

INSIDE WORSHIP SEPTEMBER 13, 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, September 13, 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

Family of Bryan
Moore

Linda Andrews

Becky Tall

Jane Robinson

Cliff Pritchett

Bob & Betty Lloyd

Robert Hodge

Lucy Willey

Rita & Joe Harkins

Billy Wright

Charlotte Willey

Pat Aaron

Jesse Hurley

Phillip Rogers

Ron Potter

Robert Baur

Beth Hurley

David Thomas, Sr.

Verla Bowser

Nancy Kreek

Marilyn Carr

Families

Unsaved loved ones

Our Service Workers

Our Schools

Those needy

Our pastors

Our church

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

Everything CAN Change by Pastor Chris

It is a common conversation in the church. “I know things need to change, we can’t keep doing things the same way...this is how we’ve always done it...change is difficult” – and these arguments are usually followed by a laundry list of reasons why now is not the time. In reality, despite the list of excuses, it usually boils down to an unwillingness to let go and try something new. Something will be lost and we can’t get beyond that point to realize what could be gained.

It is the same in our lives. Are you satisfied where you are? Do things need to change in your marriage? In your family? Are there things you are struggling to overcome? Are you satisfied in your workplace? How is your spiritual life – are you moving forward? How’s your relationship with your church family?

If you asked me a year ago, “do things need to change?”, my answer would have been a resounding YES. But problems seemed too big, solutions seemed out of my control, and trying to figure out the next step was proving extremely difficult. I realized I needed to let go and trust the Lord to fight my battles for me. Today, I look around and can confidently say “Everything CAN change!”

Starting next week, you are invited to join with your brothers and sisters in the church and every day read a short chapter of the book “Everything Can Change in 40 Days” by Jean Watson. In her introduction, Jean writes, “I decided to try an experiment. What would happen if I lived like I really believed that the God who raised Jesus from the dead was dwelling inside my body? If the Spirit of the Lord was living in me all the time, my natural response would be to worship him...all the time. What would happen if I stopped trying to continually fix myself and simply lived a lifestyle of worship?”

*Spoiler alert: *Things change!* When we worship God with our whole lives, things change, and for the better! Imagine if we all committed to doing this together? Where would our church be in 40 days? Let go and let God!

Prayer Walk & 40 Day Journey of Transformation

Starting this September, Grace and St. Paul's UMC will embark on a journey of transformation as we seek to draw near to our Lord and to pray for discernment and new opportunities to reach our neighbors with the love of Christ.

We will start off with a 'Sanctuary to Sanctuary Prayer Walk' on Sunday, September 13th. The prayer walk will begin in the Grace UMC's sanctuary at **12:15pm** where we will gather and pray. Around **12:30**, *those who are able* will depart Grace and begin the Prayer Walk to St. Paul's Sanctuary. As they walk, they will pray for our neighbors and the spiritual awakening of Cambridge. Around **12:45**, all are invited to gather at St. Paul's Sanctuary where we will spend time in praying as a body. All are invited to take part in this time of prayer in person or from home.

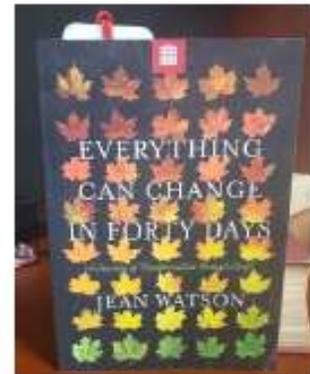
On **Monday, September 14th**, all who are interested will participate in a daily reading and reflection using the book "Everything Can Change in Forty Days" by Jean Watson.

Once a week, participants will be invited to meet virtually (via a ZOOM call) to discuss the week's readings and where they see God at work. This call will be offered both in the day and in the evening (details will be forthcoming).

On **Sunday, October 25th**, Jean Watson will speak and perform at St. Paul's and Grace as we celebrate in worship the God who transforms us into the likeness of Christ.

