



The Messenger

First United Methodist Church Newsletter
446 Camden Avenue, Moorestown, NJ 08057
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Rev. Stephen Donat, Pastor
Rev. HeyYoung Horton, Associate Pastor
Glenn Rodgers, Director of Music Karen Murray, Director of Christian Education Sue Harris, Parish Nurse
Brad Kenney, Director of Youth Ministries Devika Gill, Director of First Light Learning Center

Join us for Worship - Saturday 5:30 pm, Sunday 8:30 am, 9:30 am, 11:00 am
Visit us on the Web at: www.meetwithGod.com -or- Email us at: church@meetwithGod.com

AUGUST 2012



NEW SESSION OF DIVORCE CARE FOR KIDS TO BEGIN

The "DivorceCare for Kids" program for children (ages 5-12) of families experiencing divorce and separation, will be held on Wednesday evenings, 6:30-8:30 p.m. from September 5 - December 19 in Room E204.

DC4K features fun games and activities along with DVD dramas about real-life situations of children in divorce and points children to the Bible and Jesus Christ as their source of healing. Topics include learning about what is happening to my family; facing my anger; how to deal with my sadness; who's to blame; dealing with loneliness; talking to my parents; growing up and growing closer to God.

Divorce Care for adults will be meeting concurrently, but in a different room at the church.

For more information, call Karen Murray, Director of Christian Education, at 856-222-1120. Registration deadline is Aug. 20, 2012, and is required for both of these free programs. Free child care will be available for children under five years of age.

Servant Leaders Wanted: The DC4K leadership team is looking for people to help in this ministry:

- **Snack** - provide healthy food weekly, as well as paper goods (plates, cups, napkins)
- **Art supplies** - provide crayons, notebook paper, pens, pencils, to create a box for each child
- **Prayer Partners** - provide prayer weekly for each child and the leadership team (adopt a week in prayer)

For more information, contact Barbara Engelbrecht, barbie5613@hotmail.com We thank you in advance.



GROUNDS FOR GOOD NEEDS YOU!

As our community coffeehouse enters its FIFTH season of music, art, and fellowship, we are seeking volunteers who would like to be part of a team of great people serving together in this unique ministry. Every year we've seen growth in the number and diversity of the folks who comprise the "audience" at Grounds for Good, and we need to supplement our crew to spread the load and make sure that we are adequately staffed for each monthly event. No experience is necessary, and everyone is more than welcome to join us. Opportunities for service include kitchen duty, technical (sound & light), setup/breakdown, artist coordination and exhibition logistics, and general hospitality ambassadors. Please contact Kathy or Jay Appleton at 856-234-0089 if you'd like to volunteer, or if you would like more information about Grounds for Good. Thank you!

Be sure to check out our new feature, "Taste and See", featuring a healthy recipe. You'll find it this month on page 5.

CALENDAR OF EVENTS

Aug. 1st	Youth Ocean City trip - 9 am - 8 pm
Aug. 1st	Sing-along at Mt. Laurel Center-10:30am
Aug. 2nd	VBS volunteer training - 10 am; 7 pm
Aug. 12th	Last summer Sunday School session
Aug. 12th	Sun. School training - 9:30 & 11am
Aug. 13-17	Vacation Bible School - 9:00am-Noon
Aug. 16th	VBS Family Night - 7:00 pm
Aug. 19th	Light Harbor at Mt. Laurel Ctr - 2:30 pm
Aug. 19-23	Vacation Bible School - 6:00-8:00 pm
Aug. 22nd	Youth Six Flags trip - 9:00 am - 5:00 pm



FROM PASTOR STEVE
Choosing Worship Music

Every once in awhile I'll catch a comment, question, or 'suggestion' from someone (from all the different services) about the music that we sing in worship. "Why don't we sing more of these type of songs", or "this particular song", "why do we sing those obscure hymns", and so forth. So, here it is in the middle of a hot summer... and I thought I might shed a little light on the process that goes into selecting our worship music. (Glenn Rodgers and I have been sharing this duty for as long as I've been at FUMC (wow!), so, even though I'm writing this myself, I know that we have very similar ideas about this!)

