



The Messenger

First United Methodist Church Newsletter
446 Camden Avenue, Moorestown, NJ 08057
856-235-0450

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

JUNE 2013

“LIVING LOUDER” - A DINNER THEATER

Saturday, June 15th
6:30 p.m.
Fellowship Hall

**Performed by The Revelations Choir
from Middletown Christian Church
in Louisville, Kentucky**

In conjunction with our Youth Weekend, we will be the overnight host for *The Revelations Choir*, a choir of 20 High School Students from Louisville, Kentucky who are traveling through our area to work with Urban Promise in Camden. This choir, along with their live band, have been touring the U.S. for over 25 years and have produced their own musical called “Living Louder”.

On Saturday, June 15th, they will begin the evening by singing at our 5:30 Worship Service, followed by a potluck dinner in Fellowship Hall. Following dinner, the choir will perform their musical.

Please join us in making this group welcome by showing your support by attending the dinner and the musical! For the potluck, those whose last name begins with A-H please bring a Main Dish, I-P bring a Vegetable Dish, and Q-Z bring Dessert.

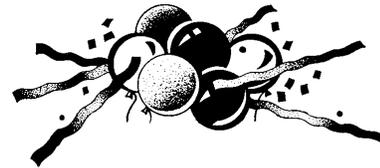
On Sunday, June 16th the choir will sing at the 8:30 a.m. service prior to their departure.

If you have any questions, call the church office, 856-235-0450.

June 9th - Family Fun DAY - 12:30 - 3pm
Church Courtyard & Parking Lot
(Right after the 11:00 Worship Service!)

FREE & ALL Are Welcome!!!
Please bring a friend! Games, Rides & Food!

This SPECIAL EVENT is hosted by the
Christian Education Department
ALL are invited!!!



CALENDAR OF EVENTS

Jun. 5th	Sing-Along at Mt. Laurel Ctr. - 10:30 am
Jun. 7th	Grounds for Good - 8:00 - 11:00 pm
Jun. 9th	Music Celebration Sunday - 9:30 & 11 am
Jun. 9th	Family Fun Day - 12:30 - 3:00 pm
Jun. 11th	Church Council - 7:00 pm
Jun. 14th	ASP Spaghetti Dinner
Jun. 15th	ASP Car Wash - 9:00 am - 2:00 pm
Jun. 15-16	Youth Weekend - all services
Jun. 15th	Pot Luck Dinner & Concert - 6:30 pm
Jun. 16th	Men's Breakfast - 7:45 am
Jun. 16th	Light Harbor - 2:30 pm
Jun. 19th	Baccalaureate Service - 6:30 pm
Jun. 20-30	Peru Mission trip
Jun. 25-27	Youth Bells at Handbell Festival
Jun. 26-29	Creation Fest
Jun 30-Jul 7	Host IHN



STEPHEN MINISTRY
Christ Caring for People, Through People

What a wonderful God we have - he is the Father of our Lord Jesus Christ, the source of every mercy, and the one who so wonderfully comforts and strengthens us in our hardships and trials. When others are troubled, needing our sympathy and encouragement, we can pass on to them this same help and comfort God has given us. ~ 1 Cor. 1:3&4, The Living Bible

Our Stephen Ministers at First United Methodist are caregivers coming along side those who are lonely, just needing to talk with someone, experiencing heartaches, difficult relationships, illnesses, grief, unemployment and various other life difficulties. If you would like a weekly visit of a trained and skilled Stephen Minister please speak with one of us, or call the church office and talk with one of our pastors about a referral.

We as Stephen Ministers are thankful that God has given us gifts and brought us through experiences and training to be His servants and caregivers with listening skills, compassion, faithfulness, trustworthiness, and love. As lay people we each have had our own challenges in life and through His faithfulness and people who care, understand and helped us, we have come to be trained as Stephen Ministers. Throughout this past year our 32 Stephen Ministers have shared God's love with a hurting world through word and deed.

