

The LINK



UNITED METHODIST CHURCH OF PATCHOGUE

Since 1791

October 2023

Transitioning Into A New Season

Fall is upon us. This signifies the changing of the seasons and the balance between day and night, light and dark. The characteristic of the season is the shedding of leaves from trees.

Spiritually, it is a time for change; letting go of the old to usher in the new. It is a time for letting go and releasing things that have been a burden. It is a time to practice getting out of the way and let the Holy Spirit take control of our lives.

As you face your new season in life, whether it be high school, college, employment, marriage, parenting, or any other season in life that God brings, here are some Bible verses that will encourage you.

Embrace the New Season God Put You In — Isaiah 43:18-21

"Do not remember the former things, nor consider the things of old. Behold, I will do a new thing, now it shall spring forth; Shall you not know it? I will even make a road in the wilderness and rivers in the desert. The beast of the field will honor Me, the jackals and the ostriches, because I give waters in the wilderness and rivers in the desert, to give drink to My people, My chosen. This people I have formed for Myself; They shall declare My praise."

Trust in the Lord Always—Isaiah 40:28-31

"Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his

understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."

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WORSHIP IN OCTOBER

Oct 1— Rev. Dr. Debbie San Pablo, Psalm 78:1-4, 12-16

Oct 8—Rev. Dr. Debbie San Pablo, Psalm 119

Oct 15—Rev. Dr. Debbie San Pablo, Psalm 106:1-6, 19-23

Oct 22—Rev. Dr. Debbie San Pablo, Psalm 99

Oct 29—Rev. Dr. Debbie San Pablo, Psalm 90:1-6, 13-17



Circle of Concern

Bereavement

The family of **DeAnna D'Amelio**, Kathy Halliwell's sister.

The family of **Susan Lemmin**, Kathy Halliwell's cousin.

Healing

Kathy Hallowell, sister in law of Dave and Wendy, is battling high blood pressure. (Dave Hallowell)

Joy

Brenda Klingel thanks everyone for their prayers and outpouring of love after her surgery. All went well and the preliminary reports show that this was benign.

Happy Birthday to **Naiya San Pablo** and congratulations on making Varsity Volleyball. (Pastor Mom)

Happy Anniversary to **Babette and Rick** and congratulations on 56 years of happiness together.

Continued Prayers

Jim Brown, Crystal, Laura Clifford, Jim Zappia, Katie, Rob Lyons, Brianna (child w/ brain cancer), Richard Rubino, Lana (child w/Surgery), Dominique Meyer (and her unborn son), Dan Cassidy, Beverly Shifrin, Suzanne Tierney, Angela Avanzano, Tim Hollowell, Brenda Miller, Dolores, Cynthia, Jessy, Daisy Hill. Michelle Parker, Kimberly Helfst

—Kathy Keating
Keats1002@gmail.com

New Season (From Page 1)

God's Unfailing Love is With You—
Lamentations 3:22-33

"The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. I say to myself, 'The Lord is my inheritance; therefore, I will hope in him!' The Lord is good to those who depend on him, to those who search for him. So it is good to wait quietly for salvation from the Lord. And it is good for people to submit at an early age to the yoke of his discipline: Let them sit alone in silence beneath the Lord's demands. Let them lie face down in the dust, for there may be hope at last. Let them turn the other cheek to those who strike them and accept the insults of their enemies. For no one is abandoned by the Lord forever. Though he brings grief, he also shows compassion because of the greatness of his unfailing love. For he does not enjoy hurting people or causing them sorrow."

My final thoughts are to be encouraged and embrace this new season. Remember God is with you every step of the way. Let this poem called *Lost in Emotion* written by Josephine Zavala-Florez encourage you along your journey. Blessings,

—Pastor Debbie



For October, we will be collecting small toys and small musical instruments.

Lost In Emotion

God Is Aware of Our Circumstances
Sometimes I feel lost in a maze of emotions,
where every direction feels like a dead-end street.
I feel so alone in my search for an answer
that I start to blame God for not meeting my needs.

But God never promised that life would be easy,
for trials will come in different forms.
But He did promise that He would never forsake us
and that we can still have peace in the midst of the storm.

God's love runs deeper than the deepest ocean,
but He is not altered by the moods that we bring.
For every problem, He has a solution.
He is consistently working behind the scenes.

So whenever you feel like you're losing the battle
and you want to just bow your head in defeat,
remember, with God you are always the winner,
for with Him by your side, you will never be beat!

