

Guiding To and Growing Through the Christian Life

Church Office: (860) 673-2111 Office Fax: (860) 673-5777 Email: avonmumc@gmail.com Website: avonunitedmethodist.com

Current Worship Schedule: Sundays: 8:30am Service with Holy Communion and 10:30am Family Worship

Church Office Hours: Monday - Friday 9:00am - 2:00pm Church Sexton Hours: Monday – Friday 8:30am – 12:30pm

YOUTUBE Link to Sunday Worship Service: <https://www.youtube.com/user/AvonMUMC>

FACEBOOK Link to Sunday Worship Service: <https://www.facebook.com/avon.mumc/>

Rev. Joseph Piccirillo, Pastor (203) 545-3277 (Mobile Phone)
pastorjosephmumc@gmail.com (860) 507-6081 (Parsonage)

“Lent: Our Spiritual Quarantine”

The following is an article I found online. It outlines for us the meaning of Lent and the words that have been traditionally used to describe it.

“The old English origin of the word Lent is lencten, referring generally to the Spring season and its lengthening of days. The Latin origins of the term add even more specificity to these lengthening days. Quadragesima means “forty days.” Modern Romance languages retain this forty-day specificity in their naming practices. In Spanish, Lent is Cuaresma; in French, Carême; in Italian, Quaresima.

The Italian Quaresima is especially interesting. In the fourteenth century during the Black Death, an isolation period of quaranta giorni—forty days—was prescribed to all ships and people before entering the Venetian city of Dubrovnik (now in Croatia). These terms, Quaresima and quaranta giorni are etymologically linked to a word we never would have guessed to become so colloquial: quarantine.”

This article led me to think about the relationship between quarantine and Lent. For reasons of medical necessity, we quarantine ourselves. We separate ourselves from others for two reasons... So that we don't contaminate others and they don't contaminate us with disease. We are disease carriers. But what do we do if the disease is of a spiritual nature called sin. Lent then, can be necessary for the spiritual and emotional health and well being of ourselves and others.

Lent, our spiritual quarantine, is a means for us to separate ourselves from the world, so we aren't contaminated by its lure to sin. And as a way of protecting others, we may consider separating ourselves from them, so we don't perpetuate it by our weakness to sin. TV, social media, the News, all plant seeds of discontent. We become angry, frustrated, depressed, anxious and fearful, and those attitudes contaminate the lives of others, our spouses, our children, and our friends.

Lent, our spiritual quarantine from the world may leave us feeling like we are in a deserted place, but nevertheless a safe place to minimize the world's influence upon us and our proclivity to infect others with the same. Instead, let us turn to God in Christ Jesus, our physician of the soul, and our healer, who alone can fill us with His Spirit, and the peace, love, joy, confidence, and hope that accompanies it. Instead of the news, read the bible. Join a bible study online or here at church. Listen to something uplifting and encouraging. I enjoy contemporary Christian music and find it on FM radio, KLOVE, 106.9. And after our Lent, our Quaresima, our time of healing, let us go forth to share our “New Life” with others. Amen.

Happy Lent...

Pastor Joseph

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MARCH BIRTHDAYS

“Happy Birthday!” to the following people who are celebrating birthdays this month.



A card, note, e-mail, phone call or spoken “Happy Birthday!” is another way of showing we care.

If YOU would like to be put on the birthday and/or anniversary list, please contact the church office.

5	Judy Corbeil	18	Linda Kime
7	Brenda Slone	18	Rhett Tew
10	Erin Corbett	19	Timothy Kelsey
12	Jenn Mattson	19	Chalise Ross
12	Aaron Oommen	20	Sandy Sargent
16	Carla Gregory	20	Emmett Borenstein
17	Mary Montgomery	22	Daniel Gorden
17	Pam Palmer	23	Pastor Joseph

ONE MORE STEP “BACK TO NORMAL”

[Chalise Ross] Liturgical Arts

As our services adjust back to normal, we will begin having ushers during the service. We are looking for volunteers to welcome members and visitors one Sunday a month. We also need an usher coordinator to help create the schedule. Please contact Chalise Ross or Pastor Joseph and consider either ministry in our church.

A NOTE FROM THE RENDELL FAMILY

We would like to express our sincere thanks for all your cards of sympathy and kindness. Your caring and thoughtfulness plus your notes of memories of Jill, made each day a little better and so greatly appreciated.

May God bless you all.

Noel Rendell and family

PLEASE VISIT OUR WEBSITE TO FIND OUT LATEST HAPPENINGS! www.avonunitedmethodist.com

CHECK OUT OUR FACEBOOK FOR NEWS! *Avon Mumc*

PLEASE JOIN US ON FACEBOOK OR YOUTUBE FOR SUNDAY SERVICE AT 10:30am, SEARCH FOR Avon Mumc

2022 CHURCH BUDGET

[Greg Slone]

A big thank you to all those who got their anticipated giving information to Diane Hornaday, and to Diane, Walt Sargent, John Baily, and all the members of the finance committee for their help in putting together the 2022 church budget. At the February Finance Committee meeting, the church budget was finalized, passed, and subsequently submitted to church council. The church council passed the church budget and the 2022 church budget was adopted by the church at the church charge conference on February 13, 2022.

