

THE CHIMES

Feb. 5, 2021

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Articles for *The Chimes* must be submitted by noon on the deadline day and can be sent to: media@uumcsyracuse.org

Alicia Wood, Pastor
Tom Boll, Editor

Lenten journey reminds us we're worthy of new life

As we mark a year into the pandemic, many of us are weary and in need of recovery and replenishment.

Our Lenten worship series, which begins on Ash Wednesday, Feb. 17, with an online worship service on Facebook and YouTube, offers just that.

It's titled "Empty Vessels." It sees each of us as created a precious and holy vessel of embodied love.

Since last Lent, the pandemic has shattered our sense of wholeness—body, mind, and spirit—like a glass vessel fractured into pieces.

Congregation ends pandemic year with a surplus

In taking stock of the difficult pandemic year of 2020, there's good news from Finance Committee Chair Ronald Denby.

UUMC ended the year with a surplus of \$680 instead of a projected deficit of \$65,349.

How did we get there? Here are some key numbers:
Income from Contributions

Beach glass, the metaphor used in this series, is described as follows:

"Beach glass begins as something whole and yet discarded. As it is tumbled by the sea, it is broken and polished until it becomes a treasured 'mineral gem.'

"We do not embrace that suffering is necessary or God-given, but that suffering is a part of life. When pain comes and brokenness enters our lives, Jesus reaches out to touch and remind

us of the Treasure that we all are — worthy of new life in the midst of hopelessness.

See **WORSHIP**, Page 6

Ash Wednesday + Easter

An online service will be held at 7 p.m. on Ash Wednesday, Feb. 17. In-person imposition of ashes is available that day in the sanctuary between 2 and 4 p.m. by appointment. Please call the church office for a time.

If COVID conditions permit, we will resume in-person worship on Easter, April 4.

Stewardship 2021

We've been hearing/reading people's stories about how they found a home at UUMC.

As Pledge Sunday, Feb. 14, nears and you consider your commitment for 2021, you can find two more stories on Page 8.

(stewardship) was up 6% — \$211,322 received vs. \$200,000 budgeted.

Non-pledge contributions were up 116% — \$43,133 received vs. \$20,000 budgeted.

Adjusted Total Ministry income was up 14% — \$257,564 received vs.

\$225,300 budgeted.

Outreach income was up 17% —
See **DECLINE**, Page 6

Trust our pandemic brokenness to Jesus for healing



Alicia Wood

Greetings!

I am so grateful to all of you. You have been so gracious during the pandemic. Thank you for your ongoing commitment to University UMC and all our ministries.

During Lent, we will be talking about healing. I am seeing so many of you stay strong during these times, but I know there are hurting places inside each of us.

For me this last year has brought many changes. Changes are something we all need to deal with.

Some of the changes in my life have been positive. Some of the changes are things I need to pray about because I am in need of healing.

You may relate to some of

these changes.

In March of 2020, everything I used to do in ministry needed to be adapted, quickly. I'm sure you went through something similar.

Every activity we used to do had to be adapted or canceled to stay safe and healthy and to keep our neighbors safe and healthy. My body, mind and Spirit are still in need of healing.

My only child graduated from Le Moyne College and moved to Chicago. All children need to grow up and be productive members of society. I'm proud of her, but I am still sad that she has moved so far away.

Many of you have dealt with this kind of pride and sadness. Your children have grown up and moved away and maybe some friends too. My body, mind and Spirit are still in need of healing.

This week my uncle died. It is

so sad. What I find the most challenging is that we may not be able to gather to grieve together for many months.

I know many of you have experienced this as well.

During the pandemic, grief has been the hardest to heal from. Family and friends are unable to gather, hug and comfort one another. The rituals we count on for closure are gone for now. Our body, mind and Spirit are still in need of healing.

I'm not sitting around crying about this every day. I feel sometimes we think we are fine because we are not acting outwardly sad. We are not fine.

There is no way anyone can be fine after a year of dealing with a pandemic.

The constant worry and social distancing even from family
See **CAN WE**, Page 7

Why we'll wait until Easter before resuming in-person worship, COVID conditions permitting

I've given a lot of thought and prayer to in-person worship. I have decided to hold off on in-person worship until Easter Sunday, April 4. Here are some of the reasons I've made this decision.

