



The Messenger

April 2020

Letter From Pastor Karen

Dear Mamaroneck UMC Friends:

T.S. Eliot once wrote: "April is the cruelest month." Perhaps this April we would agree. The seeming contradiction between lovely daffodils and trees blooming and a virus that is causing suffering, and sometimes death and grief may feel cruel indeed. We try to put the two together, and we understand that life and death are always co-

existing, but our awareness of this has been raised to a heightened pitch. Our congregation has been impacted by not only deaths around the world, but close to home. Families we love are losing members, friends, acquaintances to the virus or to other health challenges, which can be exacerbated by this pandemic and its unique stresses. And some are praying for people they know who are still seeking healing after coming into its path. This is truly a time when we need each other, and yet we need physical distancing also. More contradictions and cruel ironies.

And yet in the midst of this struggle, we are finding new ways to be there for each other, new ways to get to the heart of what it means to be a human being. Calling people we haven't in a long time, asking others how they are feeling, and finding new ways to take care of ourselves and others. Just go online to social media, and you will find musicians sharing their music by livestream, cooks sharing pandemic recipes, people talking about how they are feeling and a lot of humor too meant to help de-stress us all and give us breaks from the difficult news. The humor does not mean that the pandemic is not taken seriously, but that we know it may be something that



helps us to be able to manage the high stress levels of this time.

This Easter, we will not be in our building, but the first Easter was not in a building either. I found it profound when Dr. Emily C. Heath suggested that the first Easter was a time when the disciples were locked behind closed doors, scared and impacted by the death of a loved one and fearing their own potential deaths. She

wrote, "The first Easter didn't happen at a church. It happened outside of an empty tomb, while all the disciples were sequestered in a home, grief-stricken and wondering what was going on. So, we're all going to be keeping things pretty Biblical this Easter." Then Christ rose and when He saw them He reassured them. Wow! So Easter happens to us while we are feeling some fear and isolation and worries about the future. Yes indeed! I believe it does and it will. This is indeed a time that mimics Biblical Easter.

We will also have some wonderful ways for you to experience the uplift of our church services past and some experiences on Zoom for those who want to try a new interactive experience. This newsletter will tell you a bit more about that. In addition, the Conference will have some wonderful services they will be sharing with us. So we will have multiple Holy Week and Easter opportunities to worship with others and feel connected.

I am here for you as best I can be. Please feel free to call or text me at 845-542-3322 my cell any time. If I cannot speak at that moment, I will get back to you. I care about what you are all going through. We are in this together. We are not alone. God is also with us to help us through.

Pastor Karen Burger

Mamaroneck United Methodist Church

Staff:

Karen Burger
Pastor

Karina Calabro
Director of Music Ministries

Amanda Bruno
Office Manager

Kate Beeby
Sunday School Director

Anner Garza
Sexton

April Birthdays

- 1 Sam Keleman
- 1 Grace Phillips
- 1 Mallory Shaner
- 2 Amy Brelia
- 2 Mitch Coffin
- 2 Sam Fraioli
- 2 Sonali Browning
- 2 Kenji Hayashi
- 3 Luke Camerini
- 3 Carole Smyth
- 3 Grace Cozine (in Heaven)
- 4 Anna Gill
- 5 Janice Linden
- 5 Laura Meighan
- 11 Richard Allen
- 15 Sheena Haviland
- 17 Steve Prince
- 17 Bill Shaner
- 21 Jordan Brooks
- 26 Justin Amrhein
- 26 Jacob Keleman
- 30 Rob DiLillo

