

SMOKE

SIGNAL



Our Mission Statement:

Sharing the love of Christ with All people



Burnt Factory United Methodist Church

1943 Jordan Springs Road

P. O. Box 399

Stephenson, Virginia 22656

C. Steven Melester, Pastor

January, 2022

Church Newsletter



"Let your light so shine before men that they may see your good works and glorify your Father who is in heaven."

- Matthew 5:16



To say the last 24 months have been difficult would be a great understatement. It has been such a trying time for the world. I don't desire to rehash the obvious but do want to acknowledge the tremendous amount of pain that many families have been through. In those two years, I have officiated at fifty-four funerals. I have two more next week. Twenty of those funerals have been members of our beloved church and many more were extended family of our members.

Many have lost their spouses, fathers, mothers, cousins, brothers, sisters and a daughter. There has been a cumulative amount of pain and grief. Many have experienced illness and disease that came without warning. Many have had surgeries, treatments and procedures.

Many have suffered through job stress. Many of our members are teachers, nurses and health care workers. Many more work with the public in other situations.

There has been the grief associated with the great changes brought about in our society and in our churches. And yet, through it all, God is still God. Jesus is still our Lord. The Holy Spirit still enables us to endure and persevere.

Rabbi Steve Leder shares, *"Pain has three stages: surviving, healing and growing. An exploration of pain requires us to look at the fierce, sorrowful, comforting, ugly, and yet beautiful truths of pain. The truth is this: when we must endure, we can endure! We can be good with life even when we can't be happy. We can choose joy even in the midst of sorrow. The sun rises no matter how dark the night."*

God still loves us and still comforts us and still grows us through our pain and hurt. God still loves us no matter what and God knows our pain. God cries with us.

Burnt Factory UMC has been very blessed. There are so many faithful and generous members! So many who have helped others endure their pain. It continues to be a great privilege to be in partnership with each of you as we seek to help God build His kingdom on earth! I pray that 2022 will be a good year and a fruitful year for the church universal. I pray that we will endure and through embracing our pain, learn the truth that God will never leave or forsake us and when we need to endure, we can endure.

I believe 2022 will be a year of great revival and renewal!

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power for ever and ever. Amen."

I want to express my deep appreciation to Charly for providing the church with the best newsletter in the Virginia Conference. Her professionalism, faithfulness and wonderful gifts and graces have provided us all with an informative and creative newsletter for many, many years. It will be impossible to fill her shoes! Speaking for all of Burnt Factory, I want to say how much we truly love you and thank you for your years of service in this area! God bless you and keep you always! Well done good and faithful servant!

Pastor Steve

January BIRTHDAYS

- 1st Keith Roberts
- 2nd Iris Sibert
- 3rd Mason Smith
- 4th Noah Swimley
Ed Ward
- 5th Karen Lynch
David Wales
- 8th Jacob Taylor
Derek Bursey
- 11th Jean Wilson
Magnolia Murphy
- 13th Bill Shope
Kenny Rohrbach
- 15th Harrison Fair
Jimmy Grayson
- 21st Stephanie Britton
- 22nd Jay Powell
- 24th Lilly Reed
- 25th Hayden Earhart
- 26th Scott Snyder
- 27th Ron Baker
Anne Bromley
- 28th Sharon Pitzvada
- 29th Gary Jenkins
Harper Davis
- 30th Gail Winter
Audrey Sutphin
- 31st Jackie Livengood
Jason Wiseman

January ANNIVERSARIES

- 5th Tim & Danette Heinlein
- 12th Roger & Kathy Feight
- 29th Norbert & Donna Bonjo

Buddy's Funnies for January



GRANDSON'S QUESTION:

"Grandma, why did you knit me 3 socks for Christmas?"

GRANDMA'S ANSWER: "I called your mother and she said that you had grown a foot."

GRANDSON'S REPLY: "A W, O.K., Thanks, Geewiz Granny!"

I got fired for taking a couple days off of my new job making calendars.

I had the biggest holiday tree this year! It was TREEmendous!

BUDDY: "When people visit me I tell them to watch for that BIG HOLE. It is full of water in the back yard.

MARGIE: "Don't worry, he's odd, but he means well. Thanks A.A.R.P."

I know how many Bricks it took to Finish my house. It only took ONE!

Special Message

I hope that all of your wishes are kept for the New Year!

Thank you, Pastor Steve for your Church's Faith and for the Staff that we have.

Keep Happy. Take God with You.

Thanks, Charly, for the great newsletters.

Buddy



A new year and we look forward to Living into Our Purpose with praying, serving, and helping in many ways to share the love of Jesus Christ!

