

INSIDE WORSHIP AUGUST 16, 2020!

9:15AM WORSHIP SERVICE IN SANCTUARY

ATTENDEES MUST BRING AND WEAR YOUR OWN MASKS



**St. Paul's United Methodist Church
205 Maryland Ave.
Cambridge, Maryland**

Invite a friend – Let's come together!

St. Paul's Newsletter

Sunday, August 16, 2020

Guided by God's love, our purpose is to make disciples of Jesus Christ through the Nurture, Outreach and Witness ministries, and to obey the commands of God.

If you have an e-mail address and would like to receive our newsletter electronically, please let us know at info@stpaulscambridge.com

2020 COMMITTEE & CONTACT INFORMATION

Pastor: Rev. Chris Pettit (pastor@stpaulscambridge.com)
Administrative Council Chairperson: Anne Murphy (awmurphy78@yahoo.com)
Board of Trustees Chairperson: Michelle Gregori (trustee@stpaulscambridge.com)
Finance Committee Chairperson: Fred Redmer (treasurer@stpaulscambridge.com)
Communications Team: communications@stpaulscambridge.com
Staff/Pastor-Parish Relations Committee Chairperson: Betsy Malkus
(betsy_malkus@yahoo.com)
Outreach Ministries: info@stpaulscambridge.com
Memorial Fund Chairperson - Scott Daniels (443-521-4577)
Membership Chairpersons: Toni Insley (info@stpaulscambridge.com)
Health Ministries Chairperson: Dot Bradshaw (443-225-5394)
United Methodist Men President: Don Kinnamon (410-463-1193)

Church Office Hours: Monday – Friday, 10 am – 2 pm

Pastor's Office Hours: Monday & Thursday – Other times by appointment

There is no house phone at the parsonage. To contact Pastor Chris, call 410-739-4364



Prayer List

Linda Andrews	Bryan & Leslie Moore	Ron Potter	Our Service Workers
Gail Ruark Mills	Lucy Willey	Robert Baur	Our Schools
Family of William "Jack" Abbott	Rita & Joe Harkins	Beth Hurley	Those needy
Becky Tall	Billy Wright	David Thomas, Sr.	Our pastors
Jane Robinson	Charlotte Willey	Verla Bowser	Our church
Cliff Pritchett	Pat Aaron	Nancy Kreek	
Bob & Betty Lloyd	Jesse Hurley	Marilyn Carr	
Robert Hodge	Phillip Rogers	Families	
		Unsaved loved ones	

If anyone would like a visit from clergy, please contact the church office.

Pecometh Sunday

By Pastor Chris

Last summer, I had the pleasure of serving as a SLC (Spiritual Life Coordinator) at Camp Pecometh – or as the kids decided to call us, Super Lame Cats. Pastor Gary Priddy (Rock Hall Charge), Pastor Rich Walton (Ewell's-St. Paul's) and I were responsible for leading daily Bible Studies and Worship for the campers. That week at Pecometh turned out to be one of my favorite ministry experiences I have had so far. To watch these children develop friendships, laugh, sing, and play while surrounded by loving counselors and staff, to help them overcome conflict when it naturally occurred and practice forgiveness, to cheer them on when they faced their fears during the high ropes course, to share with them the truth of scripture in a way that connected with this stage of their lives - all of it made for a special week. But the highlight of the week was, hands down, the sunset Galilean service. All the campers and counselors gather together at the outdoor chapel, a hillside seating area facing the Chester River, and hear the message of God's loves for them and His invitation into His family through faith in Jesus Christ. One of the most beautiful parts of the service is the lighting of candles by the campers, candles that are stuck onto aluminum dishes which are then floated onto the river (a boat is waiting to collect them when the service concludes). As these lights spread out on the water, the children are invited to meet with a SLC if so desired. I will never forget standing on the pier at Pecometh with a line of 20+ kids waiting to come and talk, confess, pray and receive Christ. God is so good.

One of the many unfortunate ways that the Coronavirus has disrupted life has been the cancelling of summer camp this year. While it is just one of many tragic losses attributed to this pandemic, I do grieve over what could have been and I pray for what will hopefully be again. In order to help support Pecometh during a very difficult season, I have invited Rev. Jack Shitama, Executive Director of Pecometh Ministries, to come and share a message with our church this Sunday, August 16th. I ask you to prayerfully consider bringing a financial gift with you this Sunday as we will be collecting a second offering for the camp. If you would like to give online, you may do so at:

<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E349984&id=10&cfid=2>

I also ask you to join me in prayer as we seek the Lord's favor in providing for this vital ministry and for an end to this global pandemic. Pray also for new ways in which we can offer life changing experiences today for our youth. God is certainly greater than our setbacks!



