



# The Messenger

May 2020

**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

## *Letter From Pastor Karen*

Dear Mamaroneck UMC Friends:

As we adjust to the new ways of doing things during this pandemic, I am reminded of the journey of the Israelites as chronicled in the Hebrew Scriptures/Old Testament and how varied it was. The covenant people of God faced many challenges. Times of drought, when sources of water were seen as miraculous, such as when Moses struck the rock at Horeb (Exodus 17:6). Times of hunger when manna from heaven was an amazing gift, although the people did not handle the gift as instructed (Exodus 16). Times of doubt and confusion when life got harder as they left Egypt and travelled through the Wilderness, having to trust that Moses was hearing from God about what lay on the other side (Exodus 14:11, Numbers 21:5).

Even before the Exodus and the 40 years in the Wilderness, the people of God had to work together in their families and tribes in order to survive. They were interdependent with each other and the land and the weather conditions.

And yet, our lives are not easy either. We have our own challenges and struggles. We may battle anxiety or depression or we may have tension in personal relationships or battle loneliness, particularly during this time of distancing. We may have financial struggles that we find it hard to talk about with others, or seek help for, or we may have a substance use disorder or have a loved one who suffers in one of these ways. As a nation, we are discovering the gaps in our systems of care and healthcare and ways we are challenged to improve as we move forward. All of this can be overwhelming.

I encourage you to reach out if you need or want to talk through a challenge. My cell phone is (845) 542-3322. I also receive texts. We too are part of a tribe, the tribe of people called United Methodists. And we need to stay united as we move through this Wilderness together. And stay grounded in Scripture for spiritual strength. We will help you do that in various ways.

In faith,

Pastor Karen Burger

*May Birthdays*

- 2 Eli Goodwin
- 2 Cohen Wintermantel
- 2 Oliver Wintermantel
- 3 Lynne Allen
- 3 Camryn Sullivan
- 6 C.J. Harp
- 7 Jeff Colangelo
- 9 Florence Moraes
- 10 David Barney
- 10 Sandy Hobbs
- 13 Wilson Cauley
- 13 Debbie Libero
- 14 Ursula Rhoads
- 17 Samantha Lyon
- 17 Sherry Connor
- 17 Bill Jennings
- 19 Gerri Connor
- 19 Eleanor Moraes
- 20 James Barney
- 21 Alyson Abbatantono
- 23 Paula Conforti
- 27 David Barney Jr.
- 27 Pearl Lim

*If we missed your May birthday, please call the church office so that we may put the date on our list.*

*In Our Prayers*

- Families of those recently called home to heaven: Rafael Camerini-Davalos, Scott Amrhein, Alyssa Pantilieris, Barbara Wilson, Paulette Dresser, Charlotte Smith's daughter-in-law-Jenn, Cookie Genovese DelGardo, Rev. Robert Matthews (Pastor Karen's uncle). May their souls rest in peace, and may their families and friends find comfort in God and loved ones.
- Bill Winter – for good health and healing from bronchitis and fatigue
- Barbara B.-for healing.
- Mary Lou – Eileen Humphrey' sister, for healing
- Linda-Sister of Eileen's friend who has cancer
- Rev. Marv Henk – for continued healing from Covid-19 complications, improving daily, now out of ICU
- Donna-praises for healing
- All those with cancer
- All those diagnosed with Covid 19 and those on the medical front lines and all who are risking themselves to keep essential services flowing in our nation
- Global community as we seek a vaccine and better understanding of how to overcome this pandemic

## Online Worship

### **Online Sunday Worship on Zoom:**

Please join us for worship every Sunday at 10 a.m. We now have a meeting id and password that will be the **same** for every Sunday and here is the information, which **will also be posted on our website** ( <http://www.mamaroneckumc.org> ) for your convenience:

Join Zoom Meeting

<https://zoom.us/j/95442596976?pwd=Y0lOQTNIaDlCOEF5bDFlcHBHaHJ3QT09>

Meeting ID: 954 4259 6976

Password: 023340

One tap mobile

+1 646 558 8656,,95442596976#,,#023340# US (New York)

+1 312 626 6799,,95442596976#,,#023340# US (Chicago)

Dial by your location

+1 646 558 8656 US (New York)

+1 312 626 6799 US (Chicago)

+1 253 215 8782 US

+1 301 715 8592 US

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

Meeting ID: 954 4259 6976

Password: 023340

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

**Zoom worship allows us to interact in a virtual coffee hour after the service and to see each other's faces and hear each other's voices, a wonderful blessing! Give it a try if you have not already.**

**Other Ways to Worship On Sundays:** We will continue to send out the sermon weekly by email and special music and videos also from time to time. You can also access all of our past services taped by Michael Hochhauser by going to YouTube.com and searching under "Mamaroneck United Methodist Church." Of course, we would prefer to have you join us on Zoom by audio or the video link, but this is another way to access worship materials for your home devotions that can also supplement what we do together. Thank you to Michael for his dedication in videotaping and to his assistant Richie LaPolla who has helped as well each week!

## More Ways to Connect Online

### **Lunch and Learn Bible Study on Zoom:**

On Thursdays at noon, we will have Bible Study for any who want to bring their lunch and study with us. The Bible Study will be on a different Psalm each week. The Psalms are wonderful for helping us connect with the experience of the ancient Israelites and our own emotions and spirituality. Here is the information to join us which will be the same each Thursday for as long as the series lasts:

Join Zoom Meeting

<https://zoom.us/j/93237050095?pwd=Ung3ZjVtNzBOK2kwUTRrREw0ZEhtdz09>

Meeting ID: 932 3705 0095

Password: 017446

One tap mobile

+16465588656,,93237050095#,,#017446# US (New York)

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US

+1 253 215 8782 US

Meeting ID: 932 3705 0095

Password: 017446

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

### **Tuesday Night Zoom for Check-In and Prayer:**

Join us each Tuesday at 7 p.m. to share how you are doing and lift up prayer concerns together. We will finish at 8:00 p.m. or you can come for part of the time. We prefer you join us at the start of the meeting but you can drop in when you are free. Here is the information which will allow you access each week:

Join Zoom Meeting

<https://zoom.us/j/98503073022?pwd=cDIscGpBRDFPVitrTDhCY0t6TDFKQT09>

Meeting ID: 985 0307 3022

Password: 027477

One tap mobile

+16465588656,,98503073022#,,#027477# US (New York)

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US

Meeting ID: 985 0307 3022

Password: 027477

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

## Abundant Health

**While a famous book highlights a story "Love In the Time of Cholera", we might wish our "Time in Covid-19" was only in a book. Those of us who are "essential workers" are able to escape our homes to other worlds, but mostly everyone is trying hard to do the right thing and stay home. In some ways, it's like being Bill Murray in "Groundhog Day", every day seems the same. For others, it means being alone and having contact with the world through a phone or computer and at times, through a mask outside, at a distance. It is times like these when people consider ways to cope with stress, anxiety, economic or food insecurity and isolation, some good ways and some not so good.**

**John Wesley began our Methodist spiritual journey by spreading the Word of the Bible and also advocating for an alcohol free life. For those who struggle with alcohol and other substance abuse, today's stressors can trigger the desire to drink alcohol or use other substances to cope. The pain of isolation or depression may be reduced for a short time, but alcohol or other substance abuse will not resolve the feelings but may worsen those feelings.**

