



Pastor's
Page



The Stepping Stone
JANUARY 2019

December 28, 2018

Dear Church Family,

Grace and peace to you from God our Father and our newborn Lord Jesus the Christ!

It is good to write to you today. As I reflect back on this Christmas week I am amazed at all that God has done. On Christmas Eve we filled our little sanctuary with almost 100 people. It was a wonderful service in which God was praised with music, preaching, candlelight, Holy Communion, and yes even some fireworks. Thank you, Steve Pierce, for making the fireworks happen! This was a great finish to a great Christmas Eve worship!

At our Christmas Eve worship service, we received an offering for the Path of Life Churches. These are the Karenni, Nepali, and Sudanese churches which we have been supporting for some time now. The offering totaled \$1795 on Christmas Eve, however, all of the gifts for this offering have not yet been counted and the total is sure to be higher than any of us imagined. Remember I set a \$1000 goal? Because of your faithfulness you not only reached that goal but exceeded it! Praise God!

The Path of Life churches are now worshipping in the former Mattydale United Methodist Church building. They are growing in grace and learning how to be church. God is blessing them as they move forward. They need our continued support and as we do this we are living out our mission statement which is to seek, serve, and share God with others. Together we can continue to grow in the grace of Jesus Christ our Lord and Savior.

I want to take a moment and thank you for all the Christmas Cards & Gifts that were given to me and my family. They were truly a blessing. Thank you for thinking of us at this time of the year. You are a blessing to us!

It is my sincere hope and prayer that you and your family have a blessed new year. January 6th will be our epiphany service at 9:30, 11:00. And 12:30 (at pitcher hill community church.) please come out and worship as we remember the story of the Magi as they journey to see the Christ Child.

God Bless & Happy New Year!

In Christ,

Rev. Daniel F. Bradley

DRUSS KUSUSI -

A program that tutors our New World Ministries children

December was a busy but short month for Druss Kususi. We only met the first three weeks, taking a break for the Christmas vacation.

The younger children cooked each week. One week they made a terrific pumpkin chicken chili and another week they made cupcakes that were then frosted and decorated for Christmas!

We have been very lucky to have two great high school math tutors to help with the high school kids who are taking Geometry and Algebra 2. The younger kids enjoyed working on skills that were included on Christmas themed worksheets with the help of the rest of the tutors.

Thank you to all those who gave money and gift certificates so that we could provide Christmas gifts for the kids. We included some fun gifts like games and silly putty as well as books and activity books to give them something to work on during the time they are off from school.

If you are interested in tutoring please contact Kathy LaDuca. No special skill or level of education is needed. We have a great time and make a difference in the lives of some very special children. And it's even more true that they make a difference in our lives!

- Kathy LaDuca



December's unit was Celebrate Advent with Your Family. Lessons included - Elizabeth and Zechariah; Mary; Joseph, Mary, and Jesus; and Simeon and Anna. January's unit is Healing Families. Lessons include Magi Seek a Healer, Jesus Heals, Jesus Heals a Young Woman, Jesus Heals Ten Men.

Clay, Nepali, Karenni & New World Ministry Sunday Schools

Classes continue for all groups – the children at Clay, the Karennis, the Sudanese and the Nepalis. We all use the same curriculum which is a United Methodist curriculum – especially important for new refugee congregations so that the people have a better understanding of what United Methodists believe. There have been more children attending the Clay Sunday School more regularly. We now often have two or three children in Sunday School – although the younger ones often prefer to play than to do the lessons, they are being exposed to our faith as they play.

Children have the opportunity to enjoy worksheets on the specific lesson and a craft. Some groups have the chance to sing some favorite children's church songs. We also work with the refugee groups to make sure they learn the Lord's Prayer in English. - Kathy LaDuca

upcoming EVENTS



DATES TO REMEMBER: JANUARY

- 1st - NEW YEARS DAY...HAPPY NEW YEAR, Office will be closed.
- 6th - Blessing Bags Preparation, 6pm, Clay.
- 29th - Blood Drive, 3-7pm, Clay



We will fill blessing bags, Jan. 6th @ 6p.m., Clay Campus! Let's have fun preparing blessings for those less fortunate than us. God Bless.

