Good Tidings

November 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

It is a serious thing just to be alive on this fresh morning in this broken world.
-Mary Oliver

A note from our pastor…

Beautiful Beloveds,

Welcome to **November, the month of gratitude**! Gratitude is so much more than Thanksgiving Day. It's a spiritual practice, a source of joy, a gift to our mental health, and even a form of resistance. There is plenty in our world that deserves our grief, anger, and action. Gratitude doesn't ask us to ignore any of that. Instead, it invites us to notice what is good and life-giving even while we work to mend what is broken.

Gratitude helps us notice positive experiences, strengthen relationships, and deepen our sense of connection. Spiritually, it turns our attention toward God's gifts we might otherwise overlook: a beautiful morning, a shared meal, a friend who checks in, a child's laughter, a community that shows up. And in a world that profits from keeping us anxious, fearful, and convinced we never have enough, gratitude reminds us there is more to the story. We can acknowledge what is hard without giving hardship the final word, celebrating goodness while continuing the work of justice.

This November, we'll explore gratitude together in worship. On **November 1, All Saints Day**, we'll give thanks for the saints who have loved us, shaped us, and helped us become who we are. On November 8, we'll consider the choices that shape our lives and communities, remembering that gratitude can inspire us to work for a world where justice rolls down like waters.

On **November 15, we'll celebrate the baptism of Elena Berdos and Bible Sunday,** giving thanks for new life, our promises to one another, and the gift of God's Word. On **November 22, we'll gather for Singing Thanksgiving.** And on **November 29, we'll enter Advent** and begin a new church year with the promise of hope.

Gratitude isn't only something we do in worship; it's something we practice together! Our **Holiday Fair is Saturday, November 14**. Whether you're a longtime volunteer or have never helped before, there's a place for you. Come lend a hand, welcome our neighbors, shop for gifts, or bring your favorite baked goodies. The fair is more than a fundraiser. It's a chance to build friendships and share the joy of being part of this community.

November also offers an opportunity to practice care and accountability as we work to make our churches safer for everyone. From **November 12–14, the General Commission on the Status and Role of Women is hosting Do No Harm**, a virtual conference focused on preventing sexual harm and fostering trauma-informed care in the Church. Speakers include Rachael Denhollander and Ashley Judd!

I'm especially grateful that members of our New England Sexual Misconduct Response and Intervention Team will contribute on November 12. (It may be the only time my name appears in the credits alongside Ashley Judd!) A church committed to love must also be committed to safety, truth-telling, and accountability. I hope you'll consider attending a session or two. You don't need to attend all three days to learn something meaningful. Because our team is participating, **New England United Methodists can attend for free. Ask me how!**

Finally, I invite you to try a **daily gratitude practice.** We have gratitude worksheets in the coatroom (they're better than they sound!). Or, at the end of each day, simply name three things for which you're thankful. They needn't be extraordinary: a patch of sunlight, a shared laugh, kindness received, courage to speak up for someone, or simply making it through a difficult day. Let these moments remind you that goodness is still growing among us. Then let your gratitude move you toward generosity, connection, courageous love, and the work of making our community and world more just.

We have much to be thankful for, not because everything is as it should be, but because God is at work among us, and we get to be part of that work together. May gratitude bring you joy, sustain you in the hard places, and remind you that love is always worth practicing.

Peace, Pastor Heather

Worship with Us In November

November 1 — All Saints Day
Matthew 5:1-12

November 8 — Choose Wisely
Joshua 24:1-3a, 14-25 & Amos 5:18-24

November 15—Bible Sunday & Elena Berdos Baptism
Jeremiah 17: 5-8, Isaiah 61: 1-4

November 22 — Singing Thanksgiving
Psalm 100, Psalm 65, Psalm 150, Luke 17:11-19

November 29 — First Sunday of Advent

Music Director Update
News from your Staff Parish Relations Committee
After 10–11 years of ministry with Arnold Mills United Methodist Church, our Music Director, Joey Mazzarella, has decided to resign from his position. This was a difficult decision for Joey, who has shared how much he loves this church and how much joy it has been to work here, with us. With the demands of his schedule, he has decided it's time to travel less and focus on his school and other musical projects.

