This Lent, don’t give something up; instead slow down, make room, reconnect with God

Today is Ash Wednesday, the beginning of Lent. There’s a service this evening at 7 p.m., with imposition of ashes available.

Our Lenten worship theme this year is “Busy: Reconnecting with an Unhurried God.”

As the Worship Design Studio puts it: “The season of Lent has often been a time when we think about ‘giving something up,’ a holdover from its penitential flavor in the medieval church.

“But what if we thought less about ‘giving up’ and more about ‘making room’? In this Lent series, we will find out what really costs to be so busy. Let us reconnect with an unhurried God.”

The weekly themes are: “The Right Tempo,” “Preparing a Table,” “Tuning In,” “Living Light,” “A Time for Every Matter” and “Give It a Rest.”

To go along with this theme of slowing down, you have the chance to join a Lenten Book Study on the book “40-Day Journey with Jesus” by Jacob Armstrong.

The book offers daily devotions that include contemporary and biblical stories. The author wants us to consider Jesus’ responses to interruptions and that Jesus himself was an interrupter and that God meets us in all the interruptions of our lives.

The book study groups will meet Fridays at 12:30 p.m. in the Chappell Room beginning this Friday, March 8, and Sundays at 9:30 a.m. in the Laughlin Room beginning March 10.

The book is $4.50. Please contact Mary in the church office to sign up.

Judicial Council is next step for Traditional Plan

At the 2019 General Conference Special Session in St. Louis, 53 percent of the delegates supported the Traditional Plan that reinforces the church’s bans on same-gender unions and “self-avaowed practicing” gay clergy.

Whether and how much of the plan will take effect is in the hands of the Judicial Council, the denomination’s top court, which will rule on its constitutionality. It meets April 23-25 in Evanston, Ill.

Locally, the regional meetings with Bishop Mark Webb have been scrapped in favor of a conference-wide time of worship, sharing questions and prayer 4-6 p.m. March 17 via remote. Details to come.

See Pastor Alicia’s reflection on page 2.
Time for us as a reconciling congregation to step up and step out

Hello Friends,

As I write this article I am still coming to terms with all my mixed emotions and feelings about the vote at the Special Session of General Conference of the UMC to affirm the Traditional Plan.

This plan is more punitive to clergy who officiate same-gender weddings and LGBTQ clergy.

I am saddened to think that some in our church would exclude the love of a committed couple or the gifts of a leader because of whom they love.

I fear we have lost an entire generation (or two) of gifted young leaders and people who will no longer choose to live out their faith in a United Methodist church.

The only ray of light I see is the pending meeting of the Judicial Council the end of April where this body will determine if the Traditional Plan is compatible with the UMC constitution.

If it is ruled unconstitutional we will go back to the way it was. The way it was is not good enough.

You may be asking, “What is our church going to do about this?”

First and foremost, we are going to continue to be the warm and welcoming body of faith we have always been.

We are going to share God’s love even more, far and wide, so that everyone everywhere will know that they are loved by God because of the witness we share.

Our Governing Board will be making a public statement this week saying we disagree with the decision of the Special General Conference and we will continue to welcome and share the love of Jesus with ALL people.

We will keep our rainbow banners up. We will continue to host World AIDS Day, CNY Pride planning meetings, march in the Pride Parade, host HIV/AIDS Network meetings and ACR Health bimonthly luncheons.

We will continue to make public statements saying our church believes everyone is a beloved child of God.

Recently, I heard a story of a visitor to our church. She said she could not believe the overwhelming feeling of the Holy Spirit in our church. She felt welcomed by our congregation. She was surprised how God’s love came through in our liturgy. She felt for the first time, as a lesbian, in a Christian church that she was a beloved child of God.

Therefore, it is important that we keep doing what we are doing by sharing this ever-flowing love of Jesus Christ.

It is time for us as a reconciling United Methodist church to step up and step out so that our LGBTQ siblings may know God loves them just the way they are.

We begin the season of Lent this Wednesday. Lent is a time of repentance and reflection.

As a global church, we have a lot of work to do.

As individuals, this may be a time in which we may discover through repentance and reflection how we may move forward through faith in unexpected ways.

I don’t have all the answers, but I do believe in trusting the process of lament, grief, reflection, prayer and the unexpected places I go when I follow Jesus.

Let’s feel our feelings and get ready to act to move forward in faith.