- Our numbers in Onondaga County are still as high as early November. They are decreasing, which is great, but still over 1,000 new cases of COVID each week.
- Nationally, I'm hearing the different strains of COVID may infect more people in February. This may or may not affect Onondaga County.
- One of the best ways to spread COVID is exposure for more than 15 minutes.

- To reduce costs we had already decided to bring worship out of the sanctuary and into Pettengill Center this winter. With COVID guidelines of 6 feet apart, we could have only 25 people in worship. Pettengill is much smaller than the sanctuary, and the ceiling is much lower.
- In-person worship along with online worship almost doubles the workload for me in regard to worship. I will eventually do this, of course.
- Other clergy are worshiping in person and live streaming their worship service. I believe because the sanctuary is dark it would not be the high

quality we want to project to the world. To make our sanctuary brighter would mean production lighting around the pulpit, and I believe this would take away from worshiping in person.

- Finally, I would be devastated if someone or a group of people contracted COVID from worshiping at University UMC.

As long as the COVID numbers continue to decrease and vaccines increase in Onondaga County, Easter, April 4, will be a day of renewal for us to gather in the wide open beautiful sanctuary. I pray it may be so.

— *Pastor Alicia*

Process begins this month of redirecting some guests



**Galyn
Murphy-
Stanley**

From our December data collection of ZIP codes we have recognized that approximately 100+ families visit us each month for Diaper Bank diapers first and Emergency Foods second.

Additionally, about 10-15% of our weekly guests reside outside of the city of Syracuse.

We have begun and will continue to redirect all outside of city residents to the Food Bank of CNY, which will locate their suburban Emergency Food site and provide folk with that information.

On Feb. 5, we will service about 75% of our diaper gathering guests for the last time. We will continue to provide diaper access to the Southeast quadrant residents only and will redirect others to resources across the city who are ready to receive and provide.

These two methods of reining in our Emergency Food Distribution is part of a carefully crafted process that keeps the intention of the Food Center @ 324 while providing emergency foods to those who need it and do not have food resources elsewhere.

This will be a long process of teaching, learning and networking.

COVID brought MANY guests to us for the first time. Most were folk who had never used an Emergency Food site before.

Our continued effort with our community will include teaching people about their resources and

January 2021 Emergency Food & Diaper Distribution

Date	House holds	Adults	Children	Seniors	Families w/ Children	Bagel Breakfast	Pet Food
1/1	NA	NA	NA	NA	NA	(1/3) 50	NA
1/8	281	602	663	40	188	(1/10) 46	10
1/15	190	363	363	24	115	(1/17) 60	12
1/22	186	331	303	42	178	(1/24) 50	38
Total	657	1,296	1,329	106	481	206	60

No distribution on 1/1 because of New Year's holiday. No distribution on 1/29 or bagel breakfast on 1/31 because of extreme frigid temperatures.

- Due to New Year's Day holiday on 1/1/21 & frigid temperatures on 1/29/21 (canceled the distribution for unsafe, outdoor work conditions), 3 Emergency Food distributions happened in January 2021
- Total Individuals who received food from UUMC's Food Center: **2,937** (Food distributions & breakfasts)
- Total number of families served who have children: **481**
- Babies who received diapers on Jan. 8: **162**. This equals **8,150** diapers distributed in 2.5 hours.
- Total guests who visited UUMC for Sunday breakfast: **206**. No breakfast 1/31 because of frigid temperatures.

working with our network, including the Food Bank of CNY, the Interreligious Food Consortium, Interfaith Works, The CNY Diaper Bank and other city Emergency Food sites to identify gaps, needs and capabilities within our city.

As it has with most things, COVID has severely impacted Emergency Food access in Syracuse as well as our food chain. We will continue to flex, learn and adjust based on the needs of our city's residents and the Food Bank of CNY.

A few new relationships that I'd like to shine some light on:

- The Alden Street Foundation has elected to become a patron of ours. Already providing 2 generous financial dona-

tions, they have committed to support us and our efforts. I am grateful to add this terrific group to our network and to be working with friends who sit on their board. Moving forward we will be sharing monthly statistical and Outreach efforts with the ASF board to keep them current and informed. This relationship creates a piece of a safety net and another strong contributor to our work of feeding Syracusans.

