

# The Herald

## RUMC Newsletter



*February 2018*  
*Issue No. 105*



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### **Valentine's Breakfast**

**February 11, 2018**

**8 am**

**The Ladies RUMC are served breakfast and serenaded by the men.**

**Sign up sheets are on the bulletin board for both attendees and workers.**

### **Youth Sunday/Super Soupier Bowl Fundraiser**

**February 4, 2018**

Our Sunday School children have designed and will lead the February 4th service. Following service, join us for our annual Soupier Sunday Fundraiser: five kinds of soup, salad, and dessert. A free-will donation will be collected to support our Youth Missions Week in July.



Dear Church Family,

As many of you know, my birthday is February 2 which is Groundhog Day. There is a well-known legend that if the groundhog sees his shadow, there will be six more weeks of winter and below average temperatures. If the furry rodent does not see its shadow, there will be an early spring with above average temperatures.



There are currently two national groundhogs making winter/spring predictions; they are Punxsutawney (PA) Phil and Staten Island (NY) Chuck. While Chuck boasts of an accuracy rating of 80%, Phil who is 312 miles away can only muster a 39% success rate.

Whatever Phil or Chuck predicts concerning weather, I know for certain that we will have some special events planned in our church.

- **Feb 3 Saturday Youth Basketball at Wapping Community Church, South Windsor, 6PM**
- **Feb 4 Super Souper Sunday and Youth Service 10 AM**
- **Feb 11 Sunday Valentine's Breakfast for our ladies 8AM**
- **Feb 11 Sunday Dinner Church 6PM**
- **Feb 14 Ecumenical Ash Wednesday Service with Crystal Lake UMC 7PM**
- **Feb 18 Amani baptism, -grandson of Eileen Gay**
- **Mar 17 Corn Beef Supper, 5 PM Saturday**
- **Mar 17 Youth Basketball at Wapping Community Church, South Windsor, 6PM Saturday**
- **Mar 25 Palm Sunday Men's Breakfast with Bolton UMC Men's Group**
- **Mar 28 Good Friday Walk 7:30AM**
- **Apr 1 Easter Sunday Worship 10AM**

So my prediction is that these events will occur as planned. As for the weather, I think that spring will be right around the corner and that it will bring warmth to our spirits.  
Pastor Paul

## GROUNDHOG DAY UPDATE

- Punxsutawney Phil predicts 6 more weeks of winter
- Staten Island Chuck predicts an early spring
- Connecticut's very own Chuckles IX says we will have an early spring in his first official prediction at the Lutz Museum.



If our church has to cancel a class, activity or event (examples: worship service, Sunday school, choir practice, dinner event) due to inclement weather, etc., we will post the cancellation notice online at WFSB Channel 3 (<http://www.wfsb.com/category/211195/school-closings>) and on TV at NBC Channel 30 (WVIT). This will be our way of communicating cancellations throughout the winter season. Likely notices are: "No religious ed." (Sunday school canceled), "Event cancelled" or "Closed".

## **SUNDAY SCHOOL NEWS:**

Feb 4- Youth Sunday: The Sunday school children will conduct the service they designed. After-service we will host our Soup Fundraiser during Fellowship to offset the \$150/child cost of the Youth Mission with Hands on Hartford. Free-will donations will be gratefully accepted.

Feb 11- Sunday class after children's message.

Feb 18- Sunday class after children's message

Feb 25- Sunday class after children's message



## **CONFIRMATION:**

Confirmation Sunday is May 20, 2018. The kids will be visiting different worship services and performing volunteer acts in the next couple of months. The confirmation class will meet on the following days:

February 18, 2018

March 18, 2018

April 15, 2018

## **SUNDAYS BEYOND SUNDAY YOUTH GROUP:**

We are planning a sleepover March 2nd to 3rd. Stay tuned for details.

**Director of Christian Education is Linda Shivers.**

**contact info: [necsvga@aol.com](mailto:necsvga@aol.com), home- 860-871-9164, cell-860-558-7632**

## **GROVE ST GUARDIANS COLLECTION**

The next project for the Grove St Guardians (Sunday School grades 4-7) will be to coordinate a collection for the Cornerstone Shelter. During the month of February we will be collecting items for both the Shelter and for those who use their services. We will be collecting toiletry items such as toothbrushes, toothpaste, soap & shampoo; new socks; paper towels; toilet paper; and cleaning supplies. We have a collection box placed under the bulletin boards.