Sixteen members and one guest attended the December 16th meeting in the Social Hall. Thanks to Jani Shope, Penny Croll and Susan Hyatt, we enjoyed delicious refreshments and were treated to an interesting and informative program by Melanie Melester. We thought about Social Justice and also programs in our area encouraging children to have hope.

Penny Croll brought us up-to-date about happenings with Project Esperanza.

THE NOMINATING COMMITTEE PRESENTED THE FOLLOWING SLATE OF OFFICERS FOR 2022:

President – **Polly Duvall** Vice-President – **Donna Gallagher** Secretary – **Diana Smith**
Treasurer – **Anne Perrault** Spiritual Growth Coordinator and Program Resources – **Doris Duvall**
Education & Interpretation Coordinator and Membership, Nurture & Outreach – **Jani Shope**
Social Action Coordinator – **Anne Kackley** and our Prayer Partner Coordinator – **Kathy Dixon.**

Thanks to these same people for agreeing to serve another year.

We were happy to provide some needed items for someone transitioning out of The Laurel Center. Many useful items were gathered and Penny Croll, in working with Lisa Patterson at The Laurel Center, took them there and they were very grateful.

Donations of \$150 each were given to CCAP, Special Love, The Laurel Center, Evans Home, Abba, and ARC. We have been able to do this for many years and even though our treasury is low, we feel good about sharing this amount with these worthy organizations.

Gwen Callahan couldn't be there, but she sent three goodies for a raffle. Those lucky people whose names were chosen were Karen Willis, Christina Rohrbach and Diana Smith. Hopefully her work schedule will permit her to attend sometime in the future.

Thanks to Kathy Dixon for organizing our Prayer Partners. The ones for this past year were revealed and new ones were chosen. See the list in this newsletter. Thanks to the partners for praying and/or sending mementos for special occasions.

The District UMW officers are tentatively scheduling the annual Prayer Breakfast for Saturday, March 19, 2022 at Braddock Street UMC. Circumstances did not allow it to be held in 2021.

Missionary names with their birthdates were attached to mini loaves of Banana Bread. Enjoy your bread while you pray for the name you chose and contact them on their birthday.

We will not meet in January, but our next meeting is scheduled for February 17, 2022. Kathy Dixon will be our hostess in the Social Hall and we will observe our Call to Prayer Program. Hope the weather will permit us to meet as we start off the new year with this important program.

Blessings to each of you as you begin this new year with confidence, knowing that the King will always be with us.

Polly Duvall, president



2021 UMW Prayer Partners



It is that time again to reveal our UMW Prayer Partners for 2021. Each December, UMW members have the opportunity to pick out the name of a special sister in Christ and agree to pray for them all year long. Each member of this group has the privilege of constantly praying for a fellow member while knowing that someone else is praying for them, all the while keeping this a secret. It is a way of drawing closer together and bringing joy and blessing into each other's lives. An extra bonus is being remembered on birthdays and other special days of the year.

2021 Prayer Partners

UMW Member

Jo Anne Baker
Regina Baldwin
Debbie Burke
Penny Croll
Becky Dennis
Maureen Dick
Diann Duvall
Doris Duvall
Donna Gallagher
Polly Duvall
Susie Gerometta
Theresa Gilbert
Allie Goode
Danette Heinlein
Susan Hyatt
Anne Kackley
Martha Ludtke
Karen Lynch
Darlene Morrison
Anne Perrault
Amy Shepley
Jani Shope
Diana Smith
Rhonda Snyder
Sue Swimley
Karen Swisher
Debbie Walker
Helen Weir

2021 Prayer Partner

Darlene Morrison
Doris Duvall
Sue Swimley
Donna Gallagher
Debbie Burke
Amy Shepley
Allie Goode
Jo Anne Baker
Karen Lynch
Jani Shope
Anne Perrault
Polly Duvall
Debbie Walker
Susie Gerometta
Theresa Gilbert
Diann Duvall
Regina Baldwin
Susan Hyatt
Danette Heinlein
Martha Ludtke
Helen Weir
Becky Dennis
Maureen Dick
Karen Swisher
Rhonda Snyder
Diana Smith
Anne Kackley
Penny Croll



OUTREACH SUMMARY FOR 2021



It has once again been an amazing year of extravagant giving as we reach out to serve our community, both near and far. Your Outreach Team has once again been able to share your gifts to help those struggling during difficult times. We have been able to return to volunteering at many of our past ministries, now that the COVID vaccine is available. We have heard many volunteers express how happy they are to be able to serve in person, as our Lord calls us to be His Hands and Feet.