BLESSING BAGS ITEMS: (all for one bag)

- ⇒ Toothbrush, Toothpaste
- ⇒ Water, Water, Water
- ⇒ Tissues, Antibacterial wipes
- ⇒ Bandages, Razor
- ⇒ Bag of quarters for laundromat
- ⇒ Peanuts, nuts, raisins
- ⇒ Granola Bars, Cereal Bars, Protein Bars
- ⇒ Plastic utensils
- ⇒ Socks, Hat & scarf, Gloves
- ⇒ Deodorant, Bar Soap
- ⇒ Lip Balm, Sunscreen
- ⇒ Comb
- ⇒ Feminine Products
- ⇒ \$5, 10, 15, 20 Gift cards to Fast Food, Fastrac, Dunkin', etc...
- ⇒ Bible



Beautiful Mess Ministries

Join us with Beautiful Mess as we unify in music and mobilize in mission. Worship Night on January 4th at Brown Memorial United Methodist Church. Join our mailing list for updated on all things worship and missions: <http://bit.ly/2fHk1JX>

Bring your women's group to win a \$50 gift card towards your next bible study book!

GIVE BLOOD



January 29, 2019, blood drive from 3-7p.m., Clay Campus. We will be in need of baked goods and volunteers for this day, so, if you would like to volunteer to work the drive or bring in baked items, please contact the church office or Beth Jordan @ 315-657-5701. Blood donors are especially welcome!! Thank you!



Volunteering is fun, maybe do something within your Community, maybe help a neighbor, family member or friend. Volunteering to help in any way helps not only that person that you give your time to, but it helps you feel like you have done something good. Let's celebrate the new year with helping our Seniors out! Let's help with plowing, shoveling, helping them get inside and more!

2019

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses -- especially for seniors. Here is some helpful advice for preventing common winter dangers that the elderly population faces. 1) Avoid Slipping on Ice Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months," says Dr. Stanley Wang, a physician at Stanford Hospital in Palo Alto, Calif. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations. While younger people often recover relatively quickly from such injuries, older adults face complications, which Dr. Wang says are a leading cause of death from injury in men and women over the age of 65. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside. 2) Dress for Warmth Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65. So, don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately. 3) Fight Wintertime Depression Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily. Let's take care of our seniors in this new year of 2019! God Bless.



"The name of the month of 'January', is derived from the ancient Roman name 'Janus' who presided over the gate to the new year. He was revered as the 'God of Gateways', 'of Doorways' and 'of the Journey.' Janus protected the 'Gate of Heaven', known as the 'Lord of Beginnings', is associated with the 'Goddess Juno-Janus', and often symbolized by an image of a face that looks forwards and backwards at the same time. We cast out the old and welcome in the new.

January is...



- Baking Month
- Bath Safety Month
- Blood Doner Month
- Braille Literacy Month
- Codependency Awareness Month
- Fat Free Living Month
- National Hobby Month
- Hot Tea Month
- Mentoring Month
- Oatmeal Month
- Slavery and Human Trafficking Prevention Month
- Slow Cooking Month
- Soup Month
- Stalking Awareness Month
- Thank You Month
- Weight Loss Awareness Month



Quotes

"There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues."

- **Hal Borland**

"In January it's so nice
while slipping on the sliding ice
to sip hot chicken soup with rice.
Sipping once Sipping twice."

- **Maurice Sendak**

"Should auld acquaintance be forgot
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?
For auld lang syne, my dear, for auld lang syne,
we'll take a cup of kindness yet,
for auld lang syne."