The 2022 church budget shows a potential deficit of roughly \$43,000. This deficit is caused in part by the elevated inflationary environment which will likely continue for the foreseeable future and the COVID-19 pandemic which limited in-person church attendance and giving. And, while the church cannot run on a deficit for very long, the pastor made an insightful point that this year's budget deficit is also a great opportunity. The church can turn to God in this hour and prayerfully look to innovative ideas to grow the church while also attracting a younger demographic to our loving church family.

Also, Walt Sargent provided to the Finance Committee the January 2022 church financial report. The year-to-date balance shows income roughly \$71,000 higher than expenses. However, it should be kept in mind that much of this balance is due to carry over from last year and also some families providing full year giving in January. Thus, the January year-to-date income to expense balance should not be expected to be indicative of the remainder of 2022.

Finally, on a personal note, I would like to thank outgoing Finance Committee chair John Baily for all his hard work and contributions to the Finance Committee along with all his continued help and guidance in the chair transition process.

FINANCE COMMITTEE:

JANUARY 2022

	Actual YTD	Budget YTD	Difference
Total Budget Income:	\$ 96,527.85	\$ 26,990.00	\$ 9,537.85
Total Budget Expense:	\$ 25,563.90	\$ 30,162.00	- \$ 4,598.10

Net to Date \$ 70,963.95
Income – Expense

**“NO ACT OF KINDNESS
NO MATTER HOW SMALL
IS EVER WASTED”**

EMERGENCY CONTACTS

[Ruthellen Corbett] Pastoral Care Chair

A few months ago a committee member could not reach an elderly person and became concerned. Eventually she did but spoke about possible problems in the future.



Pastoral Care also talked about what might happen if someone had a medical problem or accident on site and we didn't know whom to contact. We needed a list of older members (and others too) and their emergency contacts. We started with our own members and have gradually added others. This record is kept in the church office and also in Pastor Joseph's office. Inside the Pastor's Office, hanging to the left of the door there is a bright red folder with the list. If you would like to be added to the list or get more information, contact Anne Fitzgerald at afitzgerald138@gmail.com We are a family and want to care for each other. Stay safe.

PASTORAL CARE

[Ruthellen Corbett]

- Pastoral Care, as in many months' past, saw little activity in February.
- There was little outside activity for church members or the public.
- However, Thursday lunches did take place for a few stalwart folks.
- We continue to meet monthly for our online meetings.
- Three members retired from our membership, but we did welcome a new member.
- We continue to keep in touch with our partners through phone calls and a visit when it is safe to do for recent loss or illness or accident.
- Please keep in prayer:
 - Jane Good, on the loss of her son, Justin.
 - The Rendell Family, on the loss of Jill Rendell.
 - Jan Colturi, on loss of her mother.
 - Joan, Courtney Robinson Bernstein, Chris Robinson and the Robinson family on Tom's passing.
 - Lou Kozikowski, on his fall and injury which resulted in a stay at Amberwood HealthCare Facility. He is recovering. He will celebrate 100 years of good living on May 19. More later on that!
- Pastoral Care members are always available to help church family members. Don't ever hesitate to call.



March 2022

UMARMY "POP-UP" CAMP AT AVON MEMORIAL UMC

[Laura Gorden]

Friday, April 29, 2022 (5:00pm) – Sunday, May 1, 2022 (6:30pm)

UMARMY is offering a weekend mission experience and using MUMC as a base camp. Anyone who is in seventh grade through high school and all adults are able to participate. This weekend commitment is the perfect time to participate and find out what UMARMY is all about. If you are interested in participating, please let me know by March 6. Gina Grubbs, the NE Regional Director, is hoping to have enough adults participate from MUMC to fill the leadership roles (kitchens, sites, safety, tools, group leaders and team leaders). Everyone will go home at the end of the scheduled day and return at 7 AM. A grab and go breakfast will be available each morning. Participants will bring a packed lunch. Dinners and snacks will be provided by UMARMY or through donations from attending churches.

EASTER FLOWERS 2022

Please go to the link below to place your orders on sign up genius:

<https://www.signupgenius.com/go/10c0f4ca8aa22a6ff2-2021>

Your flower order AND payment must be received by Friday, March 25th.

