

# THE CHIMES

May 24, 2017

**Next Chimes  
deadline:  
June 21**

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**The Syracuse United  
Methodist pastors will  
lead worship at  
5:30 p.m. May 31 in  
Columbus Circle.**

Articles for *The Chimes* must be submitted by noon on the deadline day and can be sent to: [uumctb@twcny.rr.com](mailto:uumctb@twcny.rr.com) or put in Box No. 12 in the church office.

Alicia Wood, Pastor  
Tom Boll, Editor

## Reconciling celebration on Pentecost; next worship series: blessing awareness

Our current worship series for Eastertide, "Emerge," ends with a celebration on Pentecost, June 4.

Not only are we celebrating Pentecost, the visit of the Holy Spirit, but we're marking the sixth anniversary of the vote to become a reconciling congregation.

We voted unanimously June 5, 2011, to make public our welcome for all people regardless of gender identity or sexual orientation.

To help us celebrate, Jami and Diana Breedlove-Crouch from St. Paul's UMC in Ithaca will be joining us for worship to speak about St. Paul's experiences and journey throughout the years. St. Paul's has been a reconciling congregation for 19 years.

Jami and Diana have also worked tirelessly on the Reconciling Ministries Team of the Upper NY Conference for many years.



A reception will follow worship.

**Our next worship series is "Bless to Me,"** which starts June 18.

This series is based the Celtic tradition of blessing prayers and the awareness of the blessings that surround us and live within us.

The weekly themes are as follows:

June 18: "Through the Day: Celebrating God's

Presence in Each Moment"

June 25: "Holy Moments: Celebrating the Gifts of Life"

July 2: "Seasons: Journeying through the Year"

July 9: "Passages: Special Moments"

July 16: "Heart Prayers: Blessing the World"

July 23: "The Struggling Times: Facing Illness, Loss and Grief"

July 30: "God Is In: Celebrating Presence"

## United Methodists + Baseball = Fun on June 27

United Methodist Night at the Ballpark this year is June 27 at NBT Stadium as the Chiefs play Scranton/Wilkes-Barre at 6:35 p.m.

The UNY Conference-wide tailgate party starts at 4:45 p.m. in the stadium parking lot – bring a dish to pass, your own drink and table service – with free grilled hot dogs and coneys provided by the Crossroads

District United Methodist Men.

Game tickets are \$7.50 and ticketholders get a new Chiefs baseball cap. Bring non-perishable food to donate to the Food Bank of CNY.

At 6:15 p.m. we're invited to lead the singing of the national anthem at home plate.

Please call the church office if you'd like to buy a ticket.

# Jesus Is with Us as We Adjust to Awkwardness of Change



**Alicia Wood**

Greetings!

Do you remember the store Switz's? It was a store in North Syracuse.

When I was growing up it was a very popular store that had just about anything you might want to buy. I remember hearing the same conversation over and over.

"Where do you think, I could find... (fill in the blank)?" The other person responded, "I would try Switz's first." Most of the time Switz's had the item!

Then Switz's moved their location. It was just one block from its original location but much bigger. Within five or 10 years the store closed. I don't really know why. I could guess, but now Switz's is gone. The store that had everything is gone.

Then, we can reminisce about the Hotel Syracuse. Wow! Did it have its glory days! I think through several periods of time we could say the Hotel Syracuse was the place to be!

When I was growing up I heard about the legendary New Year's Eve parties at the Hotel Syracuse.

By the time I was old enough to attend, the hotel had declined and then closed.



**The former Switz's store.**

I find it lovely that it has now emerged into something new and grand again. Much of it is restored to what was, but much of it is changed to fit the *style and tastes* of today.

Oops. I said it. Change. The word that many of us wish would be banned like the word "moist."

The problem is, even if we banned the word, change would still happen. I find that even when we don't want things to change, they do. Some things are out of our control.

For example, three years ago I didn't need or wear glasses. Now I have progressed to bifocals. Change happens.

As we have been exploring the theme "Emerge!" I have realized that the idea of emerging sounds awesome.

I think of the beautiful butterfly that emerges out of the cocoon and flies away majestically. Even though it sounds awe-

some, it takes a lot of work.

