The Outreach Committee and the American Red Cross will hold a blood drive from 1:30 to 6:30 pm on Friday, October 26 in Fellowship Hall. If you have been blessed with the gift of good health, please consider sharing that blessing with someone in need. To make an appointment to donate, sign up in the Narthex between services, call Jen Dunne Appleton at 856-979-6329, or visit redcrossblood.org. To reduce wait time, appointments are strongly encouraged - we may not be able to accept your donation without an appointment! All blood types are needed, but donors with type O and B blood have a special opportunity to make your donation go twice as far by making a “double red cell” donation - ask Jen for details!

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FALL SOUP & STUDY BEGINS OCTOBER 3rd!  
(See pg. 3 for more details)

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INTERNATIONAL CULTURAL CELEBRATION  
Sunday, October 7th

On World Communion Sunday at the 9:30 am and 11:00 am services, we plan to celebrate our congregation’s diversity. If you have a traditional costume, which represents your cultural heritage, we highly encourage you to wear it during the services to introduce your heritage. We would like to share different desserts from different cultures during the 10:30-11:00 am coffee hour. If you would like to donate some desserts for this celebration please contact Pastor HeyYoung at 856-235-0450 or email her at heyyoung@meetwithGod.com.

*******

CHURCH CONFERENCE  
Monday, Oct. 22nd

First UMC’s annual Church Conference will be held on Monday, Oct. 22nd at 7:30 pm in the Sanctuary. This is the annual meeting at which we elect officers for the coming year, set pastoral salaries, and receive reports from the leaders of our many ministries. We look forward to welcoming our District Superintendent, Rev. Varlyna Wright, who will preside over this meeting and will lead us in worship that evening. Everyone who is part of our Community of Faith is welcome and invited to attend Church Conference. Matters of church business requiring a decision that evening will be voted on by those church members who are present.

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NEW MEMBERS CLASS

Anyone who would like to join First UMC is invited to attend a series of 5 classes starting Wednesday, October 17th at 7:00 pm in the Chapel. If you are interested, call the church office at 856-235-0450.

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CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Oct. 3rd</td>
<td>Sing-Along at Mt. Laurel Ctr - 10:30 am</td>
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<tr>
<td>Oct. 3rd</td>
<td>Soup &amp; Study begins - 6:00 pm</td>
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<tr>
<td>Oct. 5th</td>
<td>Grounds for Good - 8:00 - 11:00 pm</td>
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<tr>
<td>Oct. 7th</td>
<td>International Cultural Celebration-9:30&amp;11</td>
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<tr>
<td>Oct. 8th</td>
<td>Miriam Circle - 7:30 pm</td>
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<tr>
<td>Oct. 12-14</td>
<td>Youth Breakaway trip</td>
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<tr>
<td>Oct. 20-21</td>
<td>New Members Class begins - 7:00 pm</td>
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<tr>
<td>Oct. 20th</td>
<td>Laity Weekend - all services</td>
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<tr>
<td>Oct. 20th</td>
<td>Adult Fellowship - 6:00 pm</td>
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<tr>
<td>Oct. 21st</td>
<td>Light Harbor at Mt. Laurel Ctr - 2:30 pm</td>
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<tr>
<td>Oct. 21st</td>
<td>1st Friends in Faith bike trip - 2:00 pm</td>
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<tr>
<td>Oct. 22nd</td>
<td>Church Conference - 7:30 pm</td>
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<tr>
<td>Oct. 26th</td>
<td>Blood Drive - 1:30 - 6:30 pm</td>
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Page 1
**STEPHEN MINISTRY**

Our church has been enrolled in the international, multi-denominational Stephen Ministry for 18 years. Pastor Steve Donat was our first Stephen Ministry Leader and he trained his first class shortly after returning from his Leadership Training week, and we have trained many, many of our church family since then. Pastor HeyYoung is a Stephen Ministry Leader as well and both of our pastors are an integral part of this ministry. We are blessed to have their wholehearted support, prayers, and guidance. Take a look up and down the pews that you sit in and chances are someone there has been trained to be a caring Stephen Minister. The Stephen Ministry is a listening ministry, made up of volunteers who are trained to listen. They don't counsel or advise. They are there to hear YOU when everyone else has moved on with their lives, while you are still in the middle of a difficult, challenging or ongoing hurting, stressful, discouraged time in your life.

