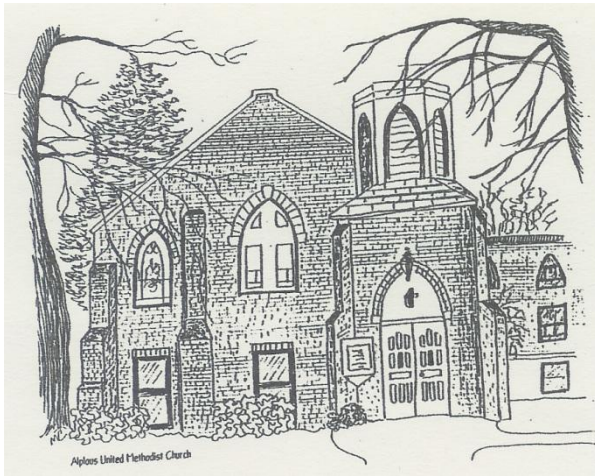




## The Alplaus United Methodist Church Muse



### ***The Alplaus United Methodist Church's Mission and Vision:***

*Our vision for the AUMC is to be a viable, active, open church that supports both individual members and the community with a loving, spiritual atmosphere.*

*Our mission is to worship, serve, pray, and play by connecting with the community and each other.*

### **Pastoral Letter "Schoharie Update"**

SALT (Schoharie Area Long-term) Board of Directors just had our annual meeting and I'd like to tell you how our recovery efforts are coming along. Through the efforts of a dedicated staff, a committed Board of Directors, scores of willing volunteer hands and hearts, and generous financial supporters, more than 700 affected residents have returned to their homes and businesses. In 2013, the Board of Directors began a process of strategic planning (headed by me). A new mission statement, vision statement and motto guides us as we look ahead to ways that SALT will continue to support both recovery and resilience.

A large part of SALT's success is due to our strong partnerships with World Renew (Green Shirts), Brethren Disaster Assistance (BDM), United Methodist's UMCOR, numerous regional volunteer partners, the Amish, and other skilled volunteer groups. These people brought their skills and spirit of service to the Schoharie Creek Basin, creating the skilled workforce necessary to accomplish the broad range of unmet needs cases. Volunteers collectively labored for over 42,000 hours. Based on the Independent Sector's dollar value of a volunteer hour for New York State's rate of \$28/hour and skilled labor of \$40/hour the value of this volunteer labor is over \$1 million! In addition, BDM spent over \$110,000 of its own money and the Green Shirts spent over \$225,000.

SALT also funds projects directly through our Unmet Needs Roundtable (on which I serve). The total of all spending by this committee, from August, 2012 until the end of 2013, is \$430,457 on 165 projects in every part of the county. Over 60 of the projects were major rebuilds of seriously damaged properties. We've replaced insulation, sheetrock, doors, windows, cabinets, counter tops, electrical panels, heating systems, water heaters, water systems, septic systems, flooring, siding, refrigerators, and stoves, and paid for a variety of kinds of skilled labor. Wherever possible we use donated materials and labor.

The work of SALT has been financed through grants, private donations, and special events. We raised \$544,000 in direct public support last year and covered much of our administrative costs through grants.

BUT...we still have over 100 houses to rebuild and they are all major rebuilds. Both BDM and the Green Shirts have moved on to assist with disaster recovery in other parts of the country and world. To my knowledge there are only two groups of skilled volunteers still working on a regular basis - a united Methodist VIM team who go weekly and a group from the Presbyterian Church in Argyle who go monthly. And the further we get from the date of the disaster, the more difficult it is to raise money. Our 2014 budget calls for us to raise \$500,000 in donations.

SO...you can continue to support our efforts to restore people to safe, secure, and sanitary homes by two methods. You can donate money through the SALT website at [saltrecovery.org](http://saltrecovery.org), mail checks to SALT Recovery, PO Box 777, Schoharie, NY 12157, or get checks to me. Or you can volunteer. What I'd really like



to do is put together a VIM team of skilled and unskilled workers to go on a regular basis. We need skilled people who can install sheetrock, cabinets, doors and windows, do basic electrical and plumbing work, paint, frame, and so on, and less skilled workers can serve as helpers. Most tools can be provided but I take my own. If you would be interested or know of someone with the requisite skills who could be coerced, please contact me.

I will be sending this same article to the Hometown News this month.

