



# The Messenger

First United Methodist Church Newsletter  
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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](http://www.meetwithGod.com) -or- Email us at: [church@meetwithGod.com](mailto:church@meetwithGod.com)

JANUARY 2013

## JANUARY SERMON SERIES

### Sometimes You Just Have to Talk About Them!

#### JANUARY AT THE MOVIES, PT. 4!

Each weekend in January we'll be looking  
once again for some Spiritual Themes in  
popular or thought provoking films . . .

January 5/6..... *The Descendents\**

*The past catches up to the present.*

January 12/13..... *Thirteen Questions*

*About One Thing (2001)\**

*Voted #1 Spiritually Significant Film All Time! Is anyone really happy?*

January 19/20 .....*The Hunger Games*

*25 Million copies of this book series are in print, read mostly by young people.*

*Want to talk about it with them?*

January 26/27.....*The Intouchables\**

*"Sometimes you have to reach into someone else's world to find what's missing  
in your own." Subtitles. (DVD/ Blu-Ray release date January 15, 2013)*

Language warning for parents! ...

You don't need to watch these films to participate in the discussion.  
Inclusion of any film in this series is not intended to indicate an  
endorsement of its content; films are chosen because of the issues  
they raise, for the purpose of a mature faith based discussion.

First United Methodist Church of Moorestown  
[www.MeetwithGod.com](http://www.MeetwithGod.com)



### GROUNDS FOR GOOD Friday, January 4th

Start off the New Year with an evening of music, refreshments and fellowship at Grounds for Good Coffee House on Friday, January 4 in Fellowship Hall. Lee Whitaker, whose latest album, "The Alabaster Jar" will be released later this year, will perform, and the event will feature an art display, free coffee and tea, and an assortment of homemade treats for sale. Doors open at 7:30, and music will kick off around 8. Admission is free, but donations and proceeds will benefit the Interfaith Hospitality Network.

### 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.*

### CALENDAR OF EVENTS

Jan. 1st	New Year's Day - church office closed
Jan. 2nd	Sing-Along at Mt. Laurel Ctr. - 10:30 am
Jan. 4th	Grounds for Good - 8:00 - 11:00 pm
Jan. 12th	District Day of Learning- 9:00am-3:00pm
Jan. 13th	Confirmation Class begins - 11:00 am
Jan. 14th	Miriam Circle - 7:30 pm
Jan. 16th	Dietician presentation - 7:00 pm
Jan. 17th	Evensong - 7:00 pm
Jan. 18-20	Youth at Keswick
Jan. 19th	Adult Fellowship luncheon - Noon
Jan. 20th	UMM Breakfast - 7:45 am
Jan. 20th	Light Harbor at Mt. Laurel Ctr. - 2:30 pm
Jan. 21st	MLK Day - church office closed



**TUESDAYS WITH GOD**  
A weekly prayer gathering  
of the faithful

Every Tuesday evening at 6:00-6:45PM, there will be a weekly gathering for prayers in the chapel. If you need someone to pray with, if you would like to improve your prayer life, or if you desire to pray for others, this is the place to come. Pastor HeyYoung will lead this time of prayer.

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**ADULT FELLOWSHIP**

Everyone's invited to join us for a special luncheon and lots of fun and fellowship on Saturday January 19, 2013 at 12:00 PM in the Fellowship Hall. We'll supply the warm soup, and you bring the extras, and also some funny story about yourself (Reader's Digest jokes are ok too.)

Give Nan or Bob Scheyhing a call at 609-518-7993, or Marty Hall at 609-877-1340, or Sue Adams at 856-222-8520 and let them know what you can bring (sandwiches, salads, or desserts.) Don't forget some silly story, and **Note** this is a lunch and not the normal covered dish supper.

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**FROM THE**  
**UNITED METHODIST WOMEN**

**Thank you** to all - groups and individuals - who contributed to the **Fall/Holiday Project** for the Camden Neighborhood Center. We gifted them \$3000.00, which can be used to support the salary of a teacher for the afternoon/evening program for teens; good food, homework help, Bible Study and good fellowship will be offered.

**Miriam Circle's** first meeting of the New Year will be Monday Jan. 14th at 7:30 p.m. in the parlor. Ethel Thawley will lead us in devotions. Fay Ferris & Barbara Dapper will be our hostesses. Our speaker will be Sue Harris. Ladies, please join us for an evening of Christian Fellowship.

**LIGHT HARBOR**  
**MINISTRY**

Thanks to our church family, Salvation Army, Kate's Place, CHUM, and Trailblazers we were able to bring some joy to the residents at the Mt. Laurel Center this Christmas. Every resident received a Christmas bag and homemade Christmas card. This year we reached out to the Korean residents at this facility with a special Christmas card message written in Korean by Pastor HeyYoung.