Your Stephen Ministers meet monthly for continuing education, prayer support for one another, and to listen to one another as well as to assist in any way we can to strengthen our care giving. In between our monthly meetings, our assigned Stephen Ministers who have been referred to a care receiver, will meet with that person on a weekly basis as schedules permit. **Michael Harsche** has recently returned from Stephen Ministry Leadership Training and we welcome him as one of our new Leaders.

Please call or speak with one of our Stephen Ministers, leaders, or pastors if you or someone you know needs someone to visit with, listen and walk beside them. Lonely, hospitalized, homebound, bereaved, in a job crisis, terminally ill, in a spiritual crisis, relationship problems separated/divorced, we can be there for you to talk with. We are a CONFIDENTIAL ministry, and will not share your name nor your vital information with others.

Our active Stephen Ministers are:
Rita Allen, Jen Appleton, Kathy Appleton (Leader), Greg and Suanne Bryan, Kathy Clawges, Pat Cornell, Doris Coshland, Deanne Czeiner, Barbara and Lonnie DeHart, Pat Denzler, Janet Durand, Beth Fisher, Carol Griffith, Lee Grapes, Sue Harris, Mike Harsche, Betsy Heinz, Georgie Jenkins, Nadine Mack, Jan Masters, Margie Morgan, Karen Murray, Steve Murray, Joyce Scheyhing, Diane Schwarz, Lee Talbot, Linda Tilden, Bob Ubele, Barrie Young, Mike Zolty. There are this many and more, that have been trained as Stephen Ministers within our congregation who serve in many other areas of our church life.

Again if you or someone you know could use the Christian care and love of a trained, listening, compassionate, faithful and skilled care giver please call or speak with one of our Stephen Ministers, or call the church office and speak with one of our pastors to begin the referral process. We are grounded in Jesus' command to love one another. Through one-to-one caring relationships, those who are hurting receive the love and care they need to support them. We will walk beside you, hear you, help you.

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**IT'S NEVER TOO LATE . . .**

. . . to “go green” (and save your church some money at the same time!). If you would like to receive your monthly issue of the “Messenger” by emailed PDF file rather than by postal service, just let us know. You can email church@meetwithGod.com, or call the church office at 856-235-0450.

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**SOMETHING NEW AT COLLINGSWOOD MANOR**

The life expectancy of the general population has increased significantly in recent years due to advances in medical science. It is not unusual for an elder to outlive their spouse, their friends, or sadly, their own children. Add to these circumstances, family members often reside far away making it impossible to be at a loved one's bedside for every medical crisis. Collingswood Manor has initiated a program called “No One Dies Alone”. Once a resident qualifies for hospice care (there are no more medical or surgical options that will change a dire prognosis), the “No One Dies Alone” program is initiated. A specially trained volunteer will be present to comfort the dying resident. If you would be interested in being trained to be a part of this program, please contact:  
Rev. Dr. Richard Leaver, Chaplain  
Collingswood Manor, (856) 854-4331, Ext. 305

Joan Van Alstyne  
1st UMC /United Methodist Homes “Ambassador”
“Commit to the Lord whatever you do, and he will establish your plans.” Proverbs 16:3

Once again this was a wonderful summer, beginning with Family Fun Night back in June. The obstacle courses, ice cream, hotdogs & popcorn, moon bounce, and dunk tank were a big hit. This really is a great way to connect with our community and have lots of fun!

Our Summer Sunday School program also went well thanks to the volunteers and the faithful students who attended each week. We were able to staff and execute Summer Sunday School for children ages 4-2nd grade at 9:30 and continue adult classes at 9:30 & 11:00.

We received amazing blessings through our two Vacation Bible School weeks. We had over 320 students enrolled between the 2 weeks. Our week day program had an average daily attendance of 254 students. Each classroom (16 classes in all) had a teacher and at least two helpers each day to assist with all the scheduled activities. Our evening program (housed within 3 classrooms) had an average daily attendance of 46. Both weeks many of our helpers were our older youth. We were so blessed by their presence both weeks. During VBS we adopted a time of outreach and thanks to the generosity of our families we received over 175 boxes of cereal, and tables full of canned goods for the Moorestown Food Pantry. We also received Laundry detergent, toiletries & bags of children’s new underwear for other outreach programs. So many blessings!

