Delaware Headwaters Parish

Bloomville, Hobart, Stamford, Township UM Churches

Through God's love and in community with one another, we welcome you! January/February 2019 Newsletter

Delaware Headwaters Parish

Rev. Dee Stevens & Pastor Paul Moller

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Stamford United Methodist Church PO Box 133 88 Main St. Stamford, NY Worship: 9am 607-538-9691

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Greetings Everyone,

Alice Tucker, our Administrative Assistant, suggested that the Newsletter was a good way to let all of the Delaware Headwaters Parish know of my coming retirement as of July 1, 2019. Many have shared with me, "You just know, when you know, that you know, it's time to retire and as a dear friend wrote it's time for the "heretofore unimaginable" adventure!

I was telling some young people, "Don't think the best of life is found in your 20s, 30s, 40s or 50s because actually it starts in your 60s! As Robert Browning wrote and we can claim, "The Best is yet to be."

The idea that, *Life ends after High School*, before it has barely begun, is soooo not true. And actually Ive made some friend in recent months that will be friends for the rest of my life. How? By pursuing interest I enjoy.

So... It's not good-bye yet. There's still six months to go in sharing ministry within the Parish. But it is a great time to life prayers for your new Pastor whoever that may be. And the ministry goes on.

With Great Thanks, Pastor Dee

Welcome to the Delaware Headwaters Parish!

The Delaware Headwaters Parish has brought together Bloomville UMC, Hobart UMC, Stamford UMC, Township UMC under the direction of Rev. Dee Stevens and Pastor Paul Moller. We are happy to have you as a member or a visitor to our churches. The worship services take place on Sundays at 9:00am [Stamford and Township UMCs] and 11:00am [Bloomville and Hobart UMCs].

God has been doing a wonderful thing in our community . . . we invite you to come, share in the fellowship, take root, and grow with us. If you would like to speak with one of the pastors, please, let us know.

In our hearts



Our sympathy is extended to the family of June Meagley. June passed away on Sept. 29, 2018. June has been a member of the Hobart United Methodist Church since 1957, serving the church in many capacities. A memorial service was held on Nov. 10, at the Hobart United Methodist Church, with burial at the Evergreen Cemetery, Jefferson.



Come grow with us. . . We have a seat saved for you,

On Our Prayer List

Lord, You invite all who are burdened to come to you. Allow your healing hand to heal those in our hearts. Touch their souls with Your compassion for others. Touch their hearts with Your courage and infinite love for all. Touch their minds with Your wisdom, that their mouth may always proclaim Your praise. Teach them to reach out to You in their need, and help them to lead others to You by example. Most loving heart of Jesus, bring them health in body and spirit that they may serve You with all their strength. Touch gently the lives which You have created, now and forever. Amen

Charge Conference Highlights

The Charge Conference is an annual event in the life of a local United Methodist Congregation. It is a time to look back and celebrate the past and look forward to the future

DHP annual Charge Conference was held on Nov 17. Our District Superintendent, Rev. Tim Riss, presided over the meeting. He opened asking for a snapshot of each church and thanked the congregation for their continued faithfulness. Reports were reviewed from the various groups. Topics of discussion included trustees, financials, education, community involvement, parsonages, community outreach, missions, parish council, lay leaders, and group activities.

We need your continued support the make the DHP a vital part of our community.

Message from Pastor

Happy new year! 2018 went by like a flash. Every Christmas, our family enjoys having a Christmas tree, from decorating early, to enjoying the pine smell, to leaving the tree up until it is practically bare. This year, our tree has been a disappointment. It failed to bring that pine smell into the home. When we first set the tree, there was a great expectation. As the weeks went on, the tree continued to disappoint. Our tree has repeatedly covered the floor with needles like dog hair in a shelter. Our tree has forced me to recognize that sometimes the things for which we have high expectation are not as great as we had hoped. Sometimes things we longed for disappoint us. The Bible sets before us extremely high expectations, like those in the passage below from Revelation 21. Unlike my family Christmas tree, our God will not fail us. He will never disappoint.

Rev 21:3-6

3 And I heard a loud voice from the throne saying, "Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. 4 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away." 5 He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true." 6 He said to me: "It is done. I am the Alpha and the Omega, the Beginning and the End. To the thirsty I will give water without cost from the spring of the water of life.