**If you're a person who benefited greatly from in person support with a group before Covid 19 appeared with its social distancing, then you might be feeling lost and greatly tempted to resume alcohol or substance abuse. That in person support has been a mainstay in self care. What options do you and others have at this time? Recall that many support groups are built on a 12 step program that has a "buddy" system within the structure. While you can't meet in person, you can contact your buddy to talk it out. For those of you without prior group experience, New York State has established an Office of Addiction and Recovery. The HOPE line is open 24/7, 1-877-8 HOPENY or text 467369. Also, there are online AA meetings. Call Intergrroup at (212)647-1680 or visit their webpage, [www.nyintergroup.org](http://www.nyintergroup.org) for more information.**

**In addition, there is another number on the sheet if you need to talk to a mental health professional. Many mental health professionals volunteered to help with the call center during our Covid 19 time period so that no one would be without emotional support when they need it. Pastor Karen and I have contacts to other local services that are available during this time. It's always a good thing to reach out, you're not alone.**

Addiction treatment and recovery services continue to be available during the COVID-19 pandemic.



If you or someone you know is struggling with addiction to alcohol, drugs, or gambling, the New York State Office of Addiction Services and Supports continues to provide programs and help.

Whether you need to talk or are worried that you will go into withdrawal or relapse, the OASAS addiction treatment and recovery services are available for you.



Programs all around NY are offering services through telehealth – help over the phone or through videochat. Call First! Resources are listed below.



Over the phone programs can offer: counseling, family services, peer and recovery support services.



Many centers can provide or connect you to a provider who can prescribe medication for addiction. [oasas.ny.gov/treatment](http://oasas.ny.gov/treatment)



**FOR INSURANCE RIGHTS AND QUESTIONS**, call the NYS Behavioral Health Ombudsman Office (Community Health Access to Addiction and Mental Healthcare Project - CHAMP)



**888-614-5400**

Email: [ombuds@oasas.ny.gov](mailto:ombuds@oasas.ny.gov)

**CALL THE NY STATE COVID-19 EMOTIONAL SUPPORT HELPLINE** If you are experiencing anxiety, stress, or depression during the coronavirus emergency.



**844-863-9314**

To find a provider go to: [FindAddictionTreatment.ny.gov](http://FindAddictionTreatment.ny.gov)

Contact New York State's Hopeline to find help and resources: Call: 1-877-846-7369. Text: 467369.

To find a recovery center or open access center: [oasas.ny.gov/support-services](http://oasas.ny.gov/support-services)

You are not alone. Help is here.

## *Outreach Committee News*

The Outreach Committee has changed in many important ways since mid-March. Our committee members are scattered and as an older, higher risk group of people, many members have done the right thing- isolating in far off lands of Montserrat, Alabama and here in Mamaroneck. So, rather than the committee per se, I'd like to highlight the members of our Church who have responded to a variety of volunteer opportunities for outreach into our community. Collaborating with St. John's in Larchmont and other faith groups in Larchmont and Mamaroneck, MUMC members have been delivering bags of nonperishable foods to three local schools on Thursday mornings. Students who participate in the school breakfast/lunch program have been able to pick up these additional bags twice weekly. A huge thank you goes to Karen Johnson, Joanna Lord, Bruce Meighan, Kate Beeby and Pastor Karen for their participation. Another volunteer effort has centered on providing food and supplies to needy residents of Mamaroneck. Bruce Meighan has filled an important and essential role in coordinating manpower to put together 600 bags of food for people at the Larchmont-Mamaroneck Food Pantry in mid- April. An integral part of the Food Pantry team, Bruce has been responsible for gathering needed supplies so that the donation site would be safe for all volunteers.

