

# **TOGETHER** *in 2011*



*Open Hearts. Open Minds. Open Doors.*

*The People of the Frostburg United Methodist Church.*

*Volume XVI, Number 2*

*March-April, 2011*



## **FORTY DAYS OF LOVE**

How glorious is the time, as the days lengthen into Lent and Spring and Easter are soon upon us. What a time to reflect on the inevitability of God's recurring new life in nature and the possibility of New Life in Christ happening within us.

It has been a great joy to be your pastor in the last few weeks and to feel the love and warmth of the Congregation at worship Sunday by Sunday. I have come to believe that a pastor-church family relationship is a supernatural one undergirded by mutual prayer for one another, the fellowship of service to one another and to those beyond our Sanctuary walls, and in the day by day sacrificial living out of our faith. We have a great Church with people of enormous talent, resources of mind and heart, and a desire to increase service to Our Lord. This I see after a few weeks. I experience your love in an increasing manner. Thanks be to God! Let's look forward!

As Lent begins Ash Wednesday, March 9, let us dare to move out as a church receiving by faith a greater experience of God's Love, and then, having received, giving that Love away to others. Lent has 40 days (not counting Sundays), so let us make this Lenten Season a special 40 Days of Love! What if ... each week we focused on God just a little more who "so loved the world." What if we turned our thoughts more toward what we could do unselfishly for someone else, within our homes ... within our neighborhood ... for someone across the world. What if ... when Easter 2011 came those around us "would know we are Christians by our Love ..."

A way to start might be to begin reading on Ash Wednesday I Corinthians 13 every day through Easter. Then pray to God that the Nature of Divine Love which is described there might be more of a reality in our lives. Some might read I Corinthians 13 together as families and pray together. Every day ask God to inspire you to do something unselfish, and to give Divine Guidance in carrying it out. If we do that for 40 days, something has to happen!

Pray about it! Can we make this Lent, 40 Days of Love?

Pastor Gary

## THANK YOU

Baby Shower for Jesus—The Family Crisis Center received the baby gifts with a big thank you for our continued support. Items delivered were:

5 2-piece outfits	6 pack burpies
5 sleepers	1 baby oil
1 romper	11 bottles
1 hooded towel	2 packs spoons
5 blankets	3 Acetaminophen
1 large bag of baby toys	3 jacket shirts
4 baby lotions	4 sleep-n-play outfits
4 diaper ointments	22 onesies
8 baby wash	6 sheets
3 bottles Robitussin	13 packs of diapers
1 outer suit	1 baby powder
2 P.J.'s	1 can formula
1 overalls	2 packs pacifiers
2 bed pads	1 Tylenol Melt-a-ways
1 diaper bag	1 bottle brush
5 packs bibs	1 baby shampoo
4 packs socks	

In addition, Helen Lehr Circle (with the help of some donations from the congregation) was able to purchase a baby-toddler bed and a walker. No wonder these gifts were received with a “Wow! You guys (FUMC congregation) are amazing!” Thank you from the Helen Lehr Circle.

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Thanks to the faithful “funeral dinner” committee for the luncheon they provided for the Tom Burnett family. It was so appreciated. Tom was a member who joined under the leadership of Rev. Tom Kaylor. Tom Burnett was a nephew of Bob and Bernie Simmons. Both of them enjoyed seeing the renovated sanctuary and organ. Bob has had problems with a heart condition and Bernie had had a stroke and says she can’t sing a note anymore. Some of you may remember her Christmas “Jesu Bambino.” They have lived in several communities but kindly said they found our church to be more friendly and open and would like to be back to worship with us. Let’s continue to be a friendly, open church to all.

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Thank you for your generous contributions to the Board of Child Care Auxiliary last fall. \$75.00 was sent to be used for activities, parties, and refreshments for the United Methodist facility in Falling Waters, West Virginia - - the Baltimore/Washington Conference, near Hagerstown.

