



*Our Mission is to Be and Make  
Disciples of Jesus Christ!*

Volume 55, Issue 2

March 2006



# TOP TEN

QUESTIONS YOU ALWAYS  
WANTED TO ASK GOD

10. Did Adam have a belly button?
9. Why does Teflon® stick to the pan?
8. What do I say if you sneeze?
7. Why don't sheep shrink when it rains?
6. Why is it so much fun to play with our toes?
5. Have you ever imagined a world without hypothetical questions?
4. Where is the nugget on a chicken?
3. Do bees get wax in their ears?
2. Where is heaven?



And the #1 QUESTION  
YOU ALWAYS WANTED TO ASK GOD IS ...

## Are You Really Up There?

Sure, some questions are silly ... but where do you go with your really important questions? God isn't afraid of your tough questions and neither are we. Join us in community this Lent as we intentionally explore life's real issues. Issues like forgiveness, temptation, suffering, belief and service. Together we'll discover answers that can lead to a more joyous life. Join us this Lent, our open hearts will welcome you and your tough questions.

## This Year's Lenten Voyage

---

*In the Bible and the Christian tradition, the "heart" is a metaphor for a deep level of the self, a level below our thinking, feeling and willing, our intellect, emotions and volition.*

*The heart is thus deeper than our "head," deeper than our conscious self and the ideas we have in heads.*

*Faith concerns this deeper level of the self. Faith is the way of the heart, not the way of the head."*

- Marcus J. Borg, *The Heart of Christianity*, p.26.

A Sunday School class was asked what the season of Lent meant to them. One young girl shared that it was "take away time." Upon further inquiry as to what she meant, she explained how each year their family "gave something up" for Lent like candy or chocolate.

Lent is sometimes seen as a time of suffering or questioning, but Lent can also be a time of hope, promise, and new life. The story leads to the cross, but the story does not end at the cross. "Seasons of the Spirit" offer some reflection questions in preparation for Lent. This year's Lenten voyage moves through a number of God's covenants. What things are you going to lay down or put aside in order to make this journey? What do you have to do to make space for the encounter to which God is calling you? What crowds out your life and living?

On the other hand, what things are you going to gather up? What will be your priorities? What actions will help you through this covenantal voyage: prayer, fasting, Bible reading, letter writing? In short, what you going to "give up" and what are you going to "take up"?

The Worship Team in conjunction with various other ministry teams have planned the following for this Season: Worship in March will include Holy Communion EVERY Sunday, but not at both services. Holy Communion will be offered at the 11:00 a.m. service on the FIRST and THIRD Sundays of the month and at the



9:00 a.m. service on the SECOND and FOURTH Sundays of the month. (The staff has found it helpful to remember it this way: if it's Contemporary Worship - it's communion; if it's not - communion is at 11:00.)

Wednesday evenings will provide an opportunity to break bread together with dinner and a special program as listed in the Lenten brochure included with this Messenger. In addition to weekly worship, we are hopeful that you will be able to "take up" at least one of the Wednesday Lenten programs.

As always, prayer is available all the time by our prayer chain and Pastors. Hopefully, this season of introspection will enable us to experience our faith in fresh and new ways as we journey together.

Grace & Peace –  
*Pastor Daryl*

## Family Reunion Family Reunion

---

Plans for reuniting our church family members and friends are beginning to take shape. We've begun to sift through the old "Family Bible" to uncover the names of those who we see frequently and those who have not been in touch for awhile. We've also discovered some pretty rare pictures! We know this is not an easy task but it is an important one. We want everyone to feel connected to WUMC in whatever way is most comfortable for them, but we also want to know how it is that we can enhance their Faith Journey. Watch this space, your mailbox, your telephone, email and any other gadgets you might have to see how YOU can be involved in party preparations.



### **ARE YOU A CHRISTOPHER?**

Do you know what the word Christopher means? Well, it means Christ-bearer.

There is a Christopher movement made up of Christians who vow and practice to be "little Christs" to others and to make the world a better place, one person at a time. They are givers, servers, lovers and devout souls who take Christ seriously. Founded by Father John Keller, the movement "encourage[s] each individual to do something practical and constructive to raise the standards of private and public life because ... in God's plan every person has a part to play."

The personal responsibility of a Christopher is to go into the workplace, carrying truth, love and light in the face of dishonesty, hatred and darkness. There are neither dues nor official membership to be part of the Christopher movement, but we can all ask ourselves, "Am I a Christopher?"

## This Holy Mystery: *Holy Communion*

---

In the February 2006 *Monthly Messenger* we shared information on the name of the sacrament of Holy Communion and its origins together with various denominational beliefs. The following is more on the Methodist tradition and belief.