April Anniversaries

- 7 Junkichi & Annie Hayashi
- 10 Richard & Lynne Allen

In Our Prayers

- The Amrhein family
- The Bauer family - Joanna Lord's neighbors, in a time of loss
- Dr. Charles Morelli - healing after hip replacement surgery
- Pastor Karen's maternal Uncle, Rev. Bob Matthews, who will be age 88 on April 3, had hip surgery and is on hospice care after a fall, receiving skilled nursing care, and prayers also for his wife Jeanne Matthews, who lives in Gold Canyon, AZ and misses being able to visit him
- Henrietta - Ron Burger's relative, at Calvary Hospital
- Janice Linden's sister Michelle
- Those who have to go to NYC for work or medical treatments
- All with Covid-19 and medical responders, who are heroically working to save lives
- Family of Rev. Mandy Iahn, formerly of our New York Annual Conference, who passed recently in North Carolina from the virus and Rev. James Veatch, who passed from the virus
- Three New York Annual Conference Pastors battling the virus now, two of which are hospitalized, and two pastors' spouses with the virus
- Bishop Alfred Johnson's wife, Sherrie, who passed from the virus
- Our Bishop Thomas Bickerton and his family, for good health and strength
- All District Superintendents and New York Conference cabinet members
- Amy Brelia's Mom
- J.R. Saraceno - Dorothy and Jack's son, recovering from hit and run accident and orthopedic surgery
- Cookie Genovese DelGardo - for healing
- Linda - pancreatic cancer
- Praises that Donna Bresmon (George Coffin's sister) has been steadily improving as has Baby Lee, her grandson.

Palm Sunday Zoom Worship

The Rev. Karen Burger is inviting you to a scheduled Zoom meeting.

Topic: Palm Sunday Worship with Mamaroneck UMC
Time: Apr 5, 2020 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/386557258?pwd=Wmc5RElwQ3ZhUFNlTmZYNXYxZnM3UT09>

Meeting ID: 386 557 258

Password: 030716

One tap mobile

+1 646 558 8656,,386557258# US (New York)

+1 312 626 6799,,386557258# US (Chicago)

Dial by your location

+1 646 558 8656 US (New York)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US

+1 301 715 8592 US

Meeting ID: 386 557 258

Find your local number: <https://zoom.us/u/adTSpYOvEB>

Holy Week Online

Our Lower Hudson Valley Cooperative Parish will be providing online Zoom devotions for Holy Week.

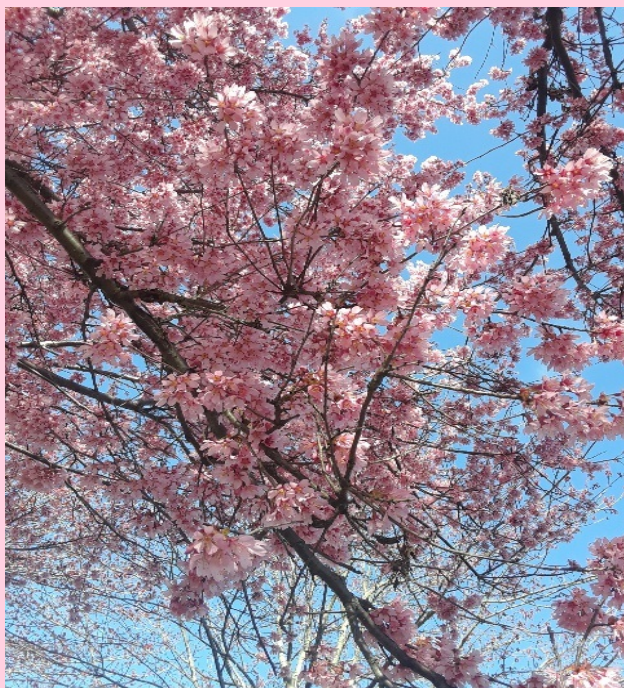
Holy Week: We will have a service or devotion every night during Holy Week through Zoom. An email will be sent out with the call in number or link if you prefer to be in by video. Monday through Wednesday there will be devotions led by a different pastor each night from our Lower Hudson Valley Cooperative Parish. I en-

courage you to attend these. Monday will be offered by Rev. Denise Pickett of Trinity UMC White Plains;; Tuesday's meditation will be offered by our own Rev. Karen, and Wednesday by Rev. Angela Redman and Marcia White-Smith of New Rochelle UMC. On Thursday at 7, we will have our own Maundy Thursday worship experience and Friday at 7 our own Good Friday experience.