Jean's bio:

Jean Watson is an internationally acclaimed singer/songwriter, violinist, author, and speaker. During a time of great brokenness in her life, her landlord happened to hear her sing and donated the money to record her first CD. Since that time, Jean has had the privilege of sharing her music and story around the world, from prisons to homeless shelters to churches and concert halls. She has a particular heart for Ireland, where she hosts a daily inspirational radio broadcast on UCB Ireland.



REGISTER ONLINE OR LOOK FOR SIGN UP SHEETS – BOOKS WILL BE PROVIDED

<https://www.eventbrite.com/e/40-day-journey-of-transformation-tickets-117759272153>
(*\$10 Donation Accepted*)

September 13 th at 12:15pm	Sanctuary to Sanctuary Prayer Walk (starting at Grace)
September 14 th	Begin Reading "Everything Can Change in 40 Days"
October 25 th	Wrap Up Celebration with author/musician Jean Watson!



2020 New Room Conference

On Friday, September 25th, members and friends of Grace and St. Paul's UMC are invited to watch and participate in the **2020 New Room Conference at 7pm EST** - either from home or at St. Paul's fellowship hall. Registration is free - please go to newroomconference.com for more information and to register. You will be sent a link if you want to watch from home, or come to St. Paul's where we will be live-streaming the event for all who want to watch and worship together (social distance and masks required).

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 or 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.

Health Ministry News



HEALTH TIPS--ALLERGIES

- Keep windows in home and car closed to limit pollen entering.
- Drink adequate water to keep mucous membranes moist and protect against infection.
- Use a humidifier, especially during sleeping hours.
- Use salt water in a neti pot to wash away allergens and mucus, reduce post-nasal drip.
- Eat a variety of fruits and vegetables--contain carotenoids to defend against allergic response.
- Check with physician about over-the-counter antihistamines.