As a church, we have been called to practice radical hospitality. *“Share with the Lord’s people who are in need. Practice hospitality.”* Romans 12:13 (NIV) Below are some of the areas that you have blessed our neighbors:

- In partnership with the Faithseekers, we continue to provide Fremont Street Nursery with 15 weekly “weekend bags” of food to sustain children most at risk of food insecurity. We also provided the school with a donation of hand wipes and baby wipes and shared \$100 grocery gift cards (from an anonymous donation) with each of the staff for Christmas.
- WATTS was provided supplies and volunteers to prepare dinner off-site and to serve those meals to the homeless men and women sheltering at First UMC during our week following Thanksgiving.
- \$1500 annual donation to WATTS
- \$500 donation from designated mission funds to Bright Futures plus a collection of school supplies– value +\$900. We have also returned to providing 4 tutors at Greenwood Mill E.S.
- \$500 donation from designated mission funds to the Salvation Army, provided third Sunday lunches June-December and had 27 volunteers for Red Kettle bell ringing on three December Saturdays
- 33 Christmas dinner/breakfast baskets for Social Services – value +\$3000
- \$1500 donation to The Laurel Center and collections of snacks, cleaning supplies, art supplies and birthday supplies in February, May, and October– value +\$1400
- CCAP--
 - Provided third Sunday lunches January – May
 - Provided a team of 6-8 volunteers every Tuesday night to pack food boxes
 - Provided a donation of \$150 for snacks for the participants and provided volunteers to help with the first annual bike tour fundraiser in August
 - Various underclothing items collected in January - value +\$1000
 - Collected food for Easter baskets – value +\$400
 - Diapers collected in March and November - value +\$1200
 - Collected socks and undergarments in July – value +\$1000
 - Collected food and laundry baskets for Thanksgiving - value +\$800
 - Collected blankets for “thanks giving” - +\$300
 - \$3000 annual donation
- \$2250 annual donation to Project Esperanza in the Dominican Republic plus additional \$1000 from designated mission funds to cover the cancellation of the Roast Beef Dinner fundraiser and \$600 to sponsor students at two underserved schools in Haiti
- Relay for Life event was much smaller this year, however, the Believers raised +\$22,000
- Quarterly participation at Jubilee Kitchen, third Saturday of the month
- Financial help for several local families
- Financial medical assistance for the Byrd Family in Danville, Virginia
- Provided a power lift chair for a cancer patient - \$1400
- Built a handicap ramp for member - \$800
- UMMen, UMWomen, Adult Sunday School Classes, Children and Youth, and many others in our church family continue to reach out into the community and support various mission projects and collections

The Outreach Team meets the first Thursday in January, March, May, July, September, and November at 7 pm. All are welcome to join our meetings. Our January meeting for 2022 has been moved to January 13th at 7 pm.

Blessings, The Outreach Committee

CCAP CORNER JANUARY 2022

CCAP is a cooperative effort of individuals, civic groups, businesses, and religious communities in Winchester and Frederick County. They have unified to provide financial, material, and supportive assistance in a loving way. Even with the help of existing social service programs, CCAP clients are unable to meet their needs and responsibilities. CCAP's desire is to do God's work in a world where many basic human needs are simply not met.

Our first CCAP Day for 2022 is on Sunday, January 23. The Outreach Committee is collecting Men's thermal underwear. Thermal tops and bottoms are needed for men in size medium through 3X; medium and large are the most in demand. Thermals are essential items for those who spend their days and nights outside. Donations may be left in the CCAP Bin at church through 1/23.

If you're looking for a fun, productive way to spend an hour; come join us on Tuesdays at 5:30 to pack food boxes. It only takes about an hour for our church's work crew to pack enough boxes for a week of food giveaways at CCAP. Along with the packing of food, we share stories, prayers and lots of laughter. Please let Hope Owens or me know if you would like to help out in this Outreach.

Opportunities to Serve – We have several church volunteers working regularly at CCAP. There are opportunities in the pantry and warehouse, in the clothing sorting area, in the clothing house, and in financial assistance. Please reach out to me or anyone on the Outreach Team if you have any questions about what we do as volunteers at CCAP. All volunteers are required to wear masks and closed toed shoes and are temperature scanned as we enter the building.

Any questions, please contact me at 540-664-6973 or ricpat5@gmail.com.

Our church's support of this local ministry is tremendous!!

Thanks so much for all you do for CCAP.

