

THE HOWARD HERALD

Howard United Methodist Church - 814-625-2362
Pastor's Cell - 814-933-7333



August 2017

Grange Fair is here again!

I hope and pray the weather is good; look for me helping to park cars with the Lions Club a few evenings (If I'm not there, I'll probably be at Scott's Roasting, eating a Hog Trough!....)

Grange Fair means summer is almost over, and we've got a lot of things coming up:

-Monday, September 4th - Labor Day

-Sunday, September 10th - Church in the Park: This year this service will be held at West End Park in Howard at our normal time of 9:00 AM. Dress casual. We'll sing some hymns, pray a little, and then have some lunch. Please bring table settings, drinks, and a dish to pass—bring your fishing rod for afterwards! (No service at the church that morning!)

-Saturday, September 16th - Mental Health First Aid Class: Still time to sign up! FREE to United Methodists! See details later in the newsletter.

-Sunday, September 17th - Sunday School Starts: The perfect day to start getting back into the habit of attending church and Sunday School!

-Thursday, September 21st - Soup Sale: 11:00 AM - 1:00 PM; \$6 for lunch or quarts of soup. Volunteers are always needed!

-Saturday, October 14th - Fall Soup and Baked Good Sale: (In place of the Fall Bazaar.) The Fall Bazaar has been a wonderful tradition that has been very successful and raised a lot of money for missions in the past and even up to and including last fall. But the work has fallen to fewer and fewer hands (and it's a lot of work) and less and less of the crafts are selling, while the food sales have been the majority of the profits. And so, after considering several options, the Administrative Council voted to try a change: Offer one of our Thursday Soup Sales on a Saturday so that those who work can come. Included with it, we're going to have some tables of baked goods (pies, cakes, etc.) AND if anyone has already made crafts (or wants to), those items will be sold with the baked goods—just not the primary emphasis this year. If it doesn't work well, we can try

something else next year—and may even return to the traditional Fall Bazaar format. All proceeds from this soup sale will be donated to the Howard Fire Co.

Sunday, October 15th - Nature Inn Brunch: We had so much fun this summer, we wanted to go back soon! The cost of \$15 includes a hearty brunch, beverages and tip! And the atmosphere and view are wonderful!

Prayer Needs

Lisa Bechtol	Sharyn Leach	Ryan Dodds	Frank & Verna King
Linda Butler	Jenn Confer	Zach Nancarvis	Paul & Delores Mills
Nancy Confer	Ruth Graffius	Terry Yarrison	Melvin & Shirley Lucas
Deb Gardner	Tony Miele	Kimber Sexton	Howard & Lorraine Hatton
Dot Gardner	Aaron Wilson	Bruce Bryerton	Harold & Stella Spicer
Shirley Bitner	Joey Rozycki	Shirley Caskey	Tom & Tosha Packer
Rick Redman	Rick Styers	Luella Bowser	Bobby DeArment
Jean Miller	Herb Richner	Sue Dyke	Mary Virginia Stolz
Dale Hall	John McAlister	Amy Rose	Kathy & Ed Gummo
Fay Watson	Ruth Schenck	Dick Catteau	Rochelle Spicer
Tara Novosel	Kane Wolf	Georgette Nuss	Michael Keller
			Scott Fravel

Our Military Friends and Family

Peter DeFrate	Benjamin Hunter	Lauren Reed	Tim Tressler
Robert Dunlap	Kylie Masters	Logan Thompson	

Home Communion- If you or someone you know would like communion served in their home, please let me know. We can arrange a time, and I have a simple service we can do together. -Pastor Craig



We have decided to discontinue the practice of mailing the church newsletters to local Post Office mailboxes. Paper copies of the newsletter will be available in the library area; and, Wanda will continue to have the newsletters posted to the church's website (<http://howardum.org>). Church family members that do not live in the Howard area will continue to receive their copy via the US Mail.



Show Support for those fighting Cancer! Please pray and wear pink on Tuesdays to show support for all of our loved ones who are fighting Cancer. Let's turn the whole town PINK!! Please remember Barb, Sharyn, Kane and others who have been attacked by this horrific disease. Let's show them how much we love them by supporting them in this small way.



