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### **Guiding To and Growing Through the Christian Life**

Church Office: (860) 673-2111 Office Fax: (860) 673-5777 Church Email: [avonmumc@gmail.com](mailto:avonmumc@gmail.com) Website: [avonunitedmethodist.com](http://avonunitedmethodist.com)

Sunday Summer Worship Service Schedule: 9:30am (last day of Summer Worship Service 09/11/2022)

Sunday Worship Service Schedule: 8:30am Worship Service with Communion , 10:30am Family Worship Service (Begins 09/18/2022)

Church Office Hours: Tuesday - Friday 9:00am - 3:15pm (effective 09/01/2022) 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. Sungmu Lee, PhD, Parsonage Phone: (860) 507-6081, Cell Phone: (631) 456-1713, Email: [sungmulee@icloud.com](mailto:sungmulee@icloud.com)

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Welcome to the month of September! I pray you had a safe and healthy summer.

Since I moved in our church in July, I have been asked a lot of questions. One of the most frequently asked questions is “What will happen to our denomination, The United Methodist Church, in the near future?”

There have been controversies about homosexuality during the New York Annual Conference Sessions at least for the past 25 years. Ironically, both pros and cons have quoted Bible verses to support their insistence. I am writing now just for your information not for discussion.

To make a long story short, the General Conference, the highest body of our denomination, was scheduled to be held in 2020 to decide how we would be split. Yet, Covid-19 has forced us to postpone it until 2021, then 2022, and then 2024. In the meantime, The Global Methodist Church was established in May 2022, whose policy is against the marriage and the ordination of LGBTQI sisters and brothers (Lesbian, Gay, Bisexual, Transgender, Questioning or Queer, Intersex). But it was pronounced that The Global Methodist Church cannot be official until the General Conference is held to make the rules.

If a local United Methodist church wants to join the new denomination now, it could, but it cannot hold its property. However, after the 2024 General Conference’s official decision, a local church could keep its own when it joins the Global Methodist Church. On the other hand, if a local church leaves the United Methodist Church but does not join the Global Methodist Church, it cannot keep its assets.

After the 2024 General Conference, each local church will be advised with instructions for the future stand. And each church should decide officially whether to stay in the United Methodist Church that allows the marriage and the ordination of LGBTQI or to leave; and if the church leaves, whether to join the Global Methodist Church or not.

I inform you of this process, not because I want our church to make a decision now, but because I want to give you a heads-up. I do not know what will exactly happen to our denomination in the near future, but I do know that God has been and will be with us in the entire process of the separation. If you have any further questions, please feel free to contact me. And please keep praying for our denomination and one another!

Sungmu Lee

**INSIDE THIS ISSUE:**

12	AA - A Longstanding Outreach Program of MUMC
5	A Thank You
2	Anniversaries of the month
4	Bereavement Support Group
2	Birthdays of the Month
14	Church Directory
4	Coffee Hour
5	Finance
5	Finance Committee – Monthly
12	Food Pantry Box
8	Graduate
7	Growing our Church
12	Holy Bears
6	Household Info Update (Membership)
12	Instant Church Directory and Newsletters on Website
6	Mailing List for Newsletter
11	Making MUMC “Peanut Free”
6	Meal for Winsted
13	Membership
13	Memorial Garden
13	Memorial Garden Form
14	Missions
14	MUMC Monthly Calendar
3	MUMC Pumpkin Patch
4	Notes from Pastoral Care Committee
5	One More Step “Back to Normal” (Ushers Needed)
9	Remember Those Who Have Trouble Getting Out
1	Pastor, Rev. Sungmu Lee
8	Revitalization
9	Safety – September
3	Septemberfest at memorial
7	Share God’s Good News
14	Staff Parish has been very busy
6	Sunday School Superintendent
6	Sunday School Resumes September, 18, 2022
7	Sunday Flowers
7	The Other Good Book Group
11	Trustee News
3	Understanding Dementia
10	Vacation Bible Camp at MUMC

**SEPTEMBER 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 list, please contact the church office.

- 4 Anne Fitzgerald
- 5 Rick Zeiser
- 6 Dave Gorden
- 8 Mary Gorden
- 9 Makenzie Tardiff
- 20 Cari Roberts
- 22 Daniel Slone
- 27 Callie Corbett
- 27 Emily Webster



**SEPTEMBER ANNIVERSARIES**

“Happy Anniversary” to the following people who are celebrating anniversaries this month.