### UPCOMING EVENTS

All Wednesdays 6:30 p.m. Chancel Choir; 7:30 p.m. Handbell Choir

Mon. March 7 6:30 p.m. Trustees (Parsonage Rm 3)	Tues. April 12 7:00 p.m. Finance
Wed. March 9 7:00 p.m. Ash Wednesday Service	Sun. April 17 Palm Sunday
Sat. March 12 8:30 a.m. Men’s Group	Tues. April 19 7:00 p.m. Church Council
Sun. March 13 Daylight Savings Time Begins	Thurs. April 21 Maundy Thursday
Mon. March 21 6:30 p.m. Trustees (Parsonage Rm 3)	Fri. April 22 Good Friday
	Sun. April 24 Easter

## **First Annual Music and Arts Weekend**

May 13-15, 2011

A Music and Arts weekend is being organized and will be held during the weekend of May 13, 14, & 15 here at Frostburg United Methodist Church. Although there are still some details to be discussed, there will be several special music and art events. On Friday, May 13, an organ and piano concert with Sean and Debi will be held at 7:00 p.m. On Saturday evening, May 14, "The West Virginians" from Alderson-Broadus College are returning to our church to perform an entire concert of contemporary Christian music. Then, on Sunday, May 15, there will be a special music service during our regular worship hour, which will include the Mountaintop Ringers, the Chancel Choir, and "The West Virginians". For the "Arts" portion of the weekend, the fellowship hall will be transformed into an art exhibition with various projects from the Sunday School classes. We would also like to invite any of our church members to display their artwork. We will have more information in the near future about how you can get involved. Please see Sean Beachy if you would like to be part of the organizational process or if you have any ideas that may contribute to the success of this special event.

### **10th ANNIVERSARY EVENT**

This year marks the 10th Anniversary of the 9-11 attack. A Memorial Service will be held Saturday, September 10 in Somerset, PA. A chorus of at least 100 men will be singing at that Memorial event. Some men from our church are performing. All men are invited to participate. Contact Bill Dormer for more information.

### **MEN'S GROUP NEWS**

A hoagie/soup sale is planned for Saturday, April 16. Profits will benefit our Camp Hope representatives and food baskets at Christmas time.

Starting April 3rd, a Men's Study Group will start using Tony Dungee's book "Uncommon." Dave Fell will lead the study.

Other events are being planned by the Men's Group. Watch the bulletin and website for details. The Men's group is open to all men in the church.



### **WEBSITE**

Frostburg United Methodist Church is now on-line at [www.frostburgumc.org](http://www.frostburgumc.org). Phil Beeman is Webmaster. If you have not yet looked at the website, just click the link above (on-line readers only!). If you would like to have something included on the website, please contact Phil at [philbeeman@verizon.net](mailto:philbeeman@verizon.net).

## GET ENOUGH CALCIUM

Your Parish Nurse, Rebecca L. Beachy, RN

Your body needs calcium to build strong bones when you are young and to keep bones strong when you get older. Everyone needs calcium, but it's especially important for women and girls.

Girls, age 9-18, need at least 1300 mg of calcium everyday

Women, age 19-50, need at least 1000 mg of calcium everyday

Women, over age 50, need at least 1200 mg of calcium everyday

One in two women and one in four men over the age of 50 will break a bone because of osteoporosis. Some people don't know they have osteoporosis until they break a bone.

There are two easy ways to get calcium:

(1) Eat foods with calcium such as fat-free or low-fat milk and yogurt; Broccoli, spinach and other green leafy vegetables; Tofu with added calcium; or Orange juice with added calcium

(2) Take a calcium pill every day. You can choose a pill or chewy supplement that has only calcium or one that is a multivitamin with calcium.

If you take a calcium supplement, take it the same time everyday, for example with breakfast. This will help you to remember to take it.

Vitamin D helps your body take in calcium. You get Vitamin D from the sun and food such as salmon, milk and yogurt. Your calcium supplement should have Vitamin D in it.

As always, check with your physician before taking any calcium or Vitamin D supplements.

Psalm 73:4 NIV "They have no struggle; their bodies are health and strong."

Source healthfinder.gov

## A PATTERN OF PRAYER

(Adapted from "Teach Me to Pray" (Booklet) by W.E. Songster)

### MORNING (On waking , turn thoughts toward God)

ADORATION	Ponder awesomeness of God.
THANKSGIVING	For anything and everything that crosses your mind in gratitude.
DEDICATION	Rededicate yourself to Christ.
GUIDANCE	Ask God to be with you in planned activities and give you surprising "Divine Appointments" through the day.
INTERCESSION	Pray for others. Get serious and make a prayer list to remind you. Be specific where you can.
PETITION	Ask for your needs and tell God of your "wants." Be totally honest. He knows anyway.
MEDITATION	Conclude prayer thinking about God's attributes of LOVE, JOY, PEACE, etc.

### EVENING PRAYER (Minimum of 10 minutes)

REVIEW THE DAY BEFORE GOD	In His presence think of events.
CONFESSION	If you think over the day, you will surely need to confess thoughts, words, deeds, and omissions.
THANKSGIVING	Surely something happened you are thankful for!
TURN EVERYTHING OVER TO GOD AND GO TO SLEEP!	

