



# THE VOICE

June 2025

## "Growing Pain"

**A good life is all about growing.** From the moment we were born into this world, we began to grow—and we've never stopped growing. We grow physically, emotionally, socially, psychologically, and even spiritually. Without growth, we would not be where we are today. Growth is not only essential for survival; it is also one of life's greatest blessings. In the Bible, a blessed life is likened to a tree planted by streams of water—constantly growing, bearing fruit in season, and whose leaves do not wither (Psalm 1).



Clearly, continual growth is a sign of a good and blessed life.

As vital and beautiful as growth is, experiencing or achieving it is not always easy. Growth inherently involves change—and change can be disruptive, uncomfortable, and even frightening. Nothing grows by staying the same. To grow is to change. Each of us has had to go through countless physical, emotional, psychological, and social changes to become the adults we are today—changes that were rarely easy or painless. I remember being in a lot of pain when my body decided it was time to grow a molar tooth. My parents told me the pain meant I was becoming an adult. I also remember the heartache I felt during my first crush on a girl from my church youth group. I never told anyone, and I kept the feeling all to myself. These are just small examples of how growth can be difficult and sometimes even painful. But to experience greater success, happiness, and meaning in life through new growth, we must learn to accept and endure the challenges that come with change. I believe this is a vital life wisdom we can all benefit from. Unfortunately, we are forgetful creatures, and we often lose sight of this truth. So, when change comes, we complain, feel discouraged, or become disappointed. Thankfully, a recent visit to the dentist reminded me of this wisdom again.

A few weeks ago, I went in to replace a dental crown that had been in place for nearly 30 years. After fitting the new crown, my dentist warned me that I might feel some pain for a few days and recommended taking Tylenol if needed. He assured me the discomfort would pass in about a week. In other words, he was telling me that it will get worse before it gets better. I just needed to be patient and endure the momentary pain in order to enjoy life more fully. It was a reminder and wisdom that we all can benefit from.

What changes are you currently going through in your life? Or what changes do you know you need to make to create a better future for yourself or for those you love? Don't be afraid of change. We cannot grow without it, and we cannot experience greater things in life without growth.

Let us remember—we are all experts in growth and change. We would not be here today had we not already navigated many transformations. We've done it before, and we can do it again!

*Pastor Park*

## June Birthdays

June 2	Amy Hansen
June 3	Kathy Zajac
June 6	Catherine Wallace
June 7	Donna Pierce
June 8	Tracy Voca
June 11	Andrew Wallace
June 22	Kelly Winkler
June 29	Barbara Ingra
June 29	Zorina d'Emilio
June 30	Joyce Francavilla

## June Anniversaries

June 17, 1978      George & Joan Carnrick, Jr.

## July Birthdays

July 4	Paige Moeller
July 4	Katie Volz
July 4	Linda Wahlers
July 9	Matthew Dolce
July 9	Norah Winkler
July 21	Beth Rueter
July 24	Nancy Blessner
July 26	Ruth Carrara
July 26	Carlene Starke
July 29	Jee Young Park

## July Anniversaries

July 28, 1979      Joe & Kathy Zajac  
July 28, 1994      Eric & Donna Pierce

## Tea & Coffee Socials Friday, June 13th



Tea & Coffee Socials are hosted once a month by Dave & Rita Whetton as a time to share fellowship and conversation with our church family and neighbors. All are welcome.

Stop by any time between 9:30 am and 12:00 noon to enjoy a complimentary cup of tea or coffee and check out the array of fresh home baked goods as well as other items for sale.

***All the proceeds from sales go to the church.***



Food Cards for ShopRite, Foodtown and Stop & Shop are available to purchase. Order your Food Cards by calling the church office at 973-226-4410 or on our website: [caldwellchurch.org](http://caldwellchurch.org).

Every food card you buy benefits our church with 5% of the value of the card going to the church.



## CUMC Spreads Joy!

We've been busy behind the scenes preparing and delivering gift bags and care packages! Those who are unable to attend church regularly received a visit and an Easter gift bag. College students and college-aged young adults received packages with goodies to spread cheer and help them study for exams.



## THE WEST ESSEX FIVE PLUS ONE



Marcia Miele Branca Karen Collins Evan Stuart Marshall  
Constance Seugling Robert Szpila Louise Woodcox

### JUNE 1 - 27, 2025

RECEPTION: SATURDAY, JUNE 7, 2025, 5-7 P.M.

CRANE'S MILL KOETHER GALLERY, 459 PASSAIC AVENUE, WEST CALDWELL, NJ

## Louise Woodcox's work is featured in an art exhibit at Crane's Mill

I am pleased to announce that I will be part of an exhibit with the WEST ESSEX FIVE at the Koether Gallery, Crane's Mill Retirement Village opening on June 1, 2025. Attached is an invitation to the artist's reception on June 7, 2025.

