

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

ADDRESS SERVICE REQUESTED



Time Value—Please Do Not Delay



THE UNITED METHODIST CHURCH AT MOUNT TABOR

NEWSLETTER—NOVEMBER 2021





UMC at Mount Tabor

NOVEMBER 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
Office Administrator

5 Simpson Avenue
PO Box 29
Mount Tabor, NJ 07878
973-627-4243 Church Office
973-627-0601—Tabor's Treasures

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Inside this issue:

Pastor's Message	2
Worship Information	3
Calendar	4
Outdoor Movie Nights	5
Adult Bible Study	6
Cheesecake Sale	7-8
Sunday School	9-10
Work Party	11
MTAC Show	12
Garden of Peace	13
Food Pantry Sunday	14-15
Tabor's Treasures	16
Ghost Walk	18
Worship Info	19
UMCMarket	19
Givelify	20
Birthdays	21
Prayer Requests	22
Contact Info	23

A Message from William M. Williams, III, Gateway North & Palisades District Superintendent

Recently my three children resumed in-person full-day classes at a new elementary school. And, in addition to school activities, their scouting, sports, and club activities are attempting to catch up for a lost year – meaning more chauffeuring from here to there;

A couple of weeks ago, my wife started a new full-time job after working part-time for the last 10 years;

And, as many of you know, I have assumed superintending responsibilities for additional churches in the Palisades district as well a Northern Region Team Leader responsibilities.

To top it off, some plans are in limbo because of the Delta variant and the Ida storm caused more damage than first perceived. For the Williams family – this Fall has been a season of transition, new rhythms, juggling acts, and a practice of patience. Maybe some of you reading this newsletter can relate.

I wouldn't be honest if I said this past month I had not gone to bed with an empty tank and awoken with an empty tank. During seasons of transition, how do you adjust to new rhythms without burning yourself or your family out?

For me, I don't have all the answers, but when I realize that I am running on empty I have done the following, and am attempting to practice these disciplines to prevent me and my family from running on empty.

1. Find reasons to sing. I am always thankful to my father for voluntarily "telling" me to join the youth and male choir in church growing up. It was in these choirs that I was taught the importance of music healing the soul. Now, please understand... *I cannot sing.* And, many times, I loosely know the lyrics. But for me, singing reminds me of the joy that exist in my relationship with Christ. It reminds me of the freedom that I have in a relationship with him. It reminds me that with him, all things are possible – even a tone-deaf man can belt out a song that brings joy and refreshment.

2. Find reasons to dance. So, same as above – not a person who can dance either. Recently, my daughter came home in tears because she didn't do well on a quiz. Her mother dried her tears and later I called her to my office. I stopped working and we danced together to a song. She had me lift her in the air and dip her – pray for my back. We laughed, expressed how proud of her I am, and gave her a big hug. This dancing was a good for us, giving us a moment to embrace a different type of rhythm in the midst of a tough time.

Continued on next page.

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

Our next Food
Pantry Sunday
is
November
28th.



We wish
everyone a
blessed
Thanksgiving!



WORSHIP INFORMATION

We are back to in-person worshipping! Please join us each Sunday at 11:00am. We will continue to post on Facebook Live and YouTube for those who choose to worship from home. Stay safe, stay connected with the Church Family, in-person or virtually, and pray for the day we can all be together without concern.



Continued from page 1:

3. Find reasons to be still. *Be still and know that I am God.* This scripture constantly convicts and encourages me to make space for God's awe-inspiring presence. I am getting into a better habit of developing intentional start and stop times in my work-day. This action keeps me from burning the candle from both ends and also reminds me to let go in thought and in action of the work. In fact, when I do this action well, I often have better sleep and wake up refreshed. I recognize even these actions are moot if not grounded in the humility of God's love and power.

Singing, dancing, and being still are ways that I give all of myself, my cares, my worries, my joys, and my challenges to God in the midst of ever-changing rhythms.

Friends, our work as people of faith, as members of family and community, as leaders is too important to do while on an empty tank. I hope you can practice your own disciplines to reenergize you when you are on empty; or better yet, to keep you from getting there.