Most of the questions about music focus on the 'contemporary' services, but our methods of choosing music are pretty much the same for all our services. When we choose a piece of music to be used in worship - whether it is a new song in a contemporary style, or a hymn - there are three basic tests that it must pass.

1. (Most importantly) the test of Content. There are a number of songs out there, that might be popular, but their theology is suspect, or trivial. They might pass the second test, but we're still not going to sing them. I subscribe to a service called "Song Discovery", which deals mostly in contemporary music. Each month they offer a 'New Song Café' and I can read the lyrics, listen to the song, and download a Lead Sheet. (We've introduced many new tunes to our 5:30/ 9:30 worship through this website.)

I recently downloaded a new tune that was pretty good - I thought. But I came across a line in the second verse that made my jaw drop. I remember showing it to a couple of our staff, incredulously asking, "Can you believe this?" Any music we sing in worship needs to add to the theological content of that worship service, and our walk with Christ, in a positive manner. We are very careful about this, and many songs just don't make the cut. (By the way, there are some hymns in our hymnal that I refuse to sing as well... you can figure that one out on your own!)

2. Singability. (My spell check is telling me that this is not a word, but I'm going with it anyway!) Simply put: a song has to be easily sung. That could mean (among other subjective criteria) that a song doesn't have too many 'parts' (i.e., the melody changes too many times to easily learn it, verses have different melodies, two different 'bridges', etc.). Songs that are too complicated can lose the congregation. Another criteria is that it isn't too syncopated (i.e., hard to count the rhythms). I've been known to simplify a popular song and completely re-write it with simpler rhythms. But that takes a lot of time, which I don't always have. The song also needs to be in a reasonable range for a congregation to sing - no extremes. It is *this* (#2) criteria that eliminates many songs that some people hear on Christian Radio. While

it might make for good driving and lessen road rage (ha!) the truth is that relatively few people listen to Christian radio and they won't know that song that you like so much. And it may not pass our 'sing-ability' or theology test.

3. Tradition. I recently read an article on line called "50 Songs That Changed How We Worship". I checked their list (a bit biased, perhaps because it was published on the Website of a Christian music publisher!), and saw that we regularly sing about 60% of them. I thought that was a pretty good ratio. I've noticed, too, that we sing *many* songs at FUMC that other churches do not sing. Anyway, this point is to say that once we've decided that a song fits our theology and is singable by this congregation we try to do it frequently enough that we can remember it. This is how the lyrics become part of our lives. Many of these tunes are direct quotes or paraphrases of Scripture passages. Neither Glenn nor I feel a need to eliminate a good song simply because it is 'too old'. ("Contemporary" is a very broad term indicating more about its style than 'what is currently being played on the radio'.) It is true that we tend (at 5:30/ 9:30) to do the 'older' songs less frequently, but still, we don't really want to forget them, and if they have something to say in a particular worship service, we'll use them.

I have chosen some hymns at our 8:30 and 11:00 services recently that we haven't *ever* sung at FUMC before (at least in the 18 years that I've been here). They are delightful and thought provoking... but they still must pass our 'tests'. But, obviously, it is easier to introduce a new song when there is music in front of everyone! (We have copyright permission to print music for our other services, but consider this: we have eight *full* file cabinet drawers with worship music that we use for our 5:30/ 9:30 services - probably 750 or so different tunes. At least half of them are multiple pages... now consider the amount of paper that we'd need to copy these for 300 people in a worship service! The expense and waste is too much!

Other considerations that go into choosing music are the compatibility of songs (do they fit together in a set of music?), who is available in the band any particular week, worship themes, and requests from the congregation (which we try very hard to accommodate). We try not to introduce more than one new song or hymn in any one worship service... and often we'll sing a new one two weeks in a row, to help you familiarize yourselves with it.

Well, I just picked three weeks of music for Praise Team practice tonight... so, maybe this is Too Much Information! But there you have it. It's how we do it!

