I see my physician Dr. Jack Schmetterling twice a year. Jack is an excellent doctor who vigilantly and faithfully holds me accountable to caring for the body God has given me. As a faithful Jewish man, Jack knows it is important to honor God with our bodies. After reviewing my blood work results, Jack looked at me and asked (in regards to my cholesterol medicine), “Are you taking the stuff?” “Yes!” I exclaimed. Well then what’s going on. You don’t weigh any more. And you cannot possibly exercise more than you already do. You must have changed your eating habits.” “I haven’t changed anything! But there’s Christmas, Easter, a bunch of family birthdays!” Jack looked me in the eyes and said with a paternal tone, “Look within yourself Ric.”

Our God and Savior Jesus spends His three years as a Rabbi calling people to look within themselves. Time and again Jesus tells us that what is on the inside matters more than what’s on the outside. Our outward appearance can look wonderful while our insides are less than beautiful.

Physically I look like I have got it together. But on the inside of my body, my blood system does not look as nice. Looks can be deceiving! Our outward physical appearance is not necessarily a reflection of our internal physical reality. Likewise, our outward spiritual appearance is not necessarily indicative of our inward spiritual reality. We can look like we’ve got it together, we can look like life is going great for us, we can look like we are living the good life when in reality we are struggling, failing and falling.

This is why John Wesley the founder of the Methodist Church asks his people time and again, “How is it with your soul?” Dear First UMC Family Member, how is it with your soul? How is it really with your soul? Whatever is going on inside of you, please offer it to Jesus our Great Physician. He wants you to share with Him how you are really doing. So that He can bring you the healing, you need. Also, please share how it is with your soul with someone you trust, so they can walk with you and offer you to Jesus. It is Jesus’ desire and my hope that you will be able to pray the words to the great Horatio Spafford hymn, “It Is Well With My Soul,”

> When peace like a river attendeth my way  
> When sorrows like sea billows roll  
> Whatever my lot Thou hast taught me to say,  
> ‘It is well, It is well with my soul.’

Affectionately,

Pastor Ric

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**YOUTH NEWS**

**June 3rd** from right after coffee hour will be a **MANDATORY Safety Training** for all youth participating in UMARMY or the Mission Trip to Maine. While the safety training is going on; a parent meetings of all those going to Mission Trip to Maine for about 30 minutes will be in the Wesley Room. Following the training / parent meeting the youth group will continue until 3PM with fun and games.

**June 10th** an **Outing Day**. The youth group will go to American Legion for an outing and flag burning celebration. Time / details TBD

**June 16th** 5PM until 8PM **Cook out** and making a **Gift for Dads**.

**June 17th** Father’s Day no **Youth Group**
June 23rd **Lock in** beginning at 6PM. Be sure to have dinner BEFORE you arrive. We will be setting up for the **Hippie Dippy fund raiser** for the Mission Trip to Maine and playing some retro games. Sleepwear and sleeping gear is needed as well.

The Youth Group is open for **all youth** from grades 4 through High School. We typically meet Grades 4 & 5 11:30 am – 1:00 pm. Grades 6 & up 12:45 pm – 3:00 pm. Lunch for both groups will be 12:45 pm. All Junior & Senior High youth of the Church and their friends are welcome. If you have any questions please contact Jim Hazlett at 860.324.2588 or email at jhazlett1222@gmail.com.

**CONFIRMATION**

On Pentecost Sunday, May 20 God blessed us with an extraordinary day at First UMC, Meriden! **Seven young people:**

- Silvia Bambimbu
- Autumn Delisle
- Duncan Farquarson
- Jonathan Hanse
- Calvin Henderson
- Nicholas Obuekwe
- Raymond Quigley

...gave their lives to Jesus Christ and joined the Church. These young people made the most important two decisions of their lives: Giving their lives to Jesus and joining the church! They are on a Great Adventure! I praise God that I have the privilege to pastor such a vibrant, alive and wonderful Church Family! God is so very good!!!

**FOCUS ON WOMEN**

Unit 4 and Kate Eglee have provided **390 Health kits** for UMCOR (United Methodist Committee on Relief). And provided a check for toothpaste and transportation. **Thanks** to all who donated and helped package the Health Kits. Kate Eglee has seen that they will be taken to Annual Conference. See our facebook page for photos.

**Unit 4 will meet Monday, June 11, 12:00 pm for a Pot Luck luncheon/picnic in Rogers Memorial. All women are most welcome.**

**The Unit 4 Craft Group will meet Monday June 4 at 12:30 pm in Rogers Memorial. Come and help us prepare for the Fall Craft Fair!**

**MEN’S NOTES**

**Brothers in Christ**: Bible study, support & encouragement. The goal is to grow in our responsiveness to Jesus Christ in all aspects of our lives. We meet on the 1st and 3rd Saturdays of each month, 8:00 am in the Parish House. If you have any questions or need additional information please see Hal Quigley. All men warmly welcomed.
Men's Retreat: July 6-7 in Mystic CT. “How Do You Experience God” Sign up by mail or e-mail to the church office, fumc@snet.net. Include your name, phone, and address. Payment is $110. You can mail a check to the Church office or put it in the plate - note: Men’s Retreat.

