THE GOOD NEWS Newsletter
Volume 85, No. 6 – June 2022
Virginia Capalbo, Editor - Bob Marshall, Photos



Avon Memorial United Methodist Church, Avon, CT

#### **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 6:30am - 10:30am
YOUTUBE Link to Sunday Worship Service: https://www.youtube.com/user/AvonMUMC
FACEBOOK Link to Sunday Worship Service: https://www.facebook.com/avon.mumc/
Pastor Rev. Joseph Piccirillo, Pastor (203) 545-3277 (Mobile Phone)
pastorjosephmumc@gmail.com (860) 507-6081 (Parsonage)

#### **New Chapters**

After every event in life, it is important to pause and reflect on where we have been and where we are going. Here are some thoughts I share with you at this precious moment in our lives...

One can think of life as one big relationship. Our relationships change, from people to people and from one life experience to another. I hope that our relationship with all of you have made your relationship with God and each other more rewarding and fulfilling.

We are not naïve... Our age and life experience has taught us that retirement will include some challenges along the way. We are facing that now with finding a place live and sorting through things to move.

**The love that was shared and received...** has blessed us, comforted us, challenged us, and reminded us how blessed and fortunate we have been to make the acquaintances and friendships that are born out of ministry and Christ's command to love God and to love one another. We can't successfully get through life without them.

**We plan and God does...** Even the best of plans, if they are not aligned with God's will for us, change. Like sailing, the wind blows where it will, and it may take you in a different direction from where you thought you were going. So we plan and we pray and we go with the flow as best we can and allow God to take the lead to where God needs us to be.

**Even our challenges are a blessing...** If we allow them to be. There is always something to be learned by what we experience, both blessings and challenges. In life, every event is an opportunity to learn about ourselves, others, or God. This makes it possible for us to Thank God in all our circumstances, as St. Paul reminds us.

**Endings are only new beginnings...** They provide us with new opportunities. As we have left dear friends to make new ones, in each of the churches we served, we hold those experiences and those relationships as precious to us. Endings provided us with the opportunity to meet and make new friends and join new families without forgetting the love left behind.

We love all of you and we are so grateful to you for the blessings you have been to us. We pray for you and for Pastor Lee and his lovely wife, Hyeonjin. That together, you may grow in your love for and trust in God and each other.

Peace and God's blessings by yours today.

Pastor Joseph and Carol.

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#### **JUNE 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.

1	Jarrett Baker	14	Lea Johnson
1	Tina Tardiff	16	Mandy Roberts
2	James Kennedy	19	Heather Kelsey
2	Courtney Robinson	23	Dawn Louise Giese
5	Becca Hallock	24	John Zehren
6	Ruthellen Corbett	26	Jeff Tremback
8	Jeff Notestine	27	Christin Daley
10	Ashley Arnold Rau	28	Nicole Gregory
13	Maribel Corbett	29	Mollie Baker

#### **JUNE ANNIVERSARIES**

Paul and Jean Anderson Jim and Sue Campbell Mark and Courtney Borenstein John and Bev Perotti Nat and Kim Brinn

#### MUMC SUMMER WORSHIP SCHEDULE:

Beginning: June 19th through August 28th

Sundays at 9:30am

In-person and Livestreamed.



## STAFF PARISH ANNOUNCES APPOINTMENT OF NEW PASTOR

With the upcoming retirement of Pastor Joseph, the Staff Parish Relations Committee is pleased to announce that we have met with our District Superintendent and can report our Bishop's appointment of Rev Dr. Sungmu Lee to lead our congregation effective July 1. Rev Lee has served three churches in our Conference since 1998, currently serving First & Wesley UMC in West Haven, CT. Rev Lee is married, his spouse is Hyeonjin Kim.



Rev Lee holds degrees from Drew University (PhD, MDiv) in New Jersey, Methodist Theological Seminary (MTh) in Seoul, Korea; and Dankook University (BE) in Seoul. He has taught "Introduction to Preaching" at New Brunswick Theological Seminary and "Introduction to Preaching and Worship" at New York Theological Seminary. He has served for the Ecumenical Group for Eucharistic Sharing with the Episcopal Diocese of New York.

Rev Lee's scholastic/research interests lie in the area of liturgical enculturation. He has published several scholarly articles that demonstrate the great potential for each Church to experience God more effectively through its own ways. It is his hope that the fruits of his work will open the gates not only for Korean Christians but also for other ethnic Christian groups to connect Christian faith with their own cultures, create unique theologies for their own churches, and practice the faith in their life.

Rev Lee looks forward to his appointment in Avon, and we look forward to working together to grow and move our ministry forward.

#### A FAREWELL AND A WELCOME

[Martin Kibbe] SPR Co-chair

A Farewell and A Welcome in the Music Department.