Choices:

- 1 White Easter Lily 6" pot (1 stem) - \$11.50
- 2 White Easter Lilies 9" pot (2 stems) - \$20.50
- Purple Tulips: 5 bulbs per 6" pot - \$9.50
- Red Tulips: 5 bulbs per 6" pot - \$9.50
- Pink Tulips: 5 bulbs per 6" pot - \$9.50
- Orange Tulips: 5 bulbs per 6" pot - \$9.50
- Yellow Daffodils: 5 bulbs per 6" pot - \$9.50
- Blue Hyacinths: 5 bulbs per 6" pot - \$9.50
- Blue Hydrangea: 3 blossoms, 6" pot - \$15.50 (marginally hardy)
- Pink Hydrangea: 3 blossoms, 6" pot - \$15.50 (marginally hardy)
- Dark pink Azalea 6" pot - \$14.00 (not hardy)
- Light pink Azalea 6" pot - \$14.00 (not hardy)



Make check payable to "MUMC" and write "Easter Flowers" on the memo line. Place your order form and payment in the designated envelope and drop it in the offering plate or church office mailbox.

Please remember to submit your payment. Thank you!

2022 VACATION BIBLE CAMP

August 15th -19th, 2022 - 9:00 a.m. – 12:00 p.m.

Age 3 as of 8/15 (must be potty trained) to those completing Grade 4

\$20 per child; max. \$50 per family

Knights of North Castle: Quest for the King's Armor, invites children to be strong in the Lord and in the strength of God's power by exploring how we put on the armor of God. Kids will take on the role of brave Knights and begin their quest each session by opening the King's Book.



Help kids take up the gauntlet this summer and accept the challenge to "armor up" and be strong by remaining with God and sharing God's love in a world that needs it more than ever. Through the sharing of storytelling, crafts, music, games and even snacks the children will learn the Bible story specific to each day.

All children are invited to participate in Vacation Bible Camp – we have no limit on number of registrations.

To register your child (grandchild, niece, nephew, friend) and to view more information go to

2020.cokesburyvbs.com/avonmumc2021

A successful Vacation Bible Camp requires numerous volunteers to lead the various activities as listed above as well as group leaders and aids including youth. Won't you consider being part of this group? We promise the rewards outweigh the efforts!!! Questions? Contact Kay Hunter via [the church office](#).

GIRL SCOUT RECOGNITION

Sunday, March 6, 2022 – 10:30am worship

During our 10:30am worship service on Sunday, March 6, 2022, we will be honoring and celebrating Girl Scout Sunday to recognize and honor all Girl Scouts, including those from troops that meet at Memorial. This recognition includes our own girls: Ella R, Alexa H, Makayla T and Julia S who will participate in the worship service. The service will include a recognition of all Girl Scouts – past and present. Refreshments for Fellowship Hour following the service will be provided by the Girl Scouts. We hope you will be there to join us in recognizing the efforts of these girls and their leaders and their service to our community. All Girl Scouts are welcome to join us!!!





Just a reminder that Pastor Joseph's daily devotions appear on the home page of our website. Also, if you would like to be able to revisit a favorite, the devotions from the past year can be accessed on the main menu – PASTOR JOSEPH'S DEVOTIONS. Enjoy!

SUNDAY FLOWERS

[Barbara Chase]

OPPORTUNITIES FOR SUNDAY FLOWERS

Choose a week for your arrangement by using our online Sign-Up-Genius form with its easy-to-follow directions.

Just go to the church website, avonunitedmethodist.com, and choose **ALTAR FLOWERS** in the left-hand column. This will connect you to the Sign-Up-Genius **Church Flowers** order form with its easy-to-follow directions.

If you would rather not use the Sign-Up-Genius, contact Linda Arnold via [the church office](#).

Dates still available: 03/27, 04/03, 05/08



SHARE GOD'S GOOD NEWS

[Worship Committee]



Volunteers are needed to serve as liturgists at the 10:30am Sunday service. This is a great chance to serve MUMC with a minimal time commitment. No experience or expertise is needed. You will receive the reading a couple days before the service. On the day of the service, arrive about 15 minutes prior to the service. At the end of the service your commitment is complete. Commit for one Sunday or to serve 3 to 4 times over a one-year period - whatever works for your schedule.

To volunteer contact [the church office](#).

MAKING MUMC "PEANUT FREE"

As we begin to offer Fellowship Hour and hopefully other social activities, we would like to remind everyone that in the interest of safety and well-being of our little ones, we are attempting to make MUMC a "peanut free" building. Please keep this in mind when you are bringing something for yourself or to share at future meetings or events at Memorial. While we cannot guarantee MUMC will be totally peanut free, every effort that can be made to support this effort will be much appreciated.



MEMBERSHIP CHAIR

[Linda Kime] Membership Directory



As Membership chair, I want us to take advantage of simply logging in to our church directory at your convenience. Please try to follow the steps below to gain access to our FRIENDS & FAMILY DIRECTORY.