- We've been picking up Pastabilities bread donations regularly to distribute through our Friday or Sunday morning Food Distributions. We've now
See RONALD, Page 7

People & Prayers

DEATH

From Pastor Alicia: Thank you for all your prayers for my uncle's healing. Unfortunately, for us who will miss him, he is now at peace with the Lord. Please pray for all who loved him including my Mom and Dad, Peg and Ray, his 4 living children, many grandchildren and 3 great-grandchildren, his past congregations and me. **Fred Kinne** will be missed by so many yet comforted to know he is with the God he loved so very much, his wife and eldest son in Heaven.

PRAYERS REQUESTED:

For Those in Military Service:

- **Chance Lawson, Austin Payne, Ian Enderle, Nic Weah, Asani Mauridi**

Sunday, January 10

- **Erika Vitthuhn:** For **Bob Weaver, Kristin Jager**, for the loss of **Carus Olcott Sr.**, my grandpa. God bless.
- **Stephanie Hitztaler:** Prayers for hope, justice and unity in our country. And for my parents.
- **Barbara Fought:** Please pray for Nels' niece, **Chris Goin**, hospitalized with heart issues and for **Barb Weaver and her family** as they grieve
- **Kim Kromer Murphy:** Pray for those traveling
- **Kenna LaPorte:** Pray for my brother, who is awaiting back surgery
- **Connie Myers:** Pray for my son
- **Sue Bates:** Prayers for good news at the doctor's tomorrow
- **Tom Boll:** For all Americans, wondering how we go forward

Sunday, January 17

- **Erika Vitthuhn:** Prayers for **Barb Weaver and Bob Weaver** from my family of loss of grandpa **Carus Olcott**
- **Sue Bates:** Prayers for me that the doctor can offer a solution other than surgery for my foot.
- **Nelson Price:** For blessings on our new president and vice president.
- **Steve Bacon:** For my friend **Duncan**, on the passing of his stepmother.
- **Stephanie Hitztaler:** Prayers for safety across our country this coming week; my father; and prayers for part-time employment for me.
- **Jackie Sadowski:** For peace
- **Melissa Faley:** Prayers for **Phoebe**, who is struggling to find direction.
- **Tom Boll:** For the new administration
- **Kim Kromer Murphy:** Prayers for **Chris and Gretchen Kinne**, after another health scare for Chris this week.
- **Rosey Oaks-Lee:** A young woman who wants to be free from her opioid addiction to choose treatment, although she gives up control to do so.
- **Ted Finlayson-Schueler:** All law enforcement guarding our nation's capital and state legislative buildings.
- **Martha Sutter:** For the Buffalo Bills' fans, who after hearing of Lamar Jackson's injury, found and donated to his favorite charity, Blessings in a Backpack Louisville
- **Carol Boll:** Prayers for friend and former SU colleague **Johanna Masingila**, whose hus-

band has started hospice care.

- **Alicia Wood:** Prayers for **Jim Tallman's family**
- **Barbara Fought:** Please pray for Nels' son, **David**, and his niece, **Chris**, for health issues and relief of pain

Sunday, January 24

- **Holly Austin:** Prayers for **Seth**, who will start working on the COVID floor of the hospital as a student nurse, and for all those he will work with
- **Pastor Alicia Wood:** Prayers for those who have no home and are out in this cold 24/7
- **Sue Bates:** All our essential workers
- **Barbara Fought:** Prayers for all those who are really tired...may they be infused with energy and hope.
- **Nelson Price:** Prayers for the Biden-Harris administration and all the Cabinet
- **Pastor Alicia Wood:** Prayers for **Mary S.**
- For God's healing touch upon **Jim T's** shoulder. He will get results from the X-ray next week.

Sunday, January 31

- **Ann O:** Prayers for **Luke** having surgery for cancer
- Pray for the family of stabbing victim in Syracuse. Person stabbed and 14-year person who stabbed them
- Pray for **Darren** as he continues to recover
- Vaccination process to speed and remain safe
- Nelson's son having a procedure
- Jackie's neighbor

See **PEOPLE**, Page 5

People & Prayers

CONTINUED from Page 4

- **Ann O.:** Friends **Judy and Christine**
- Prayers for Food Center and Bagel Breakfast guests.
- **Rosey Oaks-Lee:** For Tabernacle Baptist Church in Utica and Karen Baptists throughout the U.S. who lost their **Pastor Daniel Calvin San** to COVID this week.
- **Pastor Alicia:** That compassion and compromise lead our Congress' decisions in all things
- **Sue Bates:** For our essential workers
- **Ted Finlayson-Schueler:** For my friends **Jim and Annie**, her cancer has returned again
- **Holly Austin:** For those struggling with isolation as they try to stay safe from COVID
- **Connie Myers:** For equity and access in the distribution of the vaccine
- **Carol Boll:** For a longtime friend whose mother died last week as a result of complica-

tions from COVID

- **Pastor Alicia:** Prayers for **Mary S.**
- **Nelson Price:** For those who fear the COVID vaccine
- **Barbara Fought:** For the divisiveness and separation in our country