We are sad to say goodbye in retirement to a wonderful talent and friend after 34 years. Tony Rauche began as organist in 1988 and took over as Music Director in 2000 leading both Choir and Memorial Ringers during worship and many special programs and concerts. We wish Tony all the best as he enjoys his freedom, especially on Thursdays and Sundays.

We welcome as our new Music Director, Elizabeth Knox, who will be joining us on June 19th. Elizabeth is a Unionville resident. She has a bachelor's degree in music, primarily flute performance. She has been on staff as Assistant director of Worship at Valley Community Baptist, and she has been playing piano, singing, and leading choral groups at Senior centers in the area. We look forward to the style and opportunities that her talents will bring to our worship experiences. Please make it a point to greet her and welcome her into our church family.

# PLEASE JOIN US AT THE CELEBRATIONS OF OUR RETIRING LEADERS!

[Linda Kime] SPR Co-chair

On Sunday June 12th we have our last worship with P.J. at both the 8:30 and 10:30 services. Fellowship Hour at 11:30 will be a send-off party for pastor Joseph and his wife Carol! Look forward to some special catered finger foods with gluten free choices. We'll have a slideshow of highlighting PJ's 8 years with us at MUMC! Please join us to wish them well in their next journey.

A retirement party for our beloved Tony Rauche is in the works to be a fun and delicious occasion! We just don't have the exact date yet! We have been blessed with Tony's skills on the organ & piano and will certainly miss hearing him play. The bell & vocal choirs have much enjoyed being led by Tony. Stay tuned for date of this event honoring our phenomenally talented music director's 34 years of service to MUMC. His last Sunday leading our music will be June 5th.

#### HONORING OUR GRADUATES

[Education Committee]

We will be honoring all graduates at a special **Fellowship Hour** following 9:30am worship on Sunday, June 19<sup>th</sup>. Please join us as we celebrate this milestone in their lives.

"Tell me and I forget. Teach me and I remember. Involve me and I learn." -Benjamin Franklin

#### June 2022

#### REVITALIZATION

[John Baily]

As announced in the newsletter, council is moving forward with our MUMC revitalization project. At councils May meeting, as input for our planning, we heard from Pastor Joseph on his thoughts on MUMC revitalization and input on our future direction.

We have received thoughts from several of you on things MUMC can do to bring our members back to church after COVID as well as drawing new people into our congregation. Please keep those ideas coming.

Right now, we are focused on identifying a leader or leaders for that task force. Our aggressive goal is to spend the next month developing an initial draft of a plan so that when Pastor Lee arrives in July the task force can get his input and finalize a draft to take to Church Council. We would like to develop a timetable that begins some initiatives in Late August or September.

In the meantime, those of you who have come back to services or other events—bring a friend. To those of you who have not come back, we would love to welcome you back. You are certainly encouraged to wear a mask if you desire and unfortunately, there is still plenty of room for you to socially distance.

Keep those ideas coming



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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

#### **EMERGENCY CONTACTS**

[Pastoral Care]

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 <a href="mailto:afitzgerald138@gmail.com">afitzgerald138@gmail.com</a> We are a family and want to care for each other. Stay safe.

#### PRAYER FOR THE CHURCH

Almighty God,

My Church is composed of people like me.
I help make it what it is.

It will be friendly, if I am.

Its pews will be filled, if I help fill them.

It will do great work, if I work.

It will make generous gifts to many causes, if I am a generous giver.

It will bring other people into its worship and fellowship, if I invite and bring them.

It will be a Church of loyalty and love, of fearlessness and faith, and a Church with a noble spirit, if I, who make it what it is, am filled with these same qualities.

Therefore, with the help of God, I shall dedicate myself to the task of being all the things that I want my Church to be.

Bless my journey Lord God, that I might build the Church through Jesus Christ our Lord.

Amen

"The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart." -Helen Keller

#### FINANCE COMMITTEE:

#### **APRIL 2022**

Actual YTD Budget YTD Difference

Total Budget Income: \$ 150,756.06 \$ 106,388.00 \$ 44,368.06

Total Budget Expense: \$ 125,924.84 \$ 120,648.00 - \$ 5,276.84

Net to Date Income – Expense \$ 24,831.22

"In the end, it's not the years in your life that count. It's the life in your years."

-Abraham Lincoln

"Take the <u>risk</u> or lose the chance"
-Marko Halilovic

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.

#### WEARING OF RED FOR PENTECOST SUNDAY, JUNE 5th

Wearing red on Pentecost Sunday is an outward sign of the inward transformation by the Holy Spirit in each of our hearts. As "tongues of fire" came to rest on the disciples on that first Pentecost long ago, we will gather together and then leave still blazing with the fire of hope God offers all through God's Spirit. Please wear something RED to be part of this tradition!!!

