



Mt. Pleasant UMC

May 2017

WHAT'S GOING ON :



Every Monday—Woman's Bible Study at Evelyn's @ 10AM

Every Sunday thru May 23— Circle Maker Bible Study @ 7PM

May 8—SPRC Meeting at KG @7PM

May 9—Ad Council Meeting @ 7PM

May 11—Trustees Work Party @ 5PM

Volunteers are needed to help sanitize the nursery.

May 14—Mother's Day Breakfast @ 730AM

May 18 - VBS Meeting @ 7PM

May 22—Parsonage Trustees Meeting @ 7PM

June 4—Graduates honored during Worship Service

June 4—Choir Concert @ 6PM

June 11—Men's Breakfast at Jay's Tiffany's Northside @7AM

June 11—Peace with Justice Sunday

June 13—Ad Council @7PM

June 18—Father's Day Breakfast @730AM

June 19 thru 22—VBS

June 25—VBS closing program during Worship

July 9—Men's Breakfast at Jay's Tiffany's Northside @ 7AM

July 11—Ad Council @ 7PM

Inside this issue:

Calendar Items	1
Sermon Topics	3
Health and Wellness/ Family Ministries	4-5
Birthdays and Anniversaries	6
Project Playground	7

There is no Men's breakfast May 14, due to Mother's Day



MEALS TO HEAL

Our ministry of meals will now be called Meals to Heal. It is our short term program to provide meals to our members who can use this kind of temporary support. We do not have the resources to do this long term like Meals on Wheels but we can certainly help out in the short term for those who are ill, recovering, having surgery, or have a new family member & could use a few meals.

Ways you can help:

1. Let the contact person know that you are willing to help by preparing a meal at your convenience. Or sign up on the signup sheet that will be on the back table of the sanctuary. You will be contacted as the needs arise. You will be informed of food allergies, food preferences, directions to homes & if possible, types of previous meals that have been provided.
2. Inform the contact person of your own need or that of someone you know. This is vital because the needs are not always known; please don't assume that the right people will know.

Contact person: Carol Hauck @ home 570-286-9255, call or text cell 570-809-3474, or email cahauck@ptd.net.

Thank you for caring for our brothers & sisters in Christ

OPERATION ARCTIC

VBS will be held Monday—Thursday, June 19—22, from 5:30—7:30PM. We will be exploring the coolest book on the planet! Registration will begin soon! Please see Ellyn Ross with any questions.

There is a VBS "wall of need" bulletin board near the nursery with items and volunteers that are still needed. Your help is greatly appreciated to make this program successful for the children.



Date		Scripture & Sermon Topic	Memory Verse
5/14	Mother's Day	Acts 7:55-60 Let Me Explain — Acting Like A Stephen	Proverbs 31:20
5/21	Heritage Sunday	Acts 17:22-31 Let Me Explain — Acting Like A Worshipper Of God	Luke 4:8
5/28	Ascension Sunday	Acts 1:1-11 Let Me Explain — Acting Like I Have A Clue?	1 Peter 3:15
6/4	Pentecost Sunday Communion	Acts 2:1-21 Let Me Explain — Acting Like Apostles & Prophets	Joel 2:28-29
6/11	Peace With Justice Trinity Sunday KG — VBS Closing	Matthew 28:16-20 It Is Time To Go!	Exodus 23:20
6/18	Father's Day	Genesis 18:1-15 It's No Laughing Matter	Romans 15:13
6/25	MP — VBS Closing	Romans 6:1b-11 By No Means!	Romans 12:2 OR 2 Corinthians 3:18

SAVE THE DATE

Join us Sunday, June 4th at 6PM for our annual choir concert. We will be singing some of our favorites from the past year. There will be refreshments following the concert in the social hall. Please join us for a night of Music, Fellowship and Fun!



Bibles will be given to children and youth going into third and ninth grades the Sunday of our annual Outdoor Worship Service in August. Please be sure to give names of those going into third and ninth grade to Peggy Wallish or Pastor Brian.