More detailed zoom instructions will be emailed out so that those of you who have not tried it yet can feel more comfortable. It looks more complicated than it is from the invitations. We will help you get a taste of how you can interact and worship with other via Zoom.

Matching Gift Challenge

We have a generous donor who is willing to match Easter season gifts that are above and beyond pledged amount up to \$2,000. Please put "match my gift" on the memo line of your check, or if you are giving electronically, please send an email to Pastor Karen at Karen@mamaroneckumc.org noting that this is a match my gift donation and the date it is being processed by your bank electronically. These gifts will be received through May 5th. We need your help to stay solvent during this time when we aren't receiving building usage income from groups.



From The Trustees

Since the last newsletter the faux painting of large sections of wall in the sanctuary has been completed. And it looks spectacular! Thank you to our wonderful faux painter Marie McNicholas and to Greg Haviland for the tedious job of preparing the walls. When we return to the sanctuary for worship be sure and check it out.

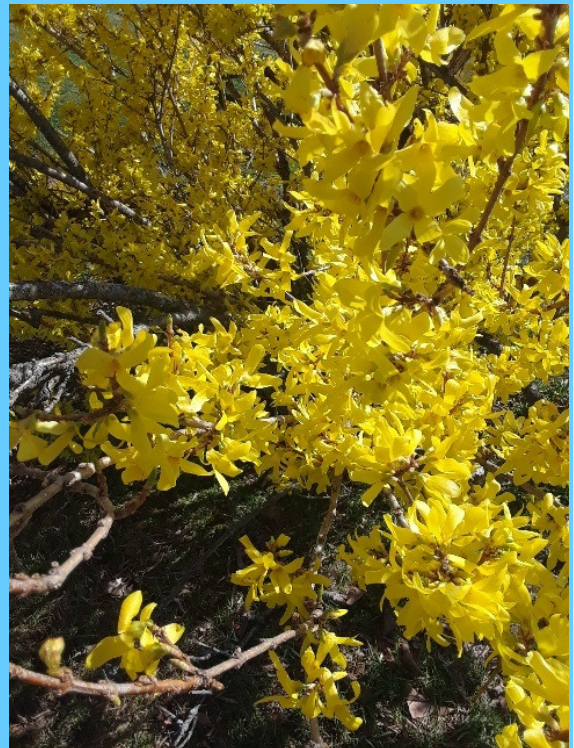
The Trustees are doing what they can to reduce our expenses during this time of crisis. Since the building is not being used by any groups we have turned off the heat to save money. And while it is cool inside, the temperatures are warm enough to keep the pipes from freezing. The Trustees will undertake additional projects during the summer as is our custom.

In the life of the church most of the financial gifting occurs during worship with the receiving of the offering. Now we must adjust to a new reality since that is not happening. But even though we are not physically present our pastor and staff continue to work to help us maintain our sense of community and church in these difficult circumstances. They are there for us.

As difficult as it may seem now, COVID-19 will pass and eventually become just another chapter in the L-O-N-G lifespan of this congregation. MUMC traces its beginnings to December 1771. Just think 2021 will be our 250th anniversary! Through those years we have weathered other storms such as the 1918 Spanish flu epidemic, two World Wars, the Great Depression, the Vietnam War and the recession of 2008. And we will weather this too but we **NEED** your pledges and contributions to continue on a regular basis.

The members and friends of MUMC have responded before when help was needed. Remember when the bell fell on Labor Day weekend 1990? The congregation responded with giving for a major restoration. Remember "Save the Steeple" campaign? Again you responded with over \$90,000 in gifts. Remember the renovation of LCP, kitchen and auditorium? Again you answered the call. And now we need your continued giving so that we can meet our financial obligations. Difficult times always bring out the best in people. We saw it after 9/11 and we see it all around us now - generosity of self and spirit and sacrifice.

The Trustees ask you to do your part to see that your financial gifts are received on a regular basis, just as if you were in the pew, either through electronic giving or mail. This is our time to step up and we will with God's help.