We recently returned from a wonderful, refreshing, restoring and most blessed retreat in Ocean Grove. Pastor HeyYoung led us in an excellent devotional book by Ann Voskamp - One Thousand Gifts. Daring us to live fully right where we are and experience God's joy in the midst of deadlines, debt, drama, difficulties and daily duties. We learned and were encouraged to take on the life-changing discipline of listing or journaling God's gifts - to really look at life and find the good in it. From the smallest bit of a dandelion seed, to the massive hurts we experience in this life. We learned that we are wildly loved - by God and can experience Eucharist as we express gratitude, and are given His joy and grace.

Try writing down some of the everyday gifts you experience. Could be ...

- Keys jingling in your pocket
- Pigeons on peaks of copper-green roofs

- Children playing on a playground
- Blooming weeds in the cracks of cobblestone
- Tolling church bells
- Good health, faithful friends, fresh baked cake
- Our pastors, our church, God's Word

Receive each moment as grace. Gifts for you. Eucharist. You are all a gift to us and we are extremely grateful to FUMC that we are supported in this caring ministry.

Stephen Ministers are here for you. If you want to begin to see your way through a difficult time and need a listening, caring person we are available and look forward to helping you in your healing process to wholeness.

Carol Griffith, Stephen Leader



GROUNDS FOR GOOD
Friday, June 7th
Last one of the season!

To celebrate the last Grounds for Good Coffee House of the 2012-2013 season, join us on Friday, June 7 for a musical double-header featuring sets by two great local Christian musicians, Dez Childs and Joachima (Kim) Speer. Ceramics artist Ashley Devitt will showcase her unique artwork. Admission is free, but donations and proceeds from the sale of baked goods will benefit the ARC of Burlington County, a not-for-profit organization committed to helping improve the quality of life for children and adults with intellectual and other developmental disabilities, as well as their families. Doors open in Fellowship Hall at 7:30, with music kicking off around 8. See you there!



FROM THE DIRECTOR OF CHRISTIAN EDUCATION

“Both the one who makes people holy and those who are made holy are of the same family. So Jesus is not ashamed to call them brothers and sisters.” Hebrews 2:11 (NIV)

Christian Education Summer Program Offerings

July 7th - August 18th

Children's Sunday School Classes at 9:30 Only

Family Grouped Kindergarten - 2rd grade, Room E-104

All other children are encouraged to attend Worship with their families.

*Children's Bulletins & Coloring Pages are available in the Narthex

Adult Classes at 9:30 & 11:00

Nursery Care provided for Children up to age 4 during all Worship Services.

Weekly Adult Bible Studies

(Check the Bulletin Insert for Details - Childcare Available during all classes)

Vacation Bible School

Session I - August 19th - 23rd - Ages 3 through 5th grade (9am-noon).

Session II - August 25th - 29th Ages 3 through 3rd grade (5:45-8pm)

“SonWest Roundup” (A Rip-Roaring time with Jesus)

Teachers, Assistants & Helpers NEEDED

Registration Forms are available in the Narthex or online at www.meetwithGod.com

SUNDAY SCHOOL TEACHERS & HELPERS are NEEDED at the 11:00 Sunday School HOUR for the 2013-2014 School YEAR!

Dear Friends,

Several of our faithful Sunday School volunteers are taking a break from teaching/assisting and your help is needed to fill these key positions. Specifically we need a teaching team for the 11:00 Family Grouped class. This class is held in Room F-105 and is offered to children in Kindergarten through 5th grade. We are also in need of a teacher/facilitator for our 11:00 Jr. High Class. This group meets in Room F-05 and is offered to youth in 6th-8th grade. We are also in need of a teacher/facilitator for our 11:00 Sr. High group. This group meets in the Resource Room and is offered to youth in grade 9th-12th.

IF you feel the Spirit moving in you to help with any of these positions please contact me as soon as possible. (Thank You!)

For more information on the Christian Educ. Dept. please contact, Karen Murray, DCE at 856-222-1120



MISSIONS SPOTLIGHT
Terry & Muriel Henderson

One of the reasons I particularly relate to this church is its interest in missions.

