



Union Church of Belgrade Lakes

United Methodist Church

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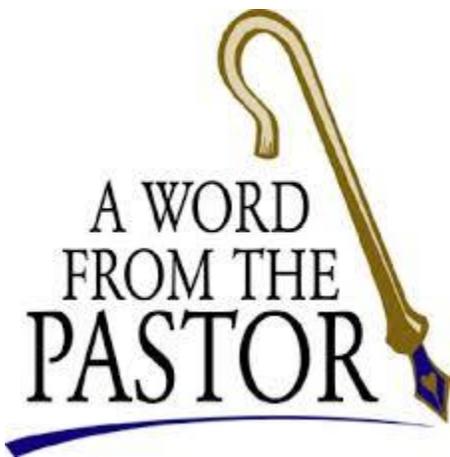
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Union Rider

September, 2019 Newsletter



**Dear Members
and Friends of
Union Church,**

Greetings in the
name of the One
who gives us
"Grace Aplenty"!

What a joy it was
for me to celebrate my August 11th birthday
together with you in our worship services that
day! I was surely blessed by your greetings,
cards, gifts, and
donations to
UMEM during our
"Joys and
Celebrations"
time. Thank you
so much!



Last month in this space, I shared that it seems
to me the "word" God has placed before me in
this season of my life's journey is "mindful."
This month, I elaborate with these words from
Henri Nouwen, one of my favorite spiritual
writers: "*Patience...is not just waiting until
something happens over which we have no
control: the arrival of the bus, the end of the
rain, the return of a friend, the resolution of a*

*conflict. Patience is not a waiting passivity until
someone does something. Patience asks us to
live the moment to the fullest, to be completely
present to the moment, to taste the here and
now, to be where we are."* Being patient
requires us to be mindful. The two go hand-in-
hand, it would seem.

These thoughts are important in this time of
transition. They are essential to me as I am
learning about all of you, and the mission and
ministries of this church. They are essential to
us together as we are prayerfully considering
how to be God's best possible stewards of all
with which God has blessed us. I hope our
focus on stewardship and "Grace Aplenty in
2020" in the month of August was helpful to
you, in your spiritual journeys. I am grateful for
Pam, Darryl, and Kevin for sharing what this
church, this faith community, means to each of
them. And I am grateful for our Finance
Committee and its leader, Tony Mastromarino.

I am in the process of visiting the various
groups and agencies we walk alongside in our
efforts to be good neighbors, in an effort to be
mindful of the good things that are currently
underway, and to be mindful of the more/next
good things we can be doing.

Patience – mindfulness – is something I must consciously cultivate. And so I am convicted by these words Henri Nouwen shared about impatience: “*When we are impatient we try to get away from where we are. We behave as if the real thing will happen tomorrow, later, and somewhere else. Let’s be patient and trust that the treasure we look for is hidden in the ground on which we stand.*” Yes! Let’s be patient and trust that the treasure we look for is hidden right in the ground on which we stand. Amen!

Together in Christ’s Love and Service,
Pastor Eleanor Collinsworth



How to Starve Your Fear and Feed Your Faith

By Chip Ingram

What is the greatest fear you’re facing right now?

What gets your stomach in knots? When you’re driving in your car and everything is quiet and your mind drifts, what makes your heart rate increase and you suddenly realize you’re afraid?

For some of us, it’s the fear of losing our health or losing our job. For others, it’s the fear of never getting married, or the fear that our marriage won’t get any better. Or maybe it’s the fear that one of our kids or grandkids will get into a car accident.

It’s significant to note that the most common command God gives to His people in the Old and New Testament is, “*Fear not.*” and “*Be not*

afraid.” This command is usually followed by the declaration, “*For I am with you.*”

God doesn’t want us to be afraid, despite our circumstances.

So, how do we experience His power and calming presence in the midst of life’s fear-inducing storms?

In order to discover this, we need to understand how God has made and wired our mind and our emotions, and how they work together.

What we allow in our minds either creates or feeds our fears.

Despite living in a world that was filled with such uncertainty, violence, and injustice, the Apostle Paul was able to experience the peace of God. Then He instructed the church in Philippi how they could have peace in the midst of their fears, too. He said,

“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything is worthy of praise, let your mind dwell on these things. (Philippians 4:8)

In other words, what we put into our minds **matters!**

Some of us are feeding our fears instead of starving them. Instead, **we need to be starving our fears and feeding our faith.**

We are what we eat psychologically. Here’s where science and Scripture are in alignment.