Passing of a Beloved Church Member

We were deeply saddened to learn of the passing of Scott Amrhein on March 30, 2020. His passing was sudden and unexpected. Our love and prayers are with Karen, Lauren and Justin at this time, and Karen says that they will have a memorial service in the future where our congregation can share their memories and honor him for what a wonderful presence he has been in our lives here at MUMC. Below is an obituary published on the Coxe and Graziano website. If you need to talk, you can reach out to me, Pastor Karen, at 845-542-3322. Condolences may be sent to the family at 350 Central Park Avenue, Apartment 12 E, New York, NY 10025.

Scott was the most doting and adored husband for 35 years to Karen Amrhein, a loving father to Lauren and Justin Amrhein and four-legged Pinky, beloved brother to Sheryl Kiscadden and cherished son of Carolyn Smith and the late Clifford Amrhein. His extended family also held a special place in his heart, including father- and mother-in-law Richard & Arlene Ruhala, stepfather Charles Smith, stepmother Barb Amrhein, brothers-in-law John Ruhala, Richard Ruhala, Philip Ruhala & Jay Kiscadden, sisters-in-law Laura Ruhala, Mary Ruhala, Heather Ruhala, and many beloved nieces and nephews.

He was born and grew up in Midland, Michigan and attended Hope College, where he graduated in 1984 with a BA in English. While attending Hope College, he met the love of his life, Karen, and never looked back – they were soon engaged, and then married in 1984. He worked on Capitol Hill as a legislative assistant in charge of health care policy before moving to New York where he made a home with his family. Scott was a valued member of the Greater New York Hospital Association (GNYHA) family, where he worked for decades. He eventually founded and presided over the Continuing Care Leadership Coalition (CCLC), which serves in coordinating and improving resources and outcomes for long-term healthcare in the New York metro area. In 2001, he graduated valedictorian with a Masters in Public Health from Columbia University's Mailman School of Public Health. He was a key healthcare leader in New York, also serving on the Office of Emergency Management where he worked fearlessly in response to 9/11, Hurricane Sandy, and the COVID-19 pandemic. He received numerous honors for his work, most recently as the recipient of the Humanitarian Award from the Latino Center on Aging in 2018.

Scott had amazing interpersonal talent – always a mediator, always looking out for the greater good, and calling for unity in difficult times. This is reflected in the CCLC motto, "Caring Is Our Calling." He was a cherished member of the Mamaroneck United Methodist Church for years, as well as the Second Presbyterian Church on the Upper West Side, where he recently served as an elder. Scott also served on the board of the HealthCare Chaplaincy Network, a nonprofit organization that helps people faced with the distress of illness to find comfort and meaning. In this uncertain time that we face together as a society, he would absolutely want all of us to take care of each other and lift one another up with kindness. His generosity and dedication had no bounds, and he would move mountains to help his family or others in their times of need.

Scott also had a wide variety of creative passions and gifts which he passed on to his children. He was a true lover of music and played the drums since adolescence. He had a passion for photography and a true aesthetic eye, and enjoyed collecting art or capturing beauty through his lens. Most relaxed on the water, he found great peace in spending time on his boat. When his daughter moved to France, he became quite the francophile, always looking forward to trips to this country and working on developing his language skills. He found respite in trips, weekend getaways or long park walks with his beloved wife, Karen.

Arrangements are being conducted privately for immediate family, but a celebration of his life will be arranged and announced at a later date, where we can share memories and properly honor the joy and love that he brought us.

Until then, remember, as he always told his family, that love has no distance. His family would like to thank everyone who has reached out with their support in this difficult time, and finds comfort knowing that we will find a way for his legacy to live on.

We send comfort and healing to everyone having to navigate the world in this difficult time.

In lieu of flowers or gifts to the family, a memorial fund has been set up in Scott's honor at the Greater New York Hospital Association. Contributions can be directed to:

Greater New York Hospital Foundation, Inc
(Amrhein Memorial Fund)

c/o Tim Johnson

555 W 57th Street

15th Floor

New York, NY 10019

The funds raised will be allocated towards area of high need in the COVID-19 crisis, particularly related to long-term care. Also, if you have or can acquire extra PPE (personal protective equipment), please consider donating them to your local long-term care provider (nursing home, etc) or hospital in need.