Go to: www.instantchurchdirectory.com

Select "Church Member Sign-in". Click on '1st time register' and create an 8-digit password per instructions. Next time all you'll have to do is type in your email and password to access directory anytime. You can also download the App for instant access by following instructions to the right or click on the App Access from the opening page of Instant Church Directory Website.

RECORDS AND HISTORY

MUMC 20th Anniversary, 1971-1991- Part 1

Sunday, March 20, 2022

During MUMC's 50th Anniversary Celebration of the Consecration of our church building in Avon, Records and History Committee showed a video with excerpts from the building and the worship service honoring the 20th anniversary. There was much interest and enjoyment seeing the video which has led us to decide many might enjoy seeing the video of the worship service in its entirety where we can see and hear so many of our members from 30 years ago.

Please join us on **Sunday, March 20, 2022 during Fellowship Hour** where we will show the entire video of the worship service (more than one run). We hope you will enjoy seeing this as much as members of our committee have while we have reviewed the video.

MUMC TRUSTEES NEWS

[Mark Borenstein, Dave Crompton, John Fillian, Laura Gorden, Linda Johansen, Hal Johansen, Marsha Kennedy, Bruce Merritt, John Perotti]

- **Sexton Bill Rebillard has been busy** weekday and weekend mornings pretreating, shoveling, and salting sidewalks, along with normal cleaning of the Church and Churchery School. He also replaced kitchen plumbing in Thornburg, installed a new phone in the main kitchen, and has taken up worn second floor hallway tiles and replaced them with new ones. He will also paint classrooms in April and the school office in June.
- **The winter plowing stakes remain in place in the church parking lots until spring.** Because of more frequent ice storms, our plowing service has also begun to pre-treat the lots to reduce slipperiness. This has added considerable cost to our snow/ice removal budget but is necessary for the safety of church members and visitors.
- **Trustees' 2022 Trustee Budget,** as expected, reflects a 20%+ increase in natural gas and electric prices for both the main church and the parsonage. In addition, we incurred an expense of over \$2600 to replace main control unit on the church furnace.
- Along with an original church pew from our 1926 Unionville church, Barbara Knibbs, a fifth-generation member of the church, has donated a sum of money that will be used to enhance our **historical understanding of MUMC over the past 200 years with a permanent display in Thornburg Parlor.**
- **KlausLarsen Roofing completed the Education Wing roof replacement, along with two additional sections in the back of the church.** The certification for these roofs was forwarded to our insurance company as required.
- A local contractor will evaluate the original main church roof system this spring because Brotherhood Insurance requires that our main church **roofing be inspected by a licensed contractor and** a report forwarded to them. Any necessary repairs of these 17-year-old roofs will have to be made to maintain our insurance with Brotherhood.
- **Trustees have asked that extra patrols** behind the church by the third shift of the Avon Police Department continue indefinitely as part of their nightly routine.
- **We have had much success** in the past two months with church entryway security because **all church personnel and committee leaders** are walking the entire building before leaving to ensure that outside doors' panic bars are in the locked position.

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Continued.....

- **Churchery School will adjust protocols** for student and parent entry regarding the omicron coronavirus as recommended by the Farmington Valley health District and the Town of Avon. **Church protocols requiring masks** for all employees and visitors remain in place until mid-March.

REMEMBERING THOSE WHO HAVE TROUBLE GETTING OUT & THOSE NEEDING A PRAYER



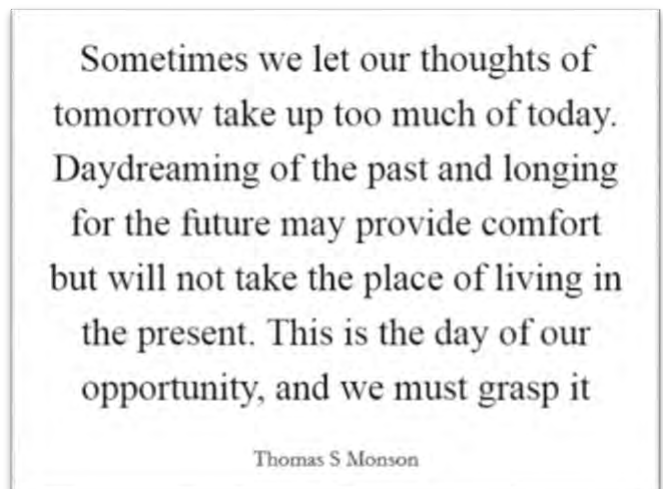
A card would be so appreciated.

Katie M.
11 Briarwood Road
Farmington, CT 06032

Cheryl M.
209 West Side Blvd.
Unionville, CT 06085

Muriel K.
22 C Rita Drive
Bristol, CT 06010

Lorraine Z.
9 Keystone Circle
Avon, CT 06001



MEMORIAL GARDEN

[Jeff Tremback] Memorial Garden Chairperson



We still need some new garden members. We will accept all people who wish to join the Garden Committee, but we especially invite those who are not yet senior citizens. We now have a very mature membership and would like to add some new, youthful energy to our group. Thank you. And God Bless.