Some of our church family selected names from our red stocking to purchase a special Christmas gift for a resident with little or no family. All 31 residents received a special gift. Thank you for your generosity.

I would like to thank all the volunteers who assisted in the church services and Sing-Alongs each month, made special visits to residents, and the Trailblazer, CHUM, and Kate's Place who made special cards for the Mt. Laurel Center. What a wonderful year for Light Harbor Ministry, all of you blessed this ministry with your time, prayers, and gifts.

As we start the New Year remember every day is a gift from God. Rejoice! Give thanks for God is good all the time.

Linda Wanagas

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A "MITTEN TREE"  
THANK YOU



Many thanks to all of you who contributed mittens, gloves, hats & scarves to our Mitten Tree. (And a special thank you to those of you who lovingly knit all year long so that you can donate so many items!) Thanks to your very generous donations, we were able to deliver 447 mitten tree items to Emergency Services of Burlington County. They were very grateful to receive them, as they were already running short of hats & scarves to distribute. What you have given from your caring hearts has made Christmas brighter and the winter warmer for many struggling families in our communities.



FROM THE DIRECTOR  
OF CHRISTIAN EDUCATION

*“Therefore, if anyone is in Christ,  
the new creation has come;  
The old has gone, the new is here!”  
2 Corinthians 5:17*

I wish you many blessings this New Year and I truly pray that each of you will reach for a deeper and stronger relationship with our Lord. Jesus' birth, death and resurrection are REAL reasons to celebrate. Consider making 2013 a year to remember by deepening your relationship with the God of the Universe. Consider including in your New Year's Resolutions a promise to get involved in a new Bible Study or Sunday School Class. Perhaps join a Small Group at Lent or even volunteer for a Committee. I know we are all “busy” but we are never too busy to celebrate the joy of having an intimate relationship with Christ so CELEBRATE and enjoy 2013!

~Grace & Peace,  
Karen Murray, DCE  
856-222-1120  
education@meetwithGod.com

**Education Department Information**

**Sunday School** is offered for all ages during our 9:30 & 11:00 Worship hours. All are welcome!

**CONFIRMATION CLASS** to begin on January 13th. The Confirmation Class meetings are held on Sunday mornings & Tuesday Evenings. For a detailed Calendar visit the church's website at [www.meetwithGod.com](http://www.meetwithGod.com). If you are interested in being part of this year's class please contact Karen Murray, DCE.

**Thursday Afternoon Youth Group** to resume on January 10th. This program is offered to all children ages 5 years old through 6th grade. Young Followers (5 years old through 1st grade) meet for dinner at 4:30 in Fellowship Hall while the CHUM (grades 2&3) and CTB (grades 4th -6th) meet for choir. At 5:15 the Young Followers go to choir and the CHUM and CTB's come to Fellowship Hall for dinner. At 5:45 all three groups go to their classrooms for Fun & Fellowship. If you are interested in participating or volunteering, please contact Karen Murray, DCE.

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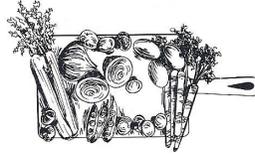
**Baptisms:**



Riley Kathleen Miller Daglian on December 9, 2012;  
daughter of Glenn Miller, Jr. & Heather Daglian.  
Granddaughter of Bob & Kris Daglian; Great-  
Granddaughter of John & Shirland Daglian

Tessa Grace Kalick on December 9, 2012; daughter of  
Timothy & Beth Kalick. Granddaughter of Rick &  
Madeline McConnell

TASTE  
AND SEE



*Sharing healthy recipes as we minister to  
the "whole person"*

**Sweet Potato & Black Bean Chili**

Prep Time: 25 minutes    Cooking Time: 15 minutes

**Ingredients**

- |   |                                     |
|---|-------------------------------------|
| 1 Tbsp. plus 2 tsp. extra-virgin olive oil    | 1/4 tsp. salt                       |
| 1 medium-large sweet potato, peeled and diced | 2 1/2 cups water                    |
| 1 large onion, diced                          | 2 15-ounce cans black beans, rinsed |
| 4 cloves garlic, minced                       | 1 14-ounce can diced tomatoes       |
| 2 Tbsp. chili powder                          | 4 tsp. lime juice                   |
| 4 tsp. ground cumin                           | 1/2 cup chopped fresh cilantro      |
| 1/2 tsp. ground chipotle chile                |                                     |

**Cooking Instructions**

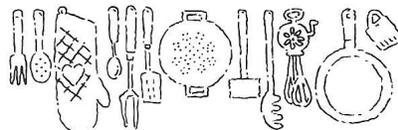
Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