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

- Jim and Chris Calandriello
- Greg and Elizabeth Slone
- Ken and Jen Notestine
- Dave and Barbara Chase



*Throughout this month’s newsletter you will find sporadic inspirational quotes from books. I hope you enjoy them as much as I did.*

*Virginia*

## “SEPTEMBERFEST” at Memorial!!!!

Bringing back a tried-and-true custom!!!

**Sunday, September 11, 2022** Family Worship 9:30am

11:00am – 1:00pm - Barbecue, Games, Music, Friendship and Fellowship!!!

What can you do?

- Mark your calendar now to be there on September 11<sup>th</sup>.
- Invite someone you haven't seen at Memorial for a while to join you.
- Invite neighbors and friends to join us.
- Respond to the [signup genius](#) request for assistance with event and/or to provide your favorite side dish for the event

What a great opportunity –

- To meet and get to know our new pastor **Rev. Sungmu Lee** and his wife Hyeonjin Kim.
- To meet our new director of music **Elizabeth Knox**
- And if you haven't yet - to meet our sexton (aka master cook for the day) - **Bill Rebillard!!!**

Kids - bring your grandparents to honor **Grandparents Day** – Photo Op!!!

We hope to see you all there for a day of **worship, fellowship, friendship and renewal!!!!**

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## UNDERSTANDING DEMENTIA PROGRAM

Saturday, September 17, 2022 at 2:00pm at MUMC

Pastoral Care Committee is sponsoring a program, Understanding Dementia, on Saturday, September 17 at 2:00pm in Fellowship Hall.

Esther Pearl from the Connecticut Chapter of Alzheimer's Association will share information with us as well as provide handouts to help us better understand Alzheimer's.

There will also be a question and answer session which will be followed by light refreshments.

Please share with friends and family to give them the opportunity to take advantage of this program. Questions? Contact Kay Hunter or Ruthellen Corbett.

## MUMC PUMPKIN PATCH

[John Baily]

As I write this, fall is in the air. While the days are still warm [or hot] the evenings are getting cooler. Can the Pumpkin Patch be far behind? The answer of course, is no. Planning is underway.

As you know, we elected to run the Pumpkin Patch the last two years in the face of COVID, while taking appropriate precautions. Last year was a record year with \$11,000 raised for the work of MUMC [ including \$3,380 from pumpkin bread sales].

Set up is scheduled for Saturday, September 17, 2022 with pumpkin delivery scheduled for Saturday, September 24, 2022. Kevin Sweet is again overseeing both of those days.

We have found that since the local stores will have already been selling pumpkins before ours have been delivered. Linda Johansen had a few successful days last year selling pumpkins before our official opening day. Thus, we will begin selling pumpkins as soon as they have been delivered. Sign up genius will have those dates available for selling pumpkins. Donna Baily will again oversee Signup Genius and be obtaining volunteers to sell pumpkins. If you are not comfortable with using Sign up Genius, you can call Donna [or she will call you if she needs volunteers,]

The Patch has been an effective vehicle for getting to know others in our church community. There are jobs for everyone from set up, to pumpkin delivery, to sitting in the patch, to special events. If your committee has not yet signed up for special events on one of the Saturdays, please get them to do so ASAP.

This year, for the first time as part of our Revitalization effort, we will hold a special thank you dinner for all on Sunday evening, October 30, 2022 which just happens to be Halloween Eve, Planning is in the early stages, but we are thinking of Pumpkin Bread, pumpkin soup and something like Pumpkin macaroni and Cheese topped off with pumpkin Pie or Pumpkin ice cream. along with trick or treat in costumes for the youth.

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***“A friend may be waiting behind a stranger’s face.”***

—*Letter to My Daughter* by Maya Angelou

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***“Even the darkest night will end and the sun will rise.”***

—*Les Misérables* by Victor Hugo

## NOTES FROM PASTORAL CARE COMMITTEE

[Kay Hunter]

**Prayers:** Please keep Paul and Jean Anderson in your prayers. A couple of weeks ago, Paul went into a diabetic shock (blood sugar went below 40) which resulted in a serious fall hitting his head with multiple cuts on parts of his body as well! Paul is resting and recovering at home.

