

13 Green Street, Augusta, Maine 04330
207-622-0843
greenstreetumc@gmail.com
www.greenstreetumc.net

January
2021

The Grapevine

A PUBLICATION OF Green Street United Methodist Church

THE GRAPEVINE — JANUARY 2021

Gathering in 2021

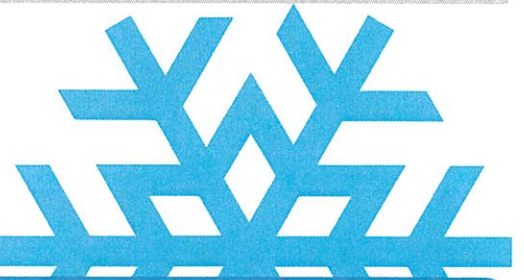
The COVID vaccine is on its way. It is an incredible accomplishment for all who worked for and prayed for this to happen. However, it does not end the health crisis facing the world. As one of the scientists said, this is the beginning of the job of getting healthy.

The Gathering Task Force continues to try to balance the competing needs of physical gathering and reducing the risk of infection. As the scientists learn more about the virus, some of the information they provide changes – frequently on a daily and weekly basis. However, the consistent message remains: This is an air borne virus which requires us to limit many of the personal and church activities which are a significant part of our daily lives.

Members of the Task Force recently met (via Zoom of course) with the members of other reentry District United Methodist committees to discuss the situation. As we shared information, it became clear that they are wrestling with the same issues. We agreed that while technology has provided us with partial solutions, it does not work for many members of our congregations. We miss the ability to worship and meet in person as a total community.

So, the burning question remains: When can Green Street return to worship in our Sanctuary and join in other church activities in our physical facilities? Unfortunately, the answer remains the same, we do not know.

The Task Force continues our work of developing guidelines which meet the physical, spiritual and emotional needs of our congregation while reducing the risk of catching and spreading the virus.



INSIDE this issue

Pastor's Article	Pg. 2
Birthdays	Pg. 2
Thank you	Pg. 2
Covenant Prayer	Pg. 2
SB News	Pg. 3
Welcome Table	Pg. 4
Welcoming	Pg. 4
Church Leadership	Pg. 4
Calendar	Pg. 5



FROM THE PASTOR: Sustaining Prayer— The Gift of Gratitude

“...in everything by prayer and supplication with thanksgiving let your requests be made known to God.” (Philippians 4:6)

In his *Celebration of Discipline* workbook, Richard Foster invites people to read scripture verses related to prayer. Foster asks: “How do well-known biblical figures pray? What themes emerge throughout the Bible? What do the prayers of both Old and New Testaments have in common?” Completing this exercise, I noticed that every prayer began with gratitude. Whether the person was praying for help, seeking guidance, or leading worship, their prayers all began by expressing thanks to God. This simple workbook exercise forever changed my perspective and practice of prayer.

To begin prayer with gratitude shapes everything that follows. Our prayers are often connected to worries or struggles. We look to God to help us through difficult, anxious times. Gratitude can remind us of the ways God has been and is present with us. Beginning with gratitude allows us to pray from a starting point of hope; it helps us to anticipate God’s grace in our most strenuous times of prayer.

Beginning with gratitude also acknowledges that prayer is first and foremost a relationship with our Creator. Before we seek God’s wisdom, before we ask for God’s help, before we confess our struggles, we acknowledge that God is present; God is on the other end of the words we speak. We do not simply speak our prayers into the unknown universe; we commit ourselves to a relationship with God in which we are welcome to share our deepest selves.

Praying with Gratitude:

1. Gratitude List: Every day write down things for which you are grateful to God.
2. Gratitude Journal: Write a sentence or two about why you’re grateful for each thing on your list.
3. Relationships: As you prepare to make phone calls or to send emails, offer a prayer of gratitude for the person on the other end.
4. Gratitude Altar: Set aside a space at home on which to place things that remind you of God’s blessings – photos of loved ones, nature items such as seashells or flowers, a favorite piece of music, a poem, or artwork. Spend time sitting by this altar every week, giving thanks to God as you look at or hold reminders of God’s grace.
5. Computer Screen: Create a slideshow of blessings as your screensaver. Include photos that remind you of God’s grace. Say a prayer of gratitude when you open your computer.

Pastor Kristin



The Pastor and Staff of Green Street thank all of you for your kindness and generosity with this year’s Christmas gift. We feel blessed.

