

The Messenger

The Monthly Newsletter of Saugerties UMC
"Your Community Church"

January 2019

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Sunday School 9:15 AM
Sunday Worship 10:30 AM



From the Pastor's Desk

“New Year's Resolutions”

It is the New Year – 2019 is upon us! And with the New Year comes the resolutions we always make (and break). The most popular resolution is to lose weight. Talk shows, radio, and magazines are filled with the newest fad diets as well tips for exercising. Fitness clubs are stampeded by people who have resolved to get into better shape. They sign up, not always realizing that exercise is time consuming. Without proper scheduling, exercise soon becomes a burden. By the beginning of February we start to make excuses for not being able to go. In a few weeks we stop going altogether and come to the realization that we still have to pay the monthly fee because we signed a year's contract. Oh well!

This year instead of making resolutions that we cannot possibly keep, why not experience a *revelation* and start to build a relationship with God. How can we do that? Simple. We begin by praying every day. Prayer is easy; it does not have to take a lot of our time and can be done anywhere. All we need to do is speak to God – that's it! Whether we speak out loud, in a whisper or just with our heart, God can hear us. We can tell God our inner most feeling. We can express joy or sadness. We can tell God about the good things that happen to us or we can express our frustration and disappointments. God is always ready to listen, but are we always ready to talk?

Believe it or not, people are shy when it comes to speaking with God. We tend to make excuses such as: God must be too busy to listen; or other people have more important things to say. What can be more important than what is on our heart! God cares for each of us and wants to hear from us. God wants to build a relationship with us. God is willing to listen to us anytime we want to speak. God wants to hear our concerns no matter how great or how trivial they may seem to us. Why? Because our God has told us that we can place all our worries on his shoulders. We need to rid ourselves of the burdens that weigh us down so that we can carry on the mission God has given us. God also wants to hear what makes us happy. We can talk to God when we get a promotion or an 'A' on a test. We can tell God what brings us joy. Of course, we can also thank God for watching over us and taking care of us when life overwhelms us. We should also remember to thank God for all the blessings that come to us.

So now that you know how easy it is to pray to God, why not give it a try? Not just once or twice like going to the gym, but every day! Remember, you do not have to keep to a schedule to pray; you could set aside some time if you wish, but if life gets in the way God is always ready to hear from us. Prayer can relieve our worries and refresh our souls; which is precisely why God wants us to pray.

May God Bless you in this New Year,

Pastor Tony



Please keep in your prayers Dwayne Gavner, son of Roberta and Joe Gavner.



Debbie and I wish to thank all of you for the absolutely wonderful gift we received this Christmas. We are truly thankful to be here in Saugerties, working beside each one of you in mission for our LORD Jesus Christ. You have made us feel much appreciated and we want you to know that we appreciate all of you too! Thank you and God Bless you all!

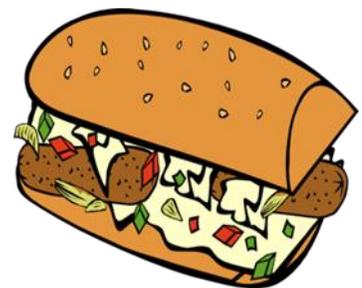
The Mecca's invite you to come to our

“OPEN HOUSE FOR THE HOLIDAY’S”

Saturday, January 5 from 3:00- 7:00 PM

at the Parsonage

Please stop by for lots of treats and GOOD CHEER!





TAI CHI – MIND, BODY AND SPIRIT

Clear your mind, warm your heart and boost your spirit. Come play Tai Chi and experience a beneficial journey.

This program is designed to help individuals become aware of their mind, body and spirit connection through slow continuous Tai Chi movements that promote muscle strength, joint flexibility and balance. The principles of Tai Chi combined with modern medicine have been proven effective to enhance movement and lessen the risk of falls.

Presenter – Roberta Gavner MS is a Board Certified Instructor with the Tai Chi for Health Institute and founding member of the Hudson Valley Tai Chi for Health Instructors Consortium.

There will be 2 sessions offered of the same program. One will be Mondays @ 2 PM and the other Mondays @ 6:30 PM. The sessions are one hour each and will run for 8 weeks. You may choose either the afternoon or evening program.

Registration is required to participate. Participants are responsible for their ability to participate and should check with their doctor first. Medical advice is not part of the program.

Release Waiver forms will be required.

Wear comfortable clothing and supportive shoes (no sandals or flip flops).

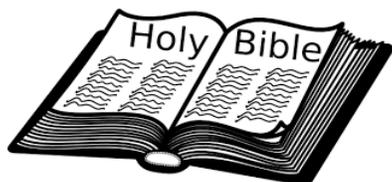
Donations are optional and will be used to promote health and wellness ministries.

Dates of the 2019 program are:

January 7 – 14 – 21- 28

February 4 – 11- 18 - 25

Sign-up sheets are in the church lobby.



Thursday Morning Bible Study

We will begin a new Bible Study on Thursday, January 10, called “Defiant Joy.” This study is by Stasi Eldredge. In this study, Eldredge meets readers in their painful realities and offers an invitation to a joy that is defiant in the face of this broken world. This joy does not ignore life's heartache; rather, it insists that sorrow and loss do not have the final say. With a deep vulnerability about her own chronic pain, surprising diagnoses, and relational struggles and loss, Stasi demonstrates how to maintain a posture of holy defiance that leans fully into the experience of knowing God's presence and promise in the middle of whatever life may bring. The class meets from 10:30 – 12 in the lounge and is open to anyone who would like to come. Joan Robinson is the study leader.



