

# THE MESSENGER

OUR MISSION IS TO WORSHIP, SERVE, AND SHARE GOD'S LOVE  
WE ARE A RECONCILING CHURCH SINCE MARCH 1, 1998



## *You are a Part of the Family!*

### **John Street UMC**

98 John St.  
Camden, ME 04843

### **Call for an appointment:**

Tel: 207-236-3829

Rev. Chellie's cell: (207) 975-1615

**Email:** johnstreetumc@gmail.com

**Website:** johnstreetumc.org

**Like us on Facebook:** @johnstreetumc

Check us out on Youtube, too!

### **Bookkeeper/Office Hours**

Tuesdays & Thursdays

### **Pastor Chellie's Office Hours**

Tuesdays @ JSUMC

Wed & Thurs @ Home/Visits/Calls

Fridays @ PUMCST



### **Weekly Pledges & Offerings**

We appreciate your continued support  
and mailing of your pledges / offerings to:

JSUMC

c/o Joyce Smith

PO Box 295

Rockport, ME 04856

9 am - 12:30 pm

11 am - 4:00 pm

11 am - 4:00 pm

11:30 am - 4:00 pm



### **Weekly Worship / Sunday mornings**

**9:00 am** People's UMC So. Thomaston (In-Person & FBLive)

**11:00 am** John Street UMC Camden (In-Person & FBLive) **12:15 pm** Fellowship

**2:00 pm** Finnish Congregational Church (in-person every other week)

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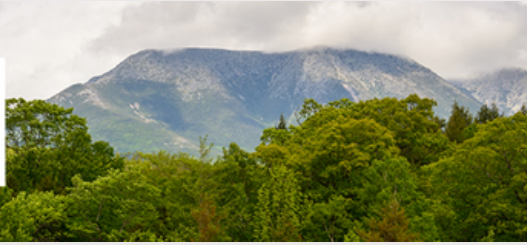
Barbara's Beauties/What's  
Cookin'/Poetry Corner

Community  
Announcements





**Katahdin District**  
New England Annual Conference  
THE UNITED METHODIST CHURCH



When he saw Peter and John about to enter, he asked them for money.

Peter looked straight at him, as did John. Then Peter said, "Look at us!"

So, the man gave them his attention, expecting to get something from them.

Then Peter said,

"Silver or gold I do not have, but what I do have I give you. In the name of Jesus Christ of Nazareth, walk."

Taking him by the right hand, he helped him up, and instantly the man's feet and ankles became strong.

He jumped to his feet and began to walk.

Then he went with them into the temple courts, walking and jumping, and praising God. Acts 3:5-8

Dear Friends,

The early church grew fairly quickly despite the fact that this new religion was despised by many. We know that when Jesus died, the disciples were saddened and confused and quite frankly, scared.

They spent a lot of time, hiding in their homes. But with Jesus' resurrection and the addition of the Holy Spirit, the disciples were emboldened to reach out to their community and share the Good News. You did not see them hiding in their houses any longer. They were out in the community, healing the sick, freeing the captives and following Jesus' mandate to "feed the sheep".

Two thousand years later, the church has gone through many ups and downs. There have been moments when the church was thriving and days like today, when the church is diminishing. The most frequent question I am asked by our churches, is how to grow our membership. How do we interest new folks in the life of the church?

This is of course a complicated question and there is no one simple answer. Yet, I think looking back to our beginnings does show us a few important insights. The first is, of course, that, the early church was not looking at how to grow the "church". The early church's purpose was to share the good news so that everyone would come to know the saving grace of our Lord and Savior Jesus Christ. Jesus did not instruct the disciples to grow a church, he told them to feed the sheep. The disciples understood this to mean, answering the physical and spiritual needs of the people, in the name of Jesus. The fact is that as they shared the love and grace of Christ, the church grew.

*"Remember not  
the former  
things, nor  
consider the  
things of old.  
Behold, I am  
doing a new  
thing; now it  
springs forth, do  
you not perceive  
it? I will make a  
way in the  
wilderness and  
rivers in the  
desert."*

ISAIAH 43:18-19

*"Therefore, if  
anyone is in  
Christ, he is a  
new creation.  
The old has  
passed away;  
behold, the new  
has come."*

2 CORINTHIANS 5:17

The accounts we read in Acts and the Epistles, show us a group of disciples who were intent on going out into the world to bring the good news to the people. We do not hear too many stories where folks were invited to attend a church service. The believers went out to find the people.

When I look at the early church and compare it to our efforts today, I see a mismatch. Have we forgotten that the mandate is to make disciples, not church members? Have we gotten so comfortable in our pews that we neglect to step out into the community? Don't get me wrong, I love our church buildings and the worship that we have within them. But I am afraid that we miss the point if we forget to leave our buildings. I suspect that growing the church means taking the brave step of leaving them behind so we can meet the needs of the people.

This summer, one of our churches, Hampden Highlands, is going out into the community to serve the people. Their Raya Mission is in full swing as they have raised money and will be dispersing teams to go to community members homes to offer small repairs and maintenance free of charge. They are not asking folks to attend a church service, but they are offering the love and grace of neighbors in the name of Jesus. I am excited to see the reverberations of this ministry in the months to come.