Card & Flower Ministry

If you know of someone connected with our church who is ill, hospitalized, or experienced a death in the family, Howard UMC would like to send them a card. Please contact **Joy Oakley (814-383-2265)** with the name and address of the person to receive the card. You may also contact Joy via her email address: bmverkson@embarqmail.com. Your assistance in helping the church let others know we are thinking of them is appreciated!



Our beloved Katie Parisou, who has been diligently giving us **Chair Massages** during the Tuesday morning Coffee Times for years now, must make a change to her work schedule. Beginning immediately, Katie **can only come the first Tuesday of every month**. This is great news that her business has picked up so much; but, of course, it is also our loss. You can still book appointments with her at her office--her phone number is: (814) 571-7801. She may also be contacted through her website: <http://www.katieparisou.massagetherapy.com/home>

Chair Massages will be available at the Howard UMC on the **FIRST Tuesday of every month** from 9:30 – 11:30. Come and relax with some hands on care. Five to twenty-minute slots are available for \$1 per minute.

LIFE AFTER LOSS (LAL) Class:

- **What is Life After Loss?** It is a class for those who have experienced loss through a death. A participant is someone who has sustained a loss at least 3 months from the start of the class. Even if it has been years since the death of a loved one, all are welcome. Those who have experienced multiple losses are also welcome to attend, as needed. You can attend more than once too, since grief work changes as we evolve.
- **Dates:** Sundays, starting Sept. 24th and ending on October 29th (Oct 29th is the last class in the 6-week series).
- **Location:** St. Paul's United Methodist Church, 250 E. College Ave, State College, PA.
- **Time:** Noon to 2:30
- **Room:** At St. Paul's UMC, the 3rd floor of the main church building (elevator access from the Calder Way, which is the alley. Please use the double glass door entrance)
- **Directions:** Head toward College Ave. from the Nittany Mall (rte. 26 becoming College Ave on State College). College Ave is a one-way street as soon as you go under the overpass which is University Drive, right at the Penn State property line. (You can't miss the start of College Ave. since it starts right where a new structure is being built and a

huge crane is up too, right where College Ave becomes one-way as you travel. (*NOTE: to your upper left, the cars coming down at that corner are from Beaver Ave., which is one-way going in your opposite direction. That info will be useful on your return trip home, since you end up on rte. 26 again as you loop around and go back home. The only other road in between is Calder Way, the alley.*)

- **Parking:** There is a church lot and several near-by parking facilities too. Since the last church service is leaving about the same time you will be arriving, we always seem to have lots of space on a Sunday, and thus, that is the day we offer our class. (More details will be provided when you call to RSVP.) Please note: coming into town at that time on a Sunday is fairly easy, taking rte. 26 about 8 or 10 miles from the Nittany Mall. It is a left turn onto Locust, just ***two blocks after*** the main intersection (at McLanahan's) at College Ave (rte. 26) and Garner/Shortledge. Travel those two blocks to Locust and turn left. You can see the parking lot after you make the turn, just behind the entire church building at Calder Way (the alley). Note: the church is between Locust and the next street, McAllister, on College Ave. It is a huge stone and brick building and you will see the brick first as you turn left onto Locust, at Wesley Foundation.
- **Food service:** We always provide a light lunch at no charge. It is our time to sit at the table together and to relax in a safe place to have these important conversations and connections.
- **Cost:** None. Materials will be supplied each week.
- Please **RSVP** by calling Donna at 571-4235 by Tuesday, Sept. 19th. If there is no answer, please leave a message and Donna will return your call. (Reminder: if you took the class and know it could help another person, do consider attending with that person too. We do that often and it helps everyone.)

Donna Snyder, Pastoral Assistant, St. Paul's UMC
250 E College Avenue, State College PA, 16801
Phone: 814-237-2163, extension 125

WHAT IS MENTAL HEALTH FIRST AID FOR ADULTS?

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental problems and substance use disorders for adults.

Saturday, September 16, 2017

Howard United Methodist Church

8:00 a.m to 5:00 p.m.

\$50 for Public (United Methodists No-Cost/Offerings Rec'd)

Breakfast and Lunch included

Registration forms in Library Area OR sign up online at:

www.MentalWellnessAwareness.org.

