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

TIDINGS

Volume 25 issue 6

June 2025

North United Methodist Church



Support and information for the LGBTQ+ communities

SUNDAY, JUNE 1st • 10am-4pm

Center Memorial Park, Manchester, CT



**50th
art
in the park**



All Types of Art • Craft • Live Music • Food Trucks • Fun

Info: [Openstudiohartford.com/art-in-the-park](https://openstudiohartford.com/art-in-the-park) (scan QR)

Participate: artintheparkmanchester@gmail.com

There will be no worship at North UMC Sunday (June, 1 2025).

Instead, join us Sunday, June 1st from 10am-4pm at this year's Art in the Park, an outdoor art show at Center Memorial Park, on the grounds of the Mary Cheney Library, Manchester. June is Pride Month! We have had a tent at Hartford Pride Fest for eight years, but there has not been a Pride event in Manchester where North Church could spread the message of Christ's Love through our acts of Reconciliation, Inclusion and Welcome. Come help us hand out goodies and

greet visitors to this large art show in our own town. **We hope you can join us!**



Are you 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. Eating well is an important part of the stewardship of our bodies and the planet.

Please join us for a four-week introduction to Whole Food Plant Based eating. 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.
- Sample menus will be provided
- And we will sample some delicious and easy recipes!

This no-cost course will run on Mondays from 6:00pm-7:00pm ET at NUMC May 12 & 19 (skipping May 26- Memorial Day) June 2 & 8.

This course is full and the response strongly positive! You can email Vickie at vickie.hadge@gmail.com to get on the list for a likely second running.



COMMUNITY EMERGENCY FOOD PANTRY NEEDS LIST

The following items are always in need and donations are welcomed.
All products must be unopened and within expiration dates.

Toiletries:

Shampoo / Conditioner
 Deodorant
 Razors
 Shaving Cream
 Toothpaste
 Body Soap
 Body Wash (Liquid)
 Baby Wipes

Cleaning Products:

Dish Detergent
 Laundry Detergent

Food Items:

Instant Potatoes
 Chili / Canned Pasta
 Beef Stew
 Canned Veggies
 Peanut Butter / Jelly
 Ketchup
 Mayonnaise
 Mustard
 Baking Mix (Cake & Brownie)
 Rice/Rice Mixes
 Baked Beans
 Fresh Fruit and Veggies

Coffee (Regular, Decaf or Instant)

Hot Chocolate
 Stuffing / Cornbread Mix
 Sugar
 Flour
 Pasta
 Pasta Sauce
 Ramen Noodles
 Chicken Noodle
 Cooking Oil

COMMUNITY OUTREACH NEEDS LIST

The following items are always in need and donations are welcomed.
All products must be unopened and within expiration dates.

Toiletries

Deodorant
 Razors
 Travel Size Shaving Cream
 Toothbrushes
 Travel Size Toothpaste
 Combs / Brushes
 Chap Stick
 Bug Spray
 Sunblock

HOMELESS KITS

Granola / Protein Bars / Cereal
 Bars
 Individual Size Peanut Butter
 Packets
 Individual Size Crackers Packages
 Individual Size Cookie Packages
 Trail Mix / Beef Jerky
 Individual Pringle Cups
 Individual Size Pretzel Packages
 Individual Size Pudding/Jell-O
 Fruit Snacks
 Canned Meat / Tuna – Must be
 Pull Tab Lids
 Gatorade

Clothing

Men & Women

Tee Shirts
 Baseball Style Hats
 Light Jackets
 Sunglasses
 Socks
 Underwear
 Sneakers
 Hiking Boots – Lightweight &
 Waterproof
 Rain Ponchos
 Waterproof Backpacks

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.



MACC's Amazon Wish List



Have your donation delivered straight to:

Community Emergency Food Pantry
460 Main Street
Manchester, CT, 06040

June Birthdays

2nd Becky Harris

5th Collins Judd

12th Shane Gilligan

15th Brendan Harris

Cathy Smith

19th Elena Arendt

22nd Kayle Gagnon

24th Pam Craparotta

Birthday Blessings to Everyone!

Ad Council Meeting



TBD

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.

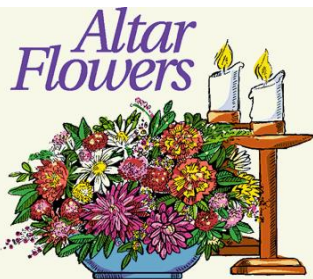


NORTH UMC will host BLOOD DRIVES

June 5th, 12th, and 26th

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 Spring 2025 is as follows: 6/2, 6/16

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



Prayer Corner

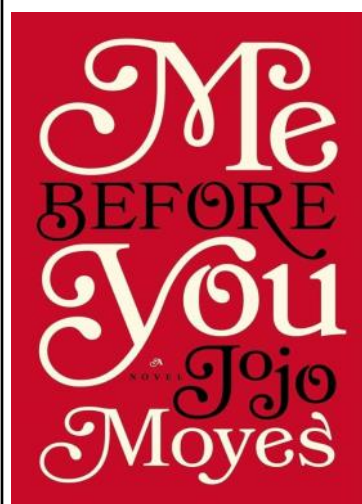
Luke 11:1 “When he finished one of his disciples said to him, ‘Lord, teach us to pray ...’”