"Spread love everywhere you go. Let no one ever come to you without leaving happier." -Mother Teresa

"<u>Don't wait</u>. The time will never be just right."

-Napoleon Hill

#### **VACATION BIBLE CAMP AT MUMC**

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 <a href="the church">the church</a> office.

#### PASTOR'S DAILY DEVOTIONS ON MUMC WEBSITE

Devotionals Daily

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!

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

CHECK OUT OUR FACEBOOK FOR NEWS! Avon Mumc

#### **MUMC CONFIRMATION**

Confirmation is a sacred day of commitment and celebration in the life of an individual and the Church.

On Pentecost, **June 5<sup>th</sup> at our 10:30am worship** service six of our youth will experience what we believe to be the most important day in their Christian life – to be confirmed as members of the United Methodist Church. They have studied with Pastor Joseph and in partnership with their chosen mentors and will celebrate this important day with their families and our congregation. They are:

2022 Confirmands / Mentors: Julia R. Baily / Donna Baily Thomas Baily / Gregory Slone Justin Hunter / Guy Johansen Olivia Kafka / Jeff Tremback James Kennedy / Chalise Ross Nathaniel Ross / Rick Zeiser

#### PLEASE SHOW YOUR SUPPORT!!

It is important for them to know that their congregation is with them and supports them always, but especially on this day. We hope you all will make the decision to be present in the sanctuary that day so that when they turn toward the congregation to be recognized, they will see a room full of church family who are there to celebrate with them.

Thank you for your consideration of being with our youth on this special day.

#### **CONFIRMATION BREAKFAST**

In celebration of this milestone in the lives of our youth, MUMC's Education Committee will be hosting a Confirmation Breakfast for confirmands and mentors and their families on Sunday, June 5, at 9:30 a.m. in Fellowship Hall. The confirmands will also be honored and celebrated by all with a special cake during Fellowship Hour.

#### **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 wellbeing 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.

#### SEEKING GRADUATE INFORMATION

Whether graduating from high school, or from college with an undergraduate, graduate or further degree, we would like to acknowledge that accomplishment. Please send pertinent information, including possible future plans and a photo (optional) to the church office at: avonmumc@gmail.com.

#### THANK YOU SUNDAY SCHOOL STAFF!!

[Kay Hunter]

I want to take this opportunity to thank our incredible Sunday School staff for their dedication to the Christian Education of our children and youth throughout what has been a very challenging time. Our staff has faced many challenges throughout the past two years with Covid – often meeting outside even when it was cool, and consistently leading classes with social distancing and often low attendance. We are looking forward for the opportunity to rebuild the numbers in our classes starting in September and hope that you ALL will again be on board. MUMC is blessed to have you part of our Christian Education program.

Our staff includes Beth Slone, Jenn Lamoureux, Diane Hornaday, Steven Baily, Greg Slone, Kevin Sweet, Jeff Tremback, Pat Kelly, Chalise Ross and David Corbett. Please extend them a thank you when you see them.

#### **MOTHER / DAUGHTER TEA**

A wonderful group of women and girls enjoyed an afternoon of fellowship, friendship and conversation while enjoying an assortment of teas and scones (prepared by Kay Hunter), along with mascarpone cream (prepared by Diane Hornaday) and a wonderful assortment of homemade jellies and jams (prepared and donated by Chris and Guy Johansen). We then shared a wonderful assortment of savories and sweets all prepared and provided by the ladies in attendance. Thanks to all who helped in any way especially with cleanup.

One of the tables of ladies enjoying the tea together:



We look forward to continuing this as an annual tradition at Memorial.

## June 2022 PASTORAL CARE COMMITTEE

[Kay Hunter]

Upon the retirement of Ruthellen Corbett as Chairperson of Pastoral Care Committee after 11 years of service, I have accepted her request to follow her in this position. I know we all appreciate the dedication Ruthellen has had to all that we do to support those from our congregation who are in need of pastoral care. She will be a hard act to follow, but I am determined to keep up the quality of service that this committee has provided for all. The main reason it was easy for me to accept this position is the incredible folks who serve on this committee – whenever there's something to be done, all step forward easily to be helpful and accomplish all we do.

I am thrilled to announce that we have decided to resume our First Friday Potluck Lunches starting on July 1st at noon in Fellowship Hall. We will Celebrate America's Birthday by cooking and serving hot dogs, and ask all to bring their favorite salad, casserole, dessert or snack to share. Weather permitting, we will have outdoor courtyard seating available for those who may be more comfortable there.

We will continue with our **Thursday Lunch Bunch** gatherings in the Memorial Garden when weather allows – and otherwise in Fellowship Hall. All are welcome – just bring your own lunch (and chair if in the garden) and we guarantee you lively conversation and fellowship. It is especially wonderful to enjoy lunch in the Garden.

