

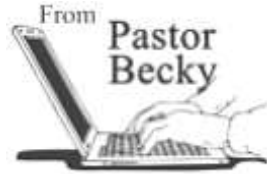
The Shepherd's Messenger



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KNOWING JESUS AS THE GOOD SHEPHERD & SHARING THE RISEN CHRIST WITH ALL.



Welcome back to Church Fall of 2020

Spring and Summer of 2020 are almost gone. Like you, I am hoping for a bit of "normal" to return in the Fall and Winter of 2020, but like you, I have no idea what these months will hold.

There is a saying we have heard over the past few months, and it's this; "we're in this together." Every time I've heard that I've thought to myself that while we may be in it together, that "together" includes the realization we need to try to accomplish that six feet apart!

This kind of thinking goes so against what the church of Jesus Christ is all about. Of all people, we should be appreciative of the fact that we are "better together," but then again, we are reminded on a daily basis not to be "too together."

At times, my brain not only hurts, but my heart does too. If there is ever a time we need the fellowship and love of one another, it's this day we live in! For a few months, we knew what it was like to feel "quarantine," and quite frankly, I am not a fan!

Anyway, we have been gathering together now for about a month, and this is something we need to do as the body of Christ! We need each other for both emotional and spiritual support. I have loved every minute of being back together with you!

While many may not be quite ready to get back to church physically, I would encourage you to stay connected as much as possible, even if it's online church.

We have heard it many times even before this pandemic, but we are reminded once again... "the church is not a building." While this is true, there is something quite compelling about meeting together. I pray we never get used to this idea and call it "the new normal," especially in light of scriptures like the following: Hebrews 10:25,

²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

(Continued on Page 4)

PLEASE PRAY FOR:
Our World situation

Others to keep in prayer:

- Norma Andrus
- Todd Baxter
- Bob & Sandy Beard
- Russell Brown
- Virginia Clayson
- Hazel Cornell
- Missy Dabolt
- David Edwards
- Nancy Frazier
- Brian Fries
- Tyler Griffin
- Don Hall
- David Halstead
- Donna Hart
- Bernie Hawks
- Julia Hinkle
- Bob Huddleston
- Katie Kellogg
- Sandy Lathrop
- Bruce Metler
- Mark Middaugh
- Derek Morris family
- Nellie Moses
- Justin Murphy
- Keith Pierce
- Laroy Spateholts
- Donald Thompson
- Jessica Veiders
- JoAnn Viglietta
- Clint Wilder
- James Woodruff
- Ken Wyant
- Judy Zayac



Please keep our prayer list up to date.

If someone should be added or removed from the prayer list, please submit their name in writing.
Thank you!



If you have a prayer request, call the prayer chain.

Call Ruth Holden at 968-1933



- 4 Sarah Sytsma
- 8 Marilyn Goodliff
- 12 Alan Zayac
- 14 Ashton Hawks
- 17 Veronica Clayson
- 18 JoAnne Hupp
Derek Morris
Alice Sweet
- 19 Delain Pierce
- 20 Betty Edwards
- 21 Mary Ellen James
Eve Kuhn
Mary Lou Sprague
Loren Sweet II
- 25 James Burdick
- 27 Fran Young
- 28 Jessica Holden
Laroy Spateholts
- 29 Marie Willer
- 30 Judy Zayac



- 19 Mike & Sandy LaFever
- 26 Robbie & Rhonda Cornell

Statistics		Needed: \$1,767	
Date	Worship	SS	Offering
6/21			\$1,280.00
6/28			\$1,375.00
7/5			\$1,650.00
7/5		Naomi	\$ 10.00
7/12			
7/19	30		\$3,012.00
7/19		Gil's Hills	\$ 50.00
7/26	29		\$2,236.00
7/26		Gil's Hills	\$ 40.00
8/2	35		\$2,359.00
8/9	19		\$1,345.00
8/9		Naomi	\$ 100.00
8/16	32		\$1,855.00
8/23	24		\$ 962.00
8/23		Gil's Hills	50.00

September
Helping
Hands



Acolyte:
Chris Hupp

Pianist:
Christine Berardi

Altar Guild:
Holly Scoville
Thela Snow



Do you know of someone who needs a note of cheer? Someone who might be sick, in the hospital, has a birthday, or has a loved one who has passed away?

