

Good Tidings

March 2025



Arnold Mills United Methodist Church

Rev. Heather R. Bailes Baker

Web Page: www.amumc.org

Phone: 401-333-5203

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A note from our pastor...

Beloved Community,

As we enter the season of Lent, we step into a time of reflection, renewal, and re-centering. Traditionally, Lent calls us to prayer, fasting, and repentance—a journey that often feels like a movement from one place to another, from brokenness to healing, from sin to grace, from death to resurrection. **What about everything in between?**



This year, our Lenten series, *Everything [In] Between*, invites us to explore the tensions, paradoxes, and complexities of faith and life. We live in a world that often pushes us toward absolutes—right or wrong, good or bad, us or them. But God’s presence and love is not confined to nor defined by simple categories.

Instead, we trust that **God meets us in the gray areas, the in-between spaces, the places where we wrestle with uncertainty, doubt, and transformation.**

Lent is not just a journey from one extreme to another; it is an invitation to **dwelt in the middle**—to sit with mystery, to embrace the unknown, to seek God in the nuances of our lives. We are called to look **beyond black-and-white thinking** and notice where the Spirit is moving in the margins, in the questions, and in the unexpected places. Meet God in stretching beyond “or” to embrace “and.”

As we walk this Lenten road together, I encourage you to **lean into the season** in whatever way feels right for you. If you’re up for a deep dive, pick up a copy of our Lenten devotional. If that feels like a lot, grab our devotional cards that can be put in your car, or on your mirror to offer a simple daily reflection to guide your thoughts. Or join us for our Wednesday Night Bible study led by Adama Brown, onsite and online. Looking for something to read? Check out resources in our church library. And if none of that sounds quite right, or you want to do it all and more, come have coffee with me one Wednesday, or schedule a time that works for you. I’d love to chat about alternative Lenten practices (silence, walking, journaling, connecting, etc) that might **nourish your soul in this season.**

Wherever you find yourself this Lent, know that God is already there—meeting us in the messy middle, in the vibrant colors of our lives, and in all the spaces in between.

Peace,

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

Pastor Heather



Coming Soon in Worship—

Lent begins March 5

March 2 — Transfiguration Sunday

Communion Sunday

Enlightened by Love

Luke 9:28-43a

Our Lenten series, *everything [in] between*, invites us to notice and navigate the polarities in our lives with more faith, intention, and openness to be transformed. We'll pause to notice the many dichotomies that define our lives (in and out, us and them, etc) Instead of a world that is just black and white, this Lent, we're trusting that God shows up in shades of gray, rainbow hues, and everywhere in between.

March 5 — Ash Wednesday

Intention & action Luke 9: 51-62

7am—Drive Thru Ashes Out front

7pm—Worship Onsite and Online

March 9— The First Sunday in Lent

Stranger & neighbor Luke 10: 25-37

March 16 — The Second Sunday in Lent

Faith & works — Luke 10: 38-42

March 23 —The Third Sunday in Lent

Rest & growth — Luke 13: 6-9

March 30 — The Fourth Sunday in Lent

Lost & found — Luke 15: 1-7

Pastor Heather's March Off Campus Office Hours

March 5—11am, Phantom Farm

March 12—11am, Apothica Cafe

March 19—11 am, Phantom Farm

March 26—11am, Apothica Café

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.

Lenten Bible Study: Wednesdays at 7pm - March 12 - April 16

Bible study for Lent, led by Adama Brown, will be Wednesdays at 7pm, onsite in the library with an online option for those who want it. Please contact Pastor Heather for a zoom link.



Aldersgate Camp & Retreat Center

Campfire Connection

3rd Annual Easter Egg Hunt— Sunday April 13th at 1:00 PM

We hope to see you there for an afternoon of fun and festivities.



We've restocked our coffee, cocoa and chocolate! Check it out in the coatroom.

Organic Ground Coffee — \$10/bag

Hot Cocoa — \$7/can

Chocolate — \$3/bar

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.

Impacting Climate Change with Equal Exchange Products

Our congregation supports Equal Exchange for many important reasons, including its focus on sustainable, organic agriculture. When we purchase Equal Exchange fairly traded food products, we're assisting producers in co-ops who use regenerative, organic agricultural methods. Their crops are free of fossil fuel-based fertilizers, herbicides, or pesticides which pollute the environment and expose the farmers themselves to toxic chemicals. Rather than clearing fields and forcing crop exposure to full sun, co-op farmers plant assorted trees on their plots using a method called "shade-grown" farming. These biodiverse areas encourage native bird, amphibian, fish, and insect populations to thrive. As a result their coffee, tea, and cacao trees are stronger and more resistant to disease and pests. The co-ops use techniques such as natural composting and mulching to conserve water and keep it cleaner. These combined agricultural practices assist producers in helping the environment rather than harming it.

