



# “Fenimorian News from the Pews”

September-October 2022 – Volume 1 No 5

## Bi-Monthly Newsletter

*New Beginnings & A Time To Reset:*



Love, Joy and Peace Fenimorian Family,

Can you believe that yet another season is quickly coming to a close?!! I trust that your summer was relaxing yet invigorating, somehow connected to your God given gifts and purpose which you were able to share with someone. As we begin to pivot toward a new season, perhaps a new beginning and/or a time to “reset” is in order. A time for transformation and growth. God tells us in Isaiah 43:19 “See I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” As some of us make our way back to school, question if we are working in the right field, perhaps starting a new job or business or simply want to shine brighter for Jesus in our relationships, we have to remember as a “starter” to trust God and to take Him at His word. We are indeed a new creation in Him, fully expected to participate in the growth process yet bound by His timetable.

As we say our goodbyes to the things of old, we can boldly turn our eyes to this new season because we are standing and firmly planted on a “rock steady” foundation with the promise of His “lovingkindness

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(New Beginnings & A Time to Reset)*

that never ceases and compassions that never fail” one filled with the beauty of a new morning, a new day and the fall harvest that is on the horizon. Let us continue to give thanks and praise!!!

*Sis Kim Jackson, Newsletter Ministry*

### Upcoming Church Events:

- Bible Study will **resume** on Wednesday 9/7/22 @ 7:00pm. We will be studying the Book of Acts
- Men’s Day celebration is 9/18/22 during the regular Sunday Service
- Save the date: Pre-Anniversary Grab & Go Lunch Sale on Saturday, Oct. 8, 2022. Details pending
- Anniversary Sunday is 10/23. Our guest preacher is the Rev. Dr. Ian Straker. The theme is “Celebrating the Journey With the Help of God” and the text is taken from Philippians 3:13-14
- Prayer on Zoom every Tuesday @ 8:00pm
- Food Pantry Distribution hosted by Ladies in Waiting in Fellowship Hall every Tuesday between 10:00am-1:00pm
- Grab & Go Breakfast hosted by Family Life Ministry on the 4<sup>th</sup> Tuesday of each month will **resume** in September.
- Senior Citizen Center in Fellowship Hall Mondays, Wednesdays & Thursdays 10:00am-4:00pm

From the Desk of the Pastor Jackson:



Grace, mercy and peace!

With the summer winding down and those of us who have been blessed to have taken some well needed if not deserved vacation

time, I am reminded of the text from Philemon. While I don't believe any of us has taken that which belonged to someone else, like Onesimus did, but what we have in common is being owned by another. Onesimus was the property of Philemon while we belong to God through Jesus Christ.

The Apostle Paul says to Philemon, "perhaps the reason he was separated from you for a little while that you might have him back for good – no longer as a slave, but better than a slave, as a dear brother. He is very dear to me but even dearer to you, both as a man and a brother in the Lord."

Onesimus did not return the same way that he was when he left. His very life was now reflective of one of encouragement, and authentic love that was clothed in the Spirit of a helpful attitude.

Similar to the account regarding the life of Onesimus, it's the witness of the way in which we return to church that matters. Hopefully we have been renewed in Spirit to work for and worship the Lord that display to all that Christ is alive in us!

From one whose mind is being transformed and whose heart has to accompany it!

Pastor Jackson



**"So continue encouraging each other and building each other up, just as you are doing."**

**1 Thessalonians 5:11**

## Getting Back to Basics: The Fenimorian Way



Like the title implies, Fenimore Street United Methodist Church is getting back to its roots of mission *with and for* the community. Seamlessly harmonizing with our motto of "Loving God and Loving People," our church is doing the work God calls us to do (weekly) and simultaneously meeting the needs of those who are less fortunate.

