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## First United Methodist Church

*"Our Mission is to make disciples of Jesus Christ for the transformation of the world"*

*Sunday Service at 9:00 A.M. & Saturday Night at 6:00 P.M.*

*During this season you can join us online at: [www.havenfirstumc.org](http://www.havenfirstumc.org)*

*Or like us on Facebook and join us there.*

Our Vision: Welcoming, Empowering, Reaching Out  
Ministers: Everyone of us:  
Pastors and Staff:

Dr. Christopher Fisher ..... Senior Pastor  
JoAnn Daum ..... Office Manager  
Marcy Hudock ..... Sexton  
Adam Kraft ..... Treasurer  
Ann Moyer ..... Parish Nurse  
Cynthia McClelland ..... Organist/Music Director  
Brian Reading ..... Minister of Visitation  
Julie Saunders ..... Choir Director  
Pamela Setlock ..... Church Secretary

### Pastoral Letter on the Quarantine

The Coronavirus Pandemic has changed life for everyone. In six weeks, we have gone from business as usual to a way of being that has probably not been seen in anyone's living memory. Six weeks ago, everyone was buying and selling, traveling around the world, enjoying large social gatherings, concerts, sports events, parties and group revelry, with all-time highs in employment and the stock market. We also had extreme cultural division in politics, ideology, values and religion, including the church, with the United Methodist denomination on the brink of splitting.



In a matter of weeks, all that has disappeared. Fear of a disease with unknown longevity and cure has led to social distancing, facemasks in public, shortages of basic staples, record unemployment, a gyrating stock market and many businesses going bankrupt, schools closed for the year, and families adjusting to life lived mostly at home. The elderly and infirm are feeling especially vulnerable. There are no big gatherings like concerts, parties, sports events, weddings or funerals. Worship takes place in the privacy of our own homes. There is still political division, but the focus is on how best to lead the country through the pandemic, with other issues receding in urgency. As of Thursday, April 30, the number of cases in the US tops 1 million, with the death toll over 61,000. (Source: *John Hopkins University Center for Systems Science & Engineering*, 11:30 AM, April 30, 2020).

In all this, everyone is being forced to live differently. Although this is evident in many dimensions of our lives, I want to focus on home life. The tech revolution has made virtual social connection possible, but life is now focused at home in a new way. Many families are experiencing new tensions and pressures as they are forced to be with each other 24x7. Little frictions may add up, and without the emotional and spiritual resources, distance and time to process them, many are finding themselves in dark and muddy waters. One measure of this is evident in the mental health profession: almost no one is skipping therapy sessions, even though they are in the unfamiliar telehealth video format. ("*Your Video Therapist will See You Now*," by Andrea Petersen, April 26, 2020, *The Wall Street Journal*). People are experiencing unprecedented levels of fear, anxiety and conflict, and are desperate for help.

Let me propose some practical helps from your faith

during this time. Even the most mature Christians may experience anxiety and difficulty with the new situation, and not simply because of fear of death. Introverts may find the new situation to their liking, but loneliness can be a real problem for many. We may feel normal sadness at separation. We need our friends, our neighbors, our church family, our fellow-students and colleagues at work. We are fundamentally social beings, made for relationship. This pandemic has affected relationships on every level. It may expose our relational weaknesses, including weaknesses in our relationship with God, in our ability to be in relationship with others, poor interpersonal skills and strains from unresolved conflicts and the stresses of the situation.



This Photo by Unknown Author is licensed under CC BY-NC-ND

If the first problem is your situation, this is a great time to be alone with God and develop your relationship with him. Remember this promise: "Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus, the law of the Spirit who gives life has set you free from the law of sin and death." (Romans 8:1-2). In Christ, you may come freely to God and expect his grace. Study his word, seek to put it into practice. Get on your knees, be quiet before him, give God thanks and praise. Talk to him about your cares and worries, your failures and your needs. Make the choice to trust him with these things. "Cast your anxiety on him, because he cares for you." (1 Peter 5:7). Seek to grow in the knowledge and love of God. Ask him what new choices he wants you to make; listen for that still small voice directing you in the way. Know his peace.