- **Robert Burns (Auld Lang Syne)**

Community

We here at Faith Journey UMC believe very strongly in the power of serving the community to grow the church. Serving is a way to treat people the way God wants to see them treated, it's the very essence of God's personality. That's why it's so powerful. One of the hardest parts of serving is figuring out what to do, that's why we wanted you to know what Faith Journey UMC has been doing for the year of 2018. If you want to help with any of the organizations listed below, please give the church office a call @ 315-652-9186 and we will set you up with the proper individuals to get you going in the right direction. Thank you to all who have volunteered, purchased multiple items, donated money, helped with organization, given your time to help with church services, prepared bags, helped with children's items, given multiple food items, prepared food, and the list goes on. Your time, efforts, donations do not go unrecognized. Faith Journey UMC Thanks you for everything. Have a Merry Christmas and may God bless you in all things this upcoming year of 2019!

AREAS OF INVOLVEMENT

- | | |
|--|--|
| ⇒ Community Garden | ⇒ Cradle & Beyond Sales/Collections |
| ⇒ Samaritan Center | ⇒ New Worship Building |
| ⇒ Rescue Mission | ⇒ UMCOR Flood Recovery Buckets & donations |
| ⇒ Preparing meals for Brown Memorial | ⇒ Thanksgiving Bags |
| ⇒ Worship at Elderwood | ⇒ Southern Sudan Health Project |
| ⇒ Food Pantries: | ⇒ Methodist Around the World - Andy's Camp |
| ◆ St. Rose of Lima Roman Catholic Church | ⇒ POLM: |
| ◆ Brown Memorial United Methodist Church | ◆ Druss Kususi |
| ◆ Sacred Heart Roman Catholic Church | ◆ Sunday Schools |
| ◆ North Syracuse Christian Church | ◆ School Supplies |
| ◆ Phoenix Area Food Pantry | |
| ◆ Trinity Assembly of God | |

Do you want to sing or play an instrument?

We are welcoming anyone interested in singing or playing an instrument to join the worship team during the 9:30 service. Practice is every Sunday morning at 9:00am in the sanctuary. Please contact Jake Melnyk at roadoutohere@gmail.com for more information.



Recipes



I WANT YOUR RECIPES

Do you have a favorite recipe that you love to share with others, your favorite grandma's pie, aunt 's cake, or your own creation that is absolutely amazing? Then I would love to have that recipe. You can email me with information at fjoffice@fjumc.org or call me with information @315-652-9186. Don't miss out on sharing...and if we get enough recipes then we can make a FJUMC Recipe Book. Can't wait to see all the delicious items! Thank you!

Recipe by: Beth Schnipp - Saucy Baked Pork Chops

INGREDIENTS

- 6 pork chops, 1/2 - 3/4 thick
- 1 can cream of chicken soup
- 1 medium onion, sliced
- 3 tbsp. catsup
- 2 tsp. Worcestershire sauce

DIRECTIONS

- Trim fat from chops & heat the fat trimmings in skillet; when you have 2 tbsp. of melted fat, remove trimmings.
- Brown chops in the hot fat; season with salt/pepper.
- Drain off excess fat. Combine remaining ingredients; pour over chops. Cover; bake in oven at 350 degrees for 45 to 60 min. or till chops are done. Makes 6 servings.
- Serve with rice or noodles.



Do **YOU** want to be on the FJUMC email list? Please contact the church office at fjoffice@fjumc.org. If you know of someone else who like to be added, please have them contact Mechele Wright at church office 315-652-9186 or email.

Our "Stepping Stone" newsletter will be sent to everyone on the email list, rather than through the post office. If you would rather receive the newsletter in the mail, please contact church office.

