



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

Rev. HeyYoung Horton, Associate Pastor
Karen Murray, Director of Christian Education
Doug Hamilton, Maintenance Coordinator

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

JANUARY 2016



GROUNDS FOR GOOD

Friday, January 8th

Kick off the New Year in style (plaid style, that is) at Grounds for Good Coffee House on Friday, January 8 with music by Trouble with Plaid, featuring Gene Clark, Al Hanlon, Rick McConnell and Ryan McConnell. In addition to great music, treat yourself to free coffee and tea or purchase some delicious homemade goodies. Admission is always free, but proceeds and donations will benefit Interfaith Hospitality Network, a non-profit interfaith organization committed to providing shelter, meals and assistance to homeless families. Doors will open at 7:30, with music kicking off at 8.



POPS CONCERT January 31st, 7:00 p.m.

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! Please join us.



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 347 mitten tree items to Emergency Services of Burlington County. What you have given from your caring hearts has made Christmas brighter and the winter warmer for many struggling families in our communities.

NEW MEMBER CLASSES TO BEGIN

For those interested in becoming a member of our church, a series of New Member classes will be offered for 5 weeks. Classes will be Sundays, Jan. 17, 24, 31, Feb. 7, and 21 from 4-5 p.m. in the Parlor. If you would like to be a part of these classes, please call the church office, 856-235-0450. New members will be received into membership the weekend of February 27-28.

REMINDER:

Confirmation Class

begins

Monday, January 11th

5:30 p.m.

CALENDAR OF EVENTS

Jan. 1st	New Year's Day - church office closed
Jan. 4th	Chick-fil-A fundraiser - 5:00 - 8:30pm
Jan. 8th	Grounds for Good - 8:00 - 11:00pm
Jan. 9th	My Abba's Hands - 9:00am - 3:00pm
Jan. 9th	Miriam Circle - 10:00am
Jan. 12th	The Serving Plate - 5:00pm
Jan.15-17	Youth at Keswick
Jan. 16th	Eyes of Our Hearts breakfast - 7:30am
Jan. 16th	Adult Fellowship - 12:00 noon
Jan. 17th	Men's Breakfast - 7:45am
Jan. 17th	Light Harbor - 2:30pm
Jan. 17th	New Member class begins - 4:00-5:00pm
Jan. 18th	M.L. King Day - church office closed
Jan. 20th	Internat'l Women's Friendship Grp-10am
Jan. 20th	Church Council - 7:00pm
Jan. 23rd	Scouts Pasta Fest
Jan. 24-31	Host IHN
Jan.25-Feb.4	Holy Land trip
Jan. 26th	Crafts for Good - 7:00pm
Jan. 31st	Pops Concert - 7:00pm



**FROM
PASTOR RICHARD**

2016 - A New Year. As we begin the new year it is a good time for each of us to reflect upon God's care and blessings in the past year and to look forward to God's leading in the days before us. It's a good time to evaluate our priorities and make a spiritual resolve to grow in our faith walk with God. The apostle Paul admonished the Ephesian church about "making the most of the time, because the days are evil." In our own day we are keenly aware that we live in a broken world...violence, prejudice, fears, suffering...so many needs and concerns that demand a faithful response and stewardship on our part to offer the good news of Christ's love and share the message of peace and justice. As part of our resolve we look for ways to reach out to a hurting world.

It is my prayer as we consider the challenges and opportunities that a new year brings, that each of us will seek the guidance and leading of the Holy Spirit and be willing to take those steps of faith to make a difference in our communities and world. Yes, it will require some personal examination of our priorities and commitments, but the end result can be life-changing as we grow in the grace and knowledge of our Lord.

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LIGHT HARBOR MINISTRY UPDATE

Thanks to our church family, Salvation Army, CHUM and Trailblazer Youth Groups, and the many elves working hard to decorate, pack, transport, and hand out the Christmas bags, we were able to bring some joy to every resident at the Mt. Laurel Health and Rehab Center in Mt. Laurel this past Christmas. We reached out to the Korean residents at this facility with a special Christmas card message written in Korean by Pastor Hey Young.

Some of our church family selected names from our red stocking to purchase a special Christmas gift for a resident with little or no family. Once again, I am happy to say every resident received a special gift. Thank you for your generosity.

