



See, I am bringing you good *tidings* of great joy for all the people...Luke 2:10

TIDINGS

Volume 21 issue 3

March 2021

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Pastor's Message

As we "March" towards Spring (pun INTENDED) I would like to offer a few observations.

1. This winter has been hard on folks. Isolated because of Covid, many of us took long walks when the weather was nice to help maintain our sanity. This was much more difficult this winter. Lucky for us, the days are getting longer, and soon the weather will turn warmer. Let's hope it is true about the old saying that march comes in like a lion and goes out like a lamb! As we spend more time outdoors, let's remember to give thanks to God for the beauty of the Earth which supports and sustains life

2. Johnson & Johnson's vaccine was just approved for emergency use. As of February 26, there were 50 million Americans already vaccinated, which is a small miracle. With this new vaccine, which requires only normal refrigeration, we can expect the pace of vaccinations to increase. That's good news! But, even though many more will be vaccinated, we cannot let our guard down, just yet. Keep those masks on, wash your hands frequently, and stay socially distanced whenever possible. We don't do these things for ourselves, we do them because Jesus said that we should love our neighbor as ourselves.

3. Easter is coming! Boy, it would be great if we could all be together to worship at Easter. But, it doesn't seem likely. If the weather cooperates, we will have outdoor worship at both churches (so pray for warm clear weather). Regardless of where we worship, the journey towards Easter (we call Lent) calls us to personal transformation. I hope that this time of Lent will find you reflective about how you can be more loving, more generous, more kind to family, friends, and yes strangers. The greatest work of evangelization comes when we show kindness to strangers in obedience to Christ's command to love one another.

May God's peace be with you all until we can meet face to face once again!

ZOOM-Only Worship

The link for the Zoom broadcast is:
<https://us02web.zoom.us/j/83102141139>
Password: 1234

By phone: 1 929 205 6099 then mtg
number 83102141139

An email reminder will be sent each
Sunday morning with the link to join as
well.

We will resume our blended zoom/in
person worship when the state 7-day
average returns to orange condition. We
hope that will be soon, but we are acting
in an abundance of caution for the sake of
our members and are doing everything we
can to keep people safe.

We are asking you to stay home and
worship with us remotely via zoom. Not
only that we are encouraging you to stay
home, stay socially distant, wear a mask,
and wash your hands. I know that many of
us are experiencing "Covid fatigue" We
want to eat in restaurants, and spend time
with friends and relatives, but that time
has not yet come. Its really important that
we go well beyond the guidelines, and
minimize contact, and follow the best
practices of social distancing. There is a
vaccine on the way, but it will be late
spring before enough doses have been
distributed to come anywhere near what is
called "herd immunity." It is our civic,
patriotic, and Christian duty to keep others
safe, and be good stewards of our health.

Office Hours

Pastor Dave

Monday & Tuesday

8:00-5:00ish

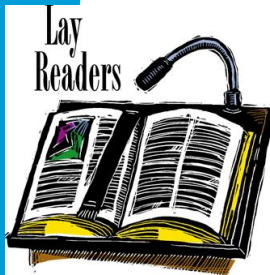
Office Manger Makayla

Monday & Thursday

9:00-12:00

LITURGISTS

USHERS

**March**

Consider Volunteering
When We Can Meet
Again

*We welcome
anyone interested
in serving as a
liturgist to contact
Barbie Turley.*

Responsibilities of
the liturgist: lead
responsive
readings, read the
scripture lesson,
and assist with
communion if
assigned on the
first Sunday of
the month.

Ushers Needed!

Responsibilities include:
Welcoming Members and
Visitors at the door,
Handing out bulletins,
Record a count of
attendance, Collect the
offering, and guide people to
the altar on Communion
Sundays.

*Please prayerfully
consider this important
ministry!*

If you have any questions
please speak with
Roger Edinger



*Sign up in the
Memorial Room*

Responsibilities

of Ushers: Welcome
members and visitors
at the door, hand out
bulletins, count at-
tendees, collect the
offering, and direct
people to the altar table
on Communion Sunday.
Be available to answer
questions of visitors,
show them to class-
rooms for Church
School.

