



The Messenger

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

Rev. Richard Nichols, 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 -or- Email us at: church@meetwithGod.com

SEPTEMBER 2014

FROM THE OUTREACH COMMITTEE

Food Donations Urgently Needed - Thank you to those who donate food to our food pantry. The food banks in town are in desperate need of food and we are asking our congregation to help. We average over 400 people attending each week between all 4 services. If every person brought just one canned good or other non-perishable food item, the pantry would be overflowing.

Through our **pet ministry**, we are supporting the Burlington County Animal Shelter. The Shelter's wish list includes antibacterial hand soap/hand sanitizer, bleach, brooms, scrub brushes, fabric softener, high efficiency laundry detergent, paper towels, pillow cases, wash rags, towels, blankets, sheets, pocket tissue packs, plug-in air fresheners, leashes, non-clumping cat litter, dry and canned dog and cat food, dog treats, stainless steel dog and cat bowls, and plastic or rubber dog and cat toys. A bin for your donations is located in the lobby of the education wing near the elevator. All contributions will be much appreciated. Questions? Call Margie Morgan at 856-764-1247.



MARTHA'S HANDS IS READY TO HELP!

Martha's Hands is a group of both women and men who enjoy helping members of our congregation and sometimes others in times of family crisis by cooking and delivering a warm meal. This could include returning from the hospital, rehab, chemotherapy or even a new baby. If you could use help we're waiting to hear from you. We offer this service as a way of serving God. Contact Willene Elliott, 856-727-9643 or irvelliot@comcast.net (note only one "t" in the email address).

SUNDAY MORNING PROGRAMS

Beginning Sept. 7th

9:30

Sunday School for Children 2 years old through Adults
2 years old - Rm. E102 3 years old - Rm. E103
4 years old - Rm. E104 Kindergarten - Rm. E201
1st Grade - Rm. E202 2nd Grade - Rm. F104
3rd Grade - Rm. F105 4th Grade - Rm. E204
5th Grade - Rm. E203 6th grade - Comm. Rm.
7th & 8th Grade - Rm. F05 9th-12th - Rm. F102

Adult Class - Heritage Room

11:00

Kindergarten thru 5th grade - Rm. F105
6th-8th Grade - Rm. F05
9th-12th grade - Rm. F09
Adult Bible Study - Heritage Room
Sermon Discussion Group - Rm. E203

CALENDAR OF EVENTS

Sept. 1st Labor Day - Church office closed
Sept. 3rd Sing-Along at Mt. Laurel Ctr. - 10:30 am
Sept. 4th Adult Choir begins - 8:00 pm
Sept. 7th Sunday School session begins-9:30 & 11
Sept. 7th Adult Handbells begins - 12:15 pm
Sept. 7th Jr./Sr. High UMYF begins - 7:00 pm
Sept. 8th Miriam Circle - 7:30 pm
Sept. 9th Church Council - 7:00 pm
Sept. 10th DivorceCare & DC4K begin - 6:30 pm
Sept. 10th Single & Parenting begins - 6:30 pm
Sept. 11th Childrens' Choirs/Youth groups begin
Sept. 14th Youth Handbells & Chimers begin
Sept. 16th The Serving Plate - 5:00 pm
Sept. 17th Internat'l Women's Friendship Grp-10am
Sept. 20-21 Christian Education Weekend-all services
Sept. 20th Adult Fellowship - 6:00 pm
Sept. 26-28 Jr. High Breakaway trip
Sept. 30th Crafts for Good - 7:00-8:30 pm



FROM
PASTOR RICHARD



This is a day of new beginnings, time to remember and move on... these are the words of one of the hymns in our United Methodist hymnal that express an important understanding of our Christian faith. God is a God of new beginnings, who meets us where we are and inspires and challenges us to move forward into new possibilities for service and ministry.

As we approach the fall season of the year, we prepare for changes and new beginnings. School starts once again, the full Sunday School class schedule resumes, and church activities are in full swing. I hope you will be an active participant in many opportunities for worship, spiritual growth and ministry. This is also an excellent time to recommit to the disciplines of personal devotional time with the Lord and to renew one's commitment to Christian witness and service.

Just as the seasons change, God gives us opportunities to begin again; to experience the forgiveness for what is past and to discover anew the freshness of God's grace. Let this be a time of new beginning for you as you seek to give yourself to the ministry of Jesus Christ and follow where the Spirit leads.

Christ is alive and goes before us to show and share what love can do. This is a day of new beginnings; our God is making all things new. (vs.4-This is a Day of New Beginnings)

Pastor Richard Nichols



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.