### **NATURE OF THE SACRAMENT: AMERICAN METHODISM**

John Wesley ordained elders to provide the sacrament to American Methodists. Due to a lack of elders the sacrament was celebrated at most quarterly. Holy Communion was more penitential, calling upon people to repent rather than celebrating God's grace.

### **TODAY UNITED METHODISTS BELIEVE:**

We are sinners needing God's grace. God is gracious and loving, offering the grace we need.

*Prevenient Grace* – God acting even before we are aware of it.

*Sanctifying Grace* – Enables us to grow in holiness.

John Wesley believed and we believe that God has designated certain means or channels of grace: signs, words, actions including public worship, ministry of the Word, The Supper of the Lord (communion), family/private prayer, searching the scriptures, fasting and abstinence. All are God's gifts to us.

### **THEOLOGY OF THE SACRAMENT: AMERICAN METHODISM**

The Sacrament is part mystery: (Greek = *mysterion*). God discloses things that are beyond human capacity to know by reason. The Sacrament is part vow or promise: (Latin = *sacramentum*). We re-affirm God's vow to us and our vow to God.

The Sacrament is an outward sign of and inward grace, and a means whereby we receive the same. The Sacrament is a sign-act which includes words, actions, and physical elements. In it, in all our brokenness and limitations, we receive God's love.

### **MEANINGS OF THE SACRAMENT IN THE NEW TESTAMENT:**

Holy Communion is Eucharist: thanksgiving (Acts 2:46-47)

Holy Communion is the communion of the church (the gathered community of Christ) (1 Corinthians 10:17) Here we see the world as God planned it.

Holy Communion is remembrance. (Luke 22:19, 1 Corinthians 11:24-25)

A "re-presentation" of gracious acts of God so powerfully as to make them truly present now.

Holy Communion is sacrifice. It is a "re-presentation" (not a repetition) of the sacrifice of Christ. It is also presenting ourselves as a sacrifice. (Romans 12:1)

Holy Communion is a vehicle for the Holy Spirit (John 14:26) "Pour out your Holy Spirit on us ... and on these gifts." "Make them be for us the body and blood of Christ, that we may be for the world the body of Christ, redeemed by his blood."

Holy Communion is eschatological. To participate is to receive a foretaste of the future, a pledge of heaven. (Mark 14:25)

>>>MORE ON THIS SACRAMENT IN THE APRIL ISSUE>>>



### **EVERY SUNDAY IN LENT IS CONSIDERED A LITTLE EASTER**

Beginning with the first Easter, the celebration of the Resurrection has been the focus of Christian worship. Because the early disciples were Jews they would have observed the Sabbath on Saturday. However, the first day of the week became the day for Christian worship. It was known as the Lord's Day, the day of Resurrection. Our weekly Sunday worship is a celebration of Jesus' resurrected presence with us - a little Easter each week.

The season of Lent is 40 days long, not counting Sundays. The actual number of days from Lent's start on Ash Wednesday to (but not including) Easter Sunday is 46 days. But because the church sees every Sunday as a mini-Easter celebrating Christ's resurrection, the six Sundays that occur during those 46 days are not counted as part of Lent.

# Christian Education at WUMC



## WORSHIP FOR KIDS

Just for you! On the third Sunday of each month at the 9:00 AM service there will be a special KING'S KIDS Celebration. Worship will last approximately one half hour and will have songs you know, and

puppets you've yet to meet. Sometimes there will be a story or a play, but you can always come and hear the Good News in a new way. King's Kids Worship will be held March 19. BE THERE !!

## JOIN US FOR CHRISTIAN EDUCATION TIME Sundays 9:45 – 10:30 AM

Warm welcomes to anyone interested in participating in our Christian Education programs. Even if you have never joined a class before, please consider doing so now. Our doors are open to all! Just a quick update on all the creative and exciting ways we're growing together in faith!

The **Infant and Toddler Room**, also referred to as the "crib room" is located on the lower level. Coming from the Oakgrove entrance, head down the stairs and keep going straight until you can make a left down the hall. Tucked behind the first door on your right, past the bathrooms, you will find Stacy Maybee, Megan Beck and Amanda Dickerman. Feel free to drop your children off anytime between 8:45 AM and 12:15 PM, knowing that your little ones will be safe and loved.



The **Three and Four Year Old class** is located at the bottom of the Oakgrove steps on the left hand side. They'll be starting their spring session by remembering Jesus during Lent, followed by Easter. Please have your little ones join Barbara Manhardt, Sue Loucks and Sara Hein for some exciting hands-on activities!