**Rides needed:** Part of our pastoral care program includes providing needed rides for members of our congregation. Currently we are providing rides on a regular basis for Judy Corbeil from her home in Avon to MUMC's Sunday worship and the return trip to home. We often also have other requests for rides. We would like to open this opportunity to others who are not part of the committee to help out members of our congregation in need. Please let me know if you would be willing to be part of a list of folks who are willing to serve in this ministry.

**First Friday Pot Luck:** Please join us for First Friday Potluck Lunch Friday, September 2 at noon. As always if you can bring your 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. Good conversation and fellowship guaranteed!!!

**Thursday Lunch Bunch:** Except for the week we will be holding First Friday Potluck Lunch, we are continuing with our Thursday Lunch Bunch gatherings – Thursdays at noon - 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.

**Keep us informed:** 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.

**PLEASE VISIT OUR WEBSITE TO FIND OUT LATEST HAPPENINGS!** [www.avonunitedmethodist.com](http://www.avonunitedmethodist.com)

**CHECK OUT OUR FACEBOOK FOR NEWS!** *Avon Mumc*

**PLEASE JOIN US ON FACEBOOK OR YOUTUBE FOR our Sunday Service/s, SEARCH FOR Avon Mumc**

## 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, and His grace supports 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.

The Bereavement Support Group meets the third Wednesday of every month, except July and August, from 9:30am to 11:00am. The meeting is held in the parlor and also on Zoom; the Zoom meeting ID and password will be sent to Group members several days prior to the meeting.

## COFFEE HOUR

[Linda Kime]

We have had Coffee Hour back in swing down in Fellowship Hall after Sunday 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 2022 – AUG 2023
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

### GAIL COLON'S THANK YOU

July 18, 2022

Hi Anne,

I am safely back in Florida and all settled. No stairs to contend with!

Thank you so much for all you did for me – arranging rides to and from Church.

The last Sunday was a big surprise when Penny Yerrington was there and she drove me home. Jill was there and came out because she was not the person who picked me up – Aunt Penny! She came and visited for awhile. We were in each other's weddings! Friends since 4<sup>th</sup> grade.

I appreciated the bio you did on me – can't believe 60 years a member. The print of the Church that Ray Cragin did I will put in a black frame and hang it up. Have lots of wall space!

The beautiful cake! Bob took pictures of everything and I was able to print out in color. Have in a photo album.

I like Pastor Lee – think he is warm and caring and will be good for MUMC!

Elizabeth and her husband make beautiful music. I like contemporary! Many don't but you can't please everyone!

Thanks again Anne! I will miss my friends there but had to do what is best for me,

With Love, Gail

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### FINANCE COMMITTEE:

#### JULY 2022

	Actual YTD	Budget YTD	Difference
Total Budget Income:	\$ 205,786.90	\$ 186,179.00	\$ 19,609.90
Total Budget Expense:	\$ 197,792.05	\$ 211,134.00	- \$ 13,341.95

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Net to Date                      \$ 7,994.85  
Income – Expense

### FINANCE

[Greg Slone]

The church's general fund is now slightly in a deficit position, the general fund expenses year to date are just over \$1k higher than the general fund income year to date. The finance committee is asking the various church committees to closely watch their spending on items from the budget in the general account over the next few months. If items can be delayed or aren't absolutely necessary we are asking committees to postpone those items for now. Note, this does not impact funding for items that have designated funds outside the general fund, for example this wouldn't necessarily impact the revitalization project which has its own dedicated fund. The finance committee is also planning to delay discretionary spending (such as apportionments) a couple months to see if the financial position of the year-to-date budget improves with additional giving when folks return from summer school breaks and vacations. Please prayerfully consider the financial position of the general fund in your giving over the near term.

One other item to mention is the audit of the church and churchery school financials. The treasurer Diane updated the finance committee recently that the audit is progressing nicely and should wrap up in the coming weeks. Thank you to all those participating in the church and Churchery school financials audit.

