



# The Messenger

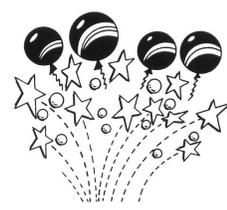
First United Methodist Church Newsletter  
446 Camden Avenue, Moorestown, NJ 08057  
856-235-0450

Rev. Stephen Donat, Pastor  
Glenn Rodgers, Director of Music  
Kathy Clawges, Director of Youth  
Devika Gill, Director of First Light Learning Center

Rev. HeyYoung Horton, Associate Pastor  
Karen Murray, Director of Christian Education  
Bonnee Noyes-Bongiorno Parish Nurse

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)

JUNE 2014



**FAMILY FUN DAY**  
Sunday, June 8th  
12:30 - 3:30

**Come join us  
for the fun!**  
(See pg. 3 for more details)

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## A REMINDER FROM STAFF PARISH RELATIONS

Many of you have been asking how we will be celebrating Pastor Steve's and Dianna's time with us here at FUMC. It is Pastor Steve's wish not to have a separate event but to spend some time together in a more relaxed environment. June 8th is the date set aside for Family Fun Day and this will be the type of casual setting where people may spend a little time fellowshiping with each other - including Pastor Steve and Dianna.

What about a gift? Personal notes or cards are welcome but please do not purchase a gift. Instead, it would honor Pastor Steve and be a blessing to all if a contribution in lieu of a personal gift were made to the mortgage fund. If you would like to make such a gift, please make sure it is memoed as being in honor of Pastor Steve or in honor of the Donats.

Pastor Steve's last day to preach at FUMC will be on June 15th which is Father's Day. This will be a single service at 10:00 a.m. where we may all come together. The close of the service will truly be the close with no additional activities to follow. Please plan to attend.

Yours in Service  
Jan Masters, SPRC Chairperson

## GRADUATING FROM HIGH SCHOOL OR COLLEGE?

Each year our church honors the achievement of those in our congregation who are graduating from High School and College. If you have a name you want listed, call the church office, 235-0450 or email [joan@meetwithGod.com](mailto:joan@meetwithGod.com) with the student's name, high school or college they are graduating from, and their degree. Names will be printed in our bulletin on Youth Weekend, June 7/8. Please submit names no later than Wednesday, June 4th. Thank you and congratulations to all the 2014 Graduates!

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## CALENDAR OF EVENTS

- Jun. 1st Last day of Sunday School
- Jun. 4th Sing-Along at Mt. Laurel Ctr. - 10:30 am
- Jun. 5th Acolyte Picnic at Haegele's - 5 - 7 pm
- Jun. 5th Combined Choir rehearsal - 7:30 pm
- Jun. 6th Grounds for Good - 8:00 - 11:00 pm
- Jun. 7th Youth Car Wash - 9:00 am - 3:00 pm
- Jun. 7-8 Youth Weekend - all services
- Jun. 8th Music Ministry Sunday
- Jun. 8th Family Fun Day - 12:30 - 3:30 pm
- Jun. 9th Chick-fil-A Fundraiser - 5:00 - 8:30 pm
- Jun. 10th Church Council - 7:00 pm
- Jun. 12th Choir Banquet - 6:30 pm
- Jun. 15th Pastor Steve's last day - 1 service - 10 am
- Jun. 15th Light Harbor - 2:30 pm
- Jun. 17th The Serving Plate - 5:00 pm
- Jun. 18th Internat'l Women's Friendship Grp-10am
- Jun. 18th GIGGLES - 6:30 - 7:30 pm
- Jun. 18th CPR/AED training class - 6:30 pm
- Jun. 24th Crafts for Good - 7:00 - 8:30 pm
- Jun. 30th Lifeline Screening - 9:00 am - 5:00 pm



**SPECIAL MESSAGE FROM  
THE PASTORAL  
TRANSITION TEAM**

Please be aware of the following information:

1. As of the effective date of a new appointment, a pastor shall immediately cease all pastoral counseling and pastoral visitation with members or member families in the previous appointment. Since appointments are generally announced at least several weeks in advance, each pastor has adequate time in which to affect closure and make appropriate referral to another for the pastoral care of members.
2. Pastors shall have a clear understanding with former congregations that they will not return to officiate at baptisms, weddings, and funerals, or do pastoral counseling or pastoral visitation in that parish. Pastors, active or retired, shall respectfully decline to participate in such duties when invited by members of a former congregation. Declining all such invitations is the responsibility of the previous pastor.
3. The District Superintendent must be consulted by the previous pastor in advance of any return for pastoral functions. Such visits to former churches shall require the advance approval of the District Superintendent. The present pastor should never be under any pressure to invite the previous pastor. Pressure to involve the previous pastors should not be generated by either the congregation or the previous pastor.