## WHICH IS IT? DOWNTOWN OR UPTOWN FROSTBURG?

Amy Meek, Historian

Scharf's history of the area says Frostburg is built on a plateau. The American Heritage Dictionary says a plateau is an elevated tract of land, more or less level. Well, you and I know that Frostburg has less level – much less level!

Until the last decade or two of city planning, I had never heard of “Downtown Frostburg.” My world was uptown Frostburg from Hill Street ... up Hill Street and up Bowery or Center, and UP, UP, UP Main Street, past the Fidelity Town Clock, etc.

When my parents decided to buy a home in town, my mother insisted that it be near the schools so the kids could walk. We had no car or bus travel. And so we did, walk up the hill two blocks to Hill Street School for six years, up Loo Street (now College Avenue) for five blocks to Beall High School or in later years to seventh grade at Beall Elementary. Then back up three blocks for four years to Frostburg State Teachers College where Professor Ivan Diehl always warned us, “Get your hand on that door knob by 8:10 or get marked LATE for Geography Class!” And we puffed and panted, all out of breath! The Beall High students of the 1920's-30's had no cafeteria. After they ate brown bag lunches in a room or auditorium, they were allowed to leave the school building, so they walked “OUT STREET” every lunch hour to Main Street and back, unless it rained, I suppose. From college it was out street or up!

The people from Loo Street, Frost Avenue, Ormond Street, Mechanic, Main, First, Standish, or Centennial may have said, “downtown.” However, until the Bordon's Addition – Kemp Drive area, and “up the Mountain” new homes, there were fewer people going downtown than uptown. My friends used to say down street, not downtown. My friends on the east end would say up street or uptown.

From the east end of town we had to go up – to Zion Evangelical Reformed Church, English Baptist, St. Michael's, St. Paul's Lutheran, and First Methodist Episcopal church. Of course, my family went to the farthest on UP!

From Midlothian and Carlos, my mother's family and relatives always said, “We're going in town.” From Shaft my father's relatives said, “We're going uptown or to town.” From Eckhart, Vale Summit, Clarysville, it was UP all the way, and also, Lonaconing, Midland, Ocean, National, Nikep, Wright's Crossing, and Grahamtown. From Mount Savage, Zihlman, Bordon, Allegany, Parkersburg Road – UP, UP, UP, to town! Many of the kids, on Saturday night, would catch a ride on the trolley or Street car, going down from the movies, drug store, Woolworths or Murphys. From Mount Pleasant street – down, then up street. Frostburg was a thriving little town, all hustle and bustle on Saturday nights and holidays. I vote for UPSTREET!

When did we start calling Broadway – Broadway Street? Or Welsh Hill – Welsh Hill Road? We don't call Dogwood Circle, Street, Teaberry Lane, Street, Hawthorne Drive, Street, Federal Hill, Street.

All of these names mean street, path, or way. Let's keep them with their original names.

### WHY DO SO MANY CHURCHES HAVE RED DOORS?

The tradition of red doors dates back centuries. There are several meanings associated with red doors. Red symbolizes the sacrificial blood of Christ that saves those who come to Him. Red is also a reminder of the Passover and a sign of the Holy Spirit. Church doors began to be painted red as a way of remembering the ultimate sacrifice that others had made for their faith.

The red doors of churches traditionally indicated a place of sanctuary, refuge, and safety. Those in need would not be captured or harmed inside the holy walls of the church, which offered physical and spiritual protection. Red doors on Protestant churches indicate their roots in the Reformation.

Whatever the meaning, many churches today are recognized by their distinctive red doors

Source [www.umc.org](http://www.umc.org)

## UNITED CAMPUS MINISTRY NEWS

Adventurous spirits, questioning minds, and compassionate hearts will find a home at United Campus Ministry and together we can build an amazing community that can make a difference in our life and the world around us.

### WEEKLY OPPORTUNITIES

#### **Sunday Evenings - Finding True North**

Finding our way in the world without getting lost often means we need to find directions. We all need to find our true north to know what direction we are heading. We begin with an exploration and discussion on Christianity and World Religions: Judaism, Islam, Hinduism, and Buddhism. If you are an adherent to any of these, your input and help in leading the discussion and expanding our understanding is welcomed. Please contact Chaplain Cindy for the schedule.

#### **Wednesday - Christian Meditation Breaks**

Christian Meditation and Contemplative Prayers is open to faculty, staff, and students between 12:10 to 12:45 p.m., in Tawes Hall 161.