Rules for Entering Church Buildings

The Book of Discipline of the United Methodist Church, 2016 edition, charges the Board of Trustees with the supervision, oversight, and care of all property owned by the Church and shall develop a list of rules and conditions for entry into and continued presence in church facilities, following guidelines provided by the CDC, State and Local officials.

These are the rules and conditions that apply:

a. No person may enter church property if they are experiencing symptoms of COVID-19 or have experienced symptoms of COVID-19 within the past 72 hours. Such symptoms include, but are not limited to chills, shortness of breath, dry cough, sore throat, or a fever of 100.4 degrees or higher;

b. No person may enter church property if they know that they, in the past 14 days have been in contact with an individual who is either a presumed positive or has tested positive for COVID-19;

c. Any person who has been on church property and either (1) develops symptoms of COVID-19 within 14 days of their presence on church property or (2) learns that they have had contact with an individual who is either a presumed positive or has tested positive for COVID-19 and has been present on church property within 14 days after such contact must immediately notify one of the following: Pastor Pettit (pastorpettit@gmail.com), Michelle Gregori (trustee@stpaulscambridge.com), or Toni Insley (info@stpaulscambridge.com).

d. Every person on church property must regularly wash hands using CDC recommended hand washing procedures throughout their stay on church property or utilize liquid hand-sanitizer that is brought from home or provided by the church.

e. Every person on church property shall wear a mask or face covering at all times. Reasonable exceptions may be provided for small children and individuals with medical conditions whose doctors have advised against wearing a mask of face covering;

f. All individuals on church property shall comply with social distancing procedures, including but not limited to avoiding contact (i.e. handshaking, hugging, etc.) with and maintaining a 6 feet distance between themselves and individuals outside of their family or other individuals, with whom they reside;

g. All individuals on church property shall submit to have their temperature taken, **upon request**, to ensure that they do not have a temperature above 100.4 degrees.

In addition, if the state issues an emergency order, this will supersede any restriction listed above.



Backyard Meet & Greets



We are looking for 3-4 people to volunteer their backyards on Wednesdays in July to meet Pastor Chris Pettit. Gatherings of 15-20 people will allow Pastor Chris to get to know us more quickly. Social distancing and mask protocols will be in effect. Each gathering will take place from 5:30-7:30pm. Anyone interested can call Betsy Malkus at 410-330-3919.



NEED MEDICAL EQUIPMENT?

As many of you know, Health Ministries keeps a supply of donated medical equipment for loan to anyone within or outside the church. Available are wheelchairs, walkers, rollators, bedside commodes, shower chairs, crutches and a variety of small items, but nothing hydraulic, too heavy to get up the stairs, or difficult to clean like respiratory equipment.

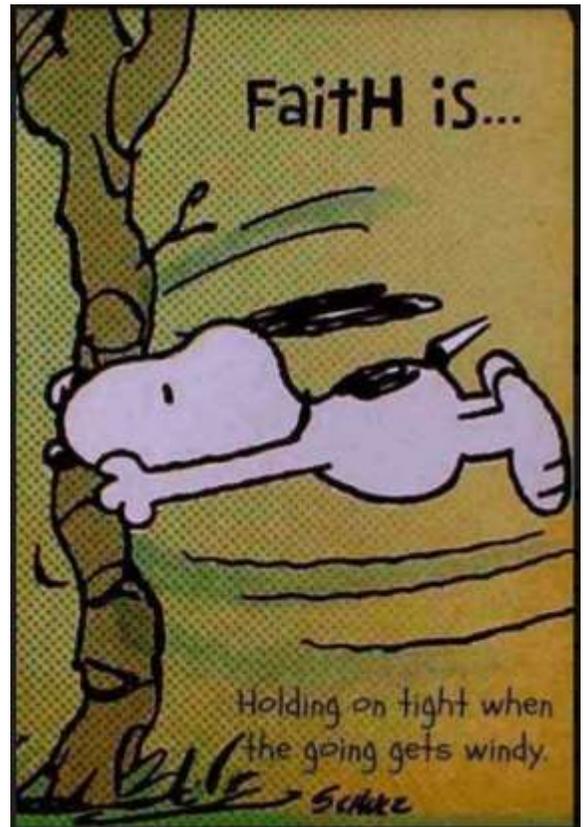
If you want to donate or borrow anything, please contact:

Judy Harding 410-463-4204
mrsweeble21613@gmail.com

Darcy Harding 410-463-1514

Jennifer Grier 410-829-3184

jennifer.grier@comcast.net



Health Ministry News

Health Tips: Things That Weaken Your Immune System

1. Too much sugar. Triggers inflammation, compromises immune system, implicated in heart disease, dementia, cancer.
2. Lack of sleep. Body can't make as many antibodies to fight infections, more susceptible to viruses, other germs.
3. Low vitamin D. Studies show increased susceptibility to COVID-19 when vitamin D levels low. D3 1000 IU-3000 IU recommended. Sunlight, eggs, fatty fish, fortified milk contain D.
4. Too few fruits and veggies. They help body make white blood cells which fight off infection.
5. High fat diet, as in fast foods. Oils can hinder germ-fighting white blood cells. They also upset the balance of healthy bacteria in the gut that can help the immune response.
6. Marijuana. Smoke from pot can inflame lungs, increase lung infections, make you more vulnerable to COVID-19.
7. Smoking. Nicotine from cigarettes, chewing tobacco weaken the immune system, as do the chemicals in vaping.
8. Too little time outdoors. Sunlight may energize T-cells that help fight infection. Many plants in the woods make phytoncides that, when breathed in, bolster the immune system.
9. Alcohol. Slows body's ability to fight germs up to 24 hours. Blunts body's ability to repair itself.
10. Lack of exercise. Regular aerobic exercise helps body fight viruses and bacteria. 30 minutes, 5 times a week recommended.

Source: WEBMD

AROUND OUR DISTRICT



On July 26, Pastor Rudy Draper and members of the Millington-Crumpton Charge walked through Millington praying, singing hymns, and sharing the Word. Great job everyone in sharing the Gospel of Jesus Christ.



BOLD Youth Ministry at St. Paul's UMC in Cambridge gather to deliver food within their community. Great job young people. Thank you for being the hands and feet of Jesus.



Pastor Joan Brooks celebrates her 1st pastoral anniversary at Hurlock UMC with ventriloquist Ken Huff and his 102 year old partner, Mr. Goodwood.



Breakfast on the Beach

Jesus said to them, "Come and have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord. John 21:12 (NIV)

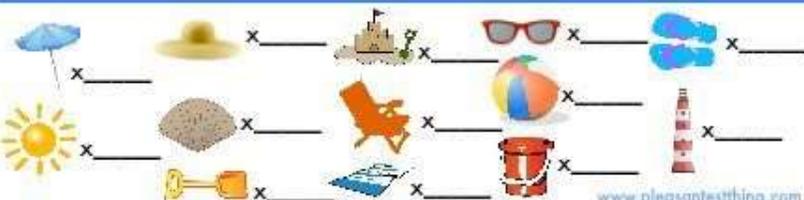
Based on John 21:1-14



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FIRE	BOAT	COALS	DISCIPLES	LORD
WATER	FISH	NET	PETER	SHORE
BREAKFAST	SEA	BREAD	FULL	JESUS

BEACH I SPY



www.pleasantestthing.com



Upcoming Calendar

16 8:45am Fellowship 9:15am Worship Service w/Holy Communion in Sanctuary Guest Speaker – Jack Shitama	17	18	19 5-6:30pm Pastor’s Meet & Greet	20 4:30pm SPRC Meeting in Fellowship Hall	21	22
23 8:45am Fellowship 9:15 am Worship Service w/Holy Communion in Sanctuary	24	25	26 6pm Joint Church Council Meeting w/Grace UMC in Fellowship Hall	27	28	29
30 8:45am Fellowship 9:15am Worship Service w/Holy Communion in Sanctuary	31	Sept. 1	2	3	4	5
6 8:45am Fellowship 9:15am Worship Service w/Holy Communion in Sanctuary	7 LABOR DAY Church Office Closed	8 6pm Trustees Meeting in Fellowship Hall	9	10	11 Relay For Life Event at Sailwinds	12 8am Food Pantry Registration in Sailwinds Parking Lot 9-11am Drive-Thru Food Pantry in St. Paul’s Parking Lot

Have a safe and blessed week!



www.facebook.com/stpaulsumcambridge