Let's keep each other in prayer as we keep moving forward with new rhythms,

Peace and Blessings,



William M. Williams, III, Gateway North & Palisades District Superintendent

November 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Hours 10a-3p	2 Election Day Tabor's Treasures 10a-2p	3 Office Hours 10a-3p Tabor's Treasures 10a-2p	4 Tabor's Treasures 4p-8p Adult Bible Study 7p	5 Office Hours 10a-3p Tabor's Treasures 10a-2p	6 Tabor's Treasures 9a-1p Church Conference 13pp via Zoom
7 Daylight Savings Ends—Fall Back! Sunday School 10:15a Worship 11a	8 Office Hours 10a-3p Ad Council 7p	9 Tabor's Treasures 10a-2p	10 Office Hours 10a-3p Tabor's Treasures 10a-2p Cheesecake Pick Up	11 Veterans' Day Tabor's Treasures 4p-8p Adult Bible Study 7p	12 Office Hours 10a-3p Tabor's Treasures 10-2p	13 Tabor's Treasures 9a-1p
14 Sunday School 10:15a Worship 11a Girl Scouts-MH-2p	15 Office Hours 10a-3p	16 Tabor's Treasures 10-2p	17 Office Hours 10a-3p Tabor's Treasures 10a-2p	18 Tabor's Treasures 4p-8p Adult Bible Study 7p	19 Office Hours 10a-3p Tabor's Treasures 10a-2p	20 Tabor's Treasures 9a-1p
21 Sunday School 10:15a Worship 11a	22 Office Hours 10a-3p	23 Tabor's Treasures 10a-2p	24 Office Hours 10a-3p Tabor's Treasures 10a-2p	25 Thanksgiving Tabor's Treasures Closed	26 Office Closed Tabor's Treasures Closed	27 Tabor's Treasures Closed
28 Sunday School 10:15a Worship 11a	29 Office Hours 10a-3p	30 Tabor's Treasures 10a-2p				

ALTAR FLOWER DEDICATIONS

There are open dates available for altar flower dedications. If you'd like to honor or memorialize a loved one, please consider sponsoring the altar flower. The cost is \$30.00 and a dedication will be printed in the bulletin (and you can take the flowers home after the worship service!). Please contact the church office if you are interested.

BLESSING OF THE ANIMALS

We recently held our Blessing of the Animals service! It was a beautiful day and we worshipped outside with our furry/scaly/feathered companions.



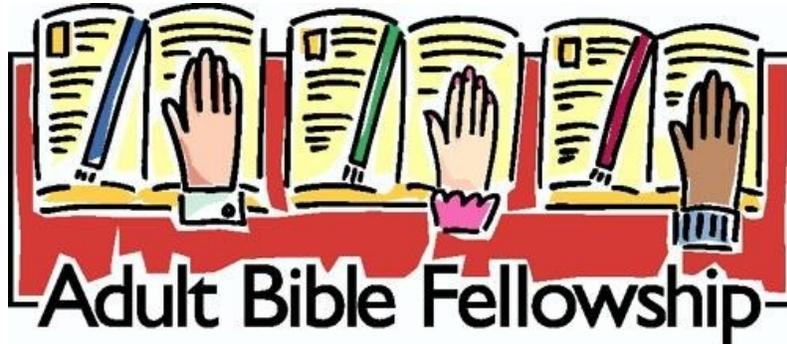
IF YOU HAVE MEN WHO WILL EXCLUDE ANY OF GOD'S CREATURES FROM THE SHELTER OF COMPASSION AND PITY, YOU WILL HAVE MEN WHO WILL DEAL LIKEWISE WITH THEIR FELLOW MEN.

St. Francis of Assisi



ADULT BIBLE STUDY

Adult Bible Study will begin soon. This will be held on Sunday mornings. Stay tuned for the start date! This class will be led by Pastor Jeannette. Everyone is welcome and encouraged to attend.



Tabor's treasures

THRIFT SHOP

Tabor's Treasures now has their own phone line!!! Any questions you might have, please feel free to call the thrift shop directly! Now you can email, Facebook message, and CALL! Please add the number to your contacts:

973-627-0601

SUNDAY SCHOOL RESUMES!

Sunday School is back in session with in-person classes! This has been a long absence and we are so happy to welcome everyone back!

If you know of a child that would like to join, please fill out the registration on the next page and bring it with you to the next class!

WELCOME BACK!



ANNUAL SUNDAY SCHOOL REGISTRATION 2021-2022

THE UNITED METHODIST CHURCH at MT. TABOR

* * * * *

Student last name: _____

Student first name: _____

Mailing address: _____

Phone Number(s): Student (if applicable)-- _____

Adult contact name, relationship, and #-- _____

Please circle phone numbers that can receive text messages

E-Mail(s): Student (if applicable)-- _____

Adult contact email: _____

Please be advised, updates/events will be sent by email. Emergency closings/other info will be sent by text and email.

