

# Good Tidings

November 2023



**Arnold Mills United Methodist Church**

Rev. Heather R. Bailes Baker

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## *A note from our pastor...*

Beautiful Beloveds,

Any Anne Lamott fans out there? In her book, *Help, Thanks, Wow*, she writes one of my all time favorite descriptions of Autumn. "And autumn ain't so shabby for wow, either. The colors are broccoli and flame and fox fur. The tang is apples, death, and wood smoke. The rot smells faintly of grapes, of fermentation, of one element being changed alchemically into another, and the air is moist and you sleep under two down comforters in a cold room. The trails are not dusty anymore, and you get to wear your favorite sweaters." She invites me to stop what I'm doing, become aware of all five senses, and give thanks.

As we move into November, we'll see signs and social media posts reminding us to give thanks. Our inner cynic may mutter something about only being grateful in November, but it's a start. Daily practices of gratitude can change us: lowering anxiety, helping us sleep better, and drawing us closer to God and one another. Henri Nouwen reminds us, "Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment."

This month, how will you choose gratitude? Countless coaches will tell you habits take a long time to become part of us, at least 21 days. And habits shared with others, last longer. So join us in month long practice of gratitude. Join us in worship, as we give thanks for the saints of our lives, the people of our community, the word of God, our church, and everyday blessings. Join our Wednesday night study on zoom as we together, we study and practice gratitude. Attend our church conference, November 21, as we give thanks for the missions and ministries of our church. Check out our social media posts: Facebook, Instagram, and Twitter where we'll be sharing daily (or almost daily) posts about gratitude. Share your own posts of gratitude and thanksgiving. Post pictures of people, places and things for which you are grateful. Let's fill our feed with thanks! This month, let's give up doomscrolling and instead give thanks.

"If the only prayer you ever say in your entire life is thank you, it will be enough."

-Meister Eckhart

Peace,

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

Pastor Heather

## Coming This Month in Worship – Give Thanks

### November 5: All Saints Sunday

2 Kings 2: 1-15

In our living, and our loving, we remember them

### November 19: Thanksgiving Sunday

Luke 17: 11-19 & Philippians 4: 4-9

Be the One...

### November 12: Sing your thanks!

Psalms 100, Ecclesiastes 3: 1-15 (and more)

We sing our thanks to God!

### November 26: Guest Preacher, Dan Gennant

Seacoast District Lay Leader

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### 7pm Wednesday Night Study — Join us on Zoom

November 1, 8, and 15; we're studying gratitude reading The Book of Joy.

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As part of our commitment to justice, our church is selling Fair Trade Coffee and Tea, partnering with Equal Exchange.

#### We are currently selling:

##### Organic Coffee — \$10/bag

French Roast Ground and Whole Bean  
Breakfast Blend Ground  
Columbian Ground  
Decaf

##### Organic Tea — \$4/box

Chai  
English Breakfast  
Irish Breakfast



Make checks payable to AMUMC, Memo: Fair Trade

Check the coat room to see what we have available today! If you have special requests, questions or suggestions, please contact Pastor Heather or George Jutras, [office.amumc@gmail.com](mailto:office.amumc@gmail.com).

*Coffee sales benefit our church and small coffee growers, and help build justice in the world.*

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### CLIMATE CARE - SOLAR PHOTOVOLTAICS / HEAT PUMP COMMITTEE

Arnold Mills is moving forward with some steps to reduce the church's greenhouse gas footprint, our contribution to climate change. Over the next two months we plan to: seek and gain additional input from the congregation on possible investments, finalize investment(s) selected, get quotes on installation, gain final approval from the Trustees and Church Council, and conduct fundraising/financing prior to inking deal(s) and completing the work. Please watch for and respond to an email survey in November, and also attend one of the listening sessions we will have at coffee hours in November. Here is a "nickel tour" of the investments being considered:

Additional **insulation and lighting retrofits** - low cost measures to save on utilities

Installation of **solar photovoltaic panels to generate electricity**. With incentives available, this is a moderate investment with excellent financial benefits to the church and outward display of our commitment to creation care.

Installation of **heat pumps to provide heating and cooling** in the sanctuary and/or Cargill Hall, and perhaps other parts of the church. Incentives have increased recently, but this still can be a significant investment. Utility costs would remain about the same (electricity is more expensive than gas), but this measure offers the largest reduction to our greenhouse gas footprint.

Of course - we can consider other ideas as desired. Please feel free to reach out any time with ideas, questions, concerns or feedback ([adl21412@gmail.com](mailto:adl21412@gmail.com) or 401-225-9530). We look forward to hearing from you.