## **HOLIDAY GIFT FUND**

A big Thank You to everyone who either purchased gifts or made a donation for the Holiday Gift Fund. Due to your generosity we were able to help our adopted families along with an additional family who had lost everything in a fire.

Blessings,  
Amy and Kathy

# RUMC Fundraiser Sale

Just in time for Easter!

**February 25 to March 18, 2018**

Delivery March 27, 2018



Grab an order form and ask your neighbors, friends, co-workers and family if they would like to purchase a 22 oz. pastry for only \$13. RUMC will receive \$3 for every pastry sold.

Strawberry Cream Cheese

Cinnamon                      Apple

Cream Cheese                  Raspberry

Italian Herb Bread (20 oz.)

9 Caramel Sweet Rolls

9 Cinnamon Sweet Rolls



Sample pastries will be available to try during Fellowship following the February 25, 2018 service.

## CORNERD BEEF SUPPER

Saturday

March 17, 2018

5-6:30 PM

Take Out  
Available

**Corned Beef, Cabbage,  
Potatoes, Vegetables,  
Homemade Irish Soda Bread and  
Grasshopper Pie for Dessert.**

<b>Adults</b>	<b>\$13</b>
<b>Children 6-12</b>	<b>\$5</b>
<b>Children 5 and under</b>	<b>Free</b>

**Walk-Ins are Welcome, Reservations are Recommended. 860-875-6562**

### HOLIDAY BAZAAR UPDATE

The Holiday Bazaar is the RUMW's biggest fundraiser. Thanks to many volunteers and your support, they raised over \$5000 at the 2017 Holiday Bazaar. Fancy Cookies: \$1,689.50; Book Nook: \$172.64; Baked Goods: \$322.35; Luncheon: \$617.14; Silent Auction: \$887; Grandma's Attic: \$434.44; Holiday Decorations and Crafts: \$496; Jewelry: \$65.35; Fancy work: \$283.50

Ash Wednesday Service  
Crystal Lake UMC  
February 14, 2018 - 7 pm

The Altar Flower sign-up sheet is on the  
RUMC bulletin board in the Narthex.

### LINKS TO ONLINE NEWSLETTERS

Here are links to some newsletters that may interest you:

**Cornerstone:** <https://www.joomag.com/magazine/my-first-magazine-cornerstone-newsletter-march-2017/0041000001487529753>

**Accion Medica Christiana:** <http://www.nicaraguacovenant.org/newsletter.html>

**HVCC:** <http://files.constantcontact.com/e1ebfd6201/8eddb7c7-d5c2-4844-aa26-960d17684227.pdf> (sign up for the newsletter is on <http://hvcchelps.org/>).

**Interpreter Magazine:** <http://www.interpretermagazine.org/magazine/current-issue>

Interpreter Magazine will no longer be a print document; it will be an on-line publication only.

## Volunteer Opportunities

Check out the Mission/Outreach bulletin board in Fellowship Hall for volunteer opportunities in our community.

### **Through the Church:**

**Church Maintenance:** The GOM's need your help! Since our Grumpy Old Men are getting even older, there are many things they did without fanfare on Wednesday mornings that they can no longer do. We will start posting in the bulletin, on Facebook, and on the website activities where we need help; these are activities octogenarians should no longer be doing. Please keep an eye out for these opportunities, and help where you can.

**Refugee Program:** Please talk to Steve Yoder if you would like to help the Marri family. Transportation and English lessons/practice are two of the opportunities available.

**Prayer Chain:** If anyone is interested in joining the prayer chain and would prefer contact via telephone, please call Phyllis King at (860) 454-5127

**Lay Ministries:** We have several lay ministry openings. The duties vary; we are sure to find a service that fits your skill set. Please see Pastor O'Neil for details.

**Birthday Cards:** Address and mail birthday cards to our church family for one month. You will receive the list and cards a week or two before your month. Months available are September, November, and December. Please see Candy Sunderland if you are interested.

### **In the Community:**

**Cornerstone Foundation:** Volunteers needed for their Youth Outreach Program: homework help, music, art, team building skills, substance abuse education, employment skills, self-care and sports classes. Email Paula Plante for information or to volunteer: PPPLANTE10@HOTMAIL.COM.

**Habitat for Humanity:** Ambassador workshop March 8, 2018 at noon. Please email volunteer@hartfordhabitat.org or call 860-541-2208 ext. 2201. A light lunch will be served as you meet their leadership team and learn about the various ways to get involved, such as: becoming a family partner, crew leader, site host, internships, office support, ReStore volunteer and much more.