**Ushers should arrive
30 minutes prior to
the start of service.
Please be in touch
with Roger Edinger
860-646-8984 if you
would like to serve.**

March

Regular Schedule Will
Resume When Possible

Responsibilities of

Counters: Counters
work in teams of two
and are responsible for
counting the offering on
Sunday morning
directly following the
worship service.

Any member interested
in volunteering for this
task should contact the
church office or talk to
any of the counters.



CHURCH

SUNDAY

CLOSING:

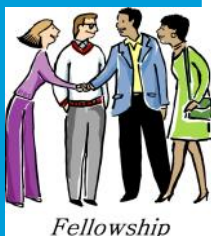
TRUSTEE

Members

FELLOWSHIP TIME

Individuals and groups
are invited to please
volunteer and sign-up in
the Memorial Room to
provide fellowship
refreshments after service
on Sunday mornings.

Thank you!

Responsibilities of providing Fellowship:

Bring a quart of whole milk for use with coffee and tea,
and a healthy snack to share.

North Church is a NUT FREE zone.

Set-up coffee to brew, hot water for Tea and Hot
Chocolate, a pitcher of juice, 2 containers of milk, and
sugar/sugar substitute, napkins, and plates if needed.
Fellowship is served after the service. Clean-up after
fellowship time (approx. 11:50 am) includes washing
out pots and containers and returning them to their
place in the kitchen, and wiping down tables in the
Memorial Room.



COVID 19 ANNOUNCEMENT

Until further notice, MACC Charities' Emergency Policy is:

The Community Kitchen will remain open to give out bagged lunches.

1 bag per person will be handed out during regular lunch hours of **11:30-12:45pm**

Dining inside or outside of the MACC Campus is not permitted.

The Emergency Food Pantry will hand off prepacked groceries (by appointment only, please call ***860-647-8003 x 31**)

No one is allowed to enter the pantry to shop on their own.

The Community Threads Thrift Shoppe IS OPEN again!

Hours: Mon – Sat 10AM – 2PM

Note: All emergency assistance can be accessed through the same **number***

Food and other donations will be gratefully received at the Community Pantry, 460 Main St, Manchester during these times:

Monday through Thursday 9am-4pm and Friday 9am-2pm

MACC's essential food services will continue, following all social health & safety guidelines to protect our guests, volunteers, staff and community.

"Being kind to the poor is like lending to the Lord" – Proverbs 19:17

MACC EMERGENCY NEEDS ITEMS

The following are always in need and your donations are welcomed.

Cereal
Pasta Sauce
Pasta
Pasta Salad Mix
Boxed Stuffing
Canned Vegetables
All Canned Soups
Jelly
Peanut Butter
Mac N Cheese
Mashed Potatoes
Canned Tuna
Canned Fruit
Mayonnaise
Ketchup
Cooking Oil

Fresh Produce (Monday – Thursdays)

All Hygiene Products
Cleaning Supplies



MANCHESTER — Dr. Ashley Lepack has earned the Nemko Prize in Cellular and Molecular Neuroscience from the Society for Neuroscience, for her work on her PhD thesis that has found a novel role for dopamine and how it affects addiction. "I was very excited, and honestly, very surprised," Lepack said, of the moment she found out she had won the award. "This is a very competitive award, and I feel very honored." Lepack's research was nominated by her principal investigators, Dr. Paul Kenny and Dr. Iam Maze, her two professors at the Ichan School of Medicine at Mount Sinai (where she received her PhD in 2019), who felt her research fit the criteria. Lepack said that it is known that dopamine affects the part of brain that affects addiction, whether it be to a drug or something like caffeine or sugar. Her team was researching the neurotransmitter serotonin, and how it can go into a nucleus of a cell and attach to proteins called histones. Lepack began exploring whether dopamine can do the same, and is the first researcher to show that it can. Essentially, dopamine in a nucleus is able to turn on or turn off certain genes that make drugs feel rewarding to a person. Ultimately, the research may lead to more effective treatment for people suffering from drug addiction. Instead of simply blocking the receptors that feel pleasure when a drug like cocaine or heroin is administered, this potential type of treatment would block the brain's association of the drug with pleasurable feelings. Lepack is a 2005 graduate of Manchester High School, and a 2009 graduate of UConn. She said she wasn't actually a big fan of science until later on. Earlier, her plans were to be a clinical psychologist, until she took a neuroscience class. "It was about my junior year in college, and my major required a neuroscience class, and I found it fascinating," she said. "It was so interesting to find that we could study the brain and understand what's really going on inside the brain. It's not just how people are thinking, but how the neurons are firing and connecting to different brain regions to tell a person to do something. It really can help explain different behaviors and different diseases we see in our population." Lepack currently works as a neuroscience research scientist at BlueRock Therapeutics, in New York City.