I hope to continue to share examples of best practices that I see in our churches over the months to come. I hope that you will pray for these efforts and perhaps find inspiration in them for your own ministries. I believe that as we step out to share the good news, to feed God's sheep, our churches will grow. I am convinced that when we give sacrificially to others, forgetting our own preferences, we will see growth in the church and in our own spiritual lives as well. I pray that your days will be filled with an overflowing abundance of God's love.

Blessings,  
Jackie

*"Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life."*

JOHN 5:24

*"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.  
"The Lord is my portion," says my soul,  
"therefore I will hope in him."*

LAMENTATIONS 3:22-24

# CDC Guidelines & Updates

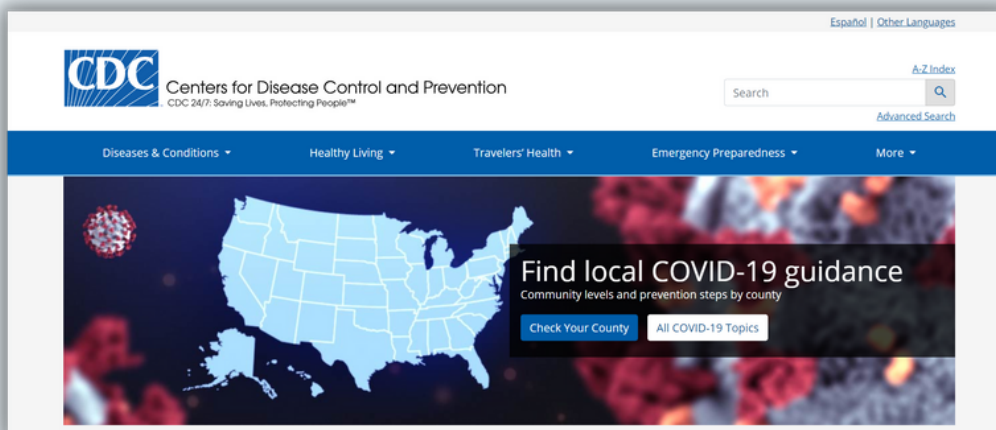
FOR FAITH COMMUNITIES AND WORSHIP SPACES



## GENERAL UPDATE AS OF JULY, 2022

**UPDATED COVID-19 Protocols for In-Person Worship are in accordance with ME CDC**  
**Masking is an individual's choice / Respectful Distancing is still encouraged**

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.



For up-to-date information about exposure risk by state and county, the CDC website updates its map every Thursday. **As of July 21, 2022, Knox County was at a Low (green) risk level.**

*"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another."*

JOHN 13:34

*"Love thy neighbor as thyself."*

MARK 12:31

*"Let each of you look out not only to his own interests, but also to the interests of others."*

PHILIPPIANS 2:4

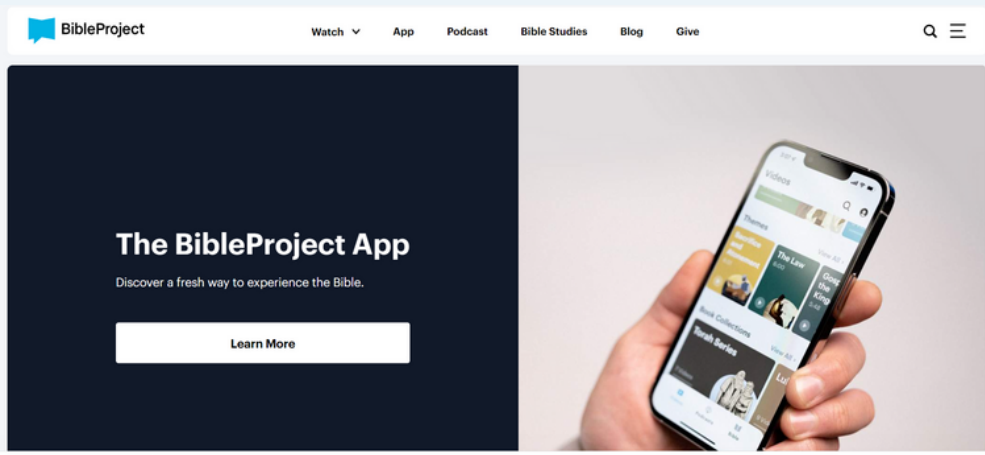
*"Use your freedom to serve one another in love."*

GALATIANS 5:13

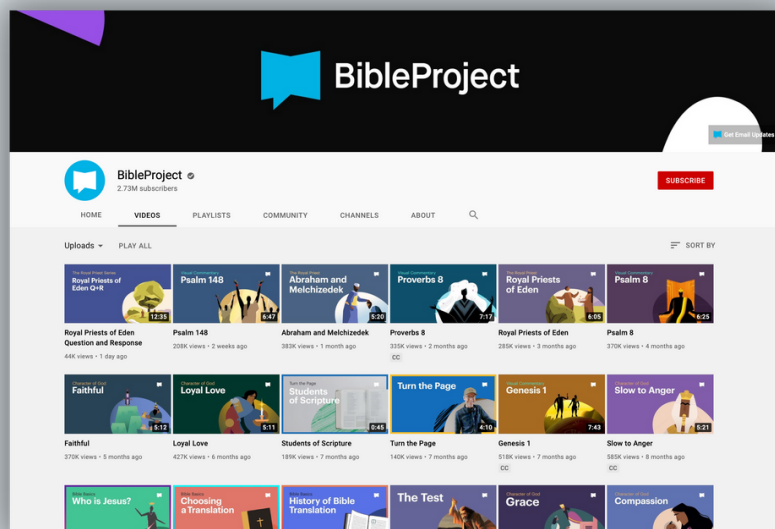


# Faith Formation

PRAY, READ, WATCH



This is a website that offers a blog, a podcast, and a series of five to eight minute videos on **Youtube** and **Facebook** on books of the Bible, theological concepts, and word studies! You have to check these out; Pastor Chellie loves them!



