



# Winthrop United Methodist Church

## M E S S E N G E R

January/February 2012

Dear Saints,

This morning as I sat quietly at home enjoying a cup of tea and reflecting on the frozen and still world outside my living room window; I was taken back by its beauty, the beauty of the sun brilliantly reflecting off the ice and leafless trees stirred a feeling of hope and anticipation within my soul. At just that time a flock of Black Capped Chickadees landed in the barren crabapple tree outside my window. An explosion of life in the midst of frozen stillness. I began to watch the birds as they picked around the crabapple tree and then began to fly one at a time toward my living room window. For years Melanie would feed the birds with several feeders outside these windows. What was so surprising to me was that we have not fed the birds for almost two years now. In some way nature had imprinted this feed location upon these birds, one after another coming to the window finding nothing (not even an empty bird feeder) and then back to the crabapple tree. Some birds returning time after time before the flock moved on and the frozen stillness returned.

As I sat there I began to wonder what the imprints of my life look like? What do they reflect to others and how do they fit with God's plan for my life? Am I continuing to do things in my life that are a waste of time, things that cause brokenness, hurt and pain or do my actions bring life and nourishment not only to myself but to others as well?

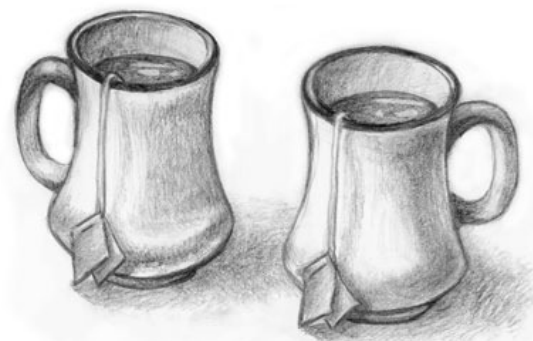
As we move forward as a church and community what are the things we need to leave frozen and behind and where do we look for new life and nourishment. At some point, we all have things we need to leave behind. Like the Chickadees this morning we need to be willing to move on and look for things that bring nourishment to our lives.

Is God calling you to something new? Is God calling the Winthrop United Methodist Church to something new? Do you live in anticipation of God's hope, love and mercy or are you frozen in the pain and brokenness of the past.

Allow Jesus to be Lord of your life and watch the beauty of new life unfold before you!

Blessings,

Pastor Ned



**Lectionary Readings for January**  
Below are the scripture readings from the  
Revised Common Lectionary

**Lectionary Readings for February**  
Below are the scripture readings from the  
Revised Common Lectionary

**Week of Jan 1**

Isaiah 61:10-62:3  
Psalm 148  
Galatians 4:4-7  
Luke 2:22-40

**Week of Jan 6**

Isaiah 60:1-6  
Psalm 72:1-7, 10-14  
Ephesians 3:1-12  
Matthew 2:1-12

**Week of Feb 5**

Isaiah 40:21-31  
Psalm 147:1-11,20c  
1 Corinthians 9:16-23  
Mark 1:29-39

**Week of Feb 12**

2 Kings 5:1-14  
Psalm 30  
1 Corinthians 9:24-27  
Mark 1:40-45

**Week of Jan 8**

Genesis 1:1-5  
Psalm 29  
Acts 19:1-7  
Mark 1:4-11

**Week of Jan 15**

1 Samuel 3:1-10 (11-20)  
Psalm 139:1-6, 13-18  
1 Corinthians 6:12-20  
John 1:43-51

**Week of Feb 19**

2 Kings 2:1-12  
Psalm 50:1-6  
2 Corinthians 4:3-6  
Mark 9:2-9

**Week of Feb 22**

Joel 2:1-2,12-17  
Psalm 51:1-17  
2 Corinthians 5:20b-6:10  
Matthew 6:1-6,16-21

**Week of Jan 22**

Jonah 3:1-5, 10  
Psalm 62:5-12  
1 Corinthians 7:29-31  
Mark 1:14-20

**Week of Jan 29**

Deuteronomy 18:15-20  
Psalm 111  
1 Corinthians 8:1-13  
Mark 1:21-28

**Week of Feb 26**

Genesis 9:8-17  
Psalm 25:1-10  
1 Peter 3:18-22  
Mark 1:9-15

'Tis the season to make New Year's resolutions! Even if we don't make them, maybe we think about it. I certainly do.