Wow, where did our summer go? Just when we thought we could catch our breath and enjoy some quiet time, we are back into our fall routines - school, church activities, sports, and so much more.

I was reading an article that talked about busyness as **not** being a spiritual gift. Of course, we know that, but it is easy to get into that busyness routine that makes September feel like the beginning of a new year. How do we choose what to do, and what not to do? I hope this will help you, as it is **slowly** helping me.

From the article "**How to Stop Being Too Busy**", I am encouraged to "*stop trying to do what God doesn't expect me to do.*" Praying for the wisdom we need to discern which activities God is truly calling us to focus on, and which ones we can let go of without feeling guilty, just makes sense (I am praying to remember this one!).

Set priorities in our life - ask God to guide us to figure out what is most important, then establish daily goals.

Take some quiet time to be with God each day, with prayer, reading, and listening.

Jesus was never too busy - so much to learn from this statement. Psalm 37:5 - *Commit your way to the Lord; trust in Him, and He will act.* Psalm 46:10 - *Be still, and know that I am God.* Romans 12:2 - *Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.* Matthew 11:28 - *Come to me, all you who are weary and burdened, and I will give you rest.*

I hope you all had a summer filled with good things that left you with many joyful memories. Prayerfully, as we begin this busy autumn season, we'll take some time to allow Jesus to give us rest.

God bless you,
Kathy Appleton
Associate Lay Leader



FROM THE DIRECTOR OF CHRISTIAN EDUCATION

*“For we are God's masterpiece. He has created us anew in Christ Jesus,
so we can do the good things he planned for us long ago.”*
Ephesians 2:10 (NLT)

Have you ever considered yourself a *masterpiece*? Aren't masterpieces considered “one of a kind” or as the dictionary describes “a work done with master skill”? If that's the case then, YES, it's true

You are a Masterpiece.

The Bible tells us that we were created in the image of God (Genesis 1:27) and continues with “God saw that what he created was good.” (Genesis 1:31) So why, do you think, it is so hard for us to see ourselves as less than God's masterpiece? I believe it's because of all the unrealistic expectations we place on ourselves; expectations to be the best student, the best athlete, the best boss, the best employee, parent, spouse...etc. You get the point. Unfortunately, we live in a broken world with broken ideas of what really matters and what makes a person special.

The truth is we are already special, we are already equipped to go and be the best that is if we trust in Jesus. God has done his handiwork and all we need to do is recognize that once we were broken but through the blood of Christ our brokenness was made whole and our shattered lives were realigned so we can do the good things God had planned for us long ago.

Is something holding you back from a life of 'wholeness'? Is it self-doubt, old hurts, recent deaths, lingering illness? There are any number of situations that keep us distracted from being the *masterpiece* that God created us to be and that is simply unacceptable! So as the new school year begins and programs start up again consider taking a look at what might be clouding God's masterpiece and pray for a way to see clearer and to have the opportunity to experience and share ALL the good things He has already planned.

We live in a broken world and we are broken people but we do not have to live in our brokenness when we are offered a life of wholeness with Christ.

Thanks be to God!
Karen Murray, DCE

Sunday School for All ages begins on September 7th.
9:30 - 2yr. olds thru Adults
11:00 - Kindergarten thru Adults
(A few volunteers are still needed to assist with Sunday School at both hours.)

Soup & Study will Resume on OCTOBER 8th.
Soup Dinner at 6:00 & Studies begin at 7:00 unless otherwise noted. Check the Weekly Announcement Page for further Information.

Thursday Youth Group, Dinner & Choir Combo
Begin September 11th.
Young Followers - K-1

Begin with Dinner at 4:30 then Choir at 5:15 and returning for Fellowship from 5:45-6:30

CHUM & Trailblazers - 2nd Grade - 6th

Begin with Choir at 4:30 then Dinner & Fellowship from 5:15 to 6:30.

This is a great opportunity for the children to make lasting friendships while experiencing, singing and learning about God. (Volunteers are always needed.)

DivorceCare, DivorceCare4Kids & Single & Parenting Begin September 11th at 6:30.

First Place 4 Health and Prayer 'n Pilates Begin the week of September 8th. Check the Bulletin Announcement Page & the Website for specific dates & times.

Christian Education Weekend September 20th & 21st.

During the Worship Services we will be celebrating the many volunteers who have answered “the Call” to service in the Education Department. The current 3rd Graders will also be receiving their very own Bible at the 9:30 Worship Service. This is a special day, Come Celebrate!