*"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."*

PROVERBS 3:5-6

*"Now faith is the assurance of things hoped for, the conviction of things not seen."*

HEBREWS 11:1

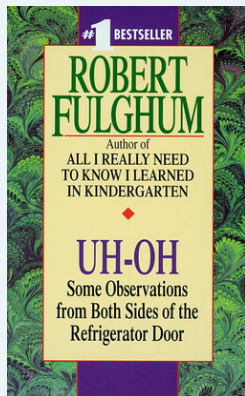
*"For we walk by faith, not by sight."*

CORINTHIANS 5:7

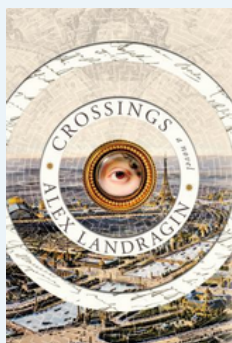
# What's Chellie Reading?

Chellie is currently reading **"UH-OH: Some Observations From Both Sides of the Refrigerator Door"** by Robert Fulghum and **"Crossings"** – a novel, consisting of 3 manuscripts

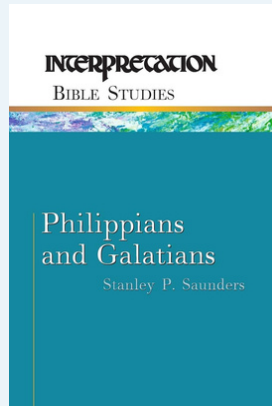
*The Education of a Monster / City of Ghosts / Tales of the Albatross* by Alex Landragin. She's also preparing for her sermon series with **"Philippians & Galatians: Interpretation Bible Studies"** by Stanley Saunders and **"Interpretation Commentary: Galatians"** by Charles B. Cousar.



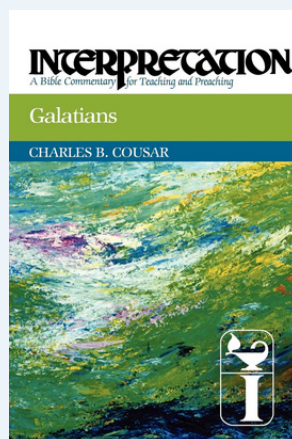
Robert Fulghum / Villard books  
a div. of Random House, Inc. New York  
© 1991 Robert Fulghum  
ISBN- 13: 978-0-804-11189-8



Alex Landragin  
St. Martin's Publishing Group, New York, NY  
©2019 by Alex Landragin  
ISBN: 978-1-250-79672-1



Stanley Saunders  
© 2001 Westminster John Knox Press;  
Illustrated edition  
ISBN-10: 0664227465  
ISBN-13: 978-0664227463



Charles B. Cousar  
© 1982 John Knox Press Louisville, KY  
ISBN 10: 0-8042-3138-9 (hardcover)

*"An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge."*

PROVERBS 18:15

*"Rejoice in hope, be patient in tribulation, be constant in prayer."*

ROMANS 12:12

*"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."*

HEBREWS 10:24-25



# Summer Sermon Series

## Galatians & The Fruit of the Spirit

This is what the basic outline of the study looks like (subject to change):

<b>June 19TH</b>	Galatians Intro & Ch. 1 Authority of Grace
<b>June 26th</b>	Galatians 2 Justification by Faith
<b>July 3rd</b>	Galatians 3 Christian Identity: Who are the people of God
<b>July 10th</b>	Galatians 3 Where does TORAH fit in?
<b>July 17th</b>	Galatians 4 Worthy of our Calling
<b>July 24th</b>	Galatians 5:1-15 Freedom, Spirit & Life of Love
<b>July 31st</b>	Galatians 5:16-21 Rotten Fruit – The Pits
<b>AUGUST</b>	My vacation/guest speaks

### SEPTEMBER – OCTOBER: THE RIPE FRUIT OF THE SPIRIT

<b>Sept. 4th</b>	Love
<b>Sept. 11th</b>	Joy
<b>Sept. 18th</b>	Peace
<b>Sept. 25th</b>	Patience
<b>Oct. 2nd</b>	Kindness
<b>Oct. 9th</b>	Generosity/Goodness
<b>Oct. 16th</b>	Faithfulness
<b>Oct. 23rd</b>	Gentleness
<b>Oct. 30th</b>	Self-Control
<b>Nov. 6th</b>	Unity as Community of Faith

*"An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge."*

PROVERBS 18:15

*"Rejoice in hope, be patient in tribulation, be constant in prayer."*

ROMANS 12:12

*"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."*

HEBREWS 10:24-25

# UMC Covenantal

## Missions

OUR MISSION SHARES connect  
us to UMC mission

Locally: The Methodist Home in Rockland =  
Meals on Wheels,

Mentoring/Leadership Training for Clergy

Regionally: Camp Mechuwana, Lay Servant  
Ministry Courses, Preachers' Aid Society,  
Salem Economic Ministry, The Wilson Center  
(Campus Ministry @ UMaine)

