



# The Messenger

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

Rev. Richard Nichols, Pastor  
Glenn Rodgers, Director of Music  
Kathy Clawges, Director of Youth  
Devika Gill, Director of First Light Learning Center

Rev. HeyYoung Horton, Associate Pastor  
Karen Murray, Director of Christian Education  
Bonnee Noyes-Bongiorno Parish Nurse

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](http://www.meetwithGod.com) -or- Email us at: [church@meetwithGod.com](mailto:church@meetwithGod.com)

## AUGUST 2014

### HELP WANTED (and Needed!)

It's that time again to offer to help with **Vacation Bible School & Sunday School**. There is a need for Teachers, Assistants, Helpers & Floaters during both VBS & Sunday School.

Presently, we have 230 children registered for VBS - Aug. 18th - 22nd, 9am-Noon and it takes a lot of helping hands to make this a success.

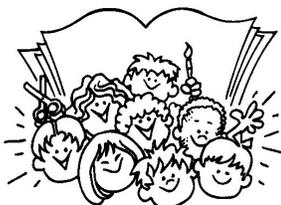
Specifically for **VBS**, we need a Drama Team Coordinator, an Assistant Craft Coordinator, an Assistant Rec. Coordinator, 5 Teachers and many helpers.

Specifically for **Sunday School**, beginning September 7th at 9:30 am, we need 4 Teachers, several Assistant Teachers and 3 Substitute Teachers who will be on call to help as needed.

If you are interested in helping, perhaps even stretching yourself to answer God's Call, PLEASE contact Karen Murray, DCE at 856-222-1120 or via email at [education@meetwithGod.com](mailto:education@meetwithGod.com).

We have a saying that goes "**Many Hands make light the work.**" Allow God to use your hands to help with His work.

Thank you,  
The Education Commission



### PEACH FESTIVAL Saturday, August 23rd 6:00 - 8:00 pm

Our annual Peach Festival will feature fresh peaches, ice cream and home-made cakes, as well as many family-oriented activities. And everyone attending is asked to please donate a can of food for the Moorestown food pantry. The Outreach Committee, sponsor of this event, is looking for volunteers to help with set-up, clean-up, and peeling of peaches. If you can help, please contact Marilyn Arbittier at 856-235-3701. There will also be a sign-up sheet in the Narthex for donations of baked goods. Look for more details in upcoming Sunday bulletins!

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### COOL AIR MINISTRY



Just a reminder - should you get caught unexpectedly without cool air, or you know of someone in need, please call the Cool Air Ministry. Drink plenty of water to stay hydrated, and don't forget your sunscreen! Contact person: Elmine van den Berg, 856-778-3197.

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### CALENDAR OF EVENTS

Aug. 3rd	Youth trip to Camden Riversharks-Noon
Aug. 6th	Sing-Along at Mt. Laurel Ctr. -10:30 am
Aug. 9th	Youth Kayaking trip - 8:30 am
Aug. 18-22	Vacation Bible School - 9:00 am - Noon
Aug. 23rd	Peach Festival - 6:00 - 8:00 pm
Aug. 24-28	Vacation Bible School - 5:45 - 8:00 pm.
Aug. 26th	Crafts for Good - 7:00 pm



**FROM  
PASTOR RICHARD**

It has been a joy to begin this journey of ministry at the First United Methodist Church of Moorestown. Joanna and I have experienced your gracious welcome in so many ways. Thank you for all of your kind words of support, your cards, meals, and other expressions of love and encouragement. We are grateful for the transition and hospitality teams as well as the staff that have worked hard in making this new beginning go so smoothly.

We are excited about the possibilities of ministry here at FUMC. This church has had a rich history over the past 200 years and we look forward to what God has in store for us in the future. My thanks to Pastor Steve Donat and his wife, Dianna for their faithful ministry here over the past 20 years. Our prayers are with them as they begin their new appointment in Ocean City.

As I shared in my first sermon my prayer is that each of us will enter this time of new beginning with a spirit of anticipation. God calls us to live with an expectant faith believing that God wants to accomplish his purposes in and through us. Let us dedicate ourselves to the work that God has given to us as we seek to be devoted followers and disciples of Jesus Christ. Let us live in the spirit of that wonderful affirmation of the apostle Paul:

*Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen*

Blessings,  
Pastor Richard

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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.*



Do you believe that God will be **faithful** in providing for you what you need... day-to-day, week-to-week, month-to-month, year-to-year? Do you live your life trusting in that **promise**? That's what missionaries do. When they hear the call to go and serve, they stand up and say "I will go, and I will serve **faithfully** wherever You send me". They do this knowing that congregations like ours have **promised** to support them with our prayers and our gifts.