HOWARD AREA LIONS CLUB FOOD BANK – On the second Sunday of odd months, the Noisy Bucket collection will go toward helping the Lions Club Food Bank. Once the total reaches \$200 or more, a check is mailed to the Lions Club to help support this worthwhile mission. Thank you for your support!!



Nursery Volunteers

Date	Volunteer	Volunteer
8/13	Julie Cody	Sherie Burris
8/20	Gene Confer	Wendy Hanna-Rose
8/27	Joy Oakley	Ed Simoncek
9/3	Tim Stem	Patti Long
9/10	Helen Meyer	Judy Confer
9/17	Wendy Hanna-Rose	Fay Watson
9/24	Kathi Alterio	Kathie Baughman

Nursery Available: We are pleased to offer a staffed nursery for children, which is available following the children’s sermon through the end of the worship service.

Nursery Guidelines:

- The nursery is for children through kindergarten age.
- Background checks for our nursery volunteers are processed through the Susquehanna Conference of the United Methodist Church.
- Please escort children to the nursery and come for them following the worship service.
- If a child becomes upset for longer than a few minutes, we will contact a parent/family member during the service. (Sometimes there is an adjustment period for children; we want this to be a positive experience for her/him.)
- Children who are not feeling well or are exhibiting visible signs of not feeling well should not be brought to the nursery.

We are pleased to make this opportunity available. If you would like to volunteer in the nursery or have suggestions regarding this ministry, please contact the church office.



THREE REASONS TO JOIN A YOGA CLASS

1. **Take care of “YOU” first** - The problem with not taking care of ourselves is sooner or later we won’t be of much use to anyone else—or to ourselves. If “putting yourself first” sounds too selfish or too hard, try something simpler: Put yourself on an equal footing with those you love and tend to.
2. **Yoga is excellent for bone health.** Osteoporosis and low bone mass are incredibly common in people as they age, and 80% of those with osteoporosis are women. The good news is you can slow, and possibly even reverse, bone loss by engaging in weight-

bearing exercise. Yoga is a great weight-bearing activity that doesn't put stress on your joints and lengthens muscles.

3. **Yoga is an incredible stress reliever.** Stress reduction is one of the most commonly cited benefits of yoga. The stretching, breathing, mindfulness, and sense of community all contribute to a sense of wellbeing in today's world where many people – especially women – feel overscheduled and under-supported.

Where: Fellowship Hall, Howard UMC
When: Tuesdays, **beginning September 12, 2017**
Time: 5:45 to 7:00 p.m.
Cost: \$10/class

GUIDELINES:

- Come with an empty stomach – it is best to not eat for two hours before class
- Wear loose fitting comfortable clothes
- Bring: Socks and a light blanket or throw for warmth during deep relaxation; a yoga mat (if possible)
- By arriving 10-15 minutes early; sit or lie down quietly to promote a calm, meditative atmosphere
- Drink plenty of water following class

Any questions please contact Kathie Baughman at 814-625-2852 or e-mail at kathieb1@comcast.net

GIVING FROM OUTREACH



- **Adopt-a-family** – A local family continues to receive \$100 each month.
- **Howard Youth League**- A donation of \$75.
- **BEA Senior Party** – A donation of \$100.
- **Yarrison Family** – A donation of \$3000 was given to the Terry Yarrison family.
- **Backpack Ministry** – A \$25 gift card was given to one of our college students.
- **Lisa Talarigo family** – A donation of \$1000.
- **William Smoyer family** – A donation of \$1000.
- **Two local families** were given funds to assist with paying for rent.
- **Neighborhood Center of UMC** – A donation of \$500 was given to the Neighborhood Center to assist with their ministries.
- **Howard Elementary PTA** - Donation of \$150.
- **Yancy Sagastume** – A donation of \$300 was given for a mission trip to Honduras. These funds were used to purchase medical supplies.
- **Brian & Alexis Harr** – A love gift of \$300 to recognize the adoption of their baby girl.

This past spring, our church supported Yancy Sagastume (who many of you know from Brother's Pizza) on a mission trip to Honduras. He sent us this thank you and a report on his trip:

Dear Craig and Howard United Methodist Church, I apologize for the delay in conveying my gratitude for your contribution toward the mission trip I was privileged to be a part of.

