

The United Methodist Church at Mount Tabor
5 Simpson Avenue
PO Box 29
Mount Tabor, NJ 07878-0029

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Time Value—Please Do Not Delay



THE UNITED METHODIST CHURCH AT MOUNT TABOR

NEWSLETTER—AUGUST 2020





AUGUST 2020

UMC at Mount Tabor

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

5 Simpson Avenue
PO Box 29
Mount Tabor, NJ 07878
973-627-4243
Email:
umcmounttabor@verizon.net
tabortreasuresumc@gmail.com
Website:
www.umcmounttabor.com

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This was an article written by Congressman John Lewis shortly before his death. As followers of Christ, there is a lot we can glean from Mr. Lewis' final words. This is not a political statement, it is a dying man's view on compassion, hope and peace. I thought it was worth sharing.

"While my time here has now come to an end, I want you to know that in the last days and hours of my life you inspired me. You filled me with hope about the next chapter of the great American story when you used your power to make a difference in our society. Millions of people motivated simply by human compassion laid down the burdens of division. Around the country and the world you set aside race, class, age, language and nationality to demand respect for human dignity.

That is why I had to visit Black Lives Matter Plaza in Washington, though I was admitted to the hospital the following day. I just had to see and feel it for myself that, after many years of silent witness, the truth is still marching on.

Emmett Till was my George Floyd. He was my Rayshard Brooks, Sandra Bland and Breonna Taylor. He was 14 when he was killed, and I was only 15 years old at the time. I will never ever forget the moment when it became so clear that he could easily have been me. In those days, fear constrained us like an imaginary prison, and troubling thoughts of potential brutality committed for no understandable reason were the bars.

Though I was surrounded by two loving parents, plenty of brothers, sisters and cousins, their love could not protect me from the unholy oppression waiting just outside that family circle. Unchecked, unrestrained violence and government-sanctioned terror had the power to turn a simple stroll to the store for some Skittles or an innocent morning jog down a lonesome country road into a nightmare. If we are to survive as one unified nation, we must discover what so readily takes root in our hearts that could rob Mother Emanuel Church in South Carolina of her brightest and best, shoot unwitting concertgoers in Las Vegas and choke to death the hopes and dreams of a gifted violinist like Elijah McClain.

Like so many young people today, I was searching for a way out, or some might say a way in, and then I heard the voice of Dr. Martin Luther King Jr. on an old radio. He was talking about the philosophy and discipline of nonviolence. He said we are all complicit when we tolerate injustice. He said it is not enough to say it will get better by and by. He said each of us has a moral obligation to stand up, speak up and speak out. When you see something that is not right, you must say something. You must do something. Democracy is not a state. It is an act, and each generation must do its part to help build what we called the Beloved Community, a nation and world society at peace with itself.

Ordinary people with extraordinary vision can redeem the soul of America by getting in what I call good trouble, necessary trouble. Voting and participating in the democratic process are key. The vote is the most powerful nonviolent change agent you have in a democratic society. You must use it because it is not guaranteed. You can lose it.

You must also study and learn the lessons of history because humanity has been involved in this soul-wrenching, existential struggle for a very long time. People on every continent have stood in your shoes, though decades and centuries before you. The truth does not change, and that is why the answers worked out long ago can help you find solutions to the challenges of our time. Continue to build union between movements stretching across the globe because we must put away our willingness to profit from the exploitation of others.

Though I may not be here with you, I urge you to answer the highest calling of your heart and stand up for what you truly believe. In my life I have done all I can to demonstrate that the way of peace, the way of love and nonviolence is the more excellent way. Now it is your turn to let freedom ring.

When historians pick up their pens to write the story of the 21st century, let them say that it was your generation who laid down the heavy burdens of hate at last and that peace finally triumphed over violence, aggression and war. So I say to you, walk with the wind, brothers and sisters, and let the spirit of peace and the power of everlasting love be your guide."

Dodi

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

Food Pantry
Sunday is
August 30th.



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!

WORSHIP INFORMATION

We are currently back to in-person worship!!

**Worship will be held in the Garden of Peace at 11:00am.
Please bring your own chairs. Masks are required. Red
flags in the grass mark a 6 foot distance.**

It is good to be back. Please join us!



To Be A Blessing (Dare You Pray This?)

365 Pocket Prayers

Dear Lord, Help me to be a blessing to someone today.

I know that blessings can be given and received, today let me give.

Grant me the opportunity to encourage, love or comfort someone
who needs a touch of your grace today.

Give me discernment in both my prayers and my actions.

Bring people into my path today that I can bless. Amen.

UPCOMING WORSHIP INFORMATION

August 2nd—11am Worship in the Garden of Peace

August 9th—Children's Day Worship. 11am in the Garden of Peace. No worship in the Tabernacle.

August 16th—11am Worship in the Garden of Peace

August 23rd—11am Worship in the Garden of Peace

August 30th—11am Worship in the Garden of Peace



Tabor's Treasures



THRIFT SHOP

We are pleased to announce that Tabor's Treasures Thrift Shop has re-opened for business!

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!

FOOD DRIVE

UNITED METHODIST CHURCH AT MOUNT TABOR

SUNDAY, August 30th 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!!!

To The UMC at Mount Tabor—

Last year I visited our new “sister church”, Teabo on a few occasions. I knew and liked their pastor so I wanted to surprise her and her husband (which I did...he nearly fell over!).

As (probably) the only person from Tabor to have ever been there, I felt compelled to reach out to them by email recently. I wanted them to form their own opinions of Tabor so all I said about us is the same thing I’ll say about them. I told them we are small, but mighty. And I’m sure they’d describe their church in a similar manner.

We are all living in some pretty emotional times. Trying times that may have caused us to question our faith. Difficult times that call us to rely on our faith. And challenging times that will hopefully strengthen our faith.

I’m looking forward to growing together on our faith journeys, under the leadership of Pastor Rosario (and her family) and with partnership of Teabo Church.

Than you, Pastor Amanda, George and Gregory for being in our lives and getting us to this point. This isn’t goodbye, it’s good luck...and Godspeed.

Jeff Dickerson

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

For those who cannot physically come to outdoor worship, we can still worship "together" in our own homes. Join us on Sunday mornings (or whenever you can tune in) on YouTube. The outdoor services will be streaming on FaceBook Live also. Separate but together!



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!

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.



CS17024-05/08/2020

[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 The Pandemic

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 Rosario. 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

August



& Birthdays Anniversaries

HAPPY BIRTHDAY!

- August 1st Jewel Burns
- August 4th Amanda Kratt
- August 11th Jared Osborne
- August 15th Devon Cochran
- August 17th Nancy Stadlander
- August 20th George Hemenetz
- August 26th Linda Sullivan
- August 31st Rachael Miller



HAPPY ANNIVERSARY!

- August 15th Janet & John Ryans
- August 27th Jacqueline & Jeff Corcoran

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*



Tabor's Treasures

THRIFT SHOP

Hours:

- Tuesday 10a-2p
- Wednesday 10a-2p
- Thursday 4p-8p
- Friday 10a-2p
- Saturday 9a-1p

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.

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	

Today's Chuckle



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

Home: 973-627-2940 Cell: 214-636-2644 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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