



New Milford United Methodist Church

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January 2015

Pastor's Message

New Year's Resolutions, Or, Things I Learned While in Brazil

Just last week I returned from a week-long jaunt in Brazil. I learned a lot while I was there. I learned that—based upon the sunburn I received—that my hair is thinning at a much greater rate than I ever previously imagined. I learned that near-equatorial sun works its magic even when you are basically under cover, so that you can even get sunburned in the shade.

I also learned about some of the New Year's traditions in Rio de Janeiro. On New Year's Eve, folks will build miniature shrines on the beach of lit candles and tropical flowers in the hopes that their prayers for their hopes and dreams for the New Year will be heard. Some build miniature boats decorated with candles and flowers that they wade into the water to launch, launching their hopes and dreams for the New Year as well. Still others cast flowers into the ocean.

For those of you who dismiss this as mere superstition I ask this: Did you eat your black-eyed peas for good luck on New Year's Day? I know that was at least one tradition in the South when I lived in Texas (it may be one in the North as well). My own family of Dutch origin would always eat pork chops and sauerkraut on the first of the year. All things considered, I'll take the flowers and the shrines and the boats.

Rio's New Year's resolution tradition got me thinking. How have you launched your hopes and dreams for 2015? So I was thinking—while still in Rio—that I'd lock up this newsletter article assignment with a challenge to make some resolutions. Pretty old tried-and-true stuff, when you think about it. This was the stuff of great newsletter articles.

Yes, just when I thought I'd had my newsletter article practically written, I was convicted on my way to the airport. You see, I was thinking in the back of my mind that I needed to make some resolutions. Our cab driver pulled up to pick us up. And, after our luggage was secure I settled into my seat.

Or so I thought. For there, on the dashboard, was a well-worn book with curling and yellowing pages. Not just any book. This was the Bible. And when I considered that our cab driver, in his spare time between pickups, was spending his time with God's Word—and that I didn't spend nearly enough time in my spare time reading, studying, or just simply enjoying Scripture—I was convicted. I knew what my New Year's resolution had to be.

I, Paul Fleck, resolve in 2015 to engage daily with God's Word in reading, study, simple enjoyment, and prayer. Will you join me?

Peace and blessings,

Rev. Paul A. Fleck, Pastor

Church News

The Education Center Board Passes Along Thanks!

The Education Center Board of Directors and everyone at the New Milford United Methodist Church pass along thank to Jennifer Pennucci as she has wrapped up her time as the Center's Director. December 31 was her last day. She has taken the center back to a thriving, vibrant and exciting place for parents to entrust their children to be taught and nurtured each and every day.

Jennifer will still be trusting the center with her daughter from time to time. If you see Jen or have a chance to drop her a note on Facebook or e-mail, please thank her and wish her well in her new challenge.

With utmost appreciation,
Steve Kolitz

the Education Center

As many of you know, I will be leaving the Education Center to take on another challenging position at the end of December. I would like to take this opportunity to thank everyone who has been involved with supporting the Education Center through all of its transitions over the past three years.

I have proposed some crazy ideas but through it all everyone has always been there to cheer me on! For me, this has been one of my greatest professional challenges and I am lucky to have worked with such an amazing community of people. I am leaving the center in a much better place than when I started and I know it will continue to grow and flourish as time goes on because of this community. I feel very honored and extremely blessed to have had this opportunity three years ago. I would like to personally thank the Board of Directors for believing in me (too many people over the years to name, you know who you are).

Finally, I would like to thank Steve Kolitz for always standing strong on my behalf through every challenge and change we have experienced. Without you, my work would not have been possible.

Warmest Regards,
Jennifer Pennucci



NMUMC HELPED AND WILL HELP SANDY RECOVERY AGAIN

The devastation left by Super Storm Sandy, which occurred over 2 years ago, still exists. A great group worked on a church on November 29 and 30. There are still people living in conditions beyond belief and many not yet back in their homes. The Early Response Team (ERT) members of the New Milford United Methodist Church are scheduling another 1 day trip for Saturday, Feb. 7, 2015. At this time we are looking to collect names of people that would be interested in joining as part of a team to work this trip. To join the team, you DO NOT need to be a trained ERT to make the trip. There will be ERT trained members going to lead the efforts.

If you're interested, please contact either Steve Kolitz at sbkolitz@sbc-global.net or Tracie Nixon at tracie-nix@gmail.com. You may also include your name on the clipboard on the desk outside the Church office labeled SANDY RELIEF.

Thank you and we look forward to your joining in on a journey that will be rewarding for you as well as those we help.



