The Messenger

First United Methodist Church Newsletter
446 Camden Avenue, Moorestown, NJ 08057
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Rev. Stephen Donat, Pastor **Rev. HeyYoung Horton, Associate Pastor**
Glenn Rodgers, Director of Music **Karen Murray, Director of Christian Education** **Sue Harris, Parish Nurse**
Brad Kenney, Director of Youth Ministries **Devika Gill, Director of First Light Learning Center**

Join us for Worship - Saturday 5:30 pm, Sunday 8:30 am, 9:30 am, 11:00 am
Visit us on the Web at: www.meetwithGod.com -or- Email us at: church@meetwithGod.com

JULY 2010

SUMMER PREACHING SERIES
June 26/27 - July 24/25
The Prodigal God.....*Finding Your Place at the Table*

Messages will be based on the best selling book by Timothy Keller, a fresh and challenging look at Jesus' great Parable, "The Prodigal Son". One son kept the rules religiously. One son broke them all. One father loved them both beyond anything they could ever imagine. (As with our Lenten series, purchasing Keller's book will add insight to the series, but is not necessary.

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WE WELCOME OUR CONFIRMATION CLASS

First UMC is happy to welcome as members the youth of this year's Confirmation Class, who joined on May 23rd.

Olivia Rose Bewley
Courtney Beatrice Bodine
Emily Rose Cope
Corinne Abigail Finkbinder
Loren Jessica Henry
Kathryn Sheila Hutchins
Christopher William Keppel
Zachery Scott Kincaid
June Young Lee
Jessica Elizabeth Mayo
Michael Musgrove
Jonathan David Schurer
Maxwell Shelley
Jack Henry Uehlein
Kyle Bernard Uehlein
Chloe Joanne Wilson

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CALENDAR OF EVENTS

Jul. 1-3	CreationFest
Jul. 4th	Independence Day
Jul. 5th	**Church office closed**
Jul. 10-17	4 Corners Mission trip
Jul. 14th	Jr./Sr. High Kayaking - 9am - 5pm
Jul.25-Aug.1	ASP Mission trip

FROM THE MISSIONS COMMISSION

With the 2010 Faith Promise weekend once again behind us, we can take a deep breath and offer a prayer of thanks for all of you who generously supported the weekend through your gifts, attendance, planning, and all-around hard work that contributed to a fun and exciting time.

It was especially a real treat to watch the faces of the children in the youngest Sunday School class as the Williamson family talked about their mission work in Ecuador. The kids were enthralled. Each and every Sunday School class visited by either the Williamsons or the Urban Promise team received their missionary visitors with open arms, warm smiles, and lots of questions.

One of the grade school classes specifically asked, "What can we do to help?" And so the journey with our missionary partners continues as we will continually seek to answer that question. Pray for our missionaries, communicate one-on-one with them through emails or letters and cards, read their online blogs or journals, discuss with family or in your Sunday School class what the missionaries are currently doing, or send a simple care package that says "we are thinking of you." When missionaries are closer to home as is the Urban Promise team, you might personally get involved in contributing regularly at their campus or looking to meet a specific need with donations of pencils, paper, crayons, and books - all those little things that bring a smile to the face of a child.

Remember, you can be the answer to the prayers of one of our missionaries. You don't need a passport - just a big heart.

FROM PASTOR STEVE

Please allow me to share a bit of my latest reading…

In his though provoking book The Three Hardest Words in the World to Get Right, (WaterBrook Press, 2006), Christian futurist, professor, and cultural observer Leonard Sweet makes the observation that in the Christian 'metanarrative' (i.e., the 'big story') precedence is given to the future over the past. When we consider God's love story, we realize that it has a 'future face.' We are 'called' into a relationship with God in Christ, and "to be 'called' is to be drawn forward, away from where you are and toward where God wants you to be". The church in the New Testament is named *ecclesia*, which literally means the "called-out" ones.

In this context, Sweet continues, "precedence is given to the future over the past. There is within the Christian faith a "Nostalgia for the future"… we are always moving, and our calling is always moving us into the future."

