

The LINK



UNITED METHODIST CHURCH OF PATCHOGUE

Since 1791

May 2023

Taking Care of You Spiritually

A balanced life is a process of perpetual learning intellectually, physically, socially and spiritually as molded by Jesus.

From Jesus' birth until age twelve, Luke 2:40 tells us that the child Jesus grew both physically and spiritually. He was filled with wisdom, and the grace of God was upon Him. Luke 2:52 also says that Jesus kept advancing in the four areas of growth.

- Jesus grew in wisdom—this was the intellectual development.
- Jesus grew in stature—this was the physical development.
- Jesus grew in favor with people—this was the social dimension
- Jesus grew in favor with God—this was the spiritual development.

This beautiful balanced growth of Jesus is the pattern for our own growth and maturity so that we will fulfill God's plans and purposes for our life.

We, as Christians have been reconciled to God, given a new standing before God, and given a new nature; however, the old nature still exists. There is a constant battle between the old Adam-like nature and the new Christ-like nature. Which nature will prevail?

The Apostle Paul tells us in 1 Timothy 4:7b-8, "Train yourself to be godly...godliness has value for all things, holding promise for both the present life and the life to come."

This scripture is a clear indication that Christians must be trained to maintain their new Christ-like nature. This is where spiritual disciplines play an

integral part; Christians must pursue the development of their spiritual life.

What does it mean to be spiritual? According to Kenton C. Anderson, PH.D. the author of "Preaching Spiritual Discipline", "To 'be spiritual' is to acknowledge that we are more than material. It is to affirm that we have been created with a soul that requires nurture and sustenance.

Continued on Page 7

WORSHIP IN MAY

May 7— Rev. Dr. Debbie San Pablo, John 14:1-14

May 14—Rev. Dr. Debbie San Pablo, John 14:15-21

May 21—Rev. Dr. Debbie San Pablo, John 17:1-11

May 28—Rev. Dr. Debbie San Pablo, John 20:19-23



Circle of Concern

Bereavement

The family of **Richard (Ricky) Belmonte**, Kathae Belmono's son and also Babette's nephew.

(Babette Bishop)

The family of **Ray Lyons**, who has been in our prayers while battling cancer. (Barbara Lyons)

Healing

Jason Cornetto who underwent an emergency amputation of his foot (Cindy Gunnerson)

Henry Prince, brother of Bob Prince, who is in need of healing prayers. (Dave Hollowell)

Lauren Halliwell, undergoing surgery for her pallet. (Kathy & Peter Halliwell)

Continued Prayers

Jim McHugh, Jackie LaMar, Linda & Walter Stawecki,, Ray Hensen, Justin Morrissey (Foot Surgery), Rhonda Nelson's father (Bone Cancer), Marie Georges (Heart Attack), Donna Logurcio (Pancreatic Cancer), Richard Rubino (Cancer), Claudia Mirzalli (Injured), DeAnna D'Amelio (ALS), Yvette (ALS) John (Lung Cancer), Jane Reid (Hospital), Ray Somerlad (Cancer), Baby Jude Cosimo (Retina Cancer), Gary Blackmore, Lucy Loris, Cindy Amodeo (Foot surgery), Jessie (15 y/o Girl Emotional), Louise Russo (Healing), Mary Morova (Health Issues), Kimberly Helfst (RSD), Eddie Weiss (severe leg injury), Brian McMurray (Pancreatic Cancer). Jill Kiefer Chaskin (Cancer), Suzanne Tierney.

—Kathy Keating
Keats1002@gmail.com



Operation Christmas Child

Operation Christmas Child is a project of Samaritan's Purse, which is a Christian international relief organization. OCC sends shoeboxes filled with small toys, hygiene items, and school supplies to children in need around the world, affected by war, poverty, natural disaster, famine, and disease. A simple shoebox shows the love of Jesus. Each month features different items for inclusion, **For May, the items are Yo-yos and jump ropes.**

This year, at Patchogue UMC our goal is to pack 30 shoeboxes at our Annual Packing Party in November. Please remember that your gift will be an expression of God's love to a child. In fact, it may be the only gift the child receives. So, plan to pack quality items that will last, and don't forget to make it FUN! To find out more go to www.samaritanspurse.org.

