

**Christ Church is Making Connections &
Offering Opportunities for Faith, Love & Service**

Weekly Update - May 22, 2019

Christ United Methodist Church

Harlem & Saratoga Roads

Amherst, NY 14226



A Word From Pastor Daven

Low Pulse

As I awaited my turn to give blood on Sunday, I never thought that a healthy heart could be a potential issue to donation. But with my heart rate resting below the threshold established by the American Red Cross as standard, a Doctor's permission had to be granted (which ultimately was). A low resting heart rate comes with being an athlete. This generally is seen as a good outcome of exercise programs, increasing the efficiency of the heart muscle with both stroke and volume aspects.



While often it can appear that the medical/scientific fields are suspect of faith, there is a deep appreciation of the links between body, mind and spirit. As I pondered the cardiovascular benefits of exercise and my own low resting heart rate, I thought about faith being a muscle. Maybe it was my donation among all the other great things so many did and gave for Make A Difference Day. Whatever the cause, when our faith is central, like our hearts, it requires regular and routine exercise to maximize its efficiency. In other words, the more we apply faith to life, the easier it is to live a life that reflects that faith.

I don't know that there is a way to record our faith pulse. But I hope that we might strive to have such a low resting faith pulse that it shows just how dedicated we are, just how much we exercise our faith. Then, when needed, we will find that we are very capable of rising and handling any challenge.





Make A Difference Day

A great big THANK YOU to all who participated in this past Sunday's Make A Difference Day!

From our planning team and team leaders, to each participant and those who donated items for local organizations, we couldn't have done it without you!

Check out event pictures on [our Facebook page!](#)

Here are a few of the ways we made a difference in our community:

- **19 units of blood** collected from 18 donors, which has the potential to save 43 lives!
- **30 cards written** to send to those in our church family and community who could use an encouraging note.
- **\$269.31** was received by our Lemonade Stand for a Cause!! This money will be donated to Oishei Children's Hospital in Buffalo.
- **44 boo boo bunnies and 30+ flower pins** were made by our Crafting for a Cause team! The bunnies will be given to Baby Cafe in Buffalo, and the flower pins will be sold to support the Outreach projects of Christ Church.

Daily Bible Reading – 2019

Shaping Our Life Experience

Excerpts from both the Old and New Testament are included each day. This is a great way to support your ongoing growth in faith and the Christ Church community as well.

May 22: 1 Chronicles 6-7; John 8:21-36

May 23: 1 Chronicles 8-10; John 8:37-59

May 24: 1 Chronicles 11-13; John 9:1-23

May 25: 1 Chronicles 14-16; John 9:24-41

May 26: 1 Chronicles 17-19; John 10:1-21

May 27: 1 Chronicles 20-22; John 10:22-42

May 28: 1 Chronicles 23-25; John 11:1-17

Joys

Herb Darling was honored last evening with the William T. Hornaday Gold Medal Award! This award is the highest conservation award of the Boy Scouts of America, given to Herb in recognition for his roles in founding the American Chestnut Foundation and Tiff Nature Preserve. Congratulations Herb!

In Our Healing Prayers

Bruce Burr, Inez Beachley, Lynne Beller, Virginia 'Ginny' Molin, Helen Peacock, Joyce Moser, Bob Varian, Harold Weaver, Janet Hill, Sissie Mooney, Mary Jane Shanley, Sue Estee, Frank Annunziata, Jean Ericson, Kevin Cetola

*Those who are **care partners** with others

*Pray for Chris Maliken, Lindsey Darling & Ian Johnson serving in the US Navy

This Week at Christ Church

Church Office:

Mon., Wed., Fri. – 9 am to 5 pm,

Tues. & Thurs. – 9am to Noon

Wednesday, May 22 - 7pm- Choir Rehearsal

Happy Birthday Sally!!!

Thursday, May 23 - 7pm- Hospitality Team

Sunday, May 26 - 10am - *Worship Service*

11am - *a.o.l. (Adult Opportunities for Learning)*

FaithXpress will resume in September

Supervised Child Care, Sky Box and Family Worship Space available

*Visit the **Café Connection** each Sunday morning and enjoy delicious, fair trade, **New Day Coffee**, morning treats and friendly conversation.*

Celebrating the Ministry of Sally Pollard

A celebration of Sally's 23 years of ministry at Christ Church will be held on **Sunday, June 2** at Classics V Banquet Center (2425 Niagara Falls Blvd., Amherst) from **4 to 7 PM**. The cost is \$25 per person and includes assorted finger foods, a carving station, cake, juice, punch, coffee and tea. Cost for children ages 5-12 years old is \$15; children under 5 are free. A cash bar will be available. *Tickets are required and can be purchased after worship on **Sunday, May 26***. Contact Pat Noyes (857-0839) if you need transportation or have questions concerning the event.

Do you want to
**make a
difference?**

Food & Supplies Needed for Local Families

In addition to the food that goes to local food pantries, Christ Church serves local families in need. The following items are needed:

cleaning supplies, paper towels, toilet paper, personal hygiene products, deodorant, and soap.

The Tiger's Den is collecting **sugar, flour, and spaghetti sauce** in May.

Collecting carts at Christ Church are marked for Tiger's Den Food Pantry and for local families.



Exploring Sunday Scriptures

Every **Tuesday at Noon**, Pastor Daven leads a time exploring the upcoming Sunday's Scripture. This will provide context to the Scripture(s) being explored and ultimately enrich the experience of worship itself. All are welcome anytime!

UMW Garage Sale Fundraiser

United Methodist Women of Christ Church will host a garage sale to raise funds for missions on **Saturday, June 15**, from **9:00 am - 4:00 pm**. 8 ft. tables will be available for

a donation of \$15. Table reservation forms can be found on the UMW bulletin board in Crafts Hall. United Methodist Women and the Outreach Team will have items for sale to raise money for missions. This is an opportunity for all church teams to purge useful items that are stored around our building. If you have questions, please contact Peggy Bermudez at 626-4897 or bradbermudez@hotmail.com.

Graduate Recognition Sunday – June 23

High school and college graduates will be recognized on Sunday, June 23 during the worship service. Please send information about your graduate (school, degree, future plans) to the church office by **Wednesday, June 19**.

Church Office Hours:

Monday -Wednesday- Friday, 9 am to 5 pm
Tuesday & Thursday, 9 am to Noon

Starting June 10:

Monday -Wednesday- Friday, 9 am to 5 pm
Thursday, 9 am to Noon

SUNDAYS AT CHRIST CHURCH

Worship at 10 am
Educational Opportunities at 11 am