My high school friend, Daniel Melton has been a missionary to San Luis, Honduras for 12+ years. Part of what he does is to organize medical mission trips every year for the last 6-7 years. Last fall he called and asked if I would be willing to go as a translator. I felt humbled yet privileged to be able to take part. It was a great experience for me. It was rewarding to contribute to such an honorable cause and spiritually challenging at the same time. There were 26 in the group made up of doctors, nurses and translators and others. We were able to see somewhere in the neighborhood of 1000 people while we were there. The way things were organized when people showed up for medical attention, the Gospel was shared with them while they waited to be seen by the medical staff.

I'm confident we were a blessing to those we saw, but it was a blessing to feel like we were helping as well. At this point, Dan has asked me to be a part of the trip again next year and, Lord willing, I plan to go again. I have enclosed several copies of the monthly newsletter from Evangelistic Faith Missions which was devoted almost entirely to our trip. I hope you will enjoy getting a glimpse of how your gift was used. ("Missionary Herald"—free copies in the Library area).

On behalf of the board and staff of Neighborhood Center of the United Methodist Church, we want to thank you for your gift of \$500 in support of our mission and ministry. Your gift comes at a critical time, as we continue to provide a safe place for our children year round. Thank you for helping us to fulfill our mission of Better Lives, Better Community, Better Harrisburg. Kaylan Harvey, Executive Director



Dear Sponsors, The BEA Class of 2017, their parents, their class advisers, and the administration would like to thank you for your donation to the Senior All-Night Party. Your donations helped to provide a safe and fun gathering for seniors and their guests after the prom. Your generosity made it possible for every student in attendance to win a door prize or gift certificate, and for us to give away to seniors who stayed the entire night numerous prizes including 2 kayaks, 3 televisions, 1 laptop computer, 1 iPad mini, 1 printer, 4--\$200 cash prizes, a bracelet, and several generous gift cards. Thank you for supporting our seniors and making their activity a priority. 2017 Senior all Night Party Parent Committee

Our staff would like to thank you for your generous donation of cat and dogfood, treats, and \$18 in coupons to Pets Come First. We sincerely appreciate your support in helping with our furry friends. It is wonderful to know that people like you care about Pets Come First! In gratitude,
 Staff, volunteers and board members

Thank you so much for your gift to our family at this difficult time. Your kindness is greatly appreciated; we are overwhelmed with your generosity! Blessings, the Talarigo Family

	AUGUST BIRTHDAYS		SEPTEMBER BIRTHDAYS	
	Schenck, Ruth	1-August	Ternent, Laura	2-September
	Nyman, Mike	3-August	Meyer, Caleb	3-September
	Pfleegor, Curtis	3-August	Spicer, Brittany	5-September
	Miller, Jeb	4-August	Long, Katy	5-September
	Shay, Matt	6-August	Gardner, Deb	6-September
	Sayers, Foster	7-August	Rigg, Bryce	10-September
	Bittner, Shirley	8-August	Rigg, Nicki	13-September
	Subasic, Allison	14-August	Davison, Etta	15-September
	Davison, Donna	16-August	Summers, Nicole	15-September
	Beck, Connie	19-August	Burris, Sherie	16-September
	Dagen, Toni	19-August	Long, David	18-September
	Stem, Tim	19-August	Gardner, Dorothy	18-September
	Rose, Oliver	19-August	Dolan, Nevin	21-September
	Leach, Roland	27-August	Dolan, Chris (Irvin)	22-September
	Catteau, Danielle	29-August	Pfleegor, Chris	23-September
			Danley, Rev. Kathleen	24-September
			Alterio, Collin	25-September
			Stem, Lacy	26-September
			Diane Reed	29-September
			Alterio, Craig	30-September
AUGUST ANNIVERSARIES		SEPTEMBER ANNIVERSARIES		
	Ternent, Mark and Rhonda	14-August	Simoncek, Ed and Deb	11-September
	Burris, Craig and Sherrie	15-August	Dyke, Greg and Sue	12-September
	Rose, Craig and Wendy	15-August		
	Marshall, Leon and Faye	17-August		
	Long, Bill and Katy	18-August		
	Beck, Lester and Connie	23-August		
	Bittner, Bob and Shirley	24-August		
	Danley, Rev. Kathleen and Wayne	25-August		