**ONE GREAT HOUR OF SHARING BOXES** will be coming home with your children on March 5. These boxes can be used by your families as part of your family devotional time during Lent. If we all followed the instructions we might be able to send 100 blankets to UMCOR!!!

**Kindergarten through Sixth Grade** meets in Fillmore Hall, also known as the Fellowship Room. This is located on the lower level. Head down the stairs at the Oakgrove entrance, through the hall and to your right. We have had wonderful support for the new Rotation Model we're using this year for these age groups, so we will continue with this format for the remainder of the year, except for a few special events coming up.

For those of you not familiar with our set-up, every week the children rotate between three stations. They remain with their age groups, with the different stations being geared up or down depending upon the ages coming to them that week. When entering Fillmore Hall, the children are greeted by their age-group teacher, who not only helps them get settled, but rotates with them to the different stations as that valuable set of extra helping hands!

Recently, we ended our successful *"Digging Into the Bible"* curriculum. I have to take this opportunity to thank each of our teachers; Carol Descutner, Misty Scharf, Brad Curcio, Pam Curcio, Debbie Hein, Mark Emerson, Sara Wishman and Drew Wishman for the creativity, commitment and compassion they brought with them each and every week!

On March 5 we'll begin our new rotation called *"Peter's Story."* Many examples of God's love and forgiveness are contained in the stories about Peter. Join us as we learn about Peter's relationship with Jesus and how his actions continue to speak to us today!

In addition, **Extended Session Sunday School** is offered during the 11:00 service. Children ages four through seven sit with their families during the first part of worship, then leave for Extended Sunday School after the Children's Time. Extended Session meets on the lower level in Fillmore Hall. Kelly Robertson, Jody Hines and Karen Dickerman are the dedicated and loving teachers rotating in and out of this class, depending on the week. In addition, we are so fortunate to have Allison Lytle serve as their assistant! Currently they are following Jesus as he performs his miracles. Who remembers what the name of the town was where Jesus brought a man back to life? Read John 11:17-44 for the answer!

**TEACHERS NEEDED!** We are still currently looking for teachers for our five week exploration of Peter's interactions with Jesus. If you would be interesting in sharing your gifts with our children at any time please feel free to contact Judy Toone here at 634-4800.



**Be a Teacher**



## WORLD DAY OF PRAYER

March 3 7:00 PM

Faith United Church of Christ  
at Hopkins and Maple

World Day of Prayer is an international, ecumenical, prayer movement initiated and carried out by women in more than 180 countries and over 1,000 languages. Through World Day of Prayer people around the world affirm their faith in Jesus Christ; affirm that prayer and action are inseparable; share their hopes and fears, their joys and sorrows, their opportunities and needs. Become part of the prayer.



### LENT BEGINS WITH ASH WEDNESDAY

Join us for an Ash Wednesday Worship on March 1 at 7:00 PM. The service of healing will include traditional readings, Holy Communion at the communion rail, the imposition of ashes or oil, and a time to reflect on this sacred season in preparation for Easter.

### WHAT SHOULD LENT LOOK LIKE?

"The traditional color in the West for Lent has been purple, recognizing that we are decorating for the king who is on the way to mount the throne of the cross. The medieval English use of the 'Lenten array' has been increasingly adopted by many churches. This involves the use of unbleached linen for the paraments. Any decorative symbols such as crosses are not embroidered on, but are painted, usually in black, red, cream, or some combination of the three. The altar or communion table would be completely covered all around, giving it a coffin-like appearance. Brass or metal altarware would be replaced by a simple cross and candlesticks of wood, or else the cross would be entirely draped in the same kind of unbleached material and tied at the base. The lack of any altar flowers is also appropriate during Lent in preparation for the floral explosion that usually marks the Easter proclamation."

*From Preaching the Revised Common Lectionary: Year B, Lent/Easter, by M. Soards, T. Dozeman and K. McCabe, Nashville: Abingdon, 1993*

### SIGN-UP TO BE A LAY READER

Please check the Lay Reader Schedule posted outside the church office. Anyone may sign-up to be a Lay Reader and most of the upcoming Sundays are open. Karen Patterson will call you in advance of your date to give you the Scripture reading(s) and coach you along should you have questions.

## One Great Hour of Sharing

---

Carolyn Winfrey Gillette wrote the following words as a stanza of a song for Blanket Sunday observed by Church World Service: "May the women, men and children / Fleeing danger every day / Know, through us, your living presence; / You walk with them on their way. / Spirit, as you give them comfort, / Teach us here to freely give; / May we blanket this world over / With your love, so all may live."