We are the product of our thought life.

Who we are today is the product of our past thinking of what we thought was true, our focus, and our decisions. Proverbs 23:7 says,

“for as he thinks within himself, so he is...”

What we allow into our minds is the most important decision we make each and every day.

What we think about, what we watch, what we listen to – it all matters. Even the conversations we have with others. What we allow into our eyes and ears that seeps down into our soul is the most important decision we'll ever make each and every day.

Our emotions flow from our thoughts.

Most of us make lots of decisions based on our emotions. But our emotions follow our thoughts. In a book called "The 4:8 Principle" by Tommy Newberry, he lists some things that we tend to unconsciously tell ourselves that produce negative emotions like anxiety, hopelessness, and fear.

We tell ourselves things like: *"I'll never be happy again. This probably won't work... If I had more money it wouldn't matter, I would just probably worry about it... I don't have what it takes... This always happens to me... I'm not worthy... I'm just not very creative... I have to just accept my limitations... I never say the right thing." And on and on...*

Instead, we need to declare what's true.

We should be telling ourselves things like: *"I am the son/daughter of the Living God. I have an inheritance from Him. God has already reserved a place for me in heaven. He has deposited spiritual gifts in my life. I have His peace living in my heart. He has blessed me with this, this, and this..."*

Want to overcome your fear? Then, let's focus on what is true.



**FRIENDS AND
NEIGHBOR
LUNCHEON**

**Soups, sandwiches,
desserts and
more!**

**Thursday,
September 12, 2019
from 11:30 to 1pm.**

**We will
have some
Trivia
Questions
for You.**



**Our 2018/2019 Global Mission
Initiative is happening right in our
backyard with the
United Methodist Economic Ministry
in Salem Township, Maine**

<https://www.umeconomicministry.com/>

**Joys & Celebrations Total
As of 8/25/19: \$1,706.50**

**Our Third Quarter Goal
is \$625 by 9/30/19; Our
December 31st Goal is
\$2,500**



Thank you for helping exceed this!

Following Worship, keep a watchful eye out for the big screen TV slide presentation that highlights this ministry

United Methodist Economic Ministry Program Include:

Salem & Solon Thrift Shops
Salem, Solon and Howland Food Cupboards
Maple Syrup
Backpacks and Sneakers
Emergency Heating Assistance
Fire Victims Assistance
Warming Center (Jan – April)
Prom Shop
Christmas Shoppe
Community Garden

Summer mission groups provide home repair, accessibility ramps and winter weatherization with efficient windows and doors.

Their vision is to support healthy communities that adapt to the changing environment in the region. They are providing both educational and material support towards self sufficiency in this region of severe economic challenge. With dignity and grace, they are working to build sustainable communities.

Monthly we will provide updates to the various programs of their ministries.



Their regular meetings are the third Saturday of the month from 9AM to 10:30AM in Friendship Hall.

2019 MEETINGS

September 28th Harvest Festival preparations in Bobbi's workshop

October 19th Spiritual Program

November 16th Thanksgiving program and community food drive (Barbara) - Day's Store Turkey Bucket

December 14th Home party - Book Review @ Bobbi's. Spiritual gift exchange - under \$10.00



**Meetings at a Glance:
September 2019**

Worship: 9/3 @ 7 p.m.

Lay Leadership: 9/4 @ 6:30 p.m.

SPRC: 9/9 @ 6 p.m.

Prayer Shawl: 9/9 and 9/23 @ 6:30 p.m.

Trustees: 9/16 @ 6:30

Church Council: 9/22 @ 10:45

Our Mission Ministries



Through the year in this Newsletter we highlight our mission projects and programs where we serve God through Christlike compassion, mercy and transformation; reaching out, lifting up, building up. **Here is a listing of some of the ways so far during 2019 and those shared during 2018 you contributed to missions through your support received in our weekly worship offerings, pledges and special giving.**

The Good Shepherd Food Bank

With a gift of **\$500 during June 2019** we will support this work that provides food to local food banks throughout Maine. "Feeding families living with food insecurity makes an impact that goes beyond a nutritious meal."

The Belgrade Rome Food Pantry with special monthly "Wish List" donations; January through August we've been fillin' our shopping cart. - Many thanks.

