



THE VOICE

November 2023

“Important Benefits of Giving Thanks”

Did you know that one of water's many benefits is an increase in brain power? Since our brain is made of 73% water, drinking it helps us to think, focus, concentrate, and stay alert. According one research, being dehydrated by just 2% impairs performance in tasks that require attention, psychomotor, and immediate memory skills, as well as assessment of the subjective state. Furthermore, dehydration affects our mood and makes us become more sensitive to pain. Do what do all these findings mean for us? Drink more water. Make sure we are well hydrated in order to be at our best and enjoy a good life.

To me, “giving thanks” or having a mind or an attitude of gratitude is like drinking water. Like water that affects our life physically and emotionally, “thankfulness” affects our life spiritually. We are both a physical and spiritual being. So, it is crucial for us to take good care of our spiritual side as much as our physical side to live a good and fulfilling life. I believe it is for this reason that Apostle Paul writes in 1 Thesalonians 5:16-18, ***“Always be joyful. ¹⁷ Never stop praying. ¹⁸ Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”*** Yes, you read it correct. Paul says that we should be thankful in “ALL” circumstances. The New Century Version of the Bible translated verse 18 in this way, “and give thanks ***whatever happens*** (bold and italic mine). Whatever happens??? Seriously??? Yes. Whatever happens... in all circumstances... WHY???

First, we should always have a grateful attitude whatever happens because it is God’s will for us. That is what our God wants us to do and to have in life. We may not understand all of the reasons why God wants us to do that, but we do know that God will never will something for us that is not good for us. As parents, none of us will ever tell our kids to do something that we know will hurt them. So is our God who is our Father/Mother in heaven. If it is God’s will, then we should simply trust and obey. Second, just like water affecting our brain power and mood, “giving thanks” affects the condition of our soul and attitude. In good times of life, giving thanks will lift up our spirits even more and fill us with a greater sense of joy and happiness. But it is during difficult and challenging times of life that the benefits of “giving thanks” truly shine. When we run into trouble or experience difficulty in life, our natural reaction or response to that situation is to complain, become angry, bitter or get discouraged. Unfortunately, none of these responses can ever be good for us. If anything, these responses will only deepen our frustration, pain, anger and hopelessness, causing us to spiral down to even more frustration, unhappiness, and pessimism. What then will prevent us from falling into this downward spiral of negative feelings and emotions that can seriously affect our sense of happiness and wellbeing in life? Thankfulness. Thankfulness is the spiritual brake that will stop ourselves from heading down the path of negativity. Thankfulness is like that weather treatment coating that we put on our wooden decks in the backyard to protect the deck from the harsh elements. When we give thanks, we are applying a spiritual coating on our hearts so that the harsh elements of life will not corrode our souls and help us to maintain peace and even joy that passes all understanding. This month, we will all gather together with our loved ones to celebrate Thanksgiving. But let’s remember that being thankful is not something that we do once a year but something that we should do every day, every moment, in all situations of life just like drinking water every day to keep ourselves hydrated. Through a continual giving of thanks, we are keeping our soul and spirit hydrated.

November Birthdays

November 1	Abbey Pierce
November 10	Glenn Plumstead
November 11	Aiden Pezzino
November 12	Reagan Micchelli
November 13	Myrtle Connell
November 14	Dana Taylor Stelter
November 14	Tony Gazzillo
November 20	Jan Taylor

November Anniversaries

Nov. 14, 1987	Bruce & Liz Ciccione
Nov. 5, 1988	Carole & Chris Volz
Nov. 19, 1993	Christine & Jon Waddington
Nov. 1, 2003	Bill & Lidia Ebbinghouser



Financial Report through September 2023

Through our first nine months of 2023 our expenses exceeded our income versus our projected budget by \$34,346, even though our expenses were \$8,801 less than expected. This is mainly due to Gas and Electric, Buildings and Grounds, Office Administration, Personnel, and our Ministries running under budget.

On the income side, our overall giving (pledges and faithful givers) was \$461 less than our goal to date. Our miscellaneous income was \$42,382 less than expected, causing us to be five months behind in our Billings and seven months behind in our Shared Ministries to the conference.

We will continue to provide updates regarding our financial health throughout 2023.

Thank you for your continued support of our ministries through your pledges and faithful giving.