Blessings and good worship!
pastor steve



FROM THE DIRECTOR
OF CHRISTIAN EDUCATION

Jesus answered by quoting Deuteronomy: "It takes more than bread to stay alive. It takes a steady stream of words from God's mouth." Matthew 4:4 MSG

The verse above is taken from the Gospel of Matthew when Jesus was being tempted in the desert by "The Evil One". After fasting for forty day and nights, the first of three temptations involved food. Isn't that the Devil's way? Go right for the one thing he thinks we need. "Since you are God's Son, speak the word that will turn these stones into loaves of bread." Jesus' response though is "It takes more than bread to stay alive. It takes a steady stream of words from God's mouth."

During the Summer have you continued to fill up on that 'steady stream'? I truly hope that no matter the season of the year each of us take seriously Jesus' words, "It takes more than bread to stay alive." Along with attending weekly Worship, consider taking additional time this Summer and spend it reading from the Bible, the true steady stream of words from God's mouth.

Sincerely,
Karen Murray, DCE

What's Coming Up!

We are continuing to prepare for our Summer Vacation Bible School programs that will be held from **August 13th through August 17th from 9:00am to 12noon** and **August 19th through 23rd from 6:00pm to 8:00pm**. This year's theme is ""Amazing Wonders - Encountering God's Awesome Power". Of course we are **still in need of volunteers** and it is never too late to be part of the fun. If you would like to volunteer, please contact me at 856-222-1120 or education@meetwithGod.com. (VBS is for children 3 years through 6th grade. Youth helpers are always welcomed!)

As we look ahead to the fall we are already preparing for our next Soup & Study program that will take place during the month of October on Wednesdays. We will be offering small group participation opportunities. If

you are interested in Facilitating a Small Group on the approved topic of your choice, please contact me as soon as possible.

Just a quick thank you to all who helped make Family Fun Night a great success! Much fun was had by all. The moon bounce obstacle course and Dunk Tank certainly kept the children happy. **Remember, the 2nd Sunday in June IS Family Fun Night!**

Fall Sunday School begins on Sept. 9th -
Classes for Children 2 years through Adult at
9:30 & 11:00am

Fall Soup & Study begins on October 3rd -
6:00 Dinner & 7:00 Study

Children's Thursday Youth Program begins
September 13th, 4:30 - 6:30pm
(Children 5 years through 6th grade)

Christian Education Weekend on September
15th/16th

Fall Rummage Sale - September 19th & 20th

Grace & Peace & Enjoy the rest of your summer!

**UPDATED CHURCH DIRECTORY
AVAILABLE THIS MONTH**

Be sure to pick up your copy of the 2012-13 Church Directory (non-photo, just names, addresses & phone numbers), which will be published early this month. It will be available in the Narthex (on the first aid cabinet below the phone) before or after worship, or in the church office during the week. Just look for the blue cover!

In order to protect the privacy of our members, please dispose of your old directory safely, shredding it is possible. Thank you!

OUR MISSION STATEMENT

First United Methodist Church is a community of faith committed to sharing the love of Jesus Christ with a hurting world through words and actions.

LAY LEADER LINES

One of the great benefits to living in our area is we get to fully experience all four seasons. I think we can all agree that we have seen our fair share of shoveling and sweltering days over the past few years. As I eagerly anticipate fall and cooler weather, I began to contemplate the seasons and the famous Byrds song "Turn! Turn! Turn! To Everything There is a Season." The song's lyrics came directly from the writing of Solomon in Ecclesiastes (3:1-8):

- 1 There is a time for everything, and a season for every activity under heaven:
2 a time to be born and a time to die, a time to plant and a time to uproot,
3 a time to kill and a time to heal, a time to tear down and a time to build,
4 a time to weep and a time to laugh, a time to mourn and a time to dance,
5 a time to scatter stones and a time to gather them, a time to embrace and a time to refrain,
6 a time to search and a time to give up, a time to keep and a time to throw away,
7 a time to tear and a time to mend, a time to be silent and a time to speak,
8 a time to love and a time to hate, a time for war and a time for peace.