—Bonnie Watkins



It's **Sunday, June 11** at Carol Jansson's house, 374 Oak St., Patchogue. East of 112. Bring salads and or desserts to share.

United Methodist Church of Patchogue

May 2023

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

We The People

The period after the Revolutionary War was an unsettled one; a time of instability and change. The thirteen former British colonies now had to determine how to operate outside of British rule; how to actually form a more perfect union. They had to cope with evolving government structures, economic changes, population shifts.

Outside of the cities, the economy was mostly agrarian and rural. The total population was under four million—less than half of modern day New York City.

The Articles of Confederation were flawed—states only contributed what taxes they felt they could afford. State tax collection systems were inadequate. The new federal government had to settle debts from the War, maintain a military force, and pay for the normal costs of government.

In 1787, the US Constitution replaced the Articles of Confederation. It strengthened the federal government, granting the right to raise revenue, coin money, maintain a military. States gave up the right to coin money and raise armies.

In 1791, three quarters of the states ratified the first ten amendments to the Constitution—the Bill of Rights. Some of those rights like freedom of speech, freedom of religion are part of the great promise of this country. It is the second amendment that lies at the heart of the tragic and divisive conflict in our nation today.

What it says is, "A well regulated militia being necessary to the security of a free state, the right of the people

to keep and bear arms shall not be infringed."

It made some sense for that time, for the nature of the largely rural country and society. Wild animals abounded, who saw humans as potentially tasty meals, indigenous tribes were sometimes in conflict with the European inhabitants, (often because of the aggressive actions of the settlers) and communication was minimal at best. Not to mention the tentative capability of the still evolving federal government.

It made some sense then, but does it now? Certainly, the conditions that existed in 1791 are not those of the USA in 2023. We are no longer thirteen states, with four million people, struggling to survive. We are 50 states, with three hundred thirty six million people, in the most powerful country in the world. We are also the country with the highest numbers of mass shootings, with more guns in civilian possession than there are people.

If you define a mass shooting as four or more people shot—wounded or killed—then there have been more than 140 mass shootings since the beginning of 2023.

No other industrialized country in the world has the level of carnage attributed to guns than our country. Other countries have angry people, mentally ill people, criminals, racists and anti Semites. But none of them have the horrendous death rate from guns as we do.

What they do have that we don't are sane regulatory laws that limit gun ownership and as much as possi-

ble keep them from the hands of those who would do harm.

Why can't we do the same? I think part of the problem is a suspicion of government. A not unfounded suspicion. But what many people don't seem to understand is that the way you keep government in check is through an informed, active citizenry, that votes and engages in sane discourse over the issues. That stays on top of the issues. Not through the irrational use of weapons of death.

I get it that some people like to hunt, some like to target shoot, etc. There are reasons why people want to own guns. That in no way precludes sane, sensible gun ownership laws. Universal background checks, red flag laws, banning of assault weapons, these do not infringe our rights as citizens. They do help to limit the senseless slaughter of children, people shopping, people worshipping, innocent human beings going about their daily lives. If the thought of children's bodies being torn apart by assault weapons does not fill us with enough horror to do something about this crisis, then shame should be heaped upon our collective heads.

—Barbara Becker

United Methodists Join March For Gun Reform

Upward of a thousand protestors, including United Methodist clergy and laity, spent a sunny spring afternoon in downtown Nashville reliving the dark morning of a deadly school shooting, and pledged to keep pushing for more gun control.

"The last three weeks have been deeply painful," said Sarah Neumann, whose 5-year-old child survived the March 27 mass shooting at The Covenant School. "Our days are spent hearing children as young as 3 years old describe in horrific detail what they saw and heard. Third-graders saw the dead bodies of their friends, not just coffins."

Five caskets and an urn were marched April 17 from McKendree United Methodist Church to the Tennessee State Capitol, one for each victim of the assault. A crowd big enough to fill the expansive War Memorial Plaza heard speakers like Neumann exhort them to not let their anger dissipate.

