



The Messenger

March 2020

From Our Pastor

**Mamaroneck
United
Methodist
Church**

Staff:

Karen Burger
Pastor

Karina Calabro
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Dear Friends,

We have had a very special February, with programs such as the annual Shrove Tuesday Pancake Supper, the baptism of Ryien Jeremy, and now we are finishing up the month of February at this newsletter's press time with the Feb. 29 concert presented by Nick Piccora in memory of his father Bob Piccora. Thank you to the Barneys for their hard work on the Pancake Supper, and to Nick Piccora and Mike Gill, Executive Producers, and all in the band for the concert coming this weekend and to Myrna and her crew for food and hospitality, and Steve Gill for additional hospitality support.

During the season of Lent in March, we will focus on Lenten themes in worship. On Sunday March 8th those who would like to stay to have a discussion after worship can gather in the choir area. The discussion from 11:15 to 12:15 will be centered around one of the Lenten Scripture texts to bring additional insights and understanding and a chance to share with one another. We will also have a chance to do some walking together on March 1 and March 15 on the Rye boardwalk, thanks to Carole Smyth's health initiative. Join us and add this healthy practice to your Lenten disciplines! Details are on the calendar in this newsletter and in weekly announcements.

Some years we have gathered on Tuesday nights at various congregations around Mamaroneck. This year became a bit more complicated for several reasons involving multiple pastors and congregations, so it has not come together, but we may return to this in a future year. If there are any ecumenical or interfaith gatherings this month, we will let you know about them through the weekly announcements. Meanwhile, we are encouraging our congregation to continue to get to know other Methodists in our area through our Cooperative Parish, and we will be doing a Cooperative Midnight Run on March 13th. Stay tuned for more details! The Run will leave from New Rochelle UMC and is being coordinated by Bruce Meighan.

I encourage you to use Lent as a time for reflection and positive action. Like the start of a new year, Lent can be a time of new beginnings, as we prepare for the joy that comes at Easter.

In Christ's Service,

Pastor Karen

March Birthdays

- 5 Christopher Germani
- 6 Marc Spinola
- 7 Marilyn Borst
- 8 Graham Meighan
- 10 Lori Pisani
- 11 George Coffin
- 15 Casey Haviland
- 15 Henry Miller
- 18 Yvonne Lumsden
- 19 Chia-Li Sung
- 20 Dahlia Flores
- 22 Kathy Last-Barney
- 23 Alex Stephani
- 24 Lindsey Sanford
- 24 Jeannie Colangelo
- 25 Georgia Meyer
- 30 Georgia Meyers
- 31 Jack Meyers

*In Our Prayers*

- **The family of Dr. Camerini Davalos**
- **Marion Groetch's sister, Susan**
- **Dr. Jeff Siegel**
- **Donna Bresmon and grandson Lee**
- **Cookie DelGardo**
- **Grace Fraioli's brother Robert**

Mamaroneck Community Nursery School Alumni

Last month, the Trustees asked you to submit the names of family members who had graduated from the nursery school at our church. A number of you responded and we have received the following names:

Philip Giles, Jr-1985
 Margot Giles-1989
 Rosanne Fraioli-1989 (She's now a teacher there)
 Lucas Bruno-2004
 Haley Bruno-2005
 Camryn Sullivan-2005
 Peter DiLillo-2008

Sonali Browning-2014
 Lucas Capelle-2015
 Mira Browning-2016
 Spencer Capelle-2018

As the nursery school moves ahead with their renovations, we celebrate the hundreds of children who have begun their education in our building and recognize those from the MUMC family. The graduate who went back the furthest and is therefore our prize winner is **Philip Giles, Jr. (1985)**.

Please be aware, that Amanda Bruno will be out of the office the week of March 16th.

DAYLIGHT SAVINGS TIME BEGINS SUNDAY, MARCH 8

Remember to set your watch, clocks, and other time pieces **AHEAD** one hour on Saturday, March 8. **Daylight Savings Time begins on Sunday, March 10**, and we don't want you to arrive late at worship!

Remember "spring" ahead in the Spring of the year. So remember to Spring ahead before you go to bed!



From the Trustees

If you have been around the sanctuary and kitchen lately, you will have noticed a lot of painting in progress. The kitchen has had a complete fresh coat of paint. The result is a clean and bright space from which to carry out our hospitality activities. In fact it may even inspire you to host a coffee hour! The Trustees remind you that one of the main guidelines for the kitchen is - "carry in, carry out". We ask that you do not leave leftover food in the refrigerator and that you take home any dishes, plates, etc. that you bring in.

