

Good Tidings

July 2023



Arnold Mills United Methodist Church

Rev. Heather R. Bailes Baker

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A note from our pastor...

Beautiful Beloveds,

Hip, hip, hooray it's July! Summer fun, picnics, and of course the Arnold Mills Fourth of July Parade. 'Tis the season for fun, family, friends, and rest. Sometimes we treat rest as something only children and the infirm need. Why? Even God rested. Summer reminds us of the gift and importance of Sabbath, slowing down, being present, and resting. You'll find our church moves to a sabbath kind of rhythm as we worship outdoors and hold less meetings and activities.

How will you practice sabbath keeping this summer? I don't mean how many miles and activities can you pack into a few vacation days so that you come home and have to rest and recover from vacation. How will you intentionally slow down and rest awhile? Maybe it means turning off the phone and reading a book. Or taking a nap or stargazing awhile. What might happen if you added rest and play to your daily to do list? God created us, in God's image, to create, play, and rest. No amount of productivity earns God's love. Sabbath reminds us we are loved for who and whose we are, not how much we do.

In worship this month, we'll be reading through the book of Exodus, and I invite you to read along at home. Maybe it's not "summer light." It does offer heroic rescue, a dastardly villain, plagues, and a narrow escape and that's just the first half. Read Moses' origin story. Read the weird way the plagues played out. Keep reading to see what happens in the wilderness. Some parts might even surprise you. I bet the golden calf story doesn't end the way you learned it in Sunday School.

As we slow down, we use the pace of summer for some community introspection. Specifically two new teams will begin their work examining how we welcome people and how we provide safety and security at our church. As we explore what big concepts like hospitality and safety mean in the lived day to day of our church, I welcome your questions and conversation. Lets chat about how you've experience welcome here. Let's talk about what it means to feel safe and secure in a place of worship. I'm only a phone call away. We can meet in my office, go for a walk, or grab a cup of coffee somewhere. I'd love to hear your story.

Beloveds, as we begin another year of shared ministry together, I am grateful to be with you. It has been such a treat to get to know you and our community. I look forward to getting to know you even better as we love and serve our neighbors. Remember, God loves you, and so do I.

Peace,

A handwritten signature in blue ink that reads 'Heather R. Bailes Baker'.

Pastor Heather

Coming This Month in Worship

9:30 am One shared worship experience outdoors. weather permitting. Bring a comfy chair, or use one of our metal folding chairs.

**Pets are welcome to attend outdoor worship. They should be appropriately leashed or restrained at all times. Pet families are responsible for their animals, including clean up. Please be mindful of those who may be afraid or uncomfortable around animals.

July 2, 2023 | *Cindy Mauch preaching*

July 9 – Uncomfortable Beginnings:

What do you see when you look at me?

Text: Exodus 1: 8 -2: 10

Communion will be served

July 16 – Burning Bushes, Stuttered Excuses

Text: Exodus 3: 1-15

July 23 – Plagues, Pestilence, and Passover

Text: Exodus 12: 1-14

July 30 – A Dramatic Exit

Text: Exodus 14: 19-31

New Summer Series on United Methodism Begins July 5

New online series, featuring Bishop Johnson, clergy from our District and Conference including Pastor Heather, explores the history of our denomination, and begins to look ahead.

Offered online weekly on Wednesdays, each 20 minute session, led by a different clergy person, offers a brief exploration of the topic, and ends with opportunity for reflection and action.

Topics include:

1. What is United Methodism and how does it differ from other denominations?
2. How did methodism begin? Who is John Wesley?
3. Social and Personal Holiness, Grace Wesleyan Quadrilateral
4. How did Methodism make its way to the US?
5. Historically: why are there so many different Methodist Denominations in the US?
6. Schisms and Reunions: Why has the church divided, merged, and divided again?
7. Currently why are there so many Methodist denominations in the US?
8. What's next? How do we move forward from here?

You can watch these videos weekly at your convenience. New content drops on Wednesdays. Stay tuned for opportunities for further conversation.