Amy Brelia has prepared chicken soup for shut-ins. Myrna Piccora has called to check on people in our Church and gifted others with groceries. I know many other people in our church have done likewise- grocery shopping, mailing letters, phone calls for those older than ourselves who are staying at home. Drop Pastor Karen or me a line about your volunteering so we can recognize the "good neighbor" in all of you! Usually at this time of year, the Outreach Committee has had at least one fund-raiser for the church or another non-profit agency in our community. If you have ideas of a fund-raiser that can be done online or by Zoom, let me know. In the meantime, I invite you to donate to any of the following local non-profit agencies:

1. St. John's Church for Food Emergency Support- you can pay by check or online via PayPal at [stjohnslarchmont.org/food-emergency-support-donation-page/](http://stjohnslarchmont.org/food-emergency-support-donation-page/).
2. Larchmont-Mamaroneck Food Pantry: monetary donations to help purchase foods.
3. Community Resource Center- needs monetary donations or supplies such as intact boxes of gloves, packages of toilet paper, intact Tylenol, intact packages of paper towels among other things.

Thank you, Carole Smyth

## **Online Open Mikes, May 8 and May 22, 7:00 p.m**

Have a spoken word piece that is 4 minutes or less, a poem, a song you sing, an instrument you play, a comedy sketch or a favorite piece by another author to read? Join us on Fridays, May 8 and May 22 for an Open Mike via Zoom. Sign up in advance with Pastor Karen so we can see how it is shaping up. Those who sign up in advance will have the opportunity to perform first. All are welcome from church and community! Family friendly, children welcome and encouraged to perform.

## Offerings for MUMC Children and Youth...

SINCE THIS CORONAVIRUS IS KEEPING US APART, PASTOR KAREN, SUNDAY SCHOOL TEACHERS AND I HAVE WORKED WITH MUMC'S CHILDREN AND YOUTH, ALONG WITH THEIR PARENTS, TO FIGURE OUT THE BEST WAYS TO SUPPORT OUR KIDS' SPIRITUAL GROWTH AND DEVELOPMENT, TO OFFER OPPORTUNITIES FOR COMMUNITY, AND TO SIMPLY ENJOY EACH OTHER'S COMPANY IN THESE STRANGE CIRCUMSTANCES. OVER THE PAST MONTH, WE'VE MADE RESURRECTION BUTTERFLIES, WE'VE GOTTEN TO SEE COUSINS WHO LIVE FAR AWAY, WE'VE HAD YOUTHFUL LECTORS READ SCRIPTURE IN OUR ZOOM SERVICES, WE'VE EVEN BROKEN BREAD TOGETHER. WE'VE COME TO UNDERSTAND THAT, TOGETHER, WE ARE THE CHURCH, EVEN WHEN WE MUST BE APART.

AS LONG AS WE MUST REMAIN APART, WE PLAN TO OFFER THE KIDS A SHORT SUNDAY SAMPLER EACH WEEK. ONE WEEK THIS MIGHT BE AN INFORMAL CATCH-UP, OTHER TIMES FOR A BIBLE STORY, OR SOME SORT OF ART OR LEGO PROJECT OR GAME, TO HELP STRENGTHEN OUR ROOTS IN FAITH, AND IN OUR COMMUNITY. PLEASE ENCOURAGE YOUR CHILDREN, GRANDCHILDREN AND FRIENDS TO JOIN US ON ZOOM SO WE CAN BE TOGETHER, EVEN WHEN WE ARE APART. HERE'S THE LINK: [HTTPS://US02WEB.ZOOM.US/J/82885032529?PWD=VFOVV3ZINDU4OWN0OSTHMFBPZGFSQT09](https://us02web.zoom.us/j/82885032529?pwd=VFOVV3ZINDU4OWN0OSTHMFBPZGFSQT09)

IN ADDITION, PLEASE FOLLOW MUMC FAMILIES ON FACEBOOK FOR PLANS AND IDEAS FOR FOSTERING FAITH AT HOME. THERE YOU WILL FIND PROJECTS FOR MAKING YOUR OWN HOME ALTAR WITH THINGS YOU FIND AROUND YOUR HOME AND YARD, INFORMATION ABOUT RESURRECTION BUTTERFLIES, HOW TO MAKE A MAP OF THE PLACES YOU LOVE AND MISS, AND LOTS MORE! HERE'S THE FB LINK: [HTTPS://WWW.FACEBOOK.COM/MAMARONECKUNITEDMETHODISTCHURCH/?MODAL=ADMIN\\_TODO\\_TOUR](https://www.facebook.com/MAMARONECKUNITEDMETHODISTCHURCH/?modal=admin_todo_tour)

QUESTIONS, SUGGESTIONS? PLEASE BE IN TOUCH. AND KNOW THAT MY PRAYERS ARE WITH THE MUMC FAMILY AT THIS CHALLENGING TIME.