**CHURCH OR EXERCISE**

Has it ever crossed your mind that going to church and exercising have several things in common? *It's hard to get started, to take that first step. It is so easy to get out of the habit. There are a million excuses/reasons for not doing it. I know that it is good for me; I feel so much better when I do it. I feel guilty if I don't go. I feel good if I do. It has real benefits. I'll start next week.*

The challenge isn't motivation. It's follow-through. Each attempt to motivate yourself will only increase your stress and guilt. We have a misconception that if we only cared enough about something, we would do something about it. But that's not true.

Motivation is in the mind; follow-through is in the practice. We've all experienced our mind sabotaging our aspirations. We decide to go to the gym or church but then, when it comes time to go, we think, *It's late, I'm tired, maybe I'll skip it today.*

Here's the key: if you want to follow through on something, stop thinking. Shut down the conversation that goes on in your head before it starts. Don't take the bait. Stop arguing with yourself!

Make a very specific decision about something you want to do and don't question it. By very specific, things like: *I will work out tomorrow at 6 AM or I will go to church tomorrow.* Then, when your mind starts to argue with you — and it will — ignore it.

Realize that the follow-through challenge will only last a few seconds. As soon as you put your sneakers on and start heading to the gym or put on your coat and head for church, your mind will give up arguing with you.

Discipline will be useful for the first few weeks as you get back into the routine. But after that, momentum will take over and the pleasure of feeling more fit (in body, mind, and spirit) will quiet the internal chatter.

**SEE YOU IN CHURCH!**

(but you probably won't see me at the gym)

Caro Kaiser

**CHANCEL CHOIR**—It is very exciting to have Judy Barnes returning as our organist! It means that Bud will be in the choir again, and that I will be able to focus on just the choir while Judy takes over the music for our worship services. When everyone is present we have 15 members! We always welcome new members and encourage anyone who has thought about joining us to come to choir practice Thursday evenings from 6:30-7:30.

## CAMP MECHUWANA—WISH LIST

If you have any items on Mechuwana's wish list, please contact camp or drop them off at the office. Thank you for your continued support of our ministry.

- |                |              |              |
|----------------|--------------|--------------|
| • Paddle Boats | Paddles      | Hammers      |
| • Paper Cutter | Screws       | Canoes       |
| • Hand tools   | Wrenches     | Life jackets |
| • Lumber       | Screwdrivers | Wheelbarrows |
| • Hatchets     | Axes         | Small Trucks |



# LENT

**February 22nd** Ash Wednesday Worship Service will be at 7:00p.m.

**February 29**—March 28th Lenten Services will be held every Wednesday beginning at 6:00p.m. with a Soup and Bread Fellowship. Worship will follow at 7:00p.m.

### Mechuwana's Mission Statement

*It is the purpose of Camp Mechuwana to complement the local church ministry by providing a unique Christian setting for persons of all ages for personal growth and experiences which enhance one's relationship to God, neighbors, and the natural world.*

## Staff Parish Relations

Staff Parish Relations Committee is pleased to announce two new appointments. Todd Sears has become the new custodian in addition to his duties as maintenance and groundskeeper. Judy Barnes began as our organist on January first.

We joyfully welcome both of them to these important positions.

Janet Cowperthwaite



Do you need a walker, crutches...etc.??

WUMC might have what you need!

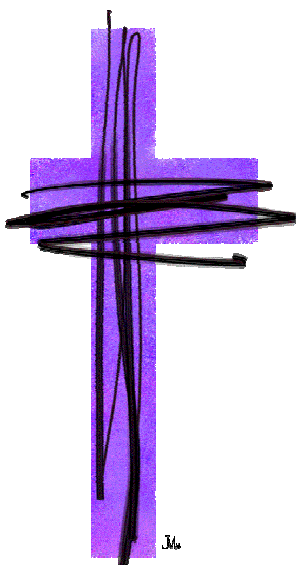
WUMC's Caring Team has been accepting donations of medical equipment such as canes and crutches. It is their hope, that someone in need may be able to use such items on a short-term basis from the church.