Just a reminder that if you should hear of someone from the congregation who is ill or has another need for pastoral care, please notify Virginia in the office who will share the info with the Pastor and Pastoral Care Committee. Too often we all think someone else has passed on this information especially to the Pastor and that is not always the case. Better to get several messages than none. Thanks for your help in keeping us all informed and able to keep all in prayer.



#### **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:

07/03/22, 07/10/22, 07/17/22, 08/07/2022, 08/17/2022

#### 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.

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#### **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.

#### **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.



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#### **MEAL FOR WINSTED**

[Laura Gorden]

**June 4**th 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 64 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. Checks can be mailed to Winsted UMC, Mason Hall, 27 Wheeler Street, Winsted, CT 06098. Non-perishable food items can be dropped off in the blue bin located near the kitchen at MUMC.

THEY ARE IN NEED OF POWDERED MILK OR CANNED MILK, MAYONNAISE, AND SALAD DRESSINGS.

#### THE OTHER GOOD BOOK GROUP

[Heather Kelsey] <a href="mailto:hrmkels@aol.com">hrmkels@aol.com</a> (860) 678-1314

June will take us to the skies as we discuss Melanie Benjamin's historical novel *The Aviator's Wife*. "When Anne Morrow, a shy college senior with hidden literary aspirations, travels to Mexico City to spend Christmas with her family, she meets Colonel Charles Lindbergh, fresh off his celebrated



1927 solo flight across the Atlantic. Enthralled by Charles's assurance and fame, Anne is certain the aviator has scarcely noticed her. But she is wrong. Charles sees in Anne a kindred spirit, a fellow adventurer, and her world will be changed forever. The two marry in a headline-making wedding. In the years that follow, Anne becomes the first licensed female glider pilot in the United States. But despite this and other major achievements, she is viewed merely as the aviator's wife. The fairy-tale life she once longed for will bring heartbreak and hardships, ultimately pushing her to reconcile her need for love and her desire for independence, and to embrace, at last, life's infinite possibilities for change and happiness." [amazon.com] Our discussion will be held Sunday, June 19th at 7 pm. We meet in the Parlor and on zoom (contact Heather if you need the link) and all are welcome!

"Many of life's failures are people who did not realize how close they were to success when they gave up." -Thomas A. Edison

#### **INSECT STINGS AND BITES**

[Brian Baldwin]

It is sometimes difficult to assess which type of insect caused the bite, or if the rash is caused by poison ivy or other skin conditions.



**Symptoms**: The following are the most common symptoms of an insect bite. However, each individual may experience symptoms differently. Symptoms may include: Small raised skin lesions, Pain or itching, Dermatitis (inflammation of the skin), Allergic-type reactions in hypersensitive people with swelling or blistering.

**Treatment for insect bites**: Specific treatment for insect bites should be discussed with you by your healthcare provider. Clean the area well with soap and water. Use an antihistamine, if needed, for itching. Take pain reliever recommended by your healthcare provider, if needed, for discomfort.

<u>Call 911</u> if the individual has signs of a **severe allergic reaction** such as trouble breathing, tightness in the throat or chest, feeling faint, dizziness, hives, and/or nausea and vomiting.

**Tick bites**: Ticks attach their bodies onto a human or animal host and prefer hairy areas such as the scalp, behind the ear, in the armpit and groin, and also between fingers and toes. Tick bites often happen at night and happen more in the spring and summer months.

Recommendations for removing a tick include the following: Do not touch the tick with your bare hand. If you do not have a pair of tweezers, take your child to your nearest healthcare facility where the tick can be removed safely. Use a pair of tweezers to remove the tick. Grab the tick firmly by its mouth or head as close to your child's skin as possible. Pull up slowly and steadily without twisting until it lets go. Do not squeeze the tick, and do not use petroleum jelly, solvents, knives, or a lit match to kill the tick. Save the tick and place it in a plastic container or bag so it can be tested for disease, if necessary. Wash the area of the bite well with soap and water and apply an antiseptic lotion or cream. Call your healthcare provider to find out about follow-up care. By remaining calm and knowing some basic first aid techniques, you can help your family overcome the fear and the trauma of bites and stings.

Facts about insect stings: Bees, wasps, yellow jackets, and hornets belong to a class of insects called Hymenoptera. Most insect stings cause only minor discomfort. Stings can happen anywhere on the body and can be painful and frightening for a child. Yellow jackets cause the most allergic reactions in the U.S. Stings from these insects cause more deaths than venomous snake bites, due to severe allergic reaction. Fire ants, usually found in southern states, can sting multiple times, and the sites are more likely to become infected. The 2 greatest risks from most insect stings are allergic reaction (which can

#### CONTINUED ......

sometimes be fatal if the allergic reaction is severe enough) and infection (more common and less serious).

