



Special points
of interest:

Poinsettia
Orders

Page 2

Pauline's
Stockpot
Kitchen

Page 2

WFPB Potluck

Page 3

WAMS

Page 5

Knitting
Ministry

Page 5

Stuff That
Matters

Page 6

North Church
Readers

Page 6

Calendar of
Events

Pages 7

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

TIDINGS

Volume 25 issue 11

November 2025

Plant-Based (Vegan) Potluck Dinner

Monday, November 17th at 6:00 pm

We'll be welcoming guests from the two *Introduction to Whole Food Plant-Based Eating* courses we've hosted — and this dinner is a wonderful chance to come together, enjoy good food, and extend a warm North UMC welcome to our visitors.

Whether you've been part of the classes or are just curious about plant-based eating, this evening will be full of **fun, fellowship, and delicious inspiration**.

If you haven't signed up yet, we'd love for you to join us! Bring a **plant-based dish** (no meat, fish, or dairy, please) — it can be as simple as a salad, fruit, or a favorite side.

Need ideas? These websites are full of easy and tasty recipes:

- The Happy Pear (<https://thehappypear.ie>)
- Fat Free Vegan Kitchen (<https://blog.fatfreevegan.com>)
- Ambitious Kitchen (<https://www.ambitiouskitchen.com>)
- Shane and Simple (<https://shaneandsimple.com>)
- This Healthy Kitchen (<https://thishealthykitchen.com>)
- Make It Dairy Free (<https://makeitdairyfree.com>)

If you have any questions or want to chat about what to bring, please feel free to reach out — I'd love to hear from you!

With gratitude and excitement,

Vickie



MACC BLESSING BAGS:

It is that time of year when we start collecting items for Blessing Bags for MACC. As in the past, we will need items for male and female adults.

Suggestions: new, unwashed socks, gloves, hats, toothbrush, toothpaste, face cream, nail clippers, scarves, shampoo, lotion, body wash, deodorant, pens, memo pads, gum, candy, snack items, gift cards (\$5 & \$10 to Dollar General or Dollar Tree), and any other items you can find that an adult might appreciate. (Please nothing with alcohol like mouthwash or hand sanitizer).

Please place your donations in the cart in the Narthex, but hand any gift cards directly to Judy Galligan. Please reach out to Judy with any questions at 860-646-0454

We will be collecting items until December 10th.

**A date to fill the bags has not been decided yet. TBD

Pauline's Stockpot at Wesley UMC in East Windsor

Something pretty special is happening every Wednesday and Friday in the humble basement of the Wesley UMC in East Windsor. It is something that our friends there frankly don't brag about enough! Barbara Judd and Karen Arendt have been visiting them a bit this summer and have witnessed first hand the miracles that are being done there under the name of Pauline's Stockpot. Pauline's is a food pantry and soup kitchen serving the area for years now and the folks who are working there, led by Marc Guertin, have a legacy to be proud of.

Every Wednesday, they gather food donations from various grocery stores and set them out for folks who need help making ends meet. The array of food on offer is actually quite impressive ranging from fresh vegetables and fruits, to frozen meats, eggs, dairy items and an array of shelf stable canned goods and dried goods. Clients are invited to come in and take what they need from the food on offer as well as from tables of clothing, household goods, toiletries, games and the like. The clients are greeted warmly, assisted by staff, and there is a light-hearted and non-judgmental atmosphere that makes the experience comfortable for those who need to be there because of their circumstances. Marc is quick to remind the volunteers that we cannot know what others are dealing with and that "there but for the grace of God" any of us could find ourselves equally in need.

And, if the food pantry is not enough, the staff has gotten the kitchen at Wesley approved by the State of CT as a commercial kitchen that can cook and serve meals safely and in accordance with state health standards. Marc and his team of cooks serve up meals that are really appetizing - his motto is they serve meals that they themselves want to eat - and the variety of meals is really impressive. During the summer, meals may include Marc out on the grill cooking up barbecued delights to go along with the other items coming from the church ovens. When clients have finished their "shopping" they are given meals to go that always include a main course, at least one side, a drink and some sort of sweet bite to round things out. Then on Friday, another lunch (during the summer) or dinner (for the rest of the year) is on offer with a "drive through" option when the weather is not good.