Many times, it means admitting we need to shift our beliefs around the change, whether we want to or not.

I must get used to shopping at another store or amazon.com. I had to get used to the idea that I needed glasses and needed to wear them.

Sometimes it means letting go of a belief or habit. I had to get over the belief that "wearing glasses meant I was aging." (I know it's silly.)

Finally, change includes trust in God's continuous presence.

Even though change is a lot of work, Jesus taught change.

He spoke of the change in the way the poor were valued and treated.

He spoke of the importance of kindness to people who were different from his hearers.

Given this, we can trust that Jesus is with us in the awkward newness of our change.

Many times, our change works out like the Hotel Syracuse. Many things are restored or kept the same while others are changed to fit the *style* of who we are today.

No matter what the change, God is with us as we emerge into something new!

Peace be with you,

— *Pastor Alicia*

## Hall of Fame Induction

Congratulations to Rosemary DeHoog, who will be inducted into the Muskegon, Michigan, Area Sports Hall of Fame on June 3.

The home of the Big Reds Class of '56 will honor Rosemary for her many tennis accomplishments and contributions to the sport over the

years.

Along with her are three males, one a former captain of the Lumberjacks Hockey Team, one an ESPN executive and the other, a runner.

All of the honorees were born in Muskegon and made their reputations elsewhere.

## Fresh food, recipes help pantry guests get healthier lives



**Galyn  
Murphy-  
Stanley**

My family computer's home page is National Public Radio.

By logging on each evening I get a snippet of today's news.

Almost each day an article entitled "The Salt" is featured. I enjoy this

article as it presents hot topics on food, food justice, food and health, food and politics, food access, etc.

Last week "The Salt" ran an article/podcast titled: *Fresh Food by Prescription*. Intrigued, I gave the article a listen.

It seems as though a large health care facility in Pennsylvania has begun prescribing fresh foods to its patients who live with "lifestyle" diseases, specifically type II diabetes, which is often coupled with obesity and high blood pressure as well as complications derived from this source.

The "Fresh Food Pharmacy" recently opened focusing on 180 patients who enter an intensive program to lose weight, learn to eat better, manage their diabetes proactively and healthfully, as well as halt the progression of their disease.

Geisinger Hospital houses the pharmacy turned grocery access site where patients are given their weekly prescription/grocery list.

That patient collects a week's

worth of free, fresh foods specifically selected for them, to assist in weight loss, blood sugar balance and nutritional satisfaction.

Fruit, vegetables, lean meats and whole grains fill the grocery list. Additionally, the patients undergo blood testing, weight measurements, education and counseling.

After approximately a month, the participants are all losing weight and learning how to cook, eat and feed their families differently.

Their finances are recovering as drug co-pays are reduced — many participants have been able to go off medications that supported their disease prior their participation in the Fresh Food Pharmacy — and a large part of their groceries is paid for.

Into the future doctors are hopeful that with continual access to healthy food options through this program or otherwise, individuals will be able to age without the typical effects of type II diabetes (blindness, impotence, gum disease, nerve damage, amputation).

Approximately \$24,000 is saved monthly by this hospital's decision to care for this specific population differently.

Geisinger Hospital finds that the \$1,000 per week used to buy specific food items for each patient is a worthwhile, proactive investment.

Educating individuals 1:1 in cooking, consuming, eating and

participating in daily activities costs Geisinger less far into the future than managing their patients' diseases.

Seemingly, there is much interest in this "new" method of prescribing. Statistics show that one in every two deaths occurs daily in America due to complications of lifestyle choices. American health insurance programs pay for amputations, dialysis, blood sugar kits and high blood pressure analysis but do not support or supply or teach for good health.

There is the opinion that America's health care system has become a "disease care" system.

As a nation struggling with appropriate health care for everyone, it is clear that prevention can pay.

Thinking out of the box on how to educate, provide equality in access and empower ourselves and each other will enable us to be a healthier nation. These are ideas that are employed in UUMC's Food Pantry weekly.

Our need and consumption of fresh, lean, whole grain foods is insatiable.

Our Friday mornings are filled with moving, conversing and enabling our visitors with access to great foods and recipes. Educators arrive monthly to teach us the best way to eat. Proudly we participate in moving forward in creating a healthier America.

