

Richardson Park United Methodist Church  
11 North Maryland Avenue  
Wilmington, DE 19804-1305

Phone: 302-654-0961  
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*"As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving."*  
Colossians 2: 6-7 NRSV

This is the type of faith displayed by the people who gathered under that tree 110 years ago. By the way, a piece of the tree trunk is reserved in our archives.

Scientists say the rings in a tree trunk give us the history of the tree. The trunk is important for two reasons. It acts as a support rod, giving the tree its shape and strength. Second, it acts as the central "plumbing system" in a tree, forming a network of tubes that carries water and minerals up from the roots to the leaves and food from the leaves down to the branches, trunk, and roots. ([gen.uga.edu](http://gen.uga.edu)).

The tree produces rings during its growing season. When conditions are good, the tree produces a thick ring; but in a discouraging year, growth is slowed down and the tree produces a thin ring.

When I compare the church and growth to the rings of a tree, it looks like we are in a thin ring year. But that only means we are ripe to produce a thick ring.

110 years ago, the people who gathered under that tree kept the trunk healthy because the roots were soaking up the nutrients of their prayers, service, and faith. We have the privilege of continuing to be the anchor of the tree (the roots). In a natural tree, the roots absorb the nutrients and water from the soil to keep the tree healthy. We know in order to keep the tree healthy, the most important thing is rooting our lives in Christ. If we continue to do this, we can experience the fullness of Christ's love and we have the foundation we need to weather all the storms of life.

We want the next generation coming behind us to look at the church and say, "Thank you God for the people who continued to water and feed the roots so that we could carry on the legacy of being a healthy church."

Join us the weekend of 10/27-10/29/17 as we celebrate what God has done and continues to do. See the information in the messenger for more details.

RPUMC is still rooted and growing in Christ.

Blessings,  
Pastor Carolyn



## OCTOBER BIRTHDAYS

Karen Boyd	10/1
Brittany Brown	10/1
Allison Cox	10/2
Chrysta Martin	10/3
DeeDee Painter	10/3
Jane Thomas	10/3
Bob Evely	10/4
Edward Przywara	10/4
Claire Austin	10/6
Alissa Ayala	10/6
Lincoln Klingler	10/6
Roger Longest	10/6
Mike Phillips	10/6
Cheryl Chilcutt	10/7
Angela Buhner	10/8
Jessica Donnelly	10/9
Mary Hall	10/9
Tony DiMauro	10/10
Kaia Phillips	10/10
Logan Phillips	10/10
Melissa Hughes	10/11
Chelsea Chilcutt	10/12
Sarah Pasmore	10/12
Ken Bourdon	10/13
Dan Freebery	10/13
Emma Perugini	10/13
Jerry Toy	10/13
Dennis Earvase	10/16
Yvette Hayman	10/17
Riley Kaucz	10/19
Patrick Donnelly	10/22
Lovedy Berkley	10/26
Paulette Lazzaro	10/26
Dianna Deaton	10/26
Eric Fleming	10/27
Tod Mitten	10/27
Scott Cloud	10/28
Ashley Lang	10/30
Anthony Steward	10/31

**Note: If your name is not listed on our birthday calendar, please call the church office at 654-0961. Thank you.**

# UNITED METHODIST WOMEN



In October, Rebekah Circle will take care of the flowers in the church.

### Circle Meetings

Rebekah Circle      Tuesday, October 3  
7:00 p.m. – Lounge  
Please bring a snack

Ruth Circle              Wed., October 11  
12 Noon – Extension

### Circle Leaders

Rebekah Circle	Marlene Johnson
Ruth Circle	Betty Swain

United Methodist Women is a sisterhood of caring. If you are not a member, prayerfully consider becoming a member of this dedicated group of women.