As you know our church supports a number of local and foreign missions. Once you have seen a missionary at work, you realize how important their work is to building the kingdom. This week I would like to introduce you to two missionaries who have become very close friends to our family. Their names are Terry and Muriel Henderson. They operate through the auspices of the General Board of Global Ministries (GBGM).

Terry and Muriel have a missionary center in a small village known as Tlanqualpican, south of the city of Pueblo, Mexico. The Henderson's mission is in Community Development to help the indigenous with life skills, good health practices, environmental protection and the Gospel.

Their mission is known as GYTTE (Give Ye Them To Eat).

Several years ago the Hendersons visited our church. After we advertised for a possible mission trip to help them in Mexico, I was given the opportunity to lead a mission trip which was composed of five church members and Pastor Harlan Baxter.

We did some work at their center and also reached out to some local communities. At their center, they host a number of seminars for the indigenous people and teach courses on health, herbal medicine, and good environmental practices. When they first acquired the site, they bought a piece of very marginal land. The locals wondered why they did that. Their purpose was to show how they could make the land more environmentally productive. Their purpose was to change the water flow, raise animals, and raise crops. One of the field trips we made to a village was to teach the indigenous people the importance of brushing their teeth. One of us was dressed as a big tooth. Interacting with the local people was an incredible experience. None of us will forget that experience. Probably one of the greatest surprises of the trip was one they gave us after working a long hot day in the sun. Much to our surprise they made homemade ice-cream from goat

milk. When one works on the mission field building the kingdom, simple things become true joys.

As part of their missionary outreach it is customary to employ indigenous people to work at the center. In their particular case that included center maintenance staff and office staff.

All of the men in our group and the Mexican workers at the center slept in the same dormitory. The women slept in a separate adjacent dormitory. One of the biggest surprises we experienced one night is all of the Mexican workers snuck out of our dormitory and walked over to outside the ladies' dormitory and serenaded them with beautiful singing and guitar music. The romance of Mexico lives on in the heart of the indigenous.

If you ever have an opportunity to serve on the foreign mission field go for it. On the mission field look for uncanny coincidences which are known as God incidences like we experienced a few years ago. When our family worshiped in a local Methodist church in Phoenix, Arizona it turned out to be the Henderson's home church and they were there as they were up from Mexico. We were recognized as being from another supporting church in New Jersey and celebrated these dedicated missionaries together.

Recently we were speaking with the Hendersons and they are making retirement plans because Muriel has some health issues.

One of the things that I have observed on the mission field is how God provides new people to carry on successful missionary endeavors. Consequently, Terry and Muriel are in the process of looking for another couple to take over God's mission.

It is my fervent hope and prayer that our church will continue to be support GYTTE financially and with prayer. Our ongoing support will further God's kingdom in the hurting world. For more information their website is www.gytte.org.

In Him,
Lee Talbot, Missions Commission

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.

GRADUATING FROM HIGH SCHOOL OR COLLEGE?

Each year our church honors the achievement of those in our congregation who are graduating from High School and College. Drop off a note to the office or email joan@meetwithGod.com with the student's name, high school or college they are graduating from, and their degree. Names will be printed in our bulletin on Youth Weekend, June 15/16. Please submit names no later than Wednesday, June 12th. Thank you and congratulations to all the 2013 Graduates!



Baptisms:

Jackson Lee Graham on April 28, 2013; son of Brad & Joanna Graham

Weddings:

Ann Marie Casinelli & Edward Reyher on May 11, 2013



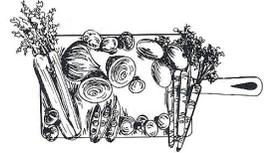
Deaths:

Ruth Allen on April 19, 2013

C.B. Shingleton on April 25, 2013



TASTE AND SEE



Sharing healthy recipes as we minister to the "whole person"

Pear-Blueberry Parfaits Serves 4

Ingredients

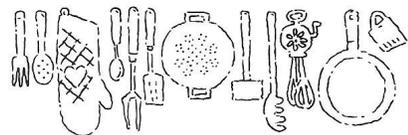
- 1 1/2 cups low-fat vanilla yogurt
2 cans sliced pears (rinse to remove excess sugar)
2 cups blueberries (or any fruit that would add some color)
7 whole low-fat cinnamon graham crackers (crushed)

Instructions

- 1. In a parfait cup or other glass stemware, layer: Pears, 2 tablespoons cracker crumbs, 3 tablespoons yogurt, Blueberries
2. Repeat
3. Top with crumbs

Recipe found in Taste of Home Magazine, 6/2013

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



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.