CURRENT COVID POLICIES AT MUMC



As we continue to battle COVID, we want to update some of our COVID policies. We are reimplementing a mask mandate while in church and asking everyone to sign-in as you arrive. We don't need your telephone or email, as long as it is on file in the church directory. Also, if you test positive, please contact Pastor Joseph ASAP to let him know. He will relay to Kevin Sweet what service you attended (but not your name) and Kevin will contact all other attendees to inform them. Hence the need to reinstate the attendance book.

As a reminder, the CDC recommends people who are exposed + not boosted + more than 6 months from their second dose (or more than 2 months since the J&J) should quarantine for 5 days, followed by strict mask use for 5 days. If you are exposed + boosted, you do not need to quarantine, but should wear a mask for 10 days. Either way, best practice would also include a test at day 5 after the exposure. People with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask.

<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

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PLEASE JOIN US ON FACEBOOK OR YOUTUBE FOR SUNDAY SERVICE AT 10:30am, SEARCH FOR [Avon Mumc](#)

HOME WORKSPACE

[Brian Baldwin]

- **Location:** Selecting a location for your Home Workspace is your first step in creating an area that is safe and comfortable for you to work in. Select an area of your home that offers minimal or no distractions.
- **Privacy** - Privacy is essential, as you will be working and conducting business. A door that you can close during meetings or calls to avoid interruptions is important.
- **Lighting** - Select a location in which you can avoid or control glare caused by intense lighting. E.G., you can use a blind or a drape to control the glare coming through your office window.
- **Power Outlets** - Consider your work tools such as laptop, printer, and cell phone to ensure your workspace has enough outlets to accommodate your work tools.
- **Cables** - Make sure the extra-long cat-5 cable is out of the way in order to avoid tripping or rolling over it while sitting.
- **Keyboard Placement** - Do not place the keyboard at the side of the monitor. This will cause you to turn your neck to the side constantly and may cause a neck or shoulder injury. The best placement of the keyboard is in front of the monitor at a comfortable distance.
- **Mouse** - Using repetitive motions on your laptop's touchpad or a standard mouse can stress muscles in your fingers and wrists in the same way that repetitive typing can cause fatigue or pain. A mouse that is comfortable to grip and smooth to maneuver is recommended. Hand size makes a difference regarding the type of mouse that you find to be comfortable. Keep your mouse close to your keyboard.
- **Filing Cabinets** - Filing cabinets can be dangerous. If more than one drawer is pulled out, the cabinet can tip. Look for a means to secure the filing cabinet to a wall, etc. Anti-tip kits can be found at your local hardware stores.
 - **"Blink" to avoid Digital Eye Strain** - When focusing on digital work you blink less. A simple exercise will help you ensure you blink enough. What does blinking do for you? Blinking cleans the ocular surface of debris by flushing fresh tears over the ocular surface and brings nutrients to your eyes, helping keep them clean. Blinking will improve eye comfort. Set aside five one-minute sessions a day throughout the day. Blink 50 full blinks in each minute. Blink 10 times in each direction: Up, down, left, right and straight. Blinks are not a tight lid squeeze, only closures.
- **Minimize eye strain** - Keep your monitor screen clean at all times. Use anti-static cleaning materials and products. Found at most large supercenters, computer stores, or online.
- **Move, Stretch, Change** - It is important to move periodically to avoid muscle fatigue and discomfort. Stretch and Change your position often to avoid discomfort and muscle fatigue. If you begin to feel uncomfortable, stop and rest and stretch your arms, hands, and fingers. Take a mini-break!

MAILING LIST FOR NEWSLETTER



If you would like to be added to the mailing list, for the newsletter to be mailed to your home monthly, please email the church office at avonmumc@gmail.com with "NEWSLETTER" in the subject line.

HOUSEHOLD INFO UPDATE

[Linda Kime] Membership Committee

In order to update our Church membership files we'd like to ask everyone to send to the church office all birthdays for their household, including birth year (which needs to be included for the program to accept the date). We can include these special dates in the monthly newsletter and directory, without birth year. Also, we'd like you to include wedding anniversaries for the monthly newsletter! We are a church family and want to celebrate these special dates with one another!

Please send updated information to avonmumc@gmail.com with "household info update" in the subject line.

MUMC MONTHLY CALENDAR

MARCH 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Free Printable Calendars from Typecalendar.com

The MUMC monthly calendar is available on the MUMC Church website. Please be sure to look on the MUMC church website for calendar updates and/or changes.

ALTAR FLOWERS

If you ordered Altar Flowers for a Sunday Service and are not able to pick up on Sunday, they will be available for pickup in the MUMC office during the office hours of Monday through Friday 9:00am-2:00pm.



INSTANT CHURCH DIRECTORY AND NEWSLETTERS ON WEBSITE

[Kay Hunter] Website Admin.

