donate to the *Church World Service* ("CWS") by purchasing a blanket! Continuing a long-standing tradition in our church, we will be collecting contributions to purchase blankets through the *CWS Blankets+ Program*. Only \$5 to supply and ship a blanket to a person in need — wherever they may be around the world!! A blanket can serve as warmth, shelter and comfort.

The *CWS Blankets+ Program* recognizes that the smallest, simplest things can make a major difference in the daily life and future of adults and children worldwide. *Blankets+* helps to provide blankets, tents, and other shelter items (as well as small tools such as seedlings, water pumps, basic farm implements, sewing machines, training, etc.). In 1946, in the aftermath of World War II, U.S. Christians joined hands and hearts in response to Jesus' call to feed the hungry,



quench the thirsty, and shelter the homeless children of God. Then and now we can do together what no one group can hope to do as well alone. Today, CWS is a cooperative ministry of 37 Protestant, Orthodox, and Anglican denominations, providing sustainable self-help and development, disaster relief, and refugee assistance in partnership worldwide. The *Blankets+ Program* is one of the many ways that CWS provides a way for congregations to join together in reaching out to neighbors in need the world over.

Each donation can be designated in honor or in memory of someone close to your heart. Please complete the Blanket Order Form and return your order to the church office by Sunday, May 1 for inclusion in our May 8 bulletin. Gift cards will be available. Any questions can be directed to Rose Aiello at buildingroses@aol.com.

Church World Service (CWS) Blanket Order Form



**CHURCH WORLD SERVICE
BLANKETS+**

Just \$5 will purchase a blanket through the Church World Service Blankets+ Program. Orders for more than one are certainly welcome! Please make your check payable to "UMCM" with "Blankets Plus" in the memo line. For bulletin inclusion, order should be in by Sunday, May 1.

In Honor of:

In Memory of:

By:

Check here if you would like a gift card(s) _____

Baby Shower for Mercy Learning Center Day Care

Bobbie Grant



The Mission Committee had the opportunity to visit the Mercy Learning Center (MLC) last fall and we were very impressed by the wonderful work going on there. MLC gives women from low-income homes the opportunity to learn English, get a GED, finish high school, learn life-skills and better their lives and the lives of their families. They now have some women who are attending college and just had their first college graduate.

We felt that we wanted to try and help them in some way. A very important part of the ongoing operation is the day care center. We decided to do something that would help in this area. We think that a shower to benefit them would be a good way to bring to the attention of Monroe what a positive influence the MLC is on the women who attend their facility.

The day care center allows the women with infants and toddlers to attend classes, counseling sessions and meet with tutors without any worries about their young children. They know their children are well cared for and are in an environment that is both loving and educational.

Since the women are not able to pay for any of the help they receive, the MLC relies on donations, volunteers and limited grants. Without the generosity of those of us who can help them, they cannot continue this valuable work.

The shower is only the beginning of our association with MLC. We are planning to have a bin outside our front door where people who want to continue to help can leave items from the shower list and the general list and we will transport them to Bridgeport on a regular basis. We will also have literature regarding the volunteer opportunities that are available.

The shower is a fun way to help this great organization. We plan to have games, socialization and refreshments, too. If you cannot attend the shower but would like to donate items, the bin will be available by April 3 and will be located next to the main doors of the church. If you wish to donate, but are unable to bring it to the bin, you can call Bobbie Grant (203.556.8917) or the church (203.268.8395) and leave your name and phone number and someone will contact you to make arrangements to pick up your donation,

A representative from MLC will be at the shower and will be available to answer questions. Literature will also be available for those that are interested. To register or for more information, please visit our website at www.umcmonroe.org or send an email to MLCLiaison@umcmonroe.org. Please RSVP by April 17.