#### **Wednesdays Spiritual Study Breaks (Contemporary Music Vesper Chapel Worship)**

Open to faculty, staff and students each Wednesday from 9 to 9:45 p.m. in Tawes Hall 161

#### **Thursdays - Fellowship of Christian Athletes (FCA) Huddle Bible Study**

This is not just for athletes, all are welcome to come each Thursday for a student lead Bible study from 8 to 9:15 p.m. in Tawes Hall 161.

### UNITED CAMPUS MINISTRY SPRING SCHEDULE

March 4	TGIFF Winter Wonder Tubing Outing - TBA - Snow Tubing Wisp Resort Outing. Cost, Date and Time will be announced
March 9	Ash Wednesday Campus Worship Service Deadline to purchase Acquire the Fire tickets (Acquire the Fire is a Christian Rock Music Weekend Festival. \$34.00
March 12	Car Wash Fundraiser
March 20	Spring Break Starts
March 28-April 4	Passing the Peace Campaign
April 2	TGIFF Christian Concert
April 4	MLK Observation - MLK Campus March and Observations. UCM Race and Religion discussion group at 7 p.m. in Tawes Hall 161
April 8-10	Spring Retreat
April 15	Relay for Life
April 18-22	Holy Week Observances
May 6-8	Acquire the Fire Trip - Christian Music Festival in Baltimore (ticket purchase required)
May 15	Graduation/End of Year Party

### Peer Ministry and Leadership Team Opportunities

Peer Ministers are students who help plan and lead our leadership teams, service projects, and programs at FSU. Peer Ministers reach out with support through prayer, faith sharing, and other events. We seek to provide a fun, friendly, and safe environment for people to explore faith issues and concerns. Applications are being taken for the Fall Semester for Peer Ministry positions - contact Chaplain Zirlott.

## **A MESSAGE FROM DANIEL & KRIS-ANN WILCOX IN UNALASKA**

Greetings from Unalaska United Methodist Church! This past year has been amazing and we want to share how a bit of God's vision for this community continues to come alive in the Aleutians.

Folks are still talking about Vacation Bible School held back in August - with more than 50 kids registered, it was quite a fun time! Our theme was "Super Heroes of the Bible." We learned about ordinary people doing extraordinary things for God. And speaking of extraordinary things ... the kids at Bible School raised \$555 for PET (Personal Energy Transport), a project that assembles and distributes personal mobility units to people all over the world. (Our goal was to raise \$250 to sponsor one unit, but these kids more than doubled that! Great job, everyone!

At the same time, we had a great group of people from SERVANT's work teams. The team consisted of members from Pennsylvania and New York, and completed a number of projects at the parsonage and at the church. Not least of these was the installation of a new hood in the kitchen church. We have been working on getting the kitchen "up to code" for some time now, and have needed to employ the services of electricians, propane technicians, fire suppression specialists, welders, and volunteers. The team did a great job of putting the hood up so that the "professionals" could finish up the job. We now have a kitchen on its way to being state certified, and thus opening up several new possibilities for the future.

Part of this future is the continued work towards a licensed child care center. In May, we enlisted the help of a Child Care Launch Coordinator, Heather Ley, who has been working on the steps necessary to open the center. Currently, she is looking at business plans and other proposals so that we might soon begin looking towards grants and other permits necessary to begin this vital ministry.

And of course, ministry can only happen because of the faithfulness, generosity, and prayers of our partners. We have been blessed with another year of witnessing the power of connection within the United Methodist Church and the greater Body of Christ. We want to sincerely thank all of the congregations, Sunday School classes, youth groups, United Methodist Women's units, and individuals who have generously donated gifts, sent special cards at birthdays, sent care packages and materials, and partnered with us in ministry. We are surrounded by you, our great cloud of witnesses, as we do the work God calls us to in this place.

Daniel & Kris-Ann Wilcox (and the entire  
Unalaska UMC congregation)



# Happy Birthday!



## MARCH

- 9 Lois Elliott
- 11 Cindy Palumbo
- 14 Kathy Lemmert
- 16 Steve Clark  
Josh Duguid
- 18 Stephanie Bond
- 19 Willard Harvey
- 22 Eliza Duncan  
Isabelle Duncan
- 23 Dave Bohnert
- 25 Dan Harman  
Leticia Shelton
- 26 Leona Broadwater  
Laura Connor  
Chuck Hager
- 29 Dave Brode

