

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

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Time Value—Please Do Not Delay



THE UNITED METHODIST CHURCH AT MOUNT TABOR

NEWSLETTER—MARCH 2021





MARCH 2021

Rev. Rosario Quiñones
Pastor
Rev. Carolyn Fagan
Pastor Emeritus
Pastor Jeannette Zajac
Youth Pastor
Dawn Zinckgraf
Manager of Tabor's
Treasures Thrift Shop
Dodi Skovronek
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UMC at Mount Tabor

From The Pastor—

Second week in Lent.... Going into Easter...

Hope is in the air! The snow is melting... the icicles are gone! The two inches of ice covering the steps to the entrance of my home are not there. Soon Easter will be here with the sounds of victory and the life-giving power of our resurrected Christ to remind us of the power of love.

We have witnessed and lived through one of the most difficult years of our living generations. Snow and ice might be melting away but the pain and sorrow for losses we've had this year are still with us. There are still people hungry and facing eviction for lost jobs. We have friends and family in Texas who have experienced one of most traumatic winter storms in their lifetime. Some of us have still not been able to visit our families in almost a year. Although many have been able to get the Covid vaccine, there is still a long list of those who have not been able to get it... It seems that the needs and the work is never ending.

How do we cope? Hope is what keeps us going in the midst of adversity, and we keep our hope alive by embracing the power of love of our resurrected Christ. It is through the transforming power of God's love flowing to us and through us into the world what sustains us and what makes a difference. By being compassionate, kind, generous, hospitable., we follow Jesus in transforming the world.

Before Jesus started his public ministry, he spent 40 days in the wilderness, probably meditating on what he was about to do and why. As we start our second week in Lent let us meditate, in our call to follow Jesus and how the power of God's love may transform us and the world around us and beyond. Hope is in the air, let's keep it flowing!

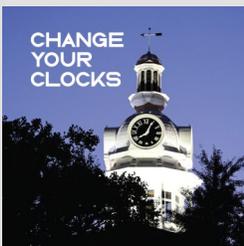
Blessings,
Pastor Rosario

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

Our next Food
Pantry Sunday
is
March 28th.



Just a reminder
that Daylight
Savings Time
begins on
March 14th.
Don't forget to
move your
clocks ahead
on Saturday
night before
going to bed!
Spring Ahead!



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.

WORSHIP  WITH US!

A Prayer for March

An Irish Prayer

*May God give you...
For every storm, a rainbow,
For every tear, a smile,
For every care, a promise,
And a blessing in each trial,
For every problem life sends,
A faithful friend to share,
For every sigh, a sweet song,
And an answer for each prayer.*



MARCH 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Hours 10a-2p	2 Tabor's Treasures 10a-2p	3 Office Hours 10a-2p Tabor's Treasures 10a-2p Lenten Devotions 630p	4 Tabor's Treasures 4p-8p Disciple Fast Track 7p	5 Office Hours 10a-2p Tabor's Treasures 10a-2p	6 Tabor's Treasures 9a-1p
7 Worship 11a—Virtual Youth Bible Study 1p	8 Office Hours 10a-2p Ad Council 7p	9 Tabor's Treasures 10a-2p	10 Office Hours 10a-2p Tabor's Treasures 10a-2p Lenten Devotions 630p	11 Tabor's Treasures 4p-8p Disciple Fast Track 7p	12 Office Hours 10a-2p Tabor's Treasures 10-2p	13 Tabor's Treasures 9a-1p
14 Daylight Savings Time Begins Worship 11a—Virtual Youth Bible Study 1p	15 Office Hours 10a-2p	16 Tabor's Treasures 10a-2p	17 Office Hours 10a-2p Tabor's Treasures 10a-2p Lenten Devotions 630p	18 Tabor's Treasures 4p-8p Disciple Fast Track 7p	19 Office Hours 10a-2p Tabor's Treasures 10-2p	20 Tabor's Treasures 9a-1p
21 Worship 11a—Virtual Youth Bible Study 1p	22 Office Hours 10a-2p	23 Tabor's Treasures 10a-2p	24 Office Hours 10a-2p Tabor's Treasures 10a-2p Lenten Devotions 630p	25 Tabor's Treasures 4p-8p Disciple Fast Track 7p	26 Office Hours 10a-2p Tabor's Treasures 10a-2p	27 Tabor's Treasures 9a-1p
28 Palm Sunday Worship 11a Youth Bible Study 1p Food Pantry Sunday	29 Office Hours 10a-2p	30 Tabor's Treasures 10a-2p	31 Office Hours 10a-2p Tabor's Treasures 10a-2p Lenten Devotions 630p			