Some additional preventive measures for anyone who has a known or suspected allergy to stings include: Carry a bee sting kit (such as EpiPen) at all times. Make sure your child knows how to use it if there is a history of allergy to stings. These products are available by prescription.

#### **MEN'S BREAKFAST**

This photo was taken at this month's Men's breakfast at Friendly's. Nine men from MUMC , including Pastor Joseph, gathered for conversation and a good breakfast to start the morning. Based on the smiles in the photo, we can see a good time was had by all. The Big Too Do is the overwhelming favorite of the group.

The breakfast is the third Wednesday of the month. The next breakfast is June 15 at 8 AM at Friendly's on route 44 in Avon. All are welcome. There is no age limit, and no reservations are required. As part of our emphasis on revitalization at MUMC, we would like to see more participants in this group.

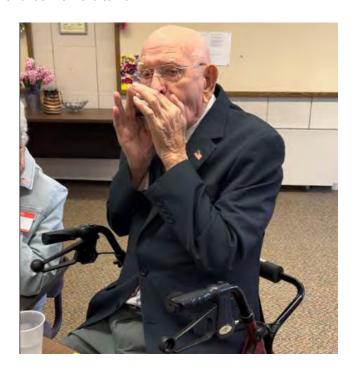




June 2022
ANOTHER CENTANARIAN IN OUR MIDST!
[Anne Fitzgerald]



Lou Kozikowski turned 100 on Thursday, May 19th but on Sunday, May 15th we gave him a preview, introducing him and his friend Evelyn Olson before worship, singing Happy Birthday after worship, and celebrating during coffee hour with a special cake and many cards. Lou even serenaded us on his harmonica with two tunes. His 100-year-old lungs were working just fine! Our other centenarian from July 2021 Grace Forsythe sent her welcome to the club via email from Florida. Louis, we love you and look forward to 101.



#### LOUIS' ACTUAL BIRTHDAY

At 2:00pm on Louis' 100th birthday, the Farmington Fire Department paraded by Village Gate's porch, filled with residents who sang Happy Birthday. Here is part of his family: Eleanor Olson, Louis' lady friend, his daughter Wendy Smiekel from Tampa, and his daughter Carol and son-in-law Rick Miller from Simsbury.



WORRY LESS, SMILE MORE.

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#### **MUMC TRUSTEES NEWS**

[Mark Borenstein, Dave Crompton, Johnny Fillian, Linda Johansen, Hal Johansen, Marsha B. Kennedy, Bruce Merritt, John Perotti]

- Sexton Bill Rebillard continues working on the parsonage, mowing and trimming, along with cleaning of the Church and Churchery School in its final weeks. He plans to wax the entire sanctuary in June after Tony retires and the Choir removes the bell tables. He also will complete painting in the education wing office and shampooing the Fellowship Hall carpet. In addition, he has worked with an elevator tech who was asked to troubleshoot the faulty sprinkler and warning light in the elevator machine room. Last of all, he is helping Trustees with some details and upgrades of the parsonage before the arrival of Rev. Lee in late June.
- Kevin from Morin Paving was on campus in mid-May to survey the 13 deep cracks and holes that have accumulated over the past several years. Bill identified each for him and he will give us a price to repair one, several, or all, depending on the cost.
- Johnny finished the design and fabrication two classroom window units that provide security while accommodating intake and outlets of A/C units to be placed in the downstairs south facing classrooms. These A/C units, along with playground equipment replacement and office upgrade, are paid through a state grant received by Jean Baron, Director of the Churchery school.
- The Trustees Chairman met with Bob Marshall's Records and History Committee in May to discuss the best way to use fifth-generation church member Barbara Knibbs' donation of a 1926 church pew and sum of money to enhance our historical understanding of MUMC over the past 200 years. Ideas for a rotating display of artifacts alongside a video presentation on the west wall of Thornburg Parlor were discussed.
- Marsha continues to receive Building Use Request forms
  even during the summer months. Please be sure to reserve
  space at least one month in advance so Virginia can add it to
  the monthly on-line calendar for easy reference.
- Mark is bringing aboard a local contractor this month who will evaluate the original main church roof system. Brotherhood Insurance requires that our new church roofing be inspected by a licensed contractor and a report forwarded to them by July 1, 2022. Any necessary repairs of these 17-year-old roofs will have to be made to maintain our insurance with Brotherhood.

CONTINUED ....