If you would like to volunteer in the Christian Education Department, please contact me at 856-222-1120 or via e-mail at education@meetwithGod.com.



**MUSIC MINISTRY
REHEARSAL TIMES & START-UP DATES**



ADULT CHOIR *Begins September 4th*

Rehearsals are Thursdays from 8:00-10:00 p.m. The Adult Choir sings a wide variety of music at the 11:00 am worship service, in addition to special concerts.

YOUTH CHOIR *Begins September 11th*

The Youth Choir is for teens in 7th - 12th grades. Rehearsals are Thursdays from 7:00-7:45 p.m. The Youth sing contemporary as well as traditional style music.

WESLEY CHOIR *Begins September 11th*

The Wesley Choir is for children in 5th & 6th grades. Rehearsals are Thursdays from 4:30-5:15 p.m. Their music can be in 2 parts, traditional, contemporary, and can also include an occasional soloist.

JUNIOR CHOIR *Begins September 11th*

The Junior Choir is for children in 2nd - 4th grades. Rehearsals are also Thursdays from 4:30-5:15 p.m. Their music is also quite diverse. Junior and Wesley Choirs usually rehearse together - and put on a musical play on Mother's Day.

PRIMARY CHOIR *Begins September 11th*

The Primary Choir is for children aged 5 years through 1st grade. Rehearsals are on Thursdays from 5:15-5:45 p.m. The children sing songs, play instruments & games, and joyfully sing songs of faith.

ADULT HANDBELL RINGERS *Begins September 7th*

Rehearsals are Sundays 12:15-1:15 p.m. Adult Bells have participated in local handbell festivals and play regularly in church worship services.

YOUTH HANDBELLS RINGERS *Begins September 14th*

Youth Handbell Ringers is for teens (7th - 12th grades). Rehearsals are Sundays 6:00-6:50 p.m. These talented musicians not only add to our worship services, but they have performed concert tours to many places including England, Italy and Germany.

JUBILATION CHIMERS *Begins September 14th*

Jubilation Chimers is a handchime choir for children (4th-6th grades). Rehearsals are Sundays 5:15-5:50 p.m. They learn ringing techniques, play regularly in church and have participated in handbell festivals.

PRAISE TEAM *(Ongoing)*

Our Praise Team, a group comprised of singers and a band, leads the 9:30 worship service with contemporary praise choruses and hymns. Rehearsals are twice a month on Mondays, 7:00-8:30 p.m. (see weekly bulletins for schedule)

GOSPEL CHOIR *(Ongoing)*

Our newest musical group is for anyone from youth through senior citizens who would like to sing traditional Gospel music. They sing regularly at worship services and special events. Rehearsals are Thursdays at 7:00 p.m. and Sundays at 12:15 p.m., both in the Sanctuary.

LITURGICAL DANCE GROUP

Rehearses as needed for special services.

A desire to serve and a willingness to commit to the music group are all that is required to become an active participant in the music ministry. For more information, pick up a music ministry brochure in the narthex, or contact Glenn Rodgers, our Music Director, at music@meetwithGod.com or 222-9369.



What Kind of Man Would Receive the Care of a Stephen Minister?

- A man like **Adam**
who was cut off from all that gave meaning to life and needed someone to remind him of God's promise.
- A man like **Noah**
who witnessed the destruction of everything around him and needed someone to wait with him for a new day.
- A man like **Abraham**
who had to leave everything he knew and loved behind him and needed someone to journey with him to a new life.
- A man like **Moses**
who faced great opposition and needed a companion to support him and speak on his behalf.
- A man like **David**
who grieved the death of a wayward child and needed a shepherd's care.
- A man like **Elijah**
who thought he was all alone and needed a still small voice to encourage him.
- A man like **Job**
who lost everything and needed someone to silently endure his pain with him.
- A man like **Peter**
who found himself in over his head and needed the strong hand of a faithful friend.
- A man like **Paul**
who knew the unending distress of a thorn in the flesh and needed someone to rejoice when he rejoiced and to weep when he wept.
- A man like **JESUS**
who knew intense disappointment, sorrow, grief, rejection, and loneliness and needed an angel of God to minister to him.
- **A man like you.**

If you would like to know more about how a Stephen Minister could care for you, please call the church office, 235-0450 or contact one of our Stephen Ministers.