— Galyn Murphy-Stanley  
Outreach Coordinator

## Housing Visions signs option for space vacated by bishop, conference

With the Conference and Bishop having moved to the new Conference Center, renting the space they vacated is critical to the financial stability of UUMC. We have optioned the space to Housing Visions, but the space remains available

unless Housing Visions exercises its right to sign a lease. We are receiving funds from Housing Visions that will help with this year's budget pending a definite offer to lease the space. Stay tuned.

— Vito Sciscioli, Chair, Board of Trustees

# People and Prayers

## PRAYERS REQUESTED:

- For those in military service:  
**Jim Pettyjohn and Matt Fischer**

## Sunday, May 7

- **Sherri Cullen:** Don Reed, Grace Antonio, Adelaide Ferrandi, Kathy Dewey, Gloria Goodison, Patty Walker, Jeanne and Shane, Betty and Barbie, Maria
- **Elise:** Prophet Jesus: I praise you for giving me my new home!
- **Erika:** Maria Storto and family
- **Mike Rodda:** Anthony Pavia and family
- **Dean Moyer:** That our pastor will have a great time of renewal on her vacation next week
- **Barb and Bob Weaver:** Alayah Green, Frank Clish, Carus and Mary Olcott
- **Peter:** For health, for my neighbors, my family, for all the children, for everyone.
- **Gail Tyndall:** Jeanette, Zachary, Pam and family
- **Allen Lum:** That several in this church will attend the Gay, Lesbian Chorus Friday or Saturday at the Pilgrim Presbyterian Church
- **Phoebe and Melissa Faley:** The Rozzano family on the loss of David Rozzano
- **Sharon Smith:** Pray for Nan, my friend's sister.
- **Nate:** My son, who was admitted to Georgetown University Hospital yesterday.
- **Yalala:** I need God to bless this church
- God help us bet the salt of the earth

## Sunday, May 14

- **Sherri Cullen:** Don Reed, Grace Antonio, Adelaide Ferrandi,

**Kathy Dewey, Gloria Goodison, Patty Walker, Jeanne and Shane, Betty and Barbie, Maria**

- **Elise:** Prophet Jesus: Bless my mother, **Henrietta**, for a wonderful day!
- **Erika:** Maria Storto and family
- **Barb and Bob Weaver** Alayah Green, Frank Clish, Carus and Mary Olcott
- **Peter:** Thanks to Julia Ward Howe, who started Mother's Day with a message for all nations to stop wars
- **Sharon Smith:** For Dick and Mary, Nan and Christine
- **Carrie and John:** Prayers of recovery for my niece **Lynne**, who was just diagnosed with breast cancer.
- For all the graduates that they may become all that God wishes for them.
- **Sue Bates:** Continued healing for my arm. For my family
- **Joyce and Katie Flynn:** Prayers for **Shirley Marble & family**. Shirley is in hospice care.
- **Stephan Shepherd:** Prayers for **Stanley Fedor**, whose health is declining
- **Rochelle Dail:** Happy Birthday, **Del Gilbraith!** Happy Mother's Day! For the messenger who preaches today.
- **Mamie Baxter:** Love you, Lord. Grateful for your providing my will. Sharing better in family and giving thanks to all less fortunate than me.
- **Fred Adams:** For all the mothers
- **Lynn and Kellie:** Prayers for **Linda-Raye and Shery** for beautiful days shared as Linda-Raye is in hospice for terminal cancer.
- **Donna Ricci:** Watch over my

daughter while she is out of town. Safe trip home.

- **Mary:** To give me strength, faith and hope to keep moving forward without fear.

## Sunday, May 21

- **Sherri Cullen:** Don Reed, Grace Antonio, Adelaide Ferrandi, Kathy Dewey, Gloria Goodison, Patty Walker, Jeanne and Shane, Billy and Barbie
- **Erika:** Maria Storto and family
- **Barb and Bob Weaver:** Alayah Green, Frank Clish, Carus Olcott Jr.
- **Sue Bates:** Continued healing for my arm. For my great-niece **Aubriana**, who got hurt yesterday.
- **Sharon Smith:** For Dick and Mary and Nan.
- **Mike Rodda:** Anthony Pavia and family with a special needs child.
- **Jim T.:** Will be on TV Sunday
- **Jim:** Congrats to **Albertina** with her first job. She is working at the Genesee Grande Hotel
- **Kathy:** Prayers for my parents while they make plans for their future.

