



The way God designed our bodies is a model for understanding our lives together as a church: every part dependent on every other part, the parts we mention and the parts we don't, the parts we see and the parts we don't. If one part hurts, every other part is involved in the hurt, and in the healing. If one part flourishes, every other part enters into the exuberance." Corinthians 12:25-26



Dear Friends,

Greetings in the name of Jesus Christ, our Savior. October is upon us, and we begin preparing for our annual meeting, called a Church Conference. This will be held on November 20 at 6:00 pm, and Rev. Lynne Mentzer will be presiding in place of our District Superintendent. Since Rev. Kang has 21 more churches to oversee, the Bishop and Cabinet (made up of all the DS's) have asked ordained Elders to preside at the part time churches. We welcome Rev. Mentzer and look forward to her presence with us.

The Staff Parish Relations Committee (SPRC) has met with Rev. Kang already, and we are pleased to report to him that our church is doing well, working at mission and ministry, and being good stewards of all with which we have been entrusted. During our meeting, Rev. Kang asked two questions for us all to ponder:

1. What does the congregation do that matters?

2. What is the congregation afraid of?

My hope is that everyone will consider these questions and write their ideas down. There will be a box for your ideas in Sanborn Hall. If you prefer to email, please send them to our Lay Leader, Sue Sarosiek (SSSaro@AOL.com).

As we approach our Church Conference, the Finance/Trustees, SPRC, Worship Committee, and Church Council will be asking folks to serve on those committees for a three year term. My hope is that anyone who is asked would prayerfully consider first, will you make the commitment to attend as many meeting of that group as possible? Second, are you willing to learn from being on this committee? Third, how will you share your learnings and your gifts with the congregation?

We have a Nurture Committee, but we have not been able to find someone to lead that group. It is my observation that many people are nurturing others regularly through visits, cards, phone calls, meals, support, and prayer. Even though we have folks serving on the committee, it still takes an entire church family to nurture others. We all should be part of nurture! Having said that, if someone would like to be a "go-to" person for what needs to be done, who needs to be seen or supported, I would love to hear from you! (We can talk about what that would look like!)

As the scripture passage above reminds us, when one person is hurting, we all are affected, and when someone finds care and healing, we all can enter into the "exuberance!" Thank you for being who you are! Thank you for sharing your gifts! God bless!

Grace and peace, Rev. Deb



Lay Servant Ministry Courses



Hey! We are all Lay Servants! Want to learn more or become one with a certificate? Here are the courses being offered this fall. Contact Dennis Veilleux if you are interested or want to register:

Basic (needed before the Advanced Course):

Saturdays November 2 & 16 at Merrimack, MA UMC, 9:00 – 3:00 OR

Tuesdays Oct 1, 8, 15, 22, 29 at Tuttle Road UMC, Cumberland Foreside, ME 6:30 – 8:30 pm OR

Saturdays November 9 & 16 at Cressey Road UMC, Gorham, ME

Advanced Courses:

The Class Meeting: Saturdays October 19, 26, November 2, 9 at People UMC, South Portland, ME 9:30 am – 12 noon

Evangelism: Thursdays October 10, 24, November 7, 21, December 5 53 Leddy Dr, Epping, NH

Aging and Ministry in the 21st Century: Sundays October 13, 20, 27 at Thornton Heights UMC, South Portland, ME

Lay Visitation: Wednesdays October 2, 16, 30, November 6, 20 at 53 Leddy Drive, Epping, NH

Preaching: Called to Preach: Saturdays October 26, November 2, 9, 16 at St. James UMC, Merrimack, NH from 9:30 – 12:00

The Joy of Expository Preaching: Saturdays November 9 & 16 at Exeter UMC, Exeter, NH 9:30 am – 3:00 pm

Rediscovering Our Spiritual Gifts: Saturdays October 19 & 26 at Crossroads UMC, Sanford, ME from 10:00 am – 3:30 pm



Open Hearts. Open Minds. Open Doors.

The people of The United Methodist Church®

Remember in our prayers...