SPOTLIGHT ON SENIORS

Our Featured Senior - Anna Louise Carlock Bradford

Very few of us could boast of having a Methodist history as prominent as Anna Bradford can. Some became members of the Methodist church because of location, some because of the music, most because they were born into a Methodist family, or some through friendships or marriage. Anna and her mother are descendants of Nathan Robertson. Nathan Robertson built the first Methodist Church in Indiana in 1807 to be used by circuit ministers as they traveled from church to church to deliver God's word. It was later relocated to the campus of DePauw University.

Anna was born near Madison, Indiana in 1924. The family lived there until she was 2, when her father's work took them to Lafayette, Indiana. Her father worked as a tenant farmer during the Depression. A tenant farmer, with his family, lived in the home and worked the farm for a property owner. The farmer usually owned his equipment and livestock. One thing about farming is that no matter how poor people were, they ate well. Vegetables, eggs, chickens, etc. were plentiful. As the family moved to better farms, this lifestyle helped Anna get used to the idea that life often necessitates adjusting to changes. It meant attending different schools - some were one-room schoolhouses with all the grades being taught in that one room. Some schools had outhouses.

Farm families usually had their main meal at noon. Anna spent a lot of time helping her mother in the garden and in the kitchen often baking pies and canning. She and her two older brothers were involved in activities in the 4H club. Over the years, Anna acquired some nicknames. Her father's favorite was "Sissy Girl". She was called "Peaches" because of rosy cheeks, and of course, "Annie".

Following graduation from high school, Anna joined her brother and his wife in California getting a job in an aircraft factory attaching parapacks (food supplies) to be dropped from C-47s during WWII. From there she spent time in Arizona and then returned to Indiana to work for Bell Telephone. There she lived with a cousin in Indianapolis. They went to church one Sunday and a friendly soldier sat in front of them. After church, the young man, Harvey Bradford, invited them to lunch. Instead the girls invited him to their apartment for lunch. Harvey kept coming back to see Anna until he

was sent overseas where he had participated in the "Battle of the Bulge". During a 30 day leave, Anna and Harvey were married by his chaplain in 1945; he in his uniform and she in a nice dress. They honeymooned in Atlantic City.

Harvey worked for the Pennsylvania Railroad following his discharge from the Army and they bought a home in Aston, PA. The couple had three children, Alan being the oldest, then Susan and Patti. Susan (Nichols) and Patti (Bronecke) are both members of FUMC with their families. Anna's sewing ability enabled her to make a lot of the girls' clothing. She did some babysitting and worked in the cafeteria in the Penn Delco school district.

When asked if there was anyone she credits with having a positive influence on her, she recalls a Mrs. Beryl Patterson. Mrs. Patterson taught a Sunday School class preferring to keep it as a women-only class. She set a good example by really living her faith. The Bradford family had been long-standing members of the Mt. Hope Methodist Church for more than 50 years.

Anna's mother lived to be 97 years old, her father 84; her brothers are deceased. Harvey and Anna's children have given them 9 grandchildren, 6 great-grandchildren and another 2 expected shortly. Harvey died in 1997 and 2 years later, Anna moved to Mount Laurel and started attending FUMC.

Anna has been a member of FUMC for about 10 years. Having been used to changes, she made a good adjustment to her new home at Collingswood Manor on New Years Day 2012. This change came about because she has some difficulty walking and in keeping her balance. It is a safer and handier environment with elevators, etc. Here she regularly attends Sunday chapel services and enjoys trips, reading, socializing and flower arranging. Her daughter and this interviewer witnessed her socializing with her new neighbors at the Manor. She can still visit us at FUMC and we can visit her at Collingswood Manor.