### **Dates to Remember**

Sunday, October 15  
UMW/Laity Sunday

Saturday, October 28  
Pen-Del Conference and Wilmington  
District Meeting  
9:30 AM  
St. Paul's UMC

Saturday, December 9  
Cookie Walk  
9 AM - The Extension

Sunday, December 10  
Covered Dish Luncheon and  
Baby Shower for Jesus\*  
11:30 AM - Fellowship Hall

\*Will benefit CAP this year.

## YOUTH AND CHILDREN'S MINISTRIES



This fall, our Children's and Youth Ministry has started "Digging in To the Bible in One Year." Our new curriculum series is designed to give children a good study of the entire Bible through the course of the next year. We have already encountered the amazing Creation stories found in the Book of Genesis and have been reminded that "God Made Us For a Reason" (WOW, God!) and that God let us choose between GOOD and EVIL. We are excited to see what other important lessons God will teach us this year.

For now, we are still holding our Children's Church downstairs in Room 3. However, our newly painted rooms hopefully will be ready for us in early October when we plan to move our programming upstairs.

Please remember that parents may start dropping off kids starting at 10:15 a.m. and must return to pick up your children at the end of the worship service upstairs. ALL CHILDREN must be signed IN and OUT by the parent/guardian or the trusted adult with whom they came to church. There are also some registration forms we are asking parents/guardians to fill out for all children attending RPUMC Children's and Youth programming. If you have not received your registration packet, please see Beth Warfel for that information ASAP!



Our book for the October meeting (Wednesday, October 11, 7 PM) is "***The Kite Runner***" by ***Khaled Hosseini***, and for the November meeting (Wednesday, November 8, 7 PM), the book is "***My Grandmother Asked Me to Tell You She's Sorry***" by ***Fredrik Backman***.

## THE SHOPPE AT RPUMC

A thrift shop ministry in Richardson Park is celebrating 10 years of selling gently used clothing, collectibles, furniture, jewelry and household items to raise money for various charities in the Wilmington area. The Shoppe at RPUMC opened a decade ago to accomplish several goals in one nonprofit business.

The store, located at Richardson Park United Methodist Church, not only provides affordable goods but also serves as a social center and provides a quick source of garments and other items in emergencies.

The ministry has about 15 volunteers. They like goods to move in and out of the store in a timely way so that returning shoppers can always find something "new." When shoppers check out, they can feel good about the bargains they've found and that they are helping the community.

The store has become something of an exchange. People drop off donated items when they come in and then explore the clothing racks, the book shelves, the holiday displays, etc. The store has name brand ladies clothing for just a few dollars.

The Shoppe has recently expanded to an additional space behind the garage that we call the Annex.

It's a nice place to shop, and shoppers will find a clean and tidy shop with a wide variety of goods.

Store hours are 9 AM to 1 PM every Thursday and the first Saturday of every month.



I want to thank all of the RPUMC people that took their time to send me a card or call during my ear operation. I especially want to thank Pastor Carolyn Williams for her very special support. May God bless each one of you for your kindness.

Frank Pugh



## RPUMC'S 110<sup>TH</sup> ANNIVERSARY

### WESLEY TOWER BANKS September 2017 \$66.65

Thanks to everyone for remembering to bring your filled banks to church the first Sunday of each month. Our total to date for 2017 is 695.54. Remember to pick up an empty bank as you leave the altar area on Communion Sunday. AGAIN, THANKS FOR SAVING YOUR CHANGE.

### **CAP FOOD DRIVE** **MONTH OF OCTOBER**

We are participating in a CAP Food Drive during the month of October. Any non-perishable food is welcome. CAP requested the following: Pasta sauce, peanut butter (small or medium jars preferred), jelly, soups (all kinds), spaghetti, pork and beans, tuna, baked beans, Chef Boyardee, ketchup, bottled salad dressing, canned vegetables, diapers and any other items you would like to donate.

### **SEEKING COMMUNION VOLUNTEERS**

We are seeking volunteers to set up for communion the first Sunday of each month during the year. So far, we have seven volunteers and need at least five more. If you are interested and willing to help out with this ministry, please see Pastor Carolyn or Roger Longest so we can add you to the schedule.