## October 2023 Trustee Meeting

The Trustee Committee met on October 12, 2023. We have completed or are working on the following projects:

- The Sustainability Project is awaiting the report from RISE and then will be moving forward with consultations on solar energy sources and heat pumps.
- One of the condensate pumps on the boiler system has failed. Pending approval from the Council, it will be replaced at a cost of \$3,242 by T.H. Malloy and Sons.
- The dehumidifier in lower Cargill Hall has been turned off and stored for the winter months.
- Hartford Steam Boiler Company has inspected the boiler and declared it to be in good working order.
- Fire Extinguisher and Handicapped Parking Signs were recently received and are in the process of being mounted.
- A new handle with a working lock has been installed on one of the bathroom doors by A Better Locksmith.
- The battery in the Verizon phone box was replaced.
- AA requested the use of Cargill Hall on Tuesday nights. Unfortunately, we are not able to accommodate them on that night as the scouts meet then. Alternative nights were offered, but declined.
- A Diwali Festival was scheduled for Saturday night, November 4th, in Cargill Hall. This was to include ground fireworks so the Fire Department was contacted for approval. As of this writing, this Festival of Lights may have to be moved to a bigger venue as the number of attendees has grown to 175!
- The trustee representative to the Safety and Security Committee presented the "Fire Alarm Response and Building Evacuation Protocol". Trustees will be working on clearing all stairways and exit areas, adding exit signs, and cleaning out "stuff" from under stairways and the basement storage areas. All electrical control boxes throughout the building must be easily accessible.
- Replacing the children's swing set is being looked into with memorial gifts to be the source for funding.
- Orchard Acres has been employed again this winter to shovel and salt our walkways.
- Atlantic Elevator will be contacted to service the elevator.
- A new project which may be undertaken is assembling "Flood Buckets" to be given to neighbors in need. Stay tuned.
- The lighting, or lack of lighting, in the small parking lot has become an issue. Eastland Electric will be there on November 3rd to aim and/or replace the floodlights. They will also be evaluating the wiring and number of outlets in the sanctuary, and adding three-prong, grounded outlets in the basement and stage area.
- A new smoke/CO alarm has been purchased for the parsonage.
- Eventually the juice stains and the wax will be removed from the sanctuary carpet.
- The trustees will meet next on November 16th at 6:30 PM. There will not be a December meeting.

Respectfully submitted,

Lindsay Gettinger, Co-Chair

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

## 2023 Holiday Fair

It's Almost Time for the Holiday Fair!

Our Holiday Fair is scheduled for Saturday, November 11<sup>th</sup> from 8:00 am until 2:00 pm. For our Fair to be a success, we need YOU! Join in the fellowship and fun!

### Donate:

- Nice items for the Timeless Treasure tables
- Silent auction items (new or classic items, gift cards)
- Books for the Book Nook (no academic books please!)
- Craft items you have made for the Craft tables
- Baked goods for the Bake Table; cookies are a best seller (bring in Friday November 10<sup>th</sup> or early on the day of the Fair)
- Candy and fudge for the Candy table
- House plants, dried floral arrangements, vases for the Plant Table

**Promote:** Help us promote the Fair by hanging flyers around time. And tell your family and friends about the Fair.

**Shop:** Come to the Fair and enjoy!



## Holiday Fair

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### Holiday Fair Volunteers Needed

Monday, November 6-Friday, November 10

All Day – Timeless Treasures Setup - Cargill Hall

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### Thank A Service Member



**PAYING TRIBUTE TO  
OUR VETERANS**

Dave Raymond will be collecting Christmas cards for the Veterans Home residents in Bristol. Church members and the public will write greetings in them at the Holiday Fair on Veterans Day Nov. 11. Please place the cards on the table under the mirror in the coat room for him to collect.

Dave also wants AMUMC to honor past and present Military members of the AMUMC family. Please provide an information printout and a photo if available to be displayed on an Honor Board at the Holiday Fair on Nov. 11 and Service Nov. 12. Veterans might include personal experience information with the info. Place the sealed envelopes on the table under the mirror in the coat room.

Please provide the info BY SUNDAY NOV.05...

Email Dave Raymond at [dnraymond52@gmail.com](mailto:dnraymond52@gmail.com) if you have any questions.

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### Arnold Mills Cemetery Trivia

Karl Ikerman

From Forbes Advisor: The most expensive states to die in are Alaska - 34k; Hawaii - 33k and all the New England states. Ri is in the top 10 at 26k. The least expensive is Kentucky. In RI the least expensive is the Arnold Mills Cemetery. Won't you join us?

# Missions Committee Newsletter Report

## November 2023

### Meals in the Park

On **October 15th** we handed out 140 meals, had a side table of soda and water donated by Franklin Farm. We also had cool weather coats, sweaters, boots and sneakers to give to our guests. We had a big donation of homemade cookies made by Cumberland High School students, so no baking will be needed for our **November 26th** meal. Thank you very much for baking, soup making cutlery rolling and serving in the park! See you in the park in November. Any questions, please contact Karen Oswain at [KKoswain@netscape.net](mailto:KKoswain@netscape.net); 401-749-3609.