MISSIONS
COMMISSION
NEWS

John and Katheryn Heinz

A few weeks ago, Pastor Richard gave all of us a challenge. "Consider the call," he said. "Consider your call." Some in our congregation already have a ministry, or several. Some want to join an existing group. Some may feel nudged to reach out to neighbors, young adults, the homeless, or folks of another culture. Others may want to do something in Camden, another part the U. S. or even in another country.

There are often stumbling blocks when we think about doing something new, insecurities about going where we have not gone before. We think, *I won't know what to say or how to act. I might offend someone, and I don't want to, especially not someone from another culture. I don't like to drive in strange places. I'll goof up.*

In Atlanta, GA, FUMC's home-grown missionaries, John and Katheryn Heinz, are developing a new ministry of The Mission Society called CenterForm. CenterForm is a creative training center, a missional residency program and a collaborative research institute. It's purpose is to equip individuals, churches and organizations to be better servants in the changing communities they seek to serve. Through classes, workshops and internships, participants get hands-on experience and real-world opportunities to see God at work and learn how to join Him in His mission in their own communities.

The dynamic and diverse city of Atlanta is the Heinzes' classroom. They welcome students, groups and mission committees from churches all across the country to participate in a "spiritual and missional pilgrimage" with the intention of generating new life and direction in their churches and ministries back home.

This summer, John and Katheryn taught an experiential, out-of-the-box class for Asbury Theological Seminary (where John and Katheryn, Pastor Richard and Pastor Steve all earned their ministerial degrees). Nine students came to Atlanta to discover how their future careers might embrace cross-cultural expressions of love and service. Throughout the week-long learning experience, they were immersed in different ministry settings all over the city. By the end, the students were better

equipped to lead congregations beyond the walls of their churches and engage the changing world around them.

With their first year in Atlanta under their belts, John and Katheryn are preparing to take CenterForm to the next level. They are planning to open doors to a permanent training facility in or near downtown Atlanta within this next year. This space will provide a home base for CenterForm's programs and house a training room and offices. They are also hoping to be in a position to hire a program coordinator by the year's end. With all of these exciting changes on the horizon, the greatest need the Heinzes have is prayer for God's guidance and provision.

On a family note, Vivian, who will be two in October, is going to a church preschool program twice a week. Luke, who will be five in November, began pre-kindergarten at a local elementary school this month. For more information go to www.centerform.org or e-mail John@centerform.org.

Betsy Heinz
Missions Commission

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ADULT FELLOWSHIP

Come and join us on September 20, as we kick-off a new season of **Fun, Fellowship, and Good Food**. At this open meeting, we'll discuss the upcoming season and the rummage sale, along with holding the election of officers.

- 6:00 PM Socializing
- 6:30 PM Devotions and Covered-Dish Dinner
- 7:30 PM Open Meeting

Please call either May VanFossen at 856-235-4357 or Sam & Lucy Townsend at 856-797-9449 to let us know that you are coming and what delicious dish you can bring. Don't forget your place setting. Invite a friend!



MIRIAM CIRCLE

As summer ends, Miriam Circle is looking forward to our first fall meeting on Monday Sept. 8th at 7:30 PM in the church parlor. Georgie Jenkins will lead us in devotions. May VanFossen and Pat Leggoe will be our hostesses. Our program "Church Outreach" will be presented by Pastor HeyYoung.

Ladies please come out and join us for an evening of Christian Fellowship. If you have any questions call Barbara Dapper at 235-1765.



Newly Baptized

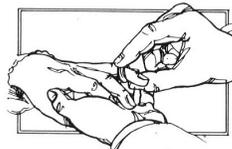
Baptisms:

Elizabeth Jane Baier
on July 27, 2014; daughter of
Brian & Rebekah Baier

Olivia Faith Chalbert
on August 10, 2014; daughter of
Scott & Jeana Chalbert

Weddings:

Matthew Law &
Anna Sannes on
August 9, 2014



*United in
Marriage*



Deaths:

Kenneth Wedge
on August 8, 2014

**NO "SPOTLIGHT ON SENIORS"
COLUMN THIS MONTH**

Due to the difficulty in scheduling interviews during the summer vacation season, there will be no "Spotlight on Seniors" column this month. It will resume later this fall.

**A MESSAGE FROM
THE PARISH NURSE**

The Parish Nurse will be happy to accept clean, sanitary, and functionally safe durable medical equipment such as walkers, bedside commodes, etc. The equipment will be stored in the church basement and loaned to those who have a specific need after hospitalization or rehabilitation. However, the Parish Nurse will not accept medications of any kind, glucometers for blood sugar testing, lancets, syringes, foley catheters, bandages, ointments, ostomy supplies, or specific medical supplies ordered by a physician. The Parish Nurse is not able to dispense medications or medical supplies. If you have specific items that are left over after surgery or illness, please speak to your doctor. The church has limited space for storage. It is unwise to store items that quickly expire and become unsterile.