BABY SHOWER LIST

Baby Shower Items (up to 24 infants)

- Blankets
- Towels
- Crib sheets
- Diaper creams (A&D, Balmex, Desetin)
- Baby shampoo
- Baby wipes
- Board books
- Baby toys/rattles
- Jars of baby food
- Clothing (all seasons) 9 months – 24 months

Items for Toddlers (40 plus children)

- Boys and girls clothing (all seasons) – 2T, 3T, 4T, 5T
- Shoes/sneakers/boots – children sizes 5-10
- Shampoo
- Toothbrushes and toothpaste
- Diapers (size 5 and 6 preferred)
- Baby wipes
- Board books
- Wood puzzles

Food

- Canned tuna fish or chicken
- Canned fruit
- Canned soups – chicken noodle and vegetable
- Tomato sauce
- Rice (small bags) brown or white
- Dried beans (small bags – black, red, pinto, kidney Lentil)
- Peanut butter
- Jelly
- Cereal
- Oatmeal
- Tea bags

Gift Cards: CVS, Kohl's, Stop and Shop, Target, Walgreens, Walmart



HELP NEEDED for Sunday, April 10: Pastor Martha is going away so we are in need of two volunteers to help with youth group that day. You can either provide your own lesson or Pastor Martha will provide you one. The next regular meeting will be on Sunday, April 24.



UMC MONROE YOUTH NEWS



Girl Scout Sunday

Troop 34219

May 6, 2016



Come and get a taste of Emmaus!

The Youth Group will be hosting lunch on Saturday, April 23, for South Central Emmaus XXXV. Please join us! Stay tuned for a sign up sheet soon.

All persons over 18 currently working with or who would like to work with our children and youth in any capacity need a background check. Forms are available in the narthex or website--*the form must be returned to Pastor Martha by mail or drop-off - NO E-MAILS.* If you are able to offset the \$10 fee associated w/this process, please include a check to UCMCM. Unless authorized by you, every report will be seen *only by the pastor* and stored in a locked filing drawer in the pastor's office. If you would like more information regarding our Safe Sanctuary policy, please see Pastor Martha or any member of Church Council.





UMC Monroe is NOW on



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. When you shop at AmazonSmile, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to the United Methodist Church of Monroe.

On your first visit to AmazonSmile (smile.amazon.com), you need to select *United Methodist Church of Monroe (EIN: 06-6034463)* to receive donations from eligible purchases before you begin shopping. Your selection will be remembered and then every eligible purchase you make at AmazonSmile will result in a donation to our church. A link to AmazonSmile can be found on our website to assist you with this setup. Questions? Please contact Steve Arnold or Kathy Schmalkuche.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to the site to make it even easier to return and start your shopping at AmazonSmile. ** You must access Amazon through smile.amazon.com each time you shop for the church to receive credit for your purchase **

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked Eligible for AmazonSmile donation on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping and handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to **UMC Monroe**. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

Can I receive a tax deduction for amounts donated from my purchases on AmazonSmile?

Donations are made by the AmazonSmile Foundation and are not tax deductible by you.

Thank you for shopping for a cause!

Prayer Concerns

Joe Caselli (Rose's employer) family on the passing of his mother, Helen
 Dawn-Anita's boss' sister-diagnosed w/breast cancer
 Bill Florin's friend-Bill-who is battling cancer
 Darcy, Cameron and Right-sick since Christmas
 Valerie-hospitalized
 Jeanne Baklik-unable to have visitors or leave her room due to Atria under quarantine
 Mia and Carolyn-Kindergarten students w/cancer
 Shannon Rupp's grandparents & those who are caring for them
 Cooper family & Cameron
 Amy-friend of Quintin-strength (physical and mental), peace, hope and healing; and her doctors for steady hands and clear thinking
 From Lynn Gregory-Louis and James-infants from 2 separate families with serious heart problems.
 Family and friends of Lambert family on the passing of Rob's mother, Irene
 Dotti Hossler's friend-Bill-in coma
 Anita's brother-George Stabler- hospice at home and his wife, Audrey, as she cares for him
 Judy Bosco's sister-Kathy Griffin-pneumonia and kidney infection
 Suzette-Gail Mas' niece-back surgery
 Paula Fromm's friend-Donna-family crisis
 Christina Benoit's friend-Kathleen-caring for mother and uncle with cancer
 Dotti Hossler's sister-Loretta-cancer
 Patti Early's co-worker-Anna-Stage 2 breast cancer
 From Quintin-Mark Gilbertie and family-for healing, hope, medical support and God's grace (Mark w/long-term medical issues, parents hospitalized, wife laid off)
 Marilyn Jones' niece Vicky-cancer of the tongue
 Michelle Lambert's brother- Michael-depression
 Darlene Dobler-Palin's friend-Donna- surgery for breast cancer
 Cari Harris
 Edna Turner-healing
 Anita's granddaughter-Danielle
 Robert Ellis-co-worker of Claudia Wallace-Stage 4 Cancer