If you are united with Christ, believers have a reservoir of grace in relationship with him, which he asks and expects us to share with others. Much of Jesus' teaching is about maintaining healthy, godly and harmonious relationships. Forgiving others is a huge part of that. "If you forgive other people when



**Small Groups:** Finally, Scroggins says virtual worshippers will come through the church doors when they are ready and hungry for real Christian community. Our work developing small groups makes us poised to answer that need – though there is more work to be done. The Discipleship Council and our small group leaders are planning towards that. We had over 21 active small groups this past season, and about half are still meeting. We are encouraging small groups to resume live meetings when members feel comfortable, and to complete the study on healing and continue as support and encouragement groups through the fall. We also need folks who are willing to be trained as new small group leaders. Is that you? Please pray for these things as we lean into the new cultural setting and seek to live for the glory to God.

- Yours in Christ, Dr. Chris Fisher



### Worship & Preaching Schedule July – August 2020

Sunday Worship: Live & Online at 9:00 AM

Theme: "Prophecy, End times and the Pandemic: From Fear to Faith"

Dr. Fisher will be on vacation on July 5, 12 & August 9.

July 5: 6<sup>th</sup> Sunday of Pentecost w/ Holy Communion  
Guest Preacher: Rev Ralph Saunders

July 12: 7<sup>th</sup> Sunday of Pentecost  
Guest Preacher: Mr. Gary Daum

July 19: 8<sup>th</sup> Sunday of Pentecost  
"The Sign of Israel, Part I"

July 26: 9<sup>th</sup> Sunday of Pentecost  
Guest Speaker: Mr. Brian Reading  
NO FELLOWSHIP LUNCH TODAY

Aug 2: 10<sup>th</sup> Sunday of Pentecost w/ Holy Communion  
"The Sign of Israel, Part II"

Aug 9: 11<sup>th</sup> Sunday of Pentecost  
Guest Preacher: Mr. Brian Reading

Aug 16: 12<sup>th</sup> Sunday of Pentecost  
Summer Intern Report by Katie Klamfoth

Aug 23: 13<sup>th</sup> Sunday of Pentecost  
"The Sign of Israel, Part III"

Aug 30: 14<sup>th</sup> Sunday of Pentecost  
"The Sign of the Spread of the Gospel"

Sep 6: 15<sup>th</sup> Sunday of Pentecost w/ Holy Communion  
Message TBA

Sep 13: 16<sup>th</sup> Sunday of Pentecost  
FIRST DAY FOR TWO SUNDAY SERVICES.  
Message and Times/Locations: TBA

### WEEKLY WORSHIP SERVICE

#### RECORDINGS ARE AVAILABLE ☉

Each Sunday, First UMC streams its worship services online at [havenfirstumc.org/live](http://havenfirstumc.org/live). These services are also viewable through Facebook and Vimeo. Simply clicking on the church's website link will take you to various viewing options.

Because some members of the congregation do not have access to the internet, we are offering to record the services on CD or DVD for those who request them, and have them mailed or hand delivered by a cadre of volunteers, thanks to the Stephen Ministry.

Please call the church office or mail in this form if you need a CD or DVD of the worship service in order to participate in worship. Thank you.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Best way to contact you: \_\_\_\_\_

Preferred Format: ☉

CD: \_\_\_\_\_ DVD: \_\_\_\_\_



### July – August Communion Offering

July 5: Gilberton Flood Relief

August 2: Jess Noll - YWAM Missionary



### CHURCH PRAYER MINISTRY UPDATES

**Good News About Our New Prayer Card Ministry:**  
Folks are reporting being blessed by the new prayer card ministry. About 60 people are praying every day for 10 people in the congregation whose names are printed on their prayer card. In this way, the entire congregation is being prayed for daily, personally and by name. One of these intercessors may call you to ask how you are doing and any special prayer requests. Thank God for these faithful brothers and sisters, who are lifting the congregation to the Lord daily. One callee said, "I'm so blessed to know that the Church is thinking about me and someone in the church is praying for me, by name, every day!" (paraphrase)



Be on the lookout for something fresh and exciting coming this fall to children & family ministry!