Our snack, craft and recreation teams as well as our morning & evening opening music time assisted in making these wonderful weeks for all who participated. Mark your calendars now next year we will again be hosting 2 VBS programs. Our morning one is scheduled for August 19th - 23rd and our evening one is scheduled for August 25th - 29th.

I am happy to report that Fall Sunday School started on Sept. 9th with many excited and energized children, youth & adults. We are always excited to “Teach, Share, and Embrace the Love of Christ” which truly is this Church. At this point most of the 9:30 classes are covered with a Lead-Teacher and a Co-teacher. There are openings for helpers in several grades and we are in need of substitutes for both the 9:30 & 11:00 classes. Lastly we need a few volunteers who are willing to help with our special needs students.

The new season of Soup & Study begins Wednesday, October 3rd. We will be offering several different opportunities for study including a 5 week study on the book of “Psalms” led by Pastor Steve, a group geared to our Sunday School Staff & other Volunteers led by Bill McIlmail & “Christian Parenting 101” led by me. We will also be having New Members Classes on Wednesday evenings beginning October 17th.

DivorceCare, DivorceCare for Kids & First Place for Health have also started their new season and we are looking forward to having new friends in every program. (For more information on these programs check our weekly Bulletin Insert.)

So as you can see (or read) the Education Department continues to serve you and this community with joy. Thank you for your constant prayers and support.

Karen M. Murray, dce

Grounds for Good
Friday, Oct. 5th

Join us on Friday night, October 5 in Fellowship Hall for Grounds for Good Coffee House. The evening will feature terrific live music, an art exhibit, free coffee and tea and a variety of homemade treats for sale. Grounds for Good is a free event with all donations and proceeds benefiting New Visions Homeless Shelter in Camden. Doors will open at 7:30, with music kicking off around 8. Free childcare will be available from 8-9:30. Free childcare will be available form 8-9:30.
FUMC Student Ministries!!

OCTOBER, 2012
SUMMER PROGRAM:
Youth Group Events:

Jr. High Breakaway
October 12 - 14th
- Breakaway is held at
  North Bay Adventure
  Camp in Maryland.
  Cost is $125

FOR UP TO DATE
INFORMATION ON
YOUTH EVENTS AND
ACTIVITIES, VISIT
US ON THE WEB
AT
WWW.MEETWITHGOD.COM/

JOIN OUR
FACEBOOK GROUP
"FUMC MOORESTOWN"

FROM THE DIRECTOR OF STUDENT MINISTRY:
The Report to the Administrative Council:

THREE MISSION TRIPS THIS SUMMER:

We took 40 people to Appalachia in June this summer with
Appalachian Service Project as well as an additional 82 in July. The trip
was very successful as many of the students are already talking about
attending next year. The group consisted of approximately in addition to the
Appalachia Trips we added a local trip to Philadelphia for middle school
students. This trip was with The Philadelphia Project. We took 10 students
and 2 leaders on this trip. Total mission participants this summer from the
youth department – 134. We plan to continue working with this organization
during the year and planning another trip next summer. We have already
started promoting our Appalachia trip for next year as well.

Fall Programming:

New Changes to Youth Group Schedule and Names:

- BLAST (Middle School Program) on Wednesday Nights 6pm – 8pm
- CORE (High School Program) on Sunday Nights 7pm – 8:30pm
- BIBLE BLAST (Middle School Bible Study) Sunday Nights
- RECHARGE (High School Bible Study) Wednesday Nights

CORE Retreat to Harvey Cedars, LBI – September 21 – 23

BLAST Breakaway Retreat – October 12 - 14
UNITED
METHODIST WOMEN

For those of you who have donated “Campbell's Labels for Education”, and “BoxTops for Education” to Miriam Circle/UMW for RED BIRD MISSION in Kentucky, please know that we received a nice THANK YOU from them for our support.

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Miriam Circle

The October meeting of Miriam Circle will be held on Monday Oct. 8, at 7:30 PM in the Parlor. Our annual Pledge Service will be presented by Janet Ash. Lucy Townsend will lead us in devotions. Mary Lou Nelson & Sue Mitchell will serve as hostesses.

