Good Tidings

February 2026

Arnold Mills United Methodist Church

Rev. Heather R. Bailes Baker

Web Page: www.amumc.org Phone: 401-333-5203 email: office.amumc@gmail.com

A note from our pastor…

Beautiful Beloveds,

February has a reputation for being a little… gray. The days are still short, winter is still wintering, and just when we start asking, surely this can't last much longer, along comes Groundhog Day to either confirm our hope or test our patience. Will there be six more weeks of winter? Who knows. What I do know is this: even in the shadow of long winters, it is good to be together.

We'll begin the month, singing. On February 1, *a Singing Sunday*, we'll share extra music, joy, and levity. Then, on February 8, Super Bowl Sunday, we'll have our own super special Sunday as we celebrate Scout Sunday, giving thanks for young people who are learning courage, compassion, and care for neighbor. Then, on February 15, we gather for Transfiguration Sunday, catching a glimpse of Christ's radiant glory just before the journey turns toward the cross.

Lent begins with Ash Wednesday on February 18, and this year we are intentionally leaning into a different kind of invitation. Our Lenten worship series, *Tell Me Something Good*, invites us to practice a holy Lent. Rather than seeing Lent as a dreary drudge, let's move through a season grounded in the deep, challenging, extravagant goodness of God. Lent was originally a time for people preparing for baptism, a season to return to what truly matters. This Lent, we'll look for good news that is real and rooted: love of neighbor, care for the vulnerable, justice tempered with mercy, and grace that refuses to let us go. We'll look for goodness that smells like bread shared, sounds like laughter, feels like tender care, and shows up in a world desperate for light.

So wherever you find yourself this February: tired of winter, hungry for hope, longing for something good, I invite you to come and see. Come sing. Come celebrate. Come look for light. As we move into Lent together, may we discover again that the good news of Jesus is not only true, but alive, persistent, and still unfolding among us.

Peace,

Pastor Heather

Special Opportunities for Lent

A devotional journal and daily devotional cards will be available beginning Sunday, February 15. These will be handed out after worship, and at both our 7am and 7pm Ash Wednesday offerings. After that they'll be available in the church coatroom and library, along with other Lent resources.

February 18— Ash Wednesday

7am-9am: Drive Thru Prayer and Ashes (no need to get out of your car)
Drive up to the front of the church and I'll meet you with ashes.

7pm —Ash Wednesday Worship (onsite and online)

Wednesday Bible Studies: Wednesdays, February 25-April 1

7pm, on Zoom, led by Rev. Dr. Adama Brown

Together, we'll consider the upcoming Sunday's scripture.

Worship with Us in February!

Worship with us in February!

We begin on February 1 with a Singing Sunday. In the heart of winter, when the days feel long and the news feels heavy, we choose to bring a little extra light, levity, and joy. On February 8 we celebrate Scout Sunday, with scouts and scout leaders leading our worship and coffee hour. February 15 brings Transfiguration Sunday, when we glimpse the radiant, grounding truth of who Jesus is just before the road turns toward the cross. Then, on February 18, Lent begins with Ash Wednesday, ushering us into our Lenten worship series, *Tell Me Something Good.* Together we enter a season rooted in the deep, challenging, and life-giving good news of Jesus, good news that grounds us in love of neighbor, justice, mercy, and grace, and invites us to trust that even when it stretches us, it is still, truly, good.

February 1 — A Singing Sunday

Micah 6:1-8; Matthew 5:1-12

February 8 —Scout Sunday

Isaiah 58:1-9a (9b-12) & Matthew 5:13-20

February 15 —Transfiguration Sunday

Matthew 17:1-9

February 18 —Ash Wednesday

7 am—Drive Thru Prayer and Ashes

7 pm —Ash Wednesday Worship

The good news is… all are invited.

Luke 14: 15-24

February 22 —1st Sunday in Lent

The good news is… so good it catches us by surprise

John 2: 1-11 & Matthew 13: 31-32

Pastor Heather's Off Campus Office Hours

February 4—Apothica Café

February 11 —Phantom Farm

February 18—Apothica Café

February 25 —Phantom Farm

Meet Pastor Heather for conversation. No agenda. Come and chat.

Phantom Farms,

2920 Diamond Hill Rd, Cumberland

Apothica Cafe, 3 Dexter St, Cumberland

If that time doesn't work for you, call, text, or email Pastor Heather to set up an appointment for coffee, conversation, prayer or a walk & talk.

Fair Trade Coffee

Coffee — $11/bag
Hot Cocoa — $7/can

Make checks payable to AMUMC, Memo: Fair Trade

If you have special requests, questions or suggestions, please contact Pastor Heather or George Jutras, office.amumc@gmail.com .

Arnold Mills Cemetery Trivia - Karl Ikerman

Let it snow, let it snow, let it snow! New fallen snow is pretty, quiet, and can be expensive to remove. During the winter months cemeteries may charge extra for burials, snow removal to locate the plot and frozen earth removal at the grave site. At Arnold Mills this fee can be $300, depending upon the conditions.