Have you heard about "Taste & See," our summer sweet treat is delivered as a monthly ministry kit and gets the whole family excited about the good things God has in store!?! Each kit contains supplies to make a sweet treat (popsicles, decorated sugar cookies, and smores), a family friendly devotion and either a craft, game or experiment sharing the good news of Jesus! This



summer we have been able to reach out and serve over 30 families and more than 60 children with our Taste & See kits. If you are interested in receiving a kit, please register on our website today! Kits are FREE and are able to be delivered locally!

### Bible Scramble Trivia

"Behold, children are a \_\_\_\_\_ from the Lord, the fruit of the womb a reward." EGHEIRGTA (Psalm 127:3)

"Children, obey your parents in everything, for this \_\_\_\_\_ the Lord." SLPEASE (Colossians 3:20)

"\_\_\_\_\_ up a child in the way he should go; even when he is old he will not depart from it." AINTR (Proverbs 22:6)

"Jesus said, "Let the little children come to me, and do not \_\_\_\_\_ them, for the kingdom of heaven belongs to such as these." RHDNIE (Matthew 19:14)





## Weekly Reading Schedule

July 5-10  
Read Acts 4-8

July 11-18  
Acts 8-10

July 19-25  
Acts 11-14

July 26-August 1  
Acts 14-16

August 2-August 8  
Acts 17-20

August 8  
Down the River  
9am-7pm

August 9-15  
Acts 21-25

August 16-22  
Acts 26-28  
Ephesians 1-4

August 23-28  
Ephesians 5-6

Stay tuned for the  
return of Pizza  
Posse & Wacky  
Wednesday!



August 8<sup>th</sup> 9am-7pm  
Pack your swimsuit, towel, life jacket, water shoes & snacks and join us as we float down the Swatara River. Tubes are provided. Life jackets are also required according to state regulations (**those are not provided**). Group size is limited to 32. The group will meet in the church parking lot at 9am on August 8<sup>th</sup>. Please RSVP by July 31st.

**Social Distancing & Friendship** - COVID quarantines have meant that most of us have been unable to see our friends... which, let's be honest, is the worst! There are a lot of lonely, despondent people out there who really need some encouragement and love right now, so here's some ideas to help you encourage and support your friends even when you can't see them in person.

1. Share a smile - Letter writing is somewhat of a lost art, but it's a beautiful way to express that you care about someone, because it takes much more time and effort than just sending a text or Facebook message. Plus, who doesn't like receiving something other than bills or junk mail?
2. Prayer Partners - How do we cast our cares on the Lord? We pray! And prayer is even better when we do it together. So share prayer points with your friends via text, a messaging service or over video chat, and ask how you can be praying for them.
3. Study the Bible together - We Christians struggle particularly with being separated from each other, because we are normally together at least once a week, and often more! So if you have a lonely Christian friend, maybe you could try and recreate some of the normal routines you would have. Check out a teen study in the YouVersion app today! Bring a smile to someone today even if you can't see it behind the mask! ©

## Prayer Focus for July and August 2020

- 1) Pray for more of the God's presence and grace in the Body of Christ. Pray for Christ to be formed in us. Pray for the spiritual growth, health, and unity of the body of Christ.
- 2) Pray for our Youth groups, children's ministry, and new youth staff worker and leadership needs.
- 3) Pray for the continued development of our broadcast worship service, and our missional effort to reach the community including the online community.
- 4) Pray for the second Sunday worship service being planned this summer to start in September.
- 5) Pray for our recent graduates as they prepare for the unknowns of work, college, and other future hopes and dreams.
- 6) Pray for the pastor, staff & church leaders, that we may receive grace for all the Lord calls us to be & do leading the congregation.
- 7) Pray for spiritual awakening among the lost, the prodigal children, and those who do not know the Lord in our families, our county and our nation. Pray for revival, repentance, miraculous deliverance, and supernatural healing.