However, [p. 39] "This 'today we remember tomorrow' faith is not easy, and post-modern culture is not making it any easier. Everything is moving at such warp speed that memory does not have time to settle and embed an identity. People are dazed by change, mazed by choice, dazzled by life's "foundations" being swept away by one cultural tsunami after another. This makes the need for a metanarrative that focuses on the future without leaving the past or present behind all the more pressing. In the words of Yale theologian Miroslave Volf:

> "*My sense is that contemporary culture does not have this notion of a definite future toward which we are headed, but rather an empty concept of perpetual novelty has replaced a stable and morally filled concept of the future…The resultant feeling is like driving a fast-moving car on a highway. Our experience of life is a blur- not stable images, integrated into a larger framework of meaning."*

In such a world, we Christians have been *placed* by God to share the Good News of hope for the future… "Because of the resurrection metanarrative, Christians can look death in the face and live two-faced toward the future: live each day as if it were your last - as if it were complete in itself. At the same time, live each day as if it were your first - as if it were the first step in a brand new journey, a fresh start in your "call" to make history.

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In Psalm 71 we read,
O God, you have taught me from my earliest childhood,
and I constantly tell others about the wonderful things you do.
18 Now that I am old and gray, do not abandon me, O God. Let me proclaim your power to this new generation, your mighty miracles to all who come after me.

God has given to us everything the world is looking for.

In witness together….
Pastor Steve

FROM THE DIRECTOR OF CHRISTIAN EDUCATION

[31]Do to others as you would have them do to you. [32]"If you love those who love you, what credit is that to you? Even 'sinners' love those who love them.
Luke 6:31-32

Recently I was blessed to give a talk on Self-Esteem to our **First Place 4 Health** classes. It was a wonderful experience and I am so happy that I had the chance to share with this group. When I first graduated College I would do public speaking in local Middle & High Schools on various topics including Self-Esteem. The difference though this time was that I could relate it to Christianity and of course, the class was not filled with students dreading the 'guest' speaker but instead with women who are looking to grow in relationship with Christ while exploring a healthy life-style.

As I prepared the 'talk' I was excited to realize something different. Jesus did not talk about topics such as self-esteem, self-confidence or self-respect and according to author and psychologist Jay Adams it can be explained through the above Scripture. Jesus just expected us to Love ourselves just as God does…Unconditionally!

Consider the following interpretation of the Luke scripture.
Lk 6:31 -- The golden rule: Jesus could confidently make this statement because He knew we already loved ourselves; i.e., if hating ourselves was our natural condition (as the "self-esteemers" tell us), then it would make us *happy* to be treated badly (as it would confirm our hateful feelings of ourselves), and Jesus would, thereby, be telling us to treat others with the same contempt and loathing that we desire for ourselves.

Lk 6:32 -- The fact that Jesus refers to "sinners" (i.e., enemies of God) as practicing the, "I'll love you if you love me first," philosophy, the self-esteem teaching that, "You have to love yourself before you are able to love others," must, thereby, also be rejected as being ungodly.

As Christians we may have a bad day or two, or things may happen to us that sometimes make us feel awful but with God as our Father, Jesus as our friend and the Holy Spirit as our guide we should always live knowing that the only way to feel about ourselves is Loved & Beautiful on both the inside & out!

As singer songwriter David Chowder put it in his song *Everything Glorious, "You make everything glorious, Yeah, You make everything glorious and I am Yours, What does that make me?"* I believe that makes me Glorious! PTL!

So when you are feeling down just look in the mirror and remind yourself that God made you and you are Glorious!

Karen Murray

Important Information:

Monday Night Bible Study -
"The Parables of Jesus"
July 12th - Aug. 16th, 7pm
Room F-103

Wednesday Night Bible Study -
"Theories of Atonement"
July 7th - Aug. 18th, 7pm
Room F-103

Vacation Bible School -
Aug. 16th - 20th, 9am -12 noon

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IT'S NEVER TOO LATE . . .

. . . to "go green" (and save your church some money at the same time!). If you would like to receive your monthly issue of the "Messenger" by emailed PDF file rather than by postal service, just let us know. You can email church@meetwithGod.com, or call the church office at 856-235-0450.

REPORT ON THE GREATER NEW JERSEY ANNUAL CONFERENCE
JUNE 3-5, 2010

What an uplifting conference! The theme this year was "Disciples Transforming the World through Presence." Are we praying that God will show up and transform us during worship? Are we taking risks to do God's will and work, expecting that He will show up? Are we more than a church people and pew sitters? Do we really trust that "Greater is He that is in us because He has overcome the world"?