Enjoy a turkey dinner and informal service at the parsonage. Anyone planning to attend who would like to bring a side dish, please contact Janet.

### **Shopping for your Valentine?**

Don't forget to use our gift card program; RUMC will receive a percent of the gift card purchase from the issuing company. You will always receive the full value of the card you purchased. Flowers, restaurants, movies, grocery stores, hotels, cruises, and car rentals are all possible. The sky is the limit as you prepare your valentine gift.

If you are buying anything online, don't forget to use Amazon Smile. Sign onto Amazon using the link below and RUMC will receive .5% of the price of eligible purchases. <https://smile.amazon.com/ch/06-1283681>. You can pay with the Amazon gift card you purchased through the church.

## FEBRUARY IS AMERICAN HEART MONTH

**In 1964, President Lyndon B. Johnson declared the first American Heart Month to tackle heart disease in the United States. Some risk factors for heart disease and stroke are preventable. American Heart Month teaches us the ways we can help reduce our risks while eliminating those we have control over. Do you have one of these risk factors for cardiovascular disease? Obesity, physical inactivity, high blood pressure, cigarette smoking, high cholesterol or diabetes.<sup>1</sup>**

Many risks for heart disease and stroke--including high blood pressure and high cholesterol--may not have any symptoms. Many of these risks -- specifically high blood pressure, high cholesterol, smoking, and obesity-- are preventable and controllable. Controlling these risks could reduce your risk for heart attack or stroke by more than 80%.<sup>2</sup>

Risks for heart disease and stroke:<sup>2</sup>

- Obesity
- Physical Inactivity
- High Blood Pressure: 90% of Americans consume too much sodium, increasing their risk for high blood pressure.
- Cigarette Smoking
- High Cholesterol
- Diabetes

Practice healthy living habits to reduce many of the preventable risks for heart disease.<sup>2</sup>

- Eat a healthy diet
- Maintain a healthy weight
- Be active on most days
- Don't smoke or use tobacco
- Limit alcohol use

Millionhearts.hhs.gov has many links on healthy eating--including healthy eating on a budget, seasonal food resources, and heart healthy recipes. Here is an example of one of the recipes, **Guacamole Deviled Eggs**. Avocado is used for the majority of egg yolk in this recipe to reduce the cholesterol.

- 9 large eggs, hard boiled and sliced in half. Discard the yolk from 7 eggs, keep 2
- 1 medium avocado (halved, pitted, and scooped into a medium bowl)
- 2 Tbsp fat-free sour cream
- 1 1/2 tsp lime juice
- 1/3 cup Roma Tomato, seeded (to remove the juice) and finely chopped
- 1/4 cup scallions, finely chopped
- 1/4 tsp salt
- 1/8 tsp ground black pepper
- 1 to 2 tsp jalapeno, finely chopped
- Dried or fresh cilantro to garnish (optional)

Using a fork, mash the egg yolk and avocado together. Stir in the sour cream and lime juice. Add the tomato, scallions, salt, pepper, and jalapeno. Stir to combine

Spoon the guacamole into each egg white half. Garnish with chopped cilantro.

<sup>1</sup> [Nationaldaycalendar.com/American-heart-month-February](http://Nationaldaycalendar.com/American-heart-month-February)

<sup>2</sup> [millionhearts.hhs.gov](http://millionhearts.hhs.gov)



**Special Needs**

Michael Svenson - medical  
 Barbara Sweeney - medical  
 Nick - medical  
 Lindsay - medical  
 Victor - medical  
 The Marri Family  
 Chester Chase - medical  
 Julie - special needs  
 Madison Kanneman - emotional support & medical recovery  
 Jodi - medical  
 Paul Doucette - medical  
 Melina - health  
 Joe DelRio - medical  
 Bruce Rieder - medical  
 Lynn & Mom - emotional support  
 Kate and family and all displaced by natural disasters  
 Judy Delaney - medical  
 Beverly Myers - medical  
 Debbie Balkow - medical  
 Staci Rizner - medical  
 West Thoin - medical



**Those in nursing homes, Assisted Living and with limited mobility**

Merrilee Thomas-home  
 June Latkofsky-home  
 Esther Harris-home  
 Eleanor Schreiber-Crestfield Manor  
 Shirley Edwards-Brookdale SW  
 Vita Aiello-Fox Hill  
 Pat Brandt—Pennsylvania  
 Kay Lyke - Crestfield Manor  
 Annette Welton—home  
 Irene Surette—home  
 Leonard Aronson - Vernon Manor  
 Tom Rider - Fox Hill  
 Ray Clark - home  
 Earl Robertson - home  
 Bob King - home  
 Harry Thomas - Woodlake