**Hike & Picnic**

June 9, at Chatfield Hollow park. Gather at 9:30 am at the park. For Everyone! Sponsored by Brothers in Christ.

**Prayer Chain** continues active and strong, and would love to be praying for your needs and desires. If you have a special need for prayer, please let our prayer chain coordinator (Holly Wishart) know so she can share your burdens and needs with those who are on the chain. Please make certain you have permission from the person(s) you are praying for, and then call Holly, 203-907-5725, or the Church office, 235-9620. You can also e-mail the office, fumc@snet.net, if you prefer.

**Adult Fellowship**

FUMC Walking Group officially kicked off the season on Sunday, May 27 at the Q Trail at Lakeside Park in Wallingford

Http://www.thequinnipiacriver.com/sites/default/files/media/RecTrails_WA3_Alt_6-2-16_0.pdf Future walks: Sunday, June 10 at 1pm : Meriden Linear G Trail Track: another paved, flat trail! What to bring: Please bring bug spray, sunscreen and hat (trail mostly shaded, but let’s be safe!) water bottle, and a snack, if desired! Please bring a bag to take garbage out.

Https://www.alltrails.com/explore/recording/sun-03-may-2015-17-03--3. Sunday, July 22 at 1pm: site TBA

**Take Me out to the Ballgame!** FUMC baseball outing to see the New Britain Bees!!! Friday, August 10 at 6:35pm!! $8 a ticket. Call, text or email Mary Lavado (860) 638-8781 TEAwithMaryRN@gmail.com or sign up in Rogers Memorial.

**Mission**

**You are the Missing Type for so many in need** Imagine a world where the letters A, B or O are missing. M_m would not be Mom without the O, and D_d wouldn’t be Dad without the A. Everything would be out of balance without these three important letters. But, they’re not just simple letters, they’re also the letters of our blood types. When A, B and O blood is missing from hospital shelves, everything is out of balance and patient lives may be in jeopardy. Schedule a blood donation appointment at RedCrossBlood.org. Together, our impact can be life-changing for patients in need.

The Respite Staff at Rushford is very grateful for the donations given by FUMC. They don’t receive much funding so every donation helps.

**Ongoing Mission projects: “Fostering Love”** Children placed in Foster Care receive from 1st UMC Church a backpack with an outfit, a toy, and toiletries. Thank you for your generous help!

**Caring Hands** group makes blankets for the patients at MidState Medical Oncology and the veterans at West Haven VA Hospital. Each blanket costs $15.00 and we include a copy of The Upper Room. Please help us to keep this mission going with a small (or large) donation. Questions? Please contact Jan Richardson or Nancy Tracy. Thank you.

**Unity House** is a refugee house run by the South Meriden UMC. Your missions committee is providing three ways for you to participate. **Change in the Collection Plate.** Loose change placed in the collection plate will be set aside for Unity House. This includes Coins only. **Unity Jar.** A collection jar will be available in Rogers Memorial for those that want to give a little more. **Check.** Checks made out to FUMC with “Unity House” in the Memo line will be given to Unity House. Our goal and pledge commitment to Unity House as a congregation is $100.00 per month.
**SUMMER WORSHIP**

July – August Family Worship begins at 9:00 am. Many Churches have an earlier hour in the summer for a variety of reasons including it is a bit cooler, and then Sunday is a longer day for personal and family recreation. So note the dates now! All Sundays in July and August.

**SUMMER OFFICE HOURS**

Summer office hours (starting July 1st and continuing through August) are Monday - Friday, 9:00 am to 3:00 pm. Thank you.

**FELLOWSHIP HOUR**

June 3 – Team 5: Nancy Coppola, Mary Alling, Kate Eglee, Bette Grasso, Mary Lavado, Tracy Wodatch
June 10 – Team 6: Deane Poirier, Alison Green, Maurice Poirier, MaryEllen Brechlin, Trudi Schott, Mark Fancher, Lauren Rhines, Ellen Fisk.
June 17 – Team 7: Myrna Spencer, Karen Caproizzo, Earl Yeomans, Linda Mizell, Jim Pearsall, Renee Pearsall, Betty Thomson, Mary Andersen
June 24 – Team 8: Ed & Nancy Peterson, Donna Oddie, Gerry West, Jim Hazlett, Sheila Mansolf, Ruth Petrucelli

**Summer - Beverages Only - 9:00 am Worship**

July 1 – Team 1: Sue Winchell, Barbara Quigley, Evelyn Mills, Stacy Morgan, Jane Ashton
July 8 – Team 2: Stanley & Sharon Kapustinski, Brenda Daly, Nancy Tracy, Jan Richardson, Stacy Harris, Karen Harrison


Briefs: We have openings for Altar Flowers June 24 and July 8, 15, 22, and all of August. If you wish to donate flowers in honor of or in memory of someone please sign up on the poster in the Cloister at least one week before or call the Church office, 203-235-9620.

The Deadline for the Summer Parish Herald is Friday, June 22nd. Please have your articles in to the office by that date. You can drop them off or e-mail (fumc@snet.net). Thank you. The Herald will be mailed Thursday, June 28, 9:00 am from the Church office.