My Warmest Regards,  
Louise Woodcox, Artist



**Holy Week at Caldwell United  
Methodist Church**



**A Young Disciple Walks With “Jesus”**



**Children Working On A Project**



**Easter Gift Bags**









**"Thank you to all who donated to the Caldwell Food Pantry. Your generosity is a blessing to the 50+ families, seniors and disabled Caldwell residents who rely on the food pantry for nourishment."**



**Day of Service to Honor  
Dr. Martin Luther King  
January 20th-Special Tea & Coffee Social  
Valentine Cards for Long Term Care  
Residents**



On January 20th Dave & Rita Whetton hosted a special Tea & Coffee Social to commemorate Martin Luther King Day as a day of service. They provided materials for those attending to craft hand-made Valentine cards to be delivered to the residents of nursing homes. This is an excerpt from a letter we received from the Life Enrichment Director at Brandywine at Moorestown Estates:

*"Thank you sincerely for the beautiful Valentine cards that you so lovingly donated to the residents at Brandywine at Moorestown Estates. Your efforts brought many smiles and warm hearts to our community on Valentine's Day...Thank you for taking the time to spread God's love and light with our residents."*

## Change for Change



Can you spare some change to help replace our old drinking fountain with a new fountain/water bottle filler combo? The goal? Filtered, cold, healthy water for all to enjoy. Please help us raise \$2000 by dropping a handful of coins into the large bottle on the buffet near the kitchen. You can also take an 8-ounce water bottle home for dimes. Did you know that when filled, that tiny water bottle carries \$40?

## 20th Annual Golf Outing

Opportunities to place an ad in the Golf Ad Journal or become a hole sponsor for our Annual Golf Outing are available now. Please help support this important event that benefits Caldwell United Methodist Church and the West Essex First Aid Squad



Open Hearts, Open Minds,  
Open Doors.



**Caldwell United Methodist Church**

**20th Annual Golf Outing**

In partnership with the West Essex First Aid Squad

**Tuesday, September 23, 2025**

**Knoll West Country Club**

**Parsippany, NJ**

*(a portion of the proceeds will benefit the West Essex First Aid Squad)*



### SPONSORSHIP OPPORTUNITIES

#### Ad Journal Space Reservation

*(Reservation and Payment must be received by September 3, 2025)*

**\$200 - FULL PAGE**

**\$125 - 1/2 PAGE**

**- \$ 75 - 1/4 PAGE**

**All artwork must be submitted in print-ready format.**

**Ads can be emailed to [Caldwellumcnj@gmail.com](mailto:Caldwellumcnj@gmail.com)**

Company Name *(if applicable)* \_\_\_\_\_

Contact Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

#### **\_ Hole Sponsor - \$250 *(Payment must be received by September 3, 2025)***

In appreciation of your support of the CUMC Golf Outing, your Company name will appear on a premium display on one hole on the course; your Company name will appear in a sponsorship listing in the event program; opportunity to distribute Company products / literature in golfer giveaway bags.

Company Name *(if applicable)* \_\_\_\_\_

Contact Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_ made payable to Caldwell United Methodist Church, memo: Golf Outing. A portion of your donation may be tax deductible. Contact your tax advisor for more information. The CUMC is a 501(c)(3) organization (ID # 22-3373941).

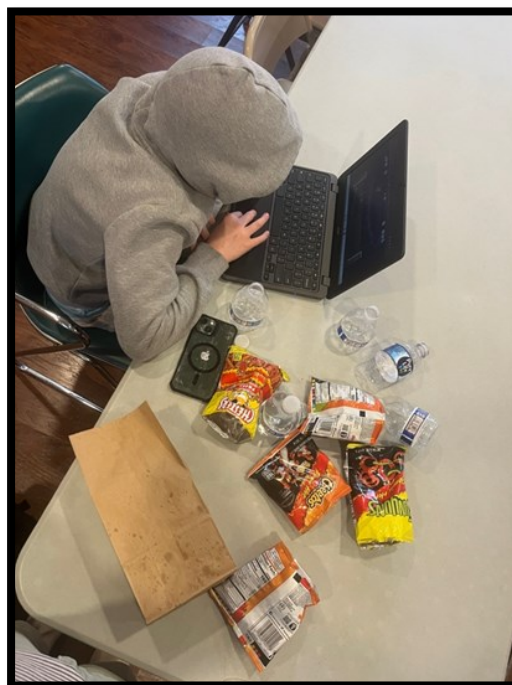
Please send check to: Caldwell United Methodist Church — earmarked: Golf Outing  
c/o Ken Ingra, 8 Academy Road, Caldwell, NJ 07006.