JUNE TRUSTEE REPORT

The work of the Trustee Committee never ends with caring for a building built in the 1800's. Projects reported on and discussed at our June 8th meeting include the following:

- As part of the Sustainable Energy Project, a RISE energy audit is scheduled for Friday, June 16th. Once we have the results, along with estimates of the proposed systems, the pros and cons of heating/cooling of the sanctuary and/or hall will be discussed. The parsonage is also scheduled to undergo an energy audit at a later date.
- Frank Lizotte's Glass Co., Inc. came in on June 15th to give us an estimate on adding glass windows to the two office and two vestry doors. This must be done as required by Safe Sanctuary regulations.
- Representatives from the Town of Cumberland and the State of RI came in on June 16th to evaluate our facility for use as a polling place on 09/05/23 and 11/02/23.
- Many thanks and praises were given to Chuck Tramontana for finding someone to upgrade our street sign and to Ross Hancock for actually getting out there to clean, scrape, and paint! Hope everyone has noticed as it looks beautiful!
- The dehumidifier was taken out of storage and is now running full time in the Cargill basement. Ocean State Air also serviced the office air conditioning unit.
- The boiler was scheduled to be drained for the summer.
- The church now has a copy of the cemetery plot plan.
- A request by the female unit of the Scouts to use the hall on Tuesday nights in the fall was approved.
- Under Building Usage we had the Hemond Funeral on June 3rd and Selden Whitcomb's Celebration of Life on June 11th. It was rewarding to many of the trustees to hear compliments on the condition and beauty of our church, hall, and grounds from former members who attended this service.
- The first stage of organ repairs has been completed.
- The elevator was inspected by the state inspector and passed.
- After a visit by Cumberland's assistant police chief to review our facility for security concerns, it was decided that the pastor will form a committee in the fall to address any issues.
- Finally, in July, we have scheduled the repaving of the small parking lot and area in front of the church, the patching and sealcoating of the driveway, and the crack fill and sealcoating of the large parking lot. The lines will be redesigned and repainted in order to make parking more logical and to meet state regulations for handicapped areas. We will be sending out parking advisories before the work commences.

Respectfully submitted,

Lindsay Gettinger, Co-Chair

Fran Carr, Scott Murphy, Tom Cabana, Dave Larsen, Tom Hetherington, Mark Farnell

Arnold Mills Cemetery Trivia

Karl Ikerman

Cemetery Fact: Somewhere in the Evergreen section lies a former member and his wife, Roberta. He is the inventor of Coffee Syrup. Can you find George?

Answer: George Ablesen, the inventor of Coffee Syrup, and his wife Roberta are buried near the Masonic Lodge. Look for the big stone near the fence.

Missions Committee Newsletter Report

July 2023

Meals in the Park

We handed out over 120 servings of grilled hotdogs, homemade pasta salad, fresh fruit salad and our wonderful home baked desserts. Our next meal is **Sunday July 23rd Bouley Park, Social Street, Woonsocket**. We will be serving the same Summer menu and we will be preparing the fruit salad and pasta salad on **Saturday, July 22nd at 8:00AM in the church kitchen**. This July meal is the perfect one to come and visit or volunteer! So, please feel free to join us in the park on Sunday after church service. Any questions, please contact Karen Oswain at KKoswain@netscape.net; 401-749-3609

Cintas Clothing Donation and the St. James Episcopal Church Clothing Closet

The twice monthly clothing donations continue from the Cintas Warehouse in Woonsocket to the St. James Church clothing closet. The delivery schedule is posted in the coat room.



The Franklin Farm Community Garden and the Historic Metcalf-Franklin Farm Preservation Association

During the 16th season of raising farm fresh vegetables for needy families in Rhode Island, the volunteers grew and distributed over **35,000 pounds** of various vegetables to the **RI Community Food Bank** and to local soup kitchens and food pantries in Northern RI. **The vegetable plants are growing beautifully thanks to the carefully prepared soil, the irrigation system and the devoted care by the volunteers. The Monday and Thursday volunteer tending nights from 5:30 PM to dusk are preparing for the harvests to begin in about three weeks.** The **Community School students** held their annual Field Day at the Farm and the **B. F. Norton 3rd graders** held an Educational Day on June 22nd. **Citizen's Bank staff** also volunteered for Community Service. In addition, the farm fields continue to be open for casual outdoor enjoyment for families and their pets. Restoration work gradually continues on the historic farmhouse and the barn complex. Any questions, please contact Pam or Chip Thurlow; 401-333-1235, thurlowcp@gmail.com