In these verses, I am comforted to know that God is always near and in control. In addition, no matter what my circumstances currently are, they will eventually change. As our church season turns to the fall, your spiritual journey may lead (or pull) you in a new direction. Maybe the Spirit is guiding you to help with Interfaith Hospitality Network (IHN) or become a youth leader. There are plenty of opportunities to serve in our congregation. Please consider blessing others with your spiritual gifts in new ways. You may never know you are in a spiritual "winter" until the Spirit "springs" you into service in a new and fulfilling way.

Scott McGough, Associate Lay Leader

Baptisms:

Hailey Ann Brissette, Cayden Edward Vlach & Trenton Joseph Vlach on June 24, 2012; children of Mark & Amanda Vlach

Kinley Nicole Gray on July 1, 2012; daughter of Thomas & Nicole Gray



Newly Baptized



Deaths:

Blaine Capehart on June 23, 2012

RUMMAGE SALE
September 19th & 20th
“A WHOLE-CHURCH EVENT”

The Fall Rummage Sale is coming on *September 19th & 20th* and **You** are invited to help make this semi-annual event a HUGE success. HOW? By volunteering. We need folks who are willing to give some time on Monday & Tuesday the 17th & 18th of September as we prepare to invite the Community to Rummage through and find all the hidden treasures.

To volunteer . . . just show up on either day between 9:30 am & 7 pm, a task will be assigned to you. Please sign in when you arrive so we can keep track of all who help to make this wonderful outreach a great success.

Of course we will also be looking for new and like new items to be collected for the Sale. Items with the best recycle potential include all types of clothing, linens, jewelry, household items and books in gently used or like new condition. Watch upcoming weekly bulletins for further details.

Thank you in advance!

Location:

First United Methodist Church
(Fellowship Hall)
446 Camden Avenue
Moorestown

Hours:

Wednesday 6:00 pm to 9:00 pm
Thursday 9:30 am to 2:00 pm and
6:00 pm to 8:30 pm
(Bag Night)

**Soup & snack lunch served from
11:30 am to 2:00 pm on Thursday

Donations Only Accepted:

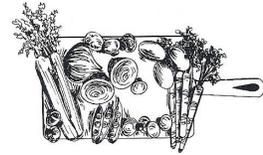
Sunday, Sept. 16th, 5:00 - 7:00 pm
Monday Sept. 17th & Tuesday Sept. 18th
8:30 am to 8:00 pm

*Sorry, we may need to close doors early for donations if we are full.

Please, no heavy items which require 2 people to carry.

*Sponsored by Adult Fellowship and the
Education & Youth Departments

**TASTE
AND SEE**



Welcome to Taste and See, a new feature in the monthly “Messenger”! Like our First Place 4 Health program, Taste and See is part of our effort to minister to the “whole person”. If you have a favorite healthy recipe that you would like to share, please send it to church@meetwithGod.com, and we'll publish it as space allows. (Any recipe that is not your own **must** include details on where it was published!)

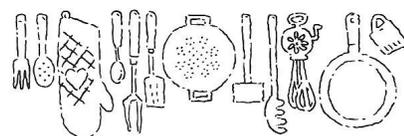
Spaghetti with Asparagus and Lemon

- 1 one pound box of whole wheat spaghetti
- 1 lemon
- 1 bunch of asparagus (pre-cooking is optional)
- 1/2 cup of finely grated parmesan cheese, divided
- 1 tablespoon of olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1. Cook the pasta according to package directions.
2. Grate the zest from the lemon.
3. Squeeze 2 tablespoons of juice from the lemon. Set juice aside.
4. Trim the asparagus, and peel into ribbons with a vegetable peeler, or cut up your pre-cooked asparagus into small pieces.
5. Return pasta to pot and toss with asparagus, lemon zest and juice, 1/4 cup parmesan cheese, olive oil, salt and pepper.
6. Divide into servings and top with remaining parmesan cheese.