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 NEW YEARS - Office Closed 6:30 PM - FJ Fitness with Beth Jordan	2 ⇒ Pastor out of office	3 9 AM - 12 PM - Workday @ New Building ⇒ Pastor out of office	4 7 PM - Gambler's Anonymous @ Clay Campus ⇒ Pastor out of office	5 9 AM - 12 PM - Workday @ New Building
6 6 PM - Blessing Bag Preparations @ Clay Campus	7	8 6 PM - Drum Circle @ Clay, bring food donation 6:30 PM - FJ Fitness with Beth Jordan @ Clay Campus	9 10 AM - Cradle & Beyond Board Mtg. @ New bldg.	10 9 AM - 12 PM - Workday @ New Building 7 PM - Trustees Board Mtg. @ New bldg.	11 7 PM - Gambler's Anonymous @ Clay Campus	12 9 AM - 12 PM - Workday @ New Building.
13	14	15 6:30 PM - FJ Fitness with Beth Jordan @ Clay Campus	16	17 9 AM - 12 PM - Workday @ New Building	18 7 PM - Gambler's Anonymous @ Clay Campus	19 9 AM - 12 PM - Workday @ New Building
20	21	22 6:30 PM - FJ Fitness with Beth Jordan @ Clay Campus	23	24 9 AM - 12 PM - Workday @ New Building	25 7 PM - Gambler's Anonymous @ Clay Campus	26 9 AM - 12 PM - Workday @ New Building
27	28	29 3-7 PM - Blood Drive @ Clay Campus 6:30 PM - FJ Fitness with Beth Jordan @ Clay Campus	30	31 9 AM - 12 PM - Workday @ New Building		

Sunday Services Schedule

9:30 AM - Contemporary Worship @ Clay

11 AM - Traditional Worship @ Clay

12:30 PM - Traditional Worship @ Pitcher Hill Community

Church at 605 Bailey Rd. in N Syracuse

REFLECTIONS



Journaling is closely related to the passing of time. Whether you journal several times a day or several times a year, you probably date your entries. As the end of your year approaches, we can use our journals to reflect back over the past year. You can read from the beginning, or page through randomly, or sample a few pages from each month. As you read, allow yourself to appreciate your life—the happy moments, the struggles, the doubts, the celebrations. Now start writing. Some prompts are provided to get you started and guide you. Choose the questions that are meaningful to your life.

- ⇒ *What have you accomplished?*
- ⇒ *What are you proud of?*
- ⇒ *What do you regret?*
- ⇒ *What changes have you observed in yourself this year?*
- ⇒ *How have you felt about yourself?*
- ⇒ *What things are you most grateful for last year?*
- ⇒ *How have your relationships with other people changed?*
- ⇒ *Did you have goals for last year?*
- ⇒ *Did you work towards those goals?*
- ⇒ *Will you continue in the coming year?*
- ⇒ *Do you recognize yourself in your earlier entries?*
- ⇒ *Do you feel similarly or differently now?*

Your options for reflection are limitless. You could write a summary entry or response to yourself of your writing. You could create a title for the year of journaling. You can “turn over a new leaf” simply by turning to a blank page and writing from a different perspective. *Not everyone likes to re-read their journal entries. You can adapt this exercise by just reflecting in your own mind before writing. Writing exercise: Much of what we do in journaling is look back, remember, reflect. Try to expand this idea to your entire year. Imagine yourself throughout this past year, how you have changed, what you have learned, all that you have accomplished. Describe your journey.

Brainstorming exercise: How would you characterize your journaling this past year? How did journaling or personal writing help you express yourself?



Christmas Fun-tastic

Family Event was a success!!

The kids had so much fun decorating cookies, gingerbread houses and just having fun with one another. The adults had fun, too! Looking forward to next year!





Ministries

I had the opportunity to do a lot of thinking over the last few weeks as I prepared and celebrated Christmas. The birth of our Savior always gives us plenty to celebrate. Like many, however, I also think of the holidays as a happy time spent with family and friends followed by the New Year which gives us a chance to start over. It's a time of joy – a

time to celebrate. As I really thought about the upcoming new year, thought about the chance to start again, start something new, a time of hope for the coming year, I realized that there are a lot of people who would find the start of the year difficult.