These words conjure up for us many scenes of deprivation, atrocities, needs, destruction and anguish. We can see persons fleeing their villages because of wars, famines or earthquakes. We envision bloated stomachs, fly-infested dwellings and orphans wandering aimlessly. But we also see our United Methodist Committee on Relief (UMCOR) ministering to the wounds and woes of those whose bodies, minds and spirits hunger and thirst. We feel the passion and compassion of Christians who reach out. We sense the urgency of the constant needs of a hurting world.

Yes, UMCOR walks with people "on their way." UMCOR blankets "this world over" with care and empathy, sharing God's spirit of comfort. UMCOR needs our help so our church can be present when disaster strikes or when needs become known. Each year, United Methodists receive a special offering known as the One Great Hour of Sharing. The money we receive will assist UMCOR in carrying out its mission of love on our behalf. On March 26, we have an opportunity and a challenge to dig deep and to give generously.

### TAKING STOCK AND GIVING STOCK

Building an eternal legacy by making lasting financial contributions to Christian organizations and ministries is no longer only the privilege of the wealthy. Everyday people from all walks of life give and leave gifts to their favorite Christian organizations by using a number of tools. One of these tools is making a gift of stocks, bonds, mutual funds, or other appreciated securities. Significant tax advantages for these gifts allow you to give more while staying within your budget.

Take for example Nancy who is a loyal contributor to a number of Christian charities. In spite of her generosity she always wanted to be able to give more but her budget would not allow it. Nancy also owns 145 shares of XYZ Corporation. Although the stock pays only a very modest dividend it has increased in value by more than 90% since she bought it 26 years ago. Because of the increase in value Nancy would have to pay a significant capital gains tax if she were to sell the stock outright. With the help of her tax advisor Nancy soon realized that giving the stock to a Christian charity held the potential for substantial tax and giving advantages.

Here is how it works. The donated shares of stock must have increased in value and have been owned by the donor for longer than a year. Donors who itemize their taxes are then entitled to a charitable income tax deduction for the full fair market value of the shares. The donor can deduct up to 30 percent of your adjusted gross income and carry forward any unused deduction for five years.

The actual transfer process is a simple one. You can transfer the stocks or other securities electronically or by mail. Consult your financial adviser for complete details.

- Jane King

## A Morning at Asbury Shalom Zone

---



Asbury Shalom Zone (ASZ) is located in an old factory building on the lower West Side at the corner of Seventh and Jersey. Many churches in the Buffalo District support ASZ through generous donations of both monetary goods and time.

In fact, in response to a plea from Rev. John Beeson last summer, a group of five UMC women began volunteering their time each weekday morning to be at the front desk to answer the phone, help people who come to ASZ, and do odd jobs. To help you know more about the vibrant ministry of ASZ, I decided to give you a glimpse of what happened during a recent Monday morning while I was volunteering.

The purpose of ASZ is to meet some of the needs of the largely Hispanic neighborhood community. In an attempt to meet these needs, ASZ provides job training, English classes, computer skill courses, after school activities for children, food for those in need, and reasonably priced clothing and furniture. A building manager, Luis Reyes, runs ASZ and a number of faithful Hispanic volunteers run the clothing and furniture stores. These volunteers also sort donated clothes into two groups:

- 1) those that will be sold in ASZ's clothing store; and
- 2) those that will be made into bales to ship and sell in other countries. This bailing program is a money-making venture, generating about \$6,000 for every 50 bales of clothing.

When I arrived, there was a young woman at the front office. She is sent to ASZ from Buffalo Works for job training. Social Services will pay her wages and she will work at ASZ for three days a week for two weeks. On the other two days, she will be job hunting. When she has completed her two weeks, someone else from Buffalo Works will replace her. Having a volunteer cover the front desk for a few hours each morning allows this young woman to focus on other tasks.

In addition to the bustle of volunteers coming and going, and answering five phone calls, I had the following interactions while serving as reception for 2-3 hours.

1. Three men came at different times to obtain referrals to the food pantry located at Primera Iglesia UMC a few blocks from ASZ.

2. A mother arrived with her two small children. Only the children spoke English, so the daughter explained what was wanted. I could tell the mother was relieved when she was referred to Luis, who is also a Spanish-speaking Hispanic.

3. Students for the BOCES English as a Second Language class began arriving. While making photocopies, their teacher, Mike, told me eight students are currently taking the class. The enthusiasm of the five students, who are very involved in their studies, provides encouragement to the other three students, which in turn helps them focus and work harder.

4. Jim who is ASZ's treasurer and also a member of Trinity UMC, Grand Island, came in to pick up the bills.

5. Luis' son worked on his father's computer, which has been crashing all too often.

6. A worker from Journey's End, an organization that helps immigrants begin a new life in WNY, came to inspect the furniture they have stored in one of the many rented storage rooms at ASZ. The next day, a truck will move the selected items which will be used to furnish the apartment of a new immigrant family.