Healthy Soil is Key

Nature is full of amazing and complex systems. Take soil, for example. Healthy soil contains multitudes of microbes and has the ability to function like a sponge, which is the key to nature's ability to return carbon to the land to cool the earth. When the farmers use sustainable techniques to enrich the soil by adding organic compost and minerals, moisture is retained and makes the soil "spongy" in texture. This "soil carbon sponge" absorbs more water in heavy rains and retains more water in times of drought. When farmers introduce fungi and other microorganisms, it stabilizes the soil carbon. Both erosion and evaporation are slowed by these sustainable practices which help to lower the earth's temperature, a key component in fighting climate change.

The COMSA Cooperative and Farm School

Equal Exchange works with many groups who are leaders in developing a sustainable approach to agriculture that increases crop yields and adapts to changing environmental conditions. One such partner is COMSA, a coffee-growing cooperative based in Honduras, which has become a leader in sustainable agriculture by creating a model farm and a school. It has developed effective practices and soil enrichments through the use of natural microorganisms. COMSA offers educational classes to its own co-op members and to farmers throughout Latin America. It started in 2001 with 60 producers and has since grown to more than 1200 farmer members who are viewed as innovators in the area of sustainable agriculture.

Equal Exchange is a worker-owned U.S.-based cooperative of about 100 employees which sources organically grown coffee, cacao, tea, nuts, fruit, and other products from over 40 farmer cooperatives in 20 countries. An important component of its fair trade model is supporting sustainable agricultural methods which help to work against climate change.

AMUMC Activate Team



The AMUMC Activate team is looking for suggestions and connections! We are organizing a resource fair, scheduled for June 7th, featuring mental health resources and caregiver support resources.

How can you help? Please contact us if:

- You, or someone you know, is part of a mental health or caregiver resource/support group that should be part of our fair.
- You are willing to help with hospitality the day of the resource fair (coffee, snacks, parking, welcome table...)

Please reach out to one of us at church or contact the church office. Thank you!

Pastor Heather Bailes Baker

Adama Brown

Glenn Gillespie

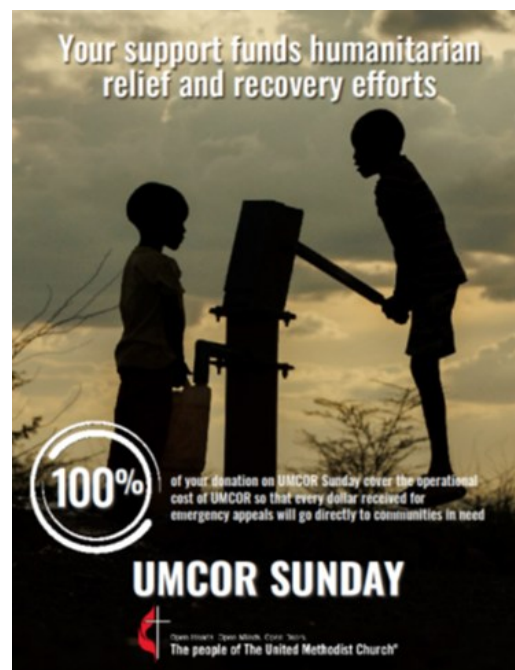
Sarah Gillespie

Karen Oswain

UMCOR SUNDAY - March 30, 2025

For more than 50 years, United Methodist congregations have been taking part in a special offering, laying the foundation for the [United Methodist Committee on Relief's ministry](#) of relief and hope. UMCOR's work of alleviating human suffering around the world includes disaster relief and supplies, disaster risk reduction, health, and humanitarian development.

Gifts to the UMCOR Sunday offering (formerly One Great Hour of Sharing) cover UMCOR's costs of doing business. This helps UMCOR keep the promise that 100 percent of any gift to a specific UMCOR project will go toward that project, not administrative costs. The UMCOR Sunday offering is the primary funding stream for the administrative costs of UMCOR.



Arnold Mills Cemetery Trivia

Karl Ikerman

Spring is coming, and it's time to plan ahead for taxes, retirement, vacations, etc., etc., etc. Do you have a will? Do you plan ahead for death? It is wise and a relief to your loved ones to have your final plans with the Church, the Cemetery, and the Funeral Home recorded and completed. Much less expensive also to plan ahead!