Sometime in October, Roger will be conducting a brief overview of what is needed to set up for communion. We appreciate your help with this request. Thank you.



### **TOO MANY CALENDARS?????**

If you are receiving more 2018 calendars than you can possibly use, please leave your extra ones in the church office. The Shoppe at RPUMC is giving them to customers who patronize the shop.

Our church is celebrating its 110<sup>th</sup> Anniversary this October! We are blessed by the gifts which God has given our congregation, and the love of Jesus we have been able to show through missions work done by the hands of the members of our congregation over those 110 years. It surely is reason to celebrate. We hope you will join us for these events to help celebrate with us! Invite friends and family to join you and let them experience the AMAZING LOVE OF GOD and enjoy some fun and fellowship with your Richardson Park church family!

**SAVE THE DATE** for these special events!

**Friday, October 27** – RPUMC Coffeehouse, featuring LOTS OF GREAT entertainment! 7:30 PM in Fellowship Hall. Coffee, Tea, and Desserts available!

**Saturday, October 28** – Third Annual TRUNK – OR – TREAT – 2 PM – 4 PM. Fall celebration in the Extension and Open Prayer Time in the Sanctuary – 4 PM – 5 PM.

**Sunday, October 29** – Sunday Morning Worship – 10:30 AM, with a catered luncheon to follow. Please RSVP to the church office at 654-0961. More details regarding the luncheon to follow.

**A note about TRUNK-OR-TREAT** – If you are interested in helping with our Trunk or Treat Event, please see Donald McFarland to sign up for a parking space and then get your car decorations and TREATS ready!

### **HOLIDAY BAZAAR**

On Saturday, November 11 from 9 AM to 4 PM, a Holiday Bazaar will be held in Fellowship Hall.

Proceeds from the Bazaar will benefit our Girl Scout Troop 279. The girls are excited to be preparing “goodies to eat” and craft items for sale at their table.

So far, the Missions Team will be offering homemade soup, baked good and crafts. Other vendors will be providing sea glass creations, hand knitted and crocheted items, as well as holiday crafts.

## Holiday Bazaar (Cont'd.)

Food will be available for purchase to fuel your shopping spree! Limited seating and tables will be provided for you to relax and make your list and check it twice...oh, and eat!

Tables are going fast, so if you are interested in one, contact me (\$12.00 plus a donated item per table). Only quality crafts and food items will be offered for sale.

Get your holiday list ready, your shopping shoes on and be ready for a good time. Door prizes will be given throughout the day, so plan on staying a while. Remember, our Girl Scouts will benefit from your generosity at their table and the kitchen sales.

Interested in a table? Donation to Girl Scout Troop 279? I will be more than happy to assist you.

Can't wait to see all of you on Saturday, November 11.

Kathy Daniels  
302-996-6445

## RICHARDSON PARK ELEMENTARY SCHOOL BOX TOPS FOR EDUCATION PROGRAM



Richardson Park Elementary School is presently participating in the Box Tops for Education Program. This program is one of the nation's largest school earnings loyalty programs and has been helping schools succeed since 1996. With over 250 participating products, it's an easy way for schools to earn cash for the things they need. Following is a picture of the Box Tops for Education Coupon that you will find on the product packaging and all you need to do is cut out the coupon and put it in the baskets located in the Extension, on the ledge in the back of the Sanctuary, and the vestibule on the Matthes Avenue side of the church.

## BAGS OF BLESSINGS

On Thursdays, along with our free lunch program, we are distributing "Bags of Blessings." These bags contain a light lunch or snacks. Along with the food items, we enclose a flyer showing a picture of our church, Pastor Carolyn's name, and the times of our services. In addition, we have added the new location of CAP and the times CAP is open. Right now, we need help in filling these bags. Items needed are:

Bottled water (any size bottle)  
Individually wrapped:

Crackers (peanut butter or cheese filled)  
Cookies  
Nutella  
Candy  
Protein Bars  
Fruit Cups (4 in a package)

If you are unable to shop for these items but would like to contribute money toward their purchase that would certainly be appreciated, also. All food items and money should be given to Pastor Carolyn.