Caldwell United Methodist Church • 973-226-4410 • [CaldwellChurch.org](http://CaldwellChurch.org)





Thank you to all who have donated snacks for HUB youth. As you can see, middle school youth arrive hungry and thirsty! There are now nearly 40 students registered, and we are happy to report that this ministry is thriving.



### **A Picture is Worth a Million Words!**

It's so easy to take photos with our phones. Let's share the beautiful moments we capture on our large bulletin board by the kitchen. How? Simply e-mail your photos to Ellen at [caldwellumcnj@gmail.com](mailto:caldwellumcnj@gmail.com). Photos will be printed and posted for all to enjoy. Also, feel free to spread the word about upcoming events by adding your flyer to the board.



## Fish & Chips Dinner

May 17, 2025



Thank you to all who  
contributed to making  
the 2025 Fish & Chips  
Dinner a success!





## CUB SCOUT APRIL FOOD DRIVE TO BENEFIT PANTRY



(above) Cub Scouts Pack 801 with their 2024 collection.

Courtesy photo

Cub Scouts Pack 801 will be collecting non-perishable items on behalf of the Roseland food pantry in April. Scouts will go door to door with a flier, asking their neighbors to procure some items for donation. The Scouts will then return 2 weeks later to pick up these donations from doorsteps, and deliver them to the Roseland Food Pantry.

Last year, the scouts collected 850 pounds of food and goods for the pantry.

The Scouts will post flyers door to door to their neighbors, but if others in Roseland would like to donate, please email [roselandjncubscouts@gmail.com](mailto:roselandjncubscouts@gmail.com), or text 973-768-0689, with your address, and the scouts will coordinate a pick up during

April.

The Scouts are collecting essential items like food, beverages, paper products, and health and beauty items. If you have non-expired, not opened, shelf stable food items you would like to donate, please ensure items donated have a clear and understandable expiration date.

Place them in a bag labeled "Cub Scouts" & leave at your doorstep or end of your drive-way for your scheduled pick-up date.

The Pack meets monthly on a Friday night. Our next meeting is February 21st, at 7 p.m. at the United Methodist Church of Caldwell.

## What "Our" Cub Scouts Have Been Up To This Spring!



Rocket Launch

## Camping



Marching in the Memorial Day Parade



# June



# 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
				Hub 3-5 pm		Saturday AA 10:00 pm
8	9	10	11	12	13	14
Worship 10 am Communion  Sunday AA 6:30 pm		No Hub today		Hub 3-5 pm		Saturday AA 10:00 pm
15	16	17	18	19	20	21
Worship 10 am		Last day Hub Ad Council meeting 7:30 pm	Pleasant Day graduation	Essex Photo Club 7 pm	Rutgers Reading Program 9 am-3:30 pm	Saturday AA 10:00 pm
22	23	24	25	26	27	28
Worship 10 am  Sunday AA 6:30 pm		Rutgers Reading Program 9 am-2 pm			Rutgers Reading Program 9 am-3:30 pm	Saturday AA 10:00 pm
29	30					
Worship 10 am  Sunday AA 6:30 pm						Saturday AA 10:00 pm



**Caldwell United Methodist Church**

*Life is Better Together!*



# July



# 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Rutgers Reading Program 9 am-2 pm			4th of July Church office closed	Saturday AA 10:00 pm
6	7	8	9	10	11	12
Worship 10 am Communion Sunday AA 6:30 pm		Rutgers Reading Program 9 am-2 pm			Rutgers Reading Program 9 am-3:30 pm	Saturday AA 10:00 pm
13	14	15	16	17	18	19
Worship 10 am Sunday AA 6:30 pm		Ad Council meeting 7:30 pm		Essex Photo Club 7 pm	Rutgers Reading Program 9 am-3:30 pm	Saturday AA 10:00 pm
20	21	22	23	24	25	26
Worship 10 am Sunday AA 6:30 pm		Rutgers Reading Program 9 am-2 pm			Rutgers Reading Program 9 am-3:30 pm	Saturday AA 10:00 pm
27	28	29	30	31		
Worship 10 am Sunday AA 6:30 pm		Rutgers Reading Program 9 am-2 pm				



**Caldwell United Methodist Church**

*Life is Better Together!*

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## CALDWELL UNITED METHODIST CHURCH

8 Academy Road, Caldwell, NJ 07006

Phone: **973-226-4410**

Website: **caldwellchurch.org**

Newsletter Editor: **Ellen Elcavage**

**SAFE SANCTUARY CERTIFIED CHURCH**

**HANDICAP ACCESSIBLE-LIFT** at Academy Road Entrance

FRIEND US ON 



**Worship with us  
Sundays at 10 am**

**Invite a friend or family  
member to join  
in worship**

