

# April 2015



# Table of Contents

Prayer Shawl Ministry ..... 1

Starting the New Year ..... 1

Epworth Excitement ..... 2

From the Parish Nurse ..... 3

New Epworth Memorial Endowment ..... 6

Young at Heart ..... 7

“Bring your Lunch to Church” ..... 7

Singing Praise! ..... 8

Our Bible Ministry ..... 9

Philabundance ..... 10

Goodtimers April Event ..... 11

Calendar ..... 12

# Prayer Shawl Ministry

By Amy | April 2015



## Tangible evidence of the love and prayers of our congregation

*I have set my rainbow in the clouds, ...this is the sign of the covenant I have established between me and all life on earth.*

*Genesis 9:13, 17*

Notes on color symbolism tell us that pink represents compassion, sensitivity, soothing; and that blue signifies healing, calmness, peace, tranquility; and grey strength, balance, and wisdom.

The March 2015 issue of Guideposts carries the story of two prayer shawls. The first was received by the author in a time of sorrow and given away to a suffering teen with a note that said, in part, “there are two things that can help us survive - friendship and prayer. On... the day my husband was dying a friend of mine drove 300 miles to give me their handmade treasure. When you’re scared - when you feel alone - wrap this shawl around you.” Later, facing surgery with fear, the author received in the mail a shawl knitted by a friend of the softest yarn in mauve, pink, green, blue, grey - the colors of the sky before dawn - identical to the one she had given away. She tells of her fear leaving her in the moment she wrapped the shawl around her.

*“There are no coincidences - only small miracles in which God chooses to remain anonymous.” - Corrie Ten Boom*

Next meeting 7pm Thursday, April 23, 2015

# Starting the New Year

By Amy | April 2015



It has been a difficult start of the new year. The bad news is that we had several Sundays where we have had inclement weather which has helped to hold down attendance. But if we put those Sundays aside, the good news is that attendance for the other Sundays is up almost ten percent! The bad news is that having these “low” Sundays has left us behind in our giving. The good news is that we have time to make up for this short fall.

Our hope is that we will all reflect on our part in making more good news. We can do this by continuing to be together in worship and even considering inviting others to be with us! And let us consider what we might be able to do to help with increasing our giving. Let’s make more good news together!

## **Epworth Excitement**

By Amy | April 2015



## **Epworth Excitement**

Have you sensed the excitement that is present on Sunday mornings? It is all around us with the young voices and youthful enthusiasm. It is contagious as their spirit dances expressing their joy for being here at Epworth. Do you recognize it?

With the welcomed swell of children and their families in our midst comes the responsibility to support them and continue to provide a ministry that is uplifting and nurturing. We recently met with some of the parents and listened to their thoughts about Sunday school, worship and fellowship. As a result we will be exploring some of the issues raised so we may better serve our families.

It often said that “our children and their families are the future of our church.” That statement is simply wrong! They are our present and if we do not do something today the future will not matter. I hope as we begin to explore the various areas of ministry you will afford us patience and grace. Not all that we attempt to do will work the first time. Yet as Methodists we are constantly “moving onto perfection.”

If you have any thoughts or ideas for an activity, mission or program please take a moment and talk with [Pastor Charlie](#). We hope you are catching the spirit of new life here at Epworth!



# From the Parish Nurse

By Amy | April 2015



Greetings to all !- As you know I was unable to write & submit an article for the last newsletter due to my surgery & resultant complications. However, here I am again with another topic to address this month. Many of my articles have focused mainly on adult concerns with an occasional parenting or child care issue. Today I want to look at the younger child, as we seem to have a growing number of little ones in our congregational families.

## **Potty Training**

A topic that arises with parents of very young children is “Potty Training”. How & when to begin this process can be a puzzling issue.

If your child is between 2 and 3 years old, it may be time to start teaching him or her how to use the toilet. Before you start this important developmental milestone, you need to find out whether your child is ready. Your child might be ready to start potty training if he/she has one or more of the following physical signs:

- has a dry diaper for at least 2 hours a day or is dry after naps
- has bowel movements (BMs) at regular times each day
- and makes sounds (like grunting) and movements (squatting, bending over) when making a BM.

A child also must be emotionally and mentally ready to start potty training. Some signs of emotional readiness include:

- telling you when he/she has a dirty diaper (made pee-pee or poopy)
- wants to be changed when wet/dirty
- shows interest in the toilet, how it works and how to use it

- asks to go potty
- can help undress him/herself
- can follow simple instructions
- wants to wear “big kid” underwear.

If your child strongly resists your attempts for him/her to “go potty”, it ‘s best to wait a while before starting training again.

Unless the child is making good progress you should delay potty training during stressful situations, like moving to a new home, having a new baby, a major illness, recent death or other family crisis.

## **Active Training**

Once you determine your child is ready to start potty training, you will need the following items

- Child-size potty chair and/or a child-size seat that fits on a regular toilet seat. Potty chairs tend to work better because the child does not have to climb onto it, and his/her feet can stay on the floor
- Pull-up diapers and/or training pants. You may keep using diapers overnight.

You should make trips to the potty part of the daily routine. When your child seems to need to urinate or have a BM , go to the potty.

## **Positive Reinforcement**

This is one of the keys to potty training success. In the beginning, praise your child for telling you when he/she has wet a diaper or made a BM. Explain what you want to happen. Encourage your child with lots of hugs and praise when success occurs. Training pants, or pull-ups, can help potty training and give your child added confidence and a sense of being “a big kid”. You should be prepared to clean up “accidents”, however.