The next meeting of the Book Club is scheduled for January 19, 2019 at 10:30 a.m. We will be discussing the book ‘Sisters: The Lives of America’s Suffragists’ by Jean Baker. All are welcome!

UMW

Our first meeting of 2019 will be January 15, starting with potluck at 5:30, followed by a program at 6:30. We will discuss our plans for the coming year, including our first soup sale, which is this month. The district retreat of UMW is January 25 – 27 at the Huntersfield Christian Retreat Center. Karen Reynolds will give a description of the plans for the retreat. Forms to sign up are on the UMW bulletin board, located near the large bulletin board in the hallway. Joan Robinson is the registrar for the retreat. UMW is open to all women of the church. Come and try us if you are interested.

UMW Soup Sale



UMW is selling soup in January. They are offering two types – Chicken Noodle or Minestrone. The cost is \$8 a quart. It will be available following the church service on January 20. If you would like to order soup, please fill out the following form and give it to Marilyn Bucher or put it in the offering plate.

<p style="text-align: center;">UMW Soup Sale – January 20</p> <p style="text-align: center;">Chicken Noodle or Minestrone</p> <p>\$8 per quart</p> <p>Name _____</p> <p>Phone # _____</p> <p>Circle Soup Type Desired</p>



ATTENTION ALL CRAFTERS!!

There will be a meeting for anyone who likes to do crafts or sew on Sunday, January 13th after worship in the lounge. We are hoping to resume the Crafting Group in February and are open to suggestions of which day/time to hold it and ideas of what we should create. Please bring your calendars and creativity! Please see Diane McDowell or Debbie Mecca if you have any questions.



Happy New Year! With the start of a new year we begin our annual missions program.

The **Souper Bowl of Caring** - From now through Sunday, February 3rd, all students are asked to bring, along with their regular offering, a special food offering each week. The food collected will go to the Saugerties Food Pantry.

All non-perishable food items are welcome; however an emphasis is placed on high protein nutritious foods such as: peanut butter, tuna, vegetables, beans, non-sugar cereals, fruits, etc.

The food donations will be collected each week before Sunday School classes at the Opening Assembly. Thank you for your participation in this program.

BFF KIDS for those in grades 4-6 will meet on January 4 & 18! We meet in Fellowship Hall from 6-7:30 PM and supper is included! We are now beginning to decide upon and write our plays for this May's production. This program is open to the public so invite anyone in grades 4-6 to attend! For more information contact Debbie Mecca.

YOUTH GROUP

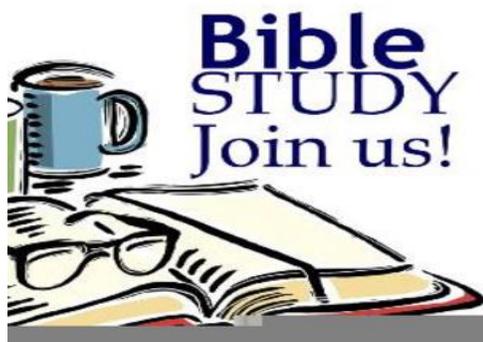
JANUARY 6: TIME TO CELEBRATE! From 6-6:30 we will celebrate Emily's birthday with some yummy party food! Be sure to come and wish her well. This will be our snack time this week. Then from 6:30-8 we will celebrate Epiphany and the New Year with lots of games.

JANUARY 13: WHAT ARE YOUR INTENTIONS FOR 2019? We will find out and support each other with activities to start the New Year off right! Come from 6-6:30 for Youth Group Hang-out. Our program will start promptly at 6:30 and end at 8.

JANUARY 20: BAKING AND DECORATING SUGAR COOKIES! We will bake and decorate cookies to give to others in our community. We will begin at 6 so that we have enough time to get it all done by 8. If you have some fun cookie cutters, bring them!

JANUARY 27: MISSION TRIP MEETING!!! From 6-8 PM. This will be the first of our monthly Mission Trip meetings. Everyone interested in going to, or finding out about this summer's trip needs to be at this meeting. You will learn about where we go and what we do and see the pictures from last year's trip. I hope everyone will come and see if this is something they'd like to do this summer. (I hope so!) This year's trip will be held from August 3-10.

Sunday Morning Bible Study Returns!



Beginning Sunday, February 3rd Pastor Tony will lead a 5 week Bible Study entitled, **“UNAFRAID – Living with Courage and Hope in Uncertain Times”** The study is authored by Rev. Adam Hamilton, Pastor of the United Methodist Church of the Resurrection in Kansas City. The series will explore our everyday struggles with fear, worry, anxiety and how we can become peacemakers in our families and communities. The study will begin at 9:15 AM (same time as Sunday School) and we will end at 10:00 AM so persons in the choir can get to practice on time.



January Birthdays

4th Chloe Turner
7th Cindy Travis Herriman
12th Lisa Machione
19th Tim Graves
21st Carol Schmidt

23rd Natalia Rose Goicochea
23rd Audrey Klinkenberg
26th McKenna Dyke
27th Jessica Carter
30th Jaco Kraft
31st Justin Mentz

January Anniversaries

15th Roberta & Joe Gavner



While we all know that giving to the church is essential if we are to have a church at all, the treasurer will tell you that it is important that monies donated to the church come on a regular basis. Nothing could be easier. Go to our church website <http://saugertiesumc.org/>

Note the words – **New Online Donation**. Click! You are immediately whisked to the web site for e-giving to the church. The next questions relate your donation and setting up your password. Your log in click brings you to the page where your donations are listed.

Very easy to sign up, nice not to have to write a check each week, and you can, if you wish, add donations for special occasions, Christmas, Easter and etc. Try it, and if you like using the computer for payments etc., you will like this. Thank you - **The Finance Ministry**.