Painting is also going on in the sanctuary. Several sections of wall in the choir area have been stripped of peeling paint, sealed and primed. We are now waiting for our faux painter to come in and do the final coat just in time for Easter. The Trustees are thankful to fellow trustee Greg Haviland who has been behind all this work.

Update on the Nursery School renovations: Over the school break in February, the contractor was hard at work doing asbestos abatement in the education building. All the tile floors (two layers in auditorium) were removed from the main floor. In addition the stage has been taken out. Now construction on the new classrooms will begin. It is exciting to see this transformation taking place. We are grateful for the wonderful working relationship we have with the Nursery School board and their willingness to invest in our building. The result is mutually beneficial for both organizations. We will keep you updated as the project progresses.

As we move into spring and summer, you will see additional work going on in and around our buildings and grounds. All the Trustee projects are made possible by the generous people, past and present, who have given gifts to the endowment fund or remembered the endowment in their wills. The endowment is truly a blessing to this church.

Outreach News

The Outreach Committee will meet on 3/1 to discuss future plans. Watch for notices regarding the Cooperative Parish Midnight Run, scheduled for Friday, March 13. We will be collaborating with our nearby Cooperative Methodist Churches under the leadership of Bruce Meighan.

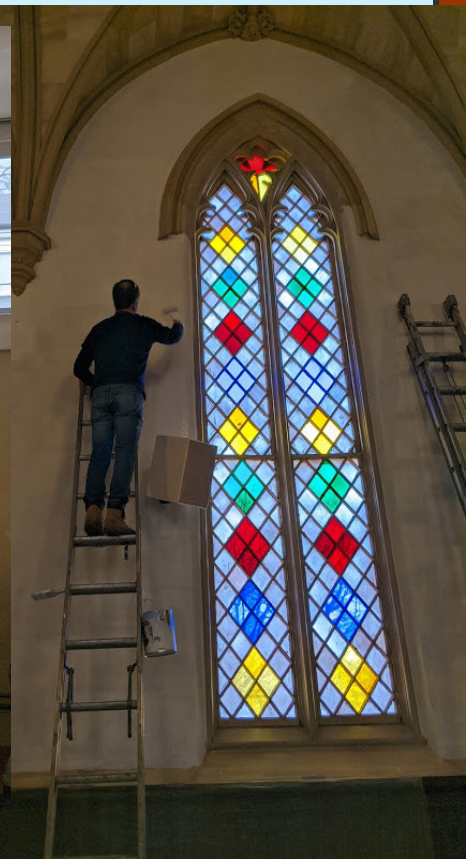
The Animal Blessing will be in May.

If you have ideas for gatherings that you would like to see MUMC participate in, please let Carole Smyth know!!

Painting of kitchen and sanctuary



BEFORE



AFTER



Renovation of auditorium



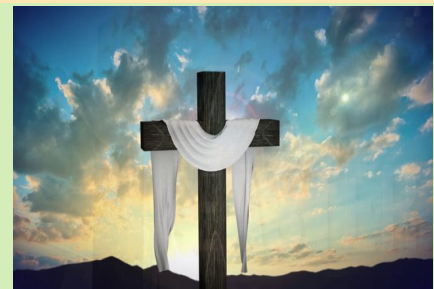
April Holy Week and Easter Services

Palm Sunday Services- April 5
8:00 and 10:00 a.m.

Maundy Thursday Service -April 9
7:30 p.m. in Sanctuary

Good Friday-April 10
Prayer Time- 12 noon—3:00 p.m. in our Sanctuary (drop in)