Rev. Bill & Gayle Gardei
Marion Collinshaw
Sylvia Bartlett
Charles & Anona Hartman
Ken Young
Woodie Lange
Kerr Family
Jim New
Ruth Griffin
Gil Stebbins

Jim Slater & Family
Barbara Sylvester
Barbara Millar
Barbara Clement
Charles Gilman
Bobbie Noble
Judy Doyon
Barbara Glidden
Our Denomination
Our Church Family





Thank you for your generosity!

Our August backpack donation drive was very successful for needy kids going back to school. We distributed backpacks to children in Portsmouth, Rochester and Barrington. Many are children living with grandparents who are especially grateful. Grandparents are often on a fixed income and don't receive many resources to care for their grandchildren. All these backpacks are stuffed with things kids need to help with their education. Thanks!!



UPCOMING EVENTS MARK YOUR CALENDARS

10/5, Please mark your calendars for District Resource Day at the Eliot, ME UMC from 9 am – 4 pm. The theme is: ***HOW TO REACH NEW PEOPLE***

Learn what growing churches across the country do:

- **How to reintroduce the church to the community**
- **How Pastors network**
- **How the congregation learns to invite**

Presented by Rev. Paul Nickerson, national coach and consultant and Rev. Linda Hirst, pastor, First Federated Parish Church, South Berwick, ME

Everyone is welcome and encouraged to attend!

Through October 31, FUMC is collecting your “stuff” for our Savers FUNdraiser. It’s a great time to clean out and have the church get paid. Bag or box up your good, clean, working, sellable condition items and put them on Sanborn Hall stage. We need to deliver everything all together to Savers on 11/6, for weighing. Here’s an example: 14 lbs. of “Soft Goods” = about a 13 gal. trash bag and a black garden leaf bag from 30 to 40 lbs. Our goal is 10,000 pounds which equals approximately \$2000.00.

10/8, Finance Trustee meeting will be at 6 pm in the church office. All are welcome.

10/19, at 2:00 pm, our second Pumpkin Patch Delivery.

11/9, Our annual turkey supper takes place, please mark your calendar. More details will be coming.

11/20, 6:00 pm, Church Conference.



Our Gratitude Moment at the beginning of worship over the summer collected \$723.35 for the Heifer Project. Congratulations and thank you to all who donated.

POWER OF PRAYER

The prayer team is made up of people who would like to offer prayer during communion. There are two people who pray from a card for anyone who would like to receive a healing prayer either for themselves or someone else. Just come up, take communion, and then, if you would like a prayer for healing, step over to the team who will then pray with you.

The prayer team for October is Sue Richards and Christine Williams.

The Peace Circle meets the second Tuesday of the month at Barbara Millar's, 9:30 am. Refreshments are served, and we have devotions, a business meeting, and a Bible/Book study. This fall we begin studying *Strong Was Her Faith* by Kalas, which is about women in the New Testament. All women are welcome to attend, and books are available in the church office at \$12 per copy. (Checks may be made out to First UMC.)

UMC MARKET PLACE

Do you shop on line? Have you ever heard of UMC Market Place? This is a place where you can shop on line with hundreds of places like Staples, Bed Bath and Beyond, Travelocity, and many other companies on-line, and when you go through the UMC Market.org, a percentage will be donated to the church. It's a great way to do fund-raising with what you are already doing! To learn more, go to UMCMarket.org and read about how it works, then sign up using First UMC, Portsmouth as the benefitting church. If you have any questions, please ask Rev. Deb.

FYI.
We thought you might want to know!

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Heifer Project Donation

Last Sunday school year, we collected “blessings” at the beginning of worship that were designated to go to the Heifer Project, an organization that sends animals to help people in other countries. Our donation amounted to “\$473! Thank you for your generosity; our blessings have blessed others.

Blessings Bank

Any money collected from the Blessings Bank at the beginning of the service will go toward helping a school in Cameroon. Many don’t realize how challenging life there is with uncertainty and unrest. The current president has been in office over thirty years and has been called a dictator; and there is division as well as the threat of civil war. Our help to the school where we have a connection through our Sunday school will provide them with supplies and the ability to keep educating the children. Thank you for sharing your blessings!