Our Daily Bread

ODB would like to thank all of our members who have generously given food and other items to Our Daily Bread throughout the year. Each week we have shelves that are stocked with a variety of items so the clients can choose according to their needs. This supplements what we are allowed from the Connecticut Food Bank.

Our expansion is progressing very successfully. The new freezer, which was provided through our grant from the Union Savings Bank Foundation, has arrived and some much needed new shelving is almost complete. Look for a dedication date sometime after the New Year.

Many times we hear our clients say thanks and we want to pass their appreciation on to you.



January Birthdays:

Jan. 2 Jerry J.
 Jan. 4 Karen P.
 Jan. 8 Ed H., Amanda S.
 Jan. 12 Val K.
 Jan. 17 Steve K.
 Jan. 18 Laurie G.
 Jan. 19 Jennifer M.
 Jan. 21 Kimber M.
 Jan. 25 Rita I.
 Jan. 26 Sue P.
 Jan. 30 Joan H., Jenn M.

Attendance & Offerings

Nov. 30	104	\$2,160.83
Dec. 7	99	\$4,958.00
Dec. 14	107	\$3,389.25
Dec. 21	107	\$2,883.30
Monthly Giving		\$13,391
YTD Giving		\$171,299
YTD Giving		\$188,308
<i>(Budgeted)</i>		

Joys & Concerns

our prayers are with:

Art Carlson's brother-in-law, Sven, who is in Danbury Hospital and very ill.

Steve Bowers who is now on dialysis and has been added to the transplant list.

Anne Meehan's nephew, Scott, whose brain tumor was found to be malignant, but treatable.

Kimber's friend, Linda, who has health issues which postponed her surgery.

Roberta Buddle's niece, Cindy, who is undergoing chemotherapy.

Roberta Buddle's niece, Wendy (Cindy's sister), who had a double mastectomy.

Dorothy O'Rourke whose cancer has returned.

Glenn Knapp, who fell and broke his hip, and is recovering in Village Crest.

Laurel Partrick's cousin, Cynthia, is facing her third recurrence of cancer.

Emily Nixon's cousin, who has been diagnosed with cancer.

Steve and Adrienne Kern's friend, Steve, who has prostate cancer.

Marlene Davis' son, who is undergoing chemotherapy.

Kay Jones' niece, Sherri, whose cancer has returned.

Jan and Gene Parsons' friend, Brad, whose cancer has returned.

Sue Sterling's cousin, Mary, who has lung cancer.



Breast Cancer

How does Cancer begin? Normally, cells divide to form new cells when the body requires them. Cancer begins when new cells form when the body does not need them. The buildup of cells causes a mass of tissue that becomes a lump, growth or tumor.

The two types of tumors are called Benign or Malignant. A Benign Tumor is not cancerous. The tumor can be removed and will not grow back. A Malignant tumor is a tumor that is an abnormal growth or mass that is a threat to healthy tissue and organs. The Malignant tumor may be removable but the abnormal mass of tissue may grow again.

Breast Cancer is the most common form of cancer in women. Breast Cancer cells spread by breaking away from the breast tumor and travel via the blood vessels and lymph vessels to other parts of the body. The three types of cancer include Ductal Carcinoma, Lobular Carcinoma and a combination of Ductal and Lobular Carcinoma. Ductal Carcinoma is when the cancer begins in cells that line the breast duct. Lobule Carcinoma is when the cancer begins in the lobule of the breast. The combination of both Ductal and Lobular Cancer is the most uncommon form of Breast Cancer.

The type of Breast Cancer is determined by a Breast Biopsy. A Breast Biopsy is a removal of breast cells or tissue for examination. A Lymph Node Biopsy may be performed to determine if the cancer has spread to other parts of the body. Other tests to help determine the possibility of the spread of cancer include a CAT scan and an MRI. A CAT scan may be performed to determine if the cancer has spread to the lungs and/or liver. An MRI may also be performed to show spread of the disease of the abdomen, brain or chest. A Bone scan will show if the Cancer has spread to the bones. A PET scan will show the spread to other parts of the body.

The diagnosis, type and stage of cancer will help determine the treatment options. Treatments include Surgery, Radiation Therapy, Hormone Therapy, and Chemotherapy. The Surgical option is based on the size of tumor, the location of the tumor and the stage of the Breast Cancer. These criteria will be the determination between a modified mastectomy and a total mastectomy (removal of entire breast). Radiation therapy is another treatment option that utilizes high energy cells to attack cancer cells. Radiation Therapy only treats areas of the body that are affected by the cancer. Hormone therapy is a treatment option for cancer cells that contain hormone receptors. The Hormone therapy prevents the cancer cells from obtaining the hormones the cells need to grow. Chemotherapy utilizes drugs to kill the cancer cells. Chemotherapy can be utilized before or after surgery. All of these treatment options have side effects that need to be discussed with the physician prior to the start of any course of treatment for Breast Cancer. To decide on a treatment plan, the physician will decide the course of treatment based on the stage of cancer, type and the size of the tumor, the pts age and physical health. More than one treatment option may be included in the plan. The side effects of the treatment plan need to be discussed, so the patient knows what to expect.