**Summer camp:** All sorts of specialized camping experiences are offered for children, adults, and families all summer at Kingswood, and Quinipet. Brochures for our NY Area Conference Camps are available in the cloister or on the web sites: [http://www.kwcamp.org/](http://www.kwcamp.org/), [http://www.quinipet.org/](http://www.quinipet.org/).

**Upper Room devotional books** are available on the table by the kitchen in Rogers Memorial. A small donation in the offering plate will help cover the cost. Large print copies are also available.

**FUMC Facebook Page**: Take a minute to like“ it and “share” items our Facebook page. If you would like something posted (advertisement of church events, meeting time, photos etc.,) please contact the church office at fumc@snet.net.

**Join us on the web!** [www.firstUMCmeriden.com](http://www.firstUMCmeriden.com) Better still it is smart phone friendly. This is a wonderful new way for us to grow closer to Jesus and each other as a Church Family. Be sure to check it out!

Don’t forget you can access our **Church Calendar** on our website at [http://www.firstumcmeriden.com/events](http://www.firstumcmeriden.com/events)! This calendar has the most current schedules.

**A Food Pantry** is available at New Opportunities, 74 Cambridge St, Meriden. Mon, Wed, Fri 9:00 am – 12:00 pm. Thurs, 4:00 pm – 6:30 pm.

**WITHIN OUR FAMILY**

**Baptisms:** 5/20 – Zoe Suzanne Quigley, Alexa Young Quigley, and Autumn Delisle

**Weddings:** 5/18 – Jessica Meyer and Mark Fancher

**Hospitalized** since the last Parish Herald: Keana Lippold, Debbie Lippold

To our **FUMC Family**, We are very appreciative of the prayer, messages, and your unwavering love during our dark days. We certainly feel the love. Thank you! **Steve, Carol, Lauren, & Matt Porsch**
Dear Pastor Hanse, On behalf of the New York Conference of the United Methodist Women please accept our deep gratitude and thanks for your ministry of radical hospitality as the Host Church for our Gathering and Strengthening of United Methodist Women of Connecticut.

To your United Methodist Women — You are the best!!!
The kindness, “coffee” and team work was great. Blessings and thanks may your ministry continue to thrive in Jesus name.

In His Service, Daaryl Norman, Chairperson, Committee on Nominations.

**June Birthdays**

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<thead>
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<th>Name</th>
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<td>David Parmelee</td>
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<td>James Green</td>
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<td>Haley Marquardt</td>
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<td>Rachel Pearsall</td>
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<td>Jackson Rhines</td>
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<td>Dawn Szacik</td>
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<td>Alexa Beauregard</td>
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<td>Danielle Lippold</td>
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<td>Kylie Bacon</td>
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<td>Amy Aresco</td>
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<td>Staci Roy</td>
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<td>Esther Greeno</td>
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<td>Deborah Molloy</td>
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<td>Peggy Pope</td>
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<td>Danielle DeCaro</td>
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<td>Michelle Pruitt</td>
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<td>Mary Alling</td>
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<td>Brian Gawlak</td>
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<td>Alexander McLean</td>
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<td>Leslie Schultz</td>
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<td>Victoria Doerfler</td>
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<td>Aidan Spencer</td>
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<td>Erin Blecha</td>
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<td>Jake Miceli</td>
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<td>Daryl Ellison</td>
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<tr>
<td>Wesley Cantliffe</td>
<td>21</td>
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<tr>
<td>Layne Spencer</td>
<td>24</td>
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<tr>
<td>Meredith Hazlett</td>
<td>29</td>
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</tbody>
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**Adult Bible Study**, Seasonally. Pastoral & Lay Leadership

**Boy Scout Troop** 52 Tuesday, 7:00 pm.

**Brothers in Christ** 1st & 3rd Saturday, 8:00 am, Parish House

**Chancel Choir Rehearsal**, Thursday, 7:30 pm, Sunday, 9:00 am

**Church School Children’s Choir** – 1st Sunday and Seasonal: 10:15 am

**Confirmation Class**, alternate Sunday’s after worship

**Handbell Choir Rehearsal**, Sunday, 11:30 am.

**Youth Groups**, Grades 6-12, Sunday, 11:00 am

**United Methodist Women**, 2nd Monday of each month and Special Programs

**Worship Service & Church School** at 10:00 am Sunday - Nursery provided.

**Web Site:** [www.FirstUMCMeriden.com](http://www.FirstUMCMeriden.com)
Kindly tear off and return to Church office. Thank you.

( ) Please add/drop person below to mailing list
( ) Would like offering envelopes
( ) Would like to join Church
( ) Changes in Address, phone, e-mail...
( ) The person below is in the hospital
( ) Please pray for:

NEWS FOR THE PARISH HERALD, COMMENTS, INFORMATION.

Signed..........................................................................................................

Mail should be sent to our 15 Pleasant St. Church office address. Please do not use the East Main Street address. Our E-Mail address is fumc@snet.net Phone: 203-235-9620

First United Methodist Church
15 Pleasant Street
Meriden, CT 06450-5702