If you'd like more information, or have some equipment you'd like to donate please call Lynda Pratt, 377-8748 or the Church Office.

## Lenten Services by the Jesse Lee Cluster Churches

During Lent each year the Jesse Lee Cluster (United Methodist churches in the Augusta area including Readfield, Wayne, Monmouth, Cox Memorial-Hallowell, Randolph, Gardiner, Dresden-Richmond, Augusta-Green St. and Winthrop) offers special Lenten Services on Sunday evenings at 6:30. This is an opportunity to participate in additional worship during the weeks leading up to Palm Sunday, visit other churches, meet new people, and see old friends. On Palm Sunday choirs from churches in the Cluster participate in a Choir Festival--a wonderful evening of music.

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|---------|-------------------------|
| 2/26/12 | DRUM (Dresden-Richmond) |
| 3/4/12  | Monmouth                |
| 3/11/12 | East Pittston           |
| 3/18/12 | Readfield               |
| 3/25/12 | Cox Memorial, Hallowell |



## Reflections and musings from Bishop Peter Weaver's travels around the New England Conference, and

Dear Partners in Ministry,

**ON THE ROAD AGAIN.** It's been a while since I have been able to find the time to write to you.....this has been the busiest fall in my sixteen years as a Bishop. Since sending my last "Partners in Ministry," I have visited all nine districts for one reason or another, led six District Days, prepared and preached a dozen different sermons, including three in the last five days, plus the usual Cabinet meetings, appointments, and periodic crisis. In addition, as next spring's General Conference draws nearer, all of our Bishops are involved in meetings (I've been in a number in the last weeks.) preparing for some new ways of doing our "holy conferencing" as well as the major proposals that will be before us. I ask for your prayers as I continue preparation to deliver the Episcopal Address to the General Conference on behalf of the Council of Bishops. These weeks have been very full.

When Linda and I finally "hopped" in the car to go to be with some of our children and grandchildren for Thanksgiving (hallelujah!), we both spontaneously broke into singing "On the road again.....The life I love is making music with my friends...."

**MIRROR THE LOVE.** On the mirror in the bathroom of the Readfield (ME) UMC is this invitation: "*LOOK WHO GOD LOVES.*" Even your church bathroom can share the Good News!

**THE HEART STRANGELY WARMED BY PELLETS.** Recently I was preaching in Rutland, VT, on a very chilly Sunday. The sanctuary is much larger than needed for this wonderful, innovative congregation. So, from October until it warms up in the spring, the congregation worships in a room next to the sanctuary which is easily heated by a wood pellet stove. They now use a total of three wood pellet stoves to heat all of the areas of the building that they need for their very active ministry. The Rev. Deb Estey and leadership of the congregation would be happy to talk to any church interested in this form of heating...802-773-2460. The service of worship also started with a "heart warming" time of thanksgiving as the pastor asked for anyone to share "where have you seen God this week?" There were many who shared in deeply moving ways....including how God had been there in the devastation of hurricane Irene that had completely isolated Rutland with roads washed out, electricity out, and the water undrinkable. God is doing amazing things in our lives....we need to give people an opportunity to share their "testimonies"...they can be better than the best sermon (or at least, my best sermons).

**CAST YOUR BREAD UPON THE WATERS** and Ecclesiastes 11:1 says it will come back to you! When hurricane Katrina and its waters ravaged Louisiana and Mississippi several years ago, the United Methodists from New England sent prayers, flood buckets, mission teams and money to help. When hurricane Irene and its waters ravaged Vermont, guess what "came back" to us? Prayers, flood buckets, mission teams and \$50,000 from the Mississippi Conference to help us!

We give thanks for everyone who is pitching in to help. Sunday I preached in Northfield, VT, where one of the members lifted prayers of thanksgiving for her home finally being repaired. Aren't you glad to be a part of this great United Methodist Connection...bread cast upon the waters, going and coming in whatever directions needed!

**GLUTEN FREE, BROKEN FOR YOU.** Thousands of people cannot eat the gluten which is found in wheat, rye, oats, or barley. Thus, they cannot receive communion bread or grape juice into which bread with gluten has been dipped. Recently dear friends of ours were visiting us and came on Sunday to St. Johns UMC, Watertown (MA), where I was preaching (that proves they are *really* good friends). It was communion Sunday and sadly they were concerned because one of them is a Celiac who cannot consume any gluten. They were delighted to discover that the proper preparations had been taken at Watertown....it was a sign of radical hospitality....full inclusion....the table of the Lord truly open to everyone!