## HELLO FROM PAT CUMMINGS

Sending my love from Lewes, DE and thanking my church family for all of the good wishes sent to me on my birthday! They came by friends on Facebook, beautiful cards, and telephone calls! Also had a nice visit from Joe and Brenda Tucker and Shirley Snapp while they were visiting Carol Ewing. Just love hearing from everyone and to let you know that if you are ever down here in lower, slower Delaware, my door is always open. Blessings to all!



**Daylight Saving Time Ends on Sunday,  
November 5 at 2 AM.**

**Time to turn your clocks back one hour!!!**

## Technical Tip for October 2017

You may have heard about the Equifax data breach. According to news notices at least 143,000,000 accounts were compromised. This means Equifax lost control of a significant number of names, addresses and social security numbers.

What should you do

First, don't panic. The breach happened in July and whatever damage was done is done. Make sure you pay particular attention to your credit card statements and watch for charges you did not make. If you see any call the credit card company and dispute them as soon as possible.

The information below copied from [www.equifaxsecurity2017.com](http://www.equifaxsecurity2017.com):

"We recommend that you remain vigilant for incidents of fraud and identity theft by reviewing account statements and monitoring your credit reports. You may obtain a free copy of your credit report from each company listed below once every 12 months by requesting your report online at [www.annualcreditreport.com](http://www.annualcreditreport.com), calling toll-free 1-877-322-8228, or mailing an Annual Credit Report Request Form (available at [www.annualcreditreport.com](http://www.annualcreditreport.com)) to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA, 30348-5281. You may also purchase a copy of your credit report by contacting any of the credit reporting agencies below:

Equifax  
PO Box 740241  
Atlanta, GA 30374  
[www.equifax.com](http://www.equifax.com)  
888-766-0008

Experian  
PO Box 9554  
Allen, TX 75013  
[www.experian.com](http://www.experian.com)  
888-397-3742

TransUnion  
PO Box 2000  
Chester, PA 19016  
[www.transunion.com](http://www.transunion.com)  
800-680-7289

If you believe you are the victim of identity theft, you should contact the proper law enforcement authorities, including local law enforcement, and you should consider contacting your state attorney general and/or the Federal Trade Commission ("FTC"). You also may contact the FTC to obtain additional information about avoiding identity theft.

**Federal Trade Commission**, Consumer Response Center  
600 Pennsylvania Avenue NW, Washington, DC 20580; 1-877-IDTHEFT (438-4338)  
[www.ftc.gov/idtheft](http://www.ftc.gov/idtheft)

**State Attorneys General:** Information on how to contact your state attorney general may be found at [www.naag.org/naag/attorneys-general/whos-my-ag.php](http://www.naag.org/naag/attorneys-general/whos-my-ag.php).

You may obtain information from the FTC and the credit reporting agencies listed above about placing a fraud alert and/or credit freeze on your credit report. Please also visit the "State Information" tab of this site".

**Poor In Spirit**  
**by Rev. Constance Hastings, MSCC, NCC**  
**Daybreak Counseling Services**

In our creation, God has given us emotions to signal times and situations when life is out of balance or change is needed as well as periods when life is lived in wholeness. Awareness of emotions, their impact on ability to function, and methods of coping and treatment are necessary for living out God's plan for our lives. Melody Moezzi, a blogger for bphope.com, writes about the distinction between being sad and depression. To be mentally healthy, neither can be put aside. As one who has struggled and is living with mental illness, Moezzi has learned about her disease and the various forms it can take as well as the natural expressions of emotion that are given in our God-created nature to signal how life is impacting a person and how to respond.

