

The United Methodist Church at Mount Tabor
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Time Value—Please Do Not Delay



THE UNITED METHODIST CHURCH AT MOUNT TABOR

NEWSLETTER—JULY 2020





UMC at Mount Tabor

JULY 2020

Rev. Rosario Quiñones
Pastor
 Rev. Carolyn Fagan
Pastor Emeritus
 Pastor Jeannette Zajac
Student Pastor
 Dawn Zinckgraf
Manager of Tabor's
Treasures Thrift
Shop
 Dodi Skovronek
Office Administrator

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Inside this issue:

Farewell and Hello	2-5
Worship Information	6-7
Tabor's Treasures	8
Confirmation	9
Food Drive	10
Drive-by	11
Children's Day	12
Re-Opening Q&A	13
COVID-19	14-15
Garden of Peace	16
Online Giving	17
Birthdays	18
Prayer Requests	19
Contact Info	20

For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; ...[Ecclesiastes 3:1-8](#)

The season of change is upon us. As we bid farewell to Pastor Amanda, we look fondly on our memories of her time here at the UMC at Mount Tabor. As a church, we can make personal promises to continue the work that she started here. We wish Pastor Amanda every success in her new church. We hope she carries the spirit of "The Little Church That Could" with her into her new appointment.

We welcome Pastor Rosario with open hearts. We look forward to the talents she will offer the church. Please join us on July 5th online, as Pastor Rosario debuts in her first worship service at the UMC at Mount Tabor! Her diversified background will bring us new gifts, ideas, and visions to continue to move our church forward. Please see the small biography on the following page and learn a little bit about her.

Although this is a very difficult time for transition, we rejoice in this season of change. We pray for God's blessing on Pastors Amanda and Rosario as they begin their new journeys. Please join us in welcoming Pastor Rosario.

Peace and blessings to you.

WELCOME PASTOR ROSARIO QUIÑONES

Rosario was born in Puerto Rico and her faith journey began in childhood. She completed a Master of Divinity with Certificates in Hispanic and Urban Ministries at SMU Perkins School of Theology in Dallas, Texas and earned a Master of Sacred Theology and a Master of Philosophy with concentration in biblical studies, ethics, gender and sexuality at Drew Theological School. Rosario advocates for justice and equality and has served as local pastor in multicultural and reconciling churches. She is a lawyer in Puerto Rico, and worked as CPA and forensic accountant. She has participated in startup churches, missions and other ministries, including finance, worship, small groups, bible studies, and discipleship.





A Thank You from Pastor Amanda

Dear Church Family—

Thank you so much to all who came out for our 'drive-by' farewell! It was wonderful to see you. The Munchkinland references especially made us 😊 laugh.

Thank you, also, for the very generous monetary gift we received, for our memory book, and for Gregory's Sunday School book.

You will be forever treasured in our hearts!

Peace and love,

Pastor Amanda, George, and Gregory



PROTOCOLS FOR OUTGOING/INCOMING PASTORS

As Pastor Amanda transitions to New City and Pastor Rosario begins her work here at Mount Tabor, please be aware of the following (from the Conference):

As of the effective date of a new appointment, a pastor shall immediately cease all pastoral counseling and pastoral visitation with members or member families in the previous appointment. Since appointments are generally announced at least several weeks in advance, each pastor has adequate time in which to affect closure and make appropriate referral to another for the pastoral care of members.

Pastors shall have a clear understanding with former congregations that they will not return to officiate at baptisms, weddings, and funerals, or do pastoral counseling or pastoral visitation in that parish. Pastors, active or retired, shall respectfully decline to participate in such duties when invited by members of a former congregation. Declining all such invitations is the responsibility of the previous pastor.

The District Superintendent must be consulted by the previous pastor in advance of any return for pastoral functions. Such visits to former churches shall require the advance approval of the District Superintendent. The present pastor should never be under any pressure to invite the previous pastor. Pressure to involve the previous pastors should not be generated by either the congregation or the previous pastor.

