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See, I am bringing you good *tidings* of great joy for all the people...Luke 2:10

TIDINGS

Volume 25 issue 4

April 2025

PALM SUNDAY—April 13th



Upper Room Meal — Monday, April 14

6:00 pm at NUMC

Tenebrae Service — April 17

6:30 pm at Warehouse Point

55 N Main Street

East Windsor, CT 06088



Good Friday Service — April 18th

6:30 pm at North UMC

Decorating the Altar for Easter — April 19th

9:30 am at North UMC

EASTER SUNDAY

April 20th * 10:30 am at North UMC



Are you curious about eating a more Whole Food Plant Based Diet?

Whole Food Plant Based (WFPB) eating is a wonderful way to nourish our bodies with natural, nutrient-dense foods that can help us to lower the risk of many diseases and improve our health and well-being. Eating well is an important part of the stewardship of our bodies and the planet.

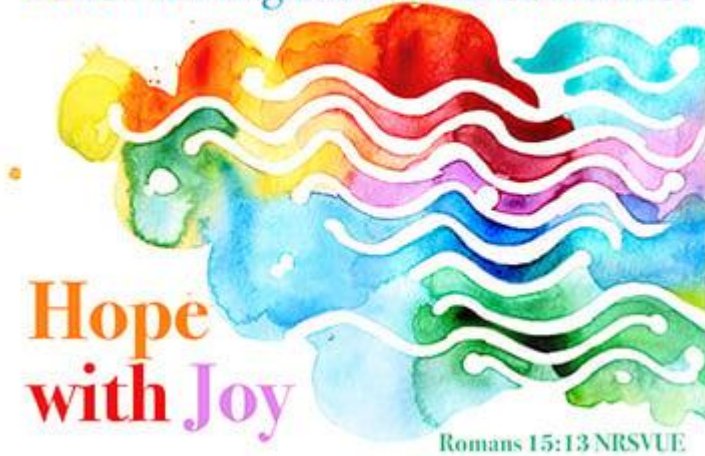
Please join us for a four-week introduction to Whole Food Plant Based eating. Topics will include:

- What is Whole Food Plant Based eating? (Versus Vegetarian or Vegan)
- Nutrients that support optimal health & where to get them.
- Tips to help incorporate more plants into your diet.
- Sample menus will be provided
- And we will sample some delicious and easy recipes!

This no-cost course will run on Mondays from 6:00pm-7:00pm ET at NUMC May 12 & 19 (skipping May 26- Memorial Day) June 2 & 8.

Please see the sign-up sheet in the Memorial room or email Vickie at vickie.hadge@gmail.com to reserve your spot!

2025 New England Annual Conference



The 2025 Annual Conference session takes place Thursday-Saturday, June 19-21, at the Doubletree Boston North Shore, 50 Ferncroft Road, Danvers, MA. The Preachers' Aid Society's Clergy Luncheon, the Clergy Session and the Laity Session will all take place on Wednesday, June 18, 2025.

Register for Annual Conference and make your payment by April 28 to get the early bird discount (save \$45). Registration closes May 16.

Mindfulness Based Stress Reduction Group Wrap Up!

Thank you to all who were able to attend the Mindfulness Based Stress Reduction group. We had over 25 participants attend!

We explored the foundations of mindfulness through guided meditations, group discussions, and daily practices. We learned to bring non-judgmental awareness to our thoughts, emotions, and physical sensations, building greater resilience, compassion, and clarity in the face of life's challenges in our world today.

Collectively practicing was a gift and it was well received. The feedback from the participants was wonderful and many expressed an interest in attending again.

We will run another offering in the fall and will announce dates when they are finalized.

Reconciling Ministries Update



The Reconciling Ministries committee met after church on March 30 to continue plans for recognizing June Pride month. Rainbow flags to be used in our lighted sign have been ordered! There has been continued enthusiasm for some type of interfaith celebration for which connections will be utilized and plans made.

Progress is being made on a new banner and plans worked on for some collaboration and working toward hosting a community event at our church. Having a booth at a town wide event such as Arts In The Park is also being considered.

The next meeting is April 27th after worship. Come join in the discussions and help guide this energetic ministry doing important work for the community.



MACC Services

The **Community Kitchen** is open, giving out hot lunches on Tuesdays, Wednesdays & Thursdays. Bag lunches are available on Mondays, Fridays & Saturdays. Lunch is served between **11:30am & 12:45pm** each day (no appointment necessary). You can reach the kitchen @ **860-647-8003 x 21**

The **Community Emergency Food Pantry** provides groceries by appointment only. Please call **860-647-8003 x 28**

The **Community Threads Thrift Shoppe** hours are Mon through Fri 10am – 2pm and Sat 10am – 1pm
860-647-8003 x 29

The **Community Outreach and Emergency Services** provides weekly showers and laundry availability to Manchester unsheltered residents.
Wednesday: Men's Showers(10:00 A.M. – 12:30pm)
Thursday: Women's Showers(10:00 A.M. – 12:30pm)
Showers are limited to **15 minutes** and are on a first come first serve basis. Towels, soap, shampoo, shaving products provided.
The **last shower** is at **12:15 pm**.