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

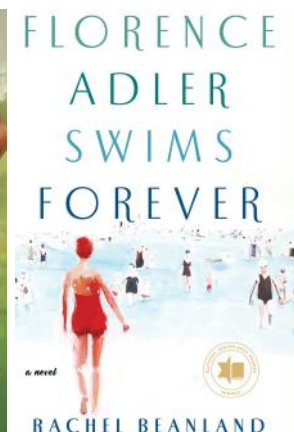
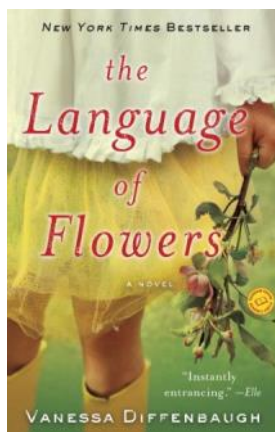
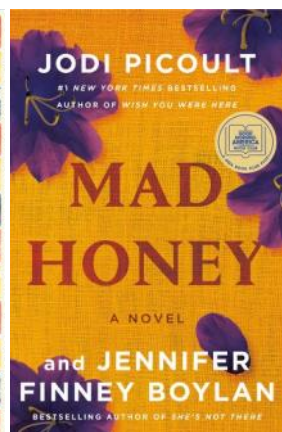
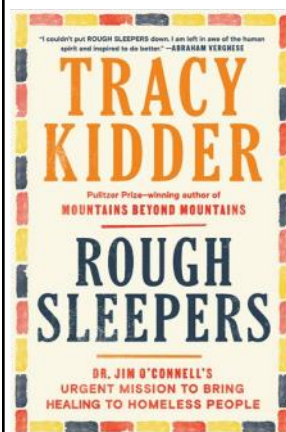
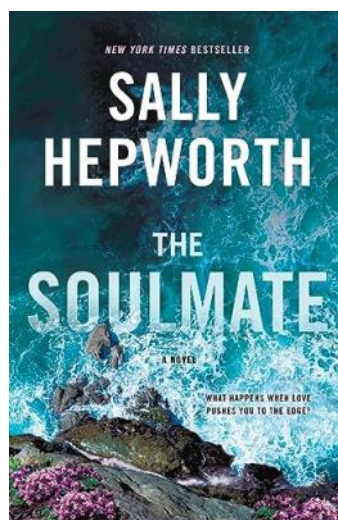
Our book discussion for Our next book selection will be led by Joan Byron and is scheduled for Sunday, June 25, 2025 after church. Books are available in a marked section of the reference room of Mary Cheney library. We will be discussing *Me Before You* by Jojo Moyes. *Me Before You* by Jojo Moyes tells an unforgettable love story between two seemingly incompatible characters. Louisa Clark, a 26-year-old woman, leads a simple life in her small town. Her life takes a turn when she loses her job at a cafe and finds herself struggling to support her family. This leads Lou to accept a caring position for Will Traynor, a wealthy and once-adventurous man who is now a quadriplegic after a tragic accident. Up until their meeting, both characters have lived very different lives and have little in common.












Will Traynor was once living life to the fullest, traveling and engaging in extreme sports. After his accident, he feels trapped in a body he no longer recognizes. Bitter and sharp-tongued, Will faces every day with hostility and despair. Louisa, on the other hand, is content with her ordinary life until she is thrown into Will's world. Determined to improve Will's outlook on life, Louisa throws herself into her new role.

In the heart of *Me Before You* lies an exploration of the human spirit, the complexities of love, and the delicate balance between life and death. This poignant and emotionally charged story not only engages readers but also urges them to reflect on their values and attitudes towards life's challenges.

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	5	6	7
10:00-4:00 at Art In The Park (NOT at NUMC or on ZOOM)	1 pm Knitting Ministry  6p WFPB Eating		7:00 pm Choir Rehearsal 			
8	9	10	11	12	13	14
10:30 am Blended In-Person and ZOOM Online Worship	6p Whole Food Plant Based (WFPB) Eating		7:00 pm Choir Rehearsal 			
15	16	17	18	19	20	21
10:30 am In-Person and ZOOM Online Worship	1 pm Knitting Ministry 		7:00 pm Choir Rehearsal 			
22	23	24	25	26	27	28
10:30 am Blended In-Person and ZOOM Online Worship 11:30 North Church Readers			7:00 pm Choir Rehearsal 			
29	30	 				
10:30 am Blended In-Person and ZOOM Worship						

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.**