As we start the New Year remember every day is a gift from God. Rejoice! Give thanks for God is good all the time.

Linda Wanagas

LAY LEADER LINES

My name is Brian O'Donnell, and I will be serving as your Associate Lay Leader for the next three years. I look forward to working alongside Kathy Appleton, our current Lay Leader.

First, I'd like to share a little about myself. I live here in Moorestown with my wife Melissa and our two daughters, Ceili and Cailin. I have been married for 22 years and can say, in all honesty, that I do not know where I would be in my spiritual journey without Melissa. Being a father to our daughters is the greatest job I will ever have and to see them both grow up here at FUMC has been a God-send. More than anything, I enjoy watching my daughters dance at recitals and competitions, sing at school concerts, and participate in the numerous plays they have been involved in over the years. I am also entering my third year as the freshman basketball coach at Camden Catholic High School. I have owned my own lawn care business for the past 23 years, and for the past four years, I have been taking care of the property here at FUMC. In addition to my family, serving at FUMC has also been a blessing in my life.

My service to the church has varied. Melissa and I taught the 11:00 Sunday School class for six years. During that time, one of our students was Noah McGrath (everyone knows Noah!). After our time was done teaching Sunday School, I was asked if I would be a mentor to Noah, along with Greg Scott and Bob Murray...I jumped at the chance! Noah is a beautiful young man, who more than anything, has taught me to appreciate the little things in life that God provides on a daily basis. Additionally, I have served on the Property Committee for as long as I can remember. I was also a Trustee for three years and served as Chair for two of those years. It is through my service that I have come to realize the importance of our church community.

I have been a member of this church for over ten years and have grown to truly love this place. I appreciate all of the dedication that is shown on a daily basis by the staff and volunteers. While I am just beginning my time as your Associate Lay Leader, I embrace the challenges that are in front of us and ask God to help guide me in this journey. I pray too that God will bless each of you in your faith journey and ask him to bless FUMC to continue to be an outreach in our community.



FROM THE DIRECTOR
OF CHRISTIAN EDUCATION

“For where your treasure is, there will your heart be also.” Luke 12:34

In less than a month I, along with my husband, mother, a family friend, Pastor HeyYoung and others from our church will be on a pilgrimage to the Holy Land filled with excitement and anticipation. We have met several times and have studied the land that we will be visiting but I know that even with all the preparing I will be overwhelmed just knowing that I am walking on the very ground that Jesus walked.

Jesus' words in the gospel of Luke truly resonate with me as I anticipate the joy that I know I will experience. Jesus is my treasure and my heart belongs to him just as his heart belongs to each of us when we claim him as our Savior.

In this New Year I pray that you will take time to consider where your heart is and what it is you treasure. Jesus came as a helpless baby, lived a sinless life and died for our sins and offers each of us new life in him everyday. That, to me, is the real treasure.

I will be treasuring all that I experience on this trip and I truly pray that my heart becomes even more full of my love for Jesus (although I'm not sure that's possible!)

God Bless you as we enter 2016!
Karen Murray, DCE
856-222-1120 / education@meetwithGod.com.

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MIRIAM CIRCLE
January 9, 2016
10:00 A.M. in the church Parlor

There has been a change in our program for this month. We will be having our very own Sue Harris speaking to us concerning our health, and how we can learn about ways to feel better with nutritional guidelines and fitness.

Our hostesses for the morning are Janet Ash and Barbara Dapper who will provide us with delicious refreshments. Lucy Townsend will lead us in a devotional. We are looking forward to a remarkable new year in 2016. Please join us.

EDUCATION DEPARTMENT INFORMATION:

Sunday School - is offered for all ages during our 9:30 & 11:00 Worship hours. All are welcome!

Thursday Afternoon Youth Group - to resume on January 7th. This program is offered to all children ages 5 years old through 6th grade. Young Followers (5 years old through 1st grade) meet for dinner at 4:30 in Fellowship Hall while the CHUM (grades 2&3) and CTB (grades 4th-6th) meet for choir. At 5:15 the Young Followers go to choir and the CHUM and CTB's come to Fellowship Hall for dinner. At 5:45 all three groups go to their classrooms for Fun & Fellowship. If you are interested in participating or volunteering, please contact Karen Murray, DCE.