A year and a half after the start of the coronavirus pandemic, the **Family Life Committee** has returned to their heartfelt mission of meeting the needs of the community, no matter where they are. Spearheaded by committee chair Sis. Marlene Ferguson and her team of dedicated volunteers, we are back to doing mission-work like only we can. On September 28<sup>th</sup>, 2021 they resumed with a Grab & Go distribution of hot, hearty, and healthy breakfast in conjunction with the **Ladies in Waiting** food pantry. This new initiative was an instant success as evidenced by the increased number of patrons (from 50 to 100) and their verbal compliments of appreciation. This event is now held monthly on the fourth Tuesday.

Prior to the new initiative of serving breakfast, the committee began its mission of meeting the needs of the less fortunate with the NYC Department of Homeless Services (DHS). This included coordinated special events for Easter, Thanksgiving, Christmas and Back-to-School. From inception to now we have organized donations of clothing, toiletries, and toy giveaways for over 4,000 homeless children, women, and men.

On July 16, 2022, we resumed the hosting of families with a special luncheon in the fellowship

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hall (due to the weather) and DHS provided the transportation. We served a combined total of 125 children and adults from five groups including *Carmen Place, Urban Transitional Residence, New York Family Center, Springfield, and Rachel's Place*. This event was a fun-filled day of food and fellowship. Special recognition is due to First Lady, Sis. Kim and Pastor, Roger Jackson who were inspired by the presence of the children and coordinated the activities of singing, dancing, and distribution of giveaways. *Note: All recipients received new items in compliance with NYC Covid-19 regulations.*

On August 6, 2022 we resumed our Back-to-School giveaway and had a total of four shelters in attendance. The children received backpacks with school supplies and some received new shoes and clothing. They were entertained by drummer Baba Mpho aka Menes DeGriot who shared the culture of African music/instruments and were introduced to the Libation ceremony paying tribute to our ancestors. Our very own Pastor Jackson kept the gathering alive with the children responded joyfully to his singing and games of musical chairs.

Serving the community in this capacity has been a part of our church fabric since the pastorship of Rev. Dr. Ivan J. Roberts. In addition, getting back to our roots after the pandemic is what you can only describe as a good and wonderful thing. James 1:17 NLT tells us that, "Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens," and for this gift we are truly grateful and thankful. Amen

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**Vote of Thanks!**

Thank you to our committee members and volunteers including those who prepare and package the meals, the United Methodist Men who assist

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with setting up/transporting supplies and Bro. Alister Aird who provided the music.

A special thank you to co-chair Sis. Minerva Beaton who has given above and beyond to the mission. Her compassion and dedication to the project has never wavered (since inception) and for this we are thankful.

Lastly, I would like to recognize our sponsors and donors including:

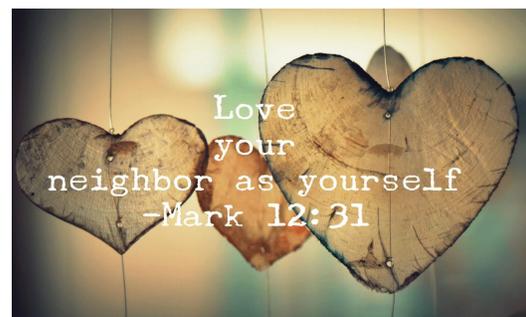
- Antonio Rodriguez, Director Special Events - NYC Dept. of Homeless Services
- Metro Team Outfitters, New Hyde Park, N.Y.
- United Women in Faith (*formerly United Methodist Women*)
- Fenimore Street Church Family
- Downstate Medical Center Retired Nurses
- NYC Dept of Homeless Services (transportation)
- Lions Club International
- Community Friends

Thankfully Yours,

**Sis. Marlene Ferguson**  
**Chair**

**Sis. Minerva Beaton**  
**Co-Chair**

*Family Life Committee*



**Pictorial: Family Life Committee in Action**  
**Saturday, July 16<sup>th</sup> & Saturday, August 6<sup>th</sup>**  
**Special Luncheon & Back, To School**  
**Give Away!!!**



Sis Doreen Thomas & volunteer Shilah Griffith sorting boxes of Girl Scout cookies that were donated by the Lions Club Int.