Pastor Kristin, Darby,
George, Lynne, Nharra,
and Sue

A Covenant Prayer in the Wesleyan Tradition

I am no longer my own,
but thine.
Put me to what thou wilt,
rank me with whom thou wilt.
Put me to doing, put me to suffering.
Let me be employed by thee or
laid aside for thee,
Exalted for thee or brought low
for thee.
Let me be full, let me be empty.
Let me have all things, let me
have nothing.
I freely and heartily yield all
things
To thy pleasure and disposal.
And now, O glorious and blessed
God,
Father, Son and Holy Spirit,
Thou art mine, and I am thine.
So be it.
And the covenant which I have
made on earth,
Let it be ratified in Heaven.

Amen.



3—Charles Atwater
5—Lee Ware
12—Tina Noble
12—Tina Monroe

13—Robin Forbes
14—Robert Harris
21—Della Kimball
24—Nancy Merrick





Simplified Board Highlights

December 8, 2020

The Board Chair, Kathleen, was unable to attend so Pastor Kristin led the meeting. Kathleen had distributed the agenda by email. The first order of business was the closing of the Safe Sanctuaries Task Force. The work of revising and updating Green Street's Safe Sanctuaries policy will now be undertaken by the SPRC, as announced in the Church Conference packet. This policy, required of all United Methodist churches, is to protect children, youth, and vulnerable adults against abuse and neglect. The next item was to celebrate the work of the Sustainable Budget Task Force which met this summer and fall and looked at budget options for Green Street over the next three years. Kristin offered a prayer of gratitude for both retiring task forces.

The Administration Ministry Team requested guidance from the Board related to the application to the New England Conference for support from an Equitable Compensation grant. Part of the application directs the church to establish financial goals with measurable objectives for the annual stewardship campaign. Green Street has had an active Stewardship Ministry Team, but not specific financial goals. After discussion about the roles and responsibilities of the Board, finance officers, and Stewardship Team, the Board decided that in 2021 the Church Board will be responsible for establishing the dates and financial objectives of the stewardship campaign, and that the Stewardship Ministry Team will be primarily responsible for carrying out the campaign and determining how to measure the results. Conference resources might be brought in to help with the implementation and design aspects of the campaign. The Board will continue to work on this topic in January to give better direction to the Stewardship team, and to clarify the process.

The Board then turned to the list of proposals related to financial policy and procedures that were presented by the Sustainable Budget Task Force in October. The frequency, style, and format of financial reporting generated quite a discussion, as there is no simple answer to meet everyone's needs. The Board decided to ask for quarterly finance reports in 2021 from the Operating, Trustees, Missions, and Memorial Gifts Treasurers. These will be presented at the Board meetings in April, July, October, and January (2022). The treasurers will meet to develop a consistent system to report to the Board and to the congregation. The Board will look at more financial policy proposals at future meetings.

Since this was the last regular Board meeting of the year, there was some time for looking ahead and for looking back. One reality is that the Committee on Nominations and Leadership Development is still looking for volunteers to fill three vacancies on the Board beginning in January. Nominations asked whether we might consider having members of the Randolph church, part of our Cooperative parish, serve on the Green Street Church Board. Board members were not in favor of this. A date for the 2021 Church Board Workshop was proposed of January 23. This is typically a gathering at the beginning of the year for the Board to get to know each other, to set some goals, and to get organized for the coming year. The meeting ended with gratitude and farewell to Henry and Gary whose three-year terms have expired, and to Chuck who is stepping down.

Henry Berry

Church Board members: Kathleen Dunford (Chair), Pastor Kristin White, Dave Robbin (SPRC Chair), Valerie Gallagher (Lay Leader), Gary Alexander (Trustees Chair), Tammy Roberts (Trustees Treasurer), Henry Berry (Communications), Lori Webber, Chuck Horstman, Tina Noble, Ardyce Robbin (Secretary).

Visitors are welcome at all meetings, 2nd Tuesday each month at 6 pm on Zoom!

Happy New Year!

In the aftermath of rich meals and treats that often accompany Thanksgiving, Christmas, and New Year's Eve, many are looking to balance all that amazing celebratory food with healthy options to nourish the body and spirit. Stir fry is one of my favorites – it is so versatile and can be tailored to individual preferences so easily! I googled cabbage and found that it is packed with vitamin C and helps improve digestion. Who knew, right? Below is a simple stir fry that is full of flavor and will warm you after shoveling out from a nor'easter. Cooked quinoa can be used in place of rice or in a combination of rice and quinoa (personally, I like half rice, half quinoa).