## APRIL

- 2 Mark Roque
- 4 Sylvia Twigg
- 7 Gwen Gillis
- 8 Elaine Moran
- 15 Dolores Nizinski
- 17 Gerald Reeves
- 18 Sheila McKenzie
- 22 Becky Beachy  
Jim Poland  
Ron Tenaglio
- 25 Elizabeth Neat
- 26 Jane Day

*Thanks to Nancy Folk for her help in gathering and organizing these birthdays. Please send any additions or corrections.*



## CHARLOTTE'S CHUCKLE



A preacher happened to overhear a church member boasting about how he had used a radar detector to avoid getting a ticket for speeding. Moments later, however, he was pleased to hear another parishioner tell him in a somber tone, "It's the man upstairs you need to be worried about." The preacher was about to chime in with a comment about honesty when the second man added, "That guy in the helicopter will get you every time."

\* \* \* \* \*

Billy and his father were in church when the pastor announced that he would read the 22nd Psalm. When he was about halfway through, Billy whispers to his father, "That's way more than 20 seconds."

\* \* \* \* \*

Adam bit the apple and, feeling great shame, covered himself with a fig leaf. Eve, too, felt shame and covered herself with a fig leaf. Then she went behind the bush to try on a maple leaf, a sycamore, and an oak.

\* \* \* \* \*

A man checking out at a Christian bookstore, asked the clerk about a display of hats with the letters WWJD on them. The clerk explained that WWJD stands for "What Would Jesus Do?" and that the idea is to get people to consider when making decisions. The man pondered a moment, then replied. "I don't think he'd pay \$17.95 for that hat!"

# Shut-Ins

## Frostburg Village Nursing Home & Assisted Living

One Kaylor Circle  
Frostburg, MD 21532

Bill DeVore                      Joline Nelson  
Colleen Gordon                 Jerry Reeves

## St. Vincent DePaul

48 Tarn Terrace  
Frostburg, MD 21532

Anna Beachy  
Martha McKenzie

## Egle Nursing Home

57 Jackson Street  
Lonaconing, MD 21539

Mary Cutter  
Sylvia Barnett  
Mary Layman

## Shut-Ins at Home

Grace Jones  
Daphne Bradshaw Ledong  
Bernice Lucas  
Bill McKenzie

## Frostburg Heights Apartments

100 Honeysuckle Lane  
Frostburg, MD 21532

Harold & Louisa Holsinger  
Eleanor Kenney  
Elaine Moran  
Elizabeth Myers  
Faye Plummer

## DIRECTORY

Interim Pastor	Gary Trail
Organist	Sean Beachy
Choir Director	Debi Beachy
Community Youth Director	B. J. Lewis
Business Manager	David Bohnert
Financial Manager	Joe Lewis
Church Secretary	Helen R. Davis
Sexton	John Ward
Ministers	All Members of the Body of Christ

## EMAIL & TELEPHONE

Church	fumc@twrcommunications.net 301-689-6626 301-689-2722 (fax)
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Business Manager	fumcbusinessmgr@twrcommunications.net
Together Editor	geisel01@verizon.net
Webmaster	philbeeman@verizon.net

## Deaths

Betty Garlitz

## Expectant Couples

BJ & Siobhan Lewis  
Paul & Allyson Ruddell

## SERVING OUR COUNTRY

Ryan Clark (Army, Afghanistan)	
Dan Conklin	Matthew C. Sisco
Dimas Henriquez	Bobby Smith
Jared Jacobs	Matthew Sullivan

### PENNIES INTO POTATOES

The Society of Saint Andrew is modeled after Jesus and feeds those who are hungry every day. Volunteers collect potatoes by gleaning fields (going back after harvest and collecting what is left). They also collect potatoes that have been rejected by commercial markets due to slight imperfections such as size or shape. The potatoes are perfectly edible and donated by the farmers. Last year, Saint Andrews collected and distributed over 11.4 millions pounds of potatoes across the United States. The potatoes are free and funds are only needed for packaging and distribution. This means that a pound of potatoes can be given to those in need for a mere 6 cents a pound.

Our church contributes through a program called **Pennies Into Potatoes**. All pennies in the offering plate each Sunday go to this project. Jars are also in the entry way for collection. Volunteers are always needed to sort and bag potatoes when the local food bank is in need. More information can be found at [www.endhunger.org](http://www.endhunger.org)

### Coins for Care

Remember your change does make a difference! The coins in our offering goes toward our Coins for Care fund. This fund helps our needy neighbors pay for utilities, rent, medicine, and so on. If you would like to give a larger donation, please make your check out to FUMC and mark it for "Coins for Care." Thank you!