Laundry is by **appointment only**. Laundry is limited to **1 load per appointment**. Laundry detergent will be provided.

For any other Outreach Emergency needs or to make an appointment, please call **860-647-8003 x 131**

For information on **Volunteering**
Please call **860-647-8003 x 112**

Food Donations can be dropped off at the Community Emergency Food Pantry, located at 460 Main St. in Manchester, CT

Please only drop off during donation hours (or call to schedule a time).

Drop off donation hours are:

Monday: 9:00 am – 3:00 pm

Tuesday: 9:00 am – 5:00 pm

Wednesday: 9:00 am – 1:30 pm

Thursday: 9:00 am – 5:00 pm

Friday: 9:00 am – 2:00 pm

For all other donations, please call 860-647-0440.

A list of items that are always in need can be found at <https://macc-ct.org>

All products must be unopened and within expiration dates.



Add Meaning to Your Worship Experience

Looking for ways to add more meaning to your worship experience? Check out all these opportunities to serve waiting for YOU!

Liturgist: Help deliver the Word! Read some scripture and a prayer or two. Not a public speaker, then how about: ↩

Usher: Help all feel welcome and ready for worship. Greet new folks and regulars, pass out the bulletins, collect the offering, and help with communion. Prefer to stay focused on the service, then how about: ↩

Coffee Fellowship: Add to our sense of community. Get the coffee and tea water ready and provide a few snacks for the post service get together. Don't want to deal with food, then how about becoming a: ↩

Zoom Host or Sound Board Tech: Help our outreach. Once every few weeks you start and facilitate Zoom church by providing a worship experience for those unable to leave home. (You can even host from the comfort of your home!) Keep the service running smoothly by setting up and monitoring the sound board. Free Training and Support! Not tech savvy, then how about: ↩

Seasonal Events: Beautify the church. Assist at various times throughout the year by helping decorate the chancel area. Not your thing, then how about: ↩

Flowers for the Altar: If you've got a green thumb and want to enhance the altar area consider bringing in some flowers.

We'd love to have you help out and add meaning to your worship experience. If you've never tried one of these things we invite you to try something new among your friends at North Church.

April Birthdays

1st Julie LePore

5th Kow De-Graft-Eshun

8th Sarah Cadman

14th Elaine Hadge

18th Judy Starkweather

22nd Paul Gilligan

24th Tony Adamczyk

25th Vickie Hadge

27th Taryn Gilligan

29th Stephen Gagnon

Katherine Turley

30th Martina Brew

Birthday Blessings to Everyone!

Ad Council Meeting



TBD

Making Music Together

Come join our choir and/or praise band! We rehearse from 7 to 8:30pm on Wednesdays and welcome more singers, instrumentalists: we have drums, guitar, bass, trombone, flute, etc, you name it, but need **you**, as sometimes we have to pick and choose with limited people. It is fun and fulfilling making music together, as well as a real sense of community and worship on our Wednesday evenings.

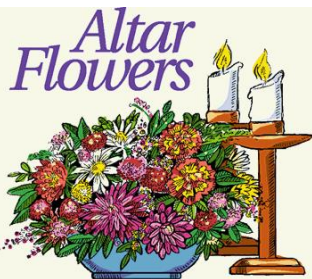


NORTH UMC will host BLOOD DRIVES

April 3rd and 17th

DONORS URGENTLY NEEDED. CALL 1-800-GIVE LIFE (1-800-448-3543) to schedule an appointment, or sign up online. Volunteers are needed to monitor the building during the drives.

Questions may be directed to Rev. Martin.



Flowers are a wonderful way to acknowledge the Memory of a Loved One or to Celebrate a special person or occasion. Consider

what you may have to offer, fresh and seasonal are especially nice. *Forms are available in the Memorial Room to make such requests.*

If you have any questions or prefer to order by phone, ***please contact Makayla Houle at 860-707-6895***

Online Giving

Online giving is available at:

<http://www.simplechurchgiving.net/northumc>

or scan the QR code shown below to go to the site. Set up an account and conveniently schedule your routine giving. Never miss another month or have to remember your checkbook. One time donations can be made as well. Selecting 'Bank Account' rather than 'Credit Card' costs NUMC the least in fees, but of course all donations are welcome.

Please contact us if you have any questions about online giving. Thank You!



Overcoming MS - Manchester, CT Circle

This MS support group focuses on living well with MS using the Overcoming MS program that includes diet and lifestyle changes in addition to medications. This group is open to people with MS and their care partners.