Sincerely,
Your Finance Committee

Girls Night Out

The women of Caldwell United Methodist Church (& friends) met to enjoy the first "Girls' Night Out" since Covid. They gathered at Tavern 292 in Fairfield on September 19th for an evening of fun, friendship and fellowship.

Thank you to Myrtle for organizing the event and all who joined in to make for a fun evening!



Upcoming Events



Come Join Us

We are gathering for a lovely afternoon at Hanover Manor on Wednesday, November 15th from 11 am to 3 pm for a luncheon with live music and dancing. All are welcome to attend. Please feel free to bring family and friends. Included will be 1 complimentary drink, salad, pasta, roast beef, chicken, potato, vegetables, dessert, coffee, tea, and soda. Cost is \$60 per person including tax and gratuity. For questions and more information please contact Myrtle at 973-214-3437 or email myrtm3@yahoo.com. Reservations and payment due by November 8th. Come and enjoy!

Save the Date

Our Women's Christmas party is being planned for Friday, December 8th. More info to follow.



With Gratitude

I want to express my heartfelt thanks to all who supported our pulled pork/BBQ chicken dinner. Whether you bought and sold dinners, joined in for setup, cleanup or worked diligently during the event I extend my sincere appreciation. Your participation was the reason it was successful and I'm grateful to each of you. I couldn't do it without you.

Blessings,
Myrtle





Tea & Coffee Socials

At Caldwell United Methodist Church

The next social is November 17th

From 9:30 am to 12:00 noon

Come & enjoy time with neighbors and friends over a complimentary cup of tea or coffee!

Baked goods for sale and

a selection of gift items is available to purchase

All proceeds to benefit the church.

Church members & friends

are welcome

so stop in with a friend or by yourself!

Questions? Please call Dave & Rita Whetton at 862-702-6144



There are not enough words to express our gratitude for all that Dave and Rita Whetton have done for our church! We are so grateful for them bringing us together for church tea parties but even more, for giving us a ministry of comfort to those in need.

Dave and Rita's hard work and energy is a wonderful reminder of how each one of us is called to examine our gifts and do whatever we can to bring comfort and hope to others.

Special thanks for the Sunday afternoon tea party which was to raise money for Cure Alzheimers. May we continue to enjoy tea parties that are devoted to bringing comfort and peace to all who attend; as well as for those in need.



In Gratitude

The Hartmann family has been a great blessing to the Caldwell United Methodist Church over the years. Mary Hartmann was a super active mother and Sunday School teacher who taught 4th, 5th and 6th graders for over 27 years at CUMC. Her daughter Mary also dedicated many years serving as a wonderful photographer for many memorable church events.

Walter has followed in his mother and sister's footsteps by being an incredibly important contributor to our Caldwell church over the last few years with his ability to create and set up a zoom program for all those who were unable to attend church during covid.

Even more important, after covid, Walter continued to offer zoom to all those who felt hesitant to return to church and has literally kept our church family together. What's even more impressive is the fact that Walter has moved and travels more than 60 miles to Caldwell UMC from where he lives in Cresco, Pennsylvania every Sunday morning! I have to say, he is an amazing role model and now Tony and I see our 35 minute ride to be around the corner compared to his.

Walter is a private person and doesn't like a lot of attention, but I really felt it was important to say a public thank you to him for all he does to keep us together on our journey of faith.



Improved computer setup at CUMC

Special thanks to Walter Hartmann and Doug Wallace for their amazing new setup of computer equipment at the back of the sanctuary to improve our Zoom ministry.

We all know that this has involved a lot of time and effort on Walter and Doug's part. We are also very grateful to all who have donated money to purchase new equipment so we are able to keep up with the technological improvements for the benefit of our church family and community outreach.

Walking into the sanctuary and seeing their equipment all set up provides us with a much broader visual spectrum of the altar and gives all those on zoom a sense of physically being there.

Once again, thank you to everyone who has contributed for bringing us into a deeper respect and appreciation for modern day ministry!





**Scenes from the Pulled Pork & BBQ Chicken Dinner
October 23, 2023**



MultiMedia Technology Upgrade

THE VOICE

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SAFE SANCTUARY CERTIFIED CHURCH

HANDICAP ACCESSIBLE-LIFT at Academy Road Entrance

FRIEND US ON 



**Worship with us
Sundays at 10 am**

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