If you do, please call **Sue Simmons at 585-968-1135**. She is the UMW's **Cheer person**. She sends out cards to those in need of some cheer, so please contact her to let her know.



You can watch videos of **Sunday Sermons from Pastor Becky** on our website,

www.cubaumc.org.
Go to "Sermons" page for list of archived videos.

The videos are also posted on the Cuba UMC Facebook page.

DVDs are available. Contact Pastor Becky or Jim.

NEW ENGLAND CLAM CHOWDER

Sue Simmons



- 4 medium potatoes, peeled and cubed
- 2 medium onions, chopped
- ½ cup butter or margarine
- ¾ cup flour
- 8 cups milk
- 3 cans (6 ½ oz) chopped clams undrained
- 2-3 tsp salt
- 1 tsp ground sage
- 1 tsp ground thyme
- ½ tsp celery salt
- ½ tsp pepper
- Sprig of fresh parsley

Cook potatoes. In a Dutch oven, sauté onions in butter until tender. Add flour, mix until smooth. Stir constantly until thickened and bubbly. Drain potatoes, put in kettle, add clams and other ingredients. Heat thoroughly.

The Naomi Scoville - Kosovo Mission Offering has ended.

We still take an offering for Gil's Hills Ministry on the last Sunday of each month.

Located in Wellsville, **Gil's Hills** specializes in serving children and youth who are in need of special attention in some way. The staff & volunteers at Gil's Hills are serious about helping kids by communicating the love of God while providing friendship, counseling, and service.



Their website is: www.gilshills.org

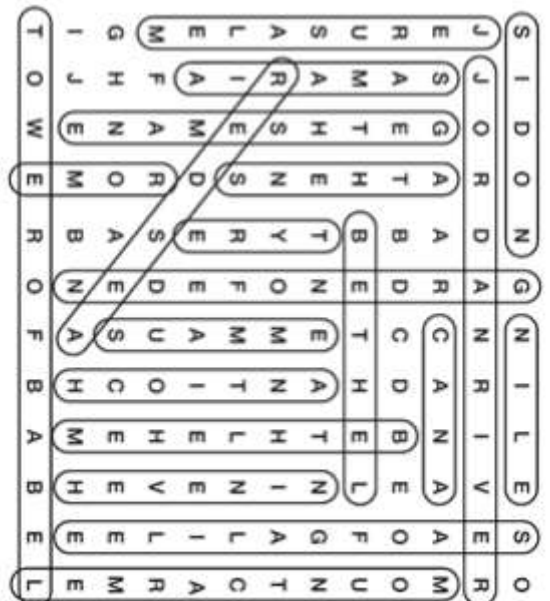


Paige Payne and Kyle Stutzman were married on July 25, 2020 in Frewsburg, NY. Pastor Becky officiated.

Puzzle!

After looking up each Bible passage, find and circle the location in the word search. (If a verse lists more than one place, figure out which one is hidden.) Answers can be found horizontally, vertically and diagonally.

- Genesis 2:15
- Genesis 11:9
- Genesis 35:1
- Exodus 13:18
- Ruth 1:1
- 1 Kings 18:19
- Isaiah 23:1
- Isaiah 23:2
- Isaiah 23:3
- Jonah 1:2
- Matthew 3:6
- Matthew 4:18
- Matthew 26:36
- Luke 24:13
- John 2:1
- Acts 8:5
- Acts 11:22
- Acts 17:16
- Romans 1:15



"Millions of fish begging to be caught, and we only brought two worms."

CORONA VIRUS PROTECTION

He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust." Surely He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. **You shall not be afraid of the terror by night, nor of the arrow that flies by day, Nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you.**

Only with your eyes shall you look, and see the reward of the wicked. Because you have made the Lord, who is my refuge, even the Most High, your dwelling place, **no evil shall befall you, nor shall any plague come near your dwelling; for He shall give His angels charge over you, to keep you in all your ways.**

In their hands they shall bear you up, lest you dash your foot against a stone. You shall tread upon the lion and the cobra, the young lion and the serpent you shall trample underfoot.

"Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. **With long life I will satisfy him, and show him My salvation.**"

PSALM 91

(Pastor Becky's Letter - Continued from front page)

My vision and my prayer for Cuba United Methodist Church is that we would be a group of people who are for each other, rooting each other on, fans of each other, with eyes to see the grace of God at work in each other's lives at all times. This is a true and sure sign of the presence of God in our midst.

I love each and every one of you! My hope is that I will see all of you back in church soon!

Blessings,

Pastor Becky



DUDLEY TAILS

Submitted by Cheryl Wildrick

Isn't it nice when the dog that you picked out (whatever age) comes home with you, and becomes a member of your family? If you picked a puppy, you will quickly learn that he misses his mother and siblings. You have to become his source of comfort, security, and love.

Or, if you adopted an adult dog from a shelter (maybe a dog that had been abandoned, abused, or neglected), you have become his savior. And he will be so grateful, that he may even give up his life for you someday.

Years back, I saw puppy pictures (on line), and I read of a special litter. The owner had been taking all of the puppies to visit at a nearby nursing home. (That's what I wanted to do in Cuba, NY.) When I was able to travel to see the puppies, Dudley was the only puppy left, looking for a home. There was no choice. I took him.

Dudley has been a good dog... with the exception of puppy behavior: crying at bedtime... taking forever to understand why we were going outdoors so often... and not standing still on the grooming table. But, as an adult, he has been a good boy. He enjoys sitting next to me on the loveseat, riding in the car, and being treated to ice cream. Yet, in the early months of summer this year, Dudley was not himself.

Dudley had become defiant. He was deliberately breaking the rules. He knows that when he is told to stop barking at cars, he should stop barking at cars. He knows that when supper is being prepared, he should not be in the kitchen "under foot". And, he knows that he should do things in the proper place. What was happening? Why was Dudley being such a bad boy? It was difficult to understand.

Have you ever been frustrated with the way things are? Are you ever frustrated at your inability to do certain things that you enjoy?? Have you ever felt unjustly confined to your house??? As a child, I would have said yes. I remember having the measles... not being able to go to school... and being confined to my bed for at least a week. Similarly, during a pandemic, we do not like the way things are. We are frustrated that we cannot gather with friends at concerts, at graduation or at church. We feel confined to our houses and have restrictions (masks, hand sanitizer) when we go out.

Well, I discovered that Dudley was having difficulty with the pandemic affecting his life. The restrictions of the pandemic had given his master time to do necessary things that did not include Dudley. He still got his meals... and he had access to his yard outside, and there was Tucker... but it was not enough. He was frustrated with the way things were. He was frustrated that he could not visit friends at church and the Cuba senior residence. He felt unjustly confined to his house. And, he did not understand why his master was not spending as much time with him as in the past. Dudley became angry with his master.

Soon his master was able to spend more time with him again, and Dudley returned to being his former obedient, loving self.

Have WE ever become angry with our Master? Have we ever felt that He was not meeting our needs, or that He was favoring people that we see as unworthy?

This has happened before in history. In the Old Testament book of Jonah, read past the story of Jonah and the 'whale'. Jonah did complete his mission of proclaiming destruction of the city of Nineveh (for the people's great sins.) However, the people repented, and God forgave them. This made Jonah angry with God. Jonah wanted to see the city and its sinners destroyed. (Jonah Chapter 3)

We can be glad that we have a compassionate and forgiving God who rewards people who turn away from sin and turn toward Him. Let's stop complaining to God about all the sinners we know... and instead, work on improving our relationship with Him.

Growing Old Takes Courage

What things make growing old a difficult experience? There are many answers. They may include: the values with which we were brought up, the negative experiences in our lifetime, the extent to which we suffer pain, the extent to which we can be forgiving, the extent to which we believe in God, Jesus, and eternal life... Let's look at a few examples. Let's look at Twelve Fears of an Aging Person.

1. Slowing Down/Tiring Easily

One stereotype of an older person is that the person takes naps during the daytime. It may be during a visit from friends or family. It could even be while reading the paper or watching TV.