7. Some shoppers come in and leave with their purchases.

8. Rev. Merle Showers, the director of Niagara Frontier City Ministries, arrives. He has been away for a while, and has a lot to catch up on as he performs some of the functions of the director of ASZ. Rev. Showers asks me to get quotes from firms that sell used gas ranges. He wants to purchase a range for a rental house owned by ASZ. I obtain quotes from six companies, all of which are similar to the quotes he already obtained.

When I leave at about noon to go to my regular job, I know the afternoon at ASZ will be equally busy with after school activities and the BOCES computer class. Tomorrow another volunteer will be serving as receptionist at the desk, and no doubt this volunteer will enjoy the experience as much as I do.

- by Rosemary Elliott, edited by Sondra Scott

## Methodists in Fellowship

---

### **BACK BY POPULAR DEMAND: SOUP-ER SUPPERS !!**

Watch for the sign-up sheet in the narthex each week ( so we don't run short!) Or at the very least, call by Monday morning or you'll miss out on the best food and Lenten programming ever! Join us on Wednesdays beginning March 8. Dinner's at 5:30 with program to follow. (See the Lenten brochure for all the details.)



### **JR UMYF MAKES PLANS FOR SPRING**

On Sunday, March 5 from 12 to 1 PM we would like all youth in grades 5 to 8 and their parents (if they want) to meet with the JR UMYF adult advisors in the JR High room. We will be planning the rest of they year's activities, so bring your calendars.

### **CIRCLE MEETINGS**

**DORCAS CIRCLE** will meet on Thursday, March 9 at 10:30 AM in the parlor. **RACHAEL CIRCLE** will meet Thursday, March 9 at Asbury Pointe, 50 Stahl Road in Getzville. Barbara Swansfeger is Hostess. It's Easter basket time again. Bring a sandwich.

### **THE ELDERTEENS WILL HAVE A ST PATRICK'S DAY PARTY**

You are invited to join the Elderteens for a St. Patrick's Day Luncheon on Monday, March 13, at noon in the church parlor. We will share a meal, enjoy some entertainment and build bonds of caring and support as we share in fellowship. Lunch will cost \$7 and consists of sandwiches, salads and a dessert. Please RSVP to Mrs. Donna Swift by March 6. Make checks out to Elderteens.



### **SPRING PLANS FOR THE BOOK CLUB**

The Book Club's next meeting will be Friday, March 17, 7:30 PM at the home of Ann & Jack Killian. Read "Abraham -A Journey to the Heart of Three Faiths" by Bruce Feiler (a NY Times bestseller) in preparation for the meeting.

There will be no April meeting.

On Friday, May 19 our discussion meeting will be at the home of Karen & Jon Patterson at 7:30 PM. Book: "Founding Brothers" by Joseph Ellis (winner of the Pulitzer Prize).

Megan Reichard, Allison Lyttle and Amanda Sheriff will be performing in North High School's musical **COPACABANA** on March 9 - March 12. So all you Barry Manilow fans and even those of you who aren't, come join some of our talented Sr. High's for a fun-filled musical extravaganza. Anyone interested in tickets can call North High School at 626-8500.

### **INTERFAITH MEN'S DINNER AND CONVERSATION**

Men of WUMC - you are invited to join with men from Temple Beth Am, Amherst and other Amherst and Clarence area churches for an evening of fellowship and conversation. This will be the third or fourth such gathering. I have participated in two of them, and they are cordial and interesting experiences in discussion of shared faith matters. The evening conversation guide "Our Religion...Our Life" will be distributed to the participants, who will talk in table groups. Men attending will order from the menu and each will pay for his own dinner. Vegetarian is available.

The dinner will be held Tuesday, March 28, 6:30 PM at Faletta's Restaurant, 8255 Clarence Center Road, East Amherst. Please notify Dr. Brian Schepart by March 24 if you are planning to participate. Communicate via e-mail to ; work 876-5290 x13 or home: 839-0147 for reservations.

- Jim Pollard

# Ethical Wills: Don't Leave this World without One

---

A legal will distributes your worldly possessions after death. A living will tells what extraordinary medical measures you do- or do not- want performed when approaching death. Now comes the ethical will—a way to pass on your values, beliefs, blessings and advice to family, future generations and community.

Primarily a Jewish tradition, ethical wills can be traced back to biblical times. In Genesis, we read how Jacob summons his twelve sons to his deathbed to describe the family's heritage. Initially, ethical wills were transmitted orally, but over time they have evolved into written documents that provide a link between past and future generations.

It often takes a life threatening illness to inspire people to sit down and sum up a lifetime of values and beliefs. Others choose to start their ethical will during times of major transition: marriage, divorce, birth of a child or death of a parent.