Patty Leonard, Outreach CCAP Rep



RELAY FOR LIFE January 2022

Relay for Life is the world's largest volunteer-based fundraising event. For more than 36 years, communities across the world have come together to honor and remember loved ones and take action for lifesaving change. We strive to make this evening as safe as possible and will continue to follow local COVID related guidelines.

Relay First Lap is ALL DAY on January 8th and is an opportunity to show your commitment to fighting cancer at the beginning of the year. Think of it as a part of your New Year resolution! Put on your best Relay gear and let me know if you would like to join me as I take a walk. We can take those steps as the first lap of Relay for Life 2022.

The website for 2022 is on the Relay for Life website. **Please go on the website and register for The Believers team as soon as you can.** You must register every year. We are hoping to grow our team this year. The event will be on Saturday, September 10, 2022 from 3:00 p.m. to 11:00 p.m. at the Stonewall Ruritan grounds.

Early Bird Special Sponsorship is until January 31, 2022. On the following page is a form to use if you have a business or know of a business that would be willing to contribute.

Lisa and I look forward to getting our team together soon and we thank you from the bottom of our hearts for your continued support of **The Believers!**

#NothingWillStopUs in the fight to #EndCancer

PLEASE LET LISA OR I KNOW IF YOU HAVE ANY QUESTIONS.

theresahgilbert@gmail.com or (540) 247-5612

lisapatterson423@gmail.com or (540) 664-4169

Our mission is to save lives, celebrate lives, and lead the fight for a world without cancer.

We thank you for your support!

Theresa Gilbert and Lisa Patterson, Co-Captains

EB Corporate Sponsorship Specifics

If your business, industry, or organization would like to be an event sponsor for the 2022 Relay For Life, please complete the attached form and return it with payment in the amount of the selected sponsorship. If contributing \$250.00 or more, please be sure to include the exact name you wish to be listed on any sponsor materials. or submit via email to Penny.horner@cancer.org.

Payment Information:

Make checks payable to the American Cancer Society. You may also pay by credit card at our secure website: www.relayforlife.org/winchesterva. For credit card payments, the detachable form **MUST** also be mailed to address below to ensure credit for your sponsorship.

Please complete the information on the back of this panel, detach it and submit no later than **January 31, 2022**, to ensure that you receive the recognition of your support at the event. Please ensure that you list the exact name your company wishes to display. Or, you can electronically submit a higher quality logo. (Please Note: If your logo is not high-quality, our printers reserve the right to print your company name instead to ensure crisp printing).

Clip & send the form on the reverse side to:

American Cancer Society
Attn: RFL Winchester/Frederick County
PO Box 18090
Middle River, MD 21220

If you have any questions, please contact:

Penny Horner
email: penny.horner@cancer.org

2022 Relay For Life of Winchester / Frederick County



Purpose

Relay For Life is a unique fundraising event for the American Cancer Society that not only celebrates cancer survivors but also increases cancer awareness. This event takes place nationwide in communities and universities.

Event

Relay For Life involves teams county-wide through friends/family, corporations, schools, churches and walking around the track for the duration of the event. They are all united with the common goal of creating a world with less cancer and funding ALL types of cancer research.

Fundraising

Each team member is encouraged to raise a minimum of \$100 in donations to support The American Cancer Society through a variety of methods. In addition, the success of Relay depends on financial support from our sponsors.

***Logo size on print materials**

**increases with higher
sponsorship levels**

**Deadline for EB
Specials
is January 31, 2022**

American Cancer Society 2022 Relay For Life of Winchester/Frederick County

Early Bird Special Sponsorship



Event Information

Date: Saturday September 10, 2022

Location: Stonewall District Ruritan Club

136 Ruritan Way, Clear Brook, VA 22624

Early Bird Payment Due by January 31, 2022

www.relayforlife.org/winchesterva

EARLY BIRD SPECIAL 2022 SPONSORSHIP OPPORTUNITIES

Presenting Sponsor - \$5,000.00

- Recognition on sponsors page of Relay website, social media, event program and other marketing and promotional materials
- Co-Branded social media frames available to all participants
- Social media spotlight
- Verbal recognition at the Relay event and other Relay related community activities throughout the year
- Year-round opportunities to engage with event-participants including representation on the event Leadership Team
- *Your Company supplied banner displayed on Relay track*
- *Opportunity to participate in Sponsor recognition lap during Relay event*

Platinum Sponsor - \$2,500.00

- Recognition on sponsors page of Relay website, social media, event program and other marketing and promotional materials
- Verbal recognition at the Relay event and other Relay related community activities through out the year
- Year-round opportunities to engage with event participants including representation on the Event Leadership Team
- *Your Company supplied banner displayed on Relay track.*
- *Opportunity to participate in Sponsor recognition lap during Relay event*