WORSHIP INFORMATION

**PLEASE SUPPORT
THE INTERFAITH
FOOD PANTRY
WITH YOUR
NON-PERISHABLE
DONATION!**

**Food Pantry
Sunday is
July 26th.**



IN-PERSON SERVICES ARE CANCELED UNTIL FURTHER NOTICE DUE TO COVID-19. ON-LINE SERVICES WILL BE POSTED ON YOUTUBE EVERY SATURDAY. LINKS TO SERVICES AND UPDATES ARE BEING SENT BY EMAIL. IF YOU ARE NOT ON THE EMAIL LIST, CONTACT THE CHURCH OFFICE AND YOU WILL BE ADDED. PLEASE BE SAFE, FOLLOW THE RECOMMENDATIONS, CHECK ON YOUR FRIENDS/FAMILY/NEIGHBORS, PRAY, PRACTICE SOCIAL DISTANCING, AND WASH YOUR HANDS!!! UPCOMING WORSHIP INFORMATION ON THE FOLLOWING PAGE.



ALSTEDE FARMS

**began their CSA on
Tuesday, April
28th.**

**There is still time
to join!**

**Call Alstede Farms
at 908-879-7189 to
join.**

**Pick up on Tues-
days at 30 W. Mor-
ris Avenue, Mount
Tabor each week
until after Thanks-
giving. Support
local farmers and
enjoy fresh pro-
duce each week!**

Independence Day Prayer

Corinne McLaughlin and Gordon Davidson

“May we as a nation be guided by the Divine to rediscover the sacred flame of our national heritage, which so many have given their lives to safeguard. Let the wounds of separation and division be healed by opening our hearts to listen to the truth on all sides, allowing us to find a higher truth that includes us all.

May our leaders inspire us, and we so inspire each other with our potential as individuals and as a nation, that a new spirit of forgiveness, caring and honesty be born in our nation.

May we, as a united people, move with clear, directed purpose to take our place within the community of nations to help build a better future for all humankind.

May we as a nation rededicate ourselves to truly living as one nation, under God, indivisible, with liberty and justice for all. Amen”

UPCOMING WORSHIP INFORMATION

July 5th— Worship with Celebration of the arrival of Pastor Rosario Quiñones online. We will forward the link to this service in an email.

While we do not have date for in-person worship, we will keep you posted. We are all anxious to return to church for worship together but we want to ensure that we can do it safely. We are working on guidelines and disinfecting policies to keep everyone safe when we do meet again. Stay tuned.



Tabor's Treasures

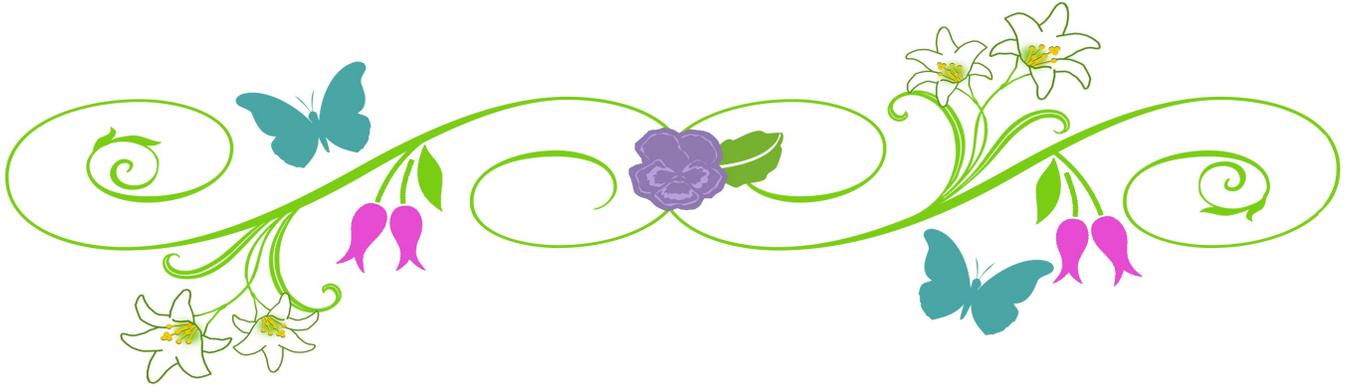


THRIFT SHOP

We are pleased to announce that Tabor's Treasures Thrift Shop will be opening for business on Tuesday, July 7th!