The Arnold Mills Cemetery is a non-denominational, not for profit cemetery. We have space for single burials as well as for families and is one of the few facilities that has "Green Burials".

Missions and Social Concerns Committee
Newsletter February 2026

Meals in the Park

The Meals in the Park cooking preparation **of American chop suey and glazed carrots for the Pawtucket meal site was held on Saturday January 31st for the serving on Sunday, February 1st.** In addition, the Mathewson St. United Methodist Church and other churches are opening overnight warming centers. AMUMC provided a meal to support the church as they house people during this time. **American Chop Suey making was held on Wednesday January 14 and was delivered to the Mathewson St. Church to assist providing healthy meals for those families in need.** Please join the kitchen for the various preparation sessions as they are announced by emails. Questions can be forwarded to Karen Oswain, 401-749-3609.

Donations for Un-housed Families

AMUMC members and friends collected various items for needy families who have challenges in appropriate housing, clothing and food. Those donated items: blankets, sheets, clean pillows, clothing, etc. were donated to the **Community Church in Providence** for their guests and distribution to various housing centers in the Providence and surrounding areas. Questions can be directed to Dave Larson, Cindy Mauch or Chip Thurlow.

Community Church of Providence; AMUMC Donations and Meal Serving Area

House of Compassion

The non-profit House of Compassion on Mendon Road in Cumberland provides housing for up to 12 needy individuals. AMUMC members have donated Coffee Hour items and additional items in support of their mission.

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

The Franklin Farm Community Garden volunteers are planning for the planting and harvesting of vegetables and programming in the new greenhouse which was purchased with funds from grant applications and has been installed behind the garage. It will be available for educational programs and expanding the preparation for the harvest season. The trails and fields are available for visitors to wander around and enjoy the beautiful open space daily from dawn to dusk!

Habitat for Humanity

The Directors of the Habitat for Humanity program are considering a few options for the next build in Northern RI. They will announce that decision shortly. AMUMC volunteers usually work on the third Saturday of the month. Any questions, contact Chip Thurlow (401-333-1235, thurlowcp@aol.com)

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

After a three-month hiatus, the twice monthly clothing donations over the past 14 years from the Cintas Uniform Warehouse in the Cumberland/Woonsocket Industrial Park have resumed! The staff and clients of the Coat of Many Colors at the St. James Church and the Connecting for Children and Families agency, both in Woonsocket, are thrilled to receive the donations.

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 and/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 personal 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.

Chip Thurlow,
Chairperson, AMUMC Missions and Social Concerns Committee

Tips for February 2026

Heating our water consumes much energy. **Consider these simple changes** to reduce the cost to Earth (and yourself): Turn your water heater down to 120 degrees, purchase a new Energy Star water heater, install the tank in an enclosed space, or add a water heater blanket.

Remember energy was used to produce all of the goods we consume, including food. **Simply, reduce consumption in general**, don't waste anything, and eat lower on the food chain, and you will save energy.

Avoid animal products from factory farms. In addition to being unspeakably cruel, these farms are public health hazards and pollute the land, air, and water. **Choose pasture raised animals** and eggs from pasture raised chickens. The United Methodist Social Principles speak to this issue.

It takes only about 160 gallons of water to produce a loaf of bread, but it takes about 2,500 gallons of water to produce one pound of beef. Plus, conventionally raised red meat produces 150% more greenhouse gases than chicken or fish. Simply by reducing the amount of meat that we eat, we can have a much smaller environmental impact. **Have a meatless day each week.**

If you love dairy, simply **try products made from goat's milk,** which has been shown to have smaller ecological and carbon footprints.

Ask questions and learn where your food came from and how it was produced. Simply **read the label** and avoid foods with too many ingredients, especially those you don't recognize. Ask yourself, Would your grandparents recognize this product as food?

Skip the aluminum foil, plastic wrap, and baggies, and **put food into reusable containers**—preferably glass. Simply reuse what you have. When you cannot avoid packaging, choose metal or glass over plastic—and anything recyclable or compostable over items destined for the trash bin.

Get in the habit of not throwing things away or replacing them unless necessary, and fix them when broken. Check for leaks in your toilet and repair if necessary. Leaks are usually caused by worn out flapper valves and can be easily and inexpensively replaced. Replace any worn out washers in faucets to stop drips and leaks.

Be mindful of all of your water consumption and find ways to reuse your greywater if feasible. For example, use the glass of water you didn't finish, cooled cooking water, or dishwashing water for houseplants or the garden. Save water, protect watersheds, and grow a beautiful landscape. Online classes are available. Check the link.

Conserving water can be simple: Take short showers of five minutes or less. **Turn the water down in the shower** so it's not full blast. Scrape plates instead of rinsing them before they go in the dishwasher. Don't leave the water running while washing, shaving, or brushing your teeth. Turn it on and use only as needed.

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

Important Dates

February 1st — making Valentines, children begin class downstairs

Sunday School Registration

We now have an electronic form for anyone who prefers registering online. Just go to the Children & Youth page under Education on the church website and look for the online form or click **here** for the form.