## Weekly prayer team ministry continues.

Please sign up in pairs to pray for one hour a day during your week, for the Kingdom of God to come more fully in our church and our community and beyond. You can pray in your own homes. Consider sharing a phone call or video-chat to pray together if you live in different homes.

## Do you have a testimony to share with the congregation?

Has the Lord done something special in your life recently? You can record your testimony at home and we can incorporate that into the online worship service. Your testimony might bless someone who views the worship online. Please contact the office at [office@havenfirstumc.org](mailto:office@havenfirstumc.org) or Pastor Fisher at [pastor@havenfirstumc.org](mailto:pastor@havenfirstumc.org) if you are willing to contribute.



## Sr. High Youth Ministry Update

The Sr. High Youth Group met during the quarantine thru online Webex meetings until the end of May. We played online games like JackboxTV™, had some bible studies and prayer, and caught up with each other. For the end-of-school-year picnic on June 7,

Pastor and Mrs. Fisher hosted the youth at their home. It was delightful to be together again and just sit around outside and catch up.



The Youth had planned to spend 5 days at the beach at the Kull Youth Center of Ocean City Tabernacle in late July, hoping to invite families and interested members of the congregation to join them. Unfortunately, the pandemic has put the kibosh on that plan. Hopefully, the Youth will be able to reschedule for summer 2021.

The Sr. High is hosting bi-weekly outdoor activities this summer. The congregation is invited to join. The first event was on June 14 - a bike/hike afternoon on the Hamburg Rail2Trail project. Folks met at Kernsville Dam parking lot and enjoyed leisure time on the trail on a beautiful day.



Please pray for our youth as we enter summer, then a new school year. Pray also for our new youth staff worker search, and for next year's youth leaders. See the job descriptions elsewhere in this newsletter for more info or if you are interested in applying.

## Here is the summer schedule, weather permitting:

June 28, 1 PM: Bike/Hike on the Swatara Creek trail at Swatara Creek State Park beyond Pinegrove.  
July 12, 1 PM: Heisler's Diary and Minigolf.  
July 25: All day trip to the shore/beach. Details TBA  
August 2, 1 PM: Fossil hunting in Schuylkill County  
August 9, 1 PM: Something fun... Details TBA  
August 23, 1 PM: Fall Planning Session at church



**Employment Position Notice:**

**Full-time Director of Children's and Youth Ministry**

First United Methodist Church of Schuylkill Haven, PA is seeking a full-time Director of Children's and Youth Ministry. Master's degree preferred or equivalent experience and demonstrated passion for youth ministry. Experience leading a Young Life club or similar youth ministry will be a plus. In alignment theologically with the Wesleyan Covenant Association ([wesleyancovenant.org](http://wesleyancovenant.org)). Support package includes full-time salary with housing, benefits negotiable. Position to begin September 1, 2020. Please send inquiries to Dr. Christopher Fisher, senior pastor, at [pastor@havenfirstumc.org](mailto:pastor@havenfirstumc.org), for further information and qualifications.

**Job Description:** The Director of Children's and Youth Ministry oversees the children's discipleship and the Senior High Youth programs of the church, with the goal of making disciples of Jesus Christ. The Director gives staff support to the lay volunteers of the Children's and Youth discipleship ministry teams, and runs the Sr. High Youth Program, including connecting with families, leading a vibrant Sr. High youth group in the style of Young Life or similar campus ministries, and leading mission and outreach to community youth. The Director supports the children's Christian education program alongside the Sunday School Superintendent. The Director works with the Middle School youth ministry staff so that there is coordination between the different children's and youth ministries of the church. The Director helps the church carry out its mission to make disciples of Jesus Christ at all age levels, with focus on children, youth and their families. Discipleship and mission are the focus of this position.