**FAITH-PROMISE**

This is also the way that we here at home, living in freedom and plenty, can live out our **faith**. Jesus instructed His disciples to "...go and make disciples in all the nations". And then He **promised** to "be with you always, even to the end of the world". We may not be called to some far corner of the world, but we can **faithfully** support those that have been. In this way we become a part of His **promise**.

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**NEW CHURCH DIRECTORY  
AVAILABLE**

Be sure to pick up your copy of the 2014-15 Church Directory (non-photo, just names, addresses & phone numbers). Starting the weekend of Aug. 9/10, it will be available in the Narthex (on the first aid cabinet) before or after worship, or in the church office during the week. Just look for the yellow cover! Many thanks to those who helped assemble the directories. In order to protect the privacy of our members, please dispose of your old directory safely, shredding it if possible. Thank you!

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**Weddings:**

Kaitlin Meimbresse &  
Robert Murray, Jr. on  
June 21, 2014

**Deaths:**

Claire Regn  
on June 28, 2014





## FROM THE DIRECTOR OF CHRISTIAN EDUCATION

*“Because of the Lord's great love we are not consumed,  
for his compassions never fail.  
They are new every morning; great is your faithfulness.”  
Lamentations 3:22-23.*

So what does it mean to Lament? According to Merriam-Webster Online, it means *“to express sorrow, regret, or unhappiness about something.”*

If you've ever taken the time to read the Old Testament Book of Lamentations you would discover that it is written about lamenting over the fall of Jerusalem and the apparent lack of love from God. Wikipedia describes “Lamentations as a collection of poetic laments for the destruction of Jerusalem. It is often attributed to the prophet Jeremiah as the author however that is no longer acknowledged by biblical scholars.” This book is often looked at as a depressing book however, to me, it is a book of hope and compassion.

It is a true reminder that no matter the circumstances, no matter the chaos, no matter the situation, God is in control and He will guide me through.

As we continue through the transition phase of our journey, we recognize that for some transition or change can be hard to handle. (I speak on behalf of those who have shared their concerns with me.) Though for others (like me) they welcome change.

I embrace change and see it as an opportunity to follow God's leading. When life is lived expecting to see God's hand in everything, or God's blessing in every activity, change seems easier to accept. Then as we grow and learn to depend even deeper on God we are able to show compassion and claim God's faithfulness.

My heartfelt prayer is that through this transition or “change”, there would be no lamenting, no regret and certainly no unhappiness but instead a greater dependence on God's leading, His compassion, His love and His faithfulness. Remember, they are New Every Morning! So when you wake each day consider asking God to be your guide, allow Jesus to be your friend and go wherever the Holy Spirit takes you.

*Great is the Faithfulness of our wonderful God!  
~Karen Murray, DCE*

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### **Important Dates...**

**VBS Week 1** - 9am-12pm, Monday, August 18<sup>th</sup> - Friday, August 22<sup>nd</sup>

**PEACH FESTIVAL** - 6pm-8pm, Saturday August 23<sup>rd</sup>

**VBS Week 2** - 5:45pm-8pm, Sunday, August 24<sup>th</sup> - Thursday, August 28<sup>th</sup>

**To Volunteer, please call Karen Murray at 856-222-1120**

**September 7<sup>th</sup>** - Our REGULAR Sunday School Program returns.

**September 20<sup>th</sup>/21<sup>st</sup>** - Christian Education Weekend

**October 1<sup>st</sup> & 2<sup>nd</sup>** - Fall Rummage Sale!

**SPOTLIGHT ON SENIORS**  
**Our Featured Senior - Shirley L. Wagner**

Why would this interviewer with no credentials other than getting an A+ on her senior HS essay and taking two college courses in English to count as Continuing Ed credits for keeping her nursing license be interviewing someone with several degrees in English and has had a prolific writing career?

Shirley Wagner was born in Burlington County Memorial Hospital in Mt. Holly and came home to a modest house on E. Woodlawn Ave. in Maple Shade where her parents, William and Gertrude Ratzell, lived until their recent deaths. Her grandparents, William and Edna Ratzell, owned almost all of the property on one side of the street. The Ratzells subdivided the property and gave each of their seven children land and the materials to build a home. Shirley, being an only child, inherited the home her father built and has acquired the one next to it. She is presently living in the original home while renovating it; renting the neighboring one to supplement her income.