Ever notice the sign at the **Belgrade Ball Park**? **\$150 during April 2018** supports this local youth program and shares our active presence in the community in Christ's service.

Maine Justice Foundation, Augusta, Maine. With a gift of **\$500 in March 2019** we supported this work that serves the LGBT, gay community those of whom are among the poor and vulnerable among us, facing issues of employment and housing discrimination, domestic violence, homelessness. In this manner we extend our church Welcoming Statement into the community beyond our own worship doors.

Messalonskee High School -Each year their empty Bowls project supports our local Food cupboards and the Food Cupboard at the High School we contributed **\$156 from our congregation and match \$156 from M&O towards this in March 2019.** In June we look to provide leadership and participation in their Baccalaureate program for new graduates.

United Methodist Economic Ministry in Salem Township (UMEM); Weekly Joys and Celebrations contributions, **\$2,658.** 2018 began our two-year **Global Mission Initiative** here in Maine our annual goal is \$2,500.

We have Pints and Quarts of Maple Syrup again this year for your Summer enjoyment and purchasing. With Fair Trade pricing 100% of the purchase price goes to assist their ministry programs that transform lives in here in Maine; \$600.

Bread of Life Ministries. Through the year, each month we provide a Tuesday evening

meal for the residents of the temporary Shelter Program. It's been a blessing to meet folks there and see how this ministry gives them both shelter and a boost to what is next as they move forwards in life by God's grace. With a gift of **\$500 in May 2019** we equip their program there. In August we delivered 10 backpacks for the children as they start school.

Maine Adaptive Sports received \$50 during March 2019 as an affirmation of their annual Ski-A-Thon that supports programs that empower adaptive athletes towards a healthy, active and rewarding life.

Neighbors Driving Neighbors, this local ministry program serving to help folks who would be otherwise home bound is supported with our **\$500 gift in January 2019** and through the engagement of those offering to serve as drivers, and part of the programs leadership

Winthrop, Maine: United Methodist Camp Mechuwana. Scholarship support of campers in the amount of **\$500.** This donation was sent in **May 2019.** The year-round camp and youth programs happening there transforms lives of children and youth.

Pastor's Discretionary Fund – With generous donations we have been able to assist 5 families with urgent housing needs; **\$2450 during this winter season.** Each specific in their own way where we were able to be a means of God's Grace in troubling times.

Prayer Shawl Ministry – In **February 2019** we supported this ministry with \$100. This group meets twice a month and distributes prayers shawls to both women and men who are dealing with health issues and or hospital stays.

Belgrade Central School – The Mission and Outreach Committee at their August meeting found that the school could use pairs of sneakers for the children that forget theirs at home so they can attend gym or go outside to play.

The Mission Committee met on Tuesday, August 20th and are beginning to work on our mission giving funding and support. We developed a schedule of monthly mission giving. We will update the above listing monthly as these occur. Our next meeting is scheduled for October 15th @10 a.m.



Bread Of Life Ministries

Our Next Bread of Life Homeless Shelter Dinner is scheduled for September 17th.

There is a sign-up sheet in Fellowship Hall for those wanting to designate their participation in this ministry. Signing up is important so that we are aware of what you will bring so that we can complete planning for whatever else needs to be prepared and donated. Thank you!

We would like to encourage as many volunteers as possible to help donate items for this dinner.

They now house as many as 50 folks. This means we need to step up our game and provide them with more items to share for a hot meal on this date and every 3rd Tuesday of each month.



United Methodist Economic Ministry (UMEM) launches 50th anniversary activities, new website

Starting in November 2018 through November 2019 we'll rejoice in our work while we continue our mission with an event or activity every 50 days!

This month, the United Methodist Economic Ministry (UMEM) is kicking off a year of events and activities to celebrate its 50th anniversary. UMEM has unveiled its new logo (above) and [updated website](#), and is planning a celebration activity or event every 50 days from now to November 2019! Events will occur around the Conference to support this important economic justice mission in western Maine.

Check out the UMEM's website umeconomicministry.com and [Facebook page](#) for information and updates and throughout the year!



Social Media

Please be reminded that Union Church has a social media presence! Our church website is found at unionchurchmaine.org, and is updated regularly (thanks to Kathy Gerard!). We also have a Facebook page that all you Facebook users are invited to "Like." The page is called: Union Church of Belgrade Lakes a United Methodist Church. And if you don't use social media, you can still spread the word to those who do!