Team readying the food to serve which included many "cook out" favorites. Guests were also treated to ice cream and cake



Sis. Francilia Johnson ready to serve as Sis Endris Dillon takes a final look at set up



Sis Cecille "Peggy" White (left) working behind the scenes



Sisters Macie Davidson, Lola Clark & Michelle Clark (above) hard at work



Sis Bernice Walker (2<sup>nd</sup> from left) served as a Spanish interpreter for the Special Luncheon



There was plenty of food, fellowship and a time for games and prizes for the children



In addition to the goody bags that were distributed, new shorts & athletic outfits were also available in different sizes for the children

*Pictorial: Family Life Committee Continues.....*



*Chair Marlene Ferguson(background) surveying supplies and preparing for an additional shopping trip in anticipation of distribution as Sis Glenner Strachn looks on*



*Sis Angela Als separates the back packs by age and gender*



*The team worked in harmony as Co-Chair Minerva Beaton provided instruction on how to separate school supplies by grades and in preparation of distributing toiletries for the children's parents and guardians.*



*Sis Kim Jackson with NY Family Center children now ready for school with filled back packs*



*Some of the children received new sneakers and socks that were donated. Urban Family children (above)*



*Striking a confident pose!!!*

Lord, please grant these precious children a deep desire to learn all they can this school year and open their hearts and minds to the joy of learning. Grant them creative teachers, friendships that You would approve of all done within a safe and nurturing environment. **In Jesus Name AMEN**



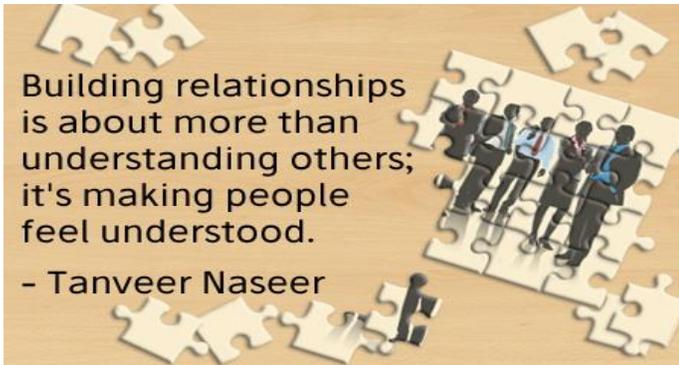
## Words of Wisdom



**WHEREAS BEFORE YOU HAD A GENERAL SENSE OF RIGHT AND WRONG, THE HOLY SPIRIT BEGAN RENEWING YOUR MIND TO MORE SPECIFIC AND COMPLETE TRUTH...YOU PARTICIPATE IN THIS RENEWAL PROCESS EVERY THIME YOU READ YOUR BIBLE, ATTEND WORSHIP, MEMORIZE A VERSE, OR PRAY.**

*“Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.” (Romans 12:2)*

*Dr. Charles Stanley*



**Lewis Center for Church Leadership**  
“One Invitation Away from Returning”

By Rebekah Simon-Peter

The common wisdom is that a church only has three weeks to connect with people who are absent. After that, they’ve internalized the message that you haven’t missed them. With the pandemic, however,

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new rules apply. I believe that even people who left before the pandemic are one invitation away from returning. That’s because the biggest reason people come back to church is that they are invited. One sincere, guilt-free invitation can make all the difference for those who simply got out of the habit during the pandemic or those looking for a life change.

### The power of personal invitation

These invitations can come in the form of a person-to-person invitation to a friend, relative, neighbor, or colleague. “Overall, 41% of the formerly churchd said they would return to the local church if a friend or acquaintance invited them. Younger adults are even more influenced by the power of the invitation. Approximately 60% of those 18–35 would consider returning to church if someone they knew asked them to come back.”