Some describe depression as being like sadness but being so stuck in the emotion that it feels impossible to move beyond it. Sadness instead is more short-lived, and daily tasks and relationships are not neglected. "Intense apathy and heaviness...feeling like everything you do is walking through water....everything's a little harder to do," are phrases she uses to describe her clinical depression. Often depressed persons isolate from others, not making efforts to reach out and find social stimulation. Sleep is not restful, but persons can find themselves between not sleeping very much, sleeping too long, or not in sync with natural circadian rhythms of sustained evening rest following daytime activity. Mysterious aches and pains, severe headaches, or loss of short term memory are also sometimes symptoms. These expressions of depression are indications of one's inability to live and move in life's relationship with God and neighbor.

Interestingly, Moezzi points out that crying is not necessarily a good measure of depression. "Crying is a natural adaptive human response to the world we live in—to loss, to rejection, to grief... it's a natural kind of thing and it's actually a great sedative; it has no [harmful] side effects, and it can calm you down." She notes for herself that when she is severely clinically depressed, she cannot cry. Her ability to cope within her physical and emotional release processes are shut down. When this happens, persons need help beyond their own efforts.

Should you or someone you love require help, reaching out to a mental health professional is not an indication of character weaknesses or lack of faith, but rather a connection that can provide tools and restore hope to hurting persons. Delaying help only compounds the problem and creates more distress. It is for many an answer to prayer for healing and life.

*"Blessed are the poor in spirit, for theirs is the kingdom of heaven."  
Matthew 5:3 (NRSV)*

*Daybreak Counseling Services is a nonprofit clinical pastoral counseling agency that not only addresses the presenting issue or problem but also allows for the inclusion of spirituality within sessions. It is supported through payments determined on a sliding scale basis, private grants, and individual donations. Rev. Constance Hastings, a nationally certified counselor and United Methodist deacon, sees clients at St. Paul's United Methodist Church with both day and evening hours. Call 302-745-1042 for information or to make an appointment.*



**TRUNK or TREAT**  
at  
**RICHARDSON PARK UMC**  
**Parking Lots**

**SATURDAY, OCTOBER 28**  
**2:00 – 4:00 PM**

**YOU ARE INVITED** to join us for the 2017 TRUNK or TREAT. It is open to everyone and is a wonderful community outreach for children and adults. Fun and fellowship for all ages!

**Pick a theme and decorate your auto's trunk (just like decorating your house!) Bring wrapped/bag candy to share with the kids who come in costume and go from trunk-to-trunk to get their treats. Everyone is invited to wear a costume.**

**WATCH** for the poster on the bulletin board to reserve your parking lot location and get registered for this year's limited spaces. Prizes for **BEST, NEXT BEST, and BEST EFFORT** will be awarded at 4 PM. **ALL ARE WELCOME!**

**Start planning now and tell everyone to come and enjoy "Trunk or Treat" at Richardson Park UMC – Saturday, 10/28, 2:00-4:00 PM.**