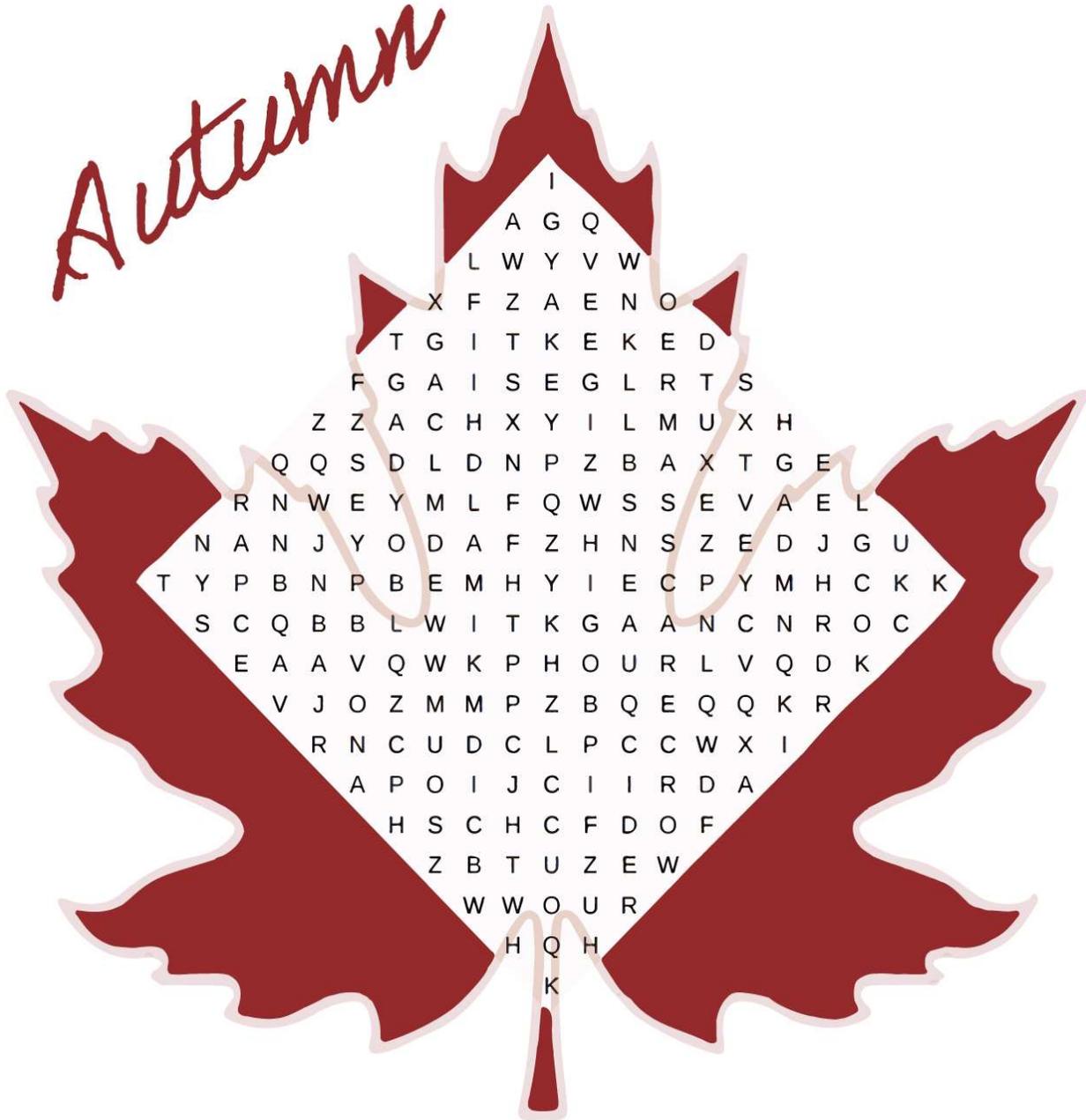


HEALTH TIPS--ANTIBIOTICS--the power and the danger

- Antibiotic resistance now a major threat to public health.
- Inappropriate use of antibiotics has led to resistance, making them no longer effective when needed.
- Most upper respiratory infections are viral; antibiotics are ineffective but often demanded by patients.
- Even a single course of antibiotics can permanently upset the body's balance of "good" bacteria that fortify our defenses against infection.
- **Antibiotic Smarts:** Reserve antibiotics for severe bacterial infections, never for an upper respiratory infection that is likely to be viral; e.g., a sinus infection. Do not go on long term antibiotic therapy for chronic skin, gastrointestinal, respiratory conditions without discussion of risks/benefits. Choose organic or certified antibiotic-free meats, poultry, fish, dairy.



Autumn



WORD LIST:

LEAVES
FALL
PUMPKIN

HOT COCOA
CIDER
HARVEST

TURKEY
LEAF PILE
CORN

SCARECROW

Upcoming Calendar

13 8:45am Fellowship 9:15am Worship Service w/Holy Communion in Sanctuary 12:15pm Sanctuary to Sanctuary Prayer Walk	14 Begin Reading Daily Devotional "Everything Can Change in 40 Days"	15	16 10am "Everything Can Change in 40 Days" ZOOM Meeting	17 6pm "Everything Can Change in 40 Days" ZOOM Meeting	18	19
20 8:45am Fellowship 9:15am Worship Service w/Holy Communion in Sanctuary	21	22 First Day of Autumn 	23 10am "Everything Can Change in 40 Days" ZOOM Meeting	24 4:30pm SPRC Meeting in Fellowship Hall 6pm "Everything Can Change in 40 Days" ZOOM Meeting	25 7pm 2020 New Room Conf. in Fellowship Hall	26
27 8:45am Fellowship 9:15am Worship Service w/Holy Communion in Sanctuary	28	29	30 10am "Everything Can Change in 40 Days" ZOOM Meeting	Oct 1 6pm "Everything Can Change in 40 Days" ZOOM Meeting	2	3
4 WORLD COMMUNION SUNDAY 8:45am Fellowship 9:15am Worship Service w/Holy Communion in Sanctuary	5	6	7 10am "Everything Can Change in 40 Days" ZOOM Meeting	8 6pm "Everything Can Change in 40 Days" ZOOM Meeting	9	10

Have a safe and blessed week!



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