Neumann described the "sorrowing wails" of a mother whose child was killed in the Covenant shooting.

"I worked in pediatric oncology for 13 years," she said. "I held kids in my arms as they died way too many times. Nothing compared to the scream of that mom."

United Methodists were well represented at the "Moral Monday" rally, where the crowd was diverse in age, race and faith.

"First of all, I'm here because I'm a preschool teacher," said Anna Voorhees, who works at the daycare of West End United Methodist Church. "The day after Covenant, my school received a threat, and I had to think about the fact that in a situation where somebody gets into our buildings, the only way to escape is to lift my babies out of a window. It's terrifying."

Events have moved rapidly in the aftermath of the murders of Evelyn Dieckhaus, 9; Mike Hill, 61; William Kinney, 9; Katherine Koonce, 60; Cynthia Peak, 61; and Hallie Scruggs, 9. The shooter, 28-year-old Audrey Hale, was killed at the scene.

On April 6, two state lawmakers, Rep. Justin Jones, D-Nashville, and Rep. Justin Pearson, D-Memphis, were expelled from the state legislature for disrupting a session by leading chants for gun reform with a bullhorn on the chamber floor. A third lawmaker, Rep. Gloria Johnson, D-Knoxville, escaped being expelled by one vote. She is white, and the two expelled lawmakers are Black. Jones and Pearson have subsequently been reinstated as interim legislators but will have to run for their seats again in a special election.

The April 17 protest was organized by Repairers of the Breach, a North Carolina social justice organization headed by the Rev. William Barber II. The shooting and its aftermath have been followed closely by national media.

"Returning individuals to their duly elected seat does not solve the problem," said Barber, president of Repairers of the Breach. "No, the past week's events have simply exposed the problem for all to see."

Barber said gun control is intertwined with other issues that also need addressing.

"We recognize that the same people that blocked gun laws, blocked health care," he said. "The same ones that blocked health care, blocked voting rights. And the same ones that

blocked voting rights, blocked a living wage. And the same ones that blocked living wages, they blocked dealing with the environment.

"If they are cynical enough to be together, we got to be smart enough to come together and stay together."

"There is a need to get the attention of state legislators to the insanity around their idolatry of guns," Feldhacker said. "It's a toxic relationship with guns, and logic doesn't seem to resonate with them."

Joerg Rieger, a theology professor at Vanderbilt Divinity School, said he's "hopeful about faith making a difference" and echoed Barber's sentiment that faith and social justice are intertwined.

"I think we don't have an option," Rieger said. "I grew up in Germany. What we learned in the Holocaust and afterwards about the Third Reich was that the church that's quiet when all these injustices are happening in their concentration camps ... is quite the problem, because it silently, tacitly endorses what's going on."

Maya, a 14-year-old student whose Episcopal priest father requested that her last name be withheld, left school early to participate in the protest.

"(The Covenant shooting) made me feel unsafe," she said. "I think that nobody should have to feel that way, and being part of the action makes me feel better."

"I'm hoping that we get change soon."

—Jim Patterson, UMNS

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Remember Your Pledge

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 June issue of **The Link** is May 26.
Please email your copy to gbhoag@optonline.net.

Spiritually (From Page 1)

To be spiritual is to submit to God's mercy and to find salvation by his grace." Spirituality is an essential attribute of a religious person; however a religious person may not necessarily be spiritual. Our spiritual nature is separate and distinct from the body in which it dwells. God communicates with our spirit.

The bible says "...it is written, No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him but God has revealed it to us by his Spirit. The Spirit searches all things, even the deep things of God." I Corinthians 2:9-10. If you lack spirituality, then your spirit is dead or dormant and is unable to know the things of God.

I Corinthians 2:14 says, "The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned."

To be disciplined is to train by instruction and control. "Discipline describes the activity of a disciple; it is an issue of likeness. A disciple of the world will live like the world, pursuing the interests of the world. A disciple of Christ will be like Christ; intentional choices are consistent with their identity as one who belongs to the Savior.