We are so grateful for the many ways Joey has enriched our worship and our church community through his music and leadership over the years. We will certainly miss him, and we celebrate all that he has shared with us.

Joey will continue as our Music Director through Christmas, which gives us time to celebrate Joey and say thank you. It also gives us time to search for the next musician to lead our choir and congregation. Our goal is to welcome someone new at the beginning of the new year.

We know that music is an important part of our worship and our life together, and we want you to know that SPRC is actively working on this transition.

In the meantime, please join us in thanking Joey for his years of ministry with us, and in keeping Joey, his family, our choir, and our congregation in your prayers as we move through this season of change together.

Pastor Heather's Off Campus Office Hours
11 am, Wednesdays at Phantom Farms*

November 4, 18

Meet Pastor Heather for conversation.
No agenda. Come and chat.
Phantom Farms, 2920 Diamond Hill Rd

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.

*Apothica Café has changed their hours and is no longer open on Wednesdays.

Fair Trade Coffee

Coffee — $11/bag
Hot Cocoa — $7/can
Tea — $4/box
Chocolate — $4/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 .

Arnold Mills United Methodist Church Hospitality 2026 Summary

Safety initiatives have been ongoing with ushers and greeters being involved in providing a safe church environment including providing key codes as authorized and eligible. Fire drills have taken place. A script in the event that ICE tries to enter the church has been discussed and provided to participants. Greeters are now assigned to the elevator door to assist people requiring the lift and entering the church from this door.

Recruitment for people interested in participating in Hospitality including being an usher, greeter and coffee hour volunteer took place recently with several people signing up who are interested which will expand our coverage of these important roles.

Name tags are being used and people are encouraged to wear them to help with name recognition.

We now have about 20 volunteers who rotate through a three-month period covering the front door, back door and ushering in addition to providing help for coffee hour. Our office secretary is responsible for setting the schedule and communicating to volunteers by email when a substitute is needed. His help has proved invaluable.

Boxwood Tree Workshop

There will be a workshop on Thursday, November 12th at 10:00 am in Cargill Hall . We will be assembling and decorating mini boxwood trees to sell at the Holiday Fair.

It's Almost Time for the Holiday Fair!

Our Holiday Fair is scheduled for Saturday, November 14th from 8:00 am until 2:00 pm. For our Fair to be a success, we need your help!

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
- Baked beans.
- Candy and fudge for the Candy table
- House plants, dried floral arrangements, vases for the Plant Table
- Children's Room: Toys, books for children. Youth encouraged to volunteer.

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

Shop: Come to the Holiday Fair and enjoy!

Missions and Social Concerns Committee

Newsletter Report - November 2026

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

The amazing **Franklin Farm Community Garden completed the season with donations of over 34,700 pounds of farm fresh vegetables donated to ten local soup kitchens and food pantries primarily in Northern RI.** The vegetables were welcomed by those agencies and they frequently provided some of their own volunteers to assist with the harvesting and transportation. **The Harvest Festival was held on Sunday, October 4th and was a wonderful gathering of families** to experience hay and pony rides, food trucks, music presentations, a children hay bale maze, a Cumberland Fire Department activity section for young guests, animal education sessions, and a barn tour celebrating the lifestyle of farming families in the 1800's. The trails and fields are available for visitors to wander around and enjoy the beautiful open space daily from dawn to dusk!

The Rainbow celebrating the over $600,000 reconstruction grants for the Long Barn on Abbott Run Valley Road

The Sun setting after another successful Harvest Season at Franklin Farm

Meals in the Park

We are looking to schedule meals or sandwich making for December and January. (Currently there are no available spots. A good problem to have.) The planning crew is always welcoming volunteers for the preparation of the meals and the serving at Meals in the Park. Homemade desserts are always welcome! Any questions please contact Karen Oswain 401-749-3609

Habitat for Humanity

The Directors of the Habitat for Humanity are considering a few options for the next build. 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)

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

The twice monthly clothing donations over the past 15 years continue from the Cintas Uniform Warehouse in the Cumberland/ Woonsocket Industrial Park. 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 that they have access to the quality clothing donations to needy families. Ron Blais and Chip Thurlow make the pre-scheduled clothing pick-ups and deliveries to the agencies.