- Our new AED is on order and will be in place in early June, thanks to money made available from Nancy MacDonald's Memorials and Special Gifts Subcommittee's Undesignated Gifts account. Brian Baldwin, our Safety Committee chair, has recommended the Lifeline View model, which Bill will install when it arrives. A plaque recognizing this gift will be installed following the installation.
- Hal and Linda continue to work with Chairman Jeff Tremback's Memorial Garden Subcommittee to enhance the appearance of this beautiful area. Jeff and Jo Cragin recently planted annuals along the border to make the garden look better than ever.
- Churchery School will still require separate entrance and exit for student and parent arrival and departure in the fall of 2022 as BA.2 omicron variants spread. Other protocols will be enacted as needed when outbreaks arise.
- Thomas Baily, a June confirmand, has taken the lead in refurbishing and upgrading the basketball court on the west parking lot of the church as his confirmation project, a worthy undertaking, as this court actually gets quite a bit of use from church members and surrounding neighbors from time to time.
- The Girl Scouts recently worked on the Fellowship Hall Courtyard to weed, remove some old material, arrange flowers, and generally spruce up the area. They also are repainting the benches, which get quite a lot of use from church members and our Wednesday and Saturday AA groups.
- Cerruto Flooring will once again be stripping and waxing the entire downstairs area, including the hallway, foyer, and kitchen, in late August. Since Bill will take care of the Fellowship Hall carpet shampooing, we can add in the kitchen this year.

#### **MUMC MONTHLY CALENDAR**

		Jui	1e 2	022		
Limite	Monthly	Yearing	Delimentry	Thursday	France	Lettering
			1	2	3	4
1	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
16	27	28	29	30	1	

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.

# 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

#### Lorraine Z.

Cheryl M.

9 Keystone Circle Avon, CT 06001

209 West Side Blvd.

Unionville, CT 06085

Muriel K. 22 C Rita Drive Bristol, CT 06010

#### 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 <a href="mailto:avonmumc@gmail.com">avonmumc@gmail.com</a> 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 <a href="mailto:avonmumc@gmail.com">avonmumc@gmail.com</a> with "household info update" in the subject line.

## 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 login 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 IN THE UPPER TIER PARKING LOT

There is an on-going need for food in our community. The food pantry is being used daily and we are so pleased to see that there are those in need and we could be of some help to them. Please continue donating if you can and help spread the word.

Some suggestions for foods that are being taken regularly are canned vegetables, canned soups, canned fruit, canned tuna fish, pasta and jars of sauce.

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 upper tier parking lot bin to share with the Winsted UMC Community.

THANK YOU THANK YOU THANK YOU





June 2022

# BEREAVEMENT SUPPORT GROUP VISION, PURPOSE [Allen Nixon]

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.

"The only impossible journey is the one you never begin."

-Tony Robbins

"The purpose of our lives is to be happy."
-Dalai Lama

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-Maya Angelou

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** 

#### 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.

# June 2022 MEMORIAL GARDEN [Jeff Tremback]

Rennested by

Below are the interment instructions for the Memorial Garden.



#### Memorial Garden Remembrance

Name	Street Address	Street Address				
City, State	Zip-code	Telephone				
Remembrance Type Desired:						
Place loved one's cremai Provides for bro	ns (ashes) in the Memorial Gard uze nameplate	en.				
Memorialize loved one v  Provides for brown	vhose remains are elsewhere. 126 nameplate					
I wish to pre-arrange for Provides for bro	my own remembrance in the Me uze nameplate	emorial Garden.				
I wish to offer a gift to th	ne Memorial Garden:					
In memory of						
In the amount of						
CAPITAL LETTERS, maximur		ultiple requests. Please print infor				
Mamo: (First)	(iviluale ivalle of illitial)	(Last)				
Name: (First)						

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.

- 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.
- 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.
- 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.

#### FINANCE

[Greg Slone]

The balance of income to expenses has dropped to roughly \$25,000 as of the end of April from roughly \$45,000 at the end of March. A quarter of the 2022 apportionments were paid in April, accounting for a little over half the decline in the balance of income to expenses.

The Finance Committee looks forward to supporting and partnering with the volunteer(s) who we very much thank for taking on the task of performing the church audit in the coming weeks.

The Finance Committee is also very supportive of the churches revitalization efforts and looks forward to prayerfully partnering with church council and the various other church committees in this important endeavor.

### CHURCHERY SCHOOL

[Jean Baron]

The Churchery School year is coming to an end. We've had an exceptional year with our students who end the year with a love for learning, a love for each



other and hearts full of kindness. I am grateful to the Churchery School teachers who again taught our students without hesitation as we maneuvered through another stressful year of Covid.

We say goodbye to Lenore Maysa who is retiring after 35 years. We will miss her.

Thank you to Pastor Joseph who brought so much to our school with his smile and big heart. We wish him the best in his retirement.

Thank you to Virginia Capalbo-Russo for continuing to support us with her creativity and administrative skills. We appreciate her so much.

Mr. Bill is our hero, helping us with so many things and keeping our rooms spotless.