We will require all customers to wear face coverings while in the shop. Hand sanitizer will be available at the door for use upon entering and leaving. We will also be limiting the number of customers allowed in the building at one time. The safety of our customers and staff is our number one priority and we appreciate it being yours also!

We look forward to welcoming you back! Dawn and the staff have been working very hard to get the shop loaded with new merchandise. We can't wait to see you again!



CONGRATULATIONS TO OUR CONFIRMANDS!

Please join us in welcoming our newest members of the United Methodist Church at Mount Tabor, Sara Lemanowicz and Liliana Roeder!



FOOD DRIVE

UNITED METHODIST CHURCH AT MOUNT TABOR

SUNDAY, July 26th 10:00 a.m. to noon

To benefit the



Interfaith Food Pantry
and Resource Center

IT'S THAT TIME AGAIN!!

Our church and our community have been VERY generous in helping meet the needs of the Interfaith Food Pantry.

But the food pantry **continues to be in desperate need of food.**

Please drop your items outside the front of the church. No contact with anyone!!! We will take them to the food pantry.

This is a tough time for everyone...but we are at our best when we help each other.

THANK YOU!!!

PASTOR AMANDA'S GOING AWAY "PARTY"

What do we do when we can't have a going away party? We get creative and find a way to celebrate her in a socially distant way! The Congregation (and Tabor Neighbors) rallied to hold a "Going Away Parade" for Pastor Amanda, George and Gregory!



MO UPDATE

Ways we are in mission during this time of 'distancing'—

Food Drives will be held each Food Pantry Sunday (last Sunday of each month) until we are back together in worship.
10am-12noon.

We have a TON of **fabric available for FREE for those making masks** to assist in the fight against COVID-19! Contact The Church Office.

Our **'Caring Contacts' team** is reaching out by phone call/emails to our members. If you are interested in joining the effort, contact the church office.

WORSHIP ON YOUTUBE

Even when we cannot physically come together as a congregation, we can still worship "together" in our own homes. Join us on Sunday mornings (or whenever you can tune in) on YouTube. An email will be sent out on Saturday evenings with the link. Please join us!



CHILDREN'S DAY UPDATE

Due to COVID-19 and the uncertainty of where we will be in a month's time, Children's Day will be held a bit differently this year.

The Flag Raising and Cannon Firing will happen Saturday (August 8th) morning.

House Decorations are encouraged. Judging will be Saturday from 11a-2p. Everyone is encouraged to walk/drive around to see them on Saturday, keeping within your social "bubble".

There will be food trucks roaming around the hill on Saturday. Residents will be given coupons for free food. Guests can purchase food.

No parades, no midway, no coronation/show, no athletic events. They are discouraging visitors in an attempt to keep the residents safe.

The theme this year is "Tabor Together, The Tradition Continues".

It will be different. It won't be as action packed. But it could be an awesome Saturday if everyone does a House Decoration! Please participate if you can!

Re-Opening Q & A

Q: When will the church re-open for worship?

A: We don't know. There are requirements that must be met to re-open the church.

Q: What are the requirements that need to be met to re-open?

- A: 1. The Governor must give the 'OK' for churches to re-open for worship**
- 2. Our Trustees must establish policies and procedures regarding re-opening.**
 - 3. Our Administrative Council must vote to approve the recommendations from the Trustees.**

Q: Has the Governor given the "OK" for churches to re-open for worship?

A: Technically, yes. But we are currently only allowed 10 people inside the building at a time (25 outside).

Q: Have our Trustees established policies and procedures regarding re-opening?

A: This is happening now. Our Trustees will be meeting to discuss within the next week.

Q: When will our Administrative Council meet to vote on the Trustees' recommendations?

A: At our next Ad Council meeting—Monday, July 13th, at 7:00pm (on Zoom). All are welcome.

Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
 - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
 - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.



Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider’s office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



CS19109-4 05/08/2020

[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

Clean and disinfect: Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom. If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

Clean and disinfect areas that may have blood, stool, or body fluids on them.

Household cleaners and disinfectants: Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant. Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.

Most EPA-registered household disinfectants should be effective.