During this Advent/Christmas season, many visitors may be coming to your church. Be sure to show them radical hospitality in many ways....including your preparations to welcome everyone to the Lord's table.

Grace and Peace,

*Bishop Peter Weaver*

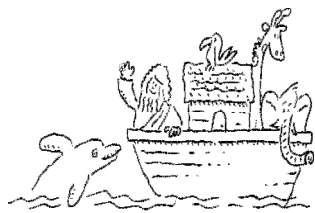
Please remember that children should be attended at all times when in the nursery, and toys should be put away when finished. Let's keep our beautiful nursery in top condition! Thank you!



A lot has happened since the last newsletter article. Let me start by thanking all the people who taught during the first trimester of adult and children's studies and all who helped with the Christmas pageant. I heard many people say that this was the best Christmas pageant *EVER!* The children did a wonderful job with their lines and their songs (complete with motions)!

The second trimester of Sunday school is well underway. Christina Kennedy, Cindy Hinkley, and Jeannette Latulippe are teaching the children. John Neff helped Anne Emidy begin the study of Corinthians, which will keep the adult group busy until Lent. Youth from our church and the UCC have begun meeting twice a month for fun and for community service projects. During December the youth hosted a Parents' Afternoon Out with crafts, baking and play activities for children through fifth grade. What a good time we all had!

Youth group meets irregularly, according to the activity for the day. Recently the youth identified possible activities for the months ahead including games with the Monmouth youth, helping put on a community meal, volunteering at the humane society, visiting at the nursing home, helping with tasks at Mechuwana, and snow tubing or ice skating.



Happy New Year from the staff and board of the Winthrop Area Nursery School, and a huge THANK YOU to all the church family who helped in so many ways with the Holiday Fair, December 3<sup>rd</sup>. Because of your support and the hard work and dedication of so many nursery school parents, the profit from the fair was \$6,422.24.

This year, for the second time, WANS donated all the clothing and all the treasures left in the "Second-Time Around Room" to Tabitha's Closet. All of these items and donations from other sources, were happily received by the families who stopped to shop at Tabitha's Closet on December 10th! What a wonderful outreach for both WANS and WUMC. Tabitha's Closet

We're about to do something that we haven't done before—Vacation Bible School in February! While some kids have big plans, others have relatively few things lined up to do during February vacation. We want to offer them 3 mornings of singing, playing games, making crafts, experimenting and discovering, doing mission work, and hearing how Jesus turned the world upside down. "Shake It Up Café" will meet from 9-11:30 On Tuesday through Thursday February 21-23. It's free and is open to kids from 4 years old through grade 5.

Helpers can volunteer by calling me at 685-3240 or emailing me at [sweymouth@roadrunner.com](mailto:sweymouth@roadrunner.com). People interested in registering can call the church office or use the registration form on our church website.

Sunday January 15 Rev. Ray St Pierre shared a presentation on Safe Sanctuary that he has researched and presented to help churches write and fine tune policies that assure the safety of children, vulnerable adults, and all who work with these children and adults. Our church has such a policy and we will be reviewing it and sharing it with all of you soon.

Minutes from the most recent CE meeting (January 15, 2012) are posted on the bulletin board in Fellowship Hall if you want to know more about CE.

Sookie Weymouth

also provided gift-wrapping for those who wanted to help Santa with this part of the surprise. For many families these gifts of clothing and toys were *CHRISTMAS*.

Please continue to check the bulletin board in the hallway by the cellar stairs for items on the WANS 'wish list'. Keeping our expenses down helps WANS extend scholarships to children who are eligible. We never want to refuse a child because of our finances.

Stop in and visit with the staff and students anytime you are in the church and have a few minutes. I know you will be blessed by the experience. After all, what is more precious than the smile of a child?

Church Liaisons  
Priscilla Small, Launa Greenier, Cindy Hinkley, Jill Howes

**Communion every Sunday:** Pastor Ned serves Communion from 9:15-9:30 on Sunday mornings in the Sanctuary. We will continue having Communion the first Sunday each month during the worship service. (No early Communion on those Sundays.)