Community School Field Day



B F Norton School Citizen's Bank Volunteers



Habitat for Humanity

Habitat for Humanity Northern RI and West Bay Affiliate is celebrating their 30-year anniversary this year! The current project is to erect **two duplexes at 83 & 85 Oakland School Street in Burrillville, RI**. The first duplex is still waiting for permits to be issued for occupation. The second duplex foundation will be installed in the next few weeks and then the volunteer groups can be assigned the various construction tasks. **We will notify AMUMC volunteers when we can return to the work site as we have done previously.**

Dave's Marketplace Day Old Bakery Donations

Since 2016, volunteers from AMUMC have transported day old baked goods three times each week to the Cumberland Senior Center, the Northern RI Food Pantry or the Woonsocket Shelter. The schedule of the three donations each week and the many volunteers making the deliveries is posted on the bulletin board in the coat room.

The Woonsocket Shelter

The Woonsocket Shelter has received donations of persons care items and household items (sheets, towels, quilts, curtains, etc.) for families to relocate into independent living when they leave the shelter. In addition, AMUMC volunteers have been donating day old baked goods from area supermarkets – currently Dave's Marketplace – for over 15 years to the shelter. On Fridays, Elton and Rachel Odom make the weekly deliveries to the Shelter.

Chip Thurlow,
Chairperson, AMUMC Missions and Social Concerns Committee

AMUMC Event Photos

June Meals in the Park Preparation



June 25 Outdoor Sunday Service





July 2023

Tips for July 2023

Plastic Free July is an invitation to learn about the devastation single-use plastic, especially, is causing and what you can do to bring about change. **Take the challenge. Tell your friends.** Make a difference.

Imagine a school bus filled with plastic. Now multiply that by 21 million! Each year, 30 million tons of plastic are produced. Of that, 50% will be discarded after a single use, and overall, 93% will not be recycled. **Imagine what you can do to refuse, reduce, reuse, and recycle plastic.**

Taking a vacation to the beach this year? Eight million tons of plastic pollute the ocean, affecting about 530 marine species. Learn more about the [consequences of plastic in the oceans](#). **Keep your eyes open for the pollution; pick up what you can; tell your story.**

When you order something online, does it come packed in Styrofoam or plastic bubble-wrap? Lodge a complaint to the company. Remind them that there are alternatives that you value. **Support [companies that ship plastic free](#).**

Make your summer get-togethers plastic free. Use reusable or compostable dinnerware. Display your recycling and composting options prominently. Decorate with plastic-free, reusable, or natural items. Your choices will spark conversation. **Take advantage of the opportunities to talk** about your hope and actions for God's creation.

Look for refill stores in your area. You bring your own container (which can be plastic that you are reusing) and purchase dish and laundry detergent, hand soap, and shampoo and conditioner, to name a few. Not only do you avoid single-use plastic, but also you save emissions by lowering shipping weights.

Say thanks to God's critter, the raccoon, for the reminder to find out what's in your trash. Check periodically to discover more opportunities for making a change. **View this 34-minute [YouTube video](#) for common-sense alternatives** to plastic that you can do at home.

By choosing a reusable cup for your coffee or tea, each person helps prevent up to 500 single-use cups each year from sitting for a thousand years in landfills. When you are out or at your church's social time, **ditch the disposable coffee cup habit.**

Reuse plastic bags from inside cereal boxes, for example, for freezing food or storing leftovers. Roll the top and clip it with a wooden clothes pin—another way to avoid plastic.

What you can do individually or with family and friends is important, but systems need to change too. Plastic is a petroleum-based product oil companies don't want to see reduced or eliminated. Businesses use plastic without considering alternatives. **Write to your local policymakers to encourage them to tackle these issues.** Remind them you are a constituent and a Christian who cares for God's Creation.

Bonus: Search online or create your own **Plastic Free July Bingo** cards for a group or family gathering.