Nationally: Interdenominational Fund  
(partnerships)

Globally: African College, Nicaragua  
Connection

UMCOR: Disaster Response, Heifer  
International, Church World Service (CWS) =  
Blanket Sunday

## How to assist Ukrainians

United Methodists and others wishing to  
provide humanitarian assistance to the  
Ukrainian people in the wake of the Russian  
invasion of their country may contribute to  
Advance #982450, UMCOR International  
Disaster Response and Recovery. This fund will  
provide direct assistance to those in Ukraine as  
well as assistance to Ukrainians fleeing to  
neighboring countries.

Make Checks payable to: JSUMC on the  
Memo Line: **UMCOR Advance #982450**

## THE LANDING PLACE:

*Helping youth of the  
Midcoast area*

They are back to delivery only due to COVID.  
Below is a list of their Current Needs. The  
Landing Place receives donations on  
Mondays, Tuesdays & Thursdays from 10 am  
– 2 pm. Call Shannon Shimer, youth program  
coordinator @ (207-691-7206) to plan a time  
to drop off your items.



## MISSION OFFERINGS

*If you have some to share after your  
pledge/tithe, consider helping one of our on-  
going missions:*

- 1st Sunday/Communion Sundays = Camden  
Area Food Pantry
- 2nd Sunday = Your choice
- 3rd Sunday = Pastor's Discretionary Fund or  
Knox County Homeless Coalition
- 4th Sunday = Your choice
- 5th Sunday = World Missions {Heifer  
Intl./UMCOR Disaster Relief / etc.}

**Make checks payable to JSUMC include  
the name of the non-profit on the MEMO  
line of the check**

## LOCAL MISSIONS / NON-PROFITS WE SUPPORT

KNOX COUNTY HOMELESS COALITION  
HOSPITALITY HOUSE  
HABITAT FOR HUMANITY  
OUT MAINE  
HOSPICE VOLUNTEERS  
NEW HOPE FOR WOMEN  
THE LANDING PLACE  
COASTAL OPPORTUNITIES  
CAMDEN AREA CHRISTIAN FOOD PANTRY  
CAMDEN DIST. NURSING ASSOC.  
MEALS on WHEELS & P.A.W.S  
FINDING OUR VOICES

*"And he said to  
them, "Go into  
all the world  
and proclaim  
the gospel to the  
whole creation."*

MARK 16:15

*"Go therefore  
and make  
disciples of all  
nations,  
baptizing them  
in the name of  
the Father and  
of the Son and  
of the Holy  
Spirit, teaching  
them to observe  
all that I have  
commanded you.  
And behold, I  
am with you  
always, to the  
end of the age."*

MATTHEW 28 19-20



# THANK YOU FOR YOUR SUPPORT!

## **Finding Our Voices: Breaking the Silence of Domestic Abuse**

*"To the Tai Chi Participants at John Street UMC Church,  
Thank you for your most welcome donation on June 2, 2022 of  
\$108.00 to Finding Our Voices. These finds will help break the  
silence, stigma, and cycle of domestic abuse in the Midcoast and  
beyond, through bold outreach as well as tangible peer support –  
including finance assistance – for domestic violence victims.  
The first step to solving a problem is shining a light on it. Please  
know that with this support, YouAre the OUR in Finding Our Voices,  
helping to make Maine safer and happier for all."*

*With my kindest regards,  
Patrisha McLead  
President/Founder*

## **PAWS**

*"...Your kind gift of \$75.00 was gratefully received on June 1, 2022  
and is already making a difference..."*

*Sincerely,  
Shelly Butler  
Executive Director*

## **Meals on Wheel Gas Cards**

*Your May donations purchased 8, \$25.00 gas cards to support the  
volunteer drivers who drive for Meals on Wheels. That's \$200.00  
you donated in 3 weeks.*

*"And he said to  
them, "Go into  
all the world  
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MARK 16:15

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And behold, I  
am with you  
always, to the  
end of the age."*

MATTHEW 28 19-20

# Finding Our Voices

Breaking the Silence of Domestic Abuse | [findingourvoices.net](http://findingourvoices.net)  
P.O. Box 943 | Camden, ME 04843

June 5, 2022

John Street United Methodist Church  
98 John Street  
Camden Maine 04843


To the Tai Chi participants at the John Street Church,

Thank you for your most welcome donation on June 2, 2022 of \$108. to Finding Our Voices

These funds will help break the silence, stigma and cycle of domestic abuse in the midocast and beyond, through bold outreach as well as tangible peer support – including financial assistance—for domestic violence victims.

The first step to solving a problem is shining a light on it. Please now that with this support, YOU are the OUR in Finding Our Voices, helping to make Maine safer and happier for all.