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.

Projects Coming up in November and December

Upcoming planning for annual events for donations to **Autumn Villa, the HAPPY Basket Program and the Adopt-A-Family Christmas Presents**.

Chip Thurlow,
Chairperson, AMUMC Missions and Social Concerns Committee

October Trustee Report

The Trustees met on October 8, 2026 in the library at 6:00 P.M., the new meeting time established to accommodate choir members.

-The portfolio balance was down in September even though it has been making gains, due to the withdrawals for capital improvements.

- The sanctuary heat-pump project has been completed with one more payment to be made.

- The parsonage has new replacement windows, with just the back-ordered bathroom window yet to be installed. This has been paid in full.

- Quotes to repair/replace the parsonage front steps have been received and will be reviewed at the November meeting.

- The gutters at both the church and parsonage will be cleaned out once the leaves and needles are off the trees.

- Attention is also being paid to loose aluminum siding on the church, repairs needed on the front portico, and moss growing on the parsonage roof.

- A landscaper will be hired for a fall clean-up of the church and parsonage grounds.

- Cargill Hall has been reserved for a family dinner on Thanksgiving day. It will also be used on October 25th by the RI State Council of Churches for training with Common Cause.

- Ray Papineau has installed handrails on the steps entering Cargill Hall, on both sides of the stage, and at the top of the rear exit steps.

- The air-conditioners will be left in Cargill Hall for the Holiday Fair. Afterwards, the smaller one will be removed and the large one covered for the winter.

- A leaky toilet in one of the restrooms has been repaired.

- The WIFI project done by Sensible Computing, Inc. has greatly improved the facility coverage.

- The November Trustee Meeting will be held on Thursday the 12th at 6:00 P.M.

Respectfully Submitted,

Lindsay Gettinger, Pam Thurlow, Scott Murphy, Tom Cabana, Dave Larson, Phil Irons, Glenn Gillespie, John Schmalz

Arnold Mills Cemetery Trivia - Karl Ikerman

“The falling leaves drift by my window ...”
Nature is preparing for the future, protecting tender root systems. Animals are overeating and growing thicker fur preparing for what is yet to come. Are we humans preparing for what we know will eventually come? Select your headstone and burial site now. Prepare for the future as nature does. Save your loved ones the anguish and expense of what the future will bring.

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”.

Tips for November 2026

Landfills pollute the environment, generate potent greenhouse gases, consume massive amounts of land, pose health risks to nearby communities, and negatively affect property values. **Keep items out of landfills.** Recycling is a good option.

Buy green. In this market-driven economy, what you buy and what you don't buy have an impact. Avoid excess packaging and single-use plastics. Choose local goods to cut down on the emissions from transport. Purchase products with recycled content so that more companies will create merchandise that incorporates recycled materials. Your dollars speak loudly.

Watch what you recycle. We want to do our part, but 25% of what is going into recycling facilities is wrong and contaminates the output. 1) Make sure the items are dry and not soiled with food. 2) Know your local guidelines for recycling. They are different in different places. 3) Take a tour of your local recycling center. 4) Watch for news about recycling from your local government and spread the word.

Even "little" choices make a difference for creation. **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 over and over again—as long as you put the can into the recycle bin.

Recycle your paper and cardboard. The effects of recycling a ton of paper and cardboard are impressive: saving 17 trees, 380 gallons of oil, 3 cubic yards of landfill space, and 7,000 gallons of water. What you do adds up.

Your recycling—if it's in a plastic bag—won't be recycled. The bag will be pulled off the line and trashed because there is no time to open and empty it, and plastic bags cannot be allowed to go through because they tangle up the equipment and cause shutdowns. **Learn and follow the rules for your local recycling facility.** Give thanks for those who work there.