JOYS, THANKS & PRAISE

Sunday, January 10

- **Jayne Humbert:** Thanks, God, for my church family

Sunday, January 17

- **Holly Austin:** Prayers of deep gratitude for the amazing friends who are helping make it possible for us to redo our kids' bedrooms so we can foster a teenager.

Sunday, January 24

- **Jeanne Finlayson-Schueler:** Grateful prayers for the artists, poets and musicians who help us cope with the isolation of the pandemic.

Sunday, January 31

- **Martha Sutter:** Thanks to all who offered prayers for my

March birthdays

- 2 – Jerry Cargo, Emelia Weah
- 3 – Julia Ross
- 4 – Grace Bradshaw
- 5 – Doug Hemphill, Bob Coutts
- 6 – Aimie Sarkodie-Mensah Best
- 9 – Kirsten Magowan, Keith Wellner
- 11 – Rita Soufleris
- 13 – Alicia Wood
- 16 – Nichola Weah
- 17 – Johnathan Weah
- 19 – Stuart Hosler
- 20 – Donald Koten, Vito Sciscioli
- 22 – Craig Myers
- 24 – Lisa Weah
- 25 – Michael Fay
- 26 – Barbara Nunn
- 27 – Denise Marshall, Jeanne Finlayson-Schueler
- 30 – Renee McKay

sister and brother-in-law. They are on the road to recovery after a month with COVID.

- **Sue Bates:** Thanks for answered prayers

ACTS approves new bylaws, recognizes 4, including Rev. French

The Alliance of Communities Transforming Syracuse presented its new and revised bylaws at the annual meeting of the Leadership Council Jan. 19 on Zoom. They were approved as presented.

A copy of the document is on file in the church office. Harry Miller, chair of the Church & Society Committee for UUMC, also has a copy. UUMC member Nelson Price had a large role in drafting the new bylaws. Thank you, Nelson.

Four people were acknowledged for their service to ACTS.

One was the Rev. Craig French, our former pastor, who was recognized for his service as a member of the Board of Directors and as a past president.

Here is the "Purpose" section of the new bylaws:

"The purpose of the Alliance of Communities Transforming Syracuse is to come together as people of faith and vision to be a catalyst for change and healing in our Central New York Community focusing on specific existing social, economic, educational, and political injustices. We are an alliance of congregations from

various faiths, community organizations and individuals committed to uprooting and replacing policies and practices that result in oppression and inequality. We are focused on bursting forth the Beloved Community, which includes stamping out white privilege, white supremacy, and any other form of oppressive human hierarchy by building power and bringing social justice issues of importance to our communities before our public officials, community stakeholders, and other decision makers."

— *Ginny and Bob Dewey*

UUMC pays 100% of shared ministry, but Governing Board wants full inclusion

Last month, our Governing Board sent a letter to Bob Flask, treasurer of the Upper New York Conference, regarding the congregation's payment of shared ministry.

UUMC paid 100% of its 2020 share, \$51,576, but, as the letter starts off, that wasn't the original plan:

"In early 2020, we voted to pay only 75% of our Shared Ministry for several reasons.

1. The Shared Ministry formula does not take into account precipitous declines in income for a congregation. We have lost 1/3 of our income due to loss of tenants for our building.

2. The Shared Ministry formula does not take into account the increasing cost of maintaining and preserving aging buildings by declining membership. Our building was constructed for a congregation of 2,000 plus. We are now 200 plus.
3. Later, the economic outlook with the pandemic made the value of our endowment uncertain.
4. As we moved into 2020, the effects of the pandemic on giving of tithes and offerings became uncertain with the congregation not meeting in person for worship, Bible study and mission."

The letter goes on to ex-

plain that UUMC had a good year, despite the challenges, and that the congregation will continue its tradition of paying a full share in 2021, but there is a significant concern that could affect that tradition:

"We had hoped that in 2020 The United Methodist Church would resolve its policy and practice of exclusion of all persons in full ministry. When Jesus challenged his followers to 'make disciples,' he did not say 'but only Jews, or whites, or men or straight.'