Gold Sponsor - \$1,500.00

- Recognition on sponsors page of Relay website, social media, event program and other marketing and promotional materials
- Year-round opportunities to engage with participants including representation on the Event Leadership Team
- *Your Company supplied banner displayed on Relay track.*
- *Opportunity to participate in Sponsor recognition lap during Relay event*

Silver Sponsor - \$1,000.00

- Recognition on sponsors page of Relay website, social media, event program and other marketing and promotional materials
- Year-round opportunities to engage with participants including representation on the Event Leadership Team
- *Your Company supplied banner displayed on Relay track.*
- *Opportunity to participate in Sponsor recognition lap during Relay event*

Bronze Sponsor - \$500.00

- Recognition on sponsors page of Relay website, social media, event program and other marketing and promotional materials
- Year-round opportunities to engage with participants including representation on the Event Leadership Team
- *Opportunity to participate in Sponsor recognition lap during Relay event*

Signature Sponsor - \$250.00

- Year-round opportunities to engage with participants including representation on the Event Leadership Team
- Name placement in program
- Name placement on website and thank you on social media.

Hope Sponsor - \$100.00

- Company name on a shared Hope Sponsor Banner at the event

EARLY BIRD SPECIAL

All Sponsors who sign up by January 31, 2022 will receive a FREE bump up to the NEXT sponsorship level.

Italicized benefits are contingent upon our ability to hold an in-person event in 2022 due to potential covid 19 restrictions.

Sponsorship Relay For Life of Winchester/Frederick

Please mark the amount you are paying

- \$5,000.00 PRESENTING Sponsor
- \$2,500.00 PLATINUM Sponsor
- \$1,500.00 GOLD Sponsor
- \$1,000.00 SILVER Sponsor
- \$500.00 BRONZE Sponsor
- \$250.00 SIGNATURE Sponsor
- \$100.00 Hope Sponsor



PLEASE PRINT:

Company: _____

Contact: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Donated by credit card via the website

Check enclosed

Please list the Team/Participant receiving credit for this Sponsorship (if applicable):

OFFICE USE ONLY:

Date Rcvd _____ Check #: _____

Faith Community Nurse Article January 2022



It's hard to believe that this month marks one year since my sweet Momma was called to her Heavenly home. Some days the grief of losing her is almost too much to bear. Many of you have faced this same kind of loss in the past year. You miss the touch of your loved one's hands just as much as I do. I pray that you will find some comfort and peace in this poem.

Her Hands

Her hands held me gently from the day of my first breath.
Her hands help to guide me as I took that very first step.
Her hands were there to brush my hair or to straighten a wayward bow.
Her hands were there to comfort hurts that did and didn't show.
Her hands helped hold the stars in place and encouraged me to reach.
Her hands would clap and cheer and praise more powerful than speech.
Her hands at times held rigid to bend the growing tree.
Her hands would shape and mold me to all that I could be.
Now her hands are twisting with age and years of work.
Her hands now need my gentle touch to rub away the hurt.
Her hands are more beautiful than anything can be.
Her hands are the reason, the reason I am me.

Maggie Pittman

Continually **praying for your health and well-being,**
Theresa

You can reach me at any time by e-mail at tgilbert@afpdocs.com
or theresahgilbert@gmail.com or by phone at (540) 247-5612.

As your Faith Community Nurse, I am here to serve as a bridge to better health, meeting the wholistic healing mission of the church by partnering with the Pastor as a healer of the spirit, mind and body.



Dear Church Family,

It is with a heavy heart that I write this message to all of you. Due to health issues, this will be my last newsletter. As I get older the issues I have been dealing with since 1972 are giving me increased difficulty in doing what I can and cannot do. Although I have enjoyed so very much coordinating and creating your newsletters since 2009, I feel it is time to "pass the baton" onto someone else.

I have no doubt that whoever takes over coordinating the newsletters from now on will enjoy it as much as I have and will have no trouble giving it their own style.

Everyone who writes the articles has always sent them to me on the due date and time and they all write such informative and interesting articles. And, as the Newsletter Coordinator I felt richly blessed because I got to read the articles 1st!

I wish to thank ALL OF YOU for your kind words of "well done" each month!