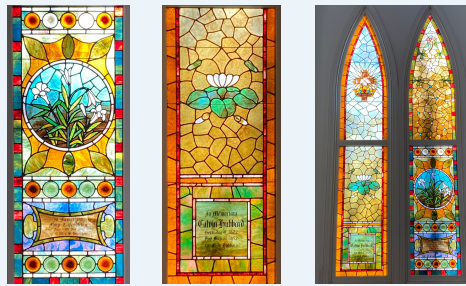
With my kindest regards,

  
**Patrisha McLean**  
**President/Founder**  
**Finding Our Voices**

Finding Our Voices is a tax-exempt 501(c)(3) nonprofit, public charity. Your gift is fully tax-deductible to the extent permitted by law. No goods or services were provided in consideration of your contribution. Please retain this letter; it will serve as your gift receipt for this contribution and for tax purposes. The Federal Tax ID for FOV is 86-2577009



# What's Going On at JSUMC?



<b>Sundays</b>	Fellowship	12:15-1:00 pm	Fellowship Hall
<b>Mondays-Saturdays</b>	AA Meetings	7:00-8:00 am	Fellowship Hall
<b>Mondays</b>	MoJO (Monday Nite Jazz Orchestra)	6:30 - 9:00 pm	Fellowship Hall
<b>Tuesdays</b>	Penobscot Bay Orchestra	5:30 - 8:30 pm	Sanctuary
<b>Wednesdays</b>	Crafting	10:00 am - 2:00 pm	Fellowship Hall
<b>Thursdays</b>	NA	6:00 - 7:00 pm	Fellowship Hall
	Writers Group	6:00 - 8:00 pm	Classroom 1 (red rm)
<b>1st Saturdays</b>	Novel Writers Group	9:00 am - 1:00 pm	Classroom 1 (red rm)

## WEDNESDAYS: CRAFTING 10 am – 2 pm / Sharon Danforth & Judy Clossey

What a great way to spend a winter afternoon – creating something in a room with friends. This small yet very faithful group meets most Wednesdays to create beautiful albums and cards while they enjoy each other's company. Each person is provided a table (respectfully distanced) and brings their own materials. There's room in the Fellowship Hall for three more tables – Crafters of any kind are invited to come!

**BEGINNER ADULT TAI CHI will not be meeting this Summer. We'll notify you when classes resume in the Fall.**

## TUESDAYS & THURSDAYS: MID-DAY PRAYER & COMMUNION 12:30 pm - FBLive

Join Rev. Chellie online Tuesdays for Mid-Day Prayer & Reflection, and Thursdays for At-Home Communion. Most days Chellie will be livestreaming from John St. UMC. Call ahead if you want to join her in-person.



*"For where two or three are gathered in my name, there am I among them."*

MATTHEW 18:20

*"That is, that we may be mutually encouraged by each other's faith, both yours and mine."*

ROMANS 1:12

*"Don't forget to do good and to share what you have because God is pleased with these kinds of sacrifices."*

HEBREWS 13:16

*"Carry each other's burdens and so you will fulfill the law of Christ."*

GALATIANS 6:2

# Prayers for our Church Family

## New England Conference

Bishop Sudarshana Devahdar Rev. Dr. Jackie Brannon, DS

Kelly Santiago, Dist. Admin. Assist. Bishop Eduard Khegay, Bishop of both Russia and Ukraine

Bishop Christian Alsted, Bishop of Nordic Baltic Area

## JSUMC Leadership Team

Rev. Michelle M. Wiley, Pastor

Lisa Decker Griffith, Council & Lay Leader

Gail Moody, SPRC

Bob Smith, Trustees

Endowment, Steve Dailey

Richard Householder, Finance

Joyce Smith, Fin. Sec.

Pam Boland, Bookkeeper

Pat Miller, Worship & Missions

Matt Mainster, organist

Heather Corson, Remote Asst.

Tom Boland, Custodian

Glen Smith, Tom's Helper

## UMC Mid-ME District Churches - Prayers for Strength & Faithfulness

### June 19th - July 2nd

Calais, John Street: Camden, Gray Memorial: Caribou, Faith: Columbia Falls,

Columbia Falls UMC, Corinna

### July 3rd - 16th

Corinth, Broad Cove: Cushing, Cutler, Dixmont, Dover-Foxcroft

### July 17th - 30th

East Boothbay, Jacksonville/East Machais, Blakey Memorial: Eastport,

North Brewer-Eddington, Ellsworth

### July 31st - August 13th

Fort Fairfield, Franklin, Friendship, People's: Greenville Junction, Guilford

## John Street UMC Family

### June 19th - July 2nd

Linda & John Armstrong, Herb & Grace Annis, Jean Boobar, Judy Cloosey, Bill Cross,

Edith Berry, MarySue Bishop, Kathlene & Anna Christie, Arthur Crockett,

Harold & Pamela Crockett

### July 3rd - 16th

Steve & Liz Dailey, Sarah Dailey, Sharon Danforth, Mary Dearborn,

Lisa & Tom Decker Griffith, Thelma Dean, Beverly Doherty, Laura Engel,

Christine & Christopher Escancy & Samantha & Scott

### July 17th - 30th

Nancy Graham, Harvey & Lucy Harms, Spring Hanna, Mark Hannibal, Dot Harrington,

Fran Hart, Richard & Florence Householder, Bruce & Nancy Ives

### July 31st - August 13th

Barbara Ludwig, Vicky Lesmeries, Tom & Judy McKearney, Ralph & Pat Miller,

Dick & Sandy Milstead, Don & Gail Moody, Renee Moody, Bill Murphy

**At Home:** Florence Householder, Bill Cross, Bill Murphy, Jean Winslow, Ralph Miller

Anderson Inn/ Quarry Hill: Jean Boobar (apt. 318)