Barry Baines, family physician and Associate Medical Director of Hospice of the Twin Cities wrote a book called "*Ethical Wills- Putting Your Values On Paper.*" Baines explains that communicating the meaning of our lives is not only good for our loved ones, it is a gift we give ourselves. The process of facing our own mortality, reflecting on the past and recording what we stood for provides a therapeutic opportunity for closure. In his book, Baines explains how to write an ethical will, suggests themes and provides case examples. He primes our creative pump by offering these reflection questions:

What I value most in life is ...

A time I had to stand up for my values was...

An important event in my life was...

The author provides themes to contemplate and possibly incorporate in our ethical will.

- Respect for life
- Learning from mistakes
- Giving and receiving love
- Being honest, truthful and sincere
- Good vs. evil
- Importance of spirituality, faith, humor
- Social justice

Baines states that an ethical will can be formatted into three sections: past, present and future.

1. Past: Include lessons learned, regrets and meaningful personal or family stories.
2. Present: Describe your values, beliefs, and expressions of love, gratitude and forgiveness.
3. Future: Bestow your blessings, dreams and hopes for the present and future generations.

Ethical wills can provide a safe, lasting way to convey love, truths or regrets that might be difficult to express. An ethical will doesn't have to be lengthy: a few well-stated paragraphs may be all you need. Avoid using an ethical will to reach out from the grave and scold people. Simply ask yourself, "Generations from now, what do I want family members to know and remember about me?" Record it and pass along your blessings.

Books for further reading: *Ethical Wills: Putting Your Values On Paper* - By Barry K. Baines, M.D.

*So That your Values Live On: Ethical Wills and How to Prepare Them* - Edited by Rabbi Jack Riemer and Professor Nathaniel Stampfer

*Tuesdays with Morrie: An Old Man, a Young Man and Life's Greatest Lesson* - By Mitch Albom

Mary Rose Remington is a career counselor and life coach with 25 years of experience. She's also a freelance writer, motivational speaker and author of *Career Quest, a Practical and Spiritual Guide To Finding Your Life's Passion.*



## ARE YOU A CARE GIVER?

Copies of *Today's Caregiver* magazine are in our library (which is next to the coat room). There are wonderful articles that will give you, the caregiver, lots of helpful advice. Please stop by the library and browse through our collection. Also Barbara Saltarella, our Lay Leader for Nurture and Visitation, has a wealth of information available to her. Make an appointment with her, she'll gladly share the knowledge and resources she has.



## The Caring Corner

---

### HAPPY ST. PATRICK'S DAY TO ONE AND ALL

Here is a little history on St. Patrick. The person who became known as St. Patrick, the patron saint of Ireland, was born in Wales around AD 385 and his real name was Maewyn Succat.

He was far from being a saint, until he was 16, he considered himself a pagan. He was sold into slavery, by a group of marauders that raided his village. It was during his captivity that he became closer to God.

He escaped from slavery and went to Gaul where he studied in the monastery of St. Germain, Bishop of Auxerre, for a period of 12 years. During this time he came to understand that his calling was to convert the pagans to Christianity.

Patrick was quite successful in winning converts and his mission in Ireland lasted for 30 years. Patrick died on March 17 in AD 461.

There is much folklore surrounding St Patrick but one of these stories is a more bona fide Irish tale than the one which tells how Patrick used the three-leafed shamrock to explain the Trinity. He used it in sermons to represent how the Father, the Son, and the Holy Spirit could exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day.

We will be celebrating St. Patrick's Day with an Elderteens luncheon on Monday, March 13 at 12:00 noon. So all you Elderteens put that date on your calendar and come for fellowship, lunch, music and a fun time. May you have:

A world of wishes at your command  
God and his angels close at hand  
Friends and family their love impart,  
And Irish blessings in your heart.

- Barbara Saltarella

### ARE YOU HAVING A RE-BIRTH?

Do you get dizzy? Are you losing your hearing? Do your shoulders ache before you get out of bed? Don't worry. Your body is going through a re-birth. Your body is aging. So what can we do to celebrate this re-birth of this aging body? I personally don't intend to "age gracefully" so here's some recommendations to improve your health, heart and spirit.

Try exercise. I know it's redundant but it's a proven therapy. "Weight bearing" exercise is best for women. This includes running (yuck), jogging (yuck again), aerobics, weight training and walking. (I can do that!!) Yoga is great for stretching and strengthening muscles, balance and breathing and spiritual reflection.