The family owned a trucking company delivering popular restaurant items such as pretzels, chips, olive and pickles to remote areas not supplied by the manufacturers because of their location. The family business was impacted greatly by the Depression; the children were needed to keep the business afloat; they took in family-related boarders and adopted a living-off-the-land lifestyle. Later, Shirley's father worked as a machinist for Langston Co.; her mother worked at Matlack's Ice Cream parlor and then as a sales clerk for Smith Brothers Drugstore in Maple Shade. Her maternal grandfather, Lawrence Hubbs, worked as a farm foreman and orchardist during the summer and during the winter he worked the Chesapeake Delaware Bay Skipjacks. Her maternal grandmother, Rebecca, was a baggage handler at the Riverside Station before marriage. She met Lawrence when he was employed at the Watch Case located across from the railroad station.

Shirley's family worshiped at the Maple Shade Congregational Church where her father was a deacon; her Aunt Edna, organist and choir director; and she sang in the junior choir. Occasionally, her Uncle Frank was a guest preacher.

Shirley's early education took place in the Maple Shade school system where her class was the first to graduate from the new Junior High in 1956. For high school, they were bused to Moorestown HS located then on Church and Second Streets. Shirley opted to take the scientific course even though English and literature remained her favorite subjects. She participated in art exhibits and performed in plays and shows. During her junior year, she became attracted to fellow classmate Lynn Wagner. The attraction was mutual and they became a "couple". He invited her to the prom. Following graduation, Shirley went to work at Girard Trust in Phila, and then transferred to RCA in Moorestown. She performed secretarial duties in the model shop archival department at RCA. It soon became apparent that she needed greater business skills. She attended Pierce Business School taking the stenography certificate course and attained a speed of 400 words per minutes.

Shirley and Lynn Wagner married in a semi-formal wedding in the Congregational Church in 1963. She wore a heavy satin gown with a long train. They honeymooned in Vermont during the colorful fall season. They were to settle in Durham, North Carolina so that Lynn could attend Duke University to study to

become a lawyer. Shirley worked as the clerk of quasi-judicial committees for the City of Durham, Government Planning Dept. to support them. In time, she started taking correspondence courses offered by the Univ. of N. Carolina and then began to take night courses there.

Living down South during the sixties gave a culture shock to anyone coming from the North. Stool tops were removed at the local lunch counter to prevent sit-ins. When Martin Luther King was killed, the Ku Klux Klan held rallies.

On graduating, Lynn received several offers from law firms from California to Boston. He chose Boston where they rented an apartment overlooking Marblehead Harbor. Shirley began attending the Univ. of Boston enrolling in the English/Creative Writing courses. The couple's location and Lynn's firm affiliation gave them the opportunity to socially meet such people as John-John and Caroline Kennedy, Maya Angelou, and Kurt Vonnegut. Shirley completed her BA at the U Mass. before moving with her husband as he accepted the position as Law Professor at the Univ. of Florida. At the Univ. of Fla., Shirley pursued her graduate education in American Literature. She and Lynn were drifting apart. They divorced after 10 years of marriage. She continued her education aided by a teaching fellowship and began teaching freshman English courses at the Gainesville campus. She has earned a M.A. Degree plus 30 credits toward the PhD in English from the Univ. of Fla. One of her students suggested she think about joining the corporate world instead of teaching. She took a job as writer/editor with Harris Government Systems, an aerospace company, in their Business Development department promoting their company with ad campaigns, presentations, and etc. She managed a technical quarterly and was supervisor over five journalists. The corporation provided tuition for her to acquire more skills by attending Brevard Community College taking courses in art, film, video, photography, screenwriting and some business courses. Being employed by Harris gave her the opportunity to witness the first Shuttle launch at the Cape. When corporate downsizing was the trend, Shirley started her own company, The Wordwright, Inc., to continue to write and edit.

In 1976, Shirley married Edward Shores, a fellow English graduate student, whom she had met at the Univ. of Fla. Ed was employed by Pan Am. Courtesy of Pan Am benefits, the couple visited France, Italy, Switzerland, The Netherlands, and so many other countries. Ed was transferred to Roswell, Georgia where Shirley was an adjunct Professor of English at the Atlanta Art Institute. It was during this time that she began to think retirement and came to realize that her ailing parents were too frail to live alone; so, she returned to Maple Shade to care for her parents until they died. She and Ed travel between Georgia and New Jersey on a monthly basis; she renovating the family home and he maintaining their home in Georgia. Shirley became a member of FUMC in 2004.