The group typically meets on the third Monday of the month at 5:30pm and alternates between Zoom meetings and face to face meetings at local restaurants or parks.

Please reach out via email to Vickie Hadge at vlhadge@yahoo.com for more details!



Knitting Ministry

We crochet and knit prayers shawls, hats and scarves for our MACC friends, lap blankets for the John A. DeQuattro Cancer Center and baby blankets, etc. for the Family Birthing Center at the Manchester Memorial Hospital.

Our prayer squares are shared in person and/or mailed to those dealing with little or big struggles in life. Sometimes knowing that others are thinking about you or praying for you makes all the difference in the world. Our group is open to all with or without yarn skills.

Please join us on the 1st and 3rd Monday of each month: 1:00- 2:30 PM at NUMC. The Knitting Ministry Meeting Schedule for Spring 2025 is as follows: 4/7, 4/21, 5/5, 5/19, 6/2, 6/16

Contact: Paula Adamczyk anthony.adamczyk@snet.net
or Susan Derby susanderby@cox.net with questions.



Prayer Corner

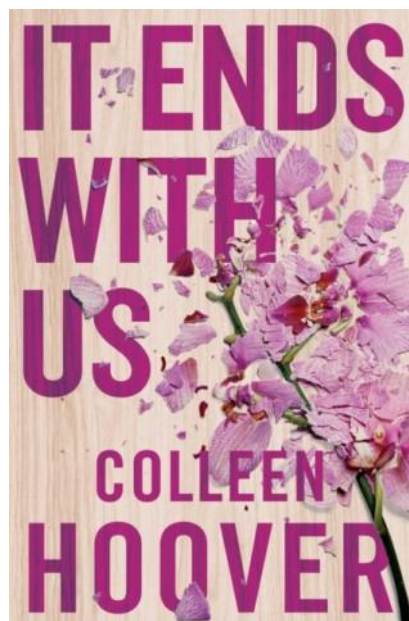
Luke 11:1 “When he finished one of his disciples said to him, ‘Lord, teach us to pray ...’”

What follows is Jesus giving His disciples the prayer that begins “Our Father ...,” but that is just the beginning of the lesson. There is so much more to it! As you read through the gospels, you can see Jesus praying on numerous occasions, out loud and silently. Jesus didn’t just teach them *how to pray* but also *He taught them to pray, by modeling that regularly. He prayed on mountain tops and at Lazarus’ tomb and in the Upper Room and while He was dying on the cross.*

My intention for this series is for us to help each other to pray. Let’s share how we pray, and how God has answered our prayers. Let’s inspire each other, so our prayer time is interesting to us and not a chore. May it be more like a couple young friends sitting on a bed talking at a sleepover, like old friends walking through the woods going from one topic to another, like dear friends sorting things out over coffee.

I have so many thoughts I want to share with you, and you have so much to teach me! I’m really trying to keep this short, but it’s such a vast topic and so important for each of us and all of us together! So, this month I have one suggestion for something to try: have you ever spent time praying on your knees? I find it helps me focus and quiet distractions, and when my mind does wander, my position helps me to draw myself back to what I want to be doing. How about you? Talk to me about your prayer time! I’m really interested!

Peace,
Barbie Turley



North Church Readers

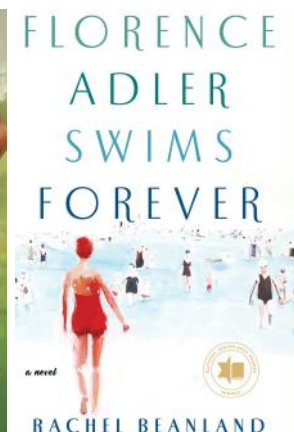
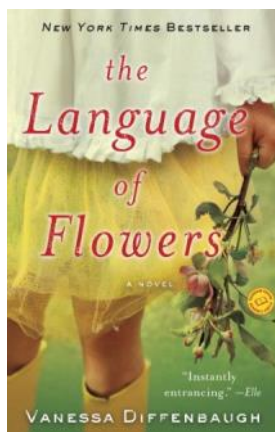
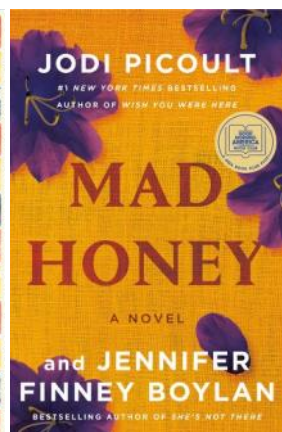
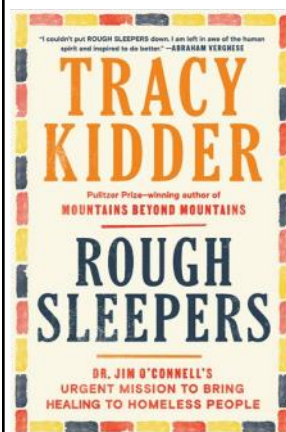
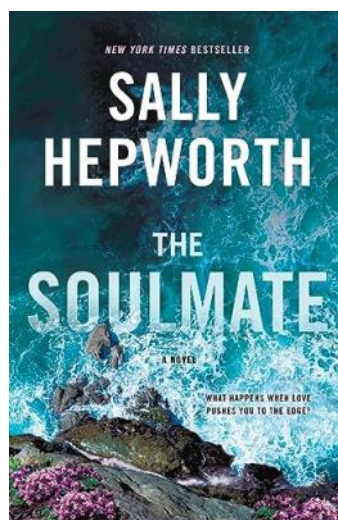
Our book discussion for Our next book selection will be led by Cindy Lepack and is scheduled for