As a Christian, discipline is choosing to be proactive about developing patterns of thought, feelings, and deeds that will be consistent with the individual's primary commitment to Jesus Christ."

A spiritual discipline takes a specific part of your way of life and turns it toward God. A spiritual discipline is, when practiced faithfully and regularly, a habit or regular pattern in your life that repeatedly brings you back to God and opens you up to what God is saying to you. As Christians, we need to be committed to growing and maturing through the practicing of the spiritual disciplines; this will enhance and nurture our relationship with Christ. The role of spiritual disciplines is essential to uphold Godliness in our lives.

Godliness requires self-discipline. Richard J. Foster, the author of *Celebration of Discipline*, asserts that the spiritual disciplines may be divided into three movements of the spirit: The inward disciplines (i.e. Meditation, Prayer, Fasting, Studying), the outward disciplines (i.e. Simplicity, Solitude, Submission, Service), and the corporate disciplines (i.e. Confession, Worship, Guidance, Celebration). Disciplines and practices are tools that are a part of cooperating with the Spirit on the task of remaking us into what God wants us to be. We need these spiritual disciplines to assist us to push aside the old nature and bring the new Christ-like nature to the forefront. The use of spiritual disciplines will allow us to position ourselves so that God can transform us.

Romans 12:2 tell us to be transformed by the renewing of our mind. These disciplines will allow us to shift our focus from the world and begin to set our affections on things above. As we alter our thinking, a

renewal will take place, which in turn produces a transformation.

Spiritual disciplines are meant to bring the abundance of God into our lives. This will allow the Christian to establish an intimate relationship with God. The only way to cultivate an intimate relationship is to spend quality time with the person whom you are establishing the relationship with.

The abundance of God in our lives will be determined by how much time we spend with him. As you practice spiritual disciplines you bring the presence of the Lord in your life. God's presence takes you to His Glory, the Shekinah of God.

Richard Foster states, "Shekinah means the glory or the radiance of God dwelling in the midst of God's people. It denotes the immediate presence of God as opposed to a God who is abstract or aloof."

Foster also points out that the primary requirement to practicing spiritual discipline is a longing after God.

The psalmist writes "As a hart longs for flowing streams, so longs my soul for thee, O God. My soul thirsts for God, for the Living God." Psalm 42:1-2. As the life of a deer depends upon water, our lives depend upon God. Those who seek and long to understand him will find the abundance of God in their lives.

Spiritual discipline is crucial in ministry because it involves close communion with our creator. As Christians, our goal should be to become more and more like Christ every day.

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 Previous services available.



Spiritually (From Page 7)

The spiritual disciplines allow us to consciously cooperate with God so God can transform us, they provide the right conditions for the Spirit to grow, and they enable us to be filled with God's Word and God's Spirit.

A sustained spiritual discipline encourages progress toward holiness to the point where Christ-likeness, the fruit of the Spirit can become the default setting for one's life. The role of spiritual disciplines must play an active role in ministry because they are the actions that we can take to help deepen our faith and encourage us on our journey as Christians.

Spiritual disciplines are the path we must take to godliness.

—Pastor Debbie



Heavenly Father,
 I speak this prayer to you now in gratitude and praise for the gift of mothers. My mother, those of my friends, relatives, those I'll never know, all mothers. Thank you for the role they play in the family unit. Thank you for their teachings, their wisdom, their patience, and understanding. Thank you for the physical, emotional, and spiritual gifts they possess. I pray that you help mothers all across the world to be a blessing upon their children. Whether delivering affirmation or discipline, I pray that you help every word and action

to be done in love. And I pray that children throughout the world would take time to honor their mothers, that you would show them how to uniquely do so.

I pray that these mothers also act as a blessing beyond their households, reaching into their extended families, communities, churches, schools. I pray that the impact of motherhood is revered throughout society and that these women are acknowledged for their everyday impact on the world. May you guide each of them into fulfilling their purpose here on Earth. Amen.

—Aaron D. Brown , Christianity.com

May Birthdays

May 11 Noah Lyons

May 11 Robert Queen