Health and Wellness Update

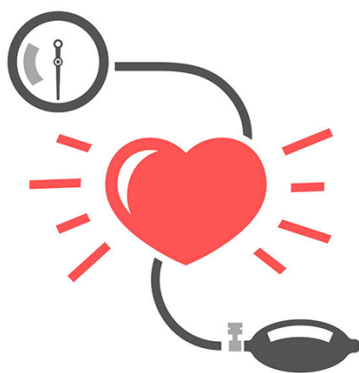
In 1 Corinthians 6:19 it states, “Don’t you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God? You do not belong to yourselves but to God.” Therefore, it is the desire of the Health and Wellness Committee to teach you how to better care for that body given to you by God. There are many ways in which this can be accomplished.



First of all, you can have your blood pressure checked by going down to the basement after the church service on the last Sunday of each month. If your blood pressure is high, you will learn what steps may be needed to lower it. You may need to cut back on your sodium intake, exercise more, lose weight or possibly contact your doctor to start on medication. Regardless of what may be needed, controlling your blood pressure will lead to a lower risk of many diseases including heart disease, stroke, and kidney failure just to name a few.

The next thing you could do is eat better and what better time to do it than now. With the advent of Spring and warmer weather, there are many opportunities to purchase and consume more locally grown fruits and vegetables. Fruits and vegetables provide fiber that helps fill you up with fewer calories and keeps your digestive system happy. They are also rich in vitamins and minerals that help you feel healthy and energized. This, in turn, will reduce your risk of many diseases, including heart disease and cancer.

Lastly, exercise is also an important part of taking care of your body. Some of the benefits of exercise include building stronger more efficient muscles, improving blood flow to all parts of your body, decreasing cholesterol levels in the blood, decreasing blood pressure, and decreasing body fat and weight. These benefits lead to a decrease risk of heart disease, diabetes, stroke and kidney disease.



In conclusion, controlling your blood pressure, eating better, and exercising are just a few of the ways you can better care for your body. The Health and Wellness Committee is here for you. If you have any questions or concerns, please do not hesitate to ask any one of the members of this committee, including Carol Hauck, Susan Newman, Donna Plotts, Sara Field, Beth Gay, LeAnn Dietz, and Karen Splitt. If you have an idea of an article you would like to see in future newsletters, please let one of these members know. God bless each and every one of you as you better care for the amazing body God has given you.

Family Ministries

Family Ministries has had many fun activities throughout the past few months. In February, we had a Friday family game night. Everyone brought games to play, a snack to share and a snack to donate to 'The Refuge' in Sunbury. It was a lot of fun and we hope to have another family game night in the Fall.

In March, we went to Mission Central in Mechanicsburg. During the visit, we made birthing kits to send to various countries and also sorted through various goods and packed them into appropriate boxes to be handed out for future needs.

Our upcoming events included a family dinner night out at Hoss's on Saturday June 3rd. During our family dinner night, we will be collecting jewelry to donate to the Sunbury Head Start classes for students to pick out as gifts for their mothers for both Mother's Day and Christmas.



During the summer months, we are also looking at having a Family Day at R.B. Winter State Park and on July 15th, we will be having our community picnic at the church.



We hope to see you at our upcoming family ministries events!

Graduates to be Honored

High school and college graduates will be recognized in worship on Pentecost, Sunday, June 4th. If you know of any graduates that should be recognized, please be sure to give their names to Peggy Wallish or Pastor Brian.

Community Picnic

The annual Community Picnic for Mt Pleasant Church has tentatively been set for Saturday, July 15, with the picnic to begin at 5pm. There will be some water games included.

Please look for further announcements in the weekly bulletin.