All ladies are welcome to join us for an evening of Christian Fellowship. For more information call Barbara Dapper, 235-1765.

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ADULT FELLOWSHIP

Everyone's welcome to hear this timely presentation by Barbara Fetty, entitled “Aging Well - Tips on caring for yourself and protecting loved ones as you age,” on October 20, 2012 in the Heritage Room. Program only at 8:00 PM; however, why not join us for socializing at 6:00 and a covered dish dinner at 6:30 PM, too, in the Fellowship Hall. If you want to be part of the earlier fun, food and fellowship, let either the Rudolphs (856-235-9206) or May Van Fossen (856-235-4357) know you are coming and what delicious covered dish you will be bringing, and remember to bring your place settings also.

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FIRST FRIENDS IN FAITH CYCLING TRIP

First Friends in Faith will sponsor a “Fall Foliage Bicycle Trip” on Sunday afternoon, October 21. We will meet at Washington's Crossing State Park (NJ side) at 2:00 pm and bike up to Lambertville. We’ll then cross over the Delaware River to New Hope, PA, and probably stop for some ice cream. Then we’ll ride back down to Washington's Xing on the PA side. The tree-lined canal towpath on both sides is smooth and level, about seven miles each way. The whole trip should take between two and three hours, with views of the river and colorful foliage along the way. For more information, please contact Al Cope at (609) 267-5325.

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**TASTE AND SEE**

Hummus and Veggie Sandwich

2 slices of whole grain bread
1/4 cup of hummus
Baby salad greens
Slices of cucumber
Slices of red or green pepper

Make yourself a delicious sandwich!

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

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Baptisms:

Cora Mae Youse on August 19, 2012; daughter of Ed Youse & Nadine Mack

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Deaths:

Margaret Stonaker on September 2, 2012
SPOTLIGHT ON SENIORS
Our Featured Seniors - John Livingston Ulrich & Mildred Caroline Walling Ulrich

To do an interview separately on this husband and wife would be an almost impossible task. There are a lot of good marriages, but few share the same interests with such passion as do Mid and John Ulrich. John and Mid spend many hours a year in volunteering (600 hrs. each), and it is one of the prime reasons they have made FUMC their home church. They mentioned the many ways in which FUMC reaches out to others in the community. Although they volunteer in other causes, their passion is with trying to prevent suicide among servicemen and women as well as veterans.

John Ulrich was born in Neptune, N.J. His father was the Deputy Clerk for Monmouth County and later the Clerk for the Board of Freeholders; his mother worked in a bank helping people to secure loans to purchase a car. John had no brothers or sisters. The family belonged to the Oakhurst Methodist Church. He attended Oakhurst grammar school and went on to graduate from Asbury Park High School. His interest during this time leaned toward mechanics and stock car racing which led to a job being the mechanic for a man owning a racecar. This man just happened to be a neighbor of Mildred Walling’s family. They became a twosome while still in high school going to the races or to the movies.

It was after his high school graduation that John began a long and challenging career. He enlisted in the Navy in 1952; received an appointment to the US Naval Academy; graduated from the Academy in 1956 and was commissioned as an Ensign.

Mildred (known to most of us as Mid) was born in Long Branch, N.J. Her father worked for the Bell Telephone Co.; her mother was a homemaker. She has 2 sisters and the family was Methodists. She was educated in the West Long Branch grammar school and graduated from Long Branch High School. Mid was assigned to an Art class in high school that she hated. She wanted to be in the mechanical drawing class - a novel idea at the time for girls, but she got her wish. Other interests she had in high school were choral music and sports. She broke an ankle playing basketball. She went on to Monmouth Junior College and became a draftsman working for a civil engineer.

Following John's commission as an Ensign, this long courtship ended with their marriage in the Oakhurst Methodist Church. It was a very formal wedding with the groom and the ushers in their military uniforms. Blue and Gold bows marked the pews. They honeymooned in Palm Beach, Florida.