-Steve Smith, Courant Community

March Birthdays

5th Ryan Harris
6th Paula Smith
Rob Arendt
12th Joan Byron
15th Caleb Cadman
21st Katelyn Gagnon
Ashley Lepack
25th Judy Galligan
30th Jan Miller
31st Melissa Lepack

Birthday Blessings to Everyone!



FELLOWSHIP OF CONCERN

Crystal Price, Dottie Allen, Jean Derby, Jenna & Patty, Nellie, Ruth Mancell, Mary, Marian, Mike & Dorothy Thompson, Liz, Sarah & Friends, Ray Johnson, Austin,

Decency Wins, Sue L. Alisa Smith, Nichols Family, Joan & Charles Nichols, Mark Fitzgerald, Carol Haviland, Judy Parlee, Jack Stroup, Stephanie Oppon-Kunty, Sara Miller, Florence, Gary Chappell, Ron Starkweather, Wayne Zorger Sr. Melissa Lepack, JanMarie, Robert, Kevin Saint Hilaire, Susan Fenn, Jack Benton, Diana Custer, Walter Johnson, Lisa Roman, Olivia Roman, Matt Turkington

Prayers for Cancer: Sheila, Ann, Beth, Elliot, Betty, Nick, Rachael, Charlotte, Ted, Janet, Muriel, Miriam, Anita, Garry, Lena, Jane, Jennifer, Judy, Joan, Myia, Tracy, Jean, Deb, Jenn, Rose, Jeffrey, Jackie, Diane, Ray, Cindy, Terry, Robin, Sheena, Geoff, Tricia, Marilyn, Dave, Henriette, Tom, Brenda, Ella, Sue, Deb C.



NORTH UMC will host BLOOD DRIVES March 4th and 18th

DONORS URGENTLY NEEDED. CALL 1-800-GIVE LIFE
(1-800-448-3543) to schedule an appointment.

Volunteers are needed to monitor the building during the drives.

Please sign-up in the Memorial Room to help out.



Questions may be directed to Rev. Martin.



*REMINDER

Please wear name tags
every Sunday.

Anyone in need of a name tag, please note it on the back of your attendance slip on Sunday morning and one will be made for you.

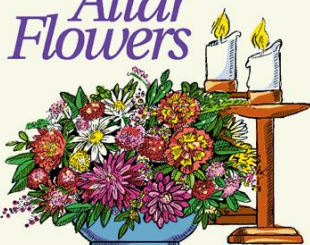


Ad Council Meeting

7:00 pm

March 15th

Altar Flowers

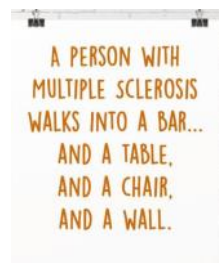


Flowers are a wonderful way to acknowledge the Memory of a Loved One or to Celebrate a special person or occasion. Consider what you may have to offer, fresh and seasonal are especially nice. *Forms are available in the Memorial Room to make such requests.*

If you have any questions or prefer to order by phone, please contact Susan Fenn 860-729-6446

WAMS is a positive and affirming group that focuses on living well with MS. This group is co-led by North Members Heidi Lenhardt, National MS Society Support Leader and Vickie Hadge, Overcoming MS (OMS) Ambassador.