*Pastor Carl*

### **Lay Leader**

Your kids are always taking mental notes, even when you're not looking. Like it or not, your actions are at the core of what your kids will take with them into their adult lives. Seen through their young eyes, what you say and do in your own life will be the example they retain in spite of themselves. Had I been able to put into words the living lecture I'd have wanted to give my own kids for a head start in life, it would have gone something like this:

1. **Don't be afraid to fail.** If you never fail at anything, you may be aiming too low, playing it safe, and doing what Stephen Covey used to call "playing par 9 golf." So, keep challenging yourself, even – and especially – after defeats. Emerson wrote, "When it's darkest, men see the stars." Failure and adversity are among the best ways to grow and to learn.
2. **Find the good in yourself.** We all deserve to feel good about ourselves, without the need to derive our sense of self-worth from the people around us. Taken together, the judgments of teachers, parents, bosses and friends amount to a hall of funhouse mirrors – one in which you'll never get an accurate reflection of yourself. If you grow up longing for approval, you'll risk becoming a pleaser, dependent on others for your sense of security and well-being. The opinions of those around you – though worth considering – are slender reeds on which to base your self-image. Instead, pick what matters most to you and stick with it.
3. **And see the good in others, too.** The harvest from showing genuine interest and respect to others is almost invariably an increase in your own self-esteem. The world is full of other people, so don't go through life dismissing them, seeking distance from them, or being shy or afraid. Showing respect – and even reverence – for other humans is virtually always a "win-win" proposition.
4. **There's no substitute for hard work.** Honest work may be the surest path to self-respect. Hard work is a privilege – it allows you to discover the depth of your own abilities, and to see the potential in others. Go the extra mile, and see how good you can be at something. The harder you work, the less crowded a road you'll find – fewer people than you think embrace work as a central path to self-worth.
5. **Building great habits is critical.** The more of them you have, the more capacity you'll have to handle the many competing claims life throws at you. Good habits can take you to unanticipated heights – and in ways that'll almost feel effortless. The "muscle memory" from having developed good habits in your youth (yes, including basics like eating right, good sleep, hygiene, regular study and exercise) will sustain you when others fail. Abraham Lincoln said, "by the age of 40, every man has the face he deserves." So it is that your habits will lead you to a destiny you earn.
6. **Don't expect fairness – at least in the short run.** To deal with life's unfairness, focus on the future, not on the past. Whatever happens, don't wallow. Concentrate on others, not on yourself. Legendary Green Bay Packers coach Vince Lombardi reminded players that, "it's not how many times you're knocked down, but how many times you get up again, that'll determine your destiny." The message: just keep getting up.
7. **Be kind – it has more power than you think.** In Aesop's fable about strength, the Sun's warm rays win out over the gale force of the North Wind. This gentle approach to influencing others may not be obvious in your early years. A bit of subtle kindness costs nothing, but can have huge benefits. Remember that it doesn't take much to help lift someone's burden, to say a kind word, to notice a success.
8. **Take yourself out of the center.** The most miserable people I know live in a self-designed universe that revolves eternally around them. To keep their planets aligned, they desperately amass power, money, or fame



– but their supernova usually ends up a black hole. One way to avoid this is by helping those less fortunate than you. As Helen Keller said, “There is no better way to thank God for your sight than by giving a helping hand to someone in the dark.”

9. **Embrace reality.** President John Adams said, “Facts are stubborn things.” You can’t change reality, so you need to face it head on. It might sound crazy, but you should seek out bad news – the earlier you find it, the earlier you can do something about it before it gets worse. Look for problems and *become* the solution. Nothing good ever comes of avoiding the hard truths.

10. **“Solve” for the long term.** It’s crucial to be deliberate about your life. One way to approach this is to ask yourself: What am I solving for? Pleasure is short-lived. Even happiness is dependent on circumstances, and temporary. But joy – or deeper satisfaction – is rooted in meaning. Joy lives beyond the moment and despite present circumstances; and it can be conjured when needed. Peace is the ultimate resolution of a life well lived. It derives from finding a oneness with a purpose outside of yourself. In your own life make peace the quest that trumps the constant allure of pleasure. (Author unknown)

Wishing you happiness in the New Year!!!

Lisa Beretz, Lay Leader  
(518) 330-9277 or [LLBeretz@gmail.com](mailto:LLBeretz@gmail.com)

#### **Church Directory Updates and Corrections:**

We will be including changes for you to update in your own copy of the directory within each Muse as we learn of the changes. Please remember to let us know when you move or have a change of any kind.

