



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

TIDINGS

Volume 25 issue 1

January 2025

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Eight-Week Stress Reduction-Mindfulness Group

You are invited to join us in February and March for a weekly meeting for an introduction to Mindfulness Based Stress Reduction (MBSR) based on the teachings of Jon Kabat-Zinn.

MBSR is a blend of meditation, body awareness, and mindful movement: learning through practice and study how our bodies handle (and can resolve) stress neurologically.

MBSR can help us:

- Cope with stress, pain, and the challenges of everyday life
- Deal with disturbing events with grace and composure
- Be fully present and alive in this moment

“Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We also gain immediate access to our own powerful inner resources for insight, transformation, and healing.”

- Jon Kabat-Zinn

The group is open to everyone, and we encourage you to invite friends and neighbors.

Each week we will discuss an aspect of MBSR and participate in a short, guided meditation.

It will be led by Vickie Hadge and will meet in the memorial room at North United Methodist Church on **Wednesdays February 5th - March 26th 6:15pm-6:45pm**, prior to choir practice. You are invited to join us in the choir or stay and listen to rehearsal if you'd like.

There will also be the option to attend the group via Zoom.

It is not necessary to attend all eight sessions. Please feel free to attend as you are able. There will be sign-up sheet in the memorial room.

Reach out to Vickie at vickie.hadge@gmail.com with questions!

Christmas Card Mailbox

The mailbox will be available until January 5th.
You are welcome to deliver cards to friends and neighbors who have not been present to pick up their cards.



Reawakening Committee Meeting

Greetings and Happy New Year to my North Church Family,

Reclaim. Revive. Renew.

We want to grow together as a Faith Community

where we experience God's Grace

as we strengthen and enrich our loving relationship with Him.

Please plan to join us for the first Reawakening Meeting of 2025 on Thursday, January 9 at 6:00 PM.

Whether you have participated previously or you are new to the Reawakening journey, please bring yourself and a friend. Bring your ideas and questions, bring your Faith and your doubts.

Whether you know what the above Mission Statement means for you and the Church, or you don't know, please bring your willingness to see and hear the Holy Spirit at work in us for North Church and for Christ's Kingdom.

Last month, during Advent, Pastor Dave shared with us as part of his Sermon, the following:

The reawakening committee will be engaged in ministry planning. Not to build a foundation, but to ask ourselves what kind of house to build (metaphorically speaking) and where to build, and how to build. So that when we do build, the foundation will be firm, the walls and roof strong, and the house suited for our needs.

None of us are excused from this work. You might say: I'm too old, I say you have wisdom to share. You might say: I don't have time, I say all the time you have is a gift from God, ask him how you should spend it.

You might say: we don't have the resources: I say, when we act in faith, God shows us the way and provides what we need. Reawakening the church is in part social action, part evangelism, and a large part is our own spiritual development.

If we do these things, then we will fill the valleys here. The mountains will be made low, and the crooked road straight. Peace comes to those who have accomplished their tasks. May you find Peace in the ways you respond to God's calling on your hearts.

Reach out if you need a ride. Zoom will be available as well. We look forward to seeing you there!

Holiday Gifts for the Village Kids

Thanks to the generosity of our NUMC family we were able to provide each of the 14 children in the Village program with pajamas, slipper socks, toiletries, coloring books, colored pencils and creative project kits with extras to share with the Hartford program. The staff was delighted and very appreciative.



MACC Services

The **Community Kitchen** is open, giving out hot lunches on Tuesdays, Wednesdays & Thursdays. Bag lunches are available on Mondays, Fridays & Saturdays
Lunch is served between **11:30am & 12:45pm** each day (no appointment necessary)
You can reach the kitchen @ **860-647-8003 x 21**

The **Community Emergency Food Pantry** provides groceries by appointment only.
Please call **860-647-8003 x 28**

The **Community Threads Thrift Shoppe** hours are Mon through Fri 10am – 2pm and Sat 10am – 1pm
860-647-8003 x 29

The **Community Outreach and Emergency Services** provides weekly showers and laundry availability to Manchester unsheltered residents.
Wednesday: Men’s Showers(10:00 A.M. – 12:30pm)
Thursday: Women’s Showers(10:00 A.M. – 12:30pm)
Showers are limited to **15 minutes** and are on a first come first serve basis. Towels, soap, shampoo, shaving products provided.
The **last shower** is at **12:15 pm**.