Recipe found in Health Magazine, April, 2012

*Taste and see that the Lord is good; blessed
are those who who take refuge in him.*
Psalm 34:8



SPOTLIGHT ON SENIORS
Our Featured Senior - Frances Alma Rosell Duffner

Visiting with our senior members in Assisted Living Homes such as the Evergreens, Brandywine, and residents at Collingswood Manor, this lifestyle is becoming more and more appealing. True, it is a big decision to realize that this may be the best option as taking care of a home can become difficult and tiresome plus safety becomes an issue. Most, after making the decision, are quite content with their decision. No more thinking about what to prepare for dinner, and more importantly, socializing as desired. Frances Duffner is happy and content to be in her nice apartment at the Evergreens. She misses not driving and being able to get to FUMC, but Pastors Steve and/or HeyYoung visit monthly to serve Communion and have a devotional time with her and others interested as they gather together in a resident's room.

Frances was born in Monroeville, N.J. The family lived there and attended the Methodist/Episcopal church until she was ten when her father's job brought them to Moorestown. Her mother did secretarial work for a lawyer before marriage; a homemaker after marriage caring for her children and maintaining a vegetable garden. She canned the vegetables.

The job her father had in Moorestown was that of being a caretaker for the Collins Estate. The family lived in a home on the estate and became members of FUMC located then on Main Street in Moorestown. She remembers going with friends to Mrs. Borton's home for a Bible study. The Collins Estate was purchased by the Presbyterians. Her father was asked to stay on as the sexton; an uncle, with one arm, would mow the lawn with a regular mower. Keep in mind, this estate is the one located on the point where Bridgeboro Road and Riverton Road meet and is where the Presbyterians still attend church. No small lawn!!!

Fran attended and graduated from the Moorestown school system taking the Commercial Course. After graduation, even though she would have preferred to go to a beauty school, she decided to go to a Business School with her friends for a year. This course helped her get a job with the Visiting Nurses Assoc. housed at that time in the basement of the Moorestown Community House.

William Duffner was in attendance at a party hosted by his sister, a good friend of Fran's. He came with a girlfriend who left the party with someone else; thus, he took Fran home. He was employed at the time by Western Electric and was in the National Guard which

was activated during WWII. While serving with the Army, he became a 1st Lieutenant. The couple dated for about two years before becoming engaged in 1942. They were married in 1944 by Rev. Sayre in FUMC; she in a suit; he in full dress uniform. They honeymooned in NYC, saw some shows, and she went back with him to New Orleans. She returned home by train but later joined him to stay and live. They were in Panama for awhile.

Following Bill's discharge, he returned to his job at Western Electric. They bought a home in Moorestown and started a family; two daughters, Suzanne and Louise. Fran was a stay at home mother until the girls were fairly grown. She remembers helping them prepare for a Tom Thumb wedding at our Methodist Church. (This was a pretend wedding with very young children playing the parts. Often each child or couple would be given the name of a prominent person or couple.) A young boy, Graham Peters played the minister; Ronnie Morgan the groom; Patricia Townsend was the bride. Fran's daughter, Suzanne, had a nice singing voice and pretended to be Kate Smith; Louise was a bridesmaid. After her father died, her mother and uncle came to live with them. This enabled her, plus the girls were older, to think about going back to work. She got a job in an addressograph company. She describes it as being a noisy place to work as they were stamping information onto metal plates.

Suzanne and Louise married. Suzanne makes her home in Fayetteville, Pa. and Louise is in Pittsgrove, N.J. They have given her 5 grandchildren, 1 great grandchild, and 1 great-great-grandchild. Bill died in 2000. They had been married 56 years. One of their favorite places to vacation and visit friends was Ocean City, N.J. She remembers putting tape on her leg in the shape of an "F" so that her initial would remain after the tape was removed and the rest of the leg would be tanned. (Safer and less permanent than a tattoo.)

Fran enjoys the social life offered at the Evergreens; has difficulty with reading because of limited vision (macular degeneration) but enjoys and has a "green thumb" with her plants. Years ago, she was chairman of the rummage sale at FUMC; her husband was president of Adult Fellowship and she was the secretary.