Bishop Devadhar reported that there was a seven percent increase in confessions of faith in 2009. Worship attendance was up by 53%, and United Methodist Women and United Methodist Men memberships have grown, as well. Two important programs were launched: Certified Lay Ministry and the Lay Church-Planting Network.

The bishop encouraged the entire Conference to do the following:

- Develop principled Christian leaders for churches and the world.
- Create new places for new persons and renew existing congregations.
- Engage in ministry to the poor.
- Recruit and develop leaders with a holistic understanding of the Salvation of humanity.
- Form spiritual discipleship groups.

The bishop also encouraged all churches to capture the Wesleyan spirit to reach people by:

- Having a place for everyone.
- Developing prison ministries and supporting families of prisoners.
- Fighting elements in society that degrade humans, abuse them or keep them in poverty.

The Conference approved the following resolutions:

- Churches are to participate in and report on Conference Lay Speaking Ministry or Lay Witness Missions from Aldersgate Renewal Ministries at least once every four years.
- General Board of Global Ministries' contributions, other than to the UMC and UMCOR, will be posted on the website so congregations can see where their money goes.
- Churches' Shared Ministries obligations (apportionments) will be based on the new formula rather than on the number of church members.
- Churches are called to urge the U.S. Congress to adopt comprehensive immigration reform based on humane principles, emphasizing family reunification, protecting children and providing a path to legal residency and citizenship.

Lastly, as a response to Christ's call for unity of believers, the Lutheran Church (ELCA) and the UMC are now in Full Communion. A celebration of this Agreement will be held on October 9 at the two UM churches in East Brunswick. Watch for more information about this.

The entire conference felt more like a three-day revival than a business meeting. I came away thinking that more of our congregation should experience Annual Conference and see what a wonderful, multi-ethnic, multi-talented conference we are. That will become one of my goals for next year when the key speaker will be Michael Slaughter, author of *Change the World: Recovering the Message of Jesus.*

Betsy Heinz
Lay Delegate, GNJAC

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RUMMAGE SALE
September 29th & 30th

We may be in the heat of summer, however fall is fast approaching and with it the Fall Rummage Sale. Please note we are holding the sale a week earlier than usual. We will still be accepting donations the Monday and Tuesday before from 8:30 a.m. to 8:00 p.m. We are looking for items in gentle used or like new condition with good reuse value. These include household items, women's, infant's and children's clothing, books, linens and jewelry. We are unable to accept large pieces of furniture or exercise equipment which require two people to carry. If you have questions please contact Ellen at 778-1579.

LIGHT HARBOR MINISTRY

The residents at Innova Rehab love the piano that Light Harbor Ministry secured for them and are putting it to great use. Caryn Wilson, Innova's activities director, tells us that she has been able to attract more musicians to perform for the residents now that they have a piano. Margie Morgan plays it to accompany the hymns and songs we sing at our monthly worship service at 2:30 on the third Sunday of each month. They love to sing and also to listen to Hazel Edwards play along on her violin. Sometimes after the service, we give each resident a pudding or jello snack and visit with them and help some of them while they are eating.

Every month Hazel and Margie also conduct a sing-along with the residents, where they practice some of the hymns and sing familiar choruses like "The Wise Man and the Foolish Man," "He's Got the Whole World in His Hands," etc. The residents enjoy clapping and hand motions. It gets them moving and raises their energy levels and enthusiasm. Last month Hazel and Margie played several piano/violin duets upon request from the residents and are planning some more. The sing-alongs take place at 10:30 am on the third Wednesday of each month (actually, the second Wednesday in July). If you are interested in singing along or playing along with an instrument, you are more than welcome to join them. The residents will love you for doing it.

Caryn Wilson reports that the buzz from the residents is always about how much they enjoy the monthly service and sing-along that our Light Harbor Ministry conducts. They don't want to miss it. She and her staff tell us that a lot of groups come in to lead services, but that we are the only group that mingles and converses with the residents before and after the service. The residents are hungry for that type of one-on-one interaction. We have some plans to increase the personal attention they receive through Light Harbor. More about that next month!

