

# Elmer United Methodist Church



CHURCH OFFICE AND PETER'S PANTRY - 358-0135

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DAVID REPENNING, PASTOR

Date: FEBRUARY 2012



Dear Friends,

*"Ho, everyone who thirsts, come to the waters..." Isaiah 55:1*

Most of us at least have periods of our lives in which we thirst and hunger. Often we hunger and thirst without knowing what could satisfy our emptiness. We do risky behaviors, take trips, go shopping, collect more stuff or fill our lives with activity, seeking to satisfy the thirst of our souls. If we are fortunate enough to discover the real cause of our thirst, we find it is a spiritual thirst. Psalm 42 speaks of this longing:

*"As the deer pants for streams of water,  
so my souls pants for you, O God.  
My soul thirsts for God, for the living God.  
When can I go and meet with my God?"*

This year during Lent (Feb 22 – April 7) we will have the opportunity to discuss this problem in a small group study called **BIO, Quench Your Thirst for Life.**

As there was last year, we will have opportunities to participate in small groups. The groups have a small study guide to lead the discussions. The discussions revolve around short videos with some discussion and some dramas. This may also raise some questions for you to ponder on your own. Some people from Elmer United Methodist Church are also writing daily scripture meditations to go along with the study. Sunday morning worship will also cover related topics with the message, music and some drama to get across the point. Finally we will have a weekly fellowship supper Wednesday nights at 5:30.

Between now and February 22 we will be forming groups. Call Leah Bucolo (609-247-8828) about the groups. February 22 begins Lent with an Ash Wednesday Service at the Elmer Presbyterian Church (Their new pastor should have started by then). Groups will start on Sunday, February 26 and Fellowship Suppers start on Wednesday, February 29. We will end the last week of March and have a follow up supper and worship on April 4<sup>th</sup>.

I am looking forward to growing together as we share together in the BIO study.

Yours in Christ,  
Pastor Dave Repenning

<u>Attendance:</u>	<u>Early Service</u>	<u>Morning Worship</u>	<u>Sunday School</u>
Jan 12	15	70	23
Jan 8	16	110	40
Jan 15	19	106	44
Jan 22	16	95	36
Jan. 29	18	135	44

<u>Stewardship:</u>	<u>Church</u>	<u>Missions</u>	<u>S.School</u>
Jan 1	\$3,363.00	\$443.00	\$30.00
Jan 8	\$3,616.00	\$685.00	\$58.55
Jan 15	\$4,376.00	\$1,000.00	\$43.81
Jan 22	\$3,219.00	\$420.00	\$45.00
Jan. 29	\$4,188.00	\$530.00	\$45.00



February Birthdays  
Happy Birthday to All!!!



2nd	Evan Nolan & Mike Kortonick
3rd	Elaine Masters
4th	Dodie Collins & Dawn Montero
5th	Julie Wriggins
7th	Priscilla Ocasio-Jiménez
8th	Katie Cooke, Ed Fuller, III & Jessica Mottola
9th	Jillian Wriggins
10th	Luke Stemberger & Cyndi Nolan
11th	Diane Riddle
12th	Ed Pitman & Terry Both, III
13th	Brooke Fuller
14th	Brandie Guenther
15th	Madison Brown & Keely Milligan
17th	Cheyenne Riddle, Linda Jiménez & Tyler Irelan
18th	Dominic Hall
19th	Drew Dilks & Herb Stiles
22nd	David Bramell, Marc Adams & Delaney Chapman
23rd	Doug Cooper
24th	Bette Ann Kulig & Joe Hall
25th	Ethel Dodge, Kathy Laury, Evan Pike & Todd Batten
27th	Bryce Priggemeier, Jr.

**The Adult Fellowship** will meet at 5:30pm on Monday, February 6<sup>th</sup> at the church to go out to dinner.

**An Inventory** of the Church, Parsonage, 23 Church Street and the Hangar must be completed by the end of February. If you have borrowed anything, please return it by the 1st of February in order to have an accurate accounting. If you have personal dishes, etc. in the kitchen or elsewhere in the buildings, please label or remove them.

Thank you,  
The Trustees

## Missions Report



**Global Partners**  
**Ken and Dawn Bishop**  
**PO Box 6894**  
**Albuquerque, NM 87197**  
[kadbishop@yahoo.com](mailto:kadbishop@yahoo.com)

Ken and Dawn Bishop are Missionaries serving our Lord in Albania. Dawn home schools their three children, Eva, Joshua and Stephen. Eva has been taking college courses in preparation for studies she will begin at Judson University in Illinois this fall. The university is 50 miles northwest of Chicago and is the only Christian school offering Architecture through a Master's Degree. She will minor in Youth Ministry. She will attend a special class for international students in order to help her become acclimated to our American culture prior to entering the university.

Joshua is 15 and Stephen is 12. Joshua is proud of the fact that he is taller than his father who is 6'1" tall. He collects miscellaneous metal for money with a metal detector which was a gift from his grandparents, Anita and Ed Perry of Florida. Stephen is an avid reader and loves animals. Anita and Ed Perry are looking forward to visiting the Bishop family in April.

Ken and Dawn live in the slums of Albania. Their home is far below the standards we are accustomed to in the United States. Their home is made out of block and has little heat, the kitchen has room for only one person at a time. The home has two bedrooms, a living room and one and one half baths. One of the so called bathrooms is a hole in the floor which emits foul odors.

The area where they reside has open sewage canals in the streets and all of the drinking water is polluted. If the water is consumed it causes severe intestinal distress, therefore everyone chooses to drink coffee or tea which must be made with boiled water.

Albania does not get snow; their weather is comparable to Atlanta in the US. Their homes are not insulated and interior temperatures are often colder than temperatures on the outside. The people dress in layers of clothing for warmth.