KATE BEEBY  
DIRECTOR, CHILDREN'S CHRISTIAN FORMATION  
KATEBEEBY@OPTONLINE.NET





# May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 10:00 ZOOM- Communion Service	4	5 7:00 pm. Zoom Check-in and Prayer	6	7 12 - 1p.m. Zoom Bible Study	8 7 :00p.m. Zoom Open Mike	9
10 Mother's Day 10:00 A.M. Zoom Wor- ship	11	12 7:00 pm. Zoom Check-in and Prayer	13	14 12 - 1p.m. Zoom Bible Study	15	16
17 10:00 A.M. Zoom Wor- ship	18	19 7:00 pm. Zoom Check-in and Prayer	20	21 12 - 1p.m. Zoom Bible Study	22 7 :00p.m. Zoom Open Mike	23
24 10:00 A.M. Zoom Wor- ship	25 MEMORIAL DAY	26 7:00 pm. Zoom Check-in and Prayer	27	28 12 - 1p.m. Zoom Bible Study	29	30
31 10:00 A.M. Zoom Wor- ship						

## FROM THE TRUSTEES

During this “pause” in our life together, the Trustees have continued to be active in the management of our buildings and property. The renovation of the Nursery School continues (see pictures) and good progress is being made. In the church house meeting room, with the space not in use, we have been able to correct an existing water problem in several places on the outside wall. Painting has also been done giving the room a fresh look.

During this time of reduced income, the Trustees have sought ways for the church to save money. As we reported last month, heat in the LCP, sanctuary and education building was turned off in mid-March. Now with the arrival of spring we have cut back on the frequency of mowing the lawns. Think of it as what we are all experiencing. Unable to go to the barber or hair salon we all have longer hair. (Do you have flashbacks to the hair lengths of the 60’s?) The grass will just have to do the same.

By now you should have received your first quarter financial statement. Now more than ever MUMC needs your regular contributions. The act of giving is an act of faith in God. It is a form of gratitude. We can rejoice in knowing our giving is doing good in the world beyond ourselves. Shakespeare wrote, “Things won are done, joy’s soul lies in the doing.” When we give of our time, presence, gifts and service, we feel like we’re part of something bigger than ourselves. It is therapeutic. So take time to look over your statement. Let’s challenge each other to bring our pledges current if they are behind. Think of the difference it would make if each of us reached 100% of what we intended. It would be a cause for celebration. Virtually of course!

We have heard much in the news lately about all types of displays of thanksgiving and gratitude for essential workers. And rightly so. Without those who risk their own well being to serve others our situation would be beyond dire. In our faith community at MUMC in our own small way we have essential workers. Our amazing staff has worked faithfully to bring us virtual worship (along with those who share their talents to make it happen), Bible study, and leading us in prayer for members and friends. The office is functioning and keeping current with the business of running the church. Thank you Amanda ! Our essential workers also include those who have been delivering food and meals for schoolchildren. It is those who make a friendly call to check on a friend, deliver groceries to someone who can’t get out or simply offer prayers for the sick and those who have suffered a loss. Essential people are those who continue their financial giving to MUMC. The truth is we are a faith community, who each in our own small way, are essential people in the eyes of the Lord. And that is something to be thankful for. Thanks be to God for essential people!

# MAMARONECK UNITED METHODIST CHURCH

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Mamaroneck, New York 10543  
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Pastor Karen Burger  
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## Nursery School Construction



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