Windward Gardens: Barbara Ludwig, Mary Dearborn

Merry Gardens: Dot Harrington, Lilian Vose

**PRAISE:** Donated \$200.00 for Gas Cards to support volunteer drivers for Meals on Wheels;

Tai Chi Class donated \$108.00 to Finding our Voices: breaking silence of domestic abuse

**HEALTH & WELLNESS:** those having surgery or recovering from recent procedures

**JOYS & THANKSGIVING:** Visits from Family / Summer Friends / Warm Bright Weather

**CELEBRATIONS:** Special Birthdays / Graduations / New Employment Opportunities

**WISDOM & COMPASSION:** World and National Leaders

**SAFETY & ASSISTANCE:** the homeless, the underemployed, the hungry and disenfranchised

**REST, COMFORT & ASSISTANCE:** all Caregivers

**COURAGE & HOPE:** those living with anxiety, depression, and mental illness, addictions

**SOLIDARITY & COMPASSION:** refugees; immigrants & asylum seekers; Native peoples

Victims/survivors of racial violence; religious intolerance & terrorism, domestic violence

**COMFORT, PEACE & GOD'S PRESENCE:** to those who mourn

*"Not neglecting  
to meet together,  
as is the habit of  
some, but  
encouraging one  
another, and all  
the more as you  
see the Day  
drawing near."*

HEBREWS 10:25

*"And they  
devoted  
themselves to the  
apostles'  
teaching and the  
fellowship, to the  
breaking of  
bread and the  
prayers."*

ACTS 2:42

*"But if we walk  
in the light, as  
he is in the light,  
we have  
fellowship with  
one another,  
and the blood of  
Jesus his Son  
cleanses us from  
all sin."*

1 JOHN 1:7



# *Lectionary Scriptures*

## *Pentecost / Ordinary Time Yr. C*

### **June 5 PENTECOST/Communion**

Acts 2:1-21 Ps. 104:24-34, 35b  
Rom. 8:14-17 Jn. 14:8-17, (25-27)

### **July 10 Pentecost 5**

Amos 7:7-17 Ps. 82  
Col 1:1-14 Lk. 10:25-37

### **June 12 PEACE with JUSTICE /TRINITY**

Proverbs 8:1-4, 22-31 Ps. 8  
Rom. 5:1-5 Jn. 16:12-15

### **July 17 Pentecost 6**

Amos 8:1-12 Ps. 52  
Col. 1:15-28 Lk. 10:38-42

### **June 19 Pentecost 2 / Father's Day**

**1 Kgs. 19:1-15a Ps. 42**  
**Gal. 3:23-29 Lk. 8:26-39**

### **July 24 Pentecost 7**

Hosea 1:2-10 Ps. 85  
Col. 2:6-15 (16-19) Lk. 11:1-13

### **June 26 Pentecost 3**

2 Kgs. 2:1-2, 6-14 Ps. 77:1-2, 11-20  
Gal. 5:1, 13-25 Lk. 9:51-62k

### **July 31 Pentecost 8**

Hosea 11:1-11 Ps. 107:1-9, 43  
Col. 3:1-11 Lk. 12:13-21

### **July 3 Pentecost 4 / Communion**

2 Kgs. 5:1-14 Ps. 30  
Gal. 6:(1-6), 7-16 Lk. 10:1-11, 16-20

## **Carillon Hymns for the Summer Season**

**6am** *Morning Has Broken*

**9am** *What A Friend We Have In Jesus*

**12pm** *How Great Thou Art*

**3pm** *Blessed Are They*

**6pm** *Amazing Grace*

**9pm** *Let There Be Peace on Earth*

*"The heart of  
man plans his  
way, but the  
LORD  
establishes his  
steps."*

PROVERBS 16:9

*"And he said  
unto them, it is  
not for you to  
know the times  
or the seasons,  
which God hath  
put in his own  
power."*