**Terms:** Full-time, 40 hours per week. Salary plus use of church-owned housing, benefits negotiable.

**Employment Position Notice:**

**Part-Time Director of Middle School Ministry**

First United Methodist Church of Schuylkill Haven, PA is seeking a part-time Director of Middle School Ministry. The successful candidate will have experience and a demonstrated passion for children's and youth ministry. Experience leading a Young Life Club or similar youth ministry will be a plus. In alignment theologically with the Wesleyan Covenant Association([wesleyancovenant.org](http://wesleyancovenant.org)). The position is part time, 15 hour/week. Support includes salary and business expense account, other benefits negotiable. Position to begin September 1, 2020. Please send inquiries to Dr. Christopher Fisher, senior pastor at [pastor@havenfirstumc.org](mailto:pastor@havenfirstumc.org), for further information and qualifications.

**Main Focus:** The part-time Director of Middle School Ministry oversees and leads the middle school youth program with the goal of making disciples of Jesus Christ. The director leads the volunteer team overseeing the Middle School Youth Group. His or her goal is to lead a vibrant ministry connecting the young people to Jesus Christ, leading a dynamic middle school youth group, administering the logistics of the Confirmation process for middle school students, connecting with families, and leading the team to do mission and outreach to local non-church children. The director works with the Full-time Director of Children's and Youth ministry and other members of the staff and lay adult volunteers as part of team ministry to accomplish the mission of the church. Discipleship and mission are the focus of this position.



## Stephen Ministry Update

As with every ministry of the church, the current Covid crisis has affected the Stephen Ministry program. During the Covid-19 Quarantine our Stephen Ministers have kept in contact with their care receivers via text, email and phone meetings. This has been very critical for those care receivers who became isolated during this time.

Currently, we have 15 active Stephen Ministers and 9 people being cared for by a Stephen Minister. In the last 4 years, 24 people have received approximately 1,258 hours of direct one to one care.

Stephen Ministry also provides grief support. Stephen Ministry has a series of 4 books in their "Journeying through Grief" series. These books have been extremely beneficial for those experiencing grief. They are sent to people at 3 weeks, 3 months, 6 months and 11 months after the death of a loved one. To date, 92 completed sets of these books have been sent with 19 sets in process. These books have compassionate and practical advice for someone grieving after the loss of a loved one.

Stephen Ministry is a program that trains lay people to minister to someone going through a time of crisis. We are considering offering another a Stephen Ministry Training course in the future, if there is sufficient interest. If you are interested in finding out about the training, please contact either Lynne O'Connell (570-449-2355) or Nancy Kraft (570-385-4431).



## Shalom from Finance

Coffee Hour is still on hold,

but we can share our pleasure of drinking coffee with fun coffee facts. These are taken from Good Housekeeping Magazine written by Amanda Hawkins and Caroline Picard. Dec 3, 2018



1. The word "coffee" comes from the Arabic word for "wine." *Qahwah* later became *kahveh* in Turkish, and then *koffie* in Dutch, which is where we get the English word *coffee*.
2. Coffee as a drink dates back to 800 A.D.  
Legend has it that 9th-century goat herders noticed the effect caffeine had on their goats, who appeared to "dance" after eating the fruit of the *Coffea* plant. A local monk then made a drink with the produce and found that it kept him awake at night, thus the original cup of coffee was born.
3. Coffee beans are technically seeds.  
They are the pits of the cherry-like berries found on the flowering shrubs, but we call them "beans" because of the resemblance to legumes.
4. You can eat coffee cherries as a food.  
Early on, people mixed coffee berries with fat to create an energy-rich snack ball, according to PBS.  
*A personal note: I like chocolate covered coffee beans. They look like chocolate covered raisins. Pretty tasty but wow what a caffeine rush if I eat too many.*
5. Multiple people have tried to ban coffee.  
Back in 1511, leaders in Mecca believed it stimulated radical thinking and outlawed the drink. Some 16th-century Italian clergymen also tried to ban coffee because they believed it to be "satanic." However, Pope Clement VII loved coffee so much that he lifted the ban and had coffee baptized in 1600.  
Even as recently as the 18th century, the Swedish government made both coffee and coffee paraphernalia (including cups and dishes) illegal for its supposed ties to rebellious sentiment.