—Josephine Zavala-Florez

October Birthdays

Oct 8 Ed Klingel
Oct 9 Dave Hollowell
Oct 25 Wendy Hollowell

October Anniversary

Oct 2 Michelle & Terry Ryan

United Methodist Church of Patchogue

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 a.m. – Worship/ Sunday School 6:00 p.m. – Pentecostal	2 Office Closed 7:00 p.m. –AA	3 10:00 a.m. – Noon–Food Pantry 7:00 p.m. – AA	4 7:30 p.m. – Pentecostal	5 7:00 p.m. –AA	6 7:30 p.m. – Pentecostal	7
8 10:00 a.m. – Worship/ Sunday School 6:00 p.m. – Pentecostal	9 Office Closed 7:00 p.m. –AA	10 10:00 a.m. – Noon–Food Pantry 7:00 p.m. – AA	11 7:30 p.m. – Pentecostal	12 7:00 p.m. –AA	13 7:30 p.m. – Pentecostal	14
15 10:00 a.m. – Worship/ Sunday School 6:00 p.m. – Pentecostal	16 Office Closed 7:00 p.m. –AA	17 10:00 a.m. – Noon–Food Pantry 7:00 p.m. – AA	18 7:30 p.m. – Pentecostal	19 7:00 p.m. –AA	20 7:30 p.m. – Pentecostal	21
22 10:00 a.m. – Worship/ Sunday School 6:00 p.m. – Pentecostal	23 Office Closed 7:00 p.m. –AA	24 10:00 a.m. – Noon–Food Pantry 7:00 p.m. – AA	25 7:30 p.m. – Pentecostal	26 4:30-6:30 p.m. –Wesley Dinner 7:00 p.m. –AA	27 7:30 p.m. – Pentecostal	28 10:30 a.m. – UMW computer smarts workshop
29 10:00 a.m. – Worship/ Sunday School 6:00 p.m. – Pentecostal	30 Office Closed 7:00 p.m. –AA	31 10:00 a.m. – Noon–Food Pantry 7:00 p.m. – AA				

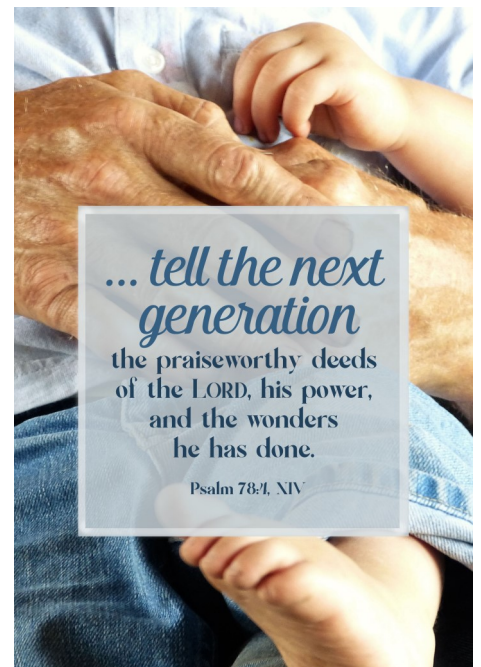


Autumn Praise

I praise you, Lord, for autumn:
 for falling temperatures and morning
 chill,
 trees turned gold and red, brown and
 orange,
 falling leaves and blowing leaves,
 the smell of burning leaves,
 the joy of leaf-pile jumping.
 I praise you, Lord, for autumn:
 the interplay of outside temperatures
 and inside warmth,
 the promise of cider and pumpkin
 bread,
 the blessing of blankets and sweat-
 ers.

I praise you, Lord, for autumn:
 the beauty and hope in the change of
 season,
 the promise that the coming of au-
 tumn
 heralds another ending,
 a new beginning,
 and the wonder of another winter,
 another spring,
 another summer,
 yet to come.

—guideposts.org



Please fill out the following survey regarding Bible Study. Please submit it to the church office no later than October 15, 2023.

Bible Study - Congregation Survey

Are you willing to attend Bible Study?

If yes, please answer question #2.

Yes No

If no, please tell us why.

What time(s) is most convenient for you to attend Bible Study?

Monday Tuesday Wednesday Thursday Friday

(7pm – 8pm)

Saturday Morning (9am – 10am)

Saturday Morning (10am – 11am)

Saturday Afternoon (1:30pm – 2:30pm)

Specify Other:

Which do you prefer, in person or remote bible study?

In-person Remote (Zoom)

Speaking The Truth

In Love

Most of us remember as kids hearing the old rhyme, “Sticks and stones may break my bones, but words will never hurt me.”

But the reality is that words can and do hurt. Words can inflict pain, the scars of which can last a lifetime, long after the scars from a stick or stone will have faded away.