While our monthly newsletters have been accessible on our MUMC website, we can now also access the **Instant Church Directory** which consists of members and friends of MUMC. In order to maintain privacy of this information, it is accessible only to those who have registered on the site and been approved by the website administrator. This will prevent those from outside of our church family being able to access any of your personal information.

On the website, go to the main menu on the left, guide your cursor to **Members Only** which will make **MEMBERS ONLY** appear to the right, slide further to the right which will make **Members & Friends Directory** and **Newsletter** appear. Click on your choice. If you have not yet registered, you will be requested to do so and once approved, you will be able to continually sign in by clicking on either of those titles and providing your password. For Directory access, click on the link to Instant Church Directory which takes you to their site. To log-in you will use your email address that's in our directory and a password you create with this site.

Hope you find these features of our website helpful.

FOOD PANTRY BOX AT MUMC

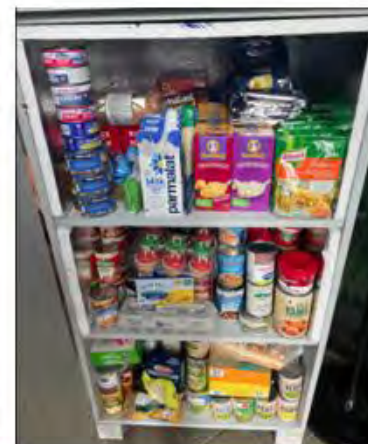
Thank you to those that have already donated to the food pantry box in the glass foyer at MUMC. Please continue donating if you can and help spread the word. There is an on-going need for food in our community.

Once a month food is also brought to the Winsted UMC Community and when the MUMC 1st floor bin for Winsted UMC is low, food is taken from the glass foyer box to share with the Winsted UMC Community.

Thank you!

Thank you!

Thank you!



March 2022

MEAL FOR WINSTED

[Laura Gorden]

On February 5th we delivered 64 meatloaf meals to Winsted. We also delivered non-perishable food items.

Thank you to Courtney Robinson, Jeff Tremback and Sue Yankus for helping to prepare the food. Thank you to John and Bev Perotti for joining us to fill individual food containers and for washing the dishes and cleaning the kitchen while Jeff, Sue, Dave and Laura Gorden delivered the food to Winsted.

April 2nd is the next date to serve Winsted. I need one person to help me prepare the meatloaf meal starting at 8:00am. At 9:30am I need 2 additional volunteers to help fill 60 individual takeout food containers for delivery to Winsted. Social distancing, cleanup and sanitizing guidelines will be followed while working on this mission project.

Food pantry items and/or money contributions are always needed. Non-perishable food items can be dropped off in the blue bin located near the kitchen at MUMC. Checks can be mailed to Winsted UMC, Mason Hall, 27 Wheeler Street, Winsted, CT 06098.

BEREAVEMENT SUPPORT GROUP VISION, PURPOSE

Everyone grieves differently and in their own way, and your grief will vary from day to day. There is no simple answer nor definitive process for your grief, but know you are not alone. This is the fundamental benefit of MUMC's Bereavement Support Group, knowing you are not alone and to remember Christ is always with us.



This Support Group provides a safe place to share each other's experiences, concerns and emotions that may be causing pain. Talking with the group about one's experiences with grief and listening to what others have experienced affords a great benefit to understand and process our personal grief.

Your time with the Bereavement Support Group is a time specifically set aside for you to process your grief, away from distractions and the day-to-day frustrations and interruptions we all experience. Here you may cry, remain silent, and express your emotions without fear of judgement, as the members of this group understand what you are going through.

At the end of each session, Pastor Joseph will lead us in prayer, to remind us Christ is always with us, and His grace supports us.

The Bereavement Support Group meets the third Wednesday of every month from 9:30am to 11:00am in the parlor and also on Zoom, Pastor Joseph provides the ZOOM meeting ID several days prior to the meeting. For the time being, masks are required by all and we thank you for your cooperation.

No matter our circumstances, no matter our challenges or trials, there is something in each day to embrace and cherish. There is something in each day that can bring gratitude and joy if only we will see and appreciate it.
Dieter F Uchtdorf

"HOLY" BEARS & CREATURES GREAT & SMALL IS HERE

Our MUMC, "Holy" Bears and Creatures Great and Small, Care!

DO YOU HAVE AN ILL OR UNHAPPY CHILD OR SPECIAL PERSON OF ANY AGE? WOULD THEY SMILE IF THEY RECEIVED A LITTLE BEAR OR OTHER FRIEND?

We have a new collection that could be given away to help ease the pain or sorrow. These little bears and other creatures will be among the congregation of our church. They will hear the words read, prayers prayed, songs sung and the sermons preached. It can be given to someone with the blessings of worship, the love of God and the joy of our congregation.