Golf Tournament Results

On September 11, we held a golf tournament fundraiser at the Pease Golf Course. We had a smaller turnout than usual, but we still had enthusiastic golfers who enjoyed themselves and helped us raise money for our church. The total raised was about \$2400. Thanks to Cathy Van Reenen for ALL her organizing, setting up and her hard work to make this a success. Also, thanks to MANY who helped with set up, spent the day helping at the tournament, donated money and silent auction goods. We couldn’t do it without you! Thank you again!

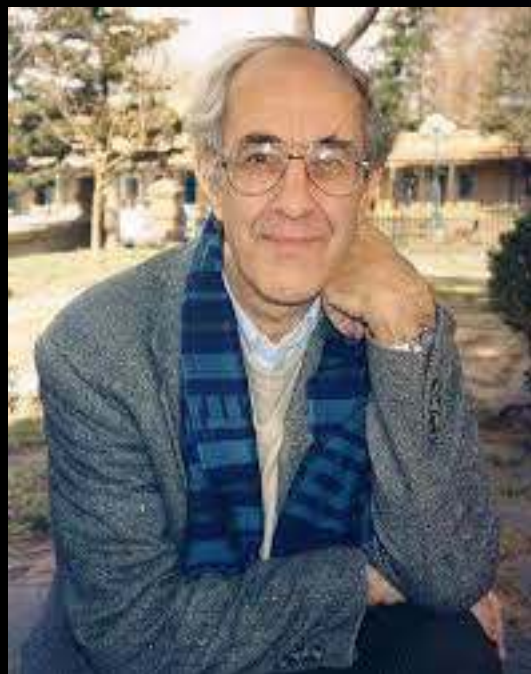
THE SPIRITUALITY OF GIVING

The Finance/Trustees are studying a book by Henri Nouwen, **Spirituality of Giving**, each month, we will be sharing little “snippets” from what we are learning.

Spirituality of Giving

What does the spirituality of giving mean? October's thought is that all that we do and everything we are stems from having God at the center. As Nouwen says, “To set our hearts on the kingdom therefore means to make the life of the Spirit within and among us as the center of all we think, say, or do.” (from Nouwen's book *Making All Things New*). How does that manifest in our lives? In our congregation? In the way we give of our time, talent, and treasure?

Please note that the books we have previously studied and discussed in the Finance/Trustees meetings are in the church office on the bookshelves. Please feel free to check one out and read it!



The international renowned priest and author, respected professor and beloved pastor, Henri Nouwen wrote 39 books on the spiritual life. He corresponds regularly in English, Dutch, German, French and Spanish with hundreds of friends and reached out to thousands through his Eucharistic celebrations, lectures and retreats. Since his death in 1996, ever-increasing numbers of readers, writers, teachers and seekers have been guided by his literary legacy. Nouwen's books have sold over eight million copies and been published in over 28 languages.



Pumpkins are here!



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JoEtte MacKenzie
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Rochester, NH 03867



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% Prudence Cullen
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Barbara Millar
220 State Road, #110
Kittery, ME 03904

YOUR CARDS & NOTES CAN MAKE A DIFFERENCE FOR SOMEONE TODAY!