#### **Pampered Chef Party**

Our 2<sup>nd</sup> annual Pampered Chef party will be Feb. 1 at 1pm. Come watch the demonstrations by our Pampered Chef consultant, Barb Porter, as she acquaints us with the products. There will be food to share, good company to entertain you, and prizes given out. Bring along some friends to share in the fun. If you plan to have 5 or more friends with you, please reserve a table so you can sit together. Call Barb Trask (399-6454) to make your table reservation. Bringing a friend entitles you to a prize, as does collecting \$100 or more in outside orders (people not attending). Any order that is \$65 or more will receive a free scraper. If you received a catalog at church, be sure to share with neighbors, friends and co-workers. The catalog can also be viewed online at: [www.pamperedchef.biz/barbaraporter](http://www.pamperedchef.biz/barbaraporter). Go to: “Shop Online” and enter **United** as the organization’s name. You will be able to order directly online! Please turn in all orders on Saturday the 1st. Payment will be by check or charge. Checks should be made out to Alplaus UMC. Be sure to add shipping charges and then sales tax of 7%. Think about future events you need a gift for (birthdays, anniversaries, next Christmas, etc.) and do your shopping here at our party. We hope to see you all at this event!

#### **Thank you**

A special thank you to Pastor Carl and Johanne for hosting a wonderful open house at the parsonage on January 5<sup>th</sup> after worship. It was a great way to start off this New Year which will for sure include many changes for our church. The welcome was warm and the food delicious; and though the turn-out was a little smaller than years past, the conversations were lively and fun. Many of us stayed for a long visit and treasured some time to relax after a busy holiday season. It was a lot of work for them, and very much appreciated by the congregation!

Also, as I was typing the AUMC Council minutes for January, I noticed there are many folks who do a lot for our church even though we may not see them sitting in the pews regularly. Some special thank-you’s need



to be expressed! The first goes to the Sheely family: Kim, Dylan and Tucker (also our next door neighbors) who pruned the small trees and rose bushes and mulched the church garden. Jeff also helped us out with his snow blower when we needed it. We also owe our gratitude to Jim Burke for helping when we had a frozen pipe in the Fellowship Hall recently. He donated time and materials to make repairs. Another name we should mention is Lisa Beretz' daughter, Sarah, who helps out with our church website by uploading the Muse each month. Mary's daughter-in-law Kathy Herrick who makes our beautiful Advent wreath every year is another quiet contributor. I know there are many others, so if I have left anyone out, please let me know and I will add more in next month's Muse. Thank you all!!

Robin Bowman

**Lectionary**

These are listed with the idea that you might care to read the scriptures before attending church each week, especially if you will be the liturgist and especially the psalms, which we seldom read in worship.

	<u>Hebrew Scripture</u>	<u>Psalm</u>	<u>Epistle</u>	<u>Gospel</u>
Feb 2	Micah 6:1-8	Psalm 15	I Corinthians 1:18-31	Matthew 5:1-12
Feb 9	Isaiah 58:1-12	Psalm 112:1-10	I Corinthians 2:1-16	Matthew 5:13-20
Feb 16	Deuteronomy 30:15-20	Psalm 119:1-8	I Corinthians 3:1-9	Matthew 5:21-37
Feb 23	Leviticus 19:1-2, 9-18	Psalm 119:33-40	I Corinthians 3:10-11, 16-23	Matthew 5:38-48

**Prayer List**

Anne and Deontae Kwiatkowski	Ginny Smith	Dorothy Ziegler
Lu Diel	Terry Gleason	Rev. Dr. Brolin Parker
Claudia Lewis	Alice Lewis	Janice's family
Dot and Lou Euvrard	Betsy Hyatt	Jack Leveille
Bill Broland	The Kriss family	Ginny Bopp
The Fahrenkopf family	The Gardener family	

**February Birthdays and Anniversaries**

February Birthdays

- 11 Robert Lucier Jr
- 14 Suzanne Wither
- 24 Jaunita Schenk
- 25 James Meehan
- Elizabeth Burke
- 27 Barbara Trask

February Anniversaries

- 2 Ralph & Virginia Marra '52
- 11 Barry & Jennifer Suydam '06
- 14 Charles and Tonya Guillaume