Remember, every child is different when it comes to toilet training. Some kids train quickly; others need more time and help to succeed. Parents should never force their child to sit on the potty or punish them if they have an accident.

## **Words Of Advice**

Toilet training takes time. Most children achieve bowel control and daytime urine control by 3-4 years of age. However, it may take longer for them to stay dry overnight. Most girls and more than 75 percent of boys can stay dry overnight after age 5 yrs.

If you wish further information on this topic please contact [Reva Luce](#), Parish Nurse.



## Blood Pressure Screening

Coming Up: **Sunday, April 12** - Blood Pressure Screening in parlor after morning service. Free for anyone in attendance that day.

## New Epworth Memorial Endowment

By Amy | April 2015





## **New Epworth Memorial Endowment Added To Our Planned Giving Offering**

The Endowment Funds and the Living Trust Program at Epworth United Methodist Church were established to provide our members with the opportunity to participate in the long-term life and growth of the Church. At the present time, a total of 17 individual endowments have been established by members of the congregation whose vision is/has been to ensure that Epworth continues to serve as a vital part of our community.

These endowments have provided the resources needed for significant improvements to our Church property, along with missions and Sunday School projects to support the education of our children. To date, over \$146,000 generated by the income from our endowment portfolios has benefitted our

congregation in this manner. Additionally, \$100,000 - income generated by the Mandeville Endowment - has provided scholarships to deserving students who are continuing their education in preparation for ordained ministry.

The latest opportunity to support our Planned Giving Program is through a newly-established endowment. The Epworth Memorial Endowment will enable members of the Epworth Congregation to memorialize a family member, friend, or a church member who has made a significant impact on the life of the church.

A "Remembrance Wall" will be displayed in the hallway outside the Sunday School rooms, with individual plates engraved. In addition, a profile of each person will be shared. To memorialize an individual, we request a donation of \$100 per person. There is no limit to the number of people who can memorialize the same person with their \$100 contribution.

Checks should be made payable to the Epworth Memorial Endowment. To participate, please contact the church office or any member of the Planned Giving Committee: Jean Cook, Marilyn Bilotti, Carol Fenton, Debbie Mason or Bill Rinck.

With your help, this new endowment will not only honor your cherished friends and family members, but will also help to sustain the long-term life and growth of Epworth. Your contributions will be collectively invested in a new endowment portfolio, with the income used to support identified needs for the operation of the church. It is our hope that you will prayerfully consider this opportunity to invest in our future while creating a lasting memorial to those you hold dear.

## **Young at Heart**

By Amy | April 2015

Young At Heart will meet on Monday, April 20th at 12noon. Please remember to bring a sandwich. We will supply the beverages & dessert. We will have a social hour. Everyone is welcome to join us!

# **“Bring your Lunch to Church”**

By Amy | April 2015



## **Sunday Lunch “Bring your Lunch to Church”**

On April 26 and join us for our monthly brown bag lunch. Bring your lunch to the Fellowship Room after church for a time of fellowship with friends and making new friends. The food will be your favorite (or whatever you bring) with no extra expense. The time will be special.

We will gather for lunch and fellowship on the last Sunday of every month.

## **Singing Praise!**

By Amy | April 2015

# Singing Praise



It is awesome to see the praise team expanding with new instruments and voices coming together to praise the Lord. Our hope is to have them become a more regular part of our morning worship. They are working to increase their repertoire of selections to include some of today's hits that many of us have heard on KLOVE. If you would like to be part of the praise team they welcome you to join them. Often they rehearse Sunday early afternoon. Simply speak to Diane Soper, Sandy Grimes, Amy Chaplin, or Bill Condit and let them know your interest. We rejoice that this group is helping to lead us forward in our expressing our praise to the Lord!

## **Our Bible Ministry**

By Amy | April 2015



A reminder about our New Testament ministry....

Do you still have your New Testament? Have you given it away to someone? Do you need another? We continue to have books available to share the Word of God with others. Large print and pocket editions are free for the taking. Especially we have a children's book "the Servant King" that tells of Jesus life. It would make a great gift to the child in your life! Let's help spread the Word!

# Philabundance

By Amy | April 2015





## Philabundance

We are trying to get an idea of how many people would be interested in participating in Philabundance. How many people would like to volunteer their time on a weekday, if that would work better or if a Saturday would work better for most people to volunteer at Philabundance. There will be a survey on the Narthex bulletin board to express your interest. Thank you for your help!

## Goodtimers April Event

By Amy | April 2015



Goodtimers April Event will be held Monday, April 27 - 6:30PM seating - Dinner at the [Burlington County College Culinary Arts Center](#). 21 Mill St., Mt. Holly, NJ.

This is for a 3 course meal in their Full Service restaurant. Individuals select 1 item from each course. Menu will be posted on their website.



Cost is \$16 per person inclusive of tax & gratuity, payable at the door by cash or visa. This is not a BYOB! Reva Luce is coordinating. All [reservations are to be made with Reva Luce](#) by April 17!!! This is by reservation only!!! Seating is limited!

## Calendar

By Amy | April 2015



```
[iframe  
src="https://www.google.com/calendar/embed?src=epworth.palmyra%40gmail.com&ctz=America/New_York" width="100%" height="800" frameborder="0" scrolling="no"]
```