Laundry is by **appointment only**. Laundry is limited to **1 load per appointment**. Laundry detergent will be provided.

For any other Outreach Emergency needs or to make an appointment, please call **860-647-8003 x 131**

For information on **Volunteering**
Please call **860-647-8003 x 112**

Food Donations can be dropped off at the Community Emergency Food Pantry, located at 460 Main St. in Manchester, CT

Please only drop off during donation hours (or call to schedule a time).

Drop off donation hours are:
Monday: 9:00 am – 3:00 pm
Tuesday: 9:00 am – 5:00 pm
Wednesday: 9:00 am – 1:30 pm
Thursday: 9:00 am – 5:00 pm
Friday: 9:00 am – 2:00 pm

For all other donations, please call 860-647-0440.

A list of items that are always in need can be found at <https://macc-ct.org>

All products must be unopened and within expiration dates.



Add Meaning to Your Worship Experience

Looking for ways to add more meaning to your worship experience? Check out all these opportunities to serve waiting for YOU!

Liturgist: Help deliver the Word! Read some scripture and a prayer or two. Not a public speaker, then how about: ↩

Usher: Help all feel welcome and ready for worship. Greet new folks and regulars, pass out the bulletins, collect the offering, and help with communion. Prefer to stay focused on the service, then how about: ↩

Coffee Fellowship: Add to our sense of community. Get the coffee and tea water ready and provide a few snacks for the post service get together. Don't want to deal with food, then how about becoming a: ↩

Zoom Host or Sound Board Tech: Help our outreach. Once every few weeks you start and facilitate Zoom church by providing a worship experience for those unable to leave home. (You can even host from the comfort of your home!) Keep the service running smoothly by setting up and monitoring the sound board. Free Training and Support! Not tech savvy, then how about: ↩

Seasonal Events: Beautify the church. Assist at various times throughout the year by helping decorate the chancel area. Not your thing, then how about: ↩

Flowers for the Altar: If you've got a green thumb and want to enhance the altar area consider bringing in some flowers.

We'd love to have you help out and add meaning to your worship experience. If you've never tried one of these things we invite you to try something new among your friends at North Church.

January Birthdays

1st Jason Starkweather
 3rd Carl Lepack
 7th Emily Fitzgerald
 Nathan Fitzgerald
 8th Charlene Sullivan
 9th Cindy Lepack
 23rd Ron Starkweather

Birthday Blessings to Everyone!



Ad Council Meeting
**Sunday,
 January 12**
After Service

Making Music Together

Come join our choir and/or praise band! We rehearse from 7 to 8:30pm on Wednesdays and welcome more singers, instrumentalists: we have drums, guitar, bass, trombone, flute, etc, you name it, but need **you**, as sometimes we have to pick and choose with limited people. It is fun and fulfilling making music together, as well as a real sense of community and worship on our Wednesday evenings.

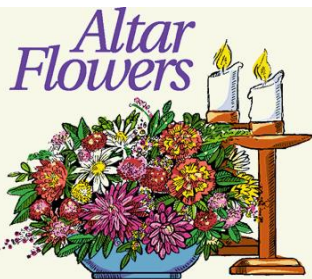


NORTH UMC will host BLOOD DRIVES

January 9th, 21st, and 30th

DONORS URGENTLY NEEDED. CALL 1-800-GIVE LIFE (1-800-448-3543) to schedule an appointment, or sign up online. Volunteers are needed to monitor the building during the drives.

Questions may be directed to Rev. Martin.



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 Makayla Houle at 860-707-6895**



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!



