

INSIDE WORSHIP!

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 27, 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

James Harvey	Becky Tall	Jesse Hurley	Unsaved loved ones
Peggy Bramble	Jane Robinson	Phillip Rogers	Our Service Workers
Charlie Harp	Cliff Pritchett	Ron Potter	Our Schools
Sherry Wood	Bob & Betty Lloyd	Robert Baur	Those needy
Anne Murphy	Robert Hodge	Beth Hurley	Our pastors
Gracie Reilly	Lucy Willey	David Thomas, Sr.	Our church
Family of Jim Reilly	Rita & Joe Harkins	Verla Bowser	
Linda Andrews	Billy Wright	Nancy Kreek	
	Charlotte Willey	Marilyn Carr	
	Pat Aaron	Families	

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

Three Month Update

Well, it has been three months since Cambridge has become our home and so I think it would be good to give an update. While I have not had the usual opportunities afforded during normal times to meet with everyone face to face (with the absence of in-person Bible studies and Sunday Schools, youth group activities, church events, etc.), I am slowly coming to know the congregations of both St. Paul's and Grace. I can safely speak for both my wife and I – we are loving it here! I truly believe St. Paul's is going to experience some wonderful days of ministry ahead as we grow tighter as a community, continually give thanks to the Lord and share the love of Christ with our neighbors.

As I have listened to some of you share your passions, your ideas of what we could do as a church, and some of the experiences that were important to your faith formation, I believe it is time for us to regroup and form a **Missions Team** to discuss and plan ways the family of St. Paul's can serve. If you would like to part of this team, please let Toni know in the church office (info@stpaulscambridge.com) and we will find a day and time to meet.

As our treasurer, Fred Redmer, shared during Sunday worship a few weeks back, the church received a considerable sized endowment from the estate of Judge Shirley Jones. One of the main projects that this will hopefully allow us to accomplish is a renovation of the 2nd floor which has not been updated in quite some time. We are currently obtaining estimates for painting, new carpet and new ceiling tiles. This space is used for our ministry to youth and families and so I am working with our youth director, Rebecca, to strategize, plan and develop a vibrant youth ministry – including some outdoor events this fall.

We also recently held a joint Administrative Board meeting between Grace and St. Paul's churches to discuss two specific opportunities where we could work cooperatively. We will be exploring a shared online presence that will make it easy for people to connect with our churches and we are asking Grace to be a ministry partner with Bold Ministries (our youth ministry). Work teams have been established to move these ideas into workable plans.

Lastly, we are currently holding a church-wide reading of the book "Everything Can Change in 40 Days" by Jean Watson and meeting via ZOOM weekly to discuss the book. Meetings are Wednesdays at 10am and Thursdays at 6pm and last approximately ½ hour. If you need the link to join in, please contact the church office. On Sunday, October 25th, author and musician Jean Watson will be here to lead us in worship and share her story. You will not want to miss it!

We are moving forward! I hope you are beginning to envision what the Lord has in store for us! Let us stay the course, love the Lord and love one another, and love our neighbors!

Blessings,
Pastor Chris

2020 Walk to End Alzheimer's

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This year's event won't be a large in-person gathering, but we are still walking — and calling on participants of all ages and abilities to join the fight against the disease.

This year, Walk to End Alzheimer's is everywhere — on every sidewalk, track and trail. On event day, we invite you to participate in small, safe teams while others in your community do the same. **Our team, Grace for Alzheimer's, will be organizing a group walk through Cambridge starting at Grace UMC.**

While there is no fee to register for Walk, all participants are encouraged to raise funds that will advance the mission of the Alzheimer's Association by enabling critical care and support services and advancing research toward methods of prevention, treatment and, ultimately, a cure.

How to Participate in 3 Easy Steps:

1. 

Register for your local Walk.

Sign up as a Team Captain, team member or individual. To join the team "Grace for Alzheimer's", go to https://act.alz.org/site/TR?fr_id=13503&pg=pfind

- 2.

Start fundraising and spread the word.

We'll provide tips and coaching every step of the way, including easy ways to raise funds online.

3. 

Join us on Walk day.

Take part in an interactive online experience, then walk in your community. If interested, Please Contact Joanne Rue at ruej54@gmail.com.

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.



Gluten Free Requests

St. Paul's Soup Ministry is preparing for the upcoming season, and we need your help. We are concerned that some people might have gluten issues that we are not aware of. We don't want to cause anyone to miss out on receiving a warm bowl of soup due to this issue, so we're asking that you contact us. Please leave word with our church office that you have gluten issues, we will take special care to prepare gluten free options. Please email info@stpaulscambridge.com or call 410-228-1424 ext. 101.

Adult Sunday School Classes to Resume

The Adult Sunday School classes to St. Paul's UMC will return to their classrooms beginning October 4th at 8:30 am. All are invited, and are required to abide by the current safety guidelines for public gatherings. Wearing a mask, and checking in with name and contact phone number will also be required

Health Ministry News



Metabolism Killers--can cause weight gain

- Genes--can't change. Get more exercise to rev up metabolism.
- Diabetes, thyroid disease--Get treated, stick to the program.
- Lack of sleep--need 7-9 hours daily.
- Strict diets--body slows down. Keep diet realistic, avoid fads.
- Lack of iodine--use iodized salt.



More Metabolism Killers--can cause weight gain

- Not enough fluids--sip water during day--4-8 glasses
- Decaf coffee--get some caffeine if it's safe for you.
- Not enough calcium. Get milk and dairy, canned salmon, kale, tofu
- Thermostat too high. Set comfortably low, 66 at bedtime. Take brisk walks in cold weather.
- Some meds; e.g., antidepressants, lower metabolism. Check with doctor about alternatives.



Metabolism Boosters for Busy People

- Start day by running in place 5 min while watching TV.
- Repeat before meals.
- Use steps instead of elevator.
- Get up and walk or run in place every hour.
- Park far away from building and walk briskly to building.

SCHOOL TOOLS



Read the words in the word list below, then find and circle them in the puzzle.

F I R Q E T E I R M J U H V Y
H H G L U E T R X I C M D F F
A E C O J G N E T B O O K S Q
V Z K T G T Z G A T L D C P P
Y E R A S E R S S T F R S L E
D F M J F U R V R O B X S J N
N P A P E R U I E U S D N U C
O S X G B F L K T F C P O W I
T U G S O W E Y U I I Q Y A L
E U A T O A R O P G S K A U S
B Y K E K K S T M G S G R Y F
O D C L S F F B O U O S C Z V
O K J B V D D Q C C R P K F I
K Y H A Z A M F U C S V S C E
S U P T J R O N Y K J I B I W



BOOKS
COMPUTERS
CRAYONS

ERASERS
GLUE
NETBOOKS

NOTEBOOKS
PAPER
PENCILS

RULERS
SCISSORS
TABLETS

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Upcoming Calendar

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 4:30pm Trustees Sub-Committee Meeting-Upstairs	Oct 1 10am Pastor Visits 6pm "Everything Can Change in 40 Days" ZOOM Meeting	2	3
4 WORLD COMMUNION SUNDAY 8:30am Adult Sunday School 8:45am Fellowship 9:15am Worship Service w/Holy Communion in Sanctuary	5 6pm Trustees Meeting in Fellowship Hall	6	7 10am "Everything Can Change in 40 Days" ZOOM Meeting	8 10am Pastor Visits 4pm Hospitality Team Meeting 6pm "Everything Can Change in 40 Days" ZOOM Meeting	9	10 8am Food Pantry Registration in Sailwinds Parking Lot 9-11am Drive-Thru Food Pantry in St. Paul's Parking Lot
11 8:30am Adult Sunday School 8:45am Fellowship 9:15am Worship Service w/Holy Communion in Sanctuary	12 Columbus Day	13	14 10am "Everything Can Change in 40 Days" Zoom Meeting	15 10am Pastor Visits 4:30pm SPRC Meeting 6pm "Everything Can Change in 40 Days" Zoom Meeting	16	17
18 8:30am Adult Sunday School 8:45am Fellowship 9:15am Worship Service w/Holy Communion in Sanctuary	19 6:15pm Finance Team Meeting in Fellowship Hall	20	21 10am "Everything Can Change in 40 Days" ZOOM Meeting	22 10am Pastor Visits 6pm "Everything Can Change in 40 Days" ZOOM Meeting	23	24

Have a safe and blessed week!



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