During the course of treatment adequate nutrition is important to maintain energy and strength. Support from the health care team, social workers, clergy, counselors and support groups as well as family and friends are important.

Research in the treatment and cure for Breast Cancer is ongoing. Websites that provide helpful information are listed below.

For any concerns about Breast Health please seek information from your Primary Care Physician as soon as possible.

For information on our Parish Nurse Program, please contact

WEBSITES:

www.breastcancer.org

www.nationalbreastcancer.org

Information obtained from National Cancer Institute "What You Need To Know About Breast Cancer"

UPCOMING EVENTS

Something for Seniors

Join us on Wednesday, January 14, 2015, in Fellowship Hall, at 2 p.m. for "Something for Seniors." All seniors and Baby Boomers are invited. This will be a very casual get together to discuss topics that we face as we get older. If you have any questions, please contact Bonnie Knapp at 860-355-0559.

Spaghetti Supper

The next Spaghetti Suppers will be Saturday, January 10th at 5:00 p.m. in Fellowship Hall. Please join us for spaghetti with homemade meat sauce, (vegetarian or butter available upon request) plus salads, homemade desserts, and soft drink. If you would like to volunteer to assist or see what items need to be donated, please contact Bonnie Knapp at 860-355-0559.

Bowling

Family Bowling Night will be held Saturday, January 17th, at 7:15 p.m. at Lore's Lanes (145D Danbury Road, behind Goodwill). Please RSVP to Linda Slater at 860-354-6180 or lslater0256@yahoo.com no later than January 13th to ensure adequate lane space.

Family Game Night

Bring those games you received as Christmas gifts and join us for Family Game Night on Saturday, January 24th at 7:00 p.m. in Fellowship Hall. Each family is asked to bring a snack to share while we play. For more information contact Roxanne Martin at mrm189@att.net or 860-355-4118.

THANK YOU

Dear Pastor, Officers, and Members,
Thank you for welcoming me into your church and for the general contributions to Quality Foundations.

Toby A. Gbeh

Many thanks to everyone who contributed and helped with the Love Baskets and The Giving Tree this Christmas season. All those acts of kindness have made the Holidays all the more special for so many.

Patty Jacobson

Dear Church Family
Your thoughtfulness is deeply appreciated. I feel blessed to call you my good friends. God bless you always.

Love,
Dottie Stone

Dear Friends,
A hearty "Thank You" for the bag of Christmas Goodies that was brought to my door recently. It was full of surprises. My thanks also to Daisy Girl Scouts & Troop 40236 for the hand painted card and homemade gift. It was all very much appreciated. Have a Merry Christmas, you have all made mine brighter.

Art Carlson

Dear Basket Makers,
Thank you for my beautiful Love Basket and all the delicious goodies inside. Thanks also for all the other helpful items it contained. All the effort that went into my basket is greatly appreciated.

Thelma Neufeld

To the New Milford United Methodist Church Family,
Thank you so much for your prayers and thoughtful cards and encouragement.

Love to all,
Mary E. Gunther

I would like to thank the ladies who put this generous love basket together! So thoughtful! Cookies are just so delicious! Everything is just great.

Kitty Muro

Thank you so much for the "basket" of goodies. I've always loved the "giving" of the goodies and now enjoyed the "receiving" of the goodies.

Janet Schnitzler

I am so grateful for being included for the lovely, lovely Christmas Love Baskets. Everything is so delicious and thoughtful and Mike enjoys his so much, too! Thank you!
Carolyn Dion



**When it comes to the state of religion in American today,
“Whatever” seems to be where it’s at.**

So, you may ask, “On what shall I base my decisions? How do I determine what, if anything, is expected of me? What are the standards upon which I might rely?”

Presentations by and Conversations with

Reverend Paul Fleck, JD, MDiv, New Milford United Methodist Church
Reverend Jack Gilpin, St. John’s Episcopal Church
Rabbi Scott B. Saulson, PhD, Temple Shalom of New Milford

Wednesday, 11 February 2015
7:30 - 8:50 PM

Temple Shalom
122 Kent Road
860.354.0273

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