Shirley's accomplishments are too numerous to list. She uses her talents to promote charities, belongs to many creative writing associations, continues to write, and do some art projects. In summing up her general outlook, she likes to quote from Walt Whitman's *Leaves of Grass*: "The powerful play goes on and you may contribute a verse." "I'm still working on my verse," she says.



## **NURSE NOTES**

### **Heat-Related Illness**

After a long, harsh, cold, snowy and icy winter, the heat is finally on! Summertime means a lot of fun and outdoor activities for everyone. But we must exercise caution to avoid heat-related illnesses such as heat cramps, heat exhaustion, and heat stroke.

When outdoor temperatures rise, so do deaths from heat related conditions. It is important to take the following actions to stay cool:

Stay well hydrated. Drink plenty of cool fluids, more when exercising or doing outdoor activities such as gardening. Your body needs plenty of liquids to replenish body fluids lost through perspiration and maintain a normal body temperature. Do not drink alcohol which can interfere with your body's natural ability to regulate temperature.

Wear proper clothing. Choose light colored, loose fitting clothes. Light colors will keep you cooler and reflects the sun's rays, dark clothing absorbs heat. Avoid excess clothing that prevents sweat from evaporating and cooling your body. You may also choose clothes such as the Solumbra brand that provide SPF protection in the fabric to prevent sunburn.

Use sunscreen with UVB and UVA protection to prevent sunburn. As mentioned in a previous messenger article, apply liberally and often to prevent skin cancers. Don't forget your hat and sunglasses.

Exercise with caution. Try to avoid strenuous activity during the peak of the day. Opt for early morning or evening hours when it is a bit cooler. Take breaks to cool down and replenish fluids often.

Use Air Conditioning and fans. During excessive heat and humidity, stay indoors in air conditioned buildings...homes, libraries, museums, shopping malls, etc. Park in the shade, and close to the building. Air conditioning is the most effective way to cool down.

Discuss your medical conditions and prescription medications with your physician. Some medications may place you at greater risk of heat related illnesses because they affect your body's ability to stay hydrated and respond to heat. Some chronic medical illnesses or other health related problems may increase your risk of heat related problems.

Check on the elderly to make sure they are safe and well cared for. In adults over 65, the central nervous system begins to slow down making it more difficult to cope with changes in body temperature. Make sure frail elderly or those with medical conditions have proper hydration, proper cooling of their homes, a working telephone, etc. If not, move them to a safe place where they will remain comfortable and monitored. Young

children are also at risk for heat related issues since their central nervous system is not fully developed. Never ever leave anyone, regardless of age, in a car for any period of time. Heat temperatures quickly rise to unsafe levels in a matter of minutes and heat related deaths occur quickly.

You may encounter someone who displays signs and symptoms of heat related illnesses resulting from prolonged exposure to high temperatures. Prompt attention is required.

Heat cramps are caused by excessive heat or physical exertion. You may see excess sweating, fatigue, thirst, as well as stomach, arm or leg cramps. Treatment requires replenishment of fluids and electrolytes found in fluids such as Gatorade, and resting in a cool air conditioned setting.

Heat exhaustion is caused by failure to recognize the signs of heat cramps and the heat related condition worsens. You may see headache, dizziness, lightheadedness, nausea, skin that feels cool and moist, and cramps. Treatment again consists of replenishment with fluids and electrolytes, cool showers, rest and relaxation in a cool air conditioned environment. If symptoms persist it is important to seek medical attention at once.

Heat stroke requires immediate medical intervention. Call 911 at once. While waiting for help to arrive, place the person in a cool place and remove excess clothing. Place ice packs or cold, wet towels on the person's head, neck, armpits and groin. Mist the person with water and a fan.

Heat stroke occurs when the body temperature rises to 104 degrees F, (40) degrees C. It is brought on by hot weather, strenuous physical exertion, etc. You may see that the person's skin is hot and dry to the touch. Skin may turn red as the body temperature rises. Breathing may become rapid and shallow. The person's heart rate may increase. You will feel a high pulse because excessive body heat causes stress and places a burden on the heart as it attempts to cool down the body. The victim may feel nauseous and may vomit, and may feel a throbbing headache. They may become confused, have difficulty speaking or understanding, may pass out and become unconscious. They may or may not have muscle cramping.

It is important to use common sense in the hot summer months. Stay cool and hydrated and enjoy summer fun in a safe and healthy way!

Blessings,  
Bonnee Noyes-Bongiorno, RN  
Parish Nurse