OFFERING ENVELOPES

Offering envelopes are available for pick up at Tabor's Treasures. Since we are not worshipping in the Church, we tried to get creative with this year's envelopes.

To cut down on the cost of mailing all of them, please stop in to Tabor's Treasures during shopping hours to pick them up.

The shop is open on Tuesdays, Wednesdays and Fridays from 10a-2p; Thursdays from 4p-8p; and Saturdays from 9a-1p.

Stop in, have a look around. You might find that special item you've been searching for!

If you don't need your envelopes this year (if you're giving online), please let the Church Office know. If you cannot make it to Tabor's Treasures, please let the Church Office know and we will mail them for you.

Thank you for helping keep our costs down!



What you're doing

The company I work for transitioned to fully remote in March 2020. When I went into the office to collect my belongings, I ran into a co-worker who was doing the same. As we chatted for a short while, I found that he was in need of a kidney, and that we are the same blood type. During Christmas week, we were finally able to schedule transplant surgery. I am happy to say that we are both recovering after a successful surgery yesterday. We never would have connected if it were not for Covid.

— John G., Rochester, N.Y.

Submitted by Jeff Dickerson

HOLY WEEK



WORSHIP SCHEDULE

March 28th—Palm Sunday

11:00am

We will gather at the Tabernacle and process with our palms to the sanctuary. Please wear your mask. We will take temperatures upon entering. Social distancing protocols will be in place. Hand sanitizer will be provided at the entrance.

April 2nd - Good Friday

Stations of the Cross

We will be having the Stations of the Cross here, indoors and outdoors, in the afternoon. Time to be announced. Masks are required. All pandemic protocols will be followed.

April 4th - Easter

6:30am – Sunrise Service

At the Mount Tabor Country Club.

There will be no seating, so bring a lawn chair if needed. This will be a short, meaningful service. Pastor Jeannette will be preaching.

11:00am – Easter Celebration

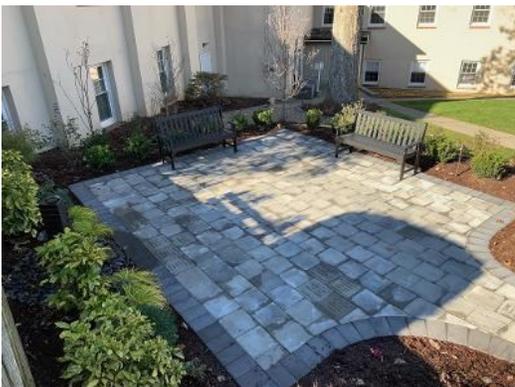
Join us as we celebrate the Risen Christ! Weather permitting, we will be worshipping in the Garden of Peace. Please bring a chair. Masks will continue to be required and we will spread out in the yard.

GARDEN OF PEACE

Even though it is cold, it 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.



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.

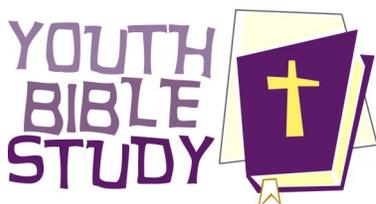


YOUTH BIBLE STUDY

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!

MARCH FOOD DRIVE

one item a day can keep hunger away

March 28th 10 a.m. to noon

United Methodist Church at Mt. Tabor

Last year our church and community donated

3,830 pounds of food to



AND in recognition of this accomplishment, our church will be acknowledged on the *Giving Tree*, prominently displayed in the lobby of the food pantry.