Stay tuned for more coffee facts in future newsletters. I know we have a fan club of tea drinkers too, myself included. I promise to give attention to tea facts in future newsletters.

In the meantime, I hope you are getting your coffee or tea served as you like it - whether hot, iced, sweet, or spiced. And can share it and conversation with a friend.

Be Safe. The coffee crew will be back, and we'll share a cup soon.

*Karen*



Greetings.

I begin by letting you know that this year we will be doing a Stewardship Campaign to aid in setting up our budget for 2021. This will take place in September. More exact details will be coming in late August. It will be a postcard drive followed up with a phone call for those who do not return the cards.

Our church has been extremely blessed this year in being able to continue services virtually and in having the people in our congregation gifted to do these many new tasks. For the first five months of this year, we are in the black- but that was mainly due to decreased spending. Currently our offerings are running about 7% below budget. We are hoping as we return to church this will change.

Our way to continue to give glory to God is through our tithes, offerings, and service. If you are not sure about starting to tithe, see our last Finance article in the May newsletter or call someone on the finance committee. Just a note- you do not need to start at 10% of your income (a biblical standard for giving= one tenth of annual produce or earnings)- try a lesser percentage, 3 or 5% and then go from there. Tithing is a blessing just waiting to come to you. You may find that you not only have what you need, but your faith also increases.

In looking ahead- next year you will see an increase in spending for technology in our budget to continue our streaming services and improve our website. We have many people clicking and tuning in during the week. More than are in our congregation. This is a new mission field. It will never replace our "in person church" but it is a way to draw some people, either in through the doors or into some of our other ministries they see on the website. It's a new world- thankfully with a same awesome, faithful God.

In His Service,  
Jean Twardzik



## Calling all Golfers and Non-golfers Golf Scramble | Sunday, August 9<sup>th</sup>

Green Acres Golf Course (Off Route 183, Shartlesville)  
461A S Northkill Rd, Bernville, PA 19506

Tee times start at 1:30 pm  
Cost is \$25/golfer

Now is the time to try golf with our patient and  
'experienced' golfers. You don't even need clubs!

There will be a picnic dinner served afterwards at the golf course pavilion complete with full review of holes won, balls lost and stories of fantastic shots. Please, join us.

Register by calling the Church Office or myself ( LJY )  
so we may have an estimate for food, etc.

For more information, contact Lenny J. Yenilaitus at 570.385.4818 or at  
ljj1497@verizon.net (cell# 570-497-6382)



Our heart-felt thanks to all who prayed, cooked and delivered meals, sent cards or visited with us via telephone during our illness in March and April. This church family is a very special blessing to us.

In Christ's love and ours,

Lenny, Shirley  
and Lenny Mike Yenilaitus

## PRAYER

### WARRIORS

### NEEDED!



If you would like to serve on the Prayer Chain and pray for fellow brothers and sisters, please contact Wanda Langley at: 570-516-7237. thank you!



## Take a Break Caregiver Support Group

is open to new participants. This group is for those giving the care and may be a place to talk freely about things that might not be comfortable to share with the care receiver present.

Come share your stories, worries, solutions, good days, bad days, all this and more. Fellow caregivers may learn from you or be able to help and support you wherever you are in the caregiving journey.

If you or the patient live outside Schuylkill County PA., you may still join us.

With cell phones, chat rooms, video conference, etc. this group may be available to those who would not be able to leave the patient to attend a physical meeting at a café or church. That does not mean we won't meet for coffee, but it may not be the ONLY way to meet.