"We want to be part of a Methodist denomination that welcomes all into discipleship fully, both in policy and practice, and look forward to that day."

Worship service themes deal with different kinds of health

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"In a year when pandemic has wreaked havoc on our world, we begin by affirming our journey to physical health."

You're asked to have beach glass by Feb. 17. If you don't have any at home, it will be available at the church between 9 a.m. and 1 p.m. on Feb. 11. If you can't make it then, please call for an appointment.

The service themes are: Ash Wednesday, "Shattered"; Feb. 21, "Treasure" (Physical Health); Feb.

28, "Safe Keeping" (Community/Economic Health); March 7, "Stories" (Mental Health); March 14, "Different Pictures" (Intellectual Health); March 21, "Restoration" (Environmental Health); and March 28, Palm Sunday, "Holy, Wholly" (Integrated Health).

For Maundy Thursday of Holy Week, April 1, Syracuse United Methodist Ministries will hold a virtual service at 7 p.m., which will include Communion.

Lenten study by Chittister

The weekly Lenten study this year is written by Sister Joan Chittister.

It's "Lent 2021: To Live Anew," and is available at this address: <https://store.benetvision.org/le20tolian.html> for \$4, shipping included.

Classes will be 1 p.m. Fridays and 6 p.m. Sundays, starting Feb. 19 and 21.

Please contact the church office to register.

Decline in certain expenses helped congregation end pandemic 2020 with the surplus

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\$86,943 received vs. \$74,400 budgeted.

Those increases in income helped offset shortfalls in room rental fees (\$1,275 received vs. \$6,500 budgeted) and Peace Inc.'s lease (\$27,737 received vs. \$39,000 budgeted). Peace

Inc. terminated its lease in September.

Another contributing factor to the surplus was a decline in certain expenses. They were: Building, down 2%; Financial, down 62% (no audit performed); Membership, 62%; Outreach, down 2%; and Payroll, down 7%.

The investment portfolio balance as of Dec. 31 was \$1,757,383, up from \$1,678,074 as of Sept. 30.

Many thanks to all of you who made this possible through your prayers, gifts, service and multitude of other ways.

Groups help in learning more about God, Jesus and oneself

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say. This study made me realize that sometimes, reading the word of God takes several reads before the meaning becomes clear.

In all of our Bible study classes I have learned to listen to one another and to respect one another's opinions. We all live by that rule. I enjoy having a new person join a Bible study because they bring new insight and ideas to the table and they feel welcome.

In one of the Friday afternoon classes, we decided to show Christian love by providing and serving a Sunday afternoon meal for our

friends at Brown Memorial UMC. They were very appreciative. At Christmastime we made and delivered gift bags to firefighters at the local fire station. They were very thankful. Both of these outreach projects made me feel happy because I was involved in an act of kindness.

I look forward to doing Bible study groups, so that I can continue to learn more about who God is, who Jesus is, and who am I as a Christian. Bible studies over the years have helped me to grow in my faith and to trust God, and to give thanks in all things.

— Jackie Sadowski

Two New Tenants

We are now renting an office, one room, to Mohawk Valley Interpreters. They recently contracted with Upstate interpreting for patients. Their main office is in the Utica area.

Alliance of Communities Transforming Syracuse (ACTS) will be moving into an office, one room, in March. We are grateful to have them back as we work together in Syracuse.

Ronald McDonald House donates milk weekly; Goodwill of Finger Lakes brings us coats

CONTINUED from Page 3

got some the best bread in the city going out to Syracusans.

- The Ronald McDonald House is making weekly donations of single-serve milk that we've been able to offer to our Sunday breakfast guests. A very enjoyed addition to this to-go meal.
- Goodwill of the Finger Lakes (Rochester) has been making bi-weekly donations of winter outerwear by the van full. This has bolstered our offerings of winter coats to our guests, helping ensure everyone who passes through UUMC is warm and covered through Syracuse's winter. Please consider donating any gently used winter outerwear, accessories, boots and thick,

tall socks to this effort. To learn more about the Goodwill of the Finger Lakes check out <http://www.goodwillfingerlakes.org/>

Please know that we are always looking for ways to include our congregation, our community and network in our efforts to meet the needs of our city. You are always welcome!

If you have any questions or want more information on how to become involved please email me at outreach@uumcsyracuse.org.