Is your spirit in need of a re-birth? Are you just not happy? Upon reflection you may feel a need to change some things. Adjusting/decreasing work hours, increasing your exercise helps to release endorphins that elevate the mood, naturally. Maybe you need to eliminate some commitments that don't give you satisfaction. Follow the path that leads to more joy. Take note of the little workshop that was presented in the February '06 Messenger. (If you mis-placed your copy, call the church office and they'll mail you another.)

Maybe you have fears. This was my discovery. It was a relief to put a label to my dissatisfaction because then I was able to recognize some changes I could make. I got myself back on track with my spirit, too. Maybe your fear is not "leaving things right." Do you need an ethical will? Barb Saltarella found it helpful to read *Tuesdays With Morrie* by Mitch Albom. Go to: [www.ethicalwill.com](http://www.ethicalwill.com). If you think it's "just not right" then follow your instincts.

Of course, our local physicians are a good source of information and support. Please stop and chat with Barb or myself if you have any of these concerns. At the very least, we'll have a lively conversation.

Regards to your health and spirit,  
Shelley Kayne

## Stephen Ministries Workshop to be Offered

---

Imagine the difference if WUMC had a team of 10, 20 or more well-trained lay caregivers providing one-to-one Christian care to people experiencing grief, divorce, cancer, job loss, or countless other crises. That's the difference Stephen ministry can make.

The Stephen Ministry is a pastoral care program. It is a complete system of training and organizing lay persons for caring ministry in and around their church. God's love is expressed through the caring commitment of these lay ministers. Christ-centered pastoral care is given one to one. The helping relationship focuses on the unique needs of the

individual. The caring relationship lasts as long as the need exists and is strictly confidential.

First Trinity Lutheran Church, 1570 Niagara Falls Blvd in Tonawanda will host a Caring Ministry Workshop on Saturday, March 25 from 9 AM to 1 PM. The workshop will focus on the following three areas: 1) Ministering to those experiencing grief 2) An introduction to Stephen Ministry and 3) How to care in a distinctively Christian way. WUMC is planning on sending a group to this event. If you are interested, please speak to Barbara Saltarella. You can also visit [www.stephenministries.org](http://www.stephenministries.org) to learn more.



## Sweet, Sweet, Music

---

WUMC will welcome some special musicians during the month of March. On March 12, **Diane Dick** will be a featured handbell soloist. Diane began her involvement with handbells as an ensemble musician in 1989, and expanded her scope as a solo ringer in 1994. Since that time, she has performed extensively throughout Western New York and has frequently been a featured soloist with the Buffalo Philharmonic Orchestra at their Christmas Holiday community concerts. She directed three bell choirs at Emmanuel United Methodist Church in Lockport, NY from 1995 to 2000, and has served as an instructor for handbell clinics sponsored by the local chapter of the American Guild of English Handbell Ringers. Currently, she also performs with the Royalton Ringers, a handbell quartet.


We will welcome back oboist **Paul Schlossman** to play on March 26. Paul holds a Bachelor of Fine Arts in Music and a Master of Science in Computer Science from SUNY Buffalo. From 1975-78 he was oboist and solo English hornist with the Jerusalem Symphony Orchestra. He toured Europe three times with a chamber ensemble for concerts and radio recordings in France, Germany, Switzerland, Belgium, and Norway. Paul currently works as a software engineer in computer graphics, and performs regularly with Buffalo area chamber ensembles. Since 1992 he has been principal oboist with the Erie (PA) Chamber Orchestra, and for the last twenty consecutive seasons he has been a guest soloist with the Ars Nova Musicians Chamber Orchestra in their Viva Vivaldi, Cabin Fever, and Red Jacket concert series.

WUMC member **Paul Ferington** often participates in our music program, and will continue to share his talents with us this month. Paul is a graduate in Orchestral Conducting from the College-Conservatory of Music at the University of Cincinnati, and is in his 20th season as a regular Guest Conductor with the Buffalo Philharmonic Orchestra. He has served as a pianist for opera legends Kathleen Battle, Italo Tajo, Barbara Daniels, and Tom Fox, as well as conductors Yehudi Menuhin, Erich Kunzel,

Robert Shaw, James Levine, and Leonard Bernstein. He has been a Guest Conductor of such ensembles as the Orchestra of Liege Belgium, the Western New York Chamber Orchestra and Opera Sacra. In addition, he is Professor of Music at Niagara County Community College, where he has been a faculty member and administrator since 1973.