### People long to belong

If the biggest reason people come back to church is through an invitation, the biggest need driving people to church is because they feel an emptiness — something missing. Even though they may not be able to put it into words, they need the very things you are offering. These include the need for God, community, belonging, a connection they can access online and offline, and a sense of awe and the miraculous in their life. You can help them fill that gap.

Sometimes an important life change gets a person thinking about God, spirituality, or eternity. This life change can be a birth, death, marriage, divorce, retirement, or some other dramatic change to their normal way of living. Perhaps they moved and are ready to find a church. They may come to church to connect with important truths to have guidance for

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their lives. Again, you can help them fill that gap.

After living virtually, people are eager to reconnect with humanity. When visitors come, go out of your way to greet and welcome them. Remember, people long to belong. They want to know they matter and to be part of something larger than themselves.

### Celebrate community

As you grow the post-pandemic church, find people, places, and things to celebrate. Celebration is good for the soul. It's even a key component of healthy emotional intelligence. It draws communities together, builds bonds of happiness, and allows you to deepen your faith. It marks progress and gives you a chance to praise God. It reinforces the good you are doing.

Celebration is also biblical. Jesus used parables to demonstrate what we can celebrate. Celebrate when something lost is found, as in the parable of the lost sheep (Luke 15:3-7), the lost coin (Luke 15:8-10), or the parable of the prodigal son (Luke 15:11-32). In each story, when the shepherd found his sheep, when the woman found her coin, and when the father's son returned to him, they all "rejoiced."

The takeaway of these three stories for us is don't take anything for granted — not one sheep, one coin, or especially one son. Rejoice over all that has been lost and now is found, like face-to-face worship and the simple joy of being together.

Submitted by Rev. Jackson

## FENIMORIANS TAKE THE

CHALLENGE



What kind of car would Jesus Drive? **A Christler**

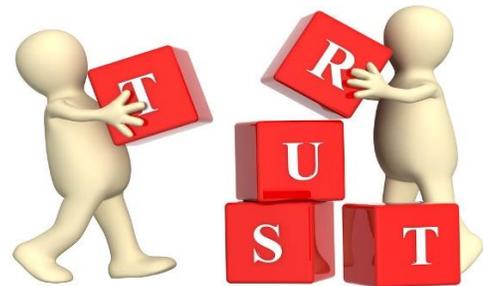
What's a believer's favorite fruit? **Spiritual**

Which bible character was the best musician?  
**Samson – he brought the house down**

Who in the bible had the greatest business plan?  
**The Prophets**

Which minor prophet is well-known thanks to cookies? **Famous Amos**

Parade.com  
By Kelsey Pelzer 4/23/21  
Submitted by Sis Kim Jackson



## THE LORD

### Read The Scriptures On Starting Over (A New Beginning)

Ephesian 4:22-24

Psalms 40:3

Ezekiel 11:19

2 Corinthians 5:17

Lamentations 3:22-24

## The First of a Three-Part Series Entitled 60 Ways to Live Longer, Stronger and Better

Submitted by Deborah Jackson

### 60 Ways to Live Longer, Stronger and Better

How to replace pandemic bad habits and get healthier now

by Nicole Pajer with Clint Carter, AARP, May 5, 2021



NICK FERRARI

Automated behaviors — making the coffee, reading the news, playing a game on a [phone](#), checking email — account for nearly half of the average person's daily activities, according to research by Wendy Wood, a psychology professor at the University of Southern California and author of *Good Habits, Bad Habits*. “We do the same thing in the same context almost every day,” she says. “And we do it without thinking about it.” Intentionally or not, you've spent the past year or so creating new, often unhealthy habits.