In this month of loving and Black American history, stay strong, fight for justice and equality lovingly and enjoy the snow. Masks up!!

— Galyn Murphy-Stanley,
Outreach Coordinator

Can we dig deep enough to allow ourselves to heal when we're not always feeling fine?

CONTINUED from Page 2

is so much to bear.

I'm hoping that we are ready to get uncomfortable so that we can dig deep in the places we hide the fact that we are not al-

ways fine and begin to heal our bodies, minds and Spirits.

Jesus has healed and will heal. Let us all trust our brokenness to Jesus through prayer and reflection.

"He is the one who took our illnesses and carried away our diseases." Matthew 8:17b (CEB)

Peace and Blessings,
Pastor Alicia

A chance to contribute to monetary gift for former UUMC office manager Mary Slack

Mary Slack, our former office manager, was a helpful, cheerful and positive presence at UUMC. We would like to wish her well by giving her a card and monetary gift.

If you would like to contribute, please send a check with "Mary Slack" written on the memo line to Rachel Kgama at UUMC.

We will send Mary a card

with the names of everyone who contributed and one check.

Let's wish her well as she contemplates her future work options.

Finance Corner

Pledging Update

Total pledges received:	\$28,718
Non-pledge contributions	\$5,565
UUMC PPP Loan (CARES Act)	\$36,365
SUMM PPP Loan (CARES Act)	
(Pastors' Salaries)	\$31,888
Trustees Bathroom Renovation Fund	\$27,825
<u>Sounds of the Spirit Visual Fund</u>	
Donations received	\$95,991
Expenses paid	\$88,891
Current balance	\$7,100



University United
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Feeding God's People: Body, Mind and Spirit

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Dated material



Amazing trip to Israel and Palestine made possible through UUMC membership

In February of 2020, Kellie and I were able to participate in a once-in-a-lifetime trip.

This was a trip to the Holy Land of Israel and Palestine. Visiting the Holy Land had been on our bucket list for years, and because of our membership with UUMC we were finally able to realize it.

When we were first approached with the details of the trip, we knew we were going and signed up immediately. It was all we were hoping for and more.

We were able to walk where



Lynn and Kellie at the Temple steps.

Jesus and His disciples walked: the Sea of Galilee, the Mount of the Beatitudes, Nazareth, Bethlehem, the Garden of Gethsemane, Jerusalem and so many more places mentioned in the Bible.

Reading the Bible is one thing, but actually standing and walking in the land where Jesus turned water into wine, or multiplied the fish and loaves, or gave the Sermon on The Mount, or taught on the steps of the Temple in Jerusalem, was awesome and unforgettable.

We were also able to interact with the people of Palestine, as we had the opportunity to have dinner at the home of a Palestinian Christian family. We were able to talk about their lives and learn firsthand of their struggles and their hopes and dreams, all while sharing a homemade, traditional Palestinian meal.

This really opened our eyes to the Palestinian/Israeli conflict and gave us a new perspective into it.

All of these experiences were made possible by being a member of UUMC, and we will forever be grateful for this opportunity.

— Kellie Wood and Lynn Baker

Bible study groups offer lessons in reading Scripture, listening to and respecting other opinions

Bible study groups have become an important part of what UUMC has to offer in feeding its people, body, mind and spirit.

I have been attending Bible studies for many years. I learned that you are never too old or too smart to enhance your spiritual growth and biblical knowledge.

The first time I was asked to facilitate a class I became anxious about doing it until I realized the people around the table were

my friends and they didn't expect me to be all knowing.

One of my favorite studies was with Rev. Adam Hamilton. Pastor Alicia decided to use one of his studies entitled "Half Truths" about simple phrases we hear and use every day that we think are in the Bible.

They sound Christian — like something you might find in the Bible, but are they really? Sayings such as, "God helps those

who help themselves" and "God won't give you more than you can handle." Rev. Hamilton compared these and some other common Christian saying with wisdom found in Scripture. It made for a great discussion and was very enlightening, week after week. It made me think, how many times have I said those same words not realizing they aren't exactly what the Scriptures

See **GROUPS** Page 7



GLBTQ+ FRIENDLY

WELCOME

BLACK LIVES MATTER

UNIVERSITY UNITED METHODIST



Our Little Free Library has extra exterior insulation.

Our Emergency Food Friday and Sunday Breakfast Distributions





















Coats from Goodwill of the Finger Lakes await our Sunday breakfast guests.

