



The Messenger

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

Rev. Stephen Donat, Pastor
Glenn Rodgers, Director of Music
Kathy Clawges, Director of Youth, Sr. High & College
Bonnee Noyes-Bongiorno Parish Nurse
Rev. HeyYoung Horton, Associate Pastor
Karen Murray, Director of Christian Education
Sam Rotz, Director of Youth, Middle School
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

FEBRUARY 2014



CALLING ALL CARING HEARTS!

The Heart to Heart Ministry will be holding a Valentines Luncheon and information sessions following the 11 AM service on Sunday, February 9, 2014 in Fellowship Hall. Pastors Steve and HeyYoung will speak, along with various leaders of the Heart to Heart Ministry.

Heart to Heart is a service ministry within our church that attempts to address the various needs of our congregation, so that all might feel well cared for and loved by our faith community.

Learn about the various ways Heart to Heart reaches out to those in need:

- Hospital, rehab, or home visitations
- Caring phone calls
- Cooking or delivering meals
- Knitting prayer shawls
- Sending cards and notes, etc.

Come see what is so special about Heart to Heart at First United Methodist Church! Join a caring group and share your own unique gifts and special talents!

Blessings,
Bonnee Noyes-Bongiorno
Parish Nurse



POPS CONCERT Sunday, February 9th 7:00 pm

This light-hearted program of favorites, both sacred and secular, is sure to chase away the midwinter blues. Featuring children, teens, adults, handbells, choir chimes and always a few surprises!



GROUNDS FOR GOOD COFFEE HOUSE

Join us in Fellowship Hall on Friday, February 7 for an evening of music, refreshments and fellowship at Grounds for Good Coffee House. The Stillwater Gospel Band will perform, and the event will feature an art display, free coffee and tea, and an assortment of homemade treats for sale. Doors open at 7:30, and music will kick off around 8. Admission is free, but donations and proceeds will benefit ARC of Burlington County, a non-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.

CALENDAR OF EVENTS

Feb. 1st	Youth Ministry Hockey Game trip - 1:00pm
Feb 2nd	Youth Hoagie Sale pickup - 10:30am, Noon
Feb. 5th	Sing-Along at Mt. Laurel Ctr. - 10:30 am
Feb. 7th	Grounds for Good - 8:00 - 11:00 pm
Feb. 8th	First Friends in Faith bowling - 5:45-8:15pm
Feb. 9-16	Host IHN
Feb. 9th	Heart to Heart luncheon - 12:30 pm
Feb. 9th	Pops Concert - 7:00 pm
Feb. 10th	Chick-fil-A fundraiser - 5:00-8:30 pm
Feb. 10th	Miriam Circle - 7:30 pm
Feb. 15th	Adult Fellowship - Noon
Feb. 16th	Men's Breakfast - 7:45 am
Feb. 16th	Light Harbor - 2:30 pm
Feb. 17th	Presidents Day - Church office closed
Feb. 19th	Internat'l Women's Friendship Grp-10am
Feb. 20th	Evensong - 7:00 - 8:00 pm
Feb. 21-23	Jr. & Sr. High Keswick weekend
Feb. 22nd	Children's Choir at Princeton UMC - 2pm
Feb. 28th	Troop 44 Pasta Fest - 6:00 pm

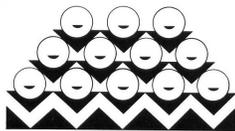
FROM THE
MUSIC DEPARTMENT

Happy 2014!

We have a fun and exciting winter and spring planned for our Jr/Wesley Choir members this year. In addition to performing at the Pops Concert in February, and of course looking ahead to our annual Mother's Day musical, we have a very special event coming up this February.

We have been invited to perform in a Winter Children's Choir Festival, which is being hosted by the Princeton United Methodist Church, under the direction of Yvonne MacDonald. This will be held on Saturday, February 22, 2014. There will be seven other children's groups singing with us that day, including Doylestown Presbyterian, Westminster Conservatory Schola Children's Choir, Medford United Methodist, Witherspoon Presbyterian, Dutch Neck Presbyterian, Princeton United Methodist, and members of the American Boychoir of Philadelphia. We will spend a few hours rehearsing a number of songs, and then will perform together as one large choir of over 150 children. It is going to be a wonderful day and an experience that our kids will always remember!

We are very honored and pleased to have been included in this event and are already hard at work on our songs! The concert will be the same day, Feb. 22nd, at 2:00 pm. The concert is, of course, open to the public and we would love to see folks from our congregation come up to Princeton to hear our kids and show them our support. The church is located at the corner of Nassau Street and Vandeventer Aves. in Princeton, NJ. We are thankful to have such great kids in our program, and thankful always to God for giving us the gift and the joy of sharing music!