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

**The volunteers at Franklin Farm have completed the 2023 harvest season!** Over 35,000 pounds of summer and winter squash, cucumbers, zucchini, eggplant, tomatoes and additional vegetables were donated to the RI Community Food Bank, the Northern RI Food Pantry, the Salvation Army of Pawtucket, the Pawtucket Soup Kitchen, the Connecting for Children and Families Food Pantry in Woonsocket, the Pregreso Latino in Central Falls and the New Beginnings Kitchen also in Woonsocket. **The sixth annual Harvest Festival was held on Sunday, October 1<sup>st</sup>. Over 1,000 guests attended** the festivities. Check out the Webpage to see events over the past year: [www.franklinfarmri.org](http://www.franklinfarmri.org). Any questions, please contact Pam or Chip Thurlow; 401-333-1235, [thurlowcp@gmail.com](mailto:thurlowcp@gmail.com)

### 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 has been approved for occupancy! The second duplex foundation was installed and in the next few weeks 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.**

### 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. Our volunteer coordinators provide the largest clothing donations to the St. James Clothing Closet! **The Clothing Closet is requesting donations of children's clothing.** Those items can be placed in the hallway at our church and they will be delivered to St. James Church by our volunteers.

### 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.

### The Adopt-A-Family Gifts

The schedule of the Adopt-A-Family gifts will be provided in the next few weeks. So be prepared for the ornaments to be presented on a Christmas Tree in Cargill Hall for AMUMC members to make their selections.

### Happy Basket and Autumn Villa Christmas Gift Giving

The annual holiday gift giving announcements for these two programs will be provided soon in AMUMC announcements and in the Sunday Bulletins.

Chip Thurlow,  
Chairperson, AMUMC Missions and Social Concerns Committee





## Tips for November 2023

**Keep your garden messy all winter**—for the birds! [Help them feed](#) through the winter by not deadheading spent blooms and not cleaning up your garden. Enjoy watching the birds. Point them out to children and even critical neighbors and remind them we are caretakers of all of God's creation.

Are you aware of [eco-grief](#)? That sense of loss of control in response to visible devastation—from draught, flooding, superstorms, wildfires, and heat waves—can be debilitating, especially among young people who also fear the loss of a good future. Help by listening, finding actions to do together, and looking for signs of hope. **Trust the Creator and resolve to be among the hands, feet, and voices needed** to move us all to a better place.

Changing seasons bring on the desire for changing wardrobes. Before you race off to online or local clothing stores, **listen to Joshua Becker for practical ways to enjoy clothing** without falling into the traps of consumerism. Shop with a friend or family member who has also seen the 4-minute video.

With the gain in wind, solar, and other renewables, the evidence is clear that stopping the fossil fuel industry is both possible and essential. Along with your individual actions, **advocate for systems change**. Add your voice to the public pressure and momentum needed now. Don't delay.

**Choose aluminum cans over plastic bottles**. Plastic can be successfully recycled just once or twice, and only 3–6% of plastic that makes it to the recycling bin is truly recycled. On the other hand, [aluminum](#) can be recycled infinitely—as long as you put the can into the recycle bin.

If it's your practice to take a hostess gift to a party or special dinner, **choose earth-friendly gifts** that keep giving, for example: a shampoo bar, a package of wooden clothes pins to use instead of plastic "chip clips," jams or other preserves from local farmers, a roll of bamboo toilet paper from [Who Gives a Crap](#). Sustainable presents say thank you and spark good conversation.

Enjoy your Thanksgiving celebrations, **starting with a sustainability mindset**: reusable dinnerware, cloth napkins, less meat/more plant-based foods, a plan to use leftovers, a kitchen set up to maximize compostables and minimize trash, even washable rags for cleanup instead of wasting trees with paper towels. Earth will be thankful you did.

During the holiday season you may have **extra food on hand**. When people buy more than they can use, the result is food waste, which contributes to methane gas if not composted. **Try these strategies**: Put perishable food in a fridge drawer designated as "Eat Me First." Freeze food before it needs to be trashed. Make great soups or smoothies. Share within your family and community.

Just after we have said thanks for all we have, Black Friday, Cyber Monday, and the blitz of holiday media tell us to buy more! **Be thoughtful about how much you really need**. Then check out [Green America's Directory of Sustainable Gifts, Holidays, and Special Events](#) before you shop.

Fall and winter are the seasons for planting trees. Explore your options for your home, your community, for your "neighbors" around the world whose lands need [reforestation](#). **Consider planting trees as a gift option**—a memorial or in honor of someone you love—and as a sign of hope. Read Job 14:7-9.