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But as we strive to get back to normal, we're presented with an unusual opportunity to reset our patterns. Here are 60 ideas from [health experts](#). Just remember: Your brain requires up to three months of daily repetition to develop the neural pathway that automates a behavior. “But the biggest gain comes during that first month,” Wood says. “So it's important to stick with it initially.” Be persistent: The habits you set now may be the habits you stick with for life.

#### Boost Your Brain Health

**1. Make weekly exercise dates.** You can easily talk yourself out of a workout, but it's more difficult to do when you have a standing commitment to [work out with a friend](#). Overall, aim for 150-plus minutes of weekly moderate-intensity aerobic exercise. Exercisers are 45 percent less likely to develop Alzheimer's disease, the Alzheimer's Drug Discovery Foundation reports.

**2. Eat a daily salad.** Just one serving of leafy greens a day was associated with slower cognitive decline, a 2017 study by Rush University Medical Center showed.

**3. Have a super berry dessert.** Dark-colored berries like blueberries and blackberries contain compounds that fight inflammation and help protect your brain. One cup of blueberries consumed daily for six months can also lower your risk of cardiovascular disease by 12 to 15 percent, according to 2019 research in the *American Journal of Clinical Nutrition*. Try berries and plain yogurt as your go-to after-dinner treat.

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NICK FERRARI

**4. Develop a green tea habit.** Especially if your favorite drink is soda. Researchers have found that people who consumed sweetened beverages were more likely to develop Alzheimer's, while some studies suggest green tea might promote cognitive functions.

**5. Join a book club.** Those who engage their mind most often through intellectual activities such as playing games or [reading](#) were 29 percent less likely to develop dementia during a five-year follow-up period, reports a 2018 Hong Kong study of adults 65 and older that was published in *JAMA Psychiatry*.

**6. Once a week, try something new.** Listen to new music, learn some words in another language or sign up for a lecture. Lifelong learning is associated with improved brain health, and staying mentally active is linked to delayed onset of cognitive decline.

### Go to Sleep Easier

**7. Make your bed each morning.** According to a survey by the National [Sleep](#) Foundation, those who make their bed nearly every day were more likely to report [getting a good night's sleep](#).

**8. Change your bedsheets every Sunday.** Allergens can disrupt sleep. To cut down on buildup, wash your sheets weekly. Also replace pillows at least every two years and mattresses every 10, both for hygiene and for comfort (they can break down over time).

**9. Face your alarm clock toward the wall.** And place your cellphone facedown. Artificial light disrupts sleep. Instead of night-lights, keep

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a [flashlight](#) next to your bed to use when needed.

**10. Turn the fan on when the lights go off.** Or invest in a sound machine. Snoring partners, [traffic](#) and other ambient noise can cause you to wake during the night and experience more daytime sleepiness and [fatigue](#). A source of white noise, like a fan, can help modulate that problem.

**11. Enjoy some chamomile tea at bedtime.** In a randomized, double-blind study from the University of Michigan, those taking a chamomile extract twice a day zonked out 16 minutes faster, on average.

### Pump Up Your Heart Health

**12. Brush and floss regularly.** Swollen or bleeding gums caused by bad oral health may lead to microorganisms traveling into the bloodstream, which could cause inflammation and heart damage. Older adults who skimped on oral hygiene were 20 to 35 percent more likely to die during a 17-year study done by University of Southern California researchers.



NICK FERRARI

**13. Try doing 10 minutes of resistance training every morning.** That adds up to a truly healthy week of muscle strengthening. In research published in 2017 in the Journal of the American Heart Association, women (average age 62) who did just 20 to 59 minutes of [muscle-strengthening exercises](#) each week were 29 percent less likely to die during the 12-year study than those who did none. Low muscle strength is associated with an elevated risk of death in people 50 and older, regardless of general health levels. Even cardio exercise doesn't appear to protect you if you allow

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your strength levels to deteriorate.