As I purchased mittens and socks for the tree at church I thought of all those who do not have the opportunity to benefit from all that we have and who would face another year of starvation, lack of appropriate shelter and medical care – those who may not see much difference in their lives from one year to the next as they work at subsistence rather than growing and becoming.

When I went into my office at NAVAC I heard about a young man who was again brought to the hospital for an overdose. Narcan once again woke him up but he is addicted to drugs. He overdoses regularly and one of these days we won't get there in time. He sees nothing positive for the future and clings to the one thing that gives him some relief from the emotional pain he feels. He faces a new year of addiction as he struggles to figure out how to get from one day to the next.

When I talked to my sister we talked of a friend of hers who had been in a nursing care facility where she wasn't well cared for and is now back in the hospital. She had a stroke like my sister but her prognosis isn't as good as she was already disabled. She will go back to a nursing home – despite the fact she would love to go home. She may never be able to. As she looks toward the new year she understands this. Her days will continue in places where others care for her – sometimes not as well as they should. My sister and her friends and family visit but her hope for the future is gone.

And yet, and yet....this little baby was born. He has come to save us – save us from death, save us from ourselves, save us from continuing on in the same way. He has come to show us how to love and care and to bring us hope and peace. So as I thought about all of the difficulties in people's lives I found a need to stop. Stop with my own, often self-centered celebration and ask myself how I can truly celebrate – as God would have me do. How can I step into someone else's darkness each day and bring some of God's love and peace? How can I make a difference that Jesus expects me to make because he came to save me from sin and death?

I hope as the new year begins, and we celebrate – because we need to look forward with confidence that the new year will bring many good things – that you will join me in asking yourself what God is calling you to do to not only grow and become who God wants us to be in the new year but also to help as many others as we can to do the same! Happy New Year!!

- Kathy LaDuca

COMMUNITY GET INVOLVED

We here at Faith Journey UMC believe very strongly in the power of serving the community to grow the church. Serving is a way to treat people the way God wants to see them treated, it's the very essence of God's personality. That's why it's so powerful. One of the hardest parts of serving is figuring out what to do, that's why we wanted you to know what Faith Journey UMC has been doing for the year of 2018. If you want to help with any of the organizations listed below, please give the church office a call @ 315-652-9186 and we will set you up with the proper individuals to get you going in the right direction. Thank you to all who have volunteered, purchased multiple items, donated money, helped with organization, given your time to help with church services, prepared bags, helped with children's items, given multiple food items, prepared food, and the list goes on. Your time, efforts, donations do not go unrecognized. Faith Journey UMC Thanks you for everything. Have a Merry Christmas and may God bless you in all things this upcoming year of 2019!

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- ⇒ Food Pantries:
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 - ◆ Druss Kususi
 - ◆ Sunday Schools
 - ◆ School Supplies



For the month of **JANUARY** we will be collecting canned fruit for the Food Pantry at North Syracuse Christian Church.

Empty Laundry Detergent Bottles

We are Collecting Empty laundry detergent bottles for St. Rose of Lima food pantry. They will refill the bottles with homemade detergent and give them out in their food pantry.



Seek

We *seek* God’s presence in our lives, to help others in their relationship with God, and to strive to see God’s work through all people.

Serve

We *serve* God through missions, encourage everyone on their spiritual journey, and follow the teachings of Jesus Christ.

Share

We create opportunities for all to share their gifts and talents, and demonstrate openness, acceptance, and hospitality.

God With Others

Office Location:
 8396 Morgan Road
 Clay NY 13041
Contact Information:
Phone: (315) 652-9186 or
 (315) 458-0890
E-Mail: fjoffice@fjumc.org
Website: www.fjumc.org

Faith Journey UMC Staff:
 Pastor Rev. Daniel J. Bradley
 Kathy LaDuca - Christian Education
 Maryna Mazhukhova - Musician
 Daniel Williams - Musician
 Jake Melnyk - Musician
 Mechele Wright - Administrative Assistant
 Custodian– Sean Townsend