BIRTHDAYS

May		June		July	
01	Eric Aucker	03	Tregg Mull	01	Garritt Aucker
02	Harold Reich	03	Daniel Switzer	04	Shirley Caskey
02	Kim Zoch	05	Denise Finan	04	John Lazur
03	Reenie Miller	08	Elijah Spangler	05	Kyle Hauck
03	Dianne Pope	09	Sylvia Herb	09	Betsy Benner
07	Daniel Wetzel	10	Glenn Haupt III	10	Caleb Spangler
10	Samuel Main	10	Holly Kieffer	13	Michele Switzer
10	Julie Moon	13	Tim Herbster	15	Kaelee Ranck
14	Drew Rodkey	13	Ellen Lazur	19	Noah Cooper
15	Austin Haupt	19	Jodee Aucker	19	Eric Doering
16	Phyllis Wetzel	19	Robert Bidelspach	20	Jeffrey Bidelspach
20	Johnathan Lunger	22	Hailee Kovaschetz	21	Jim Pope
21	Malcolm Boop	23	Elizabeth Gay	23	Madeline Boop
21	Jerry Splitt	23	Kurt Pegg	28	Alexander Michael
21	Zeb Switzer	24	Alexis Herb	29	Lisa Dooley
22	Rachael Meckley	26	Joel Spangler	29	Garren Levi
23	Gordon Aikey	27	Joyce Ann Lindenmuth	29	Angelina Rodkey
25	Barron Pope	28	Gerald Ressler	30	Thomas Reich
26	Fay Switzer	30	Cierra Haas		
27	Matthew Rice				
28	Dave Lazicki				
28	Heather Switzer				
29	Karen Stewart				
30	Shanna Kimball				
31	Christian Cole				
31	Karlen Light				



Anniversaries

May		June	
04	Ray & Darlene Kern, Jr.	05	Garrett & Brigid Boop
08	Gerald & Sandi Ressler	05	Ralph & Susan Newman
17	Ronald & Elizabeth Gay II	07	Harold & Ethel Reich, Sr.
26	Mark & Velma Lunger	07	Roy & Megan Beck
31	James & Lois Kovaschetz	21	H. Ronald & Judith Pope
		21	Matthew & Lisa Dooley
		23	Bryan & Erin Karpinski



July	
07	Todd & Deleen Wetzel
14	Justin & Ellyn Ross
16	Bill & Karen Stewart, Jr.
31	Joseph & Karen Bobeck

Project Playground

Mission—To replace the current playground with a larger more durable one that will help evangelize to the community, draw in more families, and support our existing member families



Some of the equipment the committee has selected is pictured below.



We have set a goal to raise \$30,000 to purchase and install this new playground equipment.

Keep a lookout for our “Goal Board” coming soon to the back of the church!

We have a great start with \$2,750 already collected from last year’s fall bazaar, rummage sale, offering plate, and Easter eggs.

There were a lot of good ideas for fundraisers that will take place through the summer and into the fall. Be sure to read your bulletin announcements and follow the church on Facebook to keep up with all of this as we continue to work on developing these ideas. It’s going to take all of us working together to make this happen.

Remember, this is a project that can benefit the whole church and help us grow! What a fun way to reach out to families!

Demo of the old play area will be occurring soon. Let me know if you are interested in helping or just need to let off some steam and tear something apart!

If you have any questions or ideas you can email Jamie Doering at: kimballaqha@yahoo.com or call 570-556-7849.

Don’t forget to go onto Facebook and “like” the church’s page: Mt Pleasant UMC

Mt. Pleasant UMC
2869 Mile Hill Road
Sunbury, PA 17801

Church Office Phone# 570-286-7036

Secretary: Becky Pastuszek Email: mpkgsec2@gmail.com
Parish CCLI#1155613

Church Website: www.susquehannavalleyparish.org

Prayer Request Email: SVPprayer@googlegroups.com

Facebook: [facebook.com/MtPleasantUMC17801](https://www.facebook.com/MtPleasantUMC17801)

Twitter: @UMC Mt.Pleasant