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***“Those who don't believe in magic will never find it.”***

—*The Minpins* by Roald Dahl

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***“It is better to be hated for what you are than to be loved for what you are not.”***

—*Autumn Leaves* by André Gide

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***“The moment you doubt whether you can fly, you cease forever to be able to do it.”***

—*Peter Pan* by J.M. Barrie

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### 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 Lee and consider either ministry in our church.

## SUNDAY SCHOOL SUPERINTENDENT

We are very pleased to announce that Jenn Lamoureux has agreed to serve MUMC and Christian Education as Sunday School Superintendent. Jenn has not only been a long-time member of Memorial but has also served us for many years as a Sunday School teacher, first when she was a college student in the mid-90s and most recently for the past 10 years teaching those spanning from age 3 through Grade 5. Jenn will continue to serve as a Sunday School teacher for the coming season.

Jenn holds an associate degree in Early Childhood Education and bachelor's degree in psychology from Baypath College in Longmeadow, Massachusetts. She also is a teacher with Churchery School, MUMC's nursery school. We are excited to have Jenn on board serving MUMC as Sunday School Superintendent!!!

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## SUNDAY SCHOOL RESUMES SEPTEMBER 18, 2022

With the return to two services on September 18, 2022, Sunday School will resume at 9:30am. We are finalizing our staff and class placement at this time. All parents will receive an e-mail notifying them where their children will be having class as well as those teaching as soon as all is finalized. It will also be posted on the bulletin board in the downstairs entryway.

We look forward to another exciting year with the children and youth of Memorial in Sunday School – and beyond with the many other activities they have the opportunity to participate in throughout the school year!!! See you all on the 18<sup>th</sup> !!!

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## 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](mailto:avonmumc@gmail.com) with "NEWSLETTER" in the subject line.

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## 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](mailto:avonmumc@gmail.com) with "household info update" in the subject line.

## MEAL FOR WINSTED

[Laura Gorden]

On **August 6<sup>th</sup>** we delivered 64 meatloaf meals to Winsted. Thank you to Jeff Tremback and Jackson Gorden for helping me prepare the food and to Heather Kelsey and the unnamed volunteers for joining us to fill food containers and helping me to deliver the meals and food pantry items to Winsted. Jeff also washed the dishes and cleaned the kitchen. A special thank you goes to my grandchildren, Jackson, Mary and Mia for bagging all the food pantry donations and riding to Winsted with me.

**October 1<sup>st</sup>** 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. At 10:00am I need someone to help deliver the food and food pantry items to Winsted and an additional person to wash the dishes and clean the kitchen. 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. Items of special request are salad dressings, mayonnaise, and canned or powdered milk. 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. I will be taking food pantry items to Winsted on September 3 and October 1.**

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***"Be yourself and people will like you."***

—*Diary of a Wimpy Kid* by Jeff Kinney

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***"It was all very well to be ambitious, but ambition should not kill the nice qualities in you."***

—*Ballet Shoes* by Noel Streatfeild

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***"There is nothing sweeter in this sad world than the sound of someone you love calling your name."***

—*The Tale of Despereaux* by Kate DiCamillo

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***"I don't understand it any more than you do, but one thing I've learned is that you don't have to understand things for them to be."***

—*A Wrinkle in Time* by Madeleine L'Engle

## 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](http://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](mailto:linda.arnold@avonunitedmethodist.com). She will be glad to reserve a week for you.



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.

### GROWING OUR CHURCH

[Linda Kime, membership chair]

The Membership committee is NOT responsible for growing our church, but we take care of our membership data & directory (which continue to show declining number of members). And this committee does offer some social opportunities for the congregation to enjoy and invite folks to join in with you. And we help spread the word on all events going on in the church. Communication committee is part of Membership committee: publicizing ads, promoting sign usage, maintaining MUMC website & our Facebook page. Membership even provided shopping totes and cell phone wallets to put our name & logo out there. While you're in the check-out line at Stop & Shop tell the person next to you (point to tote) how much you like MUMC.

But it is our whole church family who are responsible for going out in our community and bringing in new members. We can do this by literally inviting others to attend worship on one of our social events or dinners. We can do this by talking frequently about MUMC and how much you enjoy being part of this loving community. We can do this by sharing your Christian faith with others and asking others about their faith. We can proudly share the missions work we do that helps others. To make this growth happen, the church family needs to uphold their vows for PRESENCE, prayers, gifts and service! Please come back to regularly worshipping together, working together and having good times together! And then don't forget to bring someone along!!