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.



**MISSIONS:
IT'S PERSONAL**

For many years, FUMC Moorestown has supported missionaries in the field. We've done this through both financial contribution and prayer... but it's not enough.

Our youth have made regular summer trips to serve in Appalachia, supported and guided by a brave band of adults... but it's not enough.

Over the years, and especially the past 20 or so, we've sent out mission teams (sometimes 2 or 3 a year) to places far and near... but it's not enough.

Every year we have provided much needed financial support to some truly awesome folks all around the world and at home here in the United States. We (you!) have done this through regular budgeted giving and our Faith / Promise program... but it's not enough.

Every year the Missions Commission puts on a "Missions Weekend" to celebrate the work going on, and to keep you all informed of what we're doing. It also gives us all an opportunity to meet a few of the folks that spend their lives out there in the larger world. It's always a fun and informative time, but you know **...that's not enough, either!**

Until it becomes everyone's *personal mission* to spread the news of God's Love through their words and actions every hour of every day, it won't be enough.

Do it today. Choose to do it today. Choose to live your life in an intentional manner to be recognized as a follower of Christ. That's what missions work is **...it's personal!**

Our annual Missions Weekend is scheduled for
May 2-4 this year.

Watch for news on activities.

Max Fisher
Missions Commission Chair



FROM THE DIRECTOR
OF CHRISTIAN EDUCATION

“One generation shall praise thy works to another, and shall declare thy mighty acts.” Psalm 145:4

Anyone who knows me knows that I believe the best way to tell about the power of God is for that person to share their own life experiences, their own feelings and their own story. Sharing how God has changed us or how God has protected us or how God delivered us is exactly what God wants us to do. He says over and over in the Bible that we are to tell each other and the Nations about His mighty power, about His Son and about the dwelling of the Holy Spirit.

The scripture above reminds us that we are to “praise thy works to another”...Tell YOUR story!

I have a story that I like to tell about how I knew that God wanted me to take a leap of faith into fulltime Church work.

I was teaching at Hampton Academy in Westampton, NJ and also ran educational groups at Hampton Hospital for the adolescent inpatients. I really enjoyed working with this population and felt that even though the work was difficult I was making a difference. However, when the church posted the position of Fulltime Youth Director I felt the tug from God to apply. After several interviews and other things that go with getting a new job it came down to the financial compensation. I was making enough money at Hampton along with my husband's salary to have a 'comfortable' life here in Moorestown and was not quite sure about what the salary was for the youth position. So we (Bob & I) prayed. We looked at what we could cut back on and how our lives would change if in fact I was offered that position. After much discussion we came up with a 'bottom-line' amount that would make it still affordable to live in our house and be responsible stewards of our money.

I remember praying specifically (After all the Bible says be specific in your prayers. Philippians 4:6) that if the offer from the church was above a certain amount then I would know that that's where God needed me to be. Well, as you know, it was and Praise the Lord I never looked back. I have been employed by the church since 1999 first as Youth Director and now as Director of

Christian Education. I feel blessed everyday that God has called me to this place and I look forward to the many ways that I get to serve Him and His people.

Share your story! Tell of the mighty things that God has done in your life and if you're not sure if your story is 'good-enough', remember your life is a gift from the Creator. It is not just 'good-enough' it is GREAT!

Peace,
Karen Murray, DCE

Other Information

If you are interested in participating in the **2014 Lenten Study groups** please contact Karen Murray at 856-222-1120 or education@meetwithGod.com. (More information to follow.)

Thursday Afternoon Youth Group Dates:

February 13th, 20th & 27th (NO Youth Group on Feb. 6th)

Sunday School Classes available for ALL ages at both the 9:30 & 11:00 Worship Hours.



A “MITTEN TREE”
THANK YOU



Many thanks to all of you who contributed mittens, gloves, hats & scarves to our Mitten Tree. (And a special thank you to those of you who lovingly knit all year long so that you can donate so many items!) Thanks to your very generous donations, we were able to deliver 392 mitten tree items to Emergency Services of Burlington County. They were very grateful to receive them to offer to their many clients. What you have given from your caring hearts has made Christmas brighter and the winter warmer for many struggling families in our communities.

WHO BENEFITS FROM STEPHEN MINISTRY?

Everybody benefits from Stephen Ministry.



