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

TIDINGS

V o l u m e 2 5 i s s u e 9

S e p t e m b e r 2 0 2 5

Hartford Pride Fest is Saturday, September 13!



North United Methodist Church is a Reconciling Ministries Network church and in that mission commitment, we will once again have a tent representing NUMC at Hartford Pride Fest.

Saturday, September 13, 2025, 12:00 to 6:00 pm

at Trumbull & Pratt Streets, Hartford, CT

Parking is FREE on-street and in some lots. Restaurants and Food Trucks can satisfy any craving.

Please stop by to visit us or sign up to participate. We will be showing our support for the entire LGBTQ+ community by saying Hello, making friends, and sharing conversation. You can help us give away our free "stuff": water, chocolates, stickers, pins, Prayer Squares, flags, and handshakes & hugs. Or just be there for the puppies by offering water, dog treats, and cool bandanas! Just show up! Dressed with Pride.

Stress Reduction Group



Are you looking for a way to reduce stress? Are you curious about mindfulness? Would you like to learn how to meditate?

You are invited to join us for an introduction to Mindfulness and Meditation for Stress Reduction.

Each week we will discuss an aspect of mindfulness and participate in a short, guided meditation. You will learn about mindful practices that you can do to help manage stress including mindful movement, moments of stillness, single-tasking, mindful communication, mindful eating, and cultivating kindness.

We will meet on Mondays September 15th, 22nd, 29th & October 6th 6:30pm-7:30pm.

Cost: A donation of a non-perishable food item per class that will be given to the MACC food pantry.

Please sign-up on the sheet in the memorial room or email vickie.hadge@gmail.com with questions.



Special Charge Conference Sunday, September 28 at 2pm

For the purpose of authorizing the trustees to rent the parsonage out. The conference will be with D.S. Rev Wanda Santos-Perez via our normal zoom link.

Pauline's Stockpot at Wesley UMC in East Windsor

Something pretty special is happening every Wednesday and Friday in the humble basement of the Wesley UMC in East Windsor. It is something that our friends there frankly don't brag about enough! Barbara Judd and Karen Arendt have been visiting them a bit this summer and have witnessed first hand the miracles that are being done there under the name of Pauline's Stockpot. Pauline's is a food pantry and soup kitchen serving the area for years now and the folks who are working there, led by Marc Guertin, have a legacy to be proud of.

Every Wednesday, they gather food donations from various grocery stores and set them out for folks who need help making ends meet. The array of food on offer is actually quite impressive ranging from fresh vegetables and fruits, to frozen meats, eggs, dairy items and an array of shelf stable canned goods and dried goods. Clients are invited to come in and take what they need from the food on offer as well as from tables of clothing, household goods, toiletries, games and the like. The clients are greeted warmly, assisted by staff, and there is a light-hearted and non-judgmental atmosphere that makes the experience comfortable for those who need to be there because of their circumstances. Marc is quick to remind the volunteers that we cannot know what others are dealing with and that "there but for the grace of God" any of us could find ourselves equally in need.

And, if the food pantry is not enough, the staff has gotten the kitchen at Wesley approved by the State of CT as a commercial kitchen that can cook and serve meals safely and in accordance with state health standards. Marc and his team of cooks serve up meals that are really appetizing - his motto is they serve meals that they themselves want to eat - and the variety of meals is really impressive. During the summer, meals may include Marc out on the grill cooking up barbecued delights to go along with the other items coming from the church ovens. When clients have finished their "shopping" they are given meals to go that always include a main course, at least one side, a drink and some sort of sweet bite to round things out. Then on Friday, another lunch (during the summer) or dinner (for the rest of the year) is on offer with a "drive through" option when the weather is not good.

Barb and Karen have had fun working with the daughters and granddaughters of the staff to put together some of those desserts, training the next generation of volunteers. It's been both fun and a wonderful reminder of God's mercy and love at work for our neighbors.

All those involved are truly doing God's work. We at NUMC can support them with our prayers and by filling a need for things like aluminum foil, to-go containers, and other necessities as those needs arise. Please check in with Dave to find out more about how we can support this amazing ministry or find out more at the **Pauline's Stockpot Kitchen page on Facebook at**

<https://www.facebook.com/groups/561732988408896>



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 121**

The **Community Emergency Food Pantry** provides groceries by appointment only. Please call **860-647-8003 x 128**

The **Community Threads Thrift Shoppe** hours are Mon through Fri 10am – 2pm and Sat 10am – 1pm
860-647-8003 x 129

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

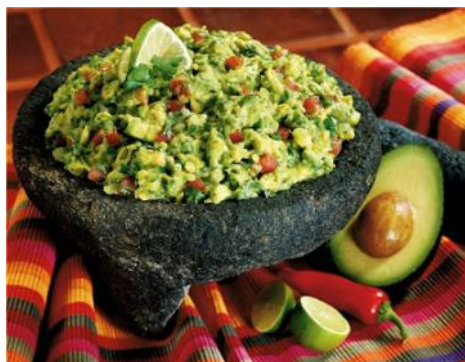
Thursday: 9:00 am – 5:00 pm

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.



Whole Food Plant Based Potluck Dinner!