Barb and Karen have had fun working with the daughters and granddaughters of the staff to put together some of those desserts, training the next generation of volunteers. It's been both fun and a wonderful reminder of God's mercy and love at work for our neighbors.

All those involved are truly doing God's work. We at NUMC can support them with our prayers and by filling a need for things like aluminum foil, to-go containers, and other necessities as those needs arise. Please check in with Dave to find out more about how we can support this amazing ministry or find out more at the **Pauline's Stockpot Kitchen page on Facebook at**

<https://www.facebook.com/groups/561732988408896>



If you would like to order Poinsettias for the sanctuary this Christmas Season, **please fill out the form below and leave it in Makayla's mailbox in the Narthex, email northchurch@snet.net or mail directly to North Church at:**
North United Methodist Church - Poinsettia Order
300 Parker St
Manchester, CT 06040

Please do not put orders in the collection plate-Thank you
This year the poinsettia cost is \$21.00. Please include payment with your order. **Make checks payable to NUMC with memo note: Christmas Poinsettia**

DEADLINE FOR ORDERING ~ MONDAY, DECEMBER 1ST

We hope you will leave your plants to decorate the chancel until Christmas Sunday, December 21. If you have any questions, please contact the church office at 860.649.3696

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 121**

The **Community Emergency Food Pantry** provides groceries by appointment only.
Please call **860-647-8003 x 128**

The **Community Threads Thrift Shoppe** hours are Mon through Fri 10am – 2pm and Sat 10am – 1pm
860-647-8003 x 129

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

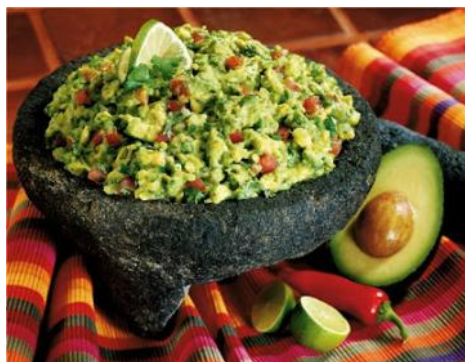
Thursday: 9:00 am – 5:00 pm

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.



Whole Food Plant Based Potluck Dinner!

Please join us for a whole food plant-based potluck dinner on Monday Nov. 17th at 6:00pm at NUMC.

Please plan to bring a dish that is made from predominately whole, unprocessed plant foods, and have no animal products.

Some suggestions are hummus with vegetables, guacamole, your favorite salads, stews, casseroles, steamed or baked vegetables, bean dishes, grains, or fruit salads.

For inspiration see the Forks Over Knives website <https://shop.forksoverknives.com>. They have hundreds of recipes on their website.

Please bring a donation of a non-perishable food item that will be given to the MACC food pantry

Please sign-up on the sheet in the memorial room or email vickie.hadge@gmail.com with questions.



September Birthdays

2nd Bertha Brew
3rd Vicky Ladabouche
7th Sandy Geres
8th Lindsay Ladabouche
9th Cyndy Flaherty
10th Barbara Judd
12th Elaine Law
15th Harry Arendt
16th Chris Collins
19th Paula Admaczyk
20th Emily Peters
26th Pastor David J. Martin
27th Gregory Harris
29th Charley Cappello
Marlene Camper
30th Ruth Mancell-Opoku

Birthday Blessings to Everyone!



Ad Council Meeting



TBD

Making Music Together

Come join our choir and/or praise band! We rehearse from 6 to 7:30pm 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.

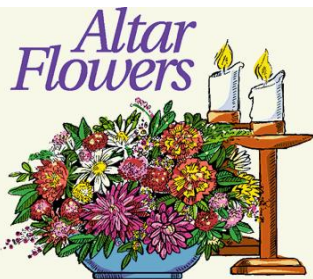


NORTH UMC will host BLOOD DRIVES

September 9th, 18th, and 25th

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.



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 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 group 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 Fall 2025 is as follows:

11/3, 11/17; 12/1, 12/15

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

Our next book selection will be led by Cindy Lepack and is scheduled for Sunday, November 16, 2025 after church.