<b>Nutritional Analysis</b>	<b>Per serving</b>
Calories	319
Total Fat	8 g
Saturated Fat	1 g
Monounsaturated Fat	5 g
Sodium	518 mg
Carbohydrates	54 g
Fiber	15 g
Protein	12 g
Calcium	-
Potassium	1036 mg

Recipe from The American Heart Assoc., [www.heart.org](http://www.heart.org)

*Taste and see that the Lord is good; blessed  
are those who take refuge in him.*

*Psalm 34:8*





**FROM THE PARISH NURSE**  
**Eat, Drink and Be Healthy!**

Here we are once again at the beginning of a fresh New Year! Time to make some resolutions - and actually *try to stick with them this year!* Most of the resolutions that I hear others making, and those that I make myself, usually have to do with taking better care of ourselves health-wise such as eating a healthier diet and exercising more. We all know that this is what *we should do*...it's just so hard to carry through sometimes. If only we could have a little help with it all...

This past week, I read a very interesting article about eating to prevent cancer. I would like to highlight some of the information that I gleaned from it:

We've known for years that healthy weight, diet and exercise can help us keep our hearts healthy and even our diabetes in check, but cancer seemed to be a disease over which we had little control. Emerging science though is telling us that weight, diet and exercise play a crucial role in protecting us against cancer too. There *are* lifestyle changes that we have the power to make that will improve our odds against this disease. Research has found that about *a third of all cancers could be prevented* if people would maintain a healthy weight, eat a plant-based diet and be physically active. The American Institute for Cancer Research (AICR) states that more than 100,000 cases of cancer a year could be prevented in the U.S. if people maintained a healthy weight. Massive evidence shows that clearly, weight is key to lowering your risk of cancer. But now researchers say the foods you eat can also help reduce that risk.

Now, as most of you probably know, red meat has been linked to an increased risk of colon cancer, but I learned that pork is not "the other white meat" - it counts as red meat along with lamb. Research shows that components of the meat itself seem to be related to cancer. The trigger may be the carcinogens formed when meat is pan-fried or cooked over an open flame - especially when it's charred. The cancer risk could also be tied to the naturally high iron content of red meat or the high concentration of nitrates, added to processed meats as a preservative, found in hot dogs, bacon and luncheon meat. To lower your cancer risk AICR recommends no more than 18 ounces of cooked red meat a week - for example, a hamburger, a small steak and two pork chops. Garbanzo and kidney beans, as well as dried peas such as lentils can be substituted as healthy sources of protein. (Say good-bye to hotdogs and Reuben sandwiches!)

In the prevention of cancer we clearly find that "fruits, vegetables and fiber are our friends". There is good

evidence for the benefits of a few nutrients in fruits and veggies, such as lycopene - found in tomatoes, pink grapefruit, cabbage and beets. It seems to help protect against prostate cancer. The AICR also recommends "cruciferous" vegetables such as broccoli and brussel sprouts, which are packed with vitamins, minerals and antioxidants to protect against certain mouth, neck, lung and stomach cancers. Red-orange fruits and veggies such as cantaloupe and sweet potatoes provide protection against mouth cancers. And lest we forget fiber - especially from whole grains - which seems to have a protective effect against gastro-intestinal cancers.

Most experts agree that the best way to get the nutrients that fight against cancer is *through actual food sources*. High levels of vitamins in pill form can sometimes *increase* cancer risk rather than reduce it. For example, while beta-carotene - found in carrots and sweet potatoes - is thought to help protect against cancer, two studies unexpectedly linked high doses of beta-carotene supplements given to smokers, to an *increased risk of lung cancer*. Another study found high doses of vitamin E supplements actually *increased the risk of prostate cancer*. So always let your doctor know of any supplements that you take.

Now, I know that there are always studies and news items that say we should eat this and stay away from that and it all gets very confusing. For this very reason, I have invited a special speaker to come talk with our congregation about eating well and improving our health. **Lynne Nugent is a Registered Dietician with Nutrition and Weight Consultants of South Jersey**, who will be presenting a program on **Wednesday, January 16<sup>th</sup> at 7pm in the Heritage Room**. This first presentation will be about foods appropriate for diabetics. The diabetic diet, however can be followed by most folks who want to eat more nutritiously and possibly shed a few pounds. She will allow time for questions at the end of the program, and if there is enough interest on another food/diet topic, I can certainly see if she would speak to us again in the near future. Or, if you are seeking the advice of a Registered Dietician, Lynne provides counseling at her office.

So get a jump-start in the New Year and learn a few tips about eating well and living healthy. Have a blessed 2013 filled with health and happiness. Hope to see you on the 16<sup>th</sup>.

Sue Harris