Peace and Blessings,

Pastor Alicia

Altar flowers

Altar flowers were given:
By Mike and Gwen Tillapaugh -Fay in memory of loved ones
-By Bobbie and Ernie Hemphill in memory of loved ones
-By Rita Soufleris in memory of loved ones
-By Nancy Hough in memory of Stephen Chen and Katherine Huang

Flowers were given to Pat Gill, Jerry Cargo, Elise Curry-Schemichen, Rosemary Chappell, Ted Guercio, Nancy Hough, Bob and Ginny Dewey and Judith Bowers.

Flowers were delivered by Marg McDivitt, Starke Donnally, Ed and Lee Potter and Don and Margo Koten.

UUMC aids many causes

In addition to giving to UUMC for our budgeted ministries of worship, outreach and witness, our “family” contributed generously to other ministries and causes — a total of $17,847 in 2018.

The largest amount ($10,428) went to our witness
See UUMC, Page 5
I have been at UUMC for five years this month. During the first year of my employment at UUMC one of the strongest impressions I received was from the volunteers.

I was amazed by their commitment, their work ethic and their ability to successfully carry my job before I arrived.

I was blown away by their recognition of person after person who arrived each Friday morning, their assurances to all and the details they knew and shared on social services in Syracuse.

UUMC’s volunteer base is changing. Currently we welcome about 25 students into UUMC’s Friday Community each week. Many join us from Syracuse University’s Falk College food studies program.

These students are interested in food access, sustainability and understanding our relationship and methods with the CNY Food Bank.

Other students come from diverse undergraduate and graduate programs at SU and are required to complete community volunteer hours before graduating.

Upstate Medical University’s students have begun performing once-a-month blood pressure assessments for our guests, volunteers and staff.

These students join the others to support, educate and provide a holistic approach for all of our guests.

The students bring new energy, new insight and new thought processes to our Friday mornings.

For many students this is one of the few experiences where they have had a conversation and worked with a Syracusan. Where they have met someone living in poverty. Where they have provided a solution for another.

Our evening Food Pantry is when the Upstate students visit us to gather their monthly foods. There is a role reversal during these evenings.

Medical and health professional students who financially qualify to access our pantry are supported by UUMC volunteers who may themselves be living in poverty or who may access our Food Pantry on another day. These volunteers are leaders during this evening event.

The simple change in volunteers brings a tremendous learning experience for us all.

My hope is that the students will eventually go out into the world with the knowledge they have gained at UUMC. That they will remember the folk whom they’ve spoken with and met. That they remember the feeling of satisfaction when they have helped another.

I also hope that our established volunteers feel that they hold valuable information. That their experiences are worth sharing. That someone will listen and they can become a valued teacher.

In the end maybe a few gaps have been bridged and changes will come.

— Galyn Murphy-Stanley
Outreach Coordinator

Renovation will convert men’s, women’s restrooms into three single-user restrooms usable by all

CONTINUED from Page 1 events including weddings and memorial services. Both men’s and women’s are worn and need improvement. In particular, the women’s restroom was last updated more than 30 years ago and is in dire need of full renovation.

The proposed plan is to convert the women’s and men’s restrooms into three single-user restrooms. Each may be used by either sex (gender neutral), will include a toilet, sink and changing station, and be handicap accessible. The estimated total cost of this project is $43,000.

This project could not be included in the budgeted amount for 2019. We are still lacking second- and third-floor rental income necessary to cover full church expenses. As the result, church Trustees are asking for contributions from the congregation to offset this needed expenditure. Any donation large or small will be appreciated.

To make a designated gift, please write “restrooms” on your check. The hope is to begin this project by June. Please direct questions to Bruce Simmons at simmonsb@upstate.edu or 315-439-3473.

Pastor Alicia visited Dean Moyer.
People & Prayers

CONTINUING PRAYERS

- Barb and Bob Weaver: Alayah Green and family, Carus Olcott Jr., Mary and Carus Olcott Sr., Charlotte Edick and family; Alberta Hoseney and Family
- Erika: Barb and Bob Weaver, Maria Storto and family, Katie Green and family.