As children, perhaps we remember hearing names like skinny, fatso, slowpoke, four eyes, dumbbell, being thrown around. Perhaps at us or others. Perhaps we did the name calling. Or a parent or teacher or other adult will have said, ‘What’s wrong with you, can’t you do anything right?’ Now, that may have been spoken in exasperation, and immediately regretted. Said often enough, it becomes a part of how a child sees themselves and is carried through to adulthood.

Adults are not immune to feeling hurt or discouraged through negative words of family, friends, co-workers, etc. No matter how stable or mature we see ourselves, we can feel diminished or even humiliated.

So, how do we most often respond in situations like that? We strike back aggressively with words that are meant to hurt the other person and put them down, so that we can feel better. We insult, lay blame, use sarcasm as verbal weapons. Did you know that the word ‘insult’ comes from a Latin word that means ‘to leap upon’? Or that ‘blame’ comes from an Old French word meaning “to speak

evil of”. And that ‘sarcasm’ has roots in Greek meaning ‘flesh tearing.’ So clearly, these are violent weapons meant to hurt. And what have we achieved with our verbal anger? Have we enlightened the other person, given them new insights, opened up a dialogue on whatever caused the problem in the first place? Highly doubtful. Yet, we keep reacting in the same old ways. In his book, *Speaking “The Truth in Love,”* Rev. Kenneth Haughk speaks of the three most frequent patterns of behavior that we use in situations of conflict.

1. Aggressive confrontation – wherein we lash out in anger, using words meant to put down, patronize, or demean. Sometimes, that verbal violence leads to actual physical violence.

2. Passiveness – we keep quiet. We say to ourselves, ‘Don’t make a fuss’. We withhold feedback and others never really know what we think or feel.

3. Passive aggressive - a more subtle form of aggression. A manipulative way of trying to get our own way by doing things like forgetting, being late, sulking, or using the silent treatment.

We can exhibit any of these behaviors at different times.

But, there is another way of dealing with conflict and hurt that aligns itself with trying to be a loving Christian, a good and faithful follower of Jesus, who taught us over and over the importance of loving and caring for one another. And that is by being Assertive. An assertive Christian expresses feelings, ideas, opinions without resorting to hostility, threats, or manipulation. An assertive Christian

believes that God values each person. Therefore, we are to love all, treating them with respect, even as we ask for respect from them. We understand that no one is perfect, including ourselves. People are complex and can exhibit a wide range of both positive and negative behaviors. Labeling, stereotyping, and over generalizing about others leads only to escalation and continuation of conflict.

Are we never to be angry? This is a very human emotion. Denying it doesn’t really address it and can make it worse. But if we own that emotion, accept that no one can make us angry, no one controls our emotions but ourselves, then we can express our feelings in a non-threatening way. For example, we can say, ‘I felt hurt, upset when you said those things,’ is different than saying, ‘You made me so angry when you said that. Who do you think you are?’ The first opens up the possibility of dialogue, of mutually respectful discussion. The second effectively closes it off. We can acknowledge our anger without using it as a club to bludgeon someone with.

Being assertive means we don’t lay blame, point fingers, or hurl insults. We communicate our feelings and opinions over a foundation of trust in the Divine and a willingness to be open to God’s direction. We develop self control., which is, after all, one of the fruits of the Spirit. When we are assertive we can develop listening skills, of really listening to another person, not just hearing them.

Continued on Page 8

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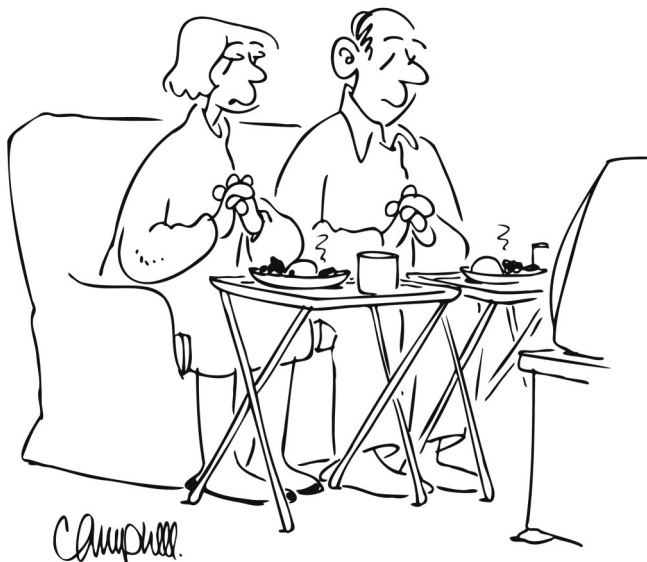
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CREATIVE EXPRESSION

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“Please bless these chops, these peas and these potatoes, both actual and couch.”