- Those receiving care from Stephen Ministers benefit because they receive prayer and support through the crisis they face.
Stephen Ministers benefit through the spiritual growth they experience from being involved in meaningful ministry.
Our pastors benefit because caring ministry at FUMC is expanded, and fewer people will slip through the cracks.
Most of all you benefit from the knowledge that special care is available to you should you need it.
In addition, you now have a place where you can refer a friend, neighbor, coworker, relative, or anyone else you know who is going through a difficult time so that they can receive special care when they need it most.

Stephen Ministry makes First United Methodist Church of Moorestown a much more caring place! Our Stephen Ministers have gone through 50 hours of training in providing Christian care so that they can focus on your needs and listen to what you really have to say. If you or someone you know could use a Stephen Minister, please call the church office, 235-0450 or contact one of our Stephen Ministers.



MIRIAM CIRCLE

Ladies please come and join Miriam Circle on Monday Feb. 10th at 7:30 pm in the church parlor. Bertha Bendel will lead us in devotions, Janet Ash and Betsy DeWitt will be our hostesses. Bonnee Bongiorno, our Parish Nurse, will lead our program "Elder Care." She will be bringing a few guests who are knowledgeable on the subject.

Please join us for an evening of Christian Fellowship.

ADULT FELLOWSHIP

You are invited to enjoy lunch and to hear Arlene Baker tell us about the women of WWII, in her unique story telling style on February 15 in Fellowship Hall. We gather at noon, have some hot soup (and whatever side dish you want to add) at 12:30 PM, and the program gets underway around 1:30.

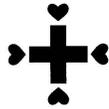
Let either the Bendels (235-5211) or the DeWitts (779-8071) know if you are coming and what delicious side dish (salads, sandwiches, or desserts) you can bring.

Don't forget your own place settings for the side dishes. Sponsored by the Adult Fellowship.



Deaths:

William Foust
on January 9, 2014



NURSE NOTES

Polar Vortex...Arctic Blast...it's cold outside!

For the first time in nearly twenty years, a large portion of the United States has experienced dangerously cold temperatures and below zero windchills. I often ask myself, how do our neighbors to the north deal with brutal winters? Canada has one of the most severe winter climates of any country in the world. They deal with extreme cold, blinding blizzards and treacherous ice storms. To them, the United States must be rather balmy by comparison.

Having grown up in New England, I thought I was someone who could tolerate the cold. I was used to wearing sweatshirts and shorts into October and barbecuing in the snow. I drove for five hours on the Merritt Parkway in Connecticut trying to get home from a psychiatric nursing assignment during the big blizzard of 1978. The governor closed the roads and highways, and yet I somehow managed to drive my little Opel wagon all the way home. My sister spent time in Minnesota and told me that it was too cold for folks to hang outdoor Christmas lights because they never got a break from the cold and snow. But, she never complained. We were fairly hardy girls back in those days. We could deal with anything. My dad prepared his three daughters for winter. The trunk of our cars held buckets of sand, a shovel, jumper cables, blankets, and cardboard. We could maneuver off of ice patches, or out of any rut or snow bank. Fast forward to the year of the Polar Vortex. We are singing a different tune! "I can't stand this bitter cold!"

So, the big question for February is how much longer must we tolerate winter? Will the groundhog see his shadow on February 2nd? Folklore states that if it is a cloudy day when the groundhog emerges from its burrow, spring will come early. However, if it is sunny, the groundhog will see its shadow and head back to its burrow. That means six more dreaded weeks of winter. Punxsutawny Phil, please don't let us down! We want to see signs of the first crocus soon!

Meteorologists on Channel 6 Action News report we may be in for more polar blasts this winter, and we probably haven't seen the last of the snow and ice. So, how can we cope? A trip to the Bahamas might help,

but that is unrealistic for most of us. We must be prepared for the elements ahead of time.

Keep warm and keep dry. Being wet will lower our body's temperature. So dress appropriately for frigid temperatures. What does that mean? First of all, dress warmly. Wool fabrics keep you warm. Wear layers of clothing that trap air and keep the body insulated. Wear waterproof boots. Protect extremities and wear gloves. Prevent heat loss from the top of the head and wear a hat. We tend to lose heat from our head and extremities, so cover up! Wear a wool scarf. Wear a down coat or parka. Cover exposed areas and remove wet clothing and wet shoes once indoors.