# October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1 Fellowship Hall Reserved</b> 9 AM Adult Sunday School 10 AM UMW Unit Meeting 10 AM Fellowship 10:30 AM Worship & Children's Church 11:30 AM Missions Meeting	<b>2</b> 6:30 PM Girl Scouts 6:30 PM Boy Scouts 7 PM Cub Scouts	<b>3 Fellowship Hall Reserved</b> 7 PM Rebekah Circle 8 PM AA Meeting	<b>4 Fellowship Hall Reserved</b> 6:30 PM Scout Board Meeting	<b>5 Fellowship Hall Reserved</b> 9 AM The Shoppe at RPUMC 11 AM Free Lunch Ministry 6:30 PM Chancel Bells 7:15 PM Chancel Choir 8:15 PM AA Meeting	<b>6 Fellowship Hall Reserved</b> 10 AM Disciple – RPUMC 11 AM Free Lunch – Peniel UMC	<b>7 Fellowship Hall Reserved</b> 8 AM YARD SALE The Shoppe at RPUMC, the Annex and Fellowship Hall
<b>8</b> 9 AM Adult Sunday School 10 AM Fellowship 10:30 AM Worship & Children's Church 11:30 REM Team Meeting. 1 PM CROP WALK	<b>9</b> 6:30 PM Girl Scouts 6:30 PM Boy Scouts 7 PM Cub Scouts 7 PM Finance Mtg.	<b>10</b> 8 PM AA Meeting	<b>11</b> 12 PM Ruth Circle 7 PM Book Club	<b>12</b> 9 AM The Shoppe at RPUMC 11 AM Free Lunch Ministry 6:30 PM Chancel Bells 7:15 PM Chancel Choir 8:15 PM AA Meeting	<b>13</b> 10 AM Disciple – RPUMC 10 AM Free Lunch – Peniel UMC	<b>14</b>
<b>15 Laity Sunday</b> 9 AM Adult Sunday School 10 AM Fellowship 10:30 AM Worship & Children's Church 11:30 AM SPRC Mtg. 11:30 AM Trustee Mtg.	<b>16</b> 6:30 PM Girl Scouts 6:30 PM Boy Scouts 7 PM Cub Scouts	<b>17</b> 8 PM AA Meeting	<b>18</b> 7 PM Bible Study	<b>19</b> 9 AM The Shoppe at RPUMC 11 AM Free Lunch Ministry 6:30 PM CAP Board Mtg. 6:30 PM Chancel Bells 7:15 PM Chancel Choir 8:15 PM AA Meeting	<b>20</b> 10 AM Disciple – RPUMC 11 AM Free Lunch – Peniel UMC 6:30 PM Koinonia Game Night	<b>21</b> 11 AM Missions Team – Sojourner's Place
<b>22</b> 9 AM Adult Sunday School 10 AM Fellowship 10:30 AM Worship & Children's Church 11:30 AM Council	<b>23</b> 6:30 PM Girl Scouts 6:30 PM Boy Scouts 7 PM Cub Scouts	<b>24</b> 8 PM AA Meeting	<b>25</b>	<b>26</b> 9 AM The Shoppe at RPUMC 11 AM Free Lunch Ministry 6:30 PM Chancel Bells 7:15 PM Chancel Choir 8:15 PM AA Meeting	<b>27 Fellowship Hall Reserved</b> 10 AM Disciple – RPUMC 11 AM Free Lunch – Peniel UMC 7:30 PM Coffee House	<b>28</b> 2 PM Trunk or Treat 4 PM Fall Celebration and Open Prayer Time
<b>29 Fellowship Hall Reserved</b> 9 AM Adult S.S. 10 AM Fellowship 10:30 AM Worship & Children's Church 11:30 AM Catered Luncheon	<b>30</b> 6:30 PM Girl Scouts 6:30 PM Boy Scouts 7 PM Cub Scouts	<b>31 Halloween</b>  8 PM AA Meeting				

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# *the Messenger*

## **OCTOBER 2017**

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### READERS

October 1	Bob Collins
October 8	Brenda Tucker
October 15	Paul Weaver
October 22	Sandy Swain
October 29	Ed Ide

### ALTAR FLOWERS

October 1	Bob Ashton
October 8	Frank and Pat Pugh
October 15	Susan Watkins & Family
At the Cross	Tony and Glenda Donnelly
October 22	Dorothy Scarborough
At the Cross	Anna Mae Shewbrooks
October 29	Kathy Rogers

### FLOWERS

For the month of October, Rebekah Circle is responsible for the flowers.

\* \* \* \* \*

PLEASE REMEMBER TO BRING FOOD FOR  
CAP THE FIRST SUNDAY OF EACH MONTH.

\* \* \* \* \*

Please submit your articles for the  
November Messenger to the Church Office by  
Friday, October 13. Thank you.

*The purpose of Richardson Park United Methodist Church is to help people  
experience the amazing love of God and develop a vital relationship with Jesus Christ.*