Overcoming MS - Manchester, CT Circle

This MS support group focuses on living well with MS using the Overcoming MS program that includes diet and lifestyle changes in addition to medications. This groups is open to people with MS and their care partners.

The group typically meets on the third Monday of the month at 5:30pm and alternates between Zoom meetings and face to face meetings at local restaurants or parks.

Please reach out via email to Vickie Hadge at vlhadge@yahoo.com for more details!



Knitting Ministry

We crochet and knit prayers shawls, hats and scarves for our MACC friends, lap blankets for the John A. DeQuattro Cancer Center and baby blankets, etc. for the Family Birthing Center at the Manchester Memorial Hospital.

Our prayer squares are shared in person and/or mailed to those dealing with little or big struggles in life. Sometimes knowing that others are thinking about you or praying for you makes all the difference in the world. Our group is open to all with or without yarn skills.

Please join us on the 1st and 3rd Monday of each month: 1:00- 2:30 PM at NUMC. The Knitting Ministry Meeting Schedule for Winter 2025 is a as follows: 1/6, 1/20, 2/3, 2/17, 3/3, 3/17

Contact: Paula Adamczyk anthony.adamczyk@snet.net or Susan Derby susanderby@cox.net with questions.



Prayer Corner

Luke 11:1 *“When he finished one of his disciples said to him, ‘Lord, teach us to pray ...’”*

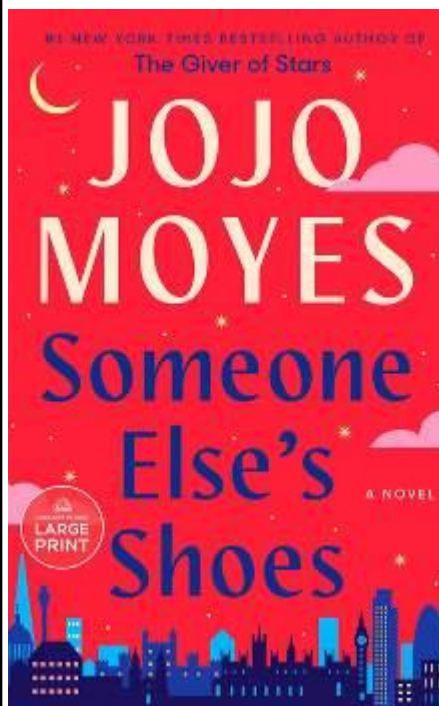
What follows is Jesus giving His disciples the prayer that begins “Our Father ...,” but that is just the beginning of the lesson. There is so much more to it! As you read through the gospels, you can see Jesus praying on numerous occasions, out loud and silently. Jesus didn’t just teach them *how to pray* but also *He taught them to pray, by modeling that regularly. He prayed on mountain tops and at Lazarus’ tomb and in the Upper Room and while He was dying on the cross.*

My intention for this series is for us to help each other to pray. Let’s share how we pray, and how God has answered our prayers. Let’s inspire each other, so our prayer time is interesting to us and not a chore. May it be more like a couple young friends sitting on a bed talking at a sleepover, like old friends walking through the woods going from one topic to another, like dear friends sorting things out over coffee.

I have so many thoughts I want to share with you, and you have so much to teach me! I’m really trying to keep this short, but it’s such a vast topic and so important for each of us and all of us together! So, this month I have one suggestion for something to try: have you ever spent time praying on your knees? I find it helps me focus and quiet distractions, and when my mind does wander, my position helps me to draw myself back to what I want to be doing. How about you? Talk to me about your prayer time! I’m really interested!