## ACHIEVEMENTS

- **Maddie Buckley**, an SU student who worships with us and volunteers at the Community Breakfast, was named one of 35 Remembrance Scholars for 2017-18 at SU.

## THANKS & PRAISE

### Sunday, May 14

- Thanks for my mother and all my grandmothers and friends who "mother" me

# Intern ‘surrounded by people with the biggest hearts’

Working at the UUMC Food Pantry this semester has been one of the greatest experiences I have had in my four years at SU.

Most college students would complain about doing just about anything on a Friday morning, but I looked forward to coming to pantry each week.

My goals beginning this internship were somewhat vague, but I do feel as though I learned a lot. I was able to see firsthand what goes in to running a food pantry, which is quite a lot.

The UUMC Food Pantry is not just a food pantry, and that is something I emphasize to everyone whom I discuss my internship with.

People in the Syracuse community can come get clothes they may need, including business attire, diapers, hot meals, and now even pet food.

Our guests are also provided useful information of local services, such as free tax filing. We all make sure to make guests feel genuinely welcomed and that they are treated with respect.

What people should know first about the UUMC Food Pantry is that the people involved are selfless, dedicated and hard working.

The volunteers not only come each Friday to make pantry run



**Anna Magnuson was our intern this spring from the food studies program of the Falk College at Syracuse University.**

smoothly, but other days whenever they are needed.

I have been so lucky to be surrounded by people with the biggest hearts.

Honestly, I was somewhat nervous about beginning my internship. The last thing I wanted to do was enter the pantry and come off as privileged or uninformed college student.

I was welcomed with open arms by each and every person. Everyone was willing and excited to teach me the ins and outs of the pantry.

Beyond the work, the volunteers and staff were interested in

getting to know me. I was able to gain life insight in addition to pantry issues, as corny as that may sound. I’m going to miss everyone!

I can’t write a piece about the pantry without giving space to write about Galyn.

Galyn has been the best supervisor I could have imagined for my internship. She asked me what I wanted to get from my internship and worked with me to make sure I accomplished my goals.

She has truly been an inspiration to shadow for the past few months.

It was obvious on day one that the volunteers, staff and guests of the pantry have nothing but respect and love for Galyn. That includes myself.

She does and will do anything to ensure the well-being of our guests and anything to benefit the Syracuse community. I will definitely miss her after graduating.

To everyone at the UUMC and the Food Pantry: I just would like to say thank you. Thank you for your insight, your guidance and kindness. I have enjoyed every minute with each of you.

— Anna Magnuson

## June birthdays

5 – Angela Tillapaugh

7 – Audrey Benton

Jerome Weah Jr.

11 – Caroline Tompkins

15 – Rachel Boll

16 – Rev. Edwin A. Potter

Charles Chappell III

17 – Sophie Finlayson-Schueler

Leah (Threatte) Bojnowski

Stephanie Hitztaler

19 – Rev. Dr. Kris Best

20 – Leigh Safford

22 – Ted Finlayson-Schueler

Martha Sutter

Deborah Bradshaw

25 – Steve Bacon

28 – Aaron Sarkodie-Mensah

29 – Elisa Skeeter

## Women’s Guild

The Women’s Guild’s next meeting is at noon June 28 at the church in the Pettengill Center.

It’s our annual salad luncheon. Bring a dish to pass and the recipe if you are interested in sharing it.

All are welcome.

## Finance Corner

### Pledging Update

2017 total pledges:	\$192,352
Paid to date:	\$66,297
Non-pledge contr.:	\$7,279
Prepaid 2017 pledges:	\$28,366
Easter offering	\$1,170

### Sounds of the Spirit Visual Fund

Donations received	\$79,519
Expenses paid	\$75,901
Current balance	\$3,618

The next Worship Committee meeting is 6 p.m. Aug. 3 in the Chappell Room. All welcome.