LOOK FOR THESE SPECIAL BEARS OR CREATURES IN OUR SANCTUARY AND IF YOU HAVE A NEED TO CHEER SOMEONE UP, TAKE ONE BRING IT TO YOUR SEAT IN CHURCH. PRAY WITH IT AND TAKE IT TO THAT NEEDY PERSON. YOU WILL BE HAPPY THAT YOU CHEERED SOMEONE UP WITH OUR "HOLY" BEARS AND "CREATURES GREAT AND SMALL"!

PLEASE VISIT OUR WEBSITE TO FIND OUT LATEST HAPPENINGS! www.avonunitedmethodist.com

CHECK OUT OUR FACEBOOK FOR NEWS! Avon Mumc

PLEASE JOIN US ON FACEBOOK OR YOUTUBE FOR SUNDAY SERVICE AT 10:30am, SEARCH FOR Avon Mumc

COFFEE HOUR

[Linda Kime]

We have had Coffee Hour back in swing down in Fellowship Hall after 10:30am worship. Keeping it very light and simple this year. We appreciate the committee members giving us this service. See schedule below and on the kitchen main fridge.

COFFEE HOUR SCHEDULE SEPTEMBER 2021 – AUG 2022
SEPTEMBER – FINANCE
OCTOBER – STAFF PARISH RELATIONS
NOVEMBER – HISTORICAL RECORDS/LIT. ARTS
DECEMBER – TRUSTEES
JANUARY – MEMORIAL GARDEN
FEBRUARY – NOMINATIONS
MARCH – PASTORAL CARE
APRIL – MISSIONS
MAY – MEMBERSHIP/MEMORIALS
JUNE – EDUCATION
JULY – CONTINUES TO BE VOLUNTEER ONLY
AUGUST – CONTINUES TO BE VOLUNTEER ONLY

MEMORIAL GARDEN

[Jeff Tremback]

Below are the interment instructions for the Memorial Garden.



Memorial Garden Remembrance

Requested by:

Name _____ Street Address _____

City, State _____ Zip-code _____ Telephone _____

Remembrance Type Desired:

_____ Place loved one's cremains (ashes) in the Memorial Garden.
Provides for bronze nameplate

_____ Memorialize loved one whose remains are elsewhere.
Provides for bronze nameplate

_____ I wish to pre-arrange for my own remembrance in the Memorial Garden.
Provides for bronze nameplate

_____ I wish to offer a gift to the Memorial Garden:
In memory of _____
In the amount of _____

Bronze Nameplate Information: Use additional forms for multiple requests. Please print information in CAPITAL LETTERS, maximum 20, including spaces.

Name: (First) _____ (Middle Name or Initial) _____ (Last) _____

Date of Birth _____ Date of Death _____

The remembrance donation of \$500 provides for the bronze nameplate as well as the perpetual care of the Memorial Garden.

Please follow these instructions if you wish to have cremains interred in the Memorial United Methodist Church (MUMC) Memorial Garden.

1. Contact the Memorial Garden chairperson to begin the process. Call the church office to get the chairperson's phone number. The MUMC office phone is: 860-673-2111.
2. The chairperson will:
 - a) explain the interment process;
 - b) provide the Memorial Garden Remembrance form;
 - c) coordinate and schedule the interment and service with the pastor and the family;
 - d) order and facilitate delivery of a bronze nameplate.
3. A completed Memorial Garden Remembrance form is required for all interments.
4. Please request at the crematory that the cremains be pulverized to a fine consistency. This process is common and produces cremains which are easier to inter or spread on top of the ground.
5. The Pastor of MUMC or clergy member of your choice may say some prayers and/or speak briefly. Then the cremains will be respectfully interred by the family and/or friends and/or Memorial Garden chairperson. Some people keep a small amount of the cremains to place in a small urn as a keepsake. It is also an option to spread the cremains on top of the ground in the garden area rather than inter them in the ground.
6. No indication or marker will be placed at the site of the cremains to identify where the cremains are located. A bronze nameplate (to be mounted on a plaque in the garden) with an asterisk after the name signifies that cremains are located somewhere in the garden.
7. Cremains alone, without any type of container, may be interred in our Memorial Garden. Cremains cannot be interred in our garden if they are placed in any type of container before being placed in the ground.

AA / A Longstanding Outreach Program of MUMC

Alcoholics Anonymous (AA) was founded in America in 1935 by Bill Wilson (Bill W.) and Robert Smith (Dr. Bob). Two centuries earlier, John Wesley, the founder of Methodism, established Methodist penitent bands in England, which organized on Saturday nights, the evening on which members of these small groups were most tempted to frequent alehouses. The hymns and teaching provided during these meetings addressed the issues the members faced, thus the connection between these bands and the current practices of AA.