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](http://umcreationjustice.org).

# Church School News



## Important Dates

**November 5: Communion Sunday, children begin church school.**

**November 19: Bible Sunday**

## Sunday School Registration

To register go to the Children & Youth page under Education on the church website ([amumc.org](http://amumc.org)). You will find a form you can print and fill in and an online form if you prefer registering online. Use either one to register.

During November, the children will continue their second unit called, **Living God's Word: Forgiveness.**

**Bible Verse:** Here, O Israel: The Lord is our God, the Lord alone. You shall love the Lord your God with all your heart, and with all your soul, and with all your might.

(Deuteronomy 6:4-5)

**Main Idea:** The Bible is the special book of our faith and contains God's teachings that help us to know how God wants us to live. The children will learn that when they read the Bible, they can discover what God expects them to do and be.

# Puzzle!

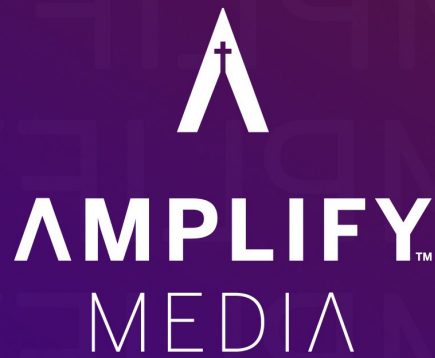


Use the compass guide (and read Matthew 2) to answer questions about special visitors to young Jesus.

- Who was king at the time of Jesus' birth? \_\_\_\_\_ (ESE)
- Who came from the East to worship the one born King of the Jews? \_\_\_\_\_ (WNW)
- How did King Herod feel about Jesus' birth? \_\_\_\_\_ (NE)
- Which prophet did the chief priests and teachers of the law quote when King Herod asked where the Christ would be born? \_\_\_\_\_ (SW)
- In what city would Christ be born? \_\_\_\_\_ (SE)
- King Herod lied to the wise men, telling them to search and report back so he, too, could do what to Christ? \_\_\_\_\_ (NW)
- What did the Magi see in the east and follow to find Jesus? \_\_\_\_\_ (E)
- When the star stopped, how did the Magi feel? \_\_\_\_\_ (S)
- Who else did the Magi see with Jesus? His \_\_\_\_\_ (N)
- Before they worshiped the child, what did the Magi do? \_\_\_\_\_ (W)
- Name the three treasures the Magi brought for Jesus. \_\_\_\_\_ (SSW) \_\_\_\_\_ (NNW) \_\_\_\_\_ (WSW)
- These three treasures were all brought for Jesus as \_\_\_\_\_ (NNE)
- What warned the Magi not to return to Herod? A \_\_\_\_\_ (ENE)
- The Magi had to return to their country by another \_\_\_\_\_ (SSE)

Answers: 1. Herod 2. Magi 3. disturbed 4. Micah 5. Bethlehem 6. worship 7. seek 8. overjoyed 9. mother Mary 10. bow down 11. gold 12. gifts 13. dream 14. route

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**Our Amplify Website:**

<https://my.amplifymedia.com/arnoldmillsumccumberlandri>

**Access Code: DTLSGY**

### **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](mailto: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](https://twitter.com/ArnoldMills_UMC)

Instagram at [https://www.instagram.com/arnold\\_mills\\_umc](https://www.instagram.com/arnold_mills_umc)

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

### **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](mailto: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.



# **AMUMC Upcoming Events**

## **November**

Wednesday Nov 1: All Saints Day  
Saturday Nov 4: Festival of Lights  
Sunday Nov 5: All Saints Sunday  
Sunday Nov 5: Daylight Savings Time Ends  
Monday Nov 6: Church Council Meeting  
Monday Nov 6: Timeless Treasures Setup  
Tuesday Nov 7: Election Day  
Wednesday Nov 8: Habitat Committee Meeting  
Saturday Nov 11: Holiday Fair  
Saturday Nov 11: Veterans Day  
Thursday Nov 16: Trustees Meeting  
Tuesday Nov 21: Church Conference  
Thursday Nov 23: Thanksgiving Day  
Friday Nov 24: Native American Heritage Day  
Sunday Nov 26: United Methodist Student Day

Remember, Sunday Worship Time is now  
10:00 AM!

**The Church Calendar is available at**  
**[amumc.org](http://amumc.org) under Church News.**



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Rev. Heather R. Bailes Baker



You are welcome. Join us for Worship on Sunday!

Worship and Church School begin at 10am in the sanctuary

Livestreaming of our 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.

Check out our webpage at [www.amumc.org](http://www.amumc.org)