Go "thrifting" (another name for recycling). When you **purchase gently used clothing and other items at thrift stores**, you are keeping fabrics out of landfills. Also, shop your own closet for what you can recycle by donating for someone else to use.

Only 15% of all discarded electronic devices is recycled. Lead, mercury, cadmium, nickel, beryllium, and zinc from e-waste can leech into soil or into the water supply, harming plant and human life. Browse for "electronics recycling" or "e-waste disposal" to find options nearby. Or as a church, when you find a company, **arrange an e-waste recycle drop-off event** and promote it to congregation and community.

Place blame where it belongs. Like cigarette companies, the plastic industry has ignored—even covered up—the damage done by their products and production. They also promote recycling, telling us disposal is our responsibility. We can't recycle our way out of the continuing harm caused by complex systems. Individual recycling helps, but it's not enough. Contact your local, state, and federal lawmakers to support efforts to ban single-use plastics and/or return the responsibility to the manufacturers.

Send your worn sneakers for recycling. Or do a sneaker drive and collect many to send in exchange for a payment and for knowing that Sneakers4Good will use them in their global micro-enterprise network as inventory for small business owners in developing countries. An example of a second chance! Practice grace.

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

November 1st: Communion Sunday, children begin in Cargill Hall

November15th: Bible Sunday

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.

This month the children will be working with the unit called "Teach Us How to Pray".

Bible Verse: One of his disciples said to him (Jesus) "Lord, teach us how to pray." (Luke 11:1)

Main Idea: Prayer is talking with God. There are many ways to talk with God and many different kinds of prayers. Jesus taught his disciples to pray and gave them an example that we still use today. We call this example the Lord's Prayer.

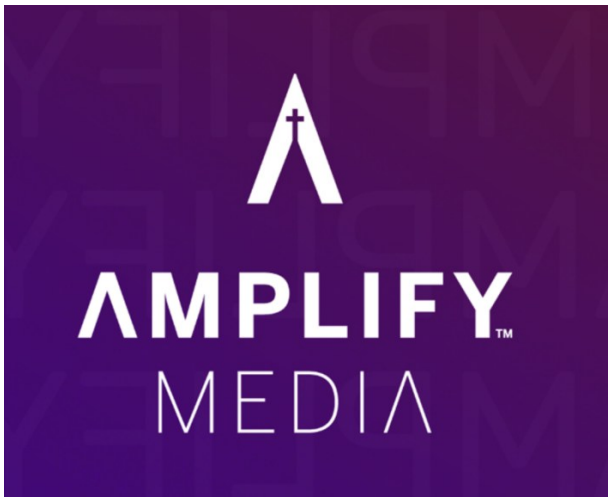
Objectives

The children will discover that

* the Bible tells us that Jesus was a man who frequently talked with God;
* the disciples were curious about how Jesus prayed;
* Jesus taught the disciples a special prayer;
* Christians today still pray this prayer; it is called the Lord's Prayer
* talking with God helps us feel closer to God;
* we can talk with God at any time about anything;
* there are many ways to pray.

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, Jane Sell, Emma Caraballo and Margaret Waterman. (Updated 4/22/2026)

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

November Calendar

Sun Nov 1 - All Saints Sunday
Sun Nov 1 - Daylight Savings Time Ends
Tue Nov 3 - Election Day - Get out and Vote!
Wed Nov 11 - Veterans Day
Wed Nov 11 - 6:30 PM - Habitat Committee Meeting
Thu Nov 12 - 10:00 AM - Boxwood Tree Workshop
Thu Nov 12 - 6:00 PM - Trustees Meeting
Thu Nov 12 - 6:30 PM - Creating in Community - Wesley UMC
Sat Nov 14 - 8:00 AM - 2:00 PM - Holiday Fair
Wed Nov 18 - 5:00 PM - RISCC Annual Meeting
Thu Nov 26 - Happy Thanksgiving
Fri Nov 27 - Office Closed

Sunday Worship and Church School begins at 10:00 AM in the Sanctuary.

Our Calendar is available at amumc.org under Church News

Arnold Mills United Methodist Church
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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