Maple Syrup

\$12 per pint
\$20 per Quart

We support the ministry at the **United Methodist Economic Ministry** in Salem Township, as we

extend the grace of God outward regionally. 100%, all of the funds raised from sales go directly to the Economic Ministries that help folks, that equip them for work readiness and life; Home Repairs, Thrift Shop, Food Cupboard, Christmas Gifts, Winter Clothing (New Coats and Boots), Backpacks (school supplies, essential clothing) Program, Life Skills, work.

Pick Some up for Christmas Presents!



Mid-Maine District Learning Events

There are two excellent learning opportunities coming up in September and October right here in our Mid-Maine District:

Saturday, September 13: “Vital Conversations: Racism and the U.S. Church” This is the first in a series of training events for clergy and church leaders (laypeople) on how to have vital conversations about race and racism with their congregations. It will be held from 9 a.m.-3 p.m. at Brunswick UMC.

Saturday, October 19: “Neighborhood Seminary” This training event supports commitment to knowing the neighbors you seek to know and love while growing as a disciple of Jesus Christ. We will explore what this back-to-basics movement might look like in

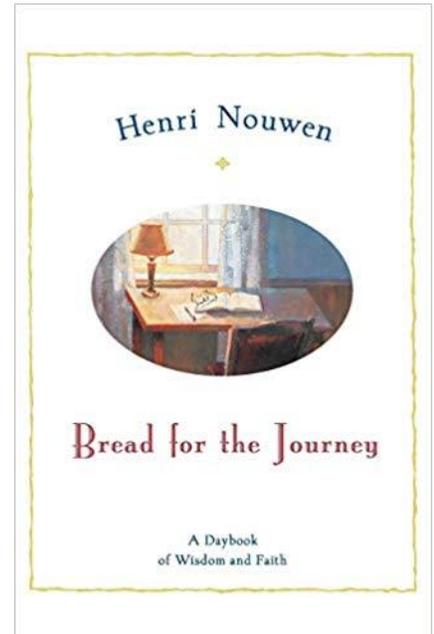
our district and local churches. Location and schedule for the day are to-be-determined.

Please see Pastor Eleanor if you are interested in either of these or would like more information. We will plan to carpool to both events.

NEW BIBLE STUDY

BEGINNING WEEK OF SEPTEMBER 9TH WEDNESDAYS @ 10 A.M.

EVENING STUDY DAY AND TIME TBD



We look forward to many of you joining us to share scripture; stories and your life journey with God.

All Welcome!





Back-to-School Blessing

Learning is a gift from God.

As we begin this new school year, we give thanks that God has given us the ability to learn many things in many ways.

Loving God, sometimes a new school year seems exciting or scary or both.

Help us remember to show our thanks for your gifts of learning by doing our best every day.

We ask that you bless our schools, teachers, classmates and friends.

We ask that you bless those who prepare our lunches, those who drive us to school, and those who keep our schools clean and safe.

We ask God's blessing on this new school year, that it may be a time when we appreciate and fully use God's gift of learning.

Amen.



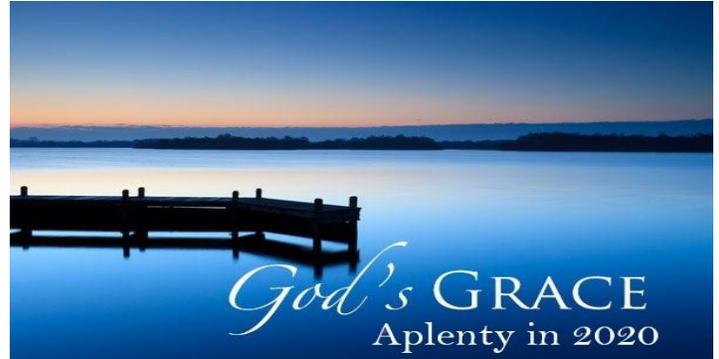
Prayer for The Month

Scripture: Let the same mind be in you that was in Christ Jesus...
Philippians 2:5

O Lord, how often we listen to the news and we just don't know what to think. We are shocked, confused, and sometimes terrified by the things that are going on in the world around us. Yet our first response should be, "What do you think, Lord?" Please give us your insights

on the events of today, as we know nothing catches you by surprise. Teach us to discern as you do, and help us see how we can contribute to change things for the better.