Dear Friends at W.U.M.C

I wish you all a Merry Christmas and a Happy New Year. I also Thank You for your gift, it will be put to good use.

Blessings

Beulah Osborne

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To The Caring Team—

Thank You for the lovely Christmas surprise of flowers (as well as all the meals delivered).

So much appreciated!  
In Christ's Love,

Sally Curran

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Special thanks to Laura Bailey for all of the time and effort she put into WUMC's bi-centennial celebration in 2011.

We had a special event each month during the year. A lot of thought and planning took place to make sure that these events were something that all ages could enjoy--and we did!

Thank-you also to her many helpers.

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Thank you so much for all the cards food and telephone calls your thoughts and prayers were much appreciated. Laura & Olive delivered a lovely poinsettia plant for the holidays

Blessings

Ida Ward

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**THANK YOU!** I am grateful for my church family for many reasons, and consider you to be a gift all year long. Thank you for your very generous Christmas gift!

Caro

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**Happy New Year WUMC & Thank You!!** I would like to take a minute to express my gratitude for the generous Christmas gift I received. Moving to Winthrop has been a blessing for Brock and me as we've moved into a wonderful community.

Thank you all for being the most welcoming church family in our lives. We look forward to 2012 with you all!

Tricia

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**PRAYER SHAWL MINISTRY:** The Prayer Shawl Ministry will be gathering on the 1st and 3rd Tuesday of every month from 12:30p.m—2:00p.m. At WUMC in the Chapel. Feel free to pass by and do some knitting! If you don't know how to knit and are interested in learning attend a gathering!

# February 2012

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 9a Lectionary 3:30p L.I.G.H.T Choir 6:30p SPRC	2 <b>Groundhog Day</b> 1p Esther Study—UR 6:30p Adult Choir	3 6a Dawn Patrol	4
5	6	7	8 9a Lectionary 3:30p L.I.G.H.T Choir 7p. Church Council	9 1p Esther Study—UR 3:30p Bell Ringers 6:30p Adult Choir	10 6a Dawn Patrol	11
12	13	14	15 9a Lectionary 3:30p L.I.G.H.T Choir	16 1p Esther Study—UR 3:30p Bell Ringers 6:30p Adult Choir	17 6a Dawn Patrol	18
19	20	21 8:30a VBS!!	<b>Valentine's Day</b> 3:30p L.I.G.H.T Choir	23 8:30a VBS!! 1p Esther Study—UR 3:30p Bell Ringers 6:30p Adult Choir	24 6a Dawn Patrol	25
	<b>President's Day</b>		22 <b>Ash Wednesday</b> 8:30a VBS !! 9a Lectionary 3:30p L.I.G.H.T Choir 7p Worship Service			
26	27	28	29 9a Lectionary 3:30p L.I.G.H.T Choir 6p Soup & Bread 7p Worship			



**Church Office Hours:**

Tuesday—Friday  
9 a.m.—2 p.m  
(207) 377-8620

Ned S. Crockett      Pastor      (207) 242-0113  
Bev. Dow      Lay Leader      (207) 215-6155  
Tricia Day      Office Manager

P.O. Box 136 ~ 58 Main Street  
Winthrop, ME 04364  
Email: office@winthropumc.org  
Pastor Ned: pastor@winthropumc.org

Sunday Worship service  
9:30 a.m.  
Sunday School  
10:45a.m.

www.winthropumc.org      www.wonderawhile.com

*Coming soon...*

**UMW Spaghetti Supper**

Winthrop United Methodist Church  
58 Main St. Winthrop Maine

Saturday, March 3rd 5-6:30p.m.

Enjoy good food, great fellowship and special music!

**Adults: \$7.00**  
**Children: \$3.00**  
(under age 12)

Children under 3 eat free!  
Family Limit—\$20.00  
(Parents and children)



The mission of the Winthrop United Methodist Church is to be a Christian community that invites all people to participate in God's love. Our purpose is to live out the mission through nurture, outreach and witness.

2012



Winthrop United Methodist Church  
P.O. Box 136  
Winthrop, ME 04364 