The United Methodist Creation Justice Movement is providing these Tips as a tool to equip church members, families, and individuals to respond to God's call to care for creation and do justice with our neighbors. For more about the UM Creation Justice Movement, go to umcreationjustice.org.

Church School News

Help Wanted

We are looking for anyone who would like to be a part of our church school starting in the fall. We are looking for a pre-k teacher (one of three so would teach every third week) and a middle/high school co-teacher) this class will meet bi-weekly.

Anyone who would like to learn more about these positions can send an email to lee-ann.cotta@gmail.com

Report from the 2023 Annual Conference

It was a blessing to be back in person, and unmasked, at the New England UMC conference in Manchester NH, along with several hundred other lay people and pastors. The “work of the church” went on as usual, including passage of a budget, remembering pastors who have passed on, and celebrating the appointment of ordinands and elders. I was moved and inspired by a powerful sermon from the Ziegler Award winner Reverend Becca G. and a thought-provoking sermon from the winner of the Lay Speaker award Michelle Fournier. The musical talent of Mark Miller, singers and band members had the crowd on its feet during worship services.

We had uncomfortable and difficult work to do as we heard from 14 Churches who were asking us to approve their disaffiliation from their United Methodist connections. I was saddened by some of the remarks made by church representatives who told us they could not support the full inclusion of our LGBTQIA brothers and sisters based on their interpretation of the Bible. There were tears and heavy hearts in the room.

The theme of this year’s conference was “Draw the circle wider still.” I was wondering how this theme could possibly work at a conference that at first was dominated by disaffiliating churches. This seemed to signal a smaller circle, not a larger one. But Bishop Peggy Johnson, in her Episcopal address, encouraged all of us to “tilt wide.” She read from Acts 1 verses 6 to 9. Verse 9 reads: “But you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.” As disciples of Christ, we are called to the widest circle possible—the entire world! Each of us as individuals and as a church can open our minds, hearts and arms to others we may have overlooked, avoided, or intentionally left out in the past. Let’s bring them into our circle! Our mission is clear. Let’s tilt wide at Arnold Mills United Methodist Church!

Cindy Mauch

AMUMC Hospitality Team

New and as yet unnamed Hospitality Team Forming: Be a part of it! How do we at AMUMC offer welcome from the moment someone arrives until they’re ready to leave? How can we take our hospitality to the next level? Join Jean Clark and Pastor Heather on July 16 after worship for conversation and planning to deepen and widen our Sunday morning welcome. All are welcome: seasoned greeters and those who are new. Attend if you’re interested in greeting, coffee hour, have a gift for hospitality, have ever visited a place where you felt welcome or not and have a lesson to share, and/or are just curious!

Peace, Heather

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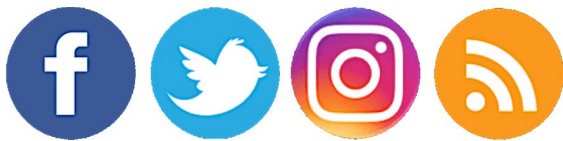
Upcoming Events

July 3: July 4th Parade Committee - Cargill Hall
July 4: Independence Day (Parade/Road Race)
July 12: Habitat Committee - Cargill Hall
July 13: Board of Trustees - Cargill Hall
July 15: White Family Reunion - Cargill Hall
July 22: Soup Kitchen Cooking
July 27: Cemetery Committee - Cargill Hall

SPRC News

Our committee includes Stacey Johnson, Lee Ann Cotta, Cindy Mauch, Sue Therien, and Olivia Carney. (Updated 6/6/23)

If you have any questions, comments or concerns having to do with the staff of the parish feel free to see any member of the committee or you can email us at amumcsprc@gmail.com



Arnold Mills UMC's Social Media

Find us on social media!

We are on Facebook and on Instagram.