**Those in Christian Service**

**Dr. Belinda Forbes**

Accion Medica Christiana,  
 Managua, Nicaragua

**Pastor Kristin White,**

Green Street UMC,  
 Augusta, ME

**Our Church Family**

Harry Thomas - Woodlake  
 Ginny Wehrli - medical  
 Anette Welton - home  
 Shirley Edwards - medical



*If you would like a candle lit for a prayer concern or to make a change to this prayer list, please contact the church office at 860-875-6562 or rum-coffee@sbcglobal.net.  
 Thank you.*

FEBRUARY BIRTHDAYS			
Gabrielle Spicer	February 2	Samuel Velasquez	February 16
Paul O'Neil	February 2	Charlotte Gerow	February 17
Emerson Robbins	February 3	Austin Tyler	February 18
Eleanor Schreiber	February 5	Lee McPeck	February 19
Jenna Sunderland	February 8	Skylar Chessey	February 21
Kathy Sunderland	February 9	Robert Joy	February 22
Cameron Robbins	February 13	Wayne Cheveriea	February 23
Geoffrey Gerow	February 15	Aidon Cortes	February 25
Dalton Sunderland	February 15	Virginia Wehrli	February 28

**Quote of the Month**

**“Too often we under estimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”**

**~Leo Buscaglia**





## February Worship Attendants

### February 4

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

### February 11

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

### February 18

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

### February 25

Genesis 17: 1-7, 15-16  
Psalm 22: 23-31 (UMH)  
Romans 4: 13-25  
Mark 8: 31-38

### Greeters

Phyllis King, coordinator  
February 4 Youth Sunday  
February 11 available  
February 18 available  
February 25 available

### Liturgists

February 4 Youth Sunday  
February 11 David Joy  
February 18 available  
February 25 Allison Corne

### Acolytes

Don Ross, coordinator.

### Fellowship Time/Coffee Hour

Candy Sunderland, coordinator.  
February 4 Super Souper Sunday  
February 11 available  
February 18 Gay/Ross  
February 25 Braided Bread Tasting

### Altar Flowers

Please fill out a blue form and turn it in to the office manager.

February 4 available  
February 11 available  
February 18 Eileen Gay  
February 25 available

## MARK YOUR CALENDARS

### Men's Palm Sunday Breakfast

March 25, 2018

### Good Friday Walk

March 30, 2018

### Easter Sunday

April 1, 2018

### Rise Against Hunger

(Stop Hunger Now)

April 21, 2018

3 to 5 pm

### Confirmation Sunday

May 20, 2018

Last month, we collected a total of **138** food items. The food was distributed to the Cornerstone Food Pantry. Thank you for helping your local community.

Cornerstone is having difficulty getting enough chicken noodle soup, cream of mushroom soup, and macaroni and cheese. Cereal, peanut butter, jelly, canned soup, pasta, fruit cups, tuna, and juice boxes are always needed.

**Our winter coat box is by the front doors. Please bring your new or gently used coats for the Cornerstone Clothing Bank.**



**Have you made your will?  
Have you remembered  
your church?**



Return Service  
Requested

## **Rockville United Methodist Church**



**Adult Study — 9:00 am**  
**Sunday School 10:00 am**  
**Worship Service 10:00 am**



Coffee & Fellowship follow the worship service  
Nursery Care is available for children 4 and under.

Office Hours 10am-2pm Tuesday-Friday

To update address information or to be removed from the mailing list, please call or e-mail the church office.

### ***Our Mission Statement***

Rockville United Methodist Church is a people seeking to be faithful to God; by reaching out to all, inviting each to a relationship with God, nurturing each in the love of Jesus Christ and sending everyone back into the world to minister in God's name.



Phone: 860-875-6562

E-mail: [rumcoffice@sbcglobal.net](mailto:rumcoffice@sbcglobal.net)

[pastorpaul0202@gmail.com](mailto:pastorpaul0202@gmail.com)

Website: [www.rockumchurch.com](http://www.rockumchurch.com)

*Rev. Paul R. O'Neil, Pastor*

*Karen Stearns, Music Director*

*Diane Lajoie, Office Manager*

*Linda Shivers, Director of Christian Education*

*Diane Lajoie, Church Custodian*

*Rev. Stan Culy (Retired)*

*Dr. Belinda Forbes, Missionary to Nicaragua*