**14. Be an avocado sneak.** Replace half the butter in your baking recipes with **mashed avocado**, and sneak this source of healthy monounsaturated fatty acids (MUFAs) into smoothies and spreads whenever you can. Replacing saturated fats with MUFAs can help lower LDL (bad) cholesterol.

**15. Walk off your cravings.** Smoking puts you at a higher risk for heart disease and stroke. When a craving hits, try lacing up your shoes and heading out for a quick walk and breath of fresh air. Who knows? You might just want to keep going!



NICK FERRARI

**16. Put a banana on it.** A diet rich in potassium can help offset some of sodium's harmful effects on blood pressure. Add bananas to everything from breakfast cereal to nighttime desserts to PB&J sandwiches. While you're at it, squeeze in more sweet potatoes, tomatoes and oranges.

### Shake Off Stress

**17. Organize one thing each day—your handbag, a bedside table, a drawer.** You'll feel one chore is behind you, which is helpful in feeling less pressured in general.

**18. Take a daily “do not disturb” break.** Whether at your desk, in your kitchen or on a deck outside, close your eyes and do not open them for anyone. Even five minutes will feel wonderful!

**19. Have a go-to ritual that you look forward to when the anxiety is too much.** Do something simple like calling a friend, having a cup of tea,

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playing a song on the piano or sneaking away to read a few pages of a novel.

**20. Enjoy a daily “play snack.”** Remember what you used to enjoy doing as a kid, and go do that. Play with a yo-yo or Rubik's Cube. Go outside and skip rope or swing a golf club. Doodle, build a tower with toy building blocks, fold origami, draw with colored markers. Inject fun in five- to 10-minute chunks during your day as a way to let your brain relax.



### TEST YOUR BIBLE KNOWLEDGE

#### In What Book of the Bible Would You Find the Following Stories

- 1.Saul becoming Israel's first King?
- 2.Peter getting out of prison while his friends were praying for him
- 3.Jesus teaching in the temple at age twelve
- 4.Abraham leaving his homeland at God's request
- 5.The giving of the Ten Commandments
- 6.Elijah being taken to heaven in a “chariot of fire”
- 7.King Belshazzar's banquet where the people saw the handwriting on the wall
- 8.Jesus turning water to wine at a wedding in Cana
- 9.Achan taking what didn't belong to him at Jericho, leading to a stunning defeat for Israel at Ai (near Beth Aven)
- 10.Deborah and her leadership in the battle against Sisera

**Submitted by Sis Pauline Thomas**

*\*Answer key appears on last page*



## *September & October Fenimorians*

Although the author is unknown, this **Prayer** sums up all that is hoped for **each** of **YOU**

**Newsletter Ministry**

*May God remember you like Noah, favor you like Moses, honor you like Mary, fight for you like the Israelites, prosper you like Isaac, promote you like Joseph, intervene for you like Esther, protect you like Daniel, use you like Paul, heal you like Naaman, answer you like Elijah, anoint you like David, and keep you safe like Shadrach, Meshach, and Abednego.*



### **Answer Key for:** **(Where is That Story in the Bible)**

1. 1 Samuel – chapter 10
2. Acts - chapter 12
3. Luke – chapter 2:41-52
4. Genesis – chapter 12
5. Exodus – chapter 20 & Deuteronomy chapter 5
6. 2 Kings – chapter 2
7. Daniel – chapter 5
8. John – chapter 2
9. Joshua – chapter 7
10. Judges - chapter 4

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**Newsletter Ministry:**  
**Kim Jackson and Gillian Prince – Co-Editors**  
**Sophia Eversley, Cynthia Grant, Rev. Roger Jackson**





# WANTED

**FOR:** NEWSLETTER PARTICIPATION



Wanted for submission of articles, games, recipes, poems, etc. of various subjects either original or "noted" from other sources

**REWARD:**

**PRICELESS**

(WORKING FOR THE KINGDOM OF GOD)



Please contact the nearest Newsletter Ministry member ASAP