

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—DECEMBER 2020





DECEMBER2020

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UMC at Mount Tabor

From The Pastor—

LIGHTS UP, POINTERS TO CHRISTMAS!

Christmas lights are coming up around our neighborhoods breaking through the darkness of the nights. A sign of hope and joy in a year where hope and joy are much needed. They serve as pointers to Christmas... Christmas is coming!!

Every time I go by a home with Christmas lights, my heart jumps, re-joying and remembering my childhood. My parents loved to decorate our home with lots of lights of all sorts of colors. As I drive through our neighborhood today, it gives me a sense of familiarity and a feeling that we are together in this difficult season.

But then I think that not every home will have Christmas lights this year... and that those on the rooves of our homes today, will not last much... in a few weeks they will go off...

And then, I think of a light that is brighter and everlasting. This is God's gift to the world, the light of Christ that pierces through the darkness of our lives to give us hope, love, joy, and peace. It is the light that stands by us, showing us the path through our darkest and more difficult times. This our gift from God. The reason for Christmas. More than ever, this is the light that we need to treasure deep in our hearts.

When we accept this gift from God come into our hearts and have our lives be transformed by it, we become light! We become hope! We become joy! We are God's plan to build up the world, a world that, more than ever, needs God's light of love, joy, justice, and peace!

Be the pointer to Christmas, be God's light wherever you go!

For the next weeks until Christmas we will be walking through the journey of Advent, a way to prepare for the celebration of Christmas, Jesus' birth, the true Light of the world.

Come, Join us!

Have A Blessed and Joyful Christmas!

Pastor Rosario

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

Our next Food
Pantry Sunday
is
December 20th.



We wish you a
safe, happy,
spirit-filled
Christmas!

Whether you
are spending
time with fami-
ly or quietly
distancing, we
hope it is won-
derful!



WORSHIP INFORMATION

We are finally back to indoor worship!!
Join us at 11:00am, we will be back in the sanctuary.
Masks are required. Temperature checks upon arrival.
Socially distant seating.
It is good to be back.
Please join us!



Prayer For December

Dear Lord, we pray that this last month of the year will be filled with your peace, presence and hope. Help us to remember what is important during this season. May we find joy in simple pleasures and treasure each opportunity to gather with family and friends. We pray for comfort for all who are going through difficult times. We ask for your healing hand to be upon all who are ill. We pray for provision for all who are in need. We pray for protection for all who are in harms way. Please bless us and use us, so we can be a blessing to others. We thank you for our Savior Jesus in whose name we ask these things. Amen

Debbie Kay, Hope For The Broken Hearted.com

December 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tabor's Treasures 10a-2p Incarnation Virtual Study 7p via Zoom	2 Office Hours 10a-2p Tabor's Treasures 10a-2p	3 Tabor's Treasures 4p-8p	4 Office Closed Tabor's Treasures 10-2p	5 Tabor's Treasures 9a-1p
6 Worship 11a Youth Bible Study 1p	7 Office Hours 10a-2p Ad Council 7p	8 Tabor's Treasures 10a-2p Incarnation Virtual Study 7p via Zoom	9 Office Hours 10a-2p Tabor's Treasures 10a-2p	10 Tabor's Treasures 4p-8p	11 Office Hours 10a-2p Tabor's Treasures 10-2p	12 Tabor's Treasures 9a-1p
13 Worship 11a Youth Bible Study 1p	14 Office Closed	15 Tabor's Treasures 10a-2p Incarnation Virtual Study 7p via Zoom	16 Office Hours 10a-2p Tabor's Treasures 10a-2p	17 Tabor's Treasures 4p-8p	18 Office Hours 10a-2p Tabor's Treasures 10-2p	19 Tabor's Treasures 9a-1p
20 Worship 11a Youth Bible Study 1p Food Pantry Sunday	21 Office Hours 10a-2p	22 Tabor's Treasures 10a-2p Incarnation Virtual Study 7p via Zoom Tabor's Treasures Closed	23 Office Hours 10a-2p Tabor's Treasures Closed	24 CHRISTMAS EVE Tabor's Treasures Closed	25 CHRISTMAS Office Closed Tabor's Treasures Closed	26 Tabor's Treasures Closed
27 Worship 11a Youth Bible Study 1p	28 Office Hours 10a-2p	29 Tabor's Treasures Closed	30 Office Hours 10a-2p Tabor's Treasures Closed	31 Tabor's Treasures Closed	Happy New Year!	



Wishing everyone a very Merry Christmas!

The celebration may be different this year, but the joy of Jesus' birth remains the same.

May your Christmas be safe, healthy, spirit-filled, and a bit magical!

Blessings to everyone for a better 2021!

Incarnation

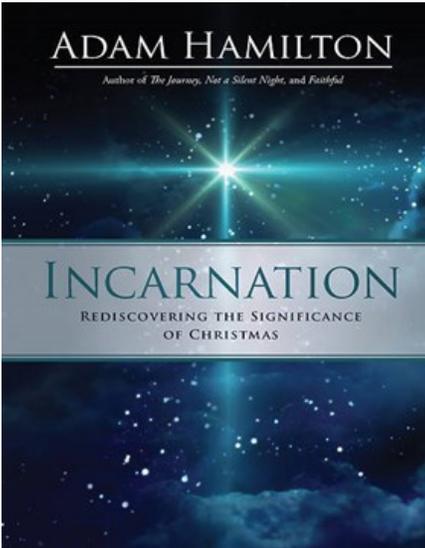
Be Transformed this Advent Season!

Join us in ZOOM Tuesdays at 7 p.m. starting

Facilitator: Pastor Rosario L. Quiñones

His parents gave him the name Jesus. But the prophets, the shepherds, the wise men, and the angels addressed him by other names. They called him **Lord, Messiah, Savior, Emmanuel, Light of the World, and Word Made Flesh.**

In ***Incarnation: Rediscovering the Significance of Christmas***, best-selling author Adam Hamilton examines the names of Christ used by the gospel writers, exploring the historical and personal significance of his birth.



This Advent season church families will come together to remember what's important. In the face of uncertainty and conflict, Christians reclaim the Christ Child who brings us together, heals our hearts, and calls us to bring light into the darkness.

Now more than ever, we invite you to reflect upon the significance of the Christ-child for our lives and world today!

Weekly Topics include:

11/24 – The Royal Titles: Lord and Messiah

12/01 – The Deliverer's Title: Savior

12/08 – The Incarnate Title: Emmanuel

12/15-The Light of the World

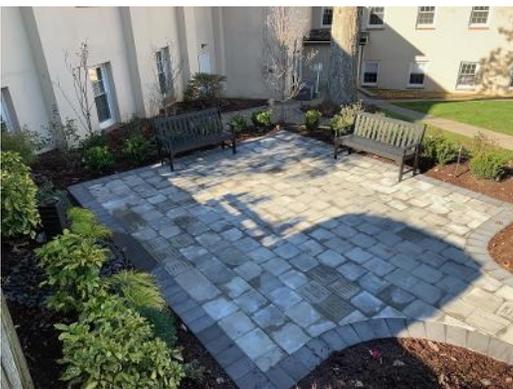
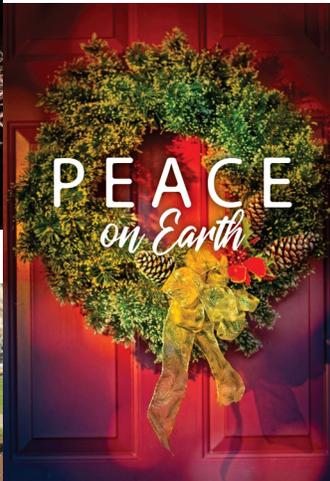
12/22 – Epilogue: The Word Made Flesh

GARDEN OF PEACE

Christmas time is a great time to visit the Garden of Peace. Please feel free to come, sit, reflect, remember, and pray.

The plantings have been completed. Accent lighting has been installed. Two benches have been added for you to relax during your meditation.

This is a great place to remember our loved ones who have passed, as well as a place you might consider for yourself one day. Consider being part of this memorial garden with the purchase of an engraved stone for a loved one or for yourself.





ADVENT FOOD PANTRY CALENDAR

DECEMBER FOOD DRIVE!!!

MAKING CHRISTMAS MERRY FOR OTHERS!

A NEW AND A UNIQUE WAY TO HELP THE

Here's what to do: Get a large box. Each day in December, place an item of food in the box. (A suggested list is below, but you can put in any non-perishable food item.) Bring completed box to:

UMC at Mt. Tabor on Sunday, Dec. 20th, between 10 a.m. and 12 noon.

Get the kids involved!! Advent is the season of giving! Have them read the "calendar" and place item in the box. (Hint: buy items ahead of time..)

Dec. 1 – box of cereal

Dec. 11 – can of sweet potatoes

Dec. 2 – peanut butter

Dec. 12 – cranberry sauce

Dec. 3 – stuffing mix

Dec. 13 – canned beans

Dec. 4 – boxed potatoes

Dec. 14 – box of crackers

Dec. 5 – stuffing mix

Dec. 15 - rice

Dec. 6 – canned fruit

Dec. 16 - oatmeal

Dec. 7 – canned tomatoes

Dec. 17 - pasta

Dec. 8 – dessert mix

Dec. 18 – spaghetti sauce

Dec. 9 – canned tuna

Dec. 19 – can of vegetables

Dec. 10 – jar of applesauce

Dec. 20 – can of soup

ENJOY AND MERRY CHRISTMAS!

Youth Group News



Our Youth Group recently stood at the Dunkin' Donuts at Dickerson's Corner to promote our Advent Food Drive.

Please see our note on the previous page for all of the info on our Advent Food Drive.

Our next Food Pantry Sunday is December 20th.

Thank you to our Youth and to Pastors Rosario & Jeannette and Hilary Ververs for organizing this event.





Happy 50th Anniversary to Bonnie
& Larry Zeh!

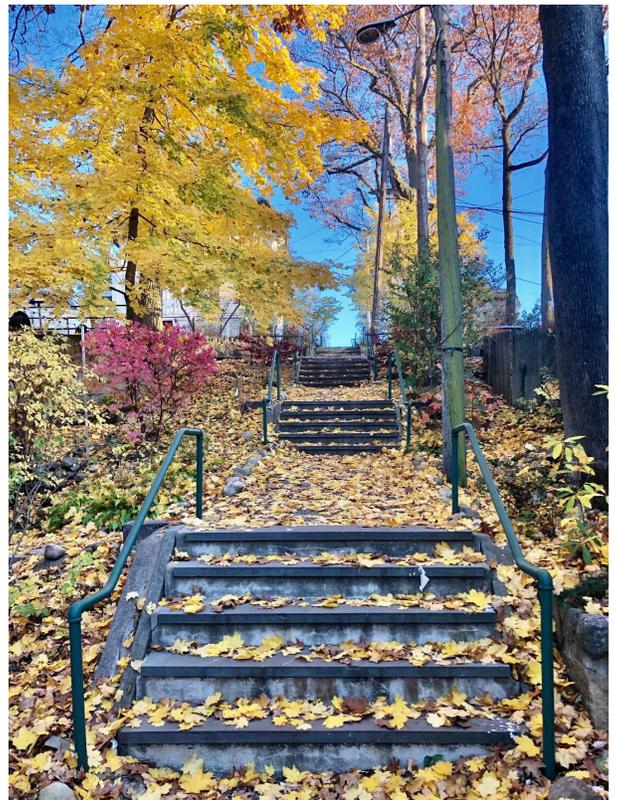
A drive-by celebration was held in
their honor.

Lots of honking, balloons, fire-
works, family and friends!

Many more years of happiness!



A beautiful autumn view of the Golden Stairs here in
Mount Tabor. Thank you Jeff Dickerson for sending
this lovely photo.



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) 10am-12noon. Contactless drop off!

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.

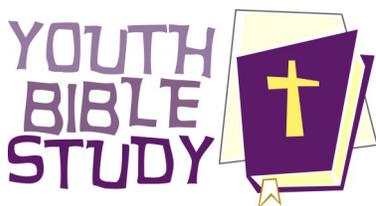
Our '**Caring Contacts**' team is reaching out by phone call/emails to our members. If you are interested in joining the effort, contact the church office.

YOUTH BIBLE STUDY

A Youth Bible Study has begun on Sundays, at 1:00pm, via Zoom.

All youth are invited and encouraged to attend. Please feel free to bring your friends!

Zoom links are being emailed weekly. If you need a Zoom link, please contact Pastor Jeannette or call the Church Office.



WORSHIP ONLINE

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

PASTY SALE

Our Pasty Sale was a great success! Thank you to everyone who ordered! Thank you to Jeff & Sharon Dickerson and Taylor Dickerson Lowe for running the sale!



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-

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

December



HAPPY BIRTHDAY!

- Dec. 4th Elva Neumann
- Dec 7th Krysta Keller
- Dec. 12th Ian Miller
- Dec. 15th Charles Taylor, Jr., Laura Lemanowicz
- Dec. 18th Donald McKeand,
- Dec. 19th Jesse McCrostie
- Dec. 21st Ian Corcoran, Stan Wojcik
- Dec. 30th Hilary Ververs

HAPPY ANNIVERSARY!

- Dec. 3rd Denise & Jeffrey Luca
- Dec 9th Wilbur & Jill Downing,
Ned & Rachel Stroh



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*



Tabor's Treasures **THRIFT SHOP**

Hours:

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

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.

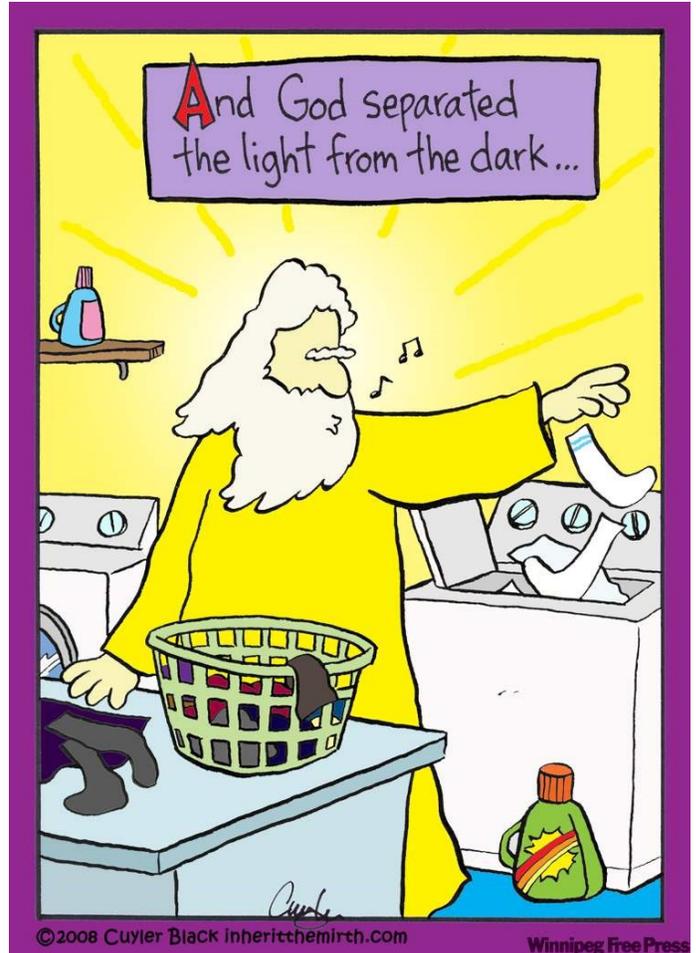


PRAYERS NEEDED

Please keep the following people in your prayers:

David Ober, Jr	Donna Wojcik
Jan Atkinson	Carolyn Wescott
Patricia Caldari	Nancy Gerardi
All the Families who lost loved ones to COVID-19	

Today's Chuckle



THE UPPER ROOM

Due to the pandemic, the Upper Room magazine is available online. If you haven't been to in-person worship to pick one up, you may read it online.

Please see the link below for the latest issue:

<https://upperroom.us7.list-manage.com/track/click?u=1b5f1dafae8900da3ef72c04d&id=95254ae632&e=3f436b09ca>

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

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Youth Pastor: Jeannette Zajac

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Manager, Tabor's Treasures: Dawn Zinckgraf

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Church Office Administrator: Dodi Skovronek

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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
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Sunday School	Hilary Ververs	973-625-7310
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