From our Finance Chair, Randal Ikeda:

Hello! I began serving as the new Finance Chair for Mamaroneck UMC in January 2020; I joined Mamaroneck UMC in February 2019. In my professional life, I am Chief Operating Officer for the Rye YMCA. I want to share with you the MUMC's 1st quarter financial results; for the period of January through March of 2020, we had a small surplus of \$492.37.

Unfortunately, due to our building closure to prevent spread of the virus, in accordance with our Conference's mandate, we are projecting a loss of approximately (\$25,000) in April and another (\$9,000) if we potentially stay closed in May. Those losses are directly related to the building usage donations from two 12 step groups, a second congregation worshipping in our church building, a sports group, and more. Hence, you can see that Covid-19 containment has greatly impacted our beloved Church!

Any contributions or donations would be greatly appreciated and have a significant impact on our ability to stay solvent. Even moving your contributions from the end of the year, to April, would have a significant impact on our Church's cash position.

If you are able, please consider making a contribution or increasing your current contribution in support of our Church and/or moving your contributions to April. With your continued support, MUMC can continue to provide spiritual and emotional support to all in need.

**EASTER ONLINE WORSHIP
INFORMATION
COMING SOON**

Questions and Answers about Covid 19 or SARS 2- COV-2 by Carole Smyth

Questions have arisen about our new virus, now referred to as SARS 2-COV-2.

***** Important Note: the following information is as of 3/31/20. Researchers, Scientists and Physicians are collaborating with their colleagues from around the world to learn as much as they can about this virus. Information is constantly updated.*****

How can the Covid 19 virus transmit/spread to a person?

The virus is spread by respiratory droplets from a cough and/or sneeze by one person to the nasal membranes in another person and/or contact with a surface**. The virus is composed of very small particles, invisible to the naked eye. The transmission of the virus can take place through coughing, sneezing, singing and talking close to another person, or touching a person with a "contaminated hand".

How long can the virus last in air?

In a research laboratory, under controlled circumstances, the virus was found to be present for 3 hours but decreased in infectious elements during that time. A lab is **not** the real world- in the real world, it's doubtful the infectious particles last 3 hours in one place. The virus disperses into the air immediately and if you happen to be close, the virus may decide you're the winner of its new home by adhering to the mucous membranes in your nose or your skin.

What can I do to prevent getting the Covid 19 virus?

Right now, one of the most important ways to prevent this virus is by physically distancing yourself from other people. We need to maintain 6 feet from others and stay home, if you are not an essential worker. Both physically distancing and staying home will limit exposure to persons who may unknowingly have the virus.

What about handwashing?

Handwashing is one of the best ways to protect yourself and your family from getting sick. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily

available, use an alcohol-based hand sanitizer with at least 60% alcohol. CDC recommends handwashing with soap and water for at least 20 seconds or, using alcohol-based hand sanitizer with at least 60% alcohol when soap and water are not available. These actions are part of [everyday preventive actions](#) individuals can take to slow the spread of respiratory diseases like COVID-19.

When washing hands, you can use plain soap or antibacterial soap. Plain To be effective against killing some types of germs, [hand sanitizers](#) need to have a strength of at least 60% alcohol and be used when hands are not visibly dirty or greasy.

Do not rely on "Do It Yourself" or "DIY" recipes based solely on essential oils or formulated without correct compounding practices. CDC

Can I bring the virus home with me?

Yes, you can bring the virus home with you on your hands, face and nose. Our hands touch our face, our nose and many items during the day while we carry out our lives. Our hands are so useful to us yet, are such a carrier of bacteria and viruses. Follow handwashing guidelines.

It is also useful to leave your shoes at the door when you enter your home or apartment. Hang up your coat or jacket and then make a habit of washing your hands.

I've heard that the virus stays on cardboard, paper, copper, plastic and stainless steel for a long time. Is that true?