Small Things like These by Claire Keegan. Bill

Furlong is a coal and fuel merchant in 1985 New Ross, Ireland. When he was born, his mother

was an unmarried teenager, ostracized by her family but permitted to continue working respectably as a maid by her kind-hearted employer, Mrs. Wilson. Now a hardworking family man, Bill prepares for the approaching Christmas with his wife and five daughters. While delivering coal to the local convent, he begins to suspect that their supposed training school for girls is, in fact, a cruelly abusive Magdalene laundry. First, he finds a group of deprived-looking young women polishing the floors, one of whom asks for his help getting out to a river to drown herself. On

his next delivery, he finds a girl named Sarah locked in an outbuilding, who has been out in the cold all night. When he lets her out, she asks him to find out about her baby, but the Mother Superior interrupts them. She tells Bill that Sarah has a mental illness and has ended up outside by mistake, and distracts

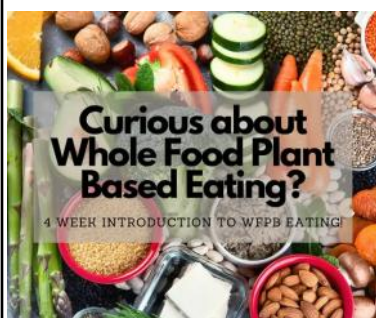
Bill with tea and his Christmas tip. Bill attempts to ignore the disturbing events at the convent, as his wife suggests. But then Bill makes a discovery which forces him to confront both his own past and the complicit silence of a town controlled by the church.

Stuff That Matters

At 6pm on the last Sunday evening of every month adults ages 25-45 are invited to join us at North United Methodist Church. We will cook a meal together, eat together, clean up together and talk about stuff that matters. Pastor David Martin facilitates the group, but the topic of conversation is up to the group. As a small community you decide what is important, and what your needs are. Our nation has become an increasingly difficult place to live.

People work harder and longer for less. Housing prices are through the roof, groceries are outrageous, political or current event conversations in the workplace are like landmines, and the degrading of rights and freedoms can feel overwhelming. Young people are under a lot of stress; we want to help support you on your journey!

Stuff That Matters is a safe space for folks to vent, seek support, have fun, laugh, (cry if you need to!) and just enjoy a tasty meal while shutting out the noise of the world for a few hours. We hope you will put the last Sunday evening of each month on your calendar, and spend some times being refreshed in good company.



Curious about eating a more Whole Food Plant Based Diet?

Whole Food Plant Based (WFPB) eating is a wonderful way to nourish our bodies with natural, nutrient-dense foods that can help us to lower the risk of many diseases and improve our health and well-being.

Please join us for a four-week introduction to Whole Food Plant Based eating.

Cost: A donation of a non-perishable food item per class. Donations will be given to the Manchester Area Conference of Churches (MACC) food pantry. (suggested items: Canned Veggies, Peanut Butter, Ketchup, Mustard, Rice, Pasta, Pasta Sauce, Beans)

Topics will include:

- What is Whole Food Plant Based eating? (Versus Vegetarian or Vegan)
- Nutrients that support optimal health & where to get them.
- Tips to help incorporate more plants into your diet.
- How eating more plants helps us to be good stewards of our bodies and the planet.
- We will also sample some delicious and easy recipes!

Classes will run on Mondays from 6:30pm-7:30pm ET at North United Methodist Church

300 Parker Street, Manchester, October 20th & 27th and November 3rd & 10th .

Spots are limited. Please email vickie.hadge@gmail.com to reserve your spot.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	1/8
10:30 am Blended In-Person and ZOOM Online Worship	1 pm Knitting Ministry  6:30 Whole Food Plant Based Eating		6:00 pm Choir Rehearsal 			
9	10	11	12	13	14	15
10:30 am Blended In-Person and ZOOM Online Worship	6:30 Whole Food Plant Based Eating		6:00 pm Choir Rehearsal 			
16	17	18	19	20	21	22
10:30 am In-Person and ZOOM Online Worship	1 pm Knitting Ministry  6 pm Vegan Potluck		6:00 pm Choir Rehearsal 			
23	24	25	26	27	28	29
10:30 am Blended In-Person and ZOOM Online Worship 11:30 North Church Readers			6:00 pm Choir Rehearsal 	Happy Thanksgiving! 		
30						
10:30 am Blended In-Person and ZOOM Worship 6:00 Stuff That Matters						

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.**