"We must be the change we wish to see in the world – Mohandas Gandhi



God's Grace Aplenty in 2020

This is the theme your Finance Committee has selected, looking forward to a new giving year that will begin in January, 2020. You have now received a letter inviting you to be part of this Stewardship Program, as we celebrate the many ways God's grace abounds in our faith community here at Union Church of Belgrade Lakes UMC. In our worship services in the month of August, we will explore stewardship as a vital part of our spiritual life through the words of Jesus and the apostle Paul, and through the testimonies of a few of our siblings in Christ here at Union Church. We are grateful for Pam MacKill, Darryl Day and Kevin Webb for speaking from their hearts about what Union Church and Stewardship means to them. The program culminated in Covenant Sunday on August 25. If you haven't already turned in your pledge, please prayerfully consider doing so. May God richly bless our efforts to be good stewards of all God has entrusted to us!

Finance Committee
2020 Stewardship Campaign



HARVEST
FESTIVAL
2019



Summer has flown by and now it is that time of year again when plans are getting underway for Union Church's annual Harvest Festival. It is the big draw in town; many folks have already asked about our event and are looking forward to attending again this year!

Octoberfest is on October 12, 2019 10 a.m. to 3 p.m. Be thinking about ways you can help out - many hands needed! Lots of volunteers needed to make this a success again this year. Hoping that each and every one of you will come join us in the fun and fellowship as we share in our preparations. It is a great way to connect with old friends, meet new friends and get incorporated into the life of the church and community.

A few of us met on Sunday, August 18th and came up with the below info and some new thoughts:

Autumn Café – We are looking for 2 Crockpots Each of Soup (Beef Barley; Butternut Squash and Apple and Split Ham

and Pea); there will also be corn chowder (volunteer all signed up).

Yard Sale – As you clean out your summer places or are doing Fall Cleaning; we welcome you to share items you no longer want.

Craft Table – If you have any crafts you would like to share, please feel free to bring them to this event.

Reminder: Bobbi's Craft Day is Saturday, September 28th at her house.

Bake Shop – We are grateful for any and all donations 😊. We have observed that the small breads (pumpkin, apple, spice, etc.) go very well. And smaller cakes and pies. Also, cookies other than chocolate chip (most everyone makes them); Folks are looking for your grandma's favorite recipe cookies.

Harvest Kitchen – Looking for items for the freezer (soups of all kinds that we will provide containers for). Dinners (shepherd's pie, lasagna, etc. and desserts such as apple crisp) 8x8 alum pans will be provided for your use. Canned goods, jams and jellies.

Second Time Around (Christmas Decorations) – We are looking for more of these items if you have any you would like to donate.

Jewelry Table – We have more than enough; thank you 😊

Silent Auction – Carol welcomes any donations you would like to provide. And you can even donate holding a dinner party, boat cruise, plane rides, etc.).

Brats and Hot Dogs – We need a few volunteers to cook and serve these during the day.

It truly is a very fun day and you get to work with your Church Family and meet all the town folk that come take part in this special event.

In the meantime; save the date, start canning, crafting, woodworking, picking out your recipes for baked goods and items for our freezer (soups, entrees, etc.). If you know any shopkeepers; see if they would be willing to donate something to our Silent Auction. Or check with family and friends to see if they would donate a dinner, boat ride, etc. Look for “really good” things in your attic or basement that you can donate to the auction, or make something using your special talents. Please contact Kathy Gerard (Chair) at kakoala5@gmail.com or Carol Johnson at caroljohnson@allstate.com (Chair of Silent Auction) if you have any comments/questions/ideas and would like to step up and volunteer.

Please sign up on the Sign-Up Sheet in Friendship Hall 😊

Thank you and God Bless!



See You Next Summer;
Stay in Touch Over the Winter
Months

It is so hard to believe that some of our Summer Folks have headed back to their Winter Homes. We have so enjoyed our fellowship time with you over the summer. We pray that your travels are safe and will keep you and your families in our prayers over the Winter. We will keep in touch through our emails/calls and Newsletters. Please call or contact us if you would like any prayer request during our Worship Services. We look forward to seeing you again in June.

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United Methodist Church
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Our Mission is to live our experience of God's love
in all that we say and do...

Our Vision is to be a growing spiritual faith community in the manner of
Christ, where all are welcome and cared for...