WINTER MISSION ADVENTURE - Our annual *“Winter Mission Adventure”* begins on Sunday, January 24th and will support *“A Future with Hope”*, the United Methodist organization that is continuing to help people at the Jersey shore after Hurricane Sandy. We will also be collecting *“Coins for Cancer”* during the month of March to donate to Erin Talbot's organization in memory of her sister. The *“Winter Mission Adventure”* will conclude on Sunday March 20th, 2016. A complete list of what to bring to church each week will be distributed on January 10th and printed each week in the Bulletin Insert.

Confirmation Class begins January 11th at 5:30 - All youth in grades 7th through 9th are invited to participate in the Class. If you are interested please contact Karen Murray at 856-222-1120 to enroll.

FP4H - Our First Place for Health program will resume on January 14th. If you would like to be part of this wonderful group as we work on developing our Spiritual, Physical, Emotional and Mental health please contact Karen Murray at 856-222-1120. This class meets on Thursday mornings at 9am in the Heritage Room.



**FROM THE
MISSIONS COMMISSION**

Hi My Missionaries.

This month I take you to Camden NJ. Seeds of Hope. Missionaries are Bill & Brenda Antinore. Please take time to read how this mission got started so many years ago. Bill & Brenda have started so many outreach missions within Seeds of Hope. The prison mission is just 1 of many.

Judi Angelow, Missions Commission

Home With The King!

When I was released from prison on July 15, 1999 I called Prison Fellowship Ministries and asked them if there were any Christ centered resources or groups for men coming out of prison in southern New Jersey. The person on the other end of the line said that someone would call me back but I didn't really ever expect to hear from anyone. A day or two later I got a telephone call from Jerry Stackpole, the Prison Fellowship Area Director here in New Jersey. He told me about a group of men in Turnersville, New Jersey, meeting under the name of South Jersey Aftercare, who helped men following their release from prison. They were meeting on a monthly basis and I went to their meeting in August of 1999. The individual who started that group and led that group was Dave Monie. From my very first meeting, I was loved unconditionally by Dave. It was so awesome to be received in that way...just the way Jesus received me.

When I had the opportunity to talk with Dave on Friday November 27th in the hospital, three days before he went home to be with the Lord, I shared with him how awesome an example he was of obedience and faithfulness regarding the things of the Lord. He never committed a crime...never was incarcerated. Yet when the Lord placed the burden upon his heart to visit those in prison and share the good news of the gospel of Jesus Christ with them, he stepped up to the plate and served faithfully for 20 years. When the Lord placed a burden on his heart for the children of prisoners, Dave jumped in (along with his helper suitable Roseanne) and served hundreds and hundreds of children through the ministry of Angel Tree. And, of course, when the Lord burdened his heart to help men coming out of prison, way before that became fashionable, Dave again answered the call. He, along with a few other men, formed South Jersey Aftercare as an affiliate of Network for Life (a ministry of Prison Fellowship). Dave saw the need and he met it.

I will be forever grateful to Dave for his Godly obedience and faithfulness, as well as his example. Had Dave not stepped up to the plate and formed the ministry of South Jersey Aftercare, I don't know what might've happened when I came out of prison. Thank you Dave for your love of the Lord & your love of all prisoners and ex-offenders and your love for me. You are now home with the lover of your soul.

Bill Antinore

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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.



Baptisms:

Oliver Anchor Hudak
on November 28, 2015; son of
Chuck & Kelly Hudak

Hadley Sarah Hardin
on November 29, 2015; daughter of
Stephen & Sarah Hardin



THE PARENT UPDATE

First United Methodist Church Youth Fellowship

JANUARY YOUTH NEWS - HAPPY NEW YEAR!!!

Kathy Clawges

Jr. & Sr. High students meet every Sunday night from 7:00-8:30pm. Bible Study is every Wednesday 6:00-8:00pm (includes dinner - donations are much appreciated). Thank you for your continued support!

UPCOMING EVENTS

Mid-Winter Advance - America's Keswick

Friday, January 15, 2016 at 6:00 PM to Sunday, January 17, 2016 at 1:00 PM

This is an annual weekend retreat for Jr. & Sr. High School students. The total cost per student is \$130. This is a wonderful opportunity for students to grow in their faith journey.