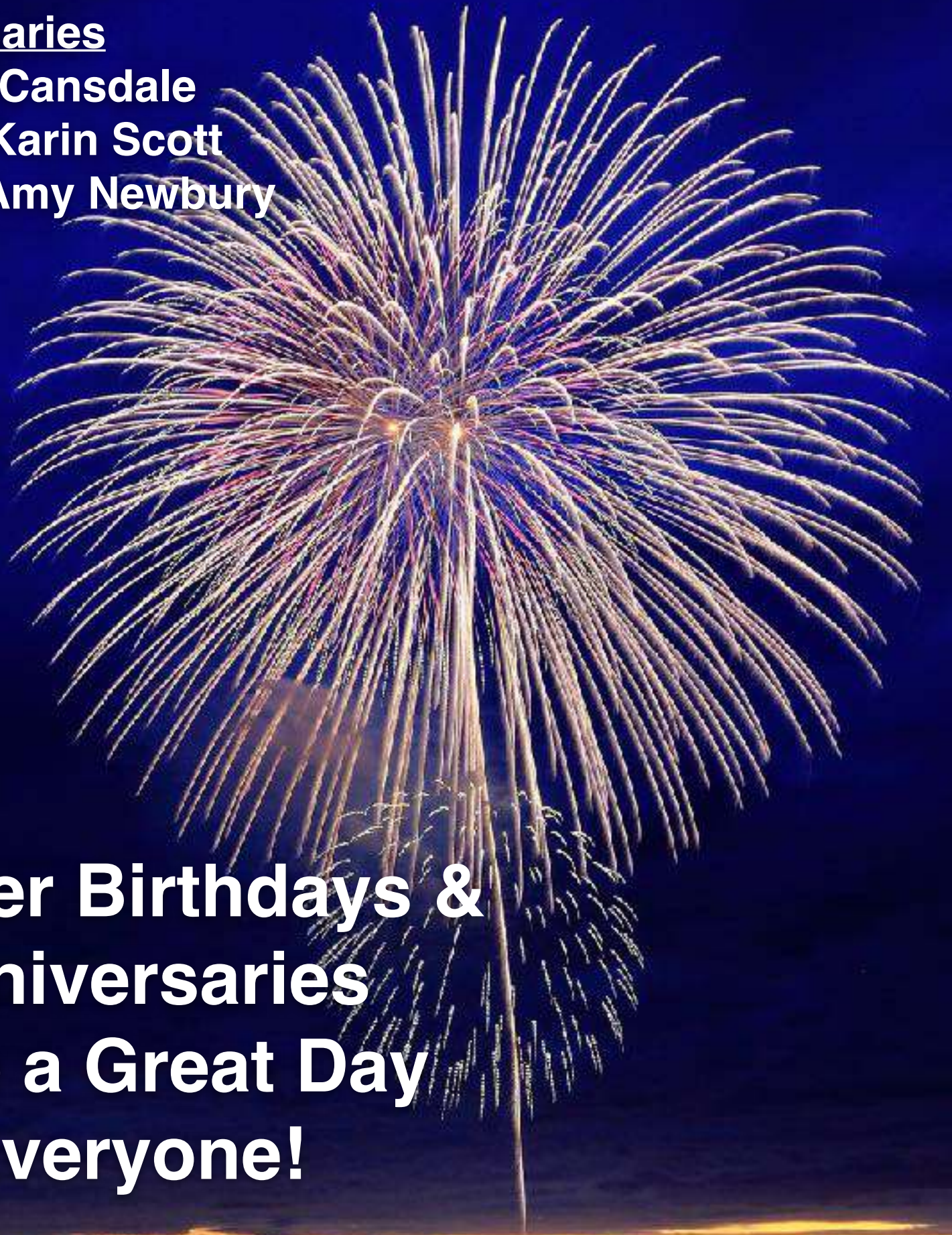
If someone would like to have a visit, or if you know a card would help, please let the church office know. We have people who send cards, and we have people who will visit. Rev. Deb gets out as often as she can, but it's so important to have congregants watching out for each other. Also, if someone is in the hospital, please let Rev. Deb know.

Birthdays

3 Rosie Buswell
4 Russell Bunting IV
4 Carol Hopley
5 Dennis Veilleux
7 Matthew Allen
8 Karen Sarosiek
~Adoption Day
9 Barbara Clement
9 Craig Richards
10 James Slater
10 Phyllis Thompson
10 Dave Atkinson
12 Cynthia Drake
15 William Gardei
16 Kendra Gordillo
18 Carol Bovee
19 Joseph Stanley
21 Barbara Glidden
27 Rev. Deb Hanson
28 Ruth Lewis
29 Russel Bunting III