Older people cannot be active as many hours during the day as they used to be. Daytime tiredness could also be caused by a poor night's sleep. If the older person wakes up frequently during the night, experiences restless sleep during the night, or snores during sleep, he or she may have sleep apnea. This can be confirmed by a Sleep Study.

2. Decreased Mobility

As a person ages, his or her physical abilities decline. Perhaps the person needs to strengthen muscles or improve balance. Whatever the loss is, the person cannot stay on his feet long as he used to. Maybe the person has had a stroke and experiences difficulty lifting a foot high enough to avoid obstacles while walking. As a person's mobility decreases, so does his self esteem.

Older persons may have had broken bones or surgeries in the past that cause pain when pressure or weight is put on those areas. Pain will make a person think twice about moving too much.

3. Loss of Independence

Independence in a young person's life is first achieved when the young person gets his or her driver's license, gets a first job, or goes away to college. It is a feeling of freedom, maturity, and being respected. So how does a person feel when he loses independence? He feels tied down. He feels like a young kid who needs help from someone else. He feels good-for-nothing.

Dependence is a reversal of all that the person has achieved. Other people must do things for the older adult. Maybe that includes making appointments for that person, or preparing meals, or explaining what young people are talking about. One major loss of independence, for many older adults, is having to give up driving their car. They need loving support at this time.

4. Social Isolation

Many seniors live alone and only see people when their daily meal or mail is delivered. Others live in assisted living or memory care facilities. They are often thrilled to see a visitor... especially if it is a relative or a child. Children are usually animated and spark many topics of conversation. Many children also give hugs freely.

5. Decreasing Income

Many older adults have always been able to pay their bills and even have enough saved to cover unexpected emergencies. It was a source of pride. But today many seniors are on fixed incomes even though the costs of things they need are rising. And, they may have new expenses: additional medications, x rays, surgeries, hospitalizations, etc. How will they pay those? They may not be able to afford more insurance. It is their discretionary spending money that has decreased.

Not being able to support themselves is a fear for many seniors. It changes their quality of life and opinion of themselves.

(Continued on Page 7)

("Growing Old Takes Courage" - Continued from Page 6)

6. Memory Loss

It often begins with the inability to finish a sentence. If a senior is able to pause long enough, he or she may recall what the complete sentence was. If, however, that pause (before finishing the sentence) causes stress, it will be longer before the rest of the sentence is remembered. Likewise, if a senior cannot remember the name of a close friend or relative, that stress will cause the recall to take longer.

Seniors may walk into a room and not remember why they went there. Or a senior may begin telling a story and not be able to finish it. Sometimes the person thinks he or she is getting Alzheimer's Disease. It can be frightening. The person should have a relative or close friend make an appointment for him/her with a specialist. This doctor can test this senior to determine if he or she is getting 'early onset' Alzheimer's disease.

7. Physical Decline

It is not unusual for older persons to be aware that their physical appearance and abilities are declining. First come the wrinkles and the gray hair. Then come the aches and pains that become a constant companion. Soon these are followed by a decline in a person's strength, balance and endurance. And then come the debilitations that alter what the individual can do. Perhaps the person will need help with his or her home. Maybe the person will need help with "activities of daily living". This would include: washing self, dressing self, making meals, doing dishes, getting the mail, cutting the grass, buying a card or gift for a family occasion.

Physical decline is a large adjustment for a person. Chronic conditions demand changes in what a person does and how the person does it. There is no going back to the way things were.

8. Physical Pain

At this stage in life, physical pain may be the norm. Seniors have pain medication for any number of diagnosed conditions. Pain may have begun with headaches or arthritis, and then progressed to disease dictated by heredity. With increasing age, come the plagues of bunions, back pain, broken bones, surgeries, and Rehab. No one looks forward to pain... especially if it is not curable. It is something that many Seniors must learn to live with.

9. Emotional Pain

Most older people will experience some form of emotional pain in their latter years. Maybe they will lose a spouse, family member, or friend to death. We know that death comes to everyone, but it can be especially devastating to an older person who knows that, "his time is coming." It may also increase their feeling that no one is left to care about them anymore.

An emotional wound hurts just as much, or more, than a physical wound. It needs healing just as much as a physical wound. Men often feel that they must be 'strong' in difficult times, but that only suppresses the pain. It may erupt at a later date, and it is more difficult to deal with when a person is alone.