God Bless and Have a Happy and Healthy New Year,
Charly





Hearts of Grace
Caregiver Support Group
Contact: Debbie Walker
Email: dswalker1@yahoo.com
(540)664-0908 Cell / (540)667-6711 Home

For Caregivers, Laughter Can be the Best Medicine
By Carol Nelson, RN, BSN, MBA

It's no secret that caring for a loved one is a very stressful role, and the medical issues that your senior faces are certainly no laughing matter. But that doesn't mean that caregivers – and their loved ones – can't spend a few moments of the day finding the humor in life.

According to research by the Mayo Clinic, data suggests that laughter really is some of the best medicine out there.

IN THE SHORT TERM, LAUGHTER:

- Enhances your oxygen intake, which stimulates the heart, lungs and muscles.
- Increases the production of endorphins, which help relieve stress.
- Soothes tensions by stimulating circulation and muscle relaxation, which reduces the physical symptoms of stress.

IN THE LONG TERM, LAUGHING:

- Improves your immune system. Both positive and negative thoughts produce chemical reactions in the body. Replace that negative energy with the release of neuropeptides that fight stress and are released when the brain experiences positive energy, such as laughter.
- Relieves pain. As mentioned above, laughter releases endorphins. These hormones work as a natural pain reliever because they produce dopamine that helps us feel happy and stimulated. Improves your mood. Let's face it – when you're laughing, bad thoughts get pushed out of your mind. Not only does it help you cope with the situation at hand, laughter also improves your self-esteem.

Medical research asides, anyone who has experienced a prolonged fit of laughter knows that it just feels good to giggle and joke with loved ones.

To help you and your senior cope with some of the more mundane and serious daily activities involved in caregiving, here are some ways to introduce humor into your daily routine:

1. Search for the funny. Whether you find funny anecdotes in articles to relate to your loved one or watch comedies on television with them, set aside some time during the day to simply enjoy one another's company. You don't need to put on a comedy routine but telling a joke or two during the daily routine can help alleviate tension.
2. Get online. There are endless videos of funny events on YouTube and other video streaming services that you and your senior can enjoy. Obviously, you will need to make sure that the comedy is appropriate for your loved one's tastes but harmless videos that could make an appearance on "America's Funniest Home Videos" are a good option to start with.
3. Ask your loved one to tell you some funny stories. Your senior probably has some funny stories from their youth they would be happy to tell. Most people don't get through life without something hilarious happening along the way and reliving them can often be just as funny as the event when it happened.
4. Consider laughter yoga. Laughter yoga is a real practice where people laugh as a group. The laughter is forced, at first, but soon turns spontaneous. If you've heard the saying, "Laugh and the world laughs with you ..." then you can understand the motivations behind laughter yoga.

Hearts of Grace continues on the following page.....

Hearts of Grace continues.....

5. Laugh at daily life. Don't be afraid to laugh when something funny happens during your daily routine. Caregiving can provide rich opportunities for the funny to simply happen and it's not irreverent to laugh when it does.
6. Invite friends over. If you or your senior has some entertaining friends or acquaintances, feel free to have them over for lunch or dinner. Not only does having a new face break up the routine for a much-needed change but having a funny or entertaining exchange makes the visit that much more enjoyable.
7. Get silly. Don't be afraid to mix it up. Try on funny wigs and outfits, dance when no one else is dancing and laugh out loud in public places. Acting silly - within reason - can often break up the monotony of daily life. And if it gets the people around you to laugh, as well, then the more the merrier.
8. Remember that humor isn't mean or disrespectful. While laughing at one another's actions during a particular situation can mostly be harmless, laughing at someone's shortcomings is not funny. If your senior is laughing at their own antics, join in, but be careful to laugh with them and not at them.

For most caregivers, this chapter in their lives and in the lives of their senior is often the last moments in time they will be spending together. Joy can be found in the simple things: a joke, a shared funny moment or time spent watching hilarious videos. The act of caregiving can often make you feel overwhelmed, anxious or even depressed. Instead of focusing on the negative aspects that are too often a part of caregiving, a good laugh can push those negative thoughts out of your mind and help you find the simple joy in caregiving.

Regretfully, we will no longer be having the 2nd Tuesday at 7:00 pm Fellowship Hall meetings each month. We realize it can be difficult for many of you to attend meetings, but I will still be available. I'm happy to meet in your home, before or after church, grab a cup of coffee, or a bite to eat. My hope is you will be agreeable for me to occasionally call to arrange a visit.