Memorial United Methodist Church has always supported AA, and currently two groups meet weekly in our Fellowship Hall, Wednesday and Saturday nights at 8:00 PM. In addition, other Avon locations for AA meetings are available, one at the Avon Center Congregational Church each morning at 7:00 AM, and also Tuesday evenings at 8:00 PM at the West Avon Congregational Church on Country Club Road. If you know of anyone who would benefit from participating in any of these meetings, please have them contact any of the three churches mentioned. AA is truly a lifesaving program that has stood the test of time.

STEPHEN MINISTRY

Interested in Becoming A Stephen Minister?

There is a great need for additional Stephen Ministers in the community. Anyone is eligible to become a Stephen Ministry caregiver.

What is Stephen Ministry?

Stephen Ministry is a lay caregiving ministry that supplements pastoral care. The program teaches laypeople to provide one-on-one care for individuals who request support. Well over one-and-a-half million people around the world have benefited from the Christ-centered care of a Stephen Minister. There are currently more than 600,000 laypeople serving in this ministry.

Started in 1975 by a clergy person needing assistance with pastoral care, Stephen Ministry is now in more than 13,000 congregations from more than 180 Christian denominations, in all 50 states in the U.S., 10 Canadian provinces, and 30 other countries. Both Simsbury UMC and Avon Memorial UMC have active teams of Stephen Ministers.

Reverend Mel Kawakami, M.Div, Th.M, former SUMC pastor and AMUMC Interim Pastor, brought Stephen Ministry to both churches. We asked Reverend Mel to share his perspective of the program's role:

Why did you decide to begin a Stephen Ministry program?

Serving SUM as the Associate Pastor for Parish Care and Visitation in 1997 in what was then a 1,000-member church, it became apparent that I would not be able to adequately cover parish care by myself. However, it was equally apparent that I was surrounded by capable and willing laypeople, inspired by the Holy Spirit and ready to serve the people of God.

In 2001, a number of us attended a Stephen Ministry introduction event in West Hartford. Out of that, two laypeople and I attended Leader Training in 2002. We began training the first class of 10 SUMC Stephen Ministers in September of 2003, and they were commissioned in February 2004.

I also served as Interim Pastor at Avon MUMC in 1994-1995 and so was intimately involved in their pastoral needs. It seemed natural that SUM would ally with a sister UMC and join in training and supervision. The next training included members of the Avon congregation, who were commissioned in February 2005.

What type of person is best suited to become a Stephen Minister?

I have been surprised by the Spirit. I do admit coming into this ministry that I carried some presuppositions: that it would take a caring, listening, particularly dedicated person who would be called. Then Jesus reminded me of who He called as the first disciples: ordinary folk dealing with a life of following Jesus. So there have been people of all walks of life, all temperaments, and any number of levels of commitment who feel called. Part of the resulting richness of the experience and supervision is the result of this variety.

Continued

It is a powerful witness that laypeople are willing to hear the call to ministry, be rigorously trained for that call, and be regularly supervised in their caregiving. As pastor, it was especially important to me that the ongoing bond between the caregiver and care receiver was supervised and confidentiality was maintained. I could trust that people whom I referred to caregivers were treated with the deepest faithfulness and respect.

What are the blessings of being a SM?

I truly believe there is no deeper honor than to walk with someone in their faith journey. We may travel the deepest valleys with them, and share the highest peaks, but doing so is a sacred privilege. At all times, we are not alone, but can sense the presence of Jesus (and the running SM joke is, Jesus walks with one hand on my shoulder and one hand over my mouth!). Thinking of the few times pastors may have this privilege (counseling, baptisms, weddings, sick beds, funerals), being able to share these moments with laypeople in Stephen Ministry is a true gift.

What types of issues do caregivers help with?

Care receivers may need support in dealing with any number of issues: divorce, loss of employment, grief, health problems, loneliness, dependency issues, aging parents, depression or anxiety, low self-esteem, financial problems, parenting, feelings of guilt, infidelity, or relationships with family, friends, or co-workers. Caregivers also help those seeking a relationship with God or suffering from a loss of faith.

In general, what is the process like?

Stephen Ministry training typically consists of about 20 two-and-one-half-hour weekly interactive classroom sessions, and is provided at no cost. A Referrals Coordinator assigns care receivers to each caregiver. Caregivers typically meet with their care receivers for one hour each week. Supervision with the entire group of Stephen Ministers is provided twice a month and continuing education once a month.

Stephen Ministers provide caregiving to others through the power of Christ's love. If you enjoy caring for others, God might call you to serve as a Stephen Minister.

Your first step is to learn more about getting involved.

To explore the role of Stephen Minister, or if you know someone who needs a Stephen Minister, reach out to Pastor Joseph, Diane Hornaday, and/or call one of our Stephen Ministry Referral Coordinators:

For more information, please reach out to:

Barbara Vasquenza (women) (860) 712 - 2710 or

Mike Motyl (men) (860) 559 - 3724

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