Beginning on January 11th, the children will begin their next unit called "Daniel in the Lions' Den".

Bible Verse: My help comes from the Lord, who made heaven and earth.

(Psalm 121:2)

Main Idea: In Daniel we hear stories of people God called to be faithful and to stand up for God. Their stories inspire us and help us learn more about what God calls us to do and be.

Objectives

By the end of this unit children will

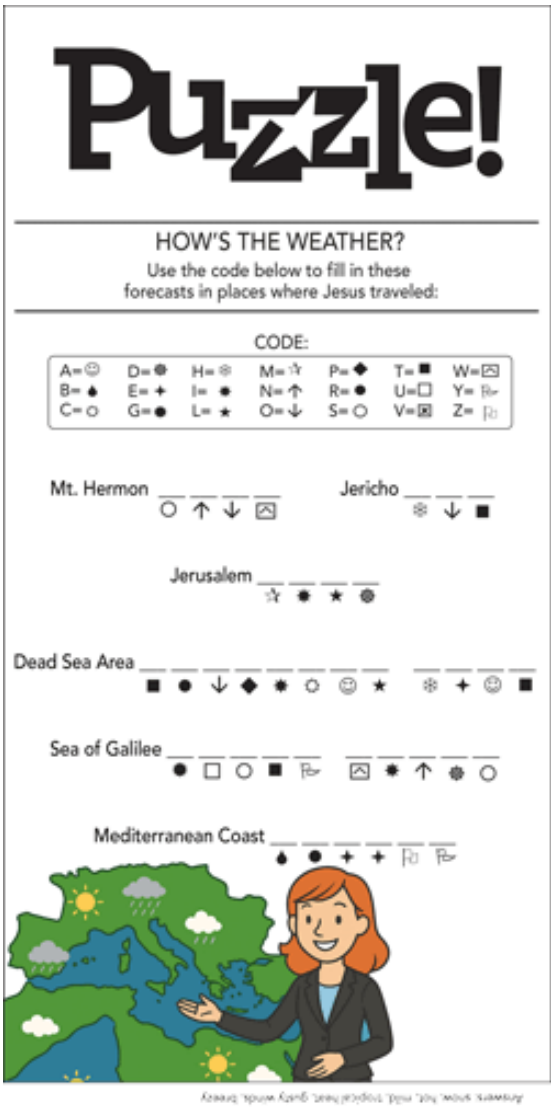
* discover biblical characters who stood up for their beliefs in God's rules;

* discuss ways to stand up for what they believe;

* experience ways God calls us to be faithful even though it may be hard to do;

* discover that by being faithful to God, we are setting an example for those who may not know God;

* discover that sometimes it takes courage to stand up for our faith in today's world.



Amplify offers many different resources. Check out: "**Radicle Methodism: Back to our Roots**" a four-part history course to examine the beginnings of Methodism, the people and the movements that crossed oceans and centuries. Explore the very beginnings of Methodism that, like the radicle - the first part of the seed that sprouts to become the root system and the future plant - were vital to the denomination as we became rooted and grounded.

You can access stories, studies, and so much more through any device. To see everything Amplify offers, visit the site below.

Our Amplify Website:
https://my.amplifymedia.com/arnoldmillsumccumberlandri
Access Code: DTLSGY

Prayer Requests

Prayer requests are emailed each week to our weekly prayer 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 email office.amumc@gmail.com or call 401-333-5203. 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. You can also submit prayer requests, and update us by scanning the QR code.

SPRC News

Our committee includes Bolaji Campbell, Alex Kithes, Cindy Mauch, Karen Roeber, Sue Cardoso, Jane Sell, Emma Caraballo and Margaret Waterman. (Updated 1/20/2026)

If you have any questions, praise to share, comments or concerns having to do with church staff feel free to see any member of the committee or 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
Instagram at https://www.instagram.com/arnold_mills_umc
Listen to sermons on our website at http://www.amumc.org

AMUMC Upcoming Events This Month

Sun Feb 8 - 11:00 AM - Worship Committee Meeting
Sunday Feb 8 - Scout Sunday
Thu Feb 12 - 6:30 PM - Trustees Meeting
Sat Feb 14 - Valentines Day
Sat Feb 14 - 1:00 PM - Giammatteo Birthday Party
Mon Feb 16 - President's Day
Mon Feb 16 - 7:00 PM - Church Council Meeting
Wed Feb 18 - 7:00 - 9:00 AM - Drive Thru Ashes
Wed Feb 18 - 7:00 PM - Ash Wednesday Service
Thu Feb 19 - 7:00 PM - July 4th Parade Committee Meeting
Wed Feb 25 - 7:00 PM - Bible Study—Zoom

Sunday Worship is at 10:00 AM

Our Calendar is available at amumc.org under Church News

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690 Nate Whipple Hwy.
Cumberland, RI 02864

Phone: 401-333-5203
E-mail: office.amumc@gmail.com
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 is available for those who cannot attend in person. After each service the video will be archived for viewing anytime.

Learn more: www.amumc.org