



The Old Man's News

A Newsletter from Mt. Sinai Congregational Church, UCC

May 2017

Worship with Us!

Early Service - 8:30 am worship includes Communion on a weekly basis. The Early Service is a meditative Communion service. Beginning in silence you will be led in prayer, readings from scripture, a short devotional and then be served Communion.

Traditional Sunday Worship is at 10:00 am every Sunday. Sunday School is held during our 10:00am service. We celebrate **Communion** the first Sunday of each month during our regular worship times. We are happy to announce that starting in May, Sunday School will be in session on Communion Sundays. We will explore the elements of Communion and continue to learn the Lord's Prayer. Children will remain in service for the first 15 minutes (as usual) then dismiss to the Studio – Children's Bible Study students have the choice of staying in service or joining K-3 as mentors to our younger members.

Welcome Sundays are the last Sunday of the month – Since the fall of 2007, the last Sunday of the month has been designed to intentionally include persons of differing abilities from local group homes. This service grew out of the desire to have a safe place for everyone to worship together. After the service all are invited to Voorhees Hall for light refreshments.

Old Man's News

Published by the Mt. Sinai Congregational United Church of Christ formerly known as The Congregational Church in the Community of Old Man's, Miller's Place & Rocky Point, established 1789. If you would like something in the church's monthly newsletter, the deadline is the **15th of every month**. Please, keep in mind that your submission may be edited for content and for space. Email mssc1@optonline.net for all submissions and questions. Thank you!

Contact Us

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What's Going On at Mt. Sinai Church?



Sunday School News

As you are aware, we are currently investigating a leak that occurred in the book area and big room, so Sunday School for K-3 has relocated to the Studio and will remain there until we are 100% sure that the space is safe for all children to use. Thanks to the Trustees for staying on top of this. Children's Bible Study will meet in Room 9 as there was also damage in the "couch" room. Thank you for your patience.

Communion Sunday. We are happy to announce that Sunday School will be in session on Communion Sundays, where we will explore the elements of Communion and continue to learn the Lord's Prayer. Children will remain in service for the first 15 minutes (as usual) then dismiss to the Studio. Children's Bible Study students have the choice of staying in service or joining K-3 as mentors to our younger members. As Spring is upon us and summer is on its way, we'd like to remind you that Summer Sundays will be in session. We are also planning a special intergenerational activity during the summer. More details to come. *Looking forward to seeing you all, Ms. Caroline*

Kids Crafting for Causes

Meets the first Thursday of the month from 6:30 pm to 8:00 pm. All programs include a meal with guests.

Upcoming Events and Fundraisers

We will be having a Mothers Day sale on Sunday, April 30th after church services in Voorhees Hall as well as a Fathers Day sale on Sunday, June 11th after church services in Voorhees Hall.

May 4th, Save-A-Pet tour. This is a tour of Save a Pet and to discuss their mission and Youth Volunteer Program. We have arranged for a tour starting at 6:30pm and I have been advised that due to space considerations they can only accommodate up to 13 youth, so parents will need to either stay outside or be available to pick up their children by 7:15 pm. There will be no meal and we are meeting at Save a Pet... Located at 608 Route 112, Port Jefferson Station, NY 11776. As this is an off site trip to Save a Pet in Port Jefferson Station, parents are responsible for transportation to and from Save a Pet if they would like to tour the facility and meet with Lynne, the Director. Contact Liz Navaretta you are interested in chaperoning.

June 1st - Sunshine Prevention Center. Director Carol Carter will join us to do a presentation about Sunshine Prevention Center, a local program in Port Jefferson Station, dedicated to supporting families. They offer multiple support services including anger management and parenting support, substance abuse prevention services, summer camp services, and an alternative education program for at risk youth. They also offer camp scholarships and volunteer opportunities.

Youth Group - Thursdays at 6:30 p.m.

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3 - Kids Crafting for a Cause

10 – Youth Group

17 – Blessing of the Animals – Outside by the Memorial Garden.

24 – Outside Night, fire pit, games and fun



During the summer (June, July and August) we will be having a local mission day each month with one overnight planned. One of the mission days will include a car wash. The details will be going out this month to all youth between the grades of 5th – 12th grade.



Please join us for Messy Church: Pentecost



All of them were filled with the Holy Spirit! Acts 2.4



Saturday, May 20th at 6:00pm
Mt. Sinai Congregational Church

- Discover the meaning of Pentecost
 - Venture outdoors to feel the **SPIRIT** in nature
 - Exciting crafts and activities
 - Pizza and dessert will be served





Hemidemisemiquavers

By George Moravek

I am writing this before the piano concert on April 30. I hope you all enjoyed Christina Dahl's concert. The choir is starting to wind down the season and our last Sunday that we will sing before summer vacation is June 11. I haven't as yet planned the anthems for the upcoming Sundays so if you have a particular anthem you would like to hear please let me know. One that I know we will do is "Down to the River to Pray". Melanie sang a solo in this anthem and her husband Jeff accompanied on guitar. We had a wonderful response from the congregation so we will keep it in our repertoire for use every now and then.

Before Easter I invited a soprano from Stony Brook University to come and work with the choir during a choir rehearsal and she was quite amazing. She has agreed to come and give a concert at Mt. Sinai Saturday May 13 at 7 p.m. Janani did her undergrad work at Oberlin, then her Masters at Manhattan School of Music and is now working on her doctorate at Stony Brook. She has sung various operatic roles all over the world and also was the lead in a production of the musical, "Anne of Green Gables". She will sing a program of classical, operatic and Broadway songs. There will be a free will offering taken for this program. Later this summer our own Cara Navaretta will give a recital at Mt. Sinai. Fortunately for Cara she is going on to music school so we will only have her here when she is visiting her parents during vacations. She has been a love to help out with the choir as much as her schedule allows.

Small Groups at Mt. Sinai Church

We have several small groups at Mt. Sinai Church which are run by church members or other church friends. Below are a few of the groups which are open to join. If you are interested in starting a small group, perhaps a dinner and discussion group, or a faith-based evening, please contact the church office.



New Group to start May 3rd - Grief Support Group- The purpose of the group is to offer a safe and caring place to explore the various aspects of the grieving process. We will meet on Wednesdays starting May 3rd – June 7th from 6:30 – 8 pm in the conference room at Mt. Sinai Church. This group is open to all. The group will be facilitated by Diane Corson and Mary Larson. If you have any questions, you can contact Mary Larson mary_larson@optonline.net.

The Men's Breakfast Group - Come be a part of the Men's Breakfast group. The group meets on alternative Wednesdays* starting at 7:30 a.m. at George's Kitchen located at 175 Sound Beach Blvd in Sound Beach across from the Fire Department. It is a buy-your-own event where men enjoy a range of low calorie (mainly oatmeal) to a host of higher calorie breakfasts. We have a motto, "What happens at the Men's Breakfast stays at the Men's Breakfast." Need we say more? There is no fixed agenda but conversation flows freely. Come join us. No matter who you are or what you eat you are welcome.



* Since many of you sometimes forget things, your e-mail can be placed on our distribution list with a reminder of which Wednesday we are meeting. E-mail our Information Director Bob Schultz at bobschultzny@gmail.com.

Coffee Talk - Everyone is invited to join us for coffee and conversation. **We will be meeting at George's Kitchen** while Crazy Bean's is relocating. This is an informal "group" and we'll talk about a lot of different things depending on where the conversation leads us. For more information you are invited to contact Mary Larson at mary_larson@optimum.net

Time: 9:00 am
Location: Georges Kitchen in Sound Beach
Dates: May 11th and May 25th



Lunch Bunch– Lunch Bunch will be meeting on May 10th at the Old J & R's in Rocky Point if open. The Women's Lunch Bunch meets on the second Wednesday of each month at 12:00 pm. Please call Marian Andersen at 631-744-9696 if you plan on attending. We meet at different local restaurants each month. This is a buy-your-own event where you are welcome to order whatever you like. There is a lot of great conversation and getting to know new people or touching base with those you have known for years. Come and join us.



Group Outreach - Do you have an hour to spare on a 3 month rotating schedule so that you can bring some joy into a local group home? We greet the residents, sing, play instruments with them if they are able, and do whatever we feel is comfortable and of course, bring the word of God to our invisible brothers and sisters. We can always use more volunteers. If you are interested in taking part in this ministry please Call Marietta Turbane