Facebook at <https://www.facebook.com/Arnold-Mills-United-Methodist-Church-115722435105941>

Twitter at https://twitter.com/ArnoldMills_UMC

Instagram at https://www.instagram.com/arnold_mills_umc

Listen to sermons on our website at <http://www.amumc.org>

Subscribe to sermon podcasts at <http://www.buzzsprout.com/434047>

Prayer Requests

Prayer requests are sent out each week to every address on our email list. We understand that not everyone who asks for prayer in worship during "Sharing Our Joys and Concerns" wishes to have that information shared on the email blast. If you would like to have a prayer request included in the weekly email, please use the "Prayer Request" form on the table in the back of the sanctuary, call the office at 401-333-5203, or email office.amumc@gmail.com. Prayer requests will remain on the prayer list for one month. If you would like a prayer request to remain longer, just let us know.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>25</p> <p>4th Sunday after Pentecost</p> <p>Summer Sunday Schedule Change</p> <ul style="list-style-type: none"> 9:30am Outdoor Sunday Service 10:30am Fellowship 	<p>26</p> <ul style="list-style-type: none"> 6pm Reserved for Scouts - Cargill Hc 	<p>27</p> <ul style="list-style-type: none"> 6:30pm Prayer Meeting - Zoom 	<p>28</p> <p>John Wesley's Birthday</p> <ul style="list-style-type: none"> 9:30am Prayer Shawl Ministry - Libra 	<p>29</p>	<p>30</p>	<p>Jul 1</p>
<p>2</p> <p>5th Sunday after Pentecost</p> <ul style="list-style-type: none"> 9:30am Outdoor Sunday Service 10:30am Fellowship 	<p>3</p> <ul style="list-style-type: none"> 6pm Reserved for Scouts - Cargill Hc 7pm July 4th Parade Committee Meeting 	<p>4</p> <p>Independence Day</p> <p>Independence Day</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p>9</p> <p>6th Sunday after Pentecost</p> <ul style="list-style-type: none"> 9:30am Communion Service 9:30am Outdoor Sunday Service 10:30am Fellowship 	<p>10</p> <ul style="list-style-type: none"> 6pm Reserved for Scouts - Cargill Hc 	<p>11</p> <p>George Vacation</p> <ul style="list-style-type: none"> 6:30pm Prayer Meeting - Zoom 	<p>12</p>	<p>13</p> <ul style="list-style-type: none"> 6:30pm Board of Trustees - Cargill Hc 	<p>14</p>	<p>15</p> <ul style="list-style-type: none"> 10am White Family Reunion - Cargill Hc
<p>16</p> <p>7th Sunday after Pentecost</p> <ul style="list-style-type: none"> 9:30am Outdoor Sunday Service 10:30am Fellowship 10:30am Hospitality Team Meeting 	<p>17</p> <ul style="list-style-type: none"> 6pm Reserved for Scouts - Cargill Hc 	<p>18</p> <ul style="list-style-type: none"> 6:30pm Prayer Meeting - Zoom 	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p> <ul style="list-style-type: none"> 9am Soup Kitchen Cooking - Kitchen
<p>23</p> <p>8th Sunday after Pentecost</p> <ul style="list-style-type: none"> 9:30am Outdoor Sunday Service 10:30am Fellowship 	<p>24</p> <ul style="list-style-type: none"> 6pm Reserved for Scouts - Cargill Hc 	<p>25</p> <ul style="list-style-type: none"> 6:30pm Prayer Meeting - Zoom 	<p>26</p> <ul style="list-style-type: none"> 9:30am Prayer Shawl Ministry - Libra 	<p>27</p> <ul style="list-style-type: none"> 7:30pm Arnold Mills Cemetery Commemoration 	<p>28</p>	<p>29</p>
<p>30</p> <p>9th Sunday after Pentecost</p> <ul style="list-style-type: none"> 9:30am Outdoor Sunday Service 10:30am Fellowship 	<p>31</p> <ul style="list-style-type: none"> 6pm Reserved for Scouts - Cargill Hc 	<p>Aug 1</p> <ul style="list-style-type: none"> 6:30pm Prayer Meeting - Zoom 	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>



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Check out our webpage at www.amumc.org

We invite all to our Outdoor Summer Sunday Services
beginning June 25 at 9:30.

Livestreaming of the 9:30 worship service will be available during the service for those who do not attend the service in person.

After each service the video will be archived for viewing anytime.