## SHARE GOD'S GOOD NEWS

Worship Committee

Volunteers are needed to serve as liturgists at the 9:30am 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](mailto:liturgists@mumc.org).

### THE OTHER GOOD BOOK GROUP

[Heather Kelsey] (860) 678-1314 [hmkels@aol.com](mailto:hmkels@aol.com)

September's discussion will center on *The One Hundred Years of Lenni and Margot* by Marianne Cronin. "Life is short. No-one knows that better than seventeen year old Lenni living on the terminal ward. But as she is about to learn, it's not only what you make of life that matters, but who you share it with. Dodging doctor's orders, she joins an art class where she bumps into fellow patient Margot, a rebel-hearted eighty three year old from the next ward. Their bond is instant as they realize that together they have lived an astonishing one hundred years. To celebrate their shared century, they decide to paint their life stories: of growing old and staying young, of giving joy, of receiving kindness, of losing love, of finding the person who is everything. As their extraordinary friendship deepens, it becomes vividly clear that life is not done with Lenni and Margot yet." [\[goodreads.com\]](https://www.goodreads.com/book/show/54111101-the-one-hundred-years-of-lenni-and-margot)



Our discussion will be held on Sunday, September 18th at 7pm in the Parlor and on Zoom. All are welcome!

*“What day is it?’, asked Winnie the Pooh.*

*‘It’s today,’ squeaked Piglet.*

*‘My favorite day,’ said Pooh.”*

—*The Adventures of Winnie the Pooh* by A. A. Milne

*“You are your best thing.”*

—*Beloved* by Toni Morrison

## REVITALIZATION

[John Baily]

With a nationwide slide in church attendance, at least partially, due to COVID, churches across the country are focusing on revitalization or whatever they call it. MUMC is actively considering how we can reverse this Trend. The revitalization Task force has been active. This is a work in progress, but this is an update. Pastor Lee is actively involved in our efforts, If fact, with Pastor Joseph's approval, he attended one of our meetings before he was officially here.

On September, 11<sup>th</sup> we are looking to have a barbecue from 11:00am to 1:00pm, on our grounds, after a special church service. There will be ice cream as dessert. We will welcome members and nonmembers alike. Since this is September 11<sup>th</sup>, there will also be something remembering that day. Plans are still in progress but there will be widespread advertising. BRING A FRIEND!!

The pumpkin Patch will again be open from September 24<sup>th</sup>, when our pumpkins are scheduled to be delivered, to October 31<sup>st</sup>. We will again need as many of you as possible to help with all aspects of the patch. This is an excellent opportunity to meet others in the church and to spread the knowledge of MUMC to our customers.

We are again in the process of planning special activities each Saturday. Stay tuned.

On Sunday October 30<sup>th</sup>, we are planning a Pumpkin Patch closing celebration. Pumpkin soup, pumpkin bread etc will be served. We are planning to welcome Kids in costume for Trick or treat.

November will see our First Friday luncheon which will be a Roast Turkey menu with pot luck.

January or February - Brian Hunter, Jr. head chef at the Unionville Fire Department, has volunteered to do a spaghetti dinner in Fellowship Hall. More information to follow.

As I said in church recently, we need everyone's help. We need to spread the word of these activities and invite everyone. We will also your help in putting these events on. In the meantime, keep those suggestions for revitalization opportunities coming

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***“I am not afraid of storms, for I am learning how to sail my ship.”***

—*Little Women* by Louisa May Alcott

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***“So many things are possible just as long as you don't know they're impossible.”***

—*The Phantom Tollbooth* by Norton Juster

## GRADUATE

Jessye received her doctorate in physical therapy this spring from Columbia University in NYC. She will begin work at Riley Hospital For Children in Indianapolis, IN. Jessye is the granddaughter of Joan Robinson and the daughter of Lisbeth Robinson of Peoria, IL.