EARTHLY FARE ORGANIC PRODUCE CO-OP

There's been more of a focus at FUMC on health. It's certainly an important part of my everyday focus with family, the earth and myself. I'd been wanting to eat more organically for health but to also take care of the earth. Commercial farming depletes the earth of its natural resources, while organic farming is sustainable.

So for anyone who knows me, you know what a big gardener I am. But I haven't figured out a way to garden year round in NJ, nor grow the various types of fruits and vegetables I enjoy. It's really hard to find organic produce that looks good and is reasonably priced. I often kept reaching for what was on sale and had been hanging around less in the store, because face it, the organic produce in most supermarkets is not too impressive. When I did buy organic, I felt my choices were more limited.

About nine months ago, I reached out to a local business named Suburban Organics and they helped me coordinate a local co-op. This co-op is named Earthly Fare. It's comprised of various people like myself who are trying to find another way to eat and live wholefully. Co-op members place their orders weekly from a menu of various produce selections. Their order is then delivered to my home (I live three blocks from the church), for them to come pick up on Wednesdays.

One of the most common responses I've heard from our members is that they feel good about eating more healthfully and are more motivated to do so because they have all this produce readily available to eat. If you think you might be interested in learning more about this or trying it out for a week or two, please feel free to contact me via email - keichi@comcast.net, or phone (856) 313-0583. You're also welcome to check out Suburban Organics website and view the weekly menu or see how it works at SuburbanOrganics.net.

Deirdre Keegan

SPOTLIGHT ON SENIORS
Our Featured Senior - Maurice Lindsay Mitchell

Lindsay is named Maurice, after his father, and Lindsay, after his Great-Grandmother, Jeanie Lindsay, who came from Glasgow, Scotland to Cinnaminson.

Lindsay has a Methodist heritage. His Grandparents were pillars in the Bridgeboro Methodist Church (the original Delran Methodist Church). His parents were married in 1924 in the Broadstreet Methodist Church, in Burlington, but worshiped in the Bridgeboro Church. In 1937, the family came to the Moorestown Methodist-Episcopal Church on Main St. (now FUMC). Lindsay was Confirmed in 1942

Lindsay was born on March 20, 1932 at Zurbrugg Hospital in Riverside. His early childhood was on his Grandfather's and Father's farm on Rt. 25 (now Rt. 130) and Creek Road, in Delran. When he was five, his father moved the family to a 100 acre farm on Hartford Rd. (now Summer Hill complex). There, as a young boy, he was given chores of making sure the firewood box in the kitchen was always full, the eggs were collected from the henhouse, and hay was down from the haymow for the horses and cattle.

He was the only boy in his Sunday School class with six girls, one of those girls being Sue Mangeng. Many years later he and Sue had their first date (1949) on a M.Y.F (Methodist Youth Fellowship) Christmas Caroling Hayride.

Lindsay attended the Arronson Bell Elementary School in Delran and Palmyra High School where he enjoyed chemistry, played bass Clarinet in the band and sang in the Chorus.

Following high school he decided not to enter college, but take a year off. He worked until Christmas in the Candy Department at the original Strawbridge & Clothier Store at 9th & Market in Phila. He road the train from Riverside to Camden, took the Ferry across to Phila and walked up to the store. For the rest of that year he worked for a local farmer, planting and harvesting corn and tomatoes that he trucked to Campbell Soup in Camden.

In 1950 he entered the Philadelphia College of Pharmacy, graduating in 1954. He interned at Cooper Hospital until receiving his Pharmacy license.

Shortly after graduation, Lindsay and Sue were married on July 31, 1954 in the Church on Main St. They had an evening wedding, no AC, and temperature 100º. They honeymooned at the Flander's Hotel in Ocean City. The Pastor, who married them, was Rev. L.B."Chic" Hawk who had been their Pastor during their teen years in M.Y.F. They remained good friends with the "Hawks", celebrating their 20th anniversary with them, and each one thereafter, until the "Hawks" deaths.