There is something to be said for being content with the choices we feel we need to make to compensate for our limitations as we age. Fran has cheerfully made those decisions and is content.



FROM THE PARISH NURSE
Childhood Obesity

The following article was researched and written by Jennifer Blackman, a medical student at the University of Maryland. We thank Jen for her interesting and informational article.

According to the Center for Disease Control (CDC), **childhood obesity has more than TRIPLED in the past 30 years.** In the United States, the percentage of children age 6-11 years who were obese increased from 7% in 1980 to 20% in 2008. The percentage of obese individuals in the age group of 12-19 years also increased from 5%-18% over the same time period. **According to the CDC, in 2008, this left more than ONE THIRD of children and adolescents in the United States as overweight or obese.**

Obesity is defined as having **excess body fat.** **Overweight**, in contrast, is defined as having excess **body weight** from fat, muscle, bone, water, or a combination. Both obesity and being overweight are due to a caloric imbalance. Caloric imbalance occurs when there is a greater amount of calories consumed than expended. This can be impacted by genetic, behavioral, and environmental factors.

Childhood obesity is a problem because it impacts children **both short and long term.** Childhood obesity has led to health problems in children that were once confined to adults. These health risks, that now include children, consist of diabetes and cardiovascular disease.

Immediately, obesity can lead to increased risk for cardiovascular diseases such as high cholesterol and high blood pressure. High cholesterol can lead to the increased production of plaques in blood vessels, which also put children at risk for further cardiovascular incidents, including heart attack. Obesity can also lead to a pre-diabetic state, which increases the risk of diabetes. In the pre-diabetic state there is an increase in blood glucose levels due to the increased calories that are not expended. Insulin, a hormone that is produced by the pancreas, normally is increased with a meal to ensure that the blood glucose level remains steady, and the glucose can be taken up by cells and used as energy. In the pre-diabetic state the pancreas is challenged to produce enough insulin to be able to keep up with the blood glucose levels. This puts children at risk for diabetes either immediately in their lives or in later years. Children who are obese are also at risk for bone and joint problems, sleep apnea, and social and psychological problems, according to the CDC. The Mayo clinic has evidence that childhood obesity leads to increased problems with poor self-esteem and

depression. Children who are unhappy with their weight are therefore more likely to develop unhealthy dieting habits and are at a higher risk for substance abuse.

Long term, patients who are obese as children are more likely to also be obese as adults. This puts them at risk for adult health problems including heart disease, type 2 diabetes, stroke, cancers, and osteoarthritis.

So what is the cause of the increase in childhood obesity in the United States over the past 30 years? Many blame a more sedentary lifestyle of children as compared to the past. Instead of exercising or running around the neighborhood, more children are spending their time in front of the TV, computer, or video games. Eating processed foods, fast foods and high calorie snacks such as chips and sodas also contributes to the childhood obesity problem in America. Far less common than lifestyle issues are genetic diseases and hormonal disorders that can make a child more likely to be obese.

Prevention of childhood obesity is therefore extremely important. Healthy eating and physical activity are able to aid in preventing childhood obesity. Often, the most beneficial way to help reduce the weight of your child, is to **improve the diet and exercise of your entire family.** This can be accomplished through several simple measures such as avoiding pre-prepared and foods with added sugars, limiting the amount of high calorie snack foods kept in the home, replacing whole milk with skim milk after 2 years of age, and getting the whole family involved in physical activities such as walking, bike riding, and playing outdoor games. The American Academy of Pediatrics recommends limiting kids over the age of 2 years to only 1-2 hours of TV/computer a day, and discourages any time in front of the TV for children younger than 2 years. In school age children, monitoring food intake at school can be particularly important. Physical education classes can also help school aged children to become engaged in exercising, and children should be encouraged to participate in these classes.

So don't delay in changing some lifestyle habits for your family. Truly, treating and preventing childhood obesity helps protect the health of your child now **and** in the future.