Anniversaries

7 Al & Jan Cansdale
8 Steve & Karin Scott
19 Brian & Amy Newbury



**October Birthdays &
Anniversaries**
**Have a Great Day
Everyone!**

October, 2019 - SUNDAY WORSHIP TEAM SCHEDULE

DATE	LITURGIST	GREETERS	USHERS	ACOLYTE	WORSHIP TECH	SOUND TECH	SUNDAY SCHOOL
10/6/19	John VanReenen	Sue Lange	Al & Jan Cansdale	Sue Richards	Steve Scott	Sue Sarosiek	Rosie Buswell Aerial Silanpaa
10/13/19	Yvonne Griffin	Langs Family	Ken & Jenya Westbrook	Alexa Langs	Steve Scott	Sue Sarosiek	Dave Atkinson
10/20/19	Art Munson	Joyce Blanchard	John & Cathy VanReenen	Kaya Sarosiek	Linda Reiber	Sue Sarosiek	Sue Richards Dave Richards
10/27/19	Dave Atkinson	Jane Richards	Anne & Mike Coffey	Alexa Langs	Steve Scott	Sue Sarosiek	Aerial Silanpaa Kaya Sarosiek

**NOTE - IF YOU ARE UNABLE TO MEET THE PROPOSED SCHEDULE PLEASE LET US KNOW
IMMEDIATELY SO WE CAN SCHEDULE SOMEONE ELSE.**

OCTOBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 ♦ 2 pm Planet Rangers ♦ 5:30 pm Promusica ♦ 7 pm NA	2	3 ♦ 2 pm Planet Rangers ♦ 7pm AA	4 ♦ 7pm AA	5 ♦ District Resource Day, Eliot UMC ♦ 1 pm AA
6 ♦ 10 am Worship ♦ 11 am Coffee Hour	7 ♦ 2 pm Planet Rangers ♦ 7 pm AA	8 ♦ 9:30 am Peace Circle ♦ 2 pm Planet Rangers ♦ 5:30 pm Promusica ♦ 6 pm Finance Trustees ♦ 7 pm NA	9 ♦ 11 am Wentworth Senior Living Service	10 ♦ 7pm AA	11 ♦ 7pm AA	12 ♦ 1 pm AA
13 ♦ SFP ♦ 10 am Worship ♦ 11 am Coffee Hour	14 ♦ SFP ♦ 7pm AA	15 ♦ SFP ♦ 5:30 pm Promusica ♦ 6 pm Church Council ♦ 7 pm NA	16 ♦ SFP	17 ♦ SFP ♦ 8:30 am Doris Rice ♦ 7pm AA	18 ♦ SFP ♦ 7pm AA	19 ♦ SFP ♦ Pumpkin Delivery ♦ 1 pm AA
20 ♦ SFP ♦ 10 am Worship ♦ 11 am Coffee Hour	21 ♦ SFP ♦ 2 pm Planet Rangers ♦ 7pm AA	22 ♦ SFP ♦ 2 pm Planet Rangers ♦ 5:30 pm Promusica ♦ 6:30 NA	23 ♦ SFP	24 ♦ SFP ♦ 8:30 am Doris Rice ♦ 2 pm Planet Rangers ♦ 7pm AA	25 ♦ SFP ♦ 7pm AA	26 ♦ SFP ♦ 1pm AA
27 ♦ 10 am Worship ♦ 11 am Coffee Hour	28 ♦ 7pm AA	29 ♦ 5:30 pm Promusica ♦ 7 pm NA	30	31 ♦ 8:30 am Doris Rice ♦ 7 pm AA		



FUMC PORTSMOUTH A RECONCILING CONGREGATION

We, the congregation of the First United Methodist Church of Portsmouth, New Hampshire, are dedicated to worshiping, learning, and serving with all people as we embrace Jesus Christ's message of love and acceptance. As a United Methodist Church we stand fully behind the statement "Open Hearts, Open Minds, and Open Doors" We celebrate our diversity and invite all persons regardless of age, gender, racial or ethnic background, sexual orientation, marital or socioeconomic status, nationality, physical or mental ability into full membership and participation in the life of this community of faith.



New England Annual Conference Tri-State District

The Rev. Sudarshana Devadhar, Bishop
The Rev. Taesung Kang, District Superintendent

FIRST UNITED METHODIST CHURCH

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Office Phone 603-436-6038 office@fumcportsmouth.net

Pastor office hours - Tuesday and Thursday 9 am - 12 pm

[call to ensure availability]

Pastor - Rev. Dr. Debra J. Hanson

Check out our website at www.fumcportsmouth.com

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