

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—JANUARY 2021





JANUARY 2021

Rev. Rosario Quiñones
Pastor
Rev. Carolyn Fagan
Pastor Emeritus
Pastor Jeannette Zajac
Youth Pastor
Dawn Zinckgraf
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Shop
Dodi Skovronek
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UMC at Mount Tabor

From The Pastor—

Where do we go from here?

We all have been waiting for the year 2020 to be over.... So much has happened in 2020... interrupting "life as usual." Much of this interruption was caused by the Covid-19 pandemic and social and political conflicts, resulting in sickness, death, loss of jobs, hunger, and financial struggles. We have seen the ugly *unmasking* to our eyes, but we have also seen love at work and God's presence in the midst of our messiness.

Our Greater NJ UMC faith communities, including the UMC at Mount Tabor, stepped up by coming together in our best possible ways to be God's agents in the midst of the pandemic and social struggles, by collecting food, making face masks, providing assistance to those in need, teaching about racism and social justice, keeping our faith and hope alive, and finding safe ways to continue worshipping together. All of this has been a learning experience for all. We have learned how resilient we can be when we let God's Spirit lead us through unknown and uncharted waters....

Advent and Christmas reminded us of the power of the Incarnation – Emmanuel, God with us. God becoming human in the life of Jesus in surprising and mysterious ways, to be the light of the world; to save us not only from our sin, but also from our existential crisis; to liberate humanity from the social, economic, political, and even religious patters that are destroying life.

Soon we will celebrate Epiphany, meaning the revelation God Incarnate in baby Jesus to the world and the visit of the Magi to pay respect and offer gifts to the newborn king. Every time we open our eyes, hearts, and minds to God's surprising presence in our midst, we have an epiphany moment, and we may discover God's call for liberation of God's creation. Perhaps "life as usual" is what we need to be liberated from. Not through destruction but through the reconstruction of a better reality, the world that God intended, with renewed values and principles guided by Jesus teachings on justice and love.

And this is the challenge and the call for this coming new year 2021: **Letting God's Spirit to continue surprising, revealing, and leading us through the new year with renewed strength and hope.**

Stay safe! Happy New Year!!

Pastor Rosario

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

**Our next Food
Pantry Sunday
is
January 31st.**



**We wish you a
safe, happy,
and healthy
2021!**

**What a year
2020 was!!
Our prayer for
you is that
2021 is a better
year!**



WORSHIP INFORMATION

We are back to virtual worshipping. Please join us each Sunday on Facebook Live and YouTube. We know it's not the same, but with the numbers of infections growing in this area, we were left with little choice. Stay safe, stay connected with the Church Family virtually, and pray for the day we can all be together without concern.



A New Year's Prayer

Lord, You make all things new. You bring hope alive in our hearts and cause our Spirits to be born again. Thank you for this new year and for all the potential it holds. Come and kindle in us a mighty flame so that in our time, many will see the wonders of God and live forever to praise Your glorious name. Amen

(A modern prayer for the New Year from www.lords-prayer-words.com)

JANUARY 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy New Year Office Closed Tabor's Treasures Closed	2 Tabor's Treasures Closed
3 Worship 11a—Virtual Youth Bible Study 1p	4 Office Hours 10a-2p	5 Tabor's Treasures 10a- 2p	6 Office Hours 10a-2p Tabor's Treasures 10a- 2p	7 Tabor's Treasures 4p- 8p Disciple Fast Track Bible Study 7pm	8 Office Hours 10a-2p Tabor's Treasures 10-2p	9 Tabor's Treasures 9a- 1p
10 Worship 11a—Virtual Youth Bible Study 1p	11 Office Hours 10a-2p Ad Council 7p	12 Tabor's Treasures 10a- 2p	13 Office Hours 10a-2p Tabor's Treasures 10a- 2p	14 Tabor's Treasures 4p- 8p	15 Office Hours 10a-2p Tabor's Treasures 10-2p	16 Tabor's Treasures 9a- 1p
17 Worship 11a—Virtual Youth Bible Study 1p	18 MLK Day Office Closed	19 Tabor's Treasures 10a- 2p	20 Office Hours 10a-2p Tabor's Treasures 10a- 2p	21 Tabor's Treasures 4p- 8p	22 Office Hours 10a-2p Tabor's Treasures 10a- 2p	23 Tabor's Treasures 9a- 1p
24 Worship 11a— Virtual Youth Bible Study 1p	25 Office Hours 10a-2p	26 Tabor's Treasures 10a- 2p	27 Office Hours 10a-2p Tabor's Treasures 10a- 2p	28 Tabor's Treasures 4p-8p	29 Office Hours 10a-2p Tabor's Treasures 10a- 2p	30 Tabor's Treasures 9a-1p
31 Worship 11a—Virtual Youth Bible Study 1p						

DISCIPLE FAST TRACK BIBLE STUDY

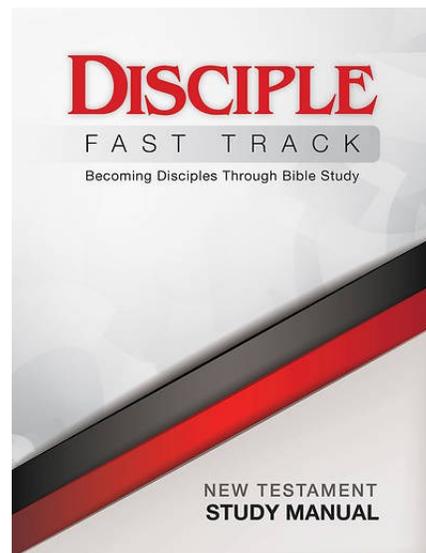
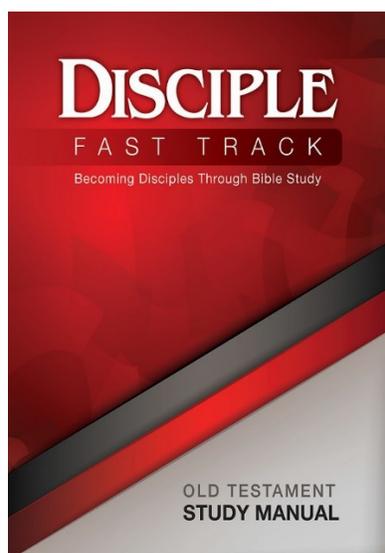
We will be holding an Orientation and Introduction to Disciple Fast Track on January 7th, at 7:00pm. On that day we will agree on the day and time of the weekly meetings. We will begin with the Old Testament for a 12-week period .

Disciple Fast Track I - Becoming Disciples Through Bible Study

Studying the Bible is essential to becoming a disciple of Jesus Christ.

This [adaptation](#) of the original, best-selling [Disciple Bible Study](#) is ideal for busy people who want to fit a comprehensive Bible study into their schedule. Classes cover the entire Bible—from Genesis to Revelation—but in a shorter time. Groups meet for a total of 24 weeks, broken down into two 12-week sessions, 3-5 chapters of the Bible to read daily. Weekly sessions last 75 minutes. Four hosts provide approximately 5-minute video insights related to the week's session. Flexible for use with small groups of 8-14 or large groups of 15-100. Participants have the opportunity to take a spiritual gifts assessment and determine meaningful ways they can serve and live out their discipleship commitment. They also have opportunities for celebrations marking their completion of the [Old](#) and [New Testament](#) components of [Disciple Fast Track](#).

Participants needs to purchase the study manual for Old Testament and for New Testament. The cost at Cokesbury is \$15.99 each. They don't need to be purchased together. We will begin with Old Testament which will last 12 weeks. Join us!



ADVENT FOOD DRIVE

Our Advent Food Drive for the Interfaith Food Pantry was a huge success! Our Youth and adults were at Dickerson's Corner on the Saturday before Christmas collecting donations (food and monetary). They were joined by a very special visitor—Santa Claus!!! Our monthly drive was held at the church the next day.

They collected 982 pounds of food!!!! That is just incredible! Special thank you to John & Janet Ryans for organizing and running this! Also thank you to the Youth, Pastor Jeannette, Hilary Ververs, Krysta and Hunter Keller, and Mike Zinckgraf for running the Dickerson's Corner drive (forgive me if I missed anyone!).



Making Christmas merrier for so many!

ALISON'S ANGELS 2020

Congratulations to Kevin Davis on being awarded the ***Alison's Angels Award*** for 2020. The award plaque, which is located in the narthex, reads as follows:

“Alison Ober served this church humbly and without reservation. This award is presented yearly in her memory, and in honor of all those who volunteer their assistance in the life of the church in the name of Christ.”

Kevin works long hours as Finance Chairman for our Church. He serves as a Trustee, is on Ad Council, and Ushers. He volunteers whenever and wherever he can help. We recognize your hard work and dedication to the Church and thank you!





2020 Poinsettias

Poinsettias Given by:

Jewel Burns

Sandra Cisco

Ron & Marie Dickerson

Wendy, Lester & Kolby Dagner

George & Linda Hemenetz

Barbara Strub

In loving memory of:

Parents, Fred & Elsie Babst; Husband, Bob

Janet Cisco

Loved Ones

Alison Ober and Frances & John Ober

Our Son, Richard Hemenetz

George & Marcella Hemenetz

Gerard Hackel

Our Friend, Penny Moraga

Our Friend, Rich Bianculli

Husband Donald; Parents, Helen & Lester Evans

And Anna Strub



Poinsettias Given by:

Jewel Burns

George & Linda Hemenetz

In loving honor of:

My Family – always there for me.

Estella Hackel

Our Children, George & Amanda Hemenetz

Our Children, Diana & Patricio Artigas

Our Grandsons, Greg Hemenetz & Nico

Artigas

Our Granddaughter, Liliana Roeder



2020 Christmas Donations

Donations Given by:

*The Tirpaks
Maryetta & Michael Downing and
The Downing Families
Susan McDougall
Jeff & Jacque Corcoran
Jennifer Francis
Betty Eichlin
Betty Eichlin
CJ Eichlin & Caitlin Hoffmann
Dennis Hackney & Debbie Hackney
Betty Eichlin*

In loving memory of:

*Joseph & Deb Scala and Nancy L. Tirpak,
Our Parents, Grandparents, Aunts, Uncles,
Cousins, Nephew and Brother
Mom, Dad and Erin Smith
Loved Ones
Mary Wescott
Charles & Mary Eichlin
Chuck Eichlin
Jonathan Eichlin
Ron & Louise Hackney
Jay & Kay Horacek*



Since we are not having in-person services for Christmas Eve, poinsettias were not ordered for the sanctuary. A donation will be made to the Interfaith Food Pantry with the money raised unless other arrangements were made. We thank everyone for their donations!



Tabor's Treasures

Tidbits

Happy New Year! We are very much looking forward to 2021 and putting 2020 behind us.

This past year has been a tough one for all of us, many changes, disappointments and the unknown. The Thrift Shop was no exception to the pandemic, having to close our doors for 4 months. We closed mid March and reopened on July 10th with COVID guidelines in place. Sales were slow, but steady. Online sales continued through the pandemic and we finished the year okay.

The Thrift Shop continues to serve as a mission for those in need. It is also a place for people to come and shop for bargains, gifts and unique items. Sometimes people just come in to say hello or share a story with us. Our customer base has grown over the past year. We are grateful for our customers hope 2021 is a better year!

See you in the shop,

Dawn



Dear Friends,

As 2020 comes to an end, I want to let you know how much the staff, volunteers, clients, and work partners at the IFPN appreciate your support. As you know, we experienced a dramatic increase in new families and seniors needing assistance this year. Yet with your help, we were able to provide enough nutritious food for 1.1 million meals, expand and strengthen our network of distribution partners, and alleviate the social burden of food insecurity for thousands of residents throughout Morris County.

Whether through food or financial donations, volunteer time, or simply writing notes of encouragement, your involvement made a significant difference. We could not have done it without you. Our family to yours, wishing you a happy, healthy New Year.

Warmest regards,

Carolyn

GARDEN OF PEACE

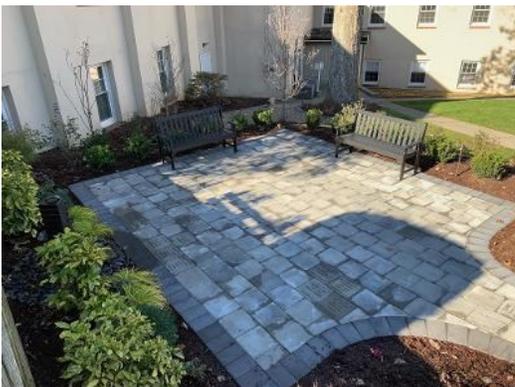
The New Year is a great time to visit the Garden of Peace. Please feel free to come, sit, reflect, remember, and pray.

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.



*Happy
New
Year!*



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.

WORSHIP ONLINE

Once again, unfortunately, we are not holding in-person worship. We can still worship "together" in our own homes. Join us on Sunday mornings (or whenever you can tune in) on Facebook or YouTube. These sacrifices now may ensure we can all be together again soon.

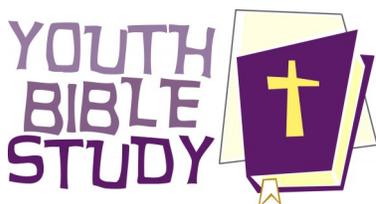


YOUTH BIBLE STUDY

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.



YOUTUBE

You may subscribe to the Church's YouTube channel at this link:

<https://www.youtube.com/channel/UC6EJO5CzlhFfOs6lp6gaJYQ>

Sunday worship services will be uploaded to YouTube on this channel.

This will make it easier for you to find it each week!

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-

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

January



HAPPY BIRTHDAY!

Jan. 3 rd	Jeffrey Corcoran
Jan. 5 th	Glen DiOrio, Megan Schulze & Cheryl DiOrio
Jan. 11 th	Juliette Parker
Jan 17 th	Jill Downing
Jan. 27 th	Wendy Finnerty
Jan. 31 st	Melissa Meyers

HAPPY ANNIVERSARY!

None this month



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

What else could possibly go wrong this year?



Christmas  2020



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

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

Youth 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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