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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.*



**GROUNDS FOR GOOD  
Friday, June 6th**

Join us on Friday, June 6 for the very last Grounds for Good Coffee House of the season. The Coffee House is pleased to feature live music by Spirit Driven, free coffee and tea, an art exhibit and homemade baked goods for sale. Admission is always free, but proceeds and donations will benefit Options for Women. Doors will open at 7:30, and the music will kick off around 8. See you there!

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**CPR COURSE AND  
AED TRAINING CLASS**

There will be a CPR certification and AED training class for all church ushers and church staff on Wednesday, June 18th at 6:30 p.m. in Fellowship Hall. Please RSVP to the church office, 856-235-0450, so we can make sure enough class materials are available. If you have any questions, please call Bonnee Noyes-Bongiorno, Parish Nurse, at 856-235-0343.

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**A NOTE ABOUT  
CHURCH EMAILS**

First UMC recently made a change in email providers, and we are hoping that our email system will now be more stable and reliable. However, this change has meant that we also needed to change how our mass emailing (Church News, Prayer Chain, Messenger) is handled. All postings to these lists can now **only** be done through the church office - church members can no longer send emails to these lists on their own. If you have a prayer request or church news message that you would like to have sent out to to one of these email lists, please contact Karen ([church@meetwithGod.com](mailto:church@meetwithGod.com)) or Joan ([joan@meetwithGod.com](mailto:joan@meetwithGod.com)), or call them at 856-235-0450.

If you are not on the list to receive any of these emails and would like to be, just let us know by emailing [church@meetwithGod.com](mailto:church@meetwithGod.com).



FROM THE DIRECTOR OF CHRISTIAN EDUCATION

**Christian Education Summer Program Offerings**

**Vacation Bible School**

**“Athens - Paul's Dangerous Journey to Share the Truth”**

(Day 9am-12pm) Aug. 18<sup>th</sup> - 22<sup>nd</sup>; (Evening 5:45-8pm) Aug. 24<sup>th</sup> - 28<sup>th</sup>

Ages 3 through 5<sup>th</sup> grade.

Teachers, Assistants & Helpers NEEDED

Registration Forms are available in the Narthex or  
online at [www.meetwithGod.com](http://www.meetwithGod.com)

**Summer Sunday School**

July 6<sup>th</sup> - August 17<sup>th</sup>

9:30 Only

Preschool Group = 4 yrs. old through Kindergarten

Early Elementary = 1<sup>st</sup> & 2<sup>nd</sup> Grade

All other children are encouraged to attend Worship with their families.

\*Children's Bulletins & Coloring Pages are available in the Narthex

Adult Classes at 9:30 & 11:00

\*Nursery Care provided for Children up to age 4 during all Worship Services.\*

**SPECIAL EVENT**

**JUNE 8th Annual Family Fun DAY 12:30 - 3:30**

1<sup>st</sup> United Methodist Church

(Courtyard & Parking Lot)

446 Camden Ave.

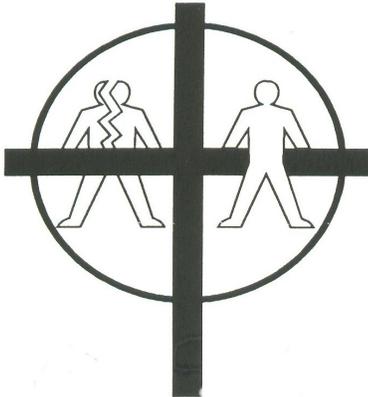
Moorestown, NJ 08057

(in Fellowship Hall if raining)

**THIS will be YOUR opportunity to bid Pastor Steve and Dianna farewell before they leave Moorestown and head to Ocean City. Make sure you stop by to show them some love.**

**Bring your family & friends. Games, Prizes, A Huge Slide & Moon Bounce!  
Hot Dogs & Ice Cream *All Free!***

*For more information on the Christian Education Dept.  
Please contact, Karen Murray, DCE at 856-222-1120*



**THE STEPHEN MINISTRY SYMBOL**

The symbol for Stephen Ministry is a cross and circle along with a broken person and a whole person. The broken person behind the cross symbolizes the brokenness in our lives due to our sin and imperfections. The whole person in front of the cross symbolizes the wholeness we can only receive through the cross of Jesus. The circle symbolizes both the wholeness we receive through Christ and God's unending love for us.

If you or someone you know could use a Stephen Minister, please call the church office, 235-0450 or contact one of our Stephen Ministers.

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**LIFELINE SCREENING  
Monday, June 30th**

First United Methodist Church of Moorestown is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on June 30th in Fellowship Hall from 9:00 a.m. - 5:00 p.m.

Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners).**

**Weddings:**

Grace Auyeung &  
Jonathan Walsh on  
May 4, 2014



**Baptisms:**

Ethan Christopher Huelbig  
on May 18, 2014; son of  
Jonathan & Christina Huelbig

Nola Jane Warner  
on May 18, 2014; daughter of  
Brian & Beth Warner



**Deaths:**

Barrie Young  
on April 24, 2014

## SPOTLIGHT ON SENIORS

### Our Featured Senior - Claire Mildred King Regn

For anyone having become a member of one church thru Baptism, Confirmation, Sunday School, Bible School, Youth Groups, and perhaps a Marriage ceremony, that church will always be their "Home" church no matter how far and wide they might travel. Pastors may change, people will be new to them, but it will still be their "Home" church. This is the feeling Claire Regn has for FUMC. It is the reason she journeys from Leisuretown to Moorestown to attend services (no ten minute drive).

Claire was born in the Frankford section of Phila. The family moved from Phila. to Moorestown when she was 4 years old. She had one brother, William, now deceased. Her father worked in gas stations in Phila; then for the Atlantic Refining Co. in New Jersey. Like most families during the Depression money was scarce. Salaries at gas stations were low.

Their move to Moorestown started their life within FUMC. The children attended and graduated from the Moorestown School system. Claire was active in sports - tennis, field hockey, and basketball. Living in Moorestown where there is a Community House was very helpful for girls' sports. This was an era of a lack of equal time in the MHS gym for girls. The Community House filled this void plus added swimming to their schedule. (Now the MHS has separate gyms; one for the boys and one for the girls.) Her love of sports earned her the nickname of "Newt" after Newt Rockne, a well known football player. She had other interests too; English being her favorite subject and music playing the piano and cello. Following graduation, Claire thought she should take some additional courses to make getting a job easier. She attended Camden Commercial to improve her typing skills. Her parents were originally from Baltimore and decided to move the family back there. Her father was able to get a job at the Baltimore Shipyard and Claire found a job in an Insurance Co.

George Regn was as student at MHS at the same time as Claire. He was into motorcycles, hung around the gas station and belonged to a motorcycle club. One of their first dates was a ride on his motorcycle. After Claire moved to Baltimore, he continued to date her. They decided to get married on one of those dates by eloping to N.E. Maryland and were married by a Methodist minister. Her mother suspected that this was their plan and repainted Claire's bedroom to ready it for the bride

and groom. (Could it be that Claire left the house in a pretty dress?) There was no honeymoon as George worked in his father's repair shop as a mechanic and had to get back to work.

George went into the Air Force Cadet Corps and was trained as a navigator; Claire volunteered in the Nurse Cadet Corps. Their careers took them all over the world. They had 4 children; the first was George, the second child was born in Japan and died within 4 hrs of birth (RH factor). She is buried in Japan. While in Japan they adopted an 8 month old little girl, Sandra. Karen, their youngest, was given a blood transfusion immediately after birth due to the RH factor, a situation where the mother's blood and the baby's blood are not compatible. George was a 28 year career soldier. Claire went on to become a registered nurse; aided the Red Cross; was a visiting nurse, a school nurse, and worked in the OR at West Jersey Hospital. She has a Master's degree in Health Education from Trenton State and a certificate to do social work. She had been on a Child Study Team for 23 years. (Quite a remarkable woman!!!)

George, following his discharge, bought a 38 acre farm on Burr's Road and grew hay along with having a vegetable garden. Karen was always interested in horses and the 4H Club so he thought hay would be a good choice. George passed out one day in the hallway of their Leisuretown home. He regained consciousness and was seen by his doctor. The doctor advised him to have a stress test which he refused to do. Later in the month, he was traveling on Rte. 70, passed out, hit a pole and was taken to the hospital. This time he did not regain consciousness and remained in a coma. The doctors told the family that he was brain dead. Claire and the children were eventually asked to make the most difficult decision any family has to make. The Regns had been married for 63 years when George died. Karen is a veterinary technician, still interested in 4H clubs, and continues to run the farm. Claire enjoys quilting. She used to enjoy gardening and playing golf but her advanced age made it unwise to continue. Her favorite vacation spots were Atlantic City and going back to visit relatives in Maryland.

Many can relate to the feelings of having a "Home" church. Claire has attended many churches around the world and passes many on the way to FUMC, but she is at home in her "Home" church, FUMC.



## **NURSE NOTES**

Today's topic concerns skin cancer. We are finally free from a record breaking cold and snowy winter. The sun is shining and the school year is almost over! Time to enjoy the outdoors and favorite summer activities that have been on hold for so long.

I grew up in a beach town in Connecticut. My summers were spent almost entirely in the water. I enjoyed swimming, waterskiing, and sailing on our small Sunfish sailboat. When I was a teenager I was a lifeguard. It was not uncommon to have a golden tan back in the day. In fact, it was considered a sign of good health because it meant you were active and spent your time outdoors.