Save Your Old Magazines

Dave Hollowell would very much appreciate your saving the magazines you have read and passing them on to him. He takes them for the enjoyment of adult and nursing home residents and shut ins. They can be dropped off in the church office.

The deadline for the November issue of **The Link** is October 27.
Please email your copy to gbhoag@optonline.net.

United Methodists Really Are Better Together

Back in December, I wrote in the Columbus Ledger-Enquirer about how it was one of my toughest holidays because my family was going through a divorce. No, my marriage is fine, as well as those of my relatives. As for my church family, it's another matter. But there are some recent encouraging signs that show there's hope for many in The United Methodist Church.

The year 2022 was a tough one for my congregation. We had several painful meetings at the church I joined more than 20 years ago (after having been raised Catholic) in LaGrange. The pastor who brought me to Methodism, as well as the Methodist college president who hired me, were bitterly opposed by a lawyer brought in to argue for disaffiliation. My mentors spoke to my heart, reminding me why I became a Methodist in the first place. Their opponent played more to the courtroom, instead of us as a congregation, as if trying to score a judicial win. Two chose to preach, while the other elected to prosecute my views and those of my friends.

In another meeting among congregants, it sounded more like those angry over losses in the 2020 election, 2022 Georgia primary and the 2022 general election, were looking for revenge. I couldn't believe some of the words said in the meeting hall. It is truly a rare thing to leave me

speechless. I'm not ashamed to admit to weeping in the parking lot.

Throughout 2022, and 2023, my phone seemed to have developed a certain algorithm for putting in a daily news feed that included perhaps one disaffiliating Methodist church per day. Here's one in Florida that's leaving, or two in South Georgia, or three in Arkansas, or four in Alabama. I began to truly wonder whether anyone would be left in America's United Methodist Church, when news is presented like this in your social media feed.

So far, more than 6,000 U.S. churches have disaffiliated from The United Methodist Church, representing about 20% of the denomination's U.S. churches withdrawing since the denomination's disaffiliation policy went into effect in 2019. That means so far, 80% of United Methodist churches are still here, and by and large, they are resisting the siren song of disaffiliation.

That's good news at the macro level. At the micro-level, changes are occurring too. After being initially scared to voice their opinions publicly, others at our church who also feel that we really are better together and I have been able to talk. They've shared stories with me similar to my experience. It gives me hope that our congregation's 2023 vote on whether to disaffiliate need not be a revenge ballot for the elections of 2020 and 2022.

And it's not just about politics. I bet the overwhelming majority of our congregation identifies as conserva-

tive and votes Republican. And there are many among this group, despite the ideological polarization and the politics of disaffiliation, who choose to remain United Methodist. They can see beyond partisan squabbles to get the bigger picture.

Many of these longtime congregants who spoke with me shared stories about how much The United Methodist Church means to them. They've also rejected the arguments that they don't believe in Jesus Christ's divinity or the resurrection or virgin birth, just because they choose to stay with The United Methodist Church. You can be someone who provides Christian love to others, honoring Jesus' greatest commandments given in the New Testament (Luke 10:25-37 and Mark 12:28-34).

The Methodist Church in America split before the Civil War over the issue of slavery, and did not heal the bitter wounds until 1939. Similar arguments have emerged over the role of women in the church and segregation. But the church was able to resolve such disputes. Hopefully, many will choose not to make a similar decision to leave The United Methodist Church for what is politically popular in a particular region, and that we'll be better together.

—**Dr. John A. Tures**, UNMS
Tures is a professor of political science at LaGrange College in LaGrange, Georgia.

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The Rev. Dr. Debbie San Pablo, Pastoral Minister

Camille Flynn, Administrative Assistant

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Worship Video Livestreaming at PatchogueUMC.Org

Previous services available.



Speaking Truth

(From Page 5)

Certainly, trying to be a faithful Christian is full of challenges, including merging our faith, thinking patterns, and behavior choices. It's not easy. And yet, isn't that our goal – to live a life of God pleasing wholeness. A life of integrity.

In Ephesians 4, it is written, "But speaking the truth in love, we must grow up in every way into him, who is the head, which is Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly."

—Barbara Becker

Bible Quiz

Fill in the blank:

"Rejoice always, pray continually, give _____ in all circumstances; for this is God's will for you in Christ Jesus."

- A. alms
- B. praise
- C. thanks
- D. offerings



Answer: C (See 1 Thessalonians 5:16-18, NIV.)