Easter Services- April 12
8:00 and 10:00 a.m. with Easter Egg Hunt for Children



March 2020

| Sunday | Monday | Tuesday | Wednes- | Thursday | Friday | Saturday |
|---|--|---|----------------------------------|--|--|---|
| <p>1 8:00 A.M. Communion 10:00 A.M. Worship with Choir 11:00 A.M. Coffee Hour 1:00 P.M. Walking Group (meet at boardwalk)</p> | 2 | 3 | 4 | 5 Finance Committee; 7:30 p.m. | 6 | 7 Sisters Group Book Discussion; 11 a.m.-1 p.m. |
| <p>8 Daylight Savings Time begins 8:00 A.M. Communion 10:00 A.M. Worship with Bell Choir 11:00 A.M. Coffee Hour</p> | 9 Adult Choir 7:30pm | 10 Summit on Domestic Violence 7:45 a.m. Nautilus Diner Chaired by Pastor Karen | 11 Bell Choir— 7:30 pm | 12 | 13 Cooperative Parish Midnight Run to NYC (staging at New Rochelle UMC) | 14 |
| <p>15 8:00 A.M. Communion 10:00 A.M. Worship 11:00 A.M. Coffee Hour 1:00 P.M. Walking Group (meet at boardwalk)</p> | 16 Amanda Bruno away Adult Choir 7:30pm | 17 St. Patrick's Day  | 18 Bell Choir— 7:30 pm | 19 | 20  First Day of Spring | 21 Memorial Service at Brookhaven in Lexington MA for Arthur Boyd 1:30 p.m. |
| <p>22 8:00 A.M. Communion 10:00 A.M. Worship 11:00 A.M. Coffee Hour 1:30 p.m. St. Patrick's Day Parade</p> | 23 Amanda back in office Adult Choir 7:30pm | 24 | 25 Bell Choir— 7:30 pm | 26 | 27 | 28 |
| <p>29 8:00 A.M. Communion 10:00 A.M. Worship 11:00 A.M. Coffee Hour</p> | 30 Adult Choir 7:30pm | 31 | | | | |

Abundant Health

Spring is nearly here! Spring opens the door to renewal and "spring cleaning". That means more opportunities for the Walking Group- please join us for walks along the Rye boardwalk on March 1 and March 15. It's a beautiful setting, you can try out the modern "swing" along the way and parking is free at Playland. Not only that, but your body and brain will enjoy walking along the water, hearing the waves and seeing the trees begin to bloom. We will meet at 1pm at the Children's Museum entrance on the boardwalk.

"Spring cleaning" has many meanings, not just cleaning out your home. For the last in our series, "Preparing for the Future", spring cleaning means thinking about your health care wishes, making decisions and putting your wishes down on paper. You may have noted that advance care decisions can be part of the Health Care Proxy form. Advance care planning begins with thinking about your values regarding health care treatments. We have many different medical treatments that can prevent illness and disease, other treatments that can provide temporary support until a person's body heals and is back to that person's normal, and, other treatments that possibly, may extend a person's life. Some people have watched loved ones go through life with medical treatments that they themselves would not want, other people may be confused or not understand what the medical treatment entails and, other people will seek guidance from their primary care provider, religious leader or friends.

Primary care providers would like to have discussions with a person/patient prior to a medical crisis or hospitalization. When a patient is clear about her/his values and the medical treatments desired or not wanted, care is focused on that patient's preferences. Primary care providers have a responsibility to outline for a patient how a patient's body is doing, how diseases impact that person's body and in many cases, what future health issues may evolve. No, we don't read your fortunes and except in a few circumstances, we can't tell you how long you will live!

Advances in health care technology and treatments may not be for everyone. As an example, did you know that CPR or cardiopulmonary resuscitation was developed on the battlefield, in an attempt to save young soldiers' lives? CPR works best in younger people.

As CPR is done, a great deal of pressure is placed repeatedly on bones in the chest and for older people, those bones break very easily. When the heart stops, a person is clinically dead and CPR is an attempt to "bring them back" from being dead. While the success rate in a hospital is better than in the community due to available resources, it is not as good as you might see on Grey's Anatomy, The Good Doctor or any of the TV medical shows.

Consider what medical treatments you would want initiated, continued or removed if you were in a permanent coma or had little conscious understanding with no hope of recovery, had brain disease or brain damage with no hope that the condition would improve, had a terminal illness or had a psychiatric disorder. What are your thoughts about artificial nutrition and hydration, would you want to have these initiated or withheld, or continued or withdrawn, and under what types of circumstances?

Although the following are not a complete list of medical treatments you may wish to discuss with your primary care provider and health care proxy, they are a starting point: artificial respiration (on a ventilator- a machine that assists your lungs in breathing), cardiopulmonary resuscitation (CPR), artificial nutrition and hydration, antipsychotic medication, electric shock therapy, antibiotics, surgical procedures, dialysis, transplantation, blood transfusions, abortions and sterilization. Consider if you want to donate any part of your body including tissue and genes to another person and/or medical research.