Lord Jesus, I ask that You would send every caregiver comfort, peace, strength and encouragement - this day and every day. AMEN

Wishing you peace, love and joy -

Debbie Walker

Recipe for Alzheimer's and Dementia Patients

Walnut Cranberry Granola Bars

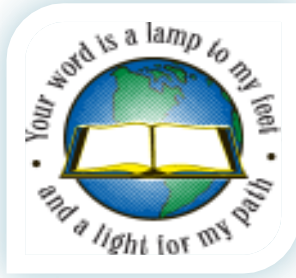
Ingredients:

3 cups old fashioned rolled oats	1 tablespoon brown sugar
1 cup roughly chopped walnuts	1 teaspoon cinnamon
1/3 cup unsweetened or sweetened coconut flakes	8 large Medjool dates, roughly chopped
1/4 cup dried cranberries, roughly chopped	1/3 cup honey
	1 tablespoon coconut oil
	1 teaspoon vanilla extract

Preparation:

Preheat oven to 325 degrees and line an 11 x 7 baking dish with parchment paper
Stir together oats, walnuts, coconut, cranberries, brown sugar, cinnamon and dates in a large bowl
Add honey, coconut oil and vanilla extract and stir until combined
Transfer mixture to a food processor and pulse until all ingredients are chopped and stick together when pressed between your fingers
Transfer to prepared baking dish and press down very firmly using a spatula or your hands. (Covering mixture with a piece of parchment or plastic wrap and pressing down with your fingers makes this easier.)
Bake for 25 minutes, then let cool completely. Remove from pan and cut into 8 equal bars.

Enjoy - Deb



Path Finder Ministry

Contact: Debbie Walker

E-mail: dswalker1@yahoo.com

(540)664-0908 Cell / (540)667-6711 Home

Monthly: 3rd Wednesday @ Noon

Fellowship Hall

Jesus wants his love for you to be your foundation as he walks with you through this emotion-filled season of grief. We welcome you to join us on January 19th in fellowship, comfort and support.



Path Finder Luncheon

Wed. Jan. 19th, 2022

BFUMC Fellowship Hall

12:00 Noon

RSVP: Debbie Walker

By Fri. Jan. 14th

(540)664-0908 / (540)667-6711

dswalker1@yahoo.com

Please Join Us

There is a sign-up sheet in the Fellowship Hall. You may also contact me by email or phone. If you have any questions, please don't hesitate to reach out to me. If you are not sure ahead of time, if you can make it, but on the day of the meeting you would like to come – PLEASE COME! Sign-up or not – YOU ARE WELCOME!

The Path Finder Ministry is a safe space of compassion, respect, and encouragement for those currently experiencing the loss of a loved one, or have previously experienced loss. We will gather as a community of empathy, acceptance, and emotional support.

"I can do all this through him who gives me strength." Philippians 4:13

*May God keep you in his warm and comforting embrace,
Debbie Walker*

From a Branch on the Vine,

Gracias, danke schön, go raibh maith agat (Irish), thank you! We have so much to be thankful for. Do you feel thankful when you wake up with aches in your body and heart? When the day doesn't go as you planned or when you realize you can't control life's events; when you feel you have been wronged? Do you feel thankful right now? What is stopping you?



In the story of the ten lepers (Luke 17:11–19), all ten were healed, but only one returned and *threw himself at Jesus' feet and thanked him—and he was a Samaritan*. Jesus asked, “*Were not all ten cleansed? Where are the other nine? Where are they? Maybe they were too busy. Time to get on with life, go see their families, cast off the unclean label and rejoin society. So much to catch up on, but none of that would be possible without Jesus. Where are you in the story? 1 or the other 9?*”

Maybe the pain we are in eclipses the gifts we should be thankful for? Here is a good Bible verse on paper and so very difficult to live out: *For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. 2 Corinthians 4:17.* You do that right? A hammer to the thumb, ding to the car or overdue response from a contractor may muddy your appreciation. How about when you lose your independence, cancer is detected or part of your heart passes away? That is pain, and it can blind you. Where does the healing come from? From the book of Hebrews in God's word we are reminded what God has said, “*Never will I leave you; never will I forsake you.*” So we say with confidence, “*The Lord is my helper; I will not be afraid. What can mere mortals do to me?*” Nothing can change your future as a child of God. It is God's promise.

Maybe our gratitude is diminished because we want justice or to receive what we think we are owed. What do you deserve? The fact is no one has had it as hard as you. Nobody has been disrespected, overlooked, ignored or abandoned like you (or maybe it's the guy next to you or the one next to him). Life and people have not been fair to you so why would you be thankful for something you deserve? We are getting to a core belief for Christians. Do you want what you deserve? God is a just God; step up to the scales and measure out your good and evil. Which way does it tilt? We are all sinners and fall short of the glory of God. “*If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us.*” 1 John 1:8-10. We do deserve justice, but God gave us mercy when Jesus died on the cross for our sins once and for all.