My UMCOR EXPERIENCE AT SAGER-BROWN, LOUISIANA

On Sunday March 30th we will be celebrating UMCOR Sunday, with an opportunity to donate to this disaster relief organization to cover their administrative costs. I have been a regular donor to UMCOR and follow stories of the work they do here in the US and around the world. It's important work that I am happy to support. Recently I was blessed to find an opportunity to volunteer to work for a week at an UMCOR site in Baldwin, Louisiana at the Sager-Brown UMCOR depot. I joined up with the volunteer team from First UMC church in Bentonville, Arkansas that was led by Johnna Kosnoff.

The Sager-Brown depot is owned by the United Women in Faith branch of the United Methodist Church, and UMCOR has used this site as a disaster relief facility since 1992 when UMCOR responded to the urgent needs of thousands of people following Hurricane Andrew. Since then, the site has been operational with the help of volunteers who assemble relief supply kits and do local community outreach. During the week we were onsite in February, members of our team completed personal hygiene kits, recycled cardboard containers, started to build a handicap ramp for a local disabled woman, harvested turnips, sorted clothing at a clothing closet, and cleaned apartments for the elderly. We were the "hands and feet" of Jesus. We also had the opportunity to worship with the other teams and even found time to go on a local "Swamp Tour" where we saw some alligators!

My first-hand experience at UMCOR has affirmed my commitment and admiration for this organization. On March 30th, I hope you will consider a gift that supports UMCOR.

Cindy Mauch, Lay Leader



Missions and Social Concerns Committee Church Council Report March 2025

Meals in the Park

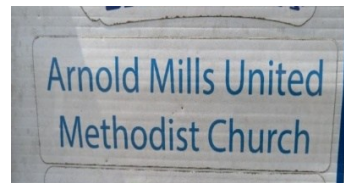
AMUMC volunteers continue to make a variety of meals for distribution at local locations during each month. A big thank you to everyone who baked desserts, made PBJ sandwiches and assembled the lunch bags! It was fun, quick and truly appreciated by the meal site coordinators and recipients in Pawtucket. Our next sandwich making event is March 9th, please feel free to join in again. Any questions, please contact Karen Oswain: 401-749-3609.



AMUMC Volunteer Crew

Habitat for Humanity

The new duplex project to erect **two** residences for military veteran families at **57 & 59 Oakland School Street in Burrillville, RI** is progressing smoothly. Volunteers complete a variety of tasks to construct and install new homes for the residents. AMUMC volunteers usually work on the third Saturday of the month. Any questions, contact Chip Thurlow; 401-333-1235



AMUMC Volunteers for Habitat for Humanity

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

The Franklin Farm volunteers have begun to plan for next year for a bountiful harvest of vegetables for local soup kitchens and food pantries. The trails and fields are still available for visitors to wander around and enjoy the beautiful open space. Renovations to the 1857 Farm House and the Barn Complex are continuing. Any questions, contact Pam and Chip Thurlow: 401-333-1235.



Community School Students at Franklin Farm

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. **They are also requesting the donations of children's clothing, especially winter jackets for children, for distribution to needy families. 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 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

2025 Margaret Stearns Service Award

Since 1978 the Margaret Stearns Service Award has been presented by the Arnold Mills United Methodist Church to graduating high school seniors continuing their education. Two awards - **\$1,500 each** - will be issued each year. Although academic excellence and financial need are considered by the Selection Committee, **the essential characteristic of an ideal candidate is a "demonstrated concern for others at home, school, church or community". Applicants must be able to demonstrate how their own concern for others has benefited someone else.**

The application submission deadline is April 11, 2025.

Eligibility

The applicant must be a **graduating senior at Cumberland High School, or a Cumberland resident graduating from another high school and/or a contributing member of the Arnold Mills United Methodist Church graduating from any high school with plans for further education at a junior college, college, university, business school, technical school or vocational school.** A contributing member would be a student who attended the AMUMC church school (student or teacher aide), be a member of any of the youth groups, complete the confirmation process, and/or volunteer at one or more of the AMUMC activities and events such as the July 4th food sale, the Holiday Fair, the variety of Missions Committee activities, etc.

Interested AMUMC high school seniors can apply by requesting the application from the Cumberland High School Guidance office or, if they attend other High Schools, they can email their request to: amumcstearnsserviceaward@gmail.com

Charles Thurlow
Chairperson, Margaret Stearns Service Award Committee
Arnold Mills United Methodist Church
690 Nate Whipple Highway
Cumberland, RI 02864
401-333-1235

March Trustee Report

The Trustee Committee's February meeting was cancelled due the weather forecast and a majority of members being unavailable. A review of our Rockland Trust portfolio was to be held and is in the process of being rescheduled.