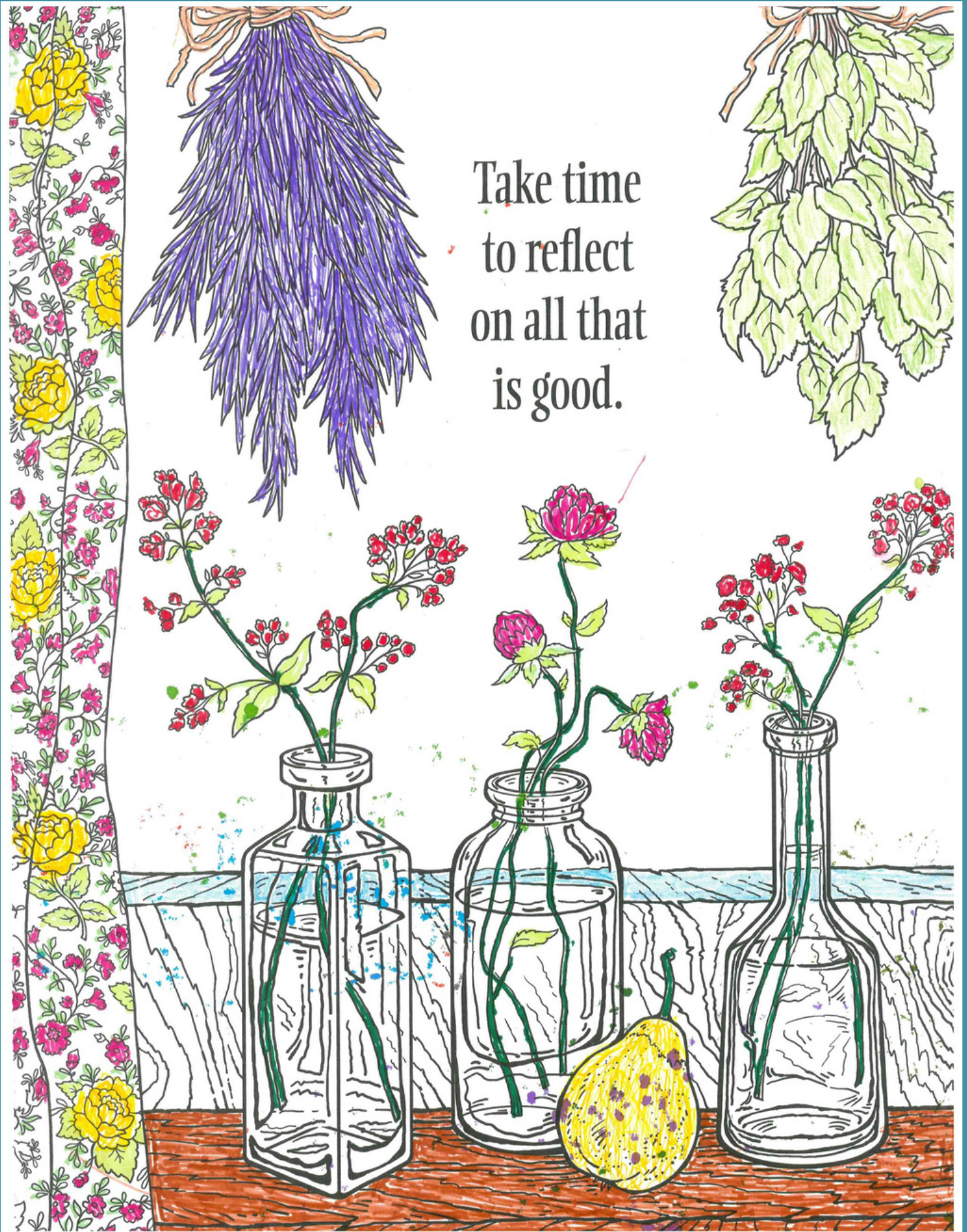
ACTS 1:7

*"While the earth  
remaineth,  
seedtime and  
harvest, and  
cold and heat,  
and summer and  
winter, and day  
and night shall  
not cease."*

GENESIS 8:22

*Barbara's Beauties*

Take time  
to reflect  
on all that  
is good.





# *What's Cookin'*

## **Judy Clossey Chicken Soup**

Saute in 2-3 Tbsp Oil until Tender (15 mins+/-)  
Veggies: 4 parsnips, chop ½", 4 ribs celery, sliced; 1 turnip (3/4#);  
1 1/2C chopped onions; carrots,  
1 Jalapeño pepper (seeded & chopped);  
1T chopped garlic;

BROTH: 16 cup reduced fat, low-sodium chicken broth;  
2tsp salt; ½tsp cayenne pepper;  
¼ cup lemon juice; ¼ cup chopped fresh dill (2Tbsp dried)

ADD: 5-6 C cubed cooked chicken (7 cans -5 oz)  
Broccoli & Spinach  
Bring to Boil reduce heat & simmer (10 mins)

\*Frozen Veggies can used

\*Recipe can be halved

## **Baked Oatmeal: Basic recipe**

Preheat Oven to 375 F // Spray or Line an 8X8 pan with Parchment Paper

Mix Dry Ingredients: 2 cups Quick Oats; 1/4 cup Brown Sugar;  
1/3 cup of Raisins or Dried Cranberries;  
1 Tbsp Chopped Walnuts or Almonds; 1 tsp Cinnamon; 1 tsp Baking Powder

Mix Wet Ingredients: 1 1/2 cups Milk; 1/2 cup Applesauce; 2 Tbsp Butter Melted;  
1 egg; 1/4 tsp vanilla

Add well mixed wet ingredients to the dry. Pour into greased/lined baking pan.  
Bake for 25-30 mins. or until center comes is slightly springy when tapped.

=====

Experiment with different ingredients.

Just remember if you add more dry ingredients, you'll need to increase the amount of liquid.

Different Wet Ingredients I like to use

I usually increase the amount of Applesauce and milk when I add extra dry.

I like to make my own applesauce which has extra cinnamon in it.

I've used Honey or Maple Syrup instead of extra Applesauce.

I've used Evaporated Milk as well as Half & Half and Heavy Whipping Cream

Extra Dry Ingredients I like to add

I use at least a Tbsp of Cinnamon and a sprinkle or two of Nutmeg

Old Fashioned Oats (uncooked - for texture)

Organic Shredded Coconut;

Sunflower Seeds (unsalted); Pumpkin Seeds (unsalted); Flax Seed;

Mini Dark Chocolate morsels.