Need more info? Email me at kclawges@gmail.com / 856-912-1148 or visit us at www.meetwithGod.com

Now What? Good News for Parents of Moody Teens: It Will Pass *HomeWord.com*

The recent results of a long-term study of adolescents has some reassuring news for parents of moody teens. Researchers have found that most mood swings will decline as teens get older.

“We found that early adolescence is the period of the greatest volatility, but adolescents gradually stabilize in their moods,” according to Hans M. Koot, professor of developmental psychology at VU University Amsterdam and the EMGO Institute for Health and Care Research, a coauthor of the study. “An important message to teens, parents, and teachers is that temporary mood swings during early adolescence might actually be normal and aren't necessarily a reason to worry.”

The study found that over adolescent years, teens' moods of happiness, anger, and sadness became more stable. Anxiety was the only mood that did not align with the overall pattern of stabilization, fluctuating between seasons of more and less anxiety.

The researchers suggest that teens who continue to demonstrate extreme mood swings as they age may need to be monitored more closely, as the lack of mood stabilization may be an indicator of emotional, behavioral, and interpersonal problems.

Now What??

- Adolescence is a season of life when teens experience intense emotions. In a real way, they are experiencing “new” adult-like emotions. Emotions like anxiety, worry, frustration, anger, inferiority, passion, and fear can occur with ferocious intensity. It will take time for your kids to learn how to handle and manage these emotions. Be patient.
- Try not to overreact to your teen's extreme mood swings, but do make the effort to help her or him to understand their emotions and to channel them in healthy ways.
- Do your best to be a healthy role model of emotional stability and consistency. Provide opportunities for your teens to get an insider's look at how you handle your emotions.
- Be a good listener. Become the emotional “safe place” that your teen needs to share and process their feelings.
- If your teen continues to experience extreme mood swings as he or she gets older, don't hesitate to seek an evaluation from a healthcare professional.

No Quick Fixes: Exceptional Parents Are Intentional Parents

Doug and Cathy Fields

Let's begin with some truth telling: Parenting is difficult!

Yes, it's hard. But what you do as a parent every day and every week matters. Your actions---over time---are the single greatest influence in the life of your child.

Still, many parents wind up relying on quick fixes as a parenting style. Simply put, parenting becomes about fixing kids' problem behaviors or the agony parents experience because of these behaviors. Parents use quick fixes to achieve some short-term wins---to fix current problems---but over time the strategy falls and fails because there is no connection to a long-term purpose and no intent to lead a child from Point A to Point B. Using quick fixes to solve problems do not help kids grow up to become healthy and independent young adults.

We'd like to suggest a better way: you can become an exceptional parent when you choose to be an intentional parent.

We didn't do everything right as parents, and you won't either. But we made the choice to fight against Quick-Fix Parenting in order to become Intentional Parents. And along the way we discovered 10 intentional actions that are key to becoming intentional parents.

1) Intentional parents have strong belief. Intentional parents believe that they are the most significant influence on their children.

2) Intentional parents understand they are 24/7 role models. They make a deliberate choice to be vigilant about the examples they set for their kids by how they live their lives.

3) Intentional parents use encouraging words. Encouraging words are positive, life-giving,

powerful, and memorable. They are like food for your child's soul.

4) Intentional parents offer genuine affection. Appropriate and regular physical affection gives kids more security, better self-esteem, and healthier emotional balance.

5) Intentional parents provide consistent presence. They plan, strategize, and sacrifice in order to be present in their lives of their kids.

6) Intentional parents create a peaceful home. A peaceful home is a safe home, giving kids a shelter from the storms of life.

7) Intentional parents use delicate discipline. Discipline and love go together; they provide kids with needed guidance, care and concern.

8) Intentional parents activate responsibility. They provide opportunities for their children to develop responsibility and pursue healthy independence.

9) Intentional parents create positive memories. For better or for worse, your kids will carry family memories into adulthood. Intentional parents pursue a path to ensure kids will have a flood of positive memories.

10) Intentional parents provide serious fun. They work to nurture and model a home environment where laughter and fun is the rule, not the exception.

Doug and Cathy have created two resources to help parents dig deeper into the important topic of becoming intentional parents. You can find their Intentional Parenting DVD and Workbook at www.dougfields.com.