Soaking in all that sun caused a lot of damage. Peeling noses, sunburned shoulders and yes, some blisters too. Now that I am an adult, I know the dangers of too much sun. I wish my skin had been better protected all those years ago. My father developed several malignant melanomas. He needed major reconstructive surgery, with lymph node biopsies, on the sole of his foot for a tiny freckle that turned out to be serious. So, I make sure I see the dermatologist often.

So what is skin cancer? Basically it is a growth of abnormal skin cells that develop on the skin after exposure to harmful sun rays. There are three types of skin cancers:

Basal Cell Skin Cancer appears as a pearly waxy bump or can be flat and flesh colored or brown. Most often it will appear on the surface of the neck, or face.

Squamous Cell Skin Cancer is often seen on the face, ears and hands. It looks like a firm red nodule, or a flat scaly crusted lesion.

Melanoma is the most deadly skin cancer because it will often metastasize to other parts of the body and can be fatal. Melanoma begins in the melanocytes, (pigment cells) and can develop anywhere on the body, in sun exposed areas, or in normal skin. Many times melanoma develops in a mole that changes appearance in color, size, or feel over time, or in a mole that bleeds. Melanoma usually has an irregular border. It is usually a large brownish spot with areas of darker speckles of other colors.

Who is at greater risk for developing sun cancer? Those who live in sunny climates, those with fair complexions, a history of sunburns, one or more blistering sunburns as a child or teenager are at increased risk of developing melanomas. It used to be that melanomas were typically seen in older adults. Unfortunately, melanomas are on the rise and even teens and children have developed this deadly skin cancer.

There is a popular trend among teenagers to look tan and attractive by using tanning beds and tanning lamps. Unfortunately, a tan is the body's response to excessive UV radiation. Tanning beds are not safe and should be avoided. A safer tanning alternative would be spray tans or the use of self tanners that come in a bottle. Some people have a number of moles on their bodies that need to be checked frequently for changes. Others may have been told that they have precancerous skin lesions called Actinic Keratoses that look like rough scaly brownish pink patches on the skin. These skin changes may lead to melanoma over time. A family history of melanoma or a personal history of melanoma requires frequent visits to the dermatologist to monitor the entire body for changes. Those with weakened immune systems may be at greater risk of developing melanoma.

*continued on next page*

**Nurse Notes, *continued***

How can we prevent skin cancer? First of all, I urge everyone to see a dermatologist for a full body check. The doctor will develop a baseline assessment of your skin and note any and all moles, freckles, bumps, and birthmarks. The doctor will take measurements for later comparisons. The doctor may advise removal of a suspicious area and send the growth to a laboratory for biopsy. Your dermatologist will examine all sun exposed areas that may be difficult to see, such as lesions on the scalp. But, the rest of the body will be examined. Often with magnification.

Get in the practice of examining your own skin. Assist other family members by looking at hard to see areas such as the back. Educate teens on the dangers of tanning beds. It is not true that those with dark skin won't develop malignant Melanoma. Anyone can develop skin cancer regardless of complexion. Avoid sun in the middle of the day, during the hours of 10 AM to 4 PM. Use a Broad Spectrum SPF, and reapply generously at least every 2 hours. Apply after swimming, or when perspiring during golf or tennis, etc. Apply sunscreen when going outdoors and driving in the car. Don't forget to apply lip protection with SPF, reapply frequently. Wear protective sunglasses to prevent ocular melanoma. Talk to your doctor about prescription medications. Some drugs such as antibiotics may increase the skin's sensitivity to sunlight.

For those of you who need added protection, I highly recommend UV sun protective clothing. My dad wears Solumbra clothing when he plays golf. It is comfortable and light weight, with built in ventilation, and it wicks moisture and perspiration. Solumbra clothing is easy to clean, just launder and line dry. The fabric retains SPF through 500 washings. It protects the skin from the sun's dangerous UV rays and provides 100% SPF UVA and UVB protection. For those with a history of melanoma, it allows them to live a normal and active life outdoors, (gardening, running, etc.) even during peak hours. I know there are other brands that may be just as effective, so look around.

I will be ordering Solumbra for myself this summer. I keep a stash of sunblock in the powder room, in all the beach bags, and in my car. I constantly remind the kids, to reapply sunblock! They think I am a nag, but I do have a daughter who is a redhead and at high risk for skin cancer! It is not enough to apply once, the biggest problem with sunscreens is forgetting to reapply!

Enjoy a safe and happy summer!

Blessings,  
Bonnee Noyes-Bongiorno



**“You make the gateways  
of the morning and the evening  
shout for joy.”**

Psalm 65:8