We will begin the 2022-2023 school year in September with full classes.

Have a safe, healthy, fun summer!

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CHECK OUT OUR FACEBOOK FOR NEWS! Avon Mumc

# A THANK YOU From Mary Kay Shanley

Dear Prayer Saul Winestry: My france , Shirley, secontly reguested a showl for my I mouth our granddoughter, Kelsey. I dne wirten to thank you for the colorful shawl. It provides confort to Kelsey and to my family tellingh Kelong in too young to appreciate the full of this gift, I wanted to let you know how deeply your work is felt by those who rave for baby Kelsey. The will continue to regulte medical procedures and surgeriet for years to come. Knowing that she is surrounded by the prayers embedded in the shawl through your love in Christ is a blessing 40 UE all Thank your for your got to her and for the work of eyour inconstry with deep appreciation, Mary Kay Shanley

"You will face many defeats in life, but never let yourself be defeated."

-Maya Angelou

"In this life we cannot do great things. We can only do small things with great love."

-Mother Teresa

#### **SUMMER CONCERT SERIES**

Please join your church family members in having an enjoyable evening at these Summer concerts!! Bring your chairs, picnic, blankets and don't forget to invite your family & friends!

Farmington "F" Hill Schedule here.





June 2022

# STEPHEN MINISTRY Breaking the Stigma Around Men's Grief by Brian Sloane, guest writer

So, I was sitting in a pub just a few weeks ago with four other friends. A typical and very stereotypical guys night out that centered around hockey, beer, and wings. We have all known each other for more than 20 years, and our lives are all vastly different, but we are all close friends. I was feeling particularly nervous that night because I had been keeping it from them that I had been working at The Grief and Trauma Healing Centre for months, and that I was guiding clients to process their grief and recover from loss. I mustered up some courage, pulled out my business cards that I was so proud of, then told them about my new role between periods.

They laughed. They laughed until there were tears in their eyes, as they read my card and grabbed their phones to look up the website.

I assumed that their initial reaction was to question my validity in this role. It was upsetting that their first inclination was to laugh, but I realized that I had made things a little uncomfortable on guys' night. I used that humor to steer the conversation and normalize their feelings around the work I was doing. I shared that I felt insecure at the onset, but through my experience with the program I was able to share how honored I felt to be in this position and hear people's stories, and then the conversation shifted.

Suddenly, there was a space for us to talk. None of us there that night are traditional "men's men" but in my experience few men truly are in their essence. They just rarely have opportunities to feel safe and be heard. So often, we as men have not been taught to share, to feel discomfort, to show weakness or how to be present and listen.

I brought up the concept from the Grief Recovery Method of being a heart with ears. The process of listening without judgment, interruption, or suggestion. We all laughed again, but the mood was different, and now we were free to talk about how men don't often get the help they need due to fear and stigma. How men that we know that have sought out professional help are often motivated by a crisis such as death, divorce, mental health struggles or addiction. Since that evening, we will occasionally text a heart and an ear emoji as a reminder of that night. It is a little tongue in cheek, but with a serious undertone. That night changed some patterns of behavior in a small way, but started an ongoing dialogue about things including our health, parenting styles, and relationships both present and past.

In my experience, men seem to apologize to each other for sharing. If you start to pay attention and watch for this, you will be surprised at its frequency. I'll hear a friend or coworker make a profound emotional statement and follow it up with:

CONTINUED ......

"I know it sounds stupid."

"I'm sorry you had to listen to that."

"I'm so sorry for crying like a \_\_\_\_\_" you can fill the blank, I quarantee it's seldom flattering.

So, what do men learn about grief and loss? Typically, empty myths that do not provide comfort or healing and often leave us feeling isolated even more. The Grief Recovery Method offers us six myths that we all learn about grief. I invite you an opportunity to read and reflect on them. This is by no means a complete list, and we all learn to incorporate these unhelpful ideations as they are modeled for us.

#### Myths Around Grief:

Don't Feel Bad
 Replace the Loss
 Grieve Alone
 Just Takes

Time - Be Strong for Others - Keep Busy

As grief and emotional distress accumulate throughout our lives, and without some form of intervention, we risk handling them in inappropriate, and even dangerous ways. Men's death by suicide rate in Canada remains fairly stable at about 3 to 1 men versus women (Statistics Canada 2018). What this doesn't tell you is that as men age, the risk increases as the number is just a general average. When men isolate, hide their pain, and lack healthy coping mechanisms needed to deal with loss, tragedy may result. We have to look after each other and learn ways to recover.