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***“It is only with the heart that one can see rightly; what is essential is invisible to the eye.”***

—*The Little Prince* by Antoine de Saint-Exupéry

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***“And, now that you don't have to be perfect you can be good.”***

—*East of Eden* by John Steinbeck

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***“A friend may be waiting behind a stranger's face.”***

—*Letter to My Daughter* by Maya Angelou

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***“We all require devotion to something more than ourselves for our lives to be enduring.”***

—*Being Mortal* by Atul Gawande



## SMARTPHONE HABITS

[Brian Baldwin]

Smartphones are versatile devices that allow you to communicate with people even if they are across the globe. They can also be used to watch a movie on the go, read an e-book, take high-quality photos and videos, and even play games of your liking.



But as important as they are, there are some things you should avoid doing when using a smartphone. Here are some smartphone habits to stop today:

### Using the phone while walking

You may use your phone to perform multiple tasks. However, it is imperative to do so when you are not on the move. Using the device while walking can distract and endanger you or another individual.

### Relying only on GPS

The GPS on a smartphone is exceptional but not always 100% accurate. There are days when your phone may guide you the wrong way or take you to the wrong destination. So sometimes, you should self-navigate by looking at the traffic signs or by seeking directions from a traffic officer.

### Scrolling through the smartphone before bed

Most of us tend to scroll through social media or watch content like movies or a web series before sleeping. However, smartphones emit a blue light that suppresses melatonin, a chemical that regulates sleep. Moreover, low levels of melatonin will lead to inadequate rest, restlessness, lack of focus, and other symptoms caused by lack of sleep the following day.

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***“So many things are possible just as long as you don’t know they’re impossible.”***

—*The Phantom Tollbooth* by Norton Juster

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***“Time you enjoy wasting is not wasted time.”***

—*Phrynette Married* by Marthe Trolly-Curtin

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***“When you can’t find someone to follow, you have to find a way to lead by example.”***

—*Bad Feminist* by Roxane Gay

## 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

**Lorraine Z.**

9 Keystone Circle  
Avon, CT 06001

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***“She decided long ago that life was a long journey. She would be strong, and she would be weak, and both would be okay.”***

—*Furthermore* by Tahereh Mafi

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***“It is only with the heart that one can see rightly; what is essential is invisible to the eye.”***

—*The Little Prince* by Antoine de Saint-Exupéry

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***“The worst enemy to creativity is self-doubt.”***

—*The Unabridged Journals of Sylvia Plath*  
by Sylvia Plath

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## VACATION BIBLE SCHOOL 2022

[Beth Slone]

### Knights of the North Castle: Quest for the King's Armor

What a glorious week we had as 35 children participated in our Vacation Bible Camp. In Ephesians 6:10, God teaches us, "Be strong in the Lord and in the strength of his power". This was the primary lesson that we hoped we instilled in these children. We experienced Old and New Testament stories and discovered different pieces of protective armor—the Belt of Truth, the Breastplate of Justice, the Shoes of Peace, the Shield of Faith, and the Helmet of Salvation—at work in the lives of familiar Bible characters and explored how that armor works in their own lives as they followed and served God, through Bible storytelling, music, recreation, crafts, and even snack time.

All arrived with enthusiasm and left with smiles on their faces. A BIG thank-you to our adult volunteers: Pastor Lee, Leslie Arnold, Donna Baily, Jan Colturi, Jo Cragin, Diane Hornaday, Kay Hunter, Linda Kime, Jenn Lamoureux, Joan Robinson, Chalise Ross, Beth Slone, Brenda Slone, Julia Sweet, Kevin Sweet.

And to our teen volunteers: Eric A, Matt A, Julia B, Madi L, Ella R, Nate R, Daniel S, Makayla T, Robert T.

Thank you also to Lea Johnson and Pam Palmer for their artwork creating our castles, to Bob Marshall for his great photography all week long and to our custodian, Bill, for all the extra cleaning and resetting of the sanctuary and beyond. It was a glorious week! Praise be to God!



## 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, trimming, and assisting Trustees with landscaping. He also applied three coats of wax to the entire sanctuary and shampooed the Fellowship Hall carpet and Churchery rugs. In addition, he installed a table guard for one of the babies-changing areas and also removed and repaired the industrial kitchen spray faucet.
- **Morin Paving will be arriving** to repair parking lot asphalt damage in September.
- **Johnny** installed permanent **A/C unit exhaust window adapters** in the lower south classrooms of the Education Wing, which were used for Vacation Bible Camp in August.
- Marsha continues to receive **Building Use Request forms** *All committees should submit their full year 2022-2023 monthly meeting schedule to Marsha and Virginia by the end of August so a yearly calendar can be planned.*
- **REGARDING THE ABOVE, TO IMPROVE CHURCH COMMUNICATION, IT IS IMPORTANT THAT ALL COMMITTEES NOT ONLY COMPLETE A BUILDING REQUEST FORM IN A TIMELY FASHION, BUT THEY SHOULD ALSO CONSULT WITH SEXTON BILL IN ADVANCE OF AN EVENT AND LITERALLY WALK HIM THROUGH THE DETAILS OF INTENDED BUILDING AND GROUNDS USE SO HE AND TRUSTEES CAN PREPARE PROPERLY FROM THEIR END.**
- **Our new AED** has been stalled for months at AED Superstore, so we cancelled that order and ordered the same top-selling unit from Cardio Partners, \$200 less than original and including a number of free add-ons, a gift from the **Memorials Committee**.
- **Chairman Jeff Tremback's Memorial Garden members** continue to maintain the appearance of this beautiful area. The circle adjacent to the Garden will be the site of **Septemberfest "22" on September 11<sup>th</sup> after 9:30 AM service.**
- **Churchery School will still require separate entrance and exit** for student and parent arrival and departure in the fall of 2022 as BA.5 Omicron variants spread. Other protocols will be enacted as needed when outbreaks arise. Although the CDC has relaxed masking and social distancing rules, Churchery may reimplement them as needed.

Continued .....

- **Thomas Baily and Nate Ross refurbished and upgraded the basketball court** on the west parking lot of the church as their confirmation project adding a new pole, backboard, and net, even lining the key on the driveway. Many thanks to them and their parents for this fine gift.
- **The Girl Scouts** finished work on the Fellowship Hall Courtyard and have repainted the benches. **Lea Johnson** is now consulting with Trustees to make a few enhancements to the decor of the area.
- **Cerruto Flooring once again stripped and waxed** the entire downstairs area, including the lower floor hallway, foyer, and kitchen in late August, a necessary expense completely paid for by the **Churchery School Board**. Sexton Bill will now take over the Fellowship Hall carpet shampooing instead of Cerruto, a significant savings.
- **Barbara Schmitt worked with Trustees** at the parsonage to reduce and shape all the foliage facing Kingsbridge Road. Trustees and Sexton Bill weeded, edged, and mulched the same area to enhance curbside appeal.
- **At Pastor Lee's suggestion for Trustees to improve its visibility,** Hal and Linda cut back the foliage and mulched the area surrounding the **main church sign** on West Avon Road, greatly improving the visibility of the sign to passersby.
- Because our **office copier budget** printing use in the April-June period was about \$535, Trustees have had to place limitations on copier use, especially color. Office Manager **Virginia** maintains strict control of the copier color code, and committees using color must make sure that the amount is billed to their committee, not to the Trustees' \$196 per quarter budget.

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## MAKING MUMC "PEANUT FREE"

In the interest of safety and wellbeing of all and especially 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 meetings or events at Memorial. While we cannot guarantee MUMC will be totally peanut free, every effort that can be made to support a peanut free environment for all will be much appreciated.



### INSTANT CHURCH DIRECTORY AND NEWSLETTERS ON WEBSITE

[Kay Hunter] Website Admin.

Our Church Directory can easily be accessed on the MUMC website [avonunitedmethodist.com](http://avonunitedmethodist.com) – accessible by members only. 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 appears. 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.

### 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, rice, cereal, jars of sauce, boxes of pasta, pop tarts and popcorn.

Once a month food is also brought to the Winsted UMC Community and when the MUMC 1<sup>st</sup> 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



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### 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 8:00pm. In addition, other Avon locations for AA meetings are available, one at the Avon Center Congregational Church each morning at 7:00am, and also Tuesday evenings at 8:00pm 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.

### “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”!***

## 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 remains (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.

## MEMORIAL GARDEN

[Jeff Tremback] Memorial Garden Committee chairperson



The Memorial Garden committee is taking their summer break. We will resume regular meetings in September.

Please, come one, come all to the garden during the summer to enjoy the beauty and peacefulness of Mother Nature. The garden welcomes you and greets you with open arms. Take some time to be in the garden and be at peace with the world.

We continue to search for new members for our Memorial Garden committee. You do not need to have any garden experience to join our ranks. We can provide the necessary on the job training. All you need is a love of gardening. You can contact any of the committee members including me.

Thank you and have a wonderful and peaceful summer.

## MEMBERSHIP

[Linda Kime]

Names tags in the back of sanctuary have been restocked! We encourage ALL of us to wear them especially as our new pastor, his wife and our new music director can put names to our faces!

Membership committee is counting on 100% participation of ALL our church family to be at MUMC's September Fest! We're excited about REBUILDING our PRESENCE of members who've been absent! There's strong hope of GROWING our church family by inviting your friends, neighbors, and own relatives to come and enjoy a great time, good food!!

MUMC has a new Revitalization Task Force that's working hard to save MUMC from further decline in membership. PLEASE join in on these activities to make it work!! Many opportunities to come each month!! We need everyone to help get folks to these activities so they will come to be our friends, see our welcomeness, share Christian faith together.

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## MISSIONS

[Linda Johansen]

Thank you all who donated to the Covenant to Care backpack and school supplies collection. This year 18 backpacks were requested from our case manager liaison. The children's ages ranged from 3 to 17. All backpacks were stuffed and picked up August 21st. A great way to start off a new school year. Thanks again!



## STAFF PARISH HAS BEEN VERY BUSY!!

[Linda Kime, SPR co-chair]

Thank you to our congregation for your patience in our transition of a new pastor and new music director. It's never easy moving from what we're used to and what is new. SPR, Pastor Lee, Elizabeth & Liturgical Arts have been working to make adjustments in consideration of your comments.

We have appreciated your concerns on new transition but also on other staff issues. Please remember to go to SPR with any issues that you know of, so we can best try to resolve a situation. The staff has been reminded that SPR is the channel to go through if they have a concern.

We value our employees and are working to get the needs of our staff met, and additionally get prudent paperwork completed, to serve our church's best interest. We are blessed with dedicated employees and believe all will work out well. Please remember to show your appreciation towards them.

With Church Council's approval at the August meeting, we will be trialing a 4-day work week for our church office from Sept 1-Dec 31, 2022. After 4 months if it's a good fit, we can ask council to approve continuation. We are announcing new MUMC office hours: Tuesday - Friday, 9:00am - 3:15pm, Mondays closed .

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## MUMC MONTHLY CALENDAR

The MUMC monthly calendar is available on the MUMC Church website [avonunitedmethodist.com](http://avonunitedmethodist.com). To access it easily, scroll to the bottom of the website home page and click on VIEW ALL. You can easily download and print a copy that includes times and locations by clicking on the printer icon at the upper right. But please remember to check the website for calendar updates and/or changes.

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## CHURCH DIRECTORY

[Linda Kime, membership chair]

The online Members & Friends Directory is continually being updated with new contact info, some new photos, and unfortunately some removals of folks we've lost. When someone moves away their new address is kept in directory for 6 months, then they will be put in dormant state (won't be seen in directory). Folks who have not been for 12 months involved in any way with MUMC, will move to dormant. However dormant contact info is still visible to directory administrators so can be obtained by contacting church office manager. If it's much older information, given a little time Virginia can access a different database on another computer. To access our current directory, you can go right to [instantchurchdirectory.com](http://instantchurchdirectory.com) or thru our 'Members Only' section of MUMC website. See Kay's instructions on page 9.





Come - be our guests

**"SEPTEMBERFEST"**

**Sunday, September 11**  
**9:30 Family Worship**

**11 am-1 pm**  
**Barbecue, Games, Music,**  
**Friendship and Fellowship!!!**

**Meet our new pastor**  
**Rev. Sungmu Lee**

**Kids - bring your grandparents to**  
**celebrate Grandparents Day - photo op!!!**

**Memorial United**  
**Methodist Church**  
**867 West Avon Road, Avon**  
**860 673 2111    [avonunitedmethodist.com](http://avonunitedmethodist.com)**