Winter weather events have kept our team busy. A ceiling leak in the choir room, wind damage to our front door, and snow plowing and shoveling kept us hopping!

When submitting a conference statistical report, it has become apparent that an upcoming project should be a property value assessment.

Due to problems with broadcasting our Sunday services, the video system is being checked and perhaps upgraded.

Our projects for the spring will include installation of the solar panels and improving the lighting in the altar area for both the speakers and the choir members.

Respectfully submitted,

Lindsay Gettinger

Fran Carr, Tom Cabana, Scott Murphy, Tom Hetherington, Dave Larson, Mark Farnell, and new trustee, Pam Thurlow



Tips for March 2025

Ask yourself the basic questions: Is this a want or a need? Are there alternatives that are more sustainable, ethically sourced, and less harmful? What is a responsible way to dispose of this item at the end of its usefulness? Choose the greater good.

Review your financial statements. Look especially for monthly subscriptions you've forgotten about. Cancel them. Instead, **make a monthly contribution to support** an organization that is doing good, like the United Methodist Committee on Relief ([UMCOR](#)), which helps people recover from climate-related disasters.

Explore your library. Many lend more than books—things like tools, art supplies, works of art, telescopes, 3-D printing equipment. Many provide access to computers, seeds, tutoring and mentoring programs, music and art lessons, movie screenings, writing workshops, and book clubs. Follow John Wesley's advice: "Save all you can; give all you can."

Fashion up without filling up a landfill. Thrift stores allow try-ons and so cut out the bulk of "returns" that result from online shopping. Returns rarely ever go back into stock for purchase. Some are harvested by liquidators who resell, but the majority end up in landfills. Thrift stores often have a secondary mission of supporting local charitable works, as well.

Reduce emissions, which fuel climate change, by thoughtfully combining errands, eliminating a second car, sharing rides, using public transit or taxi services, driving a hybrid or electric vehicle, biking, or walking. You'll help save the planet and your money.

The initial installation of solar will seem expensive, but as electric bills continue to rise, your costs will not. Your going solar also encourages neighbors and friends to do so too, which helps drive down the costs and **sends a message to the fossil fuel industry** that the future needs to be clean and renewable.

Gardening season is calling your name! **Choose native plants and other perennials.** The more of them you plant this year, the less you will need to buy in the future. Butterflies, bees, birds and your budget will be happy.

In rainy weather it's easy to forget the long dry spells caused by climate change. **Look for ways to conserve water:** Set up a rain barrel, plant tea bags with your flowers and veggies to hold moisture longer, and donate leftover pet water to the plants. Inside, fix leaks, add a low-flush toilet, and install a fine-spray shower head.

Beware of sneaky plastic bottles that will end up in landfills and waterways. Those 70 billion plastic water bottles sold in the US in one year will take 1,000 years to biodegrade. **Use refillable containers with water from home.** Buy a filter if your taste buds need it. Much of what is sold as bottled water is tap water anyway.

Curb potential food waste. Set a regular day for using up leftovers, scavenging through the pantry, or raiding the freezer. Put glass—not plastic—containers with leftovers on an easily seen shelf in the fridge. Food waste is a major contributor to methane, which spurs climate change. Anything you don't eat up, compost.

***Luke 12:13-34**

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](#).



Amplify offers many different options for Lent. 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

SPRC News

Our committee includes Bolaji Campbell, Olivia Carney, Sandy Ferretti, Cindy Mauch, Karen Roeber, Sue Therien, Sue Cardoso and Margaret Waterman. (Updated 1/29/2025)

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>

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.

AMUMC Upcoming Events

March

Wed March 5 - Ash Wednesday

Wed March 5 - 7:00 AM - Drive Thru Ashes - Parking Lot

Wed March 5 - 7:00 PM - Ash Wednesday Service - Sanctuary

Fri March 7 - World Day of Prayer

Sun March 9 - Daylight Savings Time Begins

Wed March 12 - 6:30 PM - Habitat Committee - Cargill Hall

Wed March 12 - 7:00 PM - Bible Study begins - Library & Zoom

Mon March 17 - St. Patrick's Day

Mon March 17 - 7:00 PM - Church Council Meeting - Library

Thu March 20 - 7:00 PM - July 4th Parade Committee - Library

Sun March 30 - UMCOR Sunday

Sun March 30 - 11:00 AM - Pot Luck Lunch

**Indoor Sunday Worship
is at 10:00 AM!**

**The Church Calendar is available at
amumc.org under Church News.**



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Cumberland, RI 02864
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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.

Ash Wednesday Opportunities

7-9am — Drive Thru Ashes

7pm — Worship Onsite and Online

Learn more: www.amumc.org