Student grade: _____ Student age: _____ Student birthdate: _____

Allergies: _____

Other medical/behavior conditions we should be aware of: _____

Anything else we should know about your child: _____

Would you like to volunteer to be on a rotating schedule of classroom helpers (no teaching/prep work)? _____Yes _____No

Do we have permission to use your child's picture on our website and newsletter? _____Yes _____No



Remembering those who died
November 2020 – October 2021

Name of the Deceased: _____

Relationship: _____

Your Name: _____

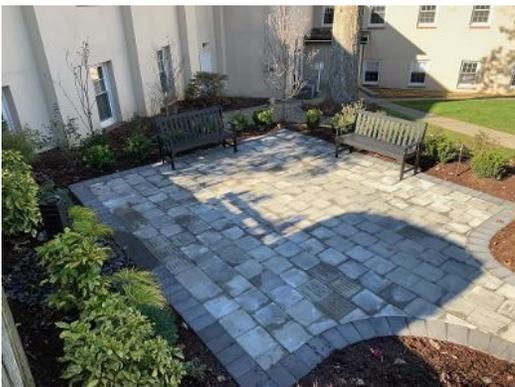
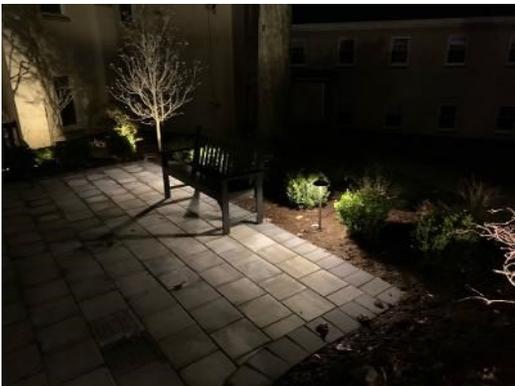
Names will be read during 11:00 am worship on November 7th and listed in the bulletin. Please put this form in the offering plate, return to the church office, or email to the church office. Deadline for submittal is Wednesday, November 3rd.

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.





2 Executive Drive, Morris Plains, NJ 07950
 (973) 538-8049 e-mail: interfaithfoodpantry@mcifp.org www.mcifp.org

THANKSGIVING PROGRAM

Please help us help our neighbors in need!

Thousands of Morris County families rely on the Interfaith Food Pantry to help them celebrate a holiday meal. Can you help?

WE NEED TURKEYS!!!

WE CAN START ACCEPTING TURKEYS, LARGE CHICKENS AND HAMS ON OCTOBER 25th

In addition to the main course, we provide all the trimmings needed to make a holiday dinner. Below is a list of the foods currently needed to prepare the Thanksgiving bags.

THANKSGIVING FOOD NEEDS LIST*

- | | |
|---|---|
| turkey, turkey breast, ham or large chicken | canned vegetables (corn, peas, green beans) |
| instant mashed potatoes | apple, cranberry, grape (100% juice – 64oz) |
| stuffing | muffin or roll mix |
| turkey gravy (no glass jars please) | brownie mix or cake mix and icing |
| cranberry sauce | coffee, tea, hot cocoa mix |
| canned yams or sweet potatoes | Jello and pudding mixes |

We also take fresh potatoes, yams, onions, apples & oranges (but please keep them separate and let us know you brought them so they can be stored properly!)

Our next Food Pantry Sunday is October 31st!

UMC at Mount Tabor, 5 Simpson Avenue, Mount Tabor
 10:00am – 12:00noon



Interfaith Food Pantry

Serving Morris County

“neighbors helping neighbors”