Welcome Table Cabbage Stir Fry with Garlic and Ginger

- 6 TBSP olive oil, divided
- 3 tsp. fresh grated ginger
- 3 tsp. jarred minced garlic
- 3/8 tsp. molasses
- 2-2½ cups grated raw cabbage (like for coleslaw)
- 1½ cups match stick carrots (yellow, orange and red is pretty)
- 1 cup frozen peas
- Pinch of salt to taste
- 5-6 cups of cooked rice (if using Minute Rice, 3 cups uncooked makes 6 cups cooked)

Mandarin oranges

1. In a very large skillet, put 3 TBSP of olive oil and heat to Low-Medium. Add the garlic, ginger, and molasses, stirring to combine.
2. Add the cabbage and cook until tender, stirring often. Remove from heat.
3. Microwave the carrots and peas (separately if needed to be sure both are tender). Stir into cabbage mixture. Add salt to taste. Move veggie mixture from skillet to a very large serving bowl.

Cook the rice as directed on package. Add 3 TBSP olive oil to the skillet, and "fry" the rice to desire texture. Add the veggie mixture and stir to combine, adding more salt if desired. Place all back into the serving bowl if desired or serve from skillet. This dish holds up very well for several hours in a crock pot as well. Serve mandarin oranges separately for those who would like them on top. Serves a crowd – about 10 or so (recipe can be halved for a small family).

Recipe courtesy of Valerie Gallagher

January 2021



Ideas Insight Information

Gender-Specific Pronouns are the ways we refer to each other in the third person. People who are transitioning in some way **might choose to change their pronouns**.

Ask! If you find yourself unsure of someone's pronoun, be attentive to how others refer to this person. If you are still unclear or concerned that people might be using the incorrect pronoun, politely and **privately ask that person what pronoun they use**.

Lay Leadership 2021

Simplified Board

Kathleen Dunford, Chair
Valerie Gallagher
David Robbin
Tammy Roberts
Tina Noble
Lori Webber
Ardyce Robbin, Recording Secretary

Staff/Parish Relations

Dave Robbin, Chair
Sarah Barnum
Evelyn Horstman
Judy Adams
Susan Cross
Sally Joy
Gary Alexander
Tricia Webb

Nominations/Leadership Development

Jessa Mitchell
Beverly St. Amand
Donna Alexander
Mary Saunders

Lay Officers

Valerie Gallagher, Lay Leader,
Sally Joy, Jesse Lee Cluster Rep
Kim Mills, Memorial Gifts Treasurer
Ardyce Robbin, Missions Treasurer
Sue Pattershall, Operating Treasurer
Tammy Roberts, Trustees Treasurer
Deb Polzella, Financial Secretary
Terri Williams, Counter
Emma Roberts, Counter
Tammy Roberts, Counter
Lori Webber, Counter
Tom Webber, Counter



Green Street January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Years Day 7am Prayer 5:15pm Yoga	2 7am Prayer 10am Gathering Task Force
3 9:30 am Worship 1pm CCC Meeting	4 7am Prayer 8am Yoga 9am Staff Meeting 3pm Women's Bible Study	5 7am Prayer	6 7am Prayer 6:45pm Choir rehearsal	7 7am Prayer	8 7am Prayer 5:15pm Yoga	9 7am Prayer 10am Gathering Task Force 4pm Meditation
10 9:30 am Worship	11 7am Prayer 8am Yoga 3pm Women's Bible Study	12 7am Prayer 6pm SB Meeting	13 7am Prayer 6:45pm Choir rehearsal	14 7am Prayer	15 7am Prayer 5:15pm Yoga	16 7am Prayer 10am Gathering Task Force 4pm Meditation
17 Human Relations Sunday 9:30 am Worship	18 MLK Jr. Day 7am Prayer 8am Yoga 3pm Women's Bible Study	19 7am Prayer 6pm SB Planning Meeting	20 7am Prayer 6:45pm Choir rehearsal	21 7am Prayer 7pm SPPRC Meeting	22 7am Prayer 5:15pm Yoga	23 7am Prayer 10am Gathering Task Force 4pm Meditation
24 9:30 am Worship	25 7am Prayer 8am Yoga 3pm Women's Bible Study	26 7am Prayer	27 7am Prayer 6:45pm Choir rehearsal	28 7am Prayer	29 7am Prayer 5:15pm Yoga	30 7am Prayer 10am Gathering Task Force 4pm Meditation
31 9:30 am Worship						

notes

Sunday Worship at 9:30 am

All meetings, classes and services are on Zoom until further notice.

Zoom: <https://us04web.zoom.us/j/7925181731> - Meeting ID 792 518 1731 Password: 091547

Zoom call in by phone 301-715-8592 (toll charges may apply)

Church Office Hours Monday – Friday from 8am to 2pm

Pastor's Office Hours: Tuesdays 9am—noon.