Once you've made your decisions write them down on a health care proxy form, or a Five Wishes Form or have a lawyer draw up a will with your specific wishes identified. And then, give that form to your health care proxy and primary care provider. While a discussion about your wishes with your family and/or closest friends is ideal, it may not be a plan for everyone.

Check the bulletin board for more information and if you'd like to have more information or recent research findings on any of the above topics, please see me .

Carole Smyth NP (Nurse Practitioner)

More Abundant Health

Check it out: **Being Mortal: Rights, Choices and Important Conversations** at the Larchmont Public Library on Monday, March 16 at 7pm in the Village Center section of the library. The PBS documentary "Being Mortal" based on the book, **Being Mortal**, by Dr. Atul Gawande will be shown followed by a discussion with David C. Leven, JD. Mr. Leven is a lawyer and Senior Consultant and Executive Director Emeritus of End of Life Choices New York until July, 2016. He was instrumental in having legislation introduced and enacted in New York to improve pain, palliative and end of life care. This conversation may help you define your wishes.

Cooperative Parish Midnight Run

As of press time, we know of two other churches in the Cooperative Parish who will be collaborating with us on this Run, under the direction of Bruce Meighan. These churches are First UMC: Mt. Vernon and New Rochelle UMC.

There are seven churches including Mamaroneck UMC, who are part of the Lower Hudson Valley Cooperative Parish. Over time, we hope our parishioners will get to know theirs too through various shared events, missions, and ministries. This is a start to that renewed engagement together as a connection with the Metropolitan District. See Bruce for more details and watch for upcoming notices.

Condolences



Our heartfelt condolences are expressed to the Camerini/Montana family upon the loss of Dr. Rafael Camerini Amaranto Davalos. He was laid to rest on February 21, and will always be remembered with love! He was 103 years old.

THANKS TO THE BOY SCOUTS

THANK YOU TO SCOUT LEADER DONNA RICCI AND ALL TROOP TWO LEADERS AND SCOUTS FOR AN INSPIRING BOY SCOUT SUNDAY ON FEBRUARY 9! THE SONG/SKIT LED BY THE BOYS, GREETINGS BY DONNA, AND SERMON BY LUCAS PASQUINA WERE ALL MEMORABLE.



SISTERS GROUP BOOK DISCUSSION

Sisters Group Book Discussion

March 7

11-1 p.m.

"A Light in the Window" by Andrea Raynor

We will begin discussion of this book by Pastor Andie, who spoke at our bereavement service in December and who was once Associate Pastor here. Please order your own book on Amazon.com. If you are not able to do so, please contact Amanda in the church office who can help you get a copy.

THANKS TO NICK PICCORA

Thank you to Nick Piccora for the upcoming fantastic tribute to his father Bob, Saturday, February 29, with the concert "Remembrance." Thank you to Michael Gill, Executive Producer with Nick, and to the members of the band:

Vocal, rhythm guitar - Nicholas Piccora

Vocal, lead guitar - Mike Gill

Vocal, bass guitar - Johanna Farrand

Vocal, keys - Greg Haviland

Drums, percussion - Yayo Gonzales

The concert will take place the day after the anniversary of his father's passing. Bob was a wonderful man who meant so much to all of us here at MUMC! Come out to support this event.



DOMESTIC VIOLENCE:

What is it? What can we do about it? Are we doing it?

Pastor Karen Burger, Chair

Four panelists will discuss what the definition of domestic violence is. They will also give insight to the dynamics at work in offenders and victims within this cycle including demographics, (breaking untrue assumptions), and responses (safe houses, counseling, legal responses, offender rehabilitation and prevention)

Tuesday, March 10

7:45-9:00 a.m. at the Nautilus Diner

\$9 for Breakfast

(Come early to get a seat)

Panelists:

Kim McNair, Director of Community Education and Organizing, My Sister's Place

Quentin Walcott, Co-Executive Director, CONNECT

Lt. Sandy DiRuzza, Mamaroneck Village Law Enforcement

Susan Carroll, Director of Training, Outreach and Education, Pace Women's Justice Center

**MAMARONECK
UNITED
METHODIST
CHURCH**

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We're on the Web!
www.mamaroneckumc.org

**Church Office
Hours:**
Monday thru Friday
9:00 A.M. to 1:00 P.M.

Photos from Boy Scout Sunday