The Albanian people are amazed that since Dawn is an only child, that her parents would allow her to serve as a missionary. Their culture dictates that if they are an only child that they must remain in the home of their parents and must take care of them. In Albania family is everything. Dawn's reply was that her parents knew God and God would take care of her.

Dawn had surgery on both of her legs in Vienna last summer and is completely rehabilitated.

Dawn Perry Bishop is the daughter of Anita Harz Perry and Ed Perry, and is the niece of Fred (Fritz) and Joan Harz of Elmer. The Bishop family is supported in part, by Elmer UMC's Mission budget.

Submitted by Al-Jo Voeckler  
Missions Committee

## Youth Schedule

### Middlers

 **Baking Valentines and Deliver** 

4pm Sunday, February 12<sup>th</sup>

Meet at the Church

### Bowling

Sunday, February 26<sup>th</sup>

(Rescheduled from Jan. 29<sup>th</sup>)

Meet at the Hangar at 4pm and please bring \$10 for McDonalds, bowling and shoe rental.

### Junior High

**Gym Night and Bible Study at the Hangar**

5:30-7pm Sundays, February 5, 12, 19 & 26

### Senior High

**Gym Night and Bible Studies at the Hangar**

7-8:30pm Sundays, February 5, 12, 19 & 26

### **Annual Youth Fundraising Day**

**Benefits all youth groups** 

**6:30-8:30pm Friday, February 17<sup>th</sup>**

**9am-12noon Saturday, February 18<sup>th</sup>**

### **Yard, Sub & Soup Sale**

If you would be willing to make soup to sell, please see Kathy Laury. So far we have Lentil, Chicken Noodle, Vegetable and Potato. Place your order with Kathy: 609-352-3304



**HEALTHCARE MINISTRIES:  
THE HEALTH PROS AND CONS  
OF COFFEE**

It seems that more and more studies are reporting health benefits from drinking coffee. Moderate coffee drinking--between one and five cups daily--may help reduce the risk of dementia, Alzheimer's disease, as well as Parkinson's disease. Coffee's antioxidants may prevent some damage to brain cells and boost the effects of neurotransmitters involved in cognitive function. Some researchers say that as coffee or tea intake rises, the incidence of glioma, a form of brain cancer, tends to drop. Compounds in the brews could activate a DNA-repairing protein in cells, possibly preventing the DNA damage that can lead to cells becoming cancerous.

Studies link frequent coffee consumption with a lowered risk of developing type 2 diabetes. Some studies show that people who drink 1-3 cups of coffee a day have lower rates of stroke than non-coffee drinkers. The antioxidants may prevent inflammation's damaging effects on arteries. But drinking 5 or more cups a day is associated with higher heart disease risks. It appears that coffee lowers the incidence of cirrhosis and other liver diseases. It also inhibits cancer cells in the liver.

Coffee can be a sleep-stealer. It takes six hours for the caffeine to clear your system. It can also cause irritable jitters. You may need your coffee fix every day just to reach your baseline level of alertness.

Since caffeine can pass into breast milk, nursing moms should cut down if their babies are restless or irritable. Is it "safe for pregnant women to drink one cup of coffee a day?" There has been a lot of controversy over the possibility a high intake of coffee could increase the risk of miscarriage.

Boiled or unfiltered coffee contains higher levels of cafestol, a compound that can increase blood levels of LDL (bad cholesterol). Choose filtered methods instead, such as a drip coffee maker.

Coffee can be fattening when you add sugar and cream. Starbucks Grande sized coffee mocha with whipped cream has 400 calories. If a diabetic is having difficulty controlling his blood glucose, he might try decaf. Basically, the key is moderation. A Harvard study found that for the general population, evidence suggests that coffee drinking doesn't have any serious detrimental health effects. People think of coffee as only a vehicle for caffeine. It is a very complex beverage with hundreds of different compounds in it. If you would like to have more information write to the Harvard School of Public Health, 677 Huntington Ave., Boston, MA 02115 – or you could find [harvard.edu/nutritionsource/questions/coffee](http://harvard.edu/nutritionsource/questions/coffee) or other sources on the internet.

*"Glorify God in your body, and in your spirit, which are God's." I Cor. 6:20*

Bonnie Kanady, RN

**WEDNESDAY NITE OWWT**

As we experience the harsh, cold winter, let's remember the abandoned pets and strays at our local animal shelters. The shelters are experiencing serious needs due to the increase in animals they are caring for. Wednesday Nite Owwt is adopting animal shelters in the area.

Can you help by donating old/used blankets, comforters, towels, rugs or heating pads? The following items are desperately needed:

**Cleaning Supplies**

- Anti-bacterial hand soap (any type)
- Spray bottles (16 oz-22 oz)
- Bleach
- Dishwasher detergent (powder only)
- Laundry detergent

**Grooming**

- Clippers for dog & cat hair
- Nail clippers for cats & dogs
- NO FLEA/ TICK PRODUCTS
- Lint Brushes (disposable)

**Food Items**

- NO rawhide bones!
- Canned cat food with pull tops
- Guinea, hamster, ferret & gerbil food
- Iguana food
- Dog & cat treats
- Wild bird seed



**Animal Supplies**

- Safe dog and cat toys
- Rubber dog toys
- Catnip toys
- Kitty litter

**Miscellaneous**

- Old Newspapers
- Clothesline & pins (clip kind)
- Paper towels
- 8 X 10 tarp
- AA batteries

**A COLLECTION BOX** for items will be located in the Sunday School area in Fellowship Hall, at the back of the Sanctuary and at the Hangar.

Should you have any questions, please call Linda Thomas at 856-881-2631.