PRAYERS REQUESTED:

- For those in military service: Matt Fischer

Sunday, February 10

- Mike’s mom, Helen, died this last week. Please pray for Jim and Mike’s family.
- That I do well on my reading test on Monday.
- For Pastor Alicia Wood for bringing me up when I am down.
- Healing for my family members.
- Barb Cargo: Nice to have Lois Lum worship with us this morning.
- Fern Twomey, fighting cancer. Thankful to God that Lois Lum is back with us.
- Peace in the Democratic Republic of Congo.
- Jayne Humbert: Prayers of comfort for Elise Curry, whose mother died this week.
- Wonderful that Lois Lum is back with us in worship. Marilyn Krakhardt.
- Prayers for Judith and Brad Bowers and Family. Judith’s sister died Thursday.
- For true security, which comes from maturity, understanding, diplomacy. Not walls or weapons, as we sense it here in the peace of Christ.
- Bob Weaver, Alayah Green and Family, Maria Storto and Family, Carus Olcott Jr., Mary and Carus Olcott Sr.
- For refugees around the world, may they all find homes.
- Wisdom for delegates to the United Methodist General Conference and prayers to the future of our denomination.
- For Congress and the president that they will keep the government open for the federal workers and for all of us
- Willie: I pray that everyone here today has happiness in their lives today and continued good health for my wife.
- Stella turns 8 on Tuesday! Prayers for another great year.
- My Dad, Dave, hoping spot on lungs and pancreas are not cancer.
- To get the money out of politics and the will of people done.
- I can have more compassion for myself for reaching out to others in love.
- For Earl, a former Marine. JJ was taken to the hospital Saturday morning at 5:30 a.m.
- My family. Thank God for good test results.
- Elise: Prophet Jesus: I plead to you to stop my heart from bleeding; because my mother went home to you! Glory is to you.
- Judy McGarvey continued health issues.
- Please be with Chance Lawson on Thursday as he embarks on the Crucible. Be with him and keep him strong as he becomes a United States Marine.

Sunday, February 17

- Gwen: I need prayers this week for myself and family. That he will make a way out of no way.
- Healing prayers for Jack Robertson in Saratoga Springs, and his wife, Joyce.
- Peter: Best wishes to Sol Swords, wife Eileen, brother-in-law Kevin, his wife, Allison, all running a half-marathon in Austin today!
- Thanks for the snow and cold and skiing and sleigh rides.
- Ted G. is in Sunnyfield, Velas-ko Road. He would love visitors.
- For Ganga Duleep, medical issues.
- Alphonsina: Thank you, God, for being here today with people of God! Amen!
- I say thank you for all who pray about regime change in my country. God bless this church.
- Sue: My family. Thankful for blessing received.
- Prayers for Lynn Baker, who had a bout of food poisoning last night.
- Jayne: Comfort for Elise after her mother’s funeral.
- Jayne: Gratitude for miracles in the English learning world.

Sunday, February 24

- Sharon: Pray for all those involved in the accident on Wednesday night
- For unity at the UM General Conference
- Peter: For justice and peace
People & Prayers

CONTINUED from Page 4
in Latin America without another U.S. military intervention, please.

- Judith Bowers, Merilyn Krackhardt, Zach

For peace and comfort for those in mourning.

- Fern Twomey

- Mamie: God bless all in the church and homeless. Pray for others; bless someone’s life you may not know. Give and share with others.

- For Judith Bowers, who suffered a stroke this week. She is in rehab, and her doctor requests no visitors or flowers so she could focus on recovery.

- Bev Jones, Jennifer and Ben Jones married yesterday in Phoenix.

- That the United Methodist Church choose love this weekend.

- Wisdom for General Conference delegates as they make decisions that will affect the future of our denomination.

- For the people of Venezuela, especially the children.


Sunday, March 3

- Prayers for my family.

- For Rod Cochran

- Loving God, bless all those struggling with emotional, spiritual and physical.

- Jeanne F-S: Prayers of lament for the General Conference 2019 ruling. Prayers that every LGBTQ person knows that they are a beloved child of God. We are 1 of 973 Reconciling Communities.

- For my friend Saida, who is going through a tough time. Also prayers to my dad on his 65th birthday!

- Healing prayers for my friend Donna Kaufman and her two daughters. Prayers for Mary Ihle, whose husband Ed died.

THANKS & PRAISE & JOYS
Sunday, March 3

- We thank you for the courage and witness of this congregation.