Their first child, Linda, was born October 3, 1957 and was one of the earliest babies to be baptized in the new Fellowship Hall. Shortly thereafter Lindsay moved the family to Burlington VT where he became a Hospital Pharmacist at the University Hospital. In 1960 they moved back to NJ, living in Willingboro, where their second daughter, Jennifer, was born. In the mid 60's they returned to Vermont for 20 plus years for family vacations. They moved back to Moorestown in 1962 when Lindsay established the first Pharmacy Department at Burlington County Hospital (Virtua). Their daughter, Sharyn was born in 1969. In 1976 he became the Pharmacist at Zurbrugg Memorial Hospital. Lindsay and Sue have five grandchildren and two great-grandchildren. Lindsay has a younger brother, Bruce in Hummelstown, PA. His older sister, Ruth, is deceased. Lindsay and Sue enjoyed camping for 10 years in a small trailer and then a motor home. They traveled up and down the east coast from Prince Edward Isle to the Florida Keys visiting family and friends. His hobby is photography, especially enjoying the flowers at Longwood Gardens and the Winterthur Estate in Delaware.

Lindsay and Sue are our church historians, following in Sue's mother's footsteps.

In his early teens he discovered he could sing, even when he had difficulty speaking. At home, his sister played the piano while he learned to sing the songs of the Church. When he was 14, he joined the senior choir and has been singing ever since. Some sixty five years later, now in his senior years, his favorite verse from one of his favorite hymns is:

When Christ shall come with shout of acclamation
And take me home, what joy shall fill my heart.
Then I shall bow in humble adoration
And there proclaim,
My God, How Great Thou Art

FROM THE PARISH NURSE
C. Diff - The New Epidemic

Scenerio: You've been hospitalized or on antibiotics recently. At home you develop watery, sometimes explosive diarrhea 3 to 15 times a day for two or more days. You experience abdominal cramping and tenderness, have a loss of appetite, weight loss, become dehydrated and run a fever. What's going on?

You could be the victim of the newest epidemic that is sweeping the US and Canada **C-Diff**. Clostridium difficile, often called C. difficile or C. Diff, is a bacterium that can cause symptoms ranging from diarrhea to life-threatening inflammation of the colon. In recent years, C-Diff infections have become more frequent, more severe and more difficult to treat. According to the CDC's (Center for Disease Control) medical epidemiologist, C-Diff sickens about 600,000 Americans every year, and every year the epidemic gets about 10% bigger. Bigger - and more deadly. The death rate is soaring by 35% a year. Pretty scary statistics.

People in good health don't usually get sick from C-Diff. Our intestines contain millions of bacteria, many of which help protect our bodies from infection. But when you take an antibiotic to treat an infection, the drug can destroy some of the normal, helpful bacteria as well as the bacteria causing the illness. Without enough healthy bacteria, C-Diff can quickly grow out of control. Once established, C-Diff can produce toxins that attack the lining of the intestine. The toxins destroy cells and produce patches (plaques) of inflammatory cells and decaying cellular debris inside the colon. Antibiotics that most often lead to C-Diff infections include Levaquin, Cipro, Keflex, Clindamycin, and Penicillin.

Mild C-Diff infections can cause abdominal cramping with mild to moderate diarrhea. Severe disease is another matter, starting with profuse, watery diarrhea and abdominal pain. Patients can have fever, nausea and dehydration. Inflammation of the bowel can occur and if left untreated can lead to bowel perforation or toxic megacolon - a condition in which the colon becomes grossly distended and can rupture. C-Diff infections of this magnitude can quickly progress and cause death.

The majority of C-Diff cases occur in health care settings - where germs spread easily, antibiotic use is common, and people are especially vulnerable to infection. C-Diff is spread through what experts indelicately call “fecal-oral contact”. What this means in plain language is this: someone with C-Diff infection has a bowel movement and doesn't wash their hands properly, or at all. They touch the sink faucets or the over-bed-table in the hospital room. The room does not get adequately cleaned, and you are the next patient in that room. (Or you are visiting someone in that room). You touch the same faucet or table, and then eat a sandwich or cookie. Bingo - you have just **ingested** the C-Diff bacteria, and if your intestinal flora (normal bacteria found in the intestine) has been compromised through antibiotic treatment, you will most likely come down with the disease. C-Diff bacteria have been found on bedrails, bedside tables, toilets, sinks, stethoscopes, thermometers - even telephones and remote controls.