Sunday, April 13, 2025 after church. Books are available in a marked section of the reference room of Mary Cheney library. We will be discussing *It Ends With Us* by Colleen Hoover. Lily hasn't always had it easy, but that's never stopped her from working hard for the life she wants. She's come a long way from the small town in Maine where she grew up---she graduated from college, moved to Boston, and started her own business. So when she feels a spark with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily's life suddenly feels too good to be true. Ryle is assertive, maybe even a bit arrogant, but he's also sensitive and has a total soft spot for Lily. But his complete aversion to relationships is disturbing.

As Lily remembers her first love, Atlas Corrigan, thoughts resurface of the life she left behind. He was her kindred spirit, her protector, the past she left behind. When Atlas suddenly reappears, everything Lily has built with Ryle is suddenly threatened. This is an unforgettable tale of love that comes at the ultimate price.

The North Church Readers is a group open to men and women who like to read and meet together monthly to discuss a book selected in advance by group members. Some are fiction, some non fiction, some serious, some more light-hearted. A different member leads discussion each month. It is great fun to discuss the huge variety of topics that arise. Book selections are available each month at the Mary Cheney library. Meetings are held at church the third Sunday of the month following morning worship. Everyone is welcome to join in!

Some recent books we have read:



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			7:00 pm Choir Rehearsal 			
6	7	8	9	10	11	12
10:30 am Blended In-Person and ZOOM Online Worship	1 pm Knitting Ministry 		7:00 pm Choir Rehearsal 			
13	14	15	16	17	18	19
Palm Sunday 10:30 am In-Person and ZOOM Online Worship 11:30 North Church Readers	6:00pm Upper Room Meal		7:00 pm Choir Rehearsal 	6:30pm Tenebrae Service at Warehouse Point 	6:30pm Good Friday Service	9:00 am Decorating the Altar for Easter
20	21	22	23	24	25	26
Easter Sunday! 10:30 am Blended In-Person and ZOOM Online Worship	1 pm Knitting Ministry 		7:00 pm Choir Rehearsal 			
27	28	29	30			
10:30 am Blended In-Person and ZOOM Worship Reconciling Ministries Meeting after Worship 			7:00 pm Choir Rehearsal 			

North United Methodist Church
300 Parker Street
Manchester, CT 06042

Address Service Requested



North United Methodist
300 Parker Street
Manchester, CT 06042

Pastor: David J. Martin

*Worship the Lord in the
splendor of his holiness!*

1 Corinthians 16:29

Phone: 860-649-3696
E-mail: northchurch@snet.net
Web-Site: <http://numc.axelhouse.com>

New England Conference
Web-Site: <http://www.neumc.org>

CHOIR WARM UP

9:30 am

NURSERY—upon request

10:15 am—11:45 am

WORSHIP

10:30 am Worship,
Youth and Children's Sunday
School, One-Room for Summer

FELLOWSHIP

11:30 am

SUNDAY SCHOOL

Children attend the beginning of
the service at 10:30 am and then
proceed to class following the
Children's Time. Classes dis-
miss at 11:45 am.

10:30 am

Worship

COMMUNION SUNDAYS

The first Sunday of each month
is Communion Sunday, at
which time the children will
begin in Sunday School classes
and then attend church with
their families in corporate
worship at the time for
communion and will remain
until the conclusion of service.

For over 200 years,
North UMC has pro-
claimed the good news
of Jesus Christ to the
people of Manchester
CT. We invite you to
join us for worship on
Sunday mornings.

*A warm welcome
awaits you!*

**As followers of the teachings of Jesus Christ,
North United Methodist Church strives to be
an inclusive community. We welcome, respect
and celebrate persons of every race,
ethnicity, gender identity,
sexual orientation, national
origin, ability, family
status, age and economic
circumstance. We want
you to feel at home and
know that you belong
here.**