You could probably add frozen blueberries but I haven't



# Poetry Corner

## DO NOT BE UNAWARE

Rev. Erik Karas © June 28, [2022](#) Posted on his Facebook page

Do not be unaware, sisters and brothers,  
that in these trying times, the evil one  
is setting  
his bait  
for you.

He is looking to lure you  
into fighting amongst yourselves  
exhausting yourselves,  
losing your power  
losing your hope.

It is the evil one's delight to see  
advocates for women's equality, pitted against  
advocates for racial equality, pitted against  
advocates for gun safety, pitted against  
advocates for gender equality.

The evil one wants you to believe that justice is rare.  
That there just isn't enough to go around.  
That if you were a REAL advocate  
If you REALLY cared, you would take  
that rarest droplet of water from all the others  
regardless of the cost!

Will you take that bait?  
Will you fall for that lie?  
Justice a drop?  
What a joke! What a lie!  
Justice is no drop! Justice is a mighty river!

Please, Oh please, in these most tempting times,  
Do not fight for the lie that justice is a scarcity.  
Look up from the lie and see!  
See that justice is a mighty [river](#):  
abundant, powerful, broad, wide, and without end!  
And float with one another down that mighty river  
toward better days  
together.



# Community Resources & Announcements



The following web links from [www.caring.com](http://www.caring.com) have helpful information related to memory care services and tips for caregivers:

- <https://www.caring.com/senior-living/memory-care-facilities/>
- <https://www.caring.com/senior-living/memory-care-facilities/maine>
- <https://www.caring.com/caregivers/alzheimers/>
- <https://www.caring.com/caregivers/dementia/>
- <https://www.caring.com/caring/senior-care-graphic>

*"This is my commandment: love each other just as I have loved you."*

JOHN 15:12

*"Instead of each person looking out for their own good, watch out for what is better for others."*

PHILIPPIANS 2:4

*"Generous persons will prosper; those who refresh others will themselves be refreshed."*

PROVERBS 11:25

*"Be kind, compassionate, and forgiving to each other, in the same way God forgave you in Christ."*

EPHESIANS 4:32

# *Newsletter Resources*

## **p.1**

"Camden Harbor" [www.canva.com](http://www.canva.com)  
"Cross Flame Logo" from [cranefumc.org](http://cranefumc.org)

## **p.4**

"Masks" graphic from <https://katu.com/news/local/face-masks-now-required-in-seven-oregon-counties>  
CDC screenshot taken from [www.cdc.gov](http://www.cdc.gov)

## **p.5**

"Bible Project" screenshots taken from [www.bibleproject.com](http://www.bibleproject.com) & Youtube

## **p.6**

"Sanctuary" picture taken by Rev. Chellie  
[https://www.amazon.com/Uh-Oh-Some-Observations-Sides-Refrigerator/dp/0804111898/ref=sr\\_1\\_3?crid=16MD3P6EBU9XX&keywords=uh+oh+some+observations&qid=1658404496&srefix=uh+oh+some+observations%2Caps%2C100&sr=8-3](https://www.amazon.com/Uh-Oh-Some-Observations-Sides-Refrigerator/dp/0804111898/ref=sr_1_3?crid=16MD3P6EBU9XX&keywords=uh+oh+some+observations&qid=1658404496&srefix=uh+oh+some+observations%2Caps%2C100&sr=8-3)  
[https://www.amazon.com/Crossings-Alex-Landrugin/dp/1250259045/ref=sr\\_1\\_1?crid=BYA1MNFQXC7Z&keywords=crossings+alex+landrugin&qid=1658404557&s=books&srefix=crossings+%2Cstripbooks%2C102&sr=1-1](https://www.amazon.com/Crossings-Alex-Landrugin/dp/1250259045/ref=sr_1_1?crid=BYA1MNFQXC7Z&keywords=crossings+alex+landrugin&qid=1658404557&s=books&srefix=crossings+%2Cstripbooks%2C102&sr=1-1)  
[https://www.amazon.com/Philippians-Galatians-Interpretation-Bible-Studies/dp/0664227465/ref=sr\\_1\\_1?crid=1Z760CHX99L9J&keywords=philippians+and+galatians&qid=1658404639&s=books&srefix=phillipians+and+galatians%2Cstripbooks%2C86&sr=1-1](https://www.amazon.com/Philippians-Galatians-Interpretation-Bible-Studies/dp/0664227465/ref=sr_1_1?crid=1Z760CHX99L9J&keywords=philippians+and+galatians&qid=1658404639&s=books&srefix=phillipians+and+galatians%2Cstripbooks%2C86&sr=1-1)  
[https://www.amazon.com/Galatians-Interpretation-Commentary-Teaching-Preaching/dp/0804231389/ref=sr\\_1\\_1?crid=269P23YPAJHGC&keywords=galatians+interpretation&qid=1658404701&s=books&srefix=galatians+interpretation%2Cstripbooks%2C87&sr=1-1](https://www.amazon.com/Galatians-Interpretation-Commentary-Teaching-Preaching/dp/0804231389/ref=sr_1_1?crid=269P23YPAJHGC&keywords=galatians+interpretation&qid=1658404701&s=books&srefix=galatians+interpretation%2Cstripbooks%2C87&sr=1-1)

## **p.11**

"Stained Glass" photos taken by Rev. Chellie  
Graphics by [www.canva.com](http://www.canva.com)

## **p.17**

"Caring" image taken from [www.caring.com](http://www.caring.com)