**Fulfilling our Promises - our presence and our presents**

	<u>Our Presence</u>	<u>Our Gifts</u>
December 1	22	\$710
December 8	32	\$10,613
December 15	12	\$700
December 22	37	\$1,655
December 24	48	\$377
December 29	21	\$2,223

## Comparison of expenses and income

	For December	Actual year to date	Expected year to date (budgeted)
Expenses	\$5,998	\$63,604	\$71,283.00
Income	\$16,278	\$67,908	\$50,000.00

***We ended the year in the black for the second consecutive year!*** The surplus at the end of the year was about \$4,300, but \$1,300 of that was carryover from last year. Every year I hold my breath when, in the middle of the year, it looks like we won't make it. But you come through amazingly in the end. Thank you!



Kids Pages

# Fishing for People

Jesus called out to them, "Come, follow me, and I will show you how to fish for people!" Matthew 4:19 (NLT)

The puzzle is based on Matthew 4:18-22 (NLT).



M D A E W B C W P E T E R G F  
 J L M S L A R P A G N E T S F  
 U O K L U W T R E L F I S H K  
 C Y J T O P K J B O K B C Y I  
 X O H L R G K T R G P I O C A  
 X W L E S C H L O A N L N A S  
 Z O T E B A H B T L M W E G T  
 F A M U W T I O H I B L N T Q  
 W A B E H I N D E L Q M K J S  
 J T H J O H N B R E Z Z Q Y L  
 J S Z M D I V E S E W L E J I  
 P E O A N D R E W X W C J W V  
 B N S L D O L E A V I N G H I  
 D X B U H Y B S I T T I N G N  
 N C F S S C B W B U W E F Y G

BROTHERS	JAMES	NETS	COME	GALILEE
BOAT	PETER	WATER	FOLLOW	BEHIND
ANDREW	LIVING	JESUS	SITTING	FISH
WALKING	PEOPLE	JOHN	SHORE	LEAVING

## Alplaus United Methodist Church – February 2014 Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>  <b>1pm Pampered Chef Party Fellowship hall</b>
<b>2</b> 4 <sup>th</sup> Sunday after Epiphany <b>9:15am Sunday School</b> <b>10:15am Church Communion Worship Service with "Living Gospel Ministry"</b> <b>Groundhog Day</b>	<b>3</b>	<b>4</b>	<b>5</b>  7 pm Scouts	<b>6</b>  1–3pm Knitting Group  7pm Choir	<b>7</b>  6:30 pm Bridge	<b>8</b>
<b>9</b> 5 <sup>th</sup> Sunday after Epiphany <b>9:15am Sunday School</b> <b>10:15am Scout Sunday Worship Service, SICM Food Collection Day</b> <b>Church Council meeting after coffee hour</b>	<b>10</b>	<b>11</b>  Noon – Community Luncheon	<b>12</b> 7  7 pm Scouts	<b>13</b>  1–3pm Knitting Group  7pm Choir	<b>14</b>  6:30 pm Bridge  <b>Valentine's Day</b>	<b>15</b>
<b>16</b> 6 <sup>th</sup> Sunday after Epiphany  <b>No Sunday School</b> <b>10:15am Church Worship Service</b>	<b>17</b>  <b>Presidents Day</b>	<b>18</b>	<b>19</b>  7 pm Scouts	<b>20</b>  1-3pm Knitting Group  7pm Choir  <b>February Muse article deadline!</b>	<b>21</b>  6:30 pm Bridge	<b>22</b>
<b>23</b> 7 <sup>th</sup> Sunday after Epiphany <b>9:15am Sunday School</b> <b>10:15am Church Worship Service</b>	<b>24</b>	<b>25</b>	<b>26</b>  7 pm Scouts	<b>27</b>  1–3pm Knitting Group  7pm Choir	<b>28</b>	

Pastor Carl's schedule – In the office: Monday 10-4, Tuesday 12-5, and Thursday 9-11.

Alplaus Methodist Church  
1 Brookside Ave.  
Alplaus, NY 12008  
(518)399-6000  
AlplausUMC.org

First Class Mail



FEBRUARY 1, 2014



Articles for the March newsletter must be submitted to [alplausmuse@gmail.com](mailto:alplausmuse@gmail.com)  
no later than **February 20<sup>th</sup>**.

Thank you!

If you would like to receive your copy of our monthly Muse via email, please let me know at [lberetz@gmail.com](mailto:lberetz@gmail.com) and put "Muse" in the subject line.