Although C-Diff is caused by antibiotic use, ironically the standard treatment for the disease is **another** antibiotic. Doctors usually prescribe Flagyl for mild to moderate illness and Vancomycin for more severe symptoms. Fortunately, these antibiotics keep C-Diff from growing, which allows normal bacteria to flourish again in the intestine. Probiotics - good bacteria that restore a healthy balance to the intestinal tract - are also helpful in treating C-Diff. About 25% of people who have had C-Diff get sick again, either because the initial infection never went away or because they become reinfected. A second course of antibiotics and probiotics may be necessary to thoroughly knock out the disease.

C-Diff **is** a preventable disease. There are two main means of prevention:

- **WASH YOUR HANDS!!!** Frequent and careful hand washing keeps you from getting C-Diff bacteria on your hands and carrying them to your mouth. Use soap and water when possible since alcohol gels are less effective. Always wash your hands after being in a medical facility of any kind, at the grocery store, church, mall, gym - just about any place where other people have been.
- Use antibiotics **only when absolutely necessary.** Take a wait-and-see attitude with simple ailments. If you do need an antibiotic, ask your doctor to prescribe one that has a narrow range, that you take for the shortest time possible.

If you suspect you have C-Diff, see your doctor as soon as possible since even mild infections can quickly progress to serious disease if not treated promptly.

Stay Well.
Now, go wash your hands!
Sue Harris

STEPHEN MINISTRY

Our Stephen Ministry at First United Methodist is continuing on in ministry to so many who are experiencing a challenging or difficult time in their life. We have many of our care givers engaged in ongoing caring visits and relationships.

What Exactly is Stephen Ministry? It is a ministry in our congregation in which trained and supervised lay persons, called Stephen Ministers, provide one-to-one Christian care to individuals facing various situations in their lives. In our training we cover topics such as ministering to the divorced, hospitalized, bereaved and aging or a crisis situation. Unemployed, relational situations, arriving in a new community, a new mommy who needs a listening, caring friend, discouraged, homebound - a Stephen Minister could be there for you.

Confidentiality is a cornerstone of Stephen Ministry and what a care receiver says to his or her Stephen Minister is kept in strictest confidence.

Stephen Ministers are caring Christian friends who listen, understand, accept and PRAY for and with, care receivers who are working through a crisis or tough time.

We are not counselors; we are trained lay caregivers and our role is to listen and care. We are also trained to recognize when a care receiver's need exceeds what we can provide, when that happens we can help them receive the level of care they really need.

Our Stephen Ministers at First United Methodist are so compassionate and faithful. As we meet once a month to pray and help one another be the best care givers we can be it is very evident that our people are extending the love of Jesus Christ to a hurting world and sharing the ministry and outreach of our church.

Our congregation is a vital connect to people inside our church walls and without, to share this ministry and invite people to contact us. We have men and women available to meet with someone who is hurting. Let them know who we are and what we do, and call or speak with one of our Stephen Ministers to put you in touch with our Referrals coordinator. Or speak with one of our pastors for further information.

In June we enjoyed a wonderful and delicious picnic and it afforded the Stephen Ministers a gathering time to share and listen and care for one another. It was a fun and encouraging time of our monthly meetings.

Please keep our Stephen Minister in your prayers, and also consider the gifts God has given you so that when we have another training class you may become a part of this loving, caring, vital ministry.

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OUR MISSION STATEMENT

First United Methodist Church is a community of faith committed to sharing the love of Jesus Christ with a hurting world through words and actions.

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Amanda Etola Appleton
on June 6th; daughter of
Jeremiah & Jennifer Appleton;
granddaughter of
Jay & Kathy Appleton and
Bruce & Sharon Zollers

Emmeline Amelia Warner
on June 6th; daughter of
Michael & Amelia Warner

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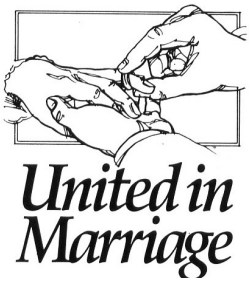
Kristina Gunelson &
Andrew Santoro on May 15th

DeyLynn Holden &
Jonathan Reuther on May 22nd

Kathleen Wright &
Derek Mills on May 30th

Beth McConnell &
Timothy Kalick on June 5th