It may be a tremendous battle each morning for those of us with teenagers. Most of them report that they have no room in their school locker to hang a coat. Let alone a fluffy down parka. So, most of the time they run to the bus with barely any protection from rain or snow. I am not exaggerating. Last week I actually saw Moorestown High kids running from the school parking lot into the main building wearing tee shirts and jeans. This was after administrators placed calls to the parents asking them to make sure their kids dressed appropriately for the cold. School officials couldn't ensure that the heating system could adequately heat the big areas such as the gym, and cafeteria, etc. during freezing temperatures. Just a short while ago icy roads led to extremely dangerous conditions. School busses were temporarily stuck on the sides of local Moorestown roads. Having raised four kids in town, I can report that school busses do break down from time to time. It is important to be prepared for all possibilities. So, educate your kids on the importance of dressing appropriately for frigid temperatures.

Check on the elderly. They may be unable to drive in the snow and unable to tolerate harsh conditions. Make sure they have enough food and beverages on hand. Make sure they are warm and dry with adequate heat in their homes. Remember, space heaters can pose fire dangers. Check to see if they have warm blankets and clothing. Do they have working phones so they can

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Nurse Notes, continued

reach out for help in case of emergency? If there is any doubt whatsoever that safety is a concern, invite them to stay where they will be warm and cared for.

It is most important to prevent hypothermia and frostbite during the extreme cold temperatures. When hypothermia occurs, the heart and nervous system start to fail and internal organs can't function properly. It can lead to complete heart and respiratory failure and death. Hypothermia occurs when the body is exposed to cold or from immersion in a cold body of water. Normal body temperature is 98.6 F, 37 C. Hypothermia is defined when the core temperature of the body reaches 95 F, 35 C or lower. Signs of impending hypothermia include confusion, cold body, shivering, and mental sluggishness. It progresses to shallow breathing, weak pulse, drowsiness, slurred speech, mumbling, and poor coordination. As hypothermia advances, the body may stop shivering and there is a progression to loss of consciousness. If you see someone with any signs of hypothermia, call 911 immediately. Remove wet clothing and apply blankets. Do not attempt to rewarm a person. Rapid warmth may cause significant damage to someone with hypothermia and is best left to medical personnel.

It is important to protect exposed areas of skin from frigid temperatures to prevent frostbite. Cover the face, including ears, nose, cheeks, and lips, etc. Protect hands and fingers by wearing gloves. Carry extra blankets in the back seat of your car and make sure cell phones are charged in case your car should break down. Always be prepared before you venture out into cold temperatures.

Hang in there. If you want to experience a little preview of spring, The Philadelphia Flower Show is right around the corner. It will be held next month at the Pennsylvania Convention Center in Philadelphia, March 1-9, 2014. I look forward to a dose of color to break up the monotony of the cold and dreary winter months.

Till then, bundle up, stay warm and dry!

Bonnee Bongiorno
Parish Nurse

**AARP TAX COUNSELING FOR
MOORESTOWN AND MAPLE SHADE
RESIDENTS**

Each year, AARP volunteers offer free assistance to low and middle income taxpayers, with special attention to those 60 and older, with the preparation of their tax returns. You do not have to be a member of AARP or a senior to use the program. The trained volunteers assist with Federal Tax returns, State Tax returns, Homestead Rebate applications and Property Tax Reimbursement applications. The counseling will take place every Friday from February 7th through April 11, 2014 at the Hope Community Church, 235 West Main St., Moorestown (next to the CVS and opposite the Wawa). There is ample parking behind the Church which can be accessed from either Main St. or 2nd St. (use the door at the back of the Church - which is on ground level - to enter the room where the program will take place). As has been the practice, in an effort to reduce waiting times, appointments will be required.

To sign up for the program, call the Moorestown clerk's office at 856-235-0912, extension 3016, during normal business hours. Appointments will be made for the program with the first appointment at 9:00 AM and the last appointment at 12:45 PM.

When coming for your appointment, bring a photo ID, your tax return from last year (2012) and the tax booklets received from the Federal and State tax offices along with supporting paperwork for this year's (2013) return. If itemizing, bring backup information. If filing jointly, both parties must be present.

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**FIRST FRIENDS IN FAITH
BOWLING NIGHT**

Join us for fellowship and fun as we bowl at Laurel Lanes on Rt. 73, Saturday night, Feb. 8th. Cost: approximately \$12. Includes, pizza, soda, shoe rental and 2 hours of bowling. Time is 5:45-8:15 p.m. Please RSVP by Feb. 2nd as this will allow us to have the right number of lanes. We are responsible for the amount of lanes that we reserve. Non-bowlers welcome! Please RSVP to Stephanie Estrin at 856-642-0868 or email at SEstrin@comcast.net. Looking forward to seeing you there!