April birthdays

1 – Matthew Steenberg
2 – Ted Holmes, Jereline Weah
5 – Ralph Best, Diamond Weah
6 – Connor Fay
11 – Sheila Murphy
13 – Doug Coutts
14 – Martha Nicholas
16 – Julie Pedro, Ryan Steenberg, Eleanor Frank, Jeff Huard
17 – Dale Fryer
19 – Dr. Richard Phillips, Gale Youmell, Abby Hyland
20 – Corinne Upcraft
22 – Princess Weah
24 – Carol Dawes
25 – Cheryl Brown
29 – Ginny Knight, Janet Sciscioli
30 – Dennis Triggs

UUMC helps relieve suffering in many ways
CONTINUED from Page 2
for inclusiveness and removal of LGBTQ sanctions at the recent General Conference in St. Louis. Blessings in a Backpack ($2,500) helps provide weekend food to 500 elementary school children. The Sanctuary Fund ($420) has helped immigrants pay legal fees. The Christmas Eve ($540) offering is supporting a new residence for homeless teenagers. UMCOR ($596) is our United Methodist relief agency that has been active in serving needs of persons experiencing natural and human-made disasters.

We help change lives and relieve suffering in these many ways by our witness and our giving!

— Nelson Price
The next Women’s Guild meeting is 1:30 p.m. March 27 at Bobbie Hemphill’s house, 4628 Providence Road, Jamesville. Program is on the Museum of Science and Technology.

WEEK OF MARCH 10
Sunday the 10th
9 a.m. Community Breakfast, Fellowship Hall
9:30 a.m. Christian Education, K-6th, Pettengill Center
9:30 a.m., Lenten Book Study, Laubach Room
10:30 a.m. Worship.
10:45 a.m. Christian Education for adults with disabilities, Laubach Room
11:45 a.m. Fellowship, The Gathering Room
Noon Soup & Sermon Chat, Chappell Room
Tuesday the 12th
5:30 p.m. Governing Board
Wednesday the 13th
9:30 a.m. Staff Meeting
6 p.m. Church & Society
Thursday the 14th
6 p.m. Worship, The Gathering Room
7 p.m. Drumming Circle
7:30 p.m. Choir rehearsal
Friday the 15th
12:30 p.m. Lenten Book Study, Chappell Room
10 a.m. Friday Community

WEEK OF MARCH 17
Sunday the 17th
9 a.m. Bagels & coffee, The Gathering Room
9:30 a.m., Lenten Book Study, Laubach Room
9:30 a.m. Christian Education, K-6th, Pettengill Center
10:30 a.m. Worship.
10:45 a.m. Christian Education for adults with disabilities, Laubach Room
11:45 a.m. Fellowship, The Gathering Room
Noon Soup & Sermon Chat, Chappell Room

WEEK OF MARCH 24
Sunday the 24th
9 a.m. Community Breakfast, Fellowship Hall
9:30 a.m. Christian Education, K-6th, Pettengill Center
9:30 a.m., Lenten Book Study, Laubach Room
10:30 a.m. Worship.
10:45 a.m. Christian Education for adults with disabilities, Laubach Room
11:45 a.m. Fellowship, The Gathering Room
Noon Soup & Sermon Chat, Chappell Room
Tuesday the 20th
9:30 a.m. Staff Meeting
6 p.m. Worship, The Gathering Room
7 p.m. Drumming Circle
7:30 p.m. Choir rehearsal
Friday the 22nd
10 a.m. Friday Community
12:30 p.m. Lenten Book Study, Chappell Room

WEEK OF MARCH 31
Sunday the 31st
9 a.m. Bagels & coffee, The Gathering Room
9:30 a.m. Christian Education, K-6th, Pettengill Center
9:30 a.m., Lenten Book Study, Laubach Room
10:30 a.m. Worship.
11:45 a.m. Fellowship, The Gathering Room
10:45 a.m. Christian Education for adults with disabilities, Laubach Room
Noon Soup & Sermon Chat, Chappell Room
Wednesday the 28th
6 p.m. Worship, The Gathering Room
7 p.m. Drumming Circle
7:30 p.m. Choir rehearsal
Friday the 1st
10 a.m. Friday Community
12:30 p.m. Lenten Book Study, Chappell Room

Finance Corner

Pledging Update
2019 total pledges: $203,474
Paid to date: $44,690
Non-pledge contr.: $1,719

Sounds of the Spirit Visual Fund
Donations received $95,991
Expenses paid $88,891
Current balance $7,100
Sunday, March 3
10 photos
Children Being Creative During Worship
4 photos