Monitor your symptoms

Seek medical attention, but call first: Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing). **Call your doctor before going in:** Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.

Wear a facemask: If possible, put on a facemask before you enter the building. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.

Follow care instructions from your healthcare provider and

local health department: Your local health authorities will give instructions on checking your symptoms and reporting information.

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

Difficulty breathing or shortness of breath

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face

How to discontinue home isolation

People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions: **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened: You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND

other symptoms have improved (for example, when your cough or shortness of breath have improved) AND

at least 7 days have passed since your symptoms first appeared

If you will be tested to determine if you are still contagious, you can leave home after these three things have happened: You no longer have a fever (without the use medicine that reduces fevers) AND

other symptoms have improved (for example, when your cough or shortness of breath have improved) AND

you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available [here](#).

Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: If you have a med-

Garden of Peace



HAS BEGUN!

We are creating a beautiful garden that includes a paver patio surrounded by trees, plants, perennials, a unique water feature and landscape lighting. This will be a special place of remembrance for our loved ones with the interment of ashes. The patio area will be 16' x 16' using 12" x 12" stone pavers. Each stone paver can be purchased and engraved in memory of our loved ones for a \$500.00 donation. This will be a great way to support the church and remember those who have passed on. Consider reserving a place for yourself or someone special for the future. The church is a special place to many of us and now we have a way to stay connected. This project will be overseen by the church trustees to assure maintenance and preservation of the garden. **We are now officially accepting applications.** Packets are available in the Church Office. Now is the time to fill out your application and submit payment to reserve your spot. This fundraiser will help with our goal of long term stability, all your support is greatly appreciated. Optional payment terms are now available for those who need them: You may make 2 payments of \$250.00 each or 5 payments of \$100.00 each.

The ground has been cleared, our water feature has been installed, plantings have begun, and pavers are being laid! If you need forms or have questions about the Garden, please contact the Church Office or Mike Zinckgraf.

Offering During Our Closure

COVID-19 has made many aspects of life difficult, including finances. If you are able, please continue giving to the church. Perhaps you can even give a little more to help offset those who are unable to do so at this time.

If you are experiencing financial difficulty yourself, please contact Pastor Amanda. And remember, we are praying for you.

4 ways to give:

- Send your check to the church office. Thank you to all those who have sent offering already!
 - Set up automatic, recurring gifts through your bank.
 - Donate electronically via GIVELIFY (instructions below).
- Donate electronically through the Conference website gnjumc.org (click on the heading at the top of the page entitled ‘give to your church’).



How To Make Your First Givelify Donation

- 1 Download the free Givelify app



- 2 Locate our Place of Worship

- 3 Tap My Place of Worship

- 4 Tap the Give button

- 5 Tap an amount

- 6 Select an envelope

- 7 Tap Give Now

- 8 Create your account

- 9 Enter payment information

➔ Next time you use Givelify, save time with the **1-TAP GIVE NOW** button



HAPPY BIRTHDAY!

- June 18th Fran Byrnes-Spray (sorry Frannie!)
- July 1st Chrissy Weaver, Leonora Stroh
- July 3rd Paige Corcoran
- July 4th Kelli Smith
- July 5th Carolyn Ryans
- July 7th Bonnie Zeh
- July 10th Pastor Amanda Hemenetz
- July 13th Talia Spille
- July 18th Matt Meyers
- July 23rd Isobel Stroh
- July 26th Nicole Zinckgraf
- July 27th Rick Meyers



HAPPY ANNIVERSARY!

- July 12th Dale & Robert Lennox
- July 24th Sherri & James Douglas

We apologize if you were not included on our list. If we have not listed your birthday, please contact the church office so we can include you in future editions.

Members and Friends In The Military

- Erin Parker**, *US Air Force*, former church member and son of Kathy & Chris Parker
- Michael O'Neil**
- Drew Greenlees**, *US Navy*, serving in Iraq, Graduate of PHHS, grew up in Glacier Hills
- Mike Sgambati**, *US Air Force*, living in New Mexico, Husband of Melissa Meyers
- Alex Degrosky**, friend of the Scala Family
- Steven Masker**, US Army, back in the US-friend of the Dickerson Family
- Melissa Pier**, US Marines
- Danny Antolos**, friend of Ruth Blazure
- Ridar Gunderson**, *US Marines*



We will be re-opening
on July 7th!
We can't wait to see
you back in the Shop!