Happy New Year, *Pastor Paul*



Kid's Sunday. . .

Kid's Sunday gatherings have been great. We have had a lot of fun in the past few months. I can't wait to see what the New Year will bring. Thank you for all the help and support in this ministry.





Even though The Book Nook is closed to visitors during the winter months, we continue to work behind the scenes to build the collection and plan for the Spring. In this way, our library is like a perennial garden.

During a November visit to Valley Forge, we added three books to our non fiction section.

In December we attended a reading by acclaimed author & illustrator, Greg Pizzoli, who autographed our copy of "Good Night Owl".

We have received by mail the most recent issue of "MUSE", an arts & science magazine for kids ages 9 to 14 to which the library subscribes, thanks to a gift from a local supporter.

Generous individuals continue to remember us with book donations, even when we are closed, and Our Community of Caring continues to provide funds each month, with which we order new books from First Book. We are grateful for all these gifts and look forward to sharing them with you when we reopen.

With warm wishes for Peace in 2019,

Julie Rockefeller 845-282-6397 spyingheart@hotmail.com









Soup's On will resume in March 2019. Keep an eye out for updates.



Delaware Headwaters Parish has their very own website! And it's live! Take a look! www.delawareheadwatersparish.com Thank you to Deidra Hill at Delcocreative

HAPPY NEW YEAR!

Upcoming Events

- Jan. 2 Food bank, Bloomville Episcopal, 2-5pm
- Jan. 3. WIC, Stamford Baptist Church 10-2pm
- Jan. 6 Epiphany Communion
- Jan. 7 Noon Prayers with Pastor Dee
- Jan. 9 Parish Council, 10am, Hobart UMC Food bank, Bloomville Episcopal, 2-5pm
- Jan. 14 Hobart UMC Council, 7pm Noon Prayers with Pastor Dee
- Jan. 16 Food bank, Bloomville Episcopal, 2-5pm
- Jan. 20 Kid's Sunday, Bloomville UMC, 12pm Human Relations Day
- Jan. 21 Bloomville UMC Council, 10am Noon prayers with Pastor Dee
- Jan. 23 Food bank, Bloomville Episcopal, 2-5pm
- Jan. 28 Noon Prayers with Pastor Dee
- Jan. 30 Food bank, Bloomville Episcopal, 2-5pm
- Feb. 3 Communion
- Feb. 4 Noon Prayers with Pastor Dee
- Feb. 6 Food bank, Bloomville Episcopal, 2-5pm
- Feb. 7 WIC, Stamford Baptist Church, 10-2
- Feb. 11 Hobart UMC Council, 7pm Noon Prayers with Pastor Dee
- Feb. 13 Food bank, Bloomville Episcopal, 2-5pm
- Feb. 17 Kid's Sunday, Bloomville UMC, 12pm
- Feb. 18 Bloomville UMC Council, 10am
 - Noon Prayers with Pastor Dee
- Feb. 20 Food bank, Bloomville Episcopal, 2-5pm
- Feb. 25 Noon Prayers with Pastor Dee
- Feb. 27 Food bank, Bloomville Episcopal, 2-5pm



10 Ways to Build Resilience

- 1. **Make connections.** Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.
- 2. Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.
- 3. Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
- 4. **Move toward your goals.** Develop some realistic goals. Do something regularly even if it seems like a small accomplishment that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"
- 5. **Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.
- 6. **Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life.
- 7. **Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
- 8. **Keep things in perspective.** Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.
- 9. **Maintain a hopeful outlook.** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.
- 10. **Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Do not be dismayed by the brokenness in the world All things break. And all things can be mended. Not with time. as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you. L.R. Krent

Retired Pastor Lorrain Ackerman posted this on her Facebook page and I found it so moving that I wanted to share it with the Parish. I loved the insight that *All things break. And all things can be mended. Not with time, as they say, but with intention.*

Also <u>10 Ways to Build Resilience</u>, from the American Psychological Association, came from either Judy Vidal or Karen Ogborn that I thought was well worth out while to take a look at as we go into the New Year. This article definitely sounds like a helpful source of strength.

May Strength and Joy Abound, *Rev. Dee Carol Stevens, Pastor*



Your Commitment Counts!

Open hearts. Open minds. Open doors. The people of The United Methodist Church®

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