There will be an interruption in the "Spotlight on Seniors" interviews due to scheduling difficulties as the interviewer helps a friend deal with a serious illness.

They will resume when schedules allow.



**FROM THE PARISH NURSE
Menopause**

This month's Messenger contribution is written by Valerie Henry, RN who works in the area of Women's Health. I thank her for her interesting and informative article. Sue Harris.

Being a woman you would think I would inherently know a great deal about menopause but I, as well as many of my peers, just aren't that well informed. So for all the rest of you women out there, here's a brief look at what's to come or what you are in the midst of!

Menopause is the period of time when a woman's ovaries naturally stop producing the hormones estrogen and progesterone. Menopause is defined as the time without your period, lasting 12 consecutive months. It can begin at different times for different women, but most can expect it between the ages of 45 and 55. Peri-menopause is therefore that period just before menopause when you have changes affecting your mood, menstruation, sleep cycle, etc. After you complete a full year without having your period you are officially in post-menopause. If, after this time you develop vaginal bleeding, contact your gynecologist on the off-chance there are underlying issues that need to be addressed.

Symptoms of menopause include:

- hot flashes
- night sweats
- osteoporosis,
- sleep disturbances,
- disturbance to cognitive functioning
- depression, anxiety
- headache
- joint pain
- decreased libido
- vaginal dryness/itching / burning and thinning of vaginal walls.

Let's review treatment options for some of these symptoms:

For sleep disturbances (insomnia), develop consistent bedtime routines, sleep in total darkness, avoid alcohol and caffeine for 4-6 hours prior to bedtime and keep the bedroom cool. Also there has been some success with the use of an herbal medicine called Melatonin, using between 1mg - 3mg at bedtime. While it is an over the counter medicine it is always a wise choice to discuss its usage for sleep disorders from menopause with your health professional. It works to restore your biorhythms to normal levels in order to promote healthy sleep patterns. It is quite frequently used to assist night shift workers return to normal sleep patterns.

Developing a good relationship with your doctor is essential in order to discuss issues surrounding depression/anxiety. Counseling could be an approach to help even out mood

disorders along with medications including Zoloft, Neurontin, and Prozac that would need to be prescribed and managed by your physician. Another option is having your thyroid checked for under activity which could affect your mood. There are also other herbal remedies like black cohosh and others that have varying success rates but these medications, although considered herbal, can potentially produce side effects especially with the medications you are currently taking. Therefore please disclose your plan to include them with your health provider as he/she can advise you on any potential or dangerous side effects. Remember that these mood changes quite often abate after menopause and are not necessarily a lifelong condition. It is also nice to know that changes in cognitive function like memory issues should return to your pre-menopausal state - which is a relief if you are like me who needs to understand every little "Why" that goes on in my body. It can be scary not knowing what is and isn't normal.

Vaginal dryness, itching and burning can be a reaction to decreasing hormones. Using lots of lubrication, like KY jelly, can decrease discomfort and pain experienced by this dryness. Vaginal estrogen cream may also help with vaginal wall thinness and decreased moisture. There is a new bio-identical hormone replacement therapy for men and women currently. This therapy is used to restore the imbalance that exists in your hormone levels through analysis of your saliva, urine and blood. This data is then used to create hormone pellets to restore these faltering levels that are unique to only you. This new therapy helps improve libido, increases energy levels, helps with weight gain and memory loss, etc.

Osteoporosis, is thinning of your bones, which places women at risk for fractures. There are many pharmaceutical alternatives for this condition, and this should be discussed with your doctor before starting any calcium enhancing regimen.

Lastly, exercise, if we like it or not, is always an under-appreciated form of assistance to sleep disorders and has been noted to help with hot flashes for some women. Sorry but that means tie on those sneakers and get walking or running! There is nothing like a "runners high" to elevate your mood. I think we call that a "hat-trick" in Flyers country!

Hopefully this quick guide will help you to understand these peri-menopausal, menopausal, and post-menopausal years. I'll be right there with you!