Friends, do we recognize the blessings we have already received? No, you didn't get everything you wanted at Christmas. Your best laid plans didn't come true. Life got in the way of happiness. Pause and remember what you have received. Jesus took away your sins with the gift of his life. The Holy Spirit is with you now to help and comfort you in your brokenness. God has made a way for you to be with the ones you love, in a new and gloried body, and to be with Him – forever. How does the gain of all that (and more) compare to what you have lost? Return to Him and say, “Thank you, Lord. I did deserve this, I deserved much worse, but you loved me enough to bring me to Yourself. In humble gratitude, I praise your name. Please, help me to remember what you have done for me.”

In Christ, Reb

On behalf of Deb and myself, thank you for the thousands of ways you have held us up and loved us through. Thank you for living out the heart of God. May God continue to bless you as He already has.

In May of 1999, I wrote this poem in response to another Pastor's sermon. Today, January 6, 2022, this poem came to mind and I feel God wants me to share it with you. "Trust Me" meant God speaking to us in 1999 and also now in 2022 in this trying time we all are going through.

Love You All, Charly

"Trust Me"

**When the dark storm clouds come rollin' in
And thoughts of confusion churn within
Praying for understanding to quiet the din**

"Trust Me"

**When everything feels like it's falling apart
And hopelessness seems to crush your heart
Praying for this hour of doom to depart**

"Trust Me"

**Sometimes not knowing which way to turn
And your mind whirls; unable to discern
Praying for answers; the direction to learn**

"Trust Me"

**Those dark storm clouds bring wind and rain
But the storm clouds pass; the sun shines again
Praying for wisdom in times of pain**






"Trust Me"

**There is a Good Friend who will answer your call
Whose wisdom is omnipotent for one and all
Who won't let you down; no problem too small**

"Trust Me"

**"I've been there and done that" we all on occasion cry
Thoughts confused, hearts hopeless, minds awhirl, WHY?
Listen, for when least expected, you'll hear a quiet reply**

"Trust Me"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2 8:30am-In-Person Worship 11:00am-In-Person Worship	3	4 10:30am-Bible Study Fellowship Hall 6:30pm-Choir Practice 7:00pm-Bible Study Fellowship Hall	5 9:30am-1:00pm- Pastor's Office Hours	6 7:00pm-Boy Scouts Fellowship Hall	7	8 9:00am-Roof Wreckers Fellowship Hall
9 8:30am-In-Person Worship 11:00am-In-Person Worship	10	11 10:30am-Bible Study Fellowship Hall 12noon-2/4 BLT Lower Cottage 6:30pm-Choir Practice 7:00pm-Bible Study Fellowship Hall	12 9:30am-1:00pm- Pastor's Office Hours 7:00pm-Church Council Fellowship Hall	13 7:00pm-Boy Scouts Fellowship Hall 7:00pm-Outreach Team Lower Cottage	14	15
16 8:30am-In-Person Worship 11:00am-In-Person Worship 12noon-Salvation Army Lunch	17	18 10:30am-Bible Study Fellowship Hall 6:30pm-Choir Practice 7:00pm-Bible Study Fellowship Hall	19 9:30am-1:00pm- Pastor's Office Hours 12noon- Path Finder Luncheon Fellowship Hall	20 7:00pm-Boy Scouts Fellowship Hall 7:00pm-Nurture Team Lower Cottage	21	22 9:00am-Roof Wreckers Fellowship Hall
23 CCAP COLLECTION DAY 8:30am-In-Person Worship 11:00am-In-Person Worship	24	25 10:30am-Bible Study Fellowship Hall 12noon-2/4 BLT Lower Cottage 6:30pm-Choir Practice 7:00pm-Bible Study Fellowship Hall	26 9:30am-1:00pm- Pastor's Office Hours	27 7:00pm-Boy Scouts Fellowship Hall	28	29
30 NEW MEMBER SUNDAY 8:30am-In-Person Worship 11:00am-In-Person Worship	31					

C. Steven Melester, Pastor
Burnt Factory United Methodist Church
1943 Jordan Springs Road
P. O. Box 399
Stephenson, VA 22656
Tele. (540) 667-4993
www.burntfactory.org

Sharma Lewis, Resident Bishop
Virginia Conference
Richmond, Virginia

The Rev. Dr. Victor Gomez, District Superintendent
Winchester, VA 22601
www.winchesterdistrictumc.org

BURNT FACTORY
UNITED METHODIST CHURCH



January

2022

Begin
the
Year
with