The Grief Recovery Method is a powerful tool to help you complete the losses that you carry through life. Remember, these are often cumulative, and time does not heal all wounds. The process teaches you to be honest with yourself. It provides a place to share and be heard in a way that you may have never had access to. By taking the right steps and bravely working through the program you will find comfort and completeness. Whether something happened years ago or recently, you can begin a journey to recovery with one small step. We don't have to suffer alone.

#### by Brian Sloane

Brian is a Grief Educator and Certified Grief Recovery Specialist on at <u>The Grief and Trauma Healing Centre</u>. He offers individual and group Grief Recovery services.

The Simsbury & Avon Stephen Ministers heard Ashley Mielke, B.A., M.Sc. MFT, Founder and CEO of the Grief and Trauma Healing Centre at our May continuing education session.

To explore the role of Stephen Minister, or if you know someone who needs a Stephen Minister, reach out to Diane Hornaday, and/or call one of our Stephen Ministry Referral Coordinator's: Barbara Vasquenza (women) (860) 712-2710 or Mike Motyl (men) (860) 559-3724 for more information.

#### "HOLY" BEARS & CREATURES GREAT & SMALL IS HERE





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CHECK OUT OUR FACEBOOK FOR NEWS! Avon Mumc

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#### **MEMORIAL GARDEN**

[Jeff Tremback] Memorial Garden Committee chairperson



The Memorial Garden greets you in 2022 with open arms. The trees and plants in the garden are in various stages of bloom. The magnolias treated us to their beautiful flowers earlier this year and the crabapple blossoms have come and gone. And now the poppies and roses and peonies and annuals galore are all showing their beautiful colors to welcome you to the garden and to say thank you to God for their glory. We will begin our regular summer gardening/maintenance schedule to keep the garden in top condition so that we may share the garden's beauty with everyone throughout the summer. The garden invites you one and all to come and be at peace and enjoy the bounty of nature. Enjoy sunsets, sunrises, noontime, and all other times in between. Bring a lunch or a snack, bring a book to read, pay your respects to a loved one, or maybe just listen to the birds singing their sweet songs. And we encourage new members to join our ranks as well. If you have a passion for gardening and being with nature, then please join us on the Garden Committee. You can contact any of the current Garden Committee members (including the chairperson, Jeff Tremback) for more info.





# FROM THE BENCH Tony Rauche

This is it! I write to all of you after 34 years of service and wonderful music-making. I arrived in 1988 to be Organist, and when Doug Jackson retired in 2000, I embraced conducting duties for the Memorial Choir and the Memorial Ringers. As of June 5<sup>th</sup>, that will be part of the history of the MUMC music program—I hope—for the better.

Through these years it has been my honor and privilege to work with fantastic members of this congregation, engaging them in a variety of music of all kinds. Clergy have come and gone, and they, too, have often added to the music program in some particular way. Nevertheless, it has been the great personalities of so many folks here at MUMC, and not all in the choirs, who have made my life that much richer and happier. I recall those who moved away, and those whose lives were transformed through death. I could not name everyone, but I do remember them with great affection and love.

This congregation must recognize its great musical strength; be sure to impress that on the "new guy/gal" who will be taking over your music leadership! That has been fundamentally rooted in the strength of the congregational hymn singing, a sign of deep faith and commitment to the Gospel message. I have seen the thoughts and ideals of those hymns translated into action to bring help on a personal level, or on a community level, both near and far. New members have always been welcomed and outreach has always been a strong feature of the character of this congregation.

Choir members, in particular, have been special in many, many ways, and I will especially treasure those relationships. I often told folks that leading a church choir was like heading up an academic department (which I did do at the University of Hartford for many years), except that least the church choir tries to do what you suggest! You can imagine how reassuring it was to have that experience on a weekly basis! And they have made beautiful music of praise and hope and love. We sang and rang many different styles of music, meeting many different challenges. And yes, over the years as the size and character of the choirs changed, we made adjustments to focus on the anthems that we could best present for the worship services. Therein has been our goal, namely, to enhance the worship service. That has always been my goal in picking instrumental music for our services. Some may not have appreciated everything we performed, but if they were listening closely, they would have understood all that we were saying week after week. Our music has spoken volumes, and the message has always been true.

Outside of worship we had great fun, too! Our tradition of the Advent Concert and Dinner has become a focal point of the Christmas season. We had fundraisers like the chocolate "Sweets for Sinners and Saints," in December, and the springtime pops concerts and our other chocolate event, the "Chocolate Café." We sang and rang in festivals with other Avon choirs for many years, and we celebrated with our annual choir parties.

Now is it time to move on. I started playing in church on the feast of All Saints, November 1, 1963, at St. Patrick's Church in Ravena, New York. I was 13 and didn't realize that I would end my church music career here with you, some 58 years later! It has been my honor and privilege to work and pray with you. Thank you for all that you have given me. I hope that I have given you music that has been meaningful for your own prayer life. You will always be in my heart.