On April 2, **Alex Boissonnault** will accompany the Chancel Choir on the violin. A junior at Williamsville South High School, Alex is the co-concertmaster of the Greater Buffalo Youth Orchestra, which will perform at Carnegie Hall in New York City on March 5. The performance will include two pieces: *Capriccio Italiano* by Tchaikovsky, and *Capriccio Espaniole* by Rimsky Korsakov, in which Alex will be the featured soloist. Alex has been the concert master of the Erie County Orchestra for the past seven years. He was a member of the Conference All State Orchestra, which performed at Eastman School of Music in December of 2005. A an eight grader, he traveled with the Buffalo Suzuki Strings on their tour of Brazil, and performed with them two years ago at the Lincoln Center in New York City. Alex will join the Touring Ensemble of the Buffalo Suzuki Strings this April 9 as they travel to Italy for a two week concert tour. The ensemble will play the music of Vivaldi at the composer's church in Venice, and Alex will perform *Espagnol* with the local orchestra in Torino as one of six inter-nationally chosen soloists. Upon their return, the ensemble will repeat their European repertoire at a Reunion Concert on April 30 at the Buffalo Suzuki Strings Musical Arts Center in North Tonawanda, New York.

**Megan** and **Téa Prokes** will perform at the Alumni Concert of the Buffalo Suzuki Strings on March 12 at 2:00 PM. Among their selections will be music of Bruch, Lalo and Tschaikevsky. Tickets are \$12.00. The performance will be held at Wutz Hall, Buffalo Suzuki Strings Musical Arts Center, 4 Webster St., North Tonawanda, NY. See Patti Prokes for tickets.



## LOVE LETTERS

Rex, Rebecca and Lydia Kay Cabaltica, along with the rest of their extended family, thank everyone for their good wishes and prayers. Blessings to you all.

On behalf of the Katrina Family which Seneca Street UMC is helping, Cheryl Bird Rotach wishes to extend grateful thanks to the WUMC Trustees for authorizing the donation of the washer & dryer, to John Tschamler for making the arrangements and to miracle men Charlie Seiler and Travis who, upon meeting the family, practically moved walls and doors in their determination to see that the family got these greatly needed items. May God's grace and blessing on everyone for their caring and sharing.

Thank you to those who knitted prayer shawls. They are on their way to Women's Division in New York City and will be displayed at the United Methodist Women's Assembly in May in Anaheim, CA. Following the meeting they will be distributed to those in need of warmth and prayer. Again, thank you knitters.  
- Carol Forden

Dear Children and Youth of WUMC and the Education Team,  
We were all delighted with your darling Valentines that we each found in our mailbox this morning. WE ALL want to thank you for thinking of us in such a lovely way. A Happy Valentine's Day to each of you.

Sincerely,  
The Blocher Homes Residents

## CONGRATULATIONS

Congratulations to Billy Truesdell, Katie Ostroot and Erin Toone who were inducted in the National Honor Society February 15. What an honor! We are so proud of you all!!



A large print edition of this newsletter is now available. Please call the church office 634-4800 if you, or someone you know, would like to receive the large print version instead of the traditional size.

## PRAYER CHAIN

Church family and friends may request special prayers through the Prayer Chain. Please call Bob or Irene Hayman to place your request.

**If you have a pastoral need, please call the church office (634-4800) and leave a message. You may also call Rev. Lewis or Pastor Bennett and talk to them directly.**

The church office is open Monday-Friday from 9:00 AM to 3:00 PM.

## *Our Mission is to Be and Make Disciples of Jesus Christ!*

Published 10 times per year by:  
Williamsville United Methodist Church  
5681 Main Street  
Williamsville NY 14221-5517  
Phone: (716) 634-4800  
email: [wumc@williamsvilleumc.org](mailto:wumc@williamsvilleumc.org)  
WEB PAGE: [www.williamsvilleumc.org](http://www.williamsvilleumc.org)

Our Staff and Lay Leaders Are Here to Help You  
Lead Pastor: Gail Lewis  
Associate Pastor: Daryl Bennett  
Directors of Music: Judith Stafford and Wendy Amuso  
Director of Christian Education: Judith Toone  
Pastoral Assistant for Visitation: Barbara Saltarella  
Seminary Intern: Chris Wylie  
Church Administrator: Michele Grammer  
Custodian: Mary Ann Horey Housekeeping: Donna Seiler  
Sunday Nursery Care: Stacy Maybee,  
Amanda Dickerman and Megan Beck

Coordinating Lay Leader: Neil Kratzer  
Communication Ministry: Chris Wylie  
Family Life Ministry: Linda Sheriff  
Member Care Ministry: Barbara Saltarella  
Outreach & Missions Ministry: Kevin Lyttle  
Relational Ministries: Donna & Charles Seiler  
Worship Ministries: Cara Stillman  
Staff/Pastor Parish Relations Chair: James Jones  
Trustee Chair: John Tschamler  
Stewardship & Finance Chair: Rosemary Elliott  
Treasurer: Lori Pacer