The Covid 19 virus is a rather hearty virus and its properties include a sticky surface that makes adherence in the nose very likely and possibly to surfaces as well. The CDC states that while "it may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads". Further, the CDC notes, "In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from food products or packaging that are shipped over a period of days or weeks at ambient, refrigerated, or frozen temperatures.

A group of researchers/scientists from the National Institute of Allergy & Infectious Disease (in Hamilton, Montana), UCLA, and Princeton tested the Covid 19 virus on a variety of surfaces **in their labs** and reported their findings in a letter to the editor of the New England Journal of Medicine on 3/17/20. A spray or aerosol of Covid 19 had a great reduction of infectious titer over the 3 hour experiment. **Under research conditions**, they noted no living virus after 24 hours on cardboard, and no living virus after 4 hours on copper. The researchers applied the Covid 19 to both plastic and stainless steel and found that the virus was detected on plastic up to 72 hours and stainless steel up to 48 hours, although in greatly reduced amounts.

How does this research apply to me?

While the CDC guidance notes a low risk to touching surfaces, it may be wise to following these general guidelines until more research is done.

At home:

- Wash your hands after entering your home.

- Wash your hands after handling mail, packages or grocery items.

- Leave the mail alone for 24 hours and then open it.

- To be extra careful, you could leave cardboard boxes or shipments alone for 24 hours or you could consider wiping them down with a disinfectant and then opening them.

- Again, if you want to extra careful, use a disinfectant to wipe down plastic containers.

- Advice from the CDC for keeping bacteria and virus at ebb is "

Clean and disinfect frequently touched surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them using detergent or soap and water prior to disinfection. To disinfect, most common EPA-registered household disinfectants will work. See CDC's recommendations [for household cleaning and disinfection](#)

In the car:

- Wipe the steering wheel with alcohol or another cleansing agent recommended by your car manufacturer.

- Do handwashing or use a sanitizer after using your car.

While out shopping:

Cleanse the shopping cart handle with a cleansing wipe provided by the store or your own. If you use your own wipe, dispose of the wipe in the trash receptacle.

If you use gloves, dispose of the used gloves in a trash receptacle, not the cart.

If you are 70 years or older, please wear a mask and shop during the older adult shopping time periods.

I can't find any disinfectant like Clorox, Lysol or hand sanitizer anywhere. What should I do?

Handwashing with soap and water is really the cornerstone of hygiene. You don't need antibacterial soap to do handwashing.

You can make your own disinfectant by using only water with bleach. It is important that you make the solution in a well ventilated area- open the window. The basic formula is 4 teaspoons of bleach to 1 quart of water or 1/3 cup of bleach to 1 gallon of water. CDC

Please note that bleach can degrade stainless steel.

In general you can clean your cell phone with alcohol or an alcohol wipe.

What if I'm the caregiver to a person with Covid 19?

Please get in touch with Carole Smyth NP for very specific directions.

Reliable Resources on Covid 19:

Coronavirus. gov - the scientists approve

The New York Times: Science Section: You've Got Mail. Will You Get Sick From It? 3/31/20, pD8/

References used for this :

CDC .gov accessed 3/30/20

Coronavirus.gov - accessed 3/30/20

Rubin, E. MD & Baden, L. MD. Podcast : Practical Measures to Prevent Covid-19. on NEJM website 3/25/20. Accessed on 3/30/20.

Van Doremalen, N. PhD et al. Letter to the Editor: Aerosol & Surface Stability of SARS-CoV-2; NEJM March 17, 2020; DOI: 10.1056/NEJMc2004973.

Our First Online Services

Photos by Tadej Adeyemi-Znidarcic



Our mission: To love God with all our heart, and mind, and soul, and strength;
and to love our neighbors as ourselves

**MAMARONECK
UNITED
METHODIST
CHURCH**

546 East Boston Post Road
Mamaroneck, New York 10543
Phone: 914-698-4343

Pastor Karen Burger
karen@mamaroneckumc.org
Amanda Bruno
office@mamaroneckumc.org

Flower Photos Courtesy
of Carole Smyth

To reach the Church
Office during this time,
Please email:
office@mamaroneck
umc.org

Mamaroneck Food Delivery March 13