In their first four years of marriage, John was deployed to the Western Pacific five times. It was during one such deployment that their twin daughters, Laura and Jane, were born. They were 4 months old before he got to see them. The Navy sent John to MIT for 3 years. He graduated in 1964 with a Master's Degree in Naval Architecture and Marine Engineering. He holds several patents, and has written articles for several technical publications. He served in shipyards, ship repair facilities and ship engineering stations until 1985 when he was transferred to the disability retired list. He has had 23 orthopedic surgeries to repair injuries related to his service. Mid knows what it is like to be the wife of a serviceman. That knowledge allows her to help families of today's servicemen. Mid has more than 32,000 hours of volunteer time. Both have worked with the Army Suicide Prevention Coordinator at Joint Base. They raise funds to support morale boosting goals such as prepaid phone calls and the “Adopt a Soldier Care” boxes. Dennis Flamini, inspired by this cause, has prepared and catered meals for the soldiers of the Warrior Transition Unit to show them that people do care. Others have sent baked goods.

On a lighter note, one of their favorite vacation spots is Cape May. They have been married for 55 years, have 5 grandchildren and 1 great-grandchild. Mid continued to do some drafting work as their daughters got older.

You will see both of them supporting all the Outreach programs of FUMC. They need our help with the Cell Phones for Soldiers and Adopt-A-Soldier Programs.

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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.
FROM THE PARISH NURSE
Nurse Practitioners vs. Physician Assistants - What's the Difference?

As an OR orthopedic nurse for many years, I had the privilege of working alongside quite a few Physician Assistants (PA's) in the operating room. These bright, friendly, hard-working men and women assisted surgeons during surgery, obtained health histories, performed physical assessments, wrote orders and prescriptions, and were like walking encyclopedias when it came to orthopedics.

Fast forward to a few months ago when my husband Dave was being treated for cancer. On the oncology unit we would periodically see a Nurse Practitioner (NP) instead of the doctor. This wonderful, knowledgeable, caring woman would examine Dave, order blood work or lab tests, and write prescriptions. She actually performed Dave's last bone marrow biopsy with extreme expertise.

So, I began to wonder what the difference was between an NP and a PA since both seemed to perform many of the same duties, and all that I have ever met in these professions have been excellent in their fields of medicine. Well, what follows is what I found out and I hope it will be of interest to you.

Both professions got their start in the 1960's and both often fill gaps in medical care where there is a shortage of doctors or the cost of hiring additional physicians is prohibitive. NP's and PA's work in many different settings. They can both be found in hospitals and clinics and rural to urban practices. Both can admit, interview, diagnose, provide patient teaching, formulate treatment plans and prescribe medications with minimal oversight by an attending physician. Often they act as the primary care provider - especially in rural settings.

The biggest difference between NP's and PA's is in their training and background. NP's and PA's have separate education and certification requirements which are regulated state-to-state. In other words, each state (PA's and NP's practice in all 50 states and Washington D.C.) has its own laws governing the training requirements and job duties of each profession.

To work as a PA in any state, you must pass the Physician Assistant National Certifying Exam which is administered by the National Commission on Certification of PA's. To qualify to take this exam, you must graduate from an accredited degree program in physician or surgical assisting. In these specialty programs PA's spend about 1,000 hours in class and twice as much time gaining clinical experience. Some states may have additional requirements that need to be met in order to qualify for state licensing, such as obtaining a Master's degree. In most states PA's are required to have a collaborative relationship with a physician.

NP's are licensed nurses who have earned a Bachelor's degree in nursing along with a Master's degree in either nursing or a related health care field. NP programs provide about 500 hours in class and the same or slightly more in the clinical environment. NP's have, on average, over 10 years of nursing experience before they go into their practitionership. State law may require an NP to become certified through a national certifying organization such as the American Academy of Nurse Practitioners to be eligible to practice as an NP. NP's can practice independently in some states, but other states do have requirements for some level of physician collaborative agreement to be in place.

The typical salary for both NP's and PA's ranges from between $80,000 - $100,000 per year, which may seem on the high end of the scale for health professions, but when you consider the long hours, hard work and dedication that the majority of NP's and PA's contribute to a patient's care, I believe they earn every penny of their pay and then some.

For many patients it is far less important that their caregiver be a doctor of medicine than that he or she be knowledgeable, sympathetic, educated and confident in how to treat illness or injury and restore the person back to health. In the world's fast growing field of medicine we are thankful to have NP's and PA's that can ease the burden of our overworked medical doctors.

Have a healthy and enjoyable autumn.
Sue Harris