Topics that may be discussed:

- Legal, financial, medical responsibility
- Respite, finding help
- Resources
- Family not helping
- Patient died and I am lost
- Encouragement, support

Led by  
Karen Shiffert, Certified Caregiver Facilitator, took care of her husband who had Parkinson's Disease. He passed in 2013. Karen has a heart for caregivers needing information and support. Karen also orchestrates the annual Take A Break Caregiver Conference.

There may be speakers on various topics, to be announced.

Sponsored by:  
First United Methodist Church  
420 Saylor Street  
Schuylkill Haven, Pa.

There is no cost to attend or participate.

Meetings may be through video meetings,



old-fashioned telephone/cell phone



or at a physical location.

Visit [Schuylkillcaregiver.com](http://Schuylkillcaregiver.com) to register.

Click the **red button** at the bottom of the page to get to the registration form.

Your information will not be shared.





### Health and Welfare happenings:

#### Take a Break Caregiver Conference 2020:

Rescheduled for 2021. As we work our way back to "normal" we have postponed the conference planned for this year until 2021.

Our website [www.schuylkillcaregiver.com](http://www.schuylkillcaregiver.com) was updated with the new location, date, and time for 2020. The venue may remain the same for 2021. We will see.

While the conference will not be held this year, we are continuing to establish the Caregiver Support Group. If you are interested to attend or participate, you may register on the website as you would to attend the conference. There is a separate red button at the bottom of the page that will take you to the Caregiver Support Group registration.

Time and Place? Thursday evenings at FUMC. No time frame yet as to when "meetings" will start, or how frequently we will meet. We are still working with WebEx and may decide to use that until we are able to meet in person, and we may include video conferencing during live meetings for those who may not be able to attend in person.

As this support group becomes active, information about the date and time of our meetings will be listed on the website on the Resources page. Registration for the support group is open now. It will give you an automated response saying that your information has been received. We will get back to you using the contact information you provide to let you know when we will meet.

Fund raisers at restaurants have been cancelled. Thank you for your support in 2019. We did raise 15% over our goal of \$6000. The remaining funds will be held over to support the 2021 conference.

We will participate again, in the Boscov's Friends Helping Friends shopping passes when they become available. And, we may have an in-church bake sale later in the year.

Other business: Ann Moyer and Linda Olsen have been serving as greeters, Covid-19 sentinels, at the reopening of our church for services. Face masks are still available. Ann and Linda will encourage you to practice safe social distancing as you enter the sanctuary.

Be safe and we will see you soon.

*Karen*

Commit to the Lord whatever you do, and he will establish your plans. [Proverbs 16:3](#)

## Methodist Women's Ministry NEWS July/August 2020

We will be doing a diaper collection for Jewel Women's Center, Sch. Haven. They need



Sizes 5 and 6 diapers and diaper wipes. The collection tub is in front of the church at the drive-up entrance. The collection will be from June 21<sup>st</sup> to July 14<sup>th</sup> and then we will deliver them.

Also from Jewel – they will be hosting a 5K walk/run on July 25<sup>th</sup>. It will be both in person and virtual. They will begin at the Faith UCC in Landingville. This is a fund raiser for them. If you would like to contribute to gift cards for the race, mark your donation **MWM- 5K** and put it in the offering, so we know to send them the money. Donations are needed by July 10<sup>th</sup>.

**July 11<sup>th</sup> – Drive-through Community Lunch 11 am – 1 pm** or till we run out. Lunch will be Pa. Dutch Chicken Potpie dinner with applesauce.



### **SAVE the DATE**



**August 11<sup>th</sup>, 7 pm.** We will be featuring Andrea McHenry of FREE (Freedom and Recovery for Everyone Enslaved) from Reading, PA to speak on Human Trafficking. FREE is a nonprofit organization in Berks County that raises awareness of sex trafficking and sexual exploitation. She has witnessed people being sold right off the streets in Reading. The program will be at 7 pm in sanctuary. Masks and social distancing required. She was featured in the Reading Times newspaper in an article Jan. 23<sup>rd</sup> titled "FEDs indict Gang Members". It is located on our bulletin board downstairs.