If you are newly diagnosed, have been living with MS for years, or are an MS care partner WAMS welcomes you! WAMS is a friendly, non-judgmental and safe place where privacy is protected. No matter where you are on your MS wellness journey we encourage our members to “do whatever it takes” to live well to be the healthiest they can be while living with MS. WAMS typically meets on the third Sunday of the month 4:30 PM - 5:30 PM ET in Zoom (until it is safe to meet in person again). Please reach out via email to Vickie at vlhadge@yahoo.com or Heidi wellnessandms@yahoo.com for more details!



Knitting Ministry

The Knitting Ministry continues to be prolific in their creation of hats, shawls and blankets to donate.

We meet on Mondays at 1:00 pm on ZOOM.

The link is:

<https://us02web.zoom.us/j/88513484753>

Password: 1234

Our group is open to all with or without yarn skills. Contact: Paula Adamczyk anthony.adamczyk@snet.net or Susan Derby susanderby@cox.net with questions.



A beautiful blanket crocheted by Liz, who crocheted over 100 hats last year in addition to other items. Such great comfort she gives to others!

Lenten Study— Tuesdays at 6:30 pm

Join our Lenten study. It is a simple format, we will meeting via zoom (link below) at 6:30pm on Tuesdays for six weeks. There is a short bible reading for the week, and a link to connect to a devotional. The idea is to read both and reflect on them a bit, then gather together to discuss. I hope you will find some time during Lent to join one or all six discussions!

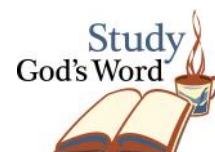
Join the meeting online at

<https://us02web.zoom.us/j/88051673694>

or call 1(929)205-6099 and enter the meeting ID 880 5167 3694
Passcode: 1234

Check out the syllabus on the education page of our website:

<http://numc.axelhouse.com/education.html>



Online Giving

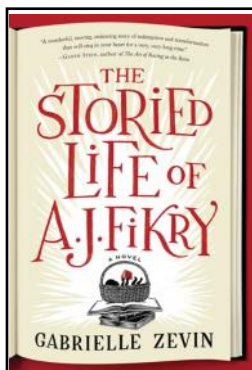
Online giving is available at:

<http://www.simplechurchgiving.net/northumc>
or scan the QR code shown below to go to the site. Set up an account and conveniently schedule your routine giving. Never miss another month or have to remember your

checkbook. One time donations can be made as well. Selecting 'Bank Account' rather than 'Credit Card' costs NUMC the least in fees, but of course all donations are welcome.

Please contact us if you have any questions about online giving. Thank You!





The North Church Readers

Our next reading selection is *The Storied Life of A.J. Fikry* by Gabrielle Zevin. A.J. Fikry's life is not at all what he expected. He lives alone in his bookstore that is experiencing the worst sales in history and now his prized possession, a rare book of poetry, has been stolen. When a mysterious package appears at the bookstore, its unexpected arrival gives Fikry the chance to make his life over and see everything anew.

Discussion will be on March 21, 2021

Contact Jackie if you have any questions.

The Manchester Winter Warming Center

This is a picture of a family that donated a full meal for dinner. Homelessness is a very real tragedy that occurs all over the world. Even in our small communities there are many who have no shelter, food or aids for daily living. Recently the Manchester Overnight Winter Warming Center has opened at The Manchester Y, 78 North Main Street, Manchester. Many thanks to the town Board of Directors and staff for their invaluable support, to the Board of the Manchester Y, owners of the building, Bryan Flint Deputy Director, Cornerstone Foundation, Inc, Pastor David Martin and all the folks on the Greater Manchester Peace &



Justice Committee who have worked tirelessly to get the center up and running just in time for the very cold weather. Many thanks to all the volunteers who have been giving hours of support. We have been very busy these last few weeks. We have donations delivered almost every night. Capacity is often met and each night there are cold, hungry, tired people on our doorstep when we open the doors at 6:00pm. Each person has their own quiet, safe space, with a blanket, a warm meal, and volunteers with a smile and a warm welcome. We are open 6:00pm-8:00am, Sunday -Saturday. In the morning, there is transportation to the Cornerstone Shelter in Vernon. There are staff there that can help with paperwork for many of the resources people need to get back on their feet. Please pray that the Manchester Winter Warming Center will find a forever home and continue to service those in need past March 31, as that is the date the doors at the present sight will be closing.