Today's Chuckle

ANNOUNCEMENTS

BITS & PIECES

Do you have something to announce? The deadline for the **weekly bulletin** is Wednesday at 10:00am. The deadline for the **monthly Tidings** newsletter will be the 20th of each month. Please feel free to contribute!!

PRAYER CHAIN

Our church has an active prayer chain whose members regularly receive requests for prayers for specific needs. Although most often it concerns health, the need may be in other areas as well. To place a request for prayers, please call the church office at 973-627-4243 or email the office at umcmounttabor@verizon.net.



PRAYERS NEEDED

Please keep the following people in your prayers:

David Ober, Jr	Donna Wojcik
Jan Atkinson	Michael Manna
Carolyn Wescott	Jeanne Believe
Beth Shaw	Patricia Caldari
Shirley Lynch	Gail Stiner
The Family of Barry Halsey	Ron Dickerson
All the Families who lost loved ones to COVID-19	
Pastor Amanda, George & Gregory	
Pastor Rosario & Alma	

Student: **J. Christ** Grade: 10

COURSE	GRADE	COMMENT
English	C	Tends to write in archaic forms ("sayeth," "maketh," etc.) and relies overly on outmoded figures of speech.
History	B	Excellent and enthusiastic pupil of ancient history but is baffled by the modern era.
Earth Science	Incomplete	Totally misinterpreted a major assignment on the age of rocks and instead reported on the "Rock of Ages." Needs to repeat.
PE	D	A troublemaker—e.g., during our unit on swimming, refused to work on technique and instead tried to walk across the pool.

General Comments: A charismatic boy but social concerns persist. Most disturbing is that he has organized a gang of 12 of his peers. Also, he should keep his hair at a tidy length and not wear sandals, in accordance with the school uniform guidelines. —PLEACHER.COM

WELCOME

The United Methodist Church at Mount Tabor is a community of faith-filled friends who seek to grow closer to God through the ministry of Jesus Christ and by the guidance of the Holy Spirit. We celebrate the history of Mount Tabor, and look with hope toward the future. Everyone is welcome here; everyone is cherished here; for everyone is a child of God. All are welcome to participate with us in our journey of faith, regardless of background, theological stance, or personal characteristics. We rejoice in God creating us to be a diverse family; and we strive to follow the Spirit's leading as one, while maintaining and upholding our individuality. Because of the current official stance of The United Methodist Church, we feel it is important to state a welcome to those of all sexual orientations and gender identities—You are welcome here.

God loves you just the way you are; and so do we.

OUR TEAM IN MINISTRY

Pastor: Pastor Rosario Quiñones

Email: rosario.l.quinones@live.com

Pastor Emeritus: Reverend Carolyn Fagan

Home: 973-285-3965 Email: carolynmayfagan@gmail.com

Student Pastor: Jeannette Zajac

Cell: 570-269-5182 Email: Jeannette.zajac@gmail.com

Manager, Tabor's Treasures: Dawn Zinckgraf

Home: 973-538-5039 Email: taborstresuresumc@gmail.com

Church Office Administrator: Dodi Skovronek

Office: 973-627-4243 Email: umcmounttabor@verizon.net

Ad Council Chair	Jeff Dickerson	973-625-2879
Church Council	John Ryans	973-625-3660
Finance	Kevin Davis	973-971-9927
Fundraising	Adam & Trish Caravaglia	973-903-9082
Lay Leader	Ned Stroh	973-876-9846
Lay Member to Conference	Bruce Downing	973-627-5424
Ministry of Art	Dawn Zinckgraf	973-538-5039
Mission Outreach	Warren Ververs	973-625-7310
Recording Secretary	Nancy Gerardi	973-479-2364
Staff Parish Relations	Janet Ryans	973-625-3660
Stewardship	Jill Downing	908-852-6026
Sunday School	Hilary Ververs	973-625-7310
Trustees	Mike Zinckgraf	973-538-5039

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