Please join us for a whole food plant-based potluck dinner on Monday Nov. 17th at 6:00pm at NUMC.

Please plan to bring a dish that is made from predominately whole, unprocessed plant foods, and have no animal products.

Some suggestions are hummus with vegetables, guacamole, your favorite salads, stews, casseroles, steamed or baked vegetables, bean dishes, grains, or fruit salads.

For inspiration see the Forks Over Knives website <https://shop.forksoverknives.com>. They have hundreds of recipes on their website.

Please bring a donation of a non-perishable food item that will be given to the MACC food pantry

Please sign-up on the sheet in the memorial room or email vickie.hadge@gmail.com with questions.



September Birthdays

2nd Linda Gates
4th Steve Hadge
5th Deb Tedford
6th Chris Larson
8th Karen Cadman
9th Linda VanDine
18th Bob Pelletier
26th John Fitzgerald
29th Jackie Abbott
30th Stephanie 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.

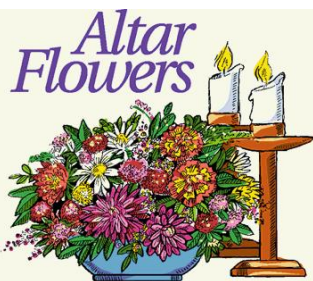


NORTH UMC will host BLOOD DRIVES

September 9th, 18th, and 25th

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.



Altar Flowers

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 Fall 2025 is as follows:

9/15, 10/6, 10/20; 11/3, 11/17; 12/1, 12/15

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



Prayer Corner

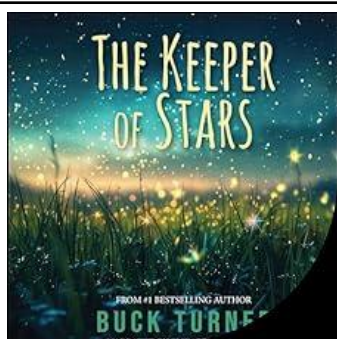
Luke 11:1 “When he finished one of his disciples said to him, ‘Lord, teach us to pray ...’”

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 Judy Starkweather

and is scheduled for Sunday, September 21, 2025 after church. ***The Keeper of Stars*** by Buck Turner. It's 1962 when Tennessee native Jack Bennett meets out of townner Ellie Spencer. He falls head over heels for this woman whose greatest love has always been the stars...until Jack. But their summer romance at the water's edge is cut short by forces beyond their control. Twelve years later Dr Elizabeth Spencer, now a renowned professor of astronomy, receives a mysterious package containing a novel about a man and woman who meet one summer and fall in love. Ellie recognizes this is *their* story from that magical summer. She returns to the water's edge to see if their love story can live again.

Stuff That Matters

At 6pm on the last Sunday evening of every month adults ages 25-45 are invited to join us at North United Methodist Church. We will cook a meal together, eat together, clean up together and talk about stuff that matters. Pastor David Martin facilitates the group, but the topic of conversation is up to the group. As a small community you decide what is important, and what your needs are. Our nation has become an increasingly difficult place to live.

People work harder and longer for less. Housing prices are through the roof, groceries are outrageous, political or current event conversations in the workplace are like landmines, and the degrading of rights and freedoms can feel overwhelming. Young people are under a lot of stress; we want to help support you on your journey!

Stuff That Matters is a safe space for folks to vent, seek support, have fun, laugh, (cry if you need to!) and just enjoy a tasty meal while shutting out the noise of the world for a few hours. We hope you will put the last Sunday evening of each month on your calendar, and spend some times being refreshed in good company.



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.

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

Cost: A donation of a non-perishable food item per class. Donations will be given to the Manchester Area Conference of Churches (MACC) food pantry. (suggested items: Canned Veggies, Peanut Butter, Ketchup, Mustard, Rice, Pasta, Pasta Sauce, Beans)














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.
- How eating more plants helps us to be good stewards of our bodies and the planet.
- We will also sample some delicious and easy recipes!

Classes will run on Mondays from 6:30pm-7:30pm ET at North United Methodist Church

300 Parker Street, Manchester, October 20th & 27th and November 3rd & 10th .

Spots are limited. Please email vickie.hadge@gmail.com to reserve your spot.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	1 pm Knitting Ministry 		7:00 pm Choir Rehearsal 			
7	8	9	10	11	12	13
10:30 am Blended In-Person and ZOOM Online Worship			7:00 pm Choir Rehearsal 			Hartford Pride Fest  <small>RECONCILING MINISTRIES NETWORK</small>
14	15	16	17	18	19	20
10:30 am In-Person and ZOOM Online Worship	1 pm Knitting Ministry  6:30 Stress Reduction		7:00 pm Choir Rehearsal 			
21	22	23	24	25	26	27
10:30 am Blended In-Person and ZOOM Online Worship 11:30 North Church Readers	6:30 Mindfulness Based Stress Reduction Group		7:00 pm Choir Rehearsal 			
28	29	30				
10:30 am Blended In-Person and ZOOM Worship 2:00 Charge Conference 6:00 Stuff That Matters		  SEPTEMBER 				

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.**