*Peace,
Barbie Turley*

North Church Readers

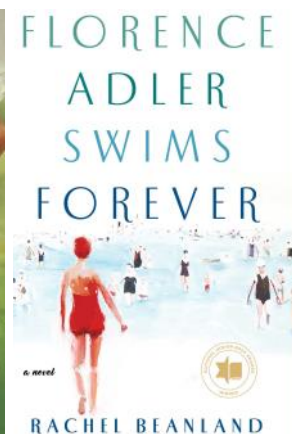
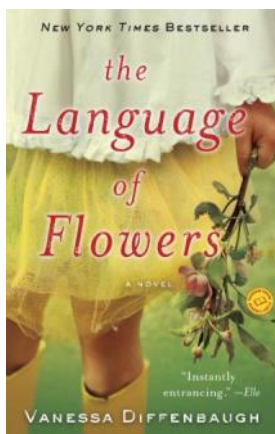
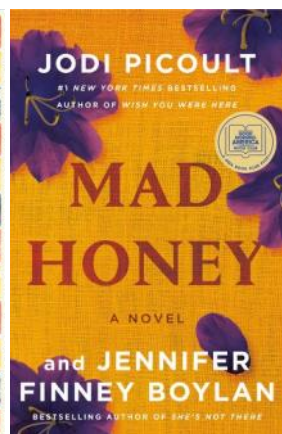
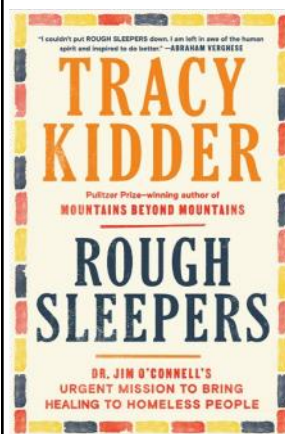
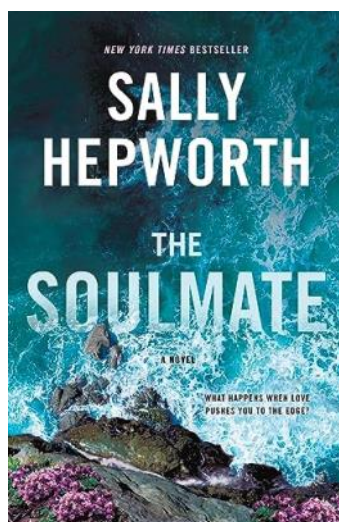












Attention North Church Readers: Our next book selection will be led by Marlene Camper and is scheduled for Sunday, January 19, 2025 after church. Books are available in a marked section of the reference room of Mary Cheney

library. We will be discussing *Someone Else's Shoes* by *Jo Jo Moyes*. This is a story of mix-ups, mess-ups, and making the most of second chances. Nisha Cantor lives the globetrotting life of the seriously wealthy, until her husband announces a divorce and cuts her off. Nisha is determined to hang on to her glamorous life. But in the meantime she must scramble to cope---she doesn't even have the shoes she was, until a moment ago, standing in. That's because Sam Kemp---in the bleakest point of her life---has accidentally taken Nisha's gym bag. But Sam hardly has time to worry about a lost gym bag---she's struggling to keep herself and her family afloat. When she tries on Nisha's six-inch high Christian Louboutin heels, the resulting jolt of confidence makes her realize something must change---and that thing is herself.

The North Church Readers is a group open to men and women who like to read and meet together monthly to discuss a book selected in advance by group members. Some are fiction, some non fiction, some serious, some more light-hearted. A different member leads discussion each month. It is great fun to discuss the huge variety of topics that arise. Book selections are available each month at the Mary Cheney library. Meetings are held at church the third Sunday of the month following morning worship. Everyone is welcome to join in!

Some recent books we have read:



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			7:00 pm Choir Rehearsal 			
5	6	7	8	9	10	11
10:30 am Blended In-Person and ZOOM Online Worship 4p Charge Conference	1 pm Knitting Ministry  7 pm Reawakening Discussion		7:00 pm Choir Rehearsal 			
12	13	14	15	16	17	18
10:30 am In-Person and ZOOM Online Worship			7:00 pm Choir Rehearsal 			
19	20	21	22	23	24	25
10:30 am Blended In-Person and ZOOM Online Worship 11:30 North Church Readers	1 pm Knitting Ministry 		7:00 pm Choir Rehearsal 			
26	27	28	29	30	31	
10:30 am Blended In-Person and ZOOM Worship			7:00 pm Choir Rehearsal 			

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.**