Emotional pain can also be caused by divorce, loneliness, a dependence upon someone else to have their needs met, a feeling of worthlessness, and regret concerning places they never saw, or words they never said.

10. Mental Pain

Mental Pain is not the same as mental illness. Mental illness is a medical condition that involves a break with reality. Mental pain involves thoughts of guilt, thoughts of regret, and thoughts of powerlessness. ("There's nothing I can do".)

Older people sometimes think about past mistakes, what they could have done differently, and the futility of thinking about the experiences that they can no longer change. Someone needs to tell them to forgive themselves. An older person's health is influenced by being positive. It is also influenced by soft or humorous words, and by a gentle touch or hug.

Sometimes an older person experiences mental pain when he or she realizes that they will never see their hopes and dreams come true. Then is the time to suggest more realistic hopes and dreams.

(Continued on Page 8)

(“Growing Old Takes Courage” - Continued from Page 6)

11. “Out-Dated” Skills

Some basic skills will never be out dated. A short list includes: loving family and friends, celebrating birthdays, giving to persons in need, preparing and sharing food, and helping others who do not have your skills.

But the advance of technology has left many older people wondering: what do I need a computer for? How do I work an iPhone? How do people choose and pay for movies on their TV? Why does my home need an air-purifier? Or... how does a car park itself? Few younger people see a need for Old Fashioned, “Out Dated” skills of an older generation.

With the changes in our world, older people may feel unneeded, or unable to be a productive member of society. This negatively affects their self esteem and sense of worth.

12. Personal and Faith Issues

As a person ages, he may begin to think more about what is beyond this life on earth. He may question, “Have I accomplished anything of value in life?” “Will I stand in judgement before God, the Creator?” “Have I done God’s will?” “Can He forgive my sin? How?” “Should I believe that faith in Jesus is the way to heaven?” “How do I do that?” “What if the world just ends?” “Have I made a difference in anyone’s life?” “Isn’t being a moral person just as good as being Christian?” “What is it like to die?” “After death, can I still work my way to heaven?” “Will I face punishment?” “Is there anything I can still do, to receive a joyous eternal life?”

Yes, growing old takes courage. We will face many fears. But if we are on the same side as God, our Creator, and Jesus, our Savior... we will win life’s battle and our heavenly reward. Take heart. Hear what the Bible says: “God will never leave you or forsake you” (Deuteronomy 31:6) and “God is our refuge and strength, an ever-present help in trouble.” (Psalms 46:1)

Submitted by Cheryl Wildrick

Collections for the Food Pantry

The UMW collects for the Food Pantry on the first Sunday of each month. Please place food in the bin located in the Green Street foyer.

They always need: canned and boxed meals” (ravioli, Hamburger Helper etc.) cereal, juices, soups, canned meat, canned fruit.



Time to get in shape for the Annual Crop Walk, the community fundraiser for both international help through Church World Service, and also our local Food Pantry. Our local food pantry receives 25% of the amount raised...last year, that was \$1000!

It will be on October 4, again at Chamberlain Park where walkers will start ...properly socially distanced ...from the picnic shelter and walk at their own pace for one hour. Or, if you are uncomfortable walking with others, you can walk your own route, separately.

First, we need people to walk! Then we need *all of the rest of the congregation* to pledge money for that walker to finish the (short) walk. Walkers should also ask their friends and family for support. Last year Cuba United Methodist Church walkers raised \$537! Shall we set a goal of \$600 this year?

Envelopes for walkers to collect their pledges are on the window sill in the back of the church.

Please join us as a walker or a supporter!

SUNDAY
 WORSHIP
 SERVICE
 11:00 AM
 Mask & Social
 Distancing Required

SEPTEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October Newsletter
 Deadline Noon

The Shepherd's Messenger

CUBA UNITED METHODIST CHURCH
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The Shepherd's Messenger is a publication of the Cuba United Methodist Church, and is published monthly to report news & keep members and friends informed of church programs and events. Deadline for article submission is the third Monday of each month at noon. Please email articles to Editor's email address, or drop articles off to the church office.

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