Consumable Supplies List For Warming Center: Coffee and Fixings, Sugar, etc., Cereal, Ramen "To Go" Cups, Granola Bars, Breakfast Items To Go*, Fresh Fruit (oranges, apples, bananas), Juice, Bottled Water, Paper Towels, Hot Cups, Stirrers, Plastic Spoons (tea and soup sizes), 13-gallon Kitchen Garbage Bags, Zip-Loc-type Bags - All Sizes, Toilet Paper, Paper Towels, Paper Napkins, Sponges, Cleaning Products

Please note that we cannot distribute home-made food items. All must be pre-packaged from the store.

Personal Items Will Be Given to Guests As Appropriate: Disposable Razors, Chapstick/Lip Balm, Soap/Body Wash, Deodorant, Shampoo and Conditioner - both individual size and larger sizes (preferably larger than single use sizes), Hair Brushes/Combs, New Socks, New Underwear M/F, Female Sanitary Items, Towels (Gently Used or New), Hand Warmers (preferably larger than single use sizes), Duffle Bags and Book Bags, Winter Gloves and Hats, Long Johns (Adult Size), Clothing (Adult Size), Work Boots Size 10 and Up, Blankets, Sleeping Bags, Tarps, Small umbrellas

Donations may be delivered to the Manchester Y Rec Center: 78 North Main Street, Manchester, 6:00 PM – 10:00 AM Sunday through Saturday until March 31, 2021. Use the entrance from Old North Main Street, opposite Apel Place.

Cash donations should be labeled for the Manchester Warming Center and mailed to Cornerstone: P. O. Box 3, Vernon, CT 06066. Cornerstone, a not for profit agency, is fiscal manager on behalf of the Greater Manchester Peace and Justice Committee.

Thank you.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		6:30 pm Lenten Study on Zoom	7:00pm ZOOM Gatherings			
7	8	9	10	11	12	13
10:30 am ZOOM Online Worship		6:30 pm Lenten Study on Zoom	7:00pm ZOOM Gatherings			
14	15	16	17	18	19	20
10:30 am ZOOM Online Worship	7 pm AD Council Meeting Tidings Submission Deadline	6:30 pm Lenten Study on Zoom	7:00pm ZOOM Gatherings			
21	22	23	24	25	26	27
10:30 am ZOOM Online Worship North Church Readers		6:30 pm Lenten Study on Zoom	7:00pm ZOOM Gatherings			
28	29	30	31			
10:30 am ZOOM Online Worship		6:30 pm Lenten Study on Zoom				

North United Methodist Church
300 Parker Street
Manchester, CT 06042

Address Service Requested



North United Methodist
300 Parker Street
Manchester, CT 06042

Pastor: David J. Martin

*Worship the Lord in the
splendor of his holiness!*

1 Corinthians 16:29

Phone: 860-649-3696
E-mail: northchurch@snet.net
Web-Site: <http://numc.axelhouse.com>

New England Conference
Web-Site: <http://www.neumc.org>

CHOIR WARM UP

9:30 am

NURSERY—upon request

10:15 am—11:45 am

WORSHIP

10:30 am Worship,
Youth and Children's Sunday
School, One-Room for Summer

FELLOWSHIP

11:30 am

SUNDAY SCHOOL

Children attend the beginning of
the service at 10:30 am and then
proceed to class following the
Children's Time. Classes dis-
miss at 11:45 am.

10:30 am

Worship

COMMUNION
SUNDAYS

The first Sunday of each month
is Communion Sunday, at
which time the children will
begin in Sunday School classes
and then attend church with
their families in corporate
worship at the time for
communion and will remain
until the conclusion of service.

For over 200 years,
North UMC has pro-
claimed the good news
of Jesus Christ to the
people of Manchester
CT. We invite you to
join us for worship on
Sunday mornings.

*A warm welcome
awaits you!*

**As followers of the teachings of Jesus Christ,
North United Methodist Church strives to be
an inclusive community. We welcome, respect
and celebrate persons of every race,
ethnicity, gender identity,
sexual orientation, national
origin, ability, family
status, age and economic
circumstance. We want
you to feel at home and
know that you belong
here.**