**HELP AVAILABLE
FOR CAREGIVERS**

If you are caring for a spouse or parent with Alzheimer's disease or any form of dementia or memory loss there is help. The Tender, a charity in Moorestown for the past 37 years, has programs that can help both you and your spouse/parent. There are Burlington County Office on Aging grants available regardless of your income. The biggest mistake people make is to wait too long to ask for help. Don't let that happen to you, reach out today for information on the daycenter and the support group. Meet others who are in the same position and find out what has worked for them. It can feel very lonely and very overwhelming but there are ways to make it better. There is help, all you have to do is call 856-234-5999 or go to TheTender.org. Anyone interested in learning more about our program should email TenderADC@aol.com or contact Barbara at 856-234-5999.



NURSE NOTES

Summer is winding down. The weather is getting a bit cooler. Labor Day is early this year. Kids will be heading to school. We won't be spending as much time at the beach or pool. So long flip-flops!

Many people find flip-flop type summer sandals to be easy, less confining, and comfortable. I wear my Yellow Box flip-flops every single summer and I wear them all the time. They are cute, black with rhinestones. I do know that they are not the best shoe for the foot and that may be one reason I have foot pain from time to time.

One foot problem we hear a lot about these days is Plantar Fasciitis. Perhaps you have suffered from it yourself. What does it mean? A whole lot of heel pain! In fact, it is one of the most common causes of heel pain.

Plantar Fasciitis involves the plantar fascia, a ligament (band of tissue) that runs across the bottom of your foot and connects your heel bone to your toes. If your plantar fascia becomes strained, it gets weak, swollen and irritated. Repeated strain can cause small tears in the ligament and your heel will hurt when you stand, particularly when you first get out of bed in the morning. The pain can be intense when you take your first steps. Stabbing pain may also occur after long periods of standing or sitting.

There are several causes of plantar fasciitis. As I mentioned above, wearing shoes with inadequate support is one reason. It is common in runners, and in those who carry excess weight. It is common in middle age and in those who engage in strenuous activities of the feet such as ballet and dance aerobics. It is common in those with high arches or flat feet, or abnormal gait when they walk. It is common in those who spend most of their work hours walking or standing on hard surfaces.

I have suffered through two separate episodes of this dreaded problem and both times I headed straight to my podiatrist. He examined my feet and determined the problem. So it is important to make an appointment with your physician or podiatrist to rule out other problems such as stress fractures, etc. The doctor will evaluate your symptoms and ask you questions about your job, lifestyle, shoes, medications, injuries you may have

received over time, etc. You may be asked what precipitates the pain, what worsens the pain and what seems to improve the symptoms. Your doctor will check for areas of tenderness, because the location may determine the cause of your pain.

Sometimes the doctor will order X-rays or other studies such as MRI to rule out other problems such as a pinched nerve or broken bone in the foot.

Once the diagnosis is made, treatment can begin. Sometimes giving your feet a rest by cutting back on activities such as walking on hard surfaces may help. Pain relievers ordered by your doctor may help. Working with a Physical Therapist may be beneficial. They will work with you to develop a plan of stretching exercises to strengthen the plantar fascia and Achilles tendon to strengthen lower leg muscles and improve pain. They may order night splints to be worn during sleeping hours to hold your foot in a lengthened position overnight. Your doctor may order orthotics to distribute pressure to your feet more evenly. Your doctor may or may not give you a steroid shot. This practice is used a lot less because multiple injections over time can weaken the plantar fascia and actually cause other problems. Your doctor may order other procedures or even surgery if all else fails.

Try some self-help tips as well. First of all STRETCH!!! Every morning I do the runner's stretch. Stretching has helped me significantly. While I do wear flip-flop sandals in the summer, I make sure to wear supportive shoes at work. As a nurse I am on my feet for 8 hour stretches so I wear the most supportive shoe available. I also wear supportive sneakers and heel cushions when I walk or work out. Try to change your sport during a bout of Plantar Fasciitis. For instance, try a low-impact sport such as swimming instead of jogging. Apply ice after activities. Maintain a healthy weight.

Wishing you all pain free feet in the coming months. But remember, if you do have pain in your heels, it can be treated.

Blessings,
Bonnee Noyes-Bongiorno, RN
Parish Nurse