Linda Patterson-cancer
 Charlotte
 Lauren- struggling with addiction-and her mother, Linda
 Merryjane-lung cancer
 Amanda-peace & healing
 Greg-Gail Mas' nephew-cancer
 Dolores Ovesny
 Cindy-cancer
 Donald Austrian-kidney cancer
 Christine Stewart - friend of Marsha Cohn-cancer
 Evelyn Sweetnam- hospice care
 Jeff York
 Pat Reeves- colon cancer
 Michael Hossler-continued healing
 Dotti Hossler's brother-stroke
 Linda Summa-Turner's daughter -cancer
 Theresa-friend of Yorks-cancer
 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 – especially police who have been victims of violence
 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 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, 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.

FOR YOUR INFORMATION ...

April Mini-Missions: Trail Mix and Granola

On your next hike to the grocery store don't forget to buy some trail mix, granola, and granola bars for the wagon.



Family Game Night: April 16

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

United Methodist Church of Monroe

Apr 2016 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>27</div> <div>Walk to Jerusalem ends</div> <div>6:30am - Easter Sunday</div> <div>8:45am - CP: Choir Practice</div> <div>10am - Worship Service</div>	<div>28</div> <div>10:30am - FC: Friendship</div> <div>7:30pm - MFL: My Fair</div>	<div>29</div> <div>4:30pm - CNF:</div> <div>7:30pm - CP: Choir Practice</div>	<div>30</div>	<div>31</div>	<div>1</div>	<div>2</div> <div>2pm - YC: Youth Craft</div>
<div>3</div> <div>Communion Sunday</div> <div>8:45am - CP: Choir Practice</div> <div>10am - SS: Sunday School</div> <div>10am - Worship Service</div> <div>11:30am - SPR Meeting @</div> <div>2pm - Emmaus Reunion @</div> <div>3pm - CNF: Confirmation</div>	<div>4</div>	<div>5</div> <div>11:30am - MM: Missions</div>	<div>6</div> <div>7:30pm - CP: Choir Practice</div>	<div>7</div>	<div>8</div>	<div>9</div>
<div>10</div> <div>8:45am - CP: Choir Practice</div> <div>10am - SS: Sunday School</div> <div>10am - Worship Service</div> <div>11:30am - CNF:</div> <div>2pm - CROP Walk Rally @</div> <div>4pm - YG: Youth Group</div>	<div>11</div> <div>10:30am - FC: Friendship</div> <div>7:30pm - MFL: My Fair</div>	<div>12</div>	<div>13</div> <div>7:30pm - CP: Choir Practice</div>	<div>14</div>	<div>15</div> <div>Newsletter Deadline</div>	<div>16</div> <div>6pm - FGN: Family Game</div>
<div>17</div> <div>8:45am - CP: Choir Practice</div> <div>10am - SS: Sunday School</div> <div>10am - Worship Service</div>	<div>18</div> <div>7:15pm - CC: Church</div>	<div>19</div> <div>7pm - Condo Meeting (Hills)</div> <div>7pm - MLC: Mercy Learning</div>	<div>20</div> <div>6:30pm - Girl Scout-</div> <div>7:30pm - CP: Choir Practice</div> <div>7:30pm - Great Oak Farm @</div>	<div>21</div>	<div>22</div> <div>South Central Emmaus</div>	<div>23</div> <div>South Central Emmaus</div>
<div>24</div> <div>South Central Emmaus</div> <div>8:45am - CP: Choir Practice</div> <div>10am - SS: Sunday School</div> <div>10am - Worship Service</div> <div>3pm - CNF: Confirmation</div> <div>4pm - YG: Youth Group</div>	<div>25</div> <div>10:30am - FC: Friendship</div> <div>7:30pm - MFL: My Fair</div>	<div>26</div>	<div>27</div> <div>7:30pm - CP: Choir Practice</div>	<div>28</div>	<div>29</div>	<div>30</div> <div>8am - CNF: Confirmation</div>