EVERYDAY PANTRY NEEDS

ALL are needed

<p><u>FRUITS & VEGETABLES</u> – Look for fruit canned in its own juice or with “no sugar added”. Look for vegetables with low sodium or “no salt added”.</p>	<p>Canned Fruit 100% Juice 32 oz. Canned Vegetables Spaghetti / Tomato Sauce, Tomato Products (crushed, whole, diced, paste, puree) Fresh Produce from your garden (uncooked)</p>
<p><u>GRAINS</u> – Donate whole grains as often as you can</p>	<p>Cereal – low sugar, high fiber Oatmeal Pasta/ Whole wheat Pasta Rice /Brown Rice – 1 or 2 lb. sizes</p>
<p><u>DAIRY</u> – Donate shelf-stable low-fat (1%) or non-fat dairy products</p>	<p>Parmalat (shelf stable 32 oz. size) Dry Milk (1-qt. package) Evaporated Milk Calcium-fortified Milk alternatives such as soy, rice or almond milks</p>
<p><u>PROTEIN</u> – Look for “no salt added”, “low -sodium” and “canned in water”</p>	<p>Canned Beans (Pork and Beans, Pinto, Red, White, not green beans) Dried Beans Tuna Fish, Salmon and other canned fish Peanut Butter, 18 oz. Canned Meats and Meals (ravioli, spaghetti & meatballs, hash, stew canned chicken etc.)</p>
<p><u>SIDE DISHES</u> –</p>	<p>Mac ‘n Cheese Instant Potatoes Stuffing Rice-A-Roni Hamburger Helper</p>
<p><u>SOUPS</u></p>	<p>Hearty, Low-Sodium, Regular</p>
<p><u>BABY ITEMS</u></p>	<p>Enfamil Infant Formula (NOT Newborn) Baby Food – Stage 1 Fruits and Stage 3 Vegetables & Meats Diapers 5 & 6 Pull Ups 4T & 5T Baby Wipes</p>
<p><u>SPECIALTY ITEMS</u></p>	<p>Gluten Free Products Boost or Ensure, regular Boost Glucose Control or Glucerna Adult Depends (no tabs) Tea (100 count boxes) Resealable sandwich bags and quart sized Plastic Bags</p>

2 Executive Drive ▪ Morris Plains, NJ 07950 ▪ 973-538-8049 ▪ Fax: 973-998-5086

E-mail: interfaithfoodpantry@mcifp.org ▪ www.mcifp.org

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

Tabor's **treasures** *tidbits*



Greetings from the Shop!

We've been busy transitioning the seasonal clothing and are in need of winter clothes donations.

The Shop has a new phone number—973-627-0601! You can now call directly to make an appointment for your donations.

We've been receiving new merchandise on a regular basis. We continue to see our regular customers, as well as new faces daily.

Remember to check out our Facebook page for monthly specials and updates on closing due to weather and holidays.

We are thankful for our customers, volunteers and donations. The Shop will be closed on November 25th, 26th, and 27th for Thanksgiving.

Wishing you all a blessed and safe holiday!

See you in the Shop,

Dawn

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!

Tabor's Treasures continues to serve the community with their regular hours.

WORSHIP OPTIONS

We are holding in-person worship! It is wonderful to be back in the sanctuary and seeing everyone in person! We will continue to post to Facebook Live at 11:00am on Sundays for everyone who chooses to worship from home. The service will be posted to YouTube after the service has finished.



Tabor's Treasures

THRIFT SHOP

If you are looking to donate to Tabor's Treasures, please email Dawn Zinckgraf at taborstreasuresumc@gmail.com or call 973-627-0601

to set up an appointment.

Walk-in drop offs are not being accepted at this time.

Thank you!

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 after the service is over.

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

A Welcome Back Gift from UMCmarket

\$5 for our Congregation

Scan to Join



Helping is as easy as shopping.

Our coffers have reached new lows this past year.

Your generous nature means a lot to us.

Join UMCmarket today and shop any one of over 2,000 stores.

We'll get a donation (average 3%) PLUS a \$5 Welcome Back Gift

(and it's free to you and to us)

The body is not one part, but many parts. -1 Corinthians 12:14 (NIV)

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

November



HAPPY BIRTHDAY!

Nov 5 th	Debra Duncan
Nov 7 th	Alice Grant
Nov 9 th	Ronald Anzalone, Sr.
Nov 10 th	Paula Spille, Zaron Spector
Nov 17 th	Sarah Scala McNally, Cindy Scala
Nov 22 nd	David Ober
Nov 25 th	Jan Atkinson, Denise Rothman, Tori Rothman

HAPPY ANNIVERSARY!

Nov 1 st	Chrissy & Jeff Weaver
Nov 5 th	Wendy & Lester Dagner
Nov 7 th	Bonnie & Larry Zeh



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	Carolyn Wescott
Patricia Caldari	Nancy Gerardi
Blake Davis	Dawn Zinckgraf
The Dickerson Family	
All the Families who lost loved ones to COVID-19	
The McCrostie/Embler Families	

Today's Chuckle



“Become friends with people who aren’t your age. Hang out with people whose first language isn’t the same as yours. Get to know someone who doesn’t come from your social class. This is how you see the world. This is how you grow.”

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](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

Thrift Shop: 973-627-0601 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
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

The United Methodist Church at Mount Tabor publishes Tidings monthly. Please address correspondence to:

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