Methodist Women will continue to meet the second Tuesday of the month at 1 pm in Fellowship Hall in September. July's meeting will be after the community lunch to plan for August event. Our focus continues to be mission work, but mainly at the local level. All ladies are welcome.

Blessings,

Jean Twardzik, Chair

# Faith Community Nurse's Notes

By: Ann Moyer RN, FCN



## Continue Safe Practices!

*Please continue to use good hand hygiene.*

*Wear face masks properly, covering both your nose and mouth!*

*Avoid touching your eyes, nose, and mouth.*

*Stay at home if you are ill.*

*Avoid close contact with people who are sick.*

*Practice social distancing (6 foot rule).*

**No touch hand sanitizer stations have been ordered for the narthex, fellowship hall, and the office. We hope to have them delivered in July.**

## Managing Stress

Medline Plus Medical Encyclopedia defines stress as a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand.

God designed our bodies to handle small doses of stress, but we are not equipped to handle long-term chronic stress without a cost to our physical and mental health.

Learning how to ease stress in healthy ways is important for your overall wellbeing. Here are some examples:

- Take a break and do some deep breathing, relax and think of something peaceful. Imagine yourself in a place that makes you feel happy and tranquil. Allow yourself to engage your senses as if you are truly there.
- Engage in positive self-talk. For example; instead of "I can't do this," try "I will do my best," or better yet, "I can do all things through Christ who strengthens me." (Philippians 4:13)
- Physical activity is great for "blowing off steam". A 15-30 minute walk can be very beneficial. Do whatever activity works for you.
- Make time for leisure activities that you enjoy.
- Plan ahead for situations that upset you. Think through how you may best react to a negative situation. Avoid situations that may be avoided such as rush hour traffic.
- Surround yourself with positive supportive people. Our small groups and church family provide a wonderful network of people such as this.
- Reassess your workload. Are you expecting to squeeze 20 hours of work into a 16 hour period? Saying "no" to something is absolutely acceptable.
- Pray! Give things over to God. Count your blessings and practice an attitude of gratitude.

[www.verywellmind.com/tips-to-reduce-stress-3145195](http://www.verywellmind.com/tips-to-reduce-stress-3145195)  
2015 American Heart Association fact sheet,  
[heart.org/answersbyheart](http://heart.org/answersbyheart) How Can I manage Stress?

## Reaching Out

# Homebound, Recovering or Shut-In

Things of the world have been rather uncertain lately but God has remained faithful to His children. Please remember those in our midst that are Shut-In, Homebound or recovering with a card or just a quick note to let them know that they are not forgotten:

Schuylkill Haven

Lucille Romberger  
406 May Drive  
507

Carol Shappel  
206 Jefferson St.

Pottsville:

Marilyn Koch  
Schuylkill Manor, Rm119

Helen & Stuart Sattizahn  
York Terrace, Rm 138

Catherine Daubenspeck  
FL 33733, Schuylkill Center

Tremont:

John & Anna Mease  
113 Washington Street

Orwigsburg:

Carol Wagner  
Seton Manor, Room

Dr. Herb Rubright  
33 Grist Mill Road

Lewisburg:

Rev. Carl Geary  
Buffalo Valley  
Lutheran Village  
Rm.257  
189 E. Tressler Blvd.  
Lewisburg, PA 17837



## PRISON MINISTRY

### Smart Communications

Terry Short NY 7743  
SCI Camp Hill  
PO Box 33028  
St. Petersburg, FL 33733

### Smart Communications

SCI Muncy  
Bridget Steffie PC8700  
PO Box 33028  
St. Petersburg, FL 33733

If you know of anyone who would like a visit, please call the church office or our Minister of Visitation:

Brian Reading  
570-385-3804