

The recently completed cluster confirmation class had several outings among its assignments. One of those outings was a visit to Mockler Funeral Home. Highlights included a history of funeral customs over the past century, a tour and an opportunity to ask questions. Even though I had personally heard much of the information before, I was particularly struck by how much has changed in a relatively short time. As recently as the early 20th century here in the north country, for example, funerals and visitations were still held in people's homes—often the parlor, from which the name “funeral parlor” derives. Among more recent changes are the greater use of cremation, reduced visiting hours and a greater variety in the way funeral arrangements are made and carried out.

One of those trends we heard about is one I have experienced and saddens me. It is the growing prevalence of people requesting that there be no services or visitation at the time of their death. The reasons vary but often include a desire that loved ones not have to “go to a lot of trouble” over them or not wanting to have “a lot of fuss” made over them. Our impulse is frequently one of not wanting to burden our families and our friends. My experience, however, is that this is one of those times when we have to shift our perspective away from ourselves. For most situations, our loved ones need opportunities upon death to, among other things, celebrate life, make meaning about life, grieve their loss and make adjustments so that they can carry on with life under the changed circumstances. In short the calling hours, worship services and family gatherings that often follow a death aren't primarily for the deceased. They are for those who remain. And, although people take different amounts of time to process a loved one's death and go about it in different ways, the confirmation class heard that it is most important that we do grieve our losses while not postponing this process (note: there are a variety of ways that you can do this, many of which have less cost than one might think; see Rev. Tim for a conversation about these options). It is true that dealing with our losses—whether a person, a job or business, a divorce or losing the ability to do a significant life activity isn't usually pleasant. It is a human tendency to put off facing difficult changes in our life. But when we do face them and work through them, we are positioned to move on to the next stage of life in a healthier way. Not doing so often has negative consequences for ourselves and others: we can harbor ill feelings such as anger or resentment, we can struggle to move on in healthy ways, we can project unresolved feelings on others and we can become depressed or withdraw from the world to name a few.

While at Mockler's, we heard the story of a particular family that did not have calling hours or a service after the death of a loved one because that is what their loved one requested. Some weeks later, another person in the community died. They shared many of the same relationships with the first family. In the later case there were calling hours at which members of the first family were present. Quite a few of the people that came to these calling hours went to express their condolences to the first family. This became a distraction for the second family. By not having arrangements at the time of their loss, the first family in essence postponed the time of actually dealing with their feelings. When they did deal with them, it took away from a time that was for another family.

If you have been thinking that you would not have any arrangements where people can gather nor a time of worship following your death one day, I highly recommend to you to do your loved ones a huge favor: allow, if not encourage, them to have calling hours and family gatherings where they can visit with family and friends. Encourage one or more worship services (depending on the situation, a funeral, a memorial service, a graveside service, a prayer service are some examples). If you are active in the life of the church, I encourage worship to be at the church in the more explicit context of your faith. If you have postponed mourning, delay no longer. If you need guidance, be in touch with me or contact your funeral director. And remember that God has promised to be with you always, for “the LORD is close to the brokenhearted and saves those who are crushed in spirit.” (Psalm 34:18)

Grace and peace,
Rev. Tim



Caribou Clock

Publisher - Gray Memorial United Methodist Church
2 Prospect Street, P. O. Box 69
Caribou ME 04736
E-mail: graymemorial@outlook.com

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Church Office: 498-2103
Website: <http://www.bqmumc.com>

Greetings from the Church Office!

GMUMC 101 Class - There will be a GMUMC 101 class between mid-August to late September time frame. If you are interested in being part of this class, please speak with Rev. Tim or leave a message with the church office by August 5.

For any committee/group who is sponsoring an event that should be posted on the outside sign, it would be very helpful if you would provide the wording and the dates you want the message posted.

Our 2018 Church Conference is scheduled for Saturday, September 15th at 2:30pm. This meeting is commonly known as or also known as (AKA) the Charge Conference. The Church Conference designation is because this will be a meeting in which all members may vote whereas a Charge Conference is ordinarily restricted to the members of the Church Council.

Until next month.....

Bobbi Pelletier
Church Secretary



Prayer List

July Prayer Concerns

Prayer Concerns: Debbie, Lu & Dale Sharp, Judi McKee, Reta Haley, Sheila Belyea, Darlene Nelder, Emily Stuart, Phyllis Sykes, Diane McDonough, Janie Lidey, Mary Roberts, Keith Drew, Grace Sherman, Danny Haines, Rodney & Dustin Nichols, Dale Marsh, Eileen Forbes, Fay Delaney, Don Peterson, Rob Wright, Janet Tozier, Al Akeley, Joeline Boucher, Bruce Fitzpatrick, DeDe Nichols, Tom Olsen, Jennifer Beaupre, Kristin McBreaity, Lisa Kirouac, Jessica & Dwayne Gagnon, Herman Wright, Cathy Firth, Barbara Foster, John Stubbs, Bob Ellinwood, Mary Ouellette, Sammie Haley, Candy Sampson, Bobbi Jeffery-Gant, Earl Meola

On Family Death: The family of Pauline (Polly) Drew; family of Joan Bishop; family of Wally Webb; family of John Stubbs; family of Eileen Forbes; family of David Findlen

Other: Nations of Israel, Palestine, Syria; All who serve in harm's way; Thai Soccer Boys; Happy Birthday Gwen Ellinwood!; Jeff Cyr - leaving to go back to Germany

EASE REMEMBER TO PROVIDE A MAILING ADDRESS FOR PEOPLE OR FAMILIES YOU PUT ON THE PRAYER LIST SO WE CAN SEND THEM A NOTE FROM REV. TIM. WE OFTEN HEAR FROM RECIPIENTS ON HOW TOUCHED THEY ARE THAT WE OFFERED PRAYERS FOR THEM!

REMINDERS

<u>DATE</u>	<u>LITURGIST</u>	<u>GREETERS</u>	<u>COUNTER</u>	<u>COFFEE FELLOWSHIP</u>
Aug 5	Margaret Cyr	Sheila Pelletier & Claire Hodgkins	Elsie Doody	Education Committee
Aug 12	Tamara Wilcox	Marjie & Peter Edgecomb	Diane Fitzpatrick	Memorials Committee *
Aug 19	David DeMerchant	Deb Pringnitz & Debbie Barnes	Diane Fitzpatrick	SPRC
Aug 26	Diane Fitzpatrick	Roberta & Conrad Walton	Diane Fitzpatrick	Worship Committee *

* We plan an Outdoor Worship Service on August 12th at Collins Pond Park. If the weather report by Friday, August 10th reports rain, we will delay the Outdoor Service until August 26th. Whichever Sunday we do have the Outdoor Service, we will NOT have Coffee Fellowship! For both committee's members – you will be notified through email if the Outdoor Service is a go or no-go for August 12th and/or August 26th.

August Usher Coordinator: Bobbi Pelletier

August Communion Stewardess: Debbie Barnes

Organist/Pianist: Aug 5-Gretchen Brissette; Aug 12-Judi Greenier;
Aug 19-Mary Lou Brown; Aug 26-Margaret Cyr

Acolytes: August 5 – Alden & Friedrich Wilcox

Child Care Volunteers: Aug 5-Diane Fitzpatrick; Aug 12-Debbie Barnes; Aug 19-Meagan Irving;
Aug 26-Samuella Manages

Each individual or committee is responsible to make arrangements for changes to these various calendars.

Please contact the church office if any changes to these lists are made so the weekly bulletins are correct!

* * August Birthdays & Anniversaries * *

Birthdays and Anniversaries are celebrated on the first Sunday during Coffee Fellowship.

Remember your birthday & anniversary by making a special offering!



1	Matthew Doody, Adam Greenier, John Griffeth, John Weeks	18	Roxann Adams
3	Sylvia Akeley, Samuela Manages, Luke Cyr, Nancy Leavitt, Tim Wilcox	19	Nichole Sayers
4	Caleb Brown, Hillary Irving, Karen White	22	Cathy Walters
5	Nathaniel Adams, Diana Locke	23	Warren Dobson, Samantha Hagelstein
11	Denise Cole, Adam Langworthy, Patricia Lombard	24	Samella Haley, Diana Rauch
13	Norris Frost, Barbara Van Kirk	25	Tyler Lancaster, Kameron Manter
14	Joan Belyea, Seth Cleaves	26	Phyllis Billing, Kayla Collins, David Mockler
17	Haley Dumond, John Forbes, Bob Jordan	28	Nicole Cousins, Jack Doody, Franklin Simon
		29	Doris Jeffery
		31	Ivan Shaw



2	Joan & Steve Belyea	18	Lisa & Carl Soderberg
5	Beth & Roy Alden	19	Margaret & Bob Cyr, Carol & Bob Norsworthy
6	Deneane & Tom Bentum	20	Marcia & Dave DeMerchant
9	Joyce & George Knorr	29	Roberta & Conrad Walton
11	Marilyn & Gary Langley	30	Linda & Gary Doody
15	Debbie & Jason Barnes		

If your name or the name of someone in the Gray Memorial Family does not appear on this list and you would like to add it, please contact the church office, 498-2103.

Corrections are ALWAYS appreciated!!! If you know someone whose last name has changed, please let Bobbi know so she can update the database.



**STEWARDSHIP/
FINANCE
COMMITTEE**

Worship Attendance and General Fund Offerings:

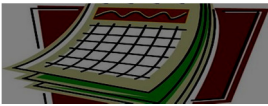
<u>Date</u>	<u>Attendance</u>	<u>Operating Fund Offering</u>
July 1	90	\$3,004.39
July 8	75	\$4,054.00
July 15	94	\$2,363.00
July 22	77	\$1,833.00
July 29	78	\$2,882.15

Needed to meet 2018 Budget: \$3,989.24 weekly

Capital Account Seed Money:

We continue to receive donations for the "Capital Account Seed Money" account each month. The balance in the account as of July 29th is \$21,727.49.

Changes to November 2016 Church Directory (August 2018): None Reported



Rev. Tim's Normal Weekly Hours

You can arrange time to meet with Rev. Tim on Sunday afternoons and Tuesday – Friday by appointment. Monday is Rev. Tim's usual day off. Due to the highly changeable nature of his schedule, please call ahead before making a special trip to the church.



During our summer worship services, we will have "special music" guests:

- August 5 – Wilcox Family (handbells)
- August 12 – Heather Maynard (vocalist)
- August 19 – Sean Diette (instrumental)
- August 26 – Del Ramey (soloist)
- September 2 – Senior Choir returns!

Pictures from our Worship Services!!
(photos by Dale Sharp, unless otherwise noted)



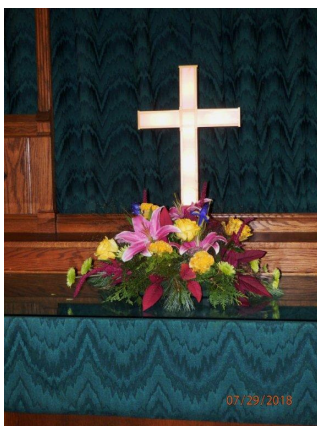
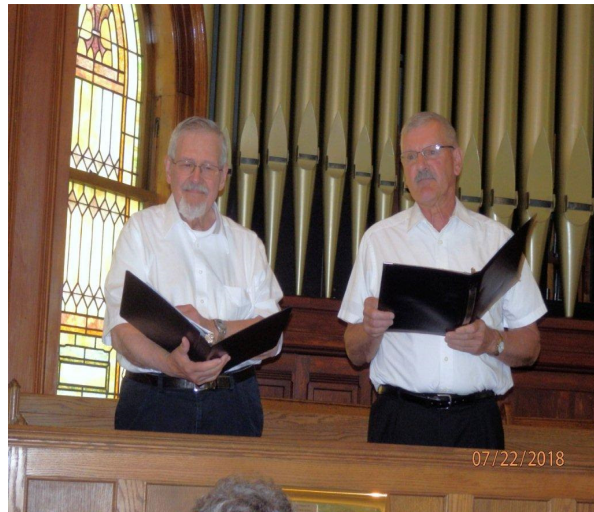
July 8 – Special flowers provided by Margaret Cyr.



July 15th – Josselyn Langworthy & Kathleen Forbes provided “Special Music”.



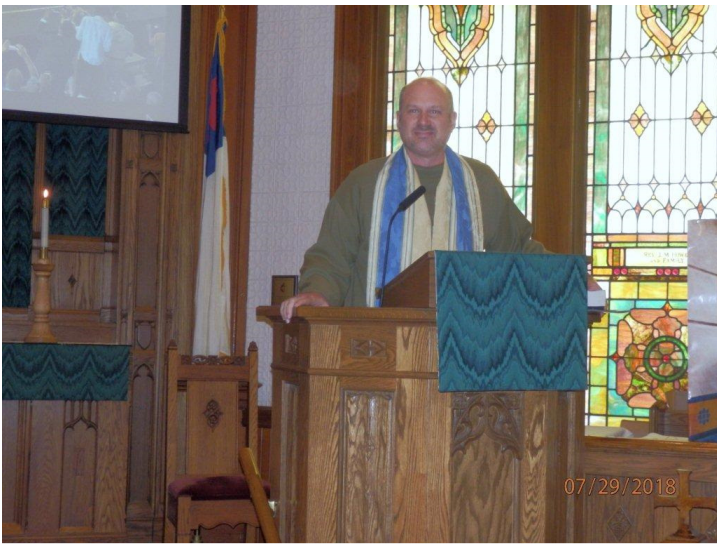
Margaret Cyr accompanied Dean Rauch & Del Ramey as they all shared their gifts on July 22nd!



July 29th - Special flowers in memory of Irene & Robert McDowell (Bobbi's parents)



Hannah Harmon, granddaughter of Colleen Harmon, sang “*I Have Decided to Follow Jesus*” and accompanied herself with her ukulele.



July 29 -“Daniel” from the Caribou Baptist Church announcing the start of the shared VBS at their church



Some of the props from the VBS at Baptist Church



July 29 – Jeff Cry gave a presentation about his involvement at the Black Forest Academy in Germany



Margaret Cyr & Doris Jeffery provided “Special Music”!
(photo by Mary Ouellette)

Other Kodak Moments!



July 1st - Special Birthday/Anniversary Cake



July 15-Steve Cashman & Ralph Ferguson – holding down the rockers before the service (Dale’s words!)



Pastor Tim & Helper - Trying to figure out the new sound system (*again-Dale's words!*)
Actually – we did get an update to our Wi-Fi technology the week before!



Beautiful flowers on the borders of our front entrance!



Would you like to receive the Sunday afternoon email newsletter summarizing events at worship and upcoming events for the next week? Also, special bulletins, notices of changes of events, etc.? Send an email to Ruth & Emmett at rneross@maine.rr.com or contact the church office (498-2103).



The Worship Committee has decided to sponsor a church-wide Mission Project to provide local school children with a variety of items, such as socks, underwear, toiletries (sample/travel size), hats, mittens, gloves, school supplies, etc. Once a month, we will also help one child and gather more specific items for them. This overall project will begin on August 5th – collection boxes are available in the Library and the Fellowship Hall. Please place your donations into the appropriate box (marked “Clothes”, “Toiletries”, and “School Supplies”). We hope everyone in the Gray Memorial family will help with this project!

New Study for 2018-19

Participation Survey



Companions in Christ offers small groups a powerfully transforming experience in spiritual formation. All resources in the series explore classic spiritual practices (for example, ways of reading scripture, forms of prayer, exploring spiritual journey, responding to God's call and spiritual guidance) and invite participants to develop daily patterns that open their lives to a deepening relationship with God and one another. The first offering is the basic course and runs 26 weeks plus a closing event. The course will

begin in mid-October on **Tuesdays 10:30 – 12:30 OR Wednesdays from 9:30 – 11:30 OR Wednesday afternoon 1:30-3:30** with each session lasting two hours. **The class will be limited to 9 people and sign up will begin on August 12 and end September 4.** If you cannot attend this year's class, the current plan is to offer it again next year.

* NOTE: After the initial Companions in Christ classes are offered, the current plan is to offer further classes in both the Disciple Bible Study series and in the Companion in Christ series in upcoming years.

I would like to attend the Companions in Christ course (**check all available days/times**):

- Tuesday 10:30am – 12:30pm _____
- Wednesday 9:30am – 11:30am _____
- Wednesday 1:30pm – 3:30pm _____

Name: _____

Phone Number: _____

Comments:





PLEASE SAVE THIS DATE!!
Saturday, August 11, 2018



Annual Chicken BBQ

Mark your calendars now for the **ANNUAL CHICKEN BBQ AUGUST 11th, 2018**. There will be a lot of hard work, fun, fellowship, and just getting to know each other better as we provide a service to our community and raise funds for our church. Many hands make less work, so please mark the weekend of **August 11th** and plan to be here. More will come as the co-chairs Dave Belyea & Bob Thompson make the plans.

***** Thanks to everyone for participating last year. Looking forward to your help again this year to benefit the ministries at Gray Memorial Methodist!!*****

CHICKEN BBQ SCHEDULE

- 8:00 SETUP: Chicken BBQ grill
Men's area – "trimmers"
Big tent, table & chairs
- 9:00 PREPARING FOOD: Committees
- 10:00 READY TO SERVE PUBLIC BBQ

**BBQ IS SCHEDULED FOR 10 AM – 2:00 PM....APPRECIATE YOUR HELP
WHENEVER YOU CAN THROUGHOUT THE DAY!!!**



The Worship Committee is planning another “Outdoor Worship Service” at Collins Pond Park this year! Let’s pray the weather cooperates again this year!

Date: August 12th; Rain-date: August 26th!

Bring a lawn chair and come and enjoy this wonderful space!

Note: No Coffee Fellowship on the day of the Outdoor Service!



Pictures taken at last year’s Outdoor Worship Service at Collins Pond Park!

Mark Thallander “Celebration of Praise” Concert, 4:00pm on Sunday, Aug 26 at Grant Memorial UMC

Mark Thallander’s Story:

August 3, 2003 - It started off like just about any other Sunday, of which there are 52 every year! He was all geared up to lead a congregation in worship as he played their organ. Organs from across the country have hosted this man, churches belonging to each one have been blessed hundredfold by his music ministry. But this particular Sunday was special. This Sunday he was teaming up with a friend from college days, Judy Hanlon. They hadn’t seen each other in years, but they worked together seamlessly as they led the congregation in a service of worship in song. It was a glorious service for all at First Congregational Church in Worcester, Massachusetts, but particularly fun for Mark and Judy. The celebration didn’t stop at the end of the service. They spent the afternoon together celebrating reunited friendships with several people, reminiscing for hours. Before he realized it, Mark noticed it was past time for him to

make his journey back to his host’s home in Ogunquit, Maine, just over 100 miles away from where he was in Worcester. As he headed back in the Toyota 4Runner he had borrowed from his host, Gary De Vul, Mark very quickly realized that his Sunday drive through the beautiful New England countryside would not be the normal picturesque drive down winding roads through rolling hills of lush green trees. Instead he would be enjoying another New England phenomenon, the summer storm. Known for it’s abrupt violence, this one was proving no different than the norm. Mark was fighting heavy wind and rain most of the journey. Finally approaching his exit to complete his journey to Gary’s house, Mark lost control of the 4Runner, hit the guardrail, tossing him violently around the cab and landing him in the oncoming traffic!



It was definitely more than an 'E' ticket ride at Disneyland! And it would most definitely be remembered and set this day off from all the rest in his life. But little did he know it was just the beginning of a totally new adventure in life. As the vehicle came to rest, he could hear a woman's voice. She was talking to him and telling him to turn off the engine. He reached for the keys and accomplished the task. She kept talking to him, encouraging him to talk to her and reassuring him help was on the way. Before he knew it, he was on his way in the ambulance, the woman alongside the road never seen by the highway patrol or emergency vehicle personnel. Could it have been his very own angel?

By the time Mark reached the hospital in Portland, Maine, he had lost over 50% of his blood. The 'E' ticket ride with the seatbelt had torn his left arm at the socket, allowing such great blood loss. Mark explained to the doctors that he was an organist and pianist and really needed them to save his arm. They whisked him into surgery.

All the while, Gary was at home preparing dinner for Mark's arrival. He began wondering what had happened to Mark, as he did not arrive at the planned hour. After a while, he was really quite worried. When the phone rang, it was an eerie break to the sounds of silence. He was needed at the hospital as soon as he could get there! Off he went. As Mark awoke after surgery, Gary told him they had amputated his arm. And a new journey began — but first a little sleep.

Within the pages of this particular section, you will witness the faith of this man as he encountered the loss of his arm, the death of his father thousands of miles away from his hospital bed, and the long hours of recuperation and therapy. Lest you think this horrible tragedy has taken out one of church music's brightest stars, know beyond a shadow of a doubt, this is merely the beginning of great and wonderful things yet ahead for this man of God! Enjoy this clip from a young woman's journal after hearing Joyce Jones perform at Coral Ridge Presbyterian Church in Fort Lauderdale, Florida, just a few short months following Mark's accident:

But it wasn't over yet. We hardly needed to be directed to keep clapping... We could have brought the house down after such an encore. She came out a second time and took another bow. Then she said, "I have a special surprise for you all. I have a very dear friend who's here and if he would just start walking down here now I can start talking about him." Silence for a moment and then Mark Thallander stood up and started walking down the aisle in his straight manner. Now Dr. Jones had our complete attention. "Mark is a very dear friend of mine and I've known him for many years. He was in an accident recently and lost his arm but it hasn't stopped him from playing. I owe him some music..." - and at this point Mark has mounted the steps and is standing next to her. She gave him a hug and continued. "...Because I promised to write him something after his accident. But Mark really doesn't need me to write him any music because he can make more music with one arm and two feet than most of us ever could with two arms and two feet. I've asked him if he would conclude this concert for me." And with that he sat down to play an amazing fantasia on the Joyful, Joyful theme. With his one hand he flew up and down and up and down the keyboard and usually took the melody in the pedals. It was an arrangement he had done himself and it was amazing. Everyone was completely still, most with mouths wide open, many with eyes full of tears. Mark's was a strong testimony of the grace of God in the lives of his saints: that this fine organist could lose an arm and go through so many hard times, and still play this Joyful, Joyful as if he meant it. When it was over and the applause had died down it got very quiet... There wasn't much conversation. It was a very moving end to a concert. (written by sbeisner86) Article by Alicia Steinhaus

I encourage all of you to attend the Mark Thallander "Celebration of Praise" Concert at 4:00pm on Sunday, August 26th at Grant Memorial UMC. I attended the concert Mr. Thallander performed at Grant Memorial last August and he is truly amazing and inspirational. You will not be disappointed! If you wish to look at the WAGM article about the 2017 concert, here's the link: <http://www.wagmtv.com/content/news/A-World-Renowned-Organist-Plays-with-One-Hand--442298953.html>
Bobbi Pelletier

**Our 2018 Church Conference is scheduled for
Saturday, September 15th at 2:30pm.
SPRC will meet with the DS at 1:30pm.**

**Bobbi notified everyone on July 25th about paperwork requirements.
All committee/groups/individuals who typically provide reports for the
church conference are encouraged to submit their paperwork no later than
August 21st!**



LOOK WHAT'S HAPPENING IN AUGUST 2018!!!!

Wednesday 01 6:30-8:30pm VBS at High Street Baptist Church
 Thursday 02 6:30-8:30pm VBS at High Street Baptist Church
 Friday 03 6:30-8:30pm VBS at High Street Baptist Church
 Saturday 04 8-10am UMM Serves Breakfast for Class Reunion Members

Sunday 05 9:00am Trustee Meeting in Library
 10:00am Worship - Eleventh Sunday After Pentecost; Friendship Day;
First day for Worship Committee's Project to provide items for students
 11:30am **Worship Committee Meeting in Chapel**
 Tuesday 07 5:30pm SPRC's Staff Appreciation Cookout at Sue White's home
 Saturday 11 10:00am Annual Chicken Barbeque

Sunday 12 10:00am Twelfth Sunday After Pentecost; Outdoor Worship Service at
 Collin's Pond Park (no coffee fellowship); **Rain-date: August 26th**
 Saturday 18 1-2:30pm Brownie Troop in Fellowship Hall & Kitchen

Sunday 19 10:00am Worship - Thirteenth Sunday After Pentecost
 Tuesday 21 1:00pm Caregivers Support Group in Fellowship Hall
 Friday 24 DEADLINE FOR NEWSLETTER INPUT

Sunday 26 10:00am Worship - Fourteenth Sunday After Pentecost; **Rain-date for**
August 12th Outdoor Service
 4:00pm Mark Thallander "Celebration of Praise" Concert at Grant Memorial
 UMC, Presque Isle (see article on pages 11-12)
 Wednesday 29 6:00pm Handbell Practice (first session of new season)
 6:30pm Senior Choir Practice (first session of new season)