### WEEK OF MAY 28

#### Sunday the 28th

**9 a.m.** Community Breakfast, Fellowship Hall

**9:45 a.m.** "Making Sense of the Bible" book study, Laubach Room

**11 a.m.** Worship. Pastor Wood.

**12:15 p.m.** Fellowship, Gathering Room

**12:30 p.m.** Soup & Sermon Chat, Chappell Rm

#### Monday the 29th

**Memorial Day—Office Closed**

#### Wednesday the 31st

**9:30 a.m.** Staff Meeting

#### Friday the 2nd

**10 a.m.** Friday Community

**12:30 p.m.** "Making Sense of the Bible" book study, Chappell Room

### WEEK OF JUNE 4

#### Sunday the 4th

**9:45 a.m.** "Making Sense of the Bible" book study, Laubach Room

**10 a.m.** Hot Topics, Chappell Rm

**11 a.m.** Worship. St. Paul's UMC in Ithaca guest speakers. Com-



University United  
Methodist Church

*Feed My People: Body, Mind, and Spirit*

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**12:15 p.m.** Fellowship & Reception, Gathering Room

**12:30 p.m.** Soup & Sermon Chat, Chappell Rm

#### Wednesday the 7th

**9:30 a.m.** Staff Meeting

#### Friday the 9th

**10 a.m.** Friday Community

### WEEK OF JUNE 11

#### Sunday the 11th

**8:30-10:30 a.m.** Free Haircuts, History Room auxiliary

**9 a.m.** Community Breakfast, Fellowship Hall

**10 a.m.** Hot Topics, Chappell Rm

**11 a.m.** Worship.

**12:15 p.m.** Fellowship, Gathering Room

**12:30 p.m.** Soup & Sermon Chat, Chappell Rm

#### Wednesday the 14th

**9:30 a.m.** Staff Meeting

**6:30 p.m.** Church & Society Team

#### Thursday the 15th

**7:30 p.m.** Governing Board

#### Friday the 16th

**10 a.m.** Friday Community

### WEEK OF JUNE 18

#### Sunday the 18th

**10 a.m.** Hot Topics, Chappell Rm

**11 a.m.** Worship, Pastor Wood.

**12:15 p.m.** Fellowship, Gathering Room

**12:30 p.m.** Soup & Sermon Chat, Chappell Rm

#### Tuesday the 20th

**6 p.m.** Food Pantry

#### Wednesday the 21st

**9:30 a.m.** Staff Meeting

**5:30 p.m.** Outreach Committee

#### Friday the 23rd

**10 a.m.** Friday Community

### WEEK OF JUNE 25

#### Sunday the 25th

**9 a.m.** Community Breakfast, Fellowship Hall

**10 a.m.** Hot Topics, Chappell Rm

**11 a.m.** Worship, Pastor Wood.

**12:15 p.m.** Fellowship, Gathering Room

**12:30 p.m.** Soup & Sermon Chat, Chappell Rm

#### Wednesday the 28th

**9:30 a.m.** Staff Meeting

#### Friday the 30th

**10 a.m.** Friday Community

### Altar Flowers

Altar flowers were given:

By an anonymous donor in appreciation of Music Director Martha Sutter, organist Dennis Triggs and the Choir.

By Marg McDivitt in memory of John.

By Vito and Janet Sciscioli in memory of loved

ones.

Flowers were given to Janet Mandigo, Howard Long, Dorothy Logan, Danny Magowan, Martha Sutter and Dennis Triggs.

Flowers were delivered by Margo Koten, Tom and Carol Boll. Steve Bacon and Brad Bowers.



**To go with out “Emerge” theme for Eastertide, our sanctuary has been home to a growing number of butterflies.**

May 14, 2017



**AMAZING**  
**LOVING**  
**PATIENT**  
**HELPFUL**  
**LISTENER**  
**STRONG**

On May 14, Mother's Day, the children received cards (at left) that they were able to decorate on the other side and give to their moms or those who filled that special role for them.



**The third week in May was cleanout time and broken furniture and other items were disposed of in a dumpster outside our building.**

May 7, 2017  
(7 photos)



One of the children agreed to be Lazarus and be “buried” in a tomb and then brought back to life.













**May 7 was a Communion Sunday.**