THANK YOU ALL! This is a terrific achievement!! But the need continues....

We're hoping you will start collecting food early for the month of March.

April 4th is Easter Sunday and we would like to make this Easter a special one for those families needing extra help. So – for the month of March and during this Lenten season – **please consider placing a non-perishable food item in a bag or box every day for the month of March.** Bring to the church on the date above.

Contact Janet Ryans at janetery@gmail.com if you need to drop off donations at another time.

Thank you and

Happy Easter!





This is from the Interfaith Food Pantry.
You are all amazing! We collected/
donated nearly two TONS of food in 2020!!

Please see the letter here and the invita-
tion to watch the Giving Tree Award Cere-
mony on the next page.

Thank you all again for your generosity!

February 17, 2021

Ms. Rosario Quiñones
United Methodist Church at Mt. Tabor
5 Simpson Avenue, PO Box 29
Mount Tabor, NJ 07878

Dear Rosario,

Prominently displayed in our lobby, the Interfaith Food Pantry Network's *Giving Tree* acknowledges the individuals, families and organizations that made leadership contributions in support of our mission the year before. While 2020 was an extraordinary year in terms of spiking demand, we witnessed an outpouring of support that was equally astounding.

In recognition of your 2020 donation of 3,830 pounds of food, I am pleased to inform you that you will be listed on our tree as **United Methodist Church at Mt. Tabor**. **If you would like to be listed differently, or choose to remain anonymous, please let us know by February 26th.**

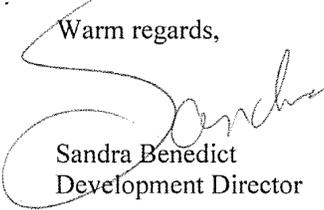
Enclosed is an invitation to join us virtually on Friday, March 26 for a celebration of our top donors and the unveiling of our expanded 2020 *Giving Tree*.

Thanks to your generosity, in 2020 IFP:

- distributed 1.5 million pounds of food serving 28,000 households
- increased the amount of fresh produce and healthier foods made available through our Free Farmers Markets and expansion of our Healthy Choices Mobile Pantry network
- responded to the COVID crisis with innovative new programs to assist families and seniors who were homebound or under quarantine

We hope you will join us as we offer our heartfelt gratitude and personal thanks for your role in making all this possible. Details are enclosed.

Warm regards,


Sandra Benedict
Development Director



2 Executive Drive
Morris Plains, NJ 07950



www.mcifp.org
interfaithfoodpantry@mcifp.org



P 973-538-8049
F 973-998-5086

IFPN is a non-profit 501(c)(3) organization. Our Federal tax-exempt # is 22-3618468.



You are cordially invited to join us for a special virtual dedication ceremony to commemorate the unveiling of our

“Annual Giving Tree”

This virtual event will recognize and honor the people, companies and organizations who made substantial contributions in 2020 and whose generosity ensured that everyone who sought help from the Interfaith Food Pantry Network received the assistance they needed.

Friday, March 26, 2021 ~ 2:00 pm

Watch the ceremony on our YouTube channel:
<https://youtu.be/oOcCBAS4JrY> or on any of our
social media sites

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.



CS19129-4 05/28/2020

[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

March



HAPPY BIRTHDAY!

Mar. 1 st	Lawrence Zeh
Mar. 2 nd	Carolyn Wescott Pastor Rosario Quiñones
Mar. 4 th	Michael Douglas
Mar. 9 th	Blake Davis
Mar. 12 th	Keith Chaudruc, Roger Neumann
Mar. 14 th	Susan McCrostie
Mar. 16 th	Gina McCrostie
Mar. 19 th	Wendy (Ober) Dagner
Mar. 23 rd	Mike Zinckgraf

HAPPY ANNIVERSARY!

Mar. 23 rd	Pastor Rosario & Alma
Mar. 26 th	Thomas & Lucille Perrault
Mar. 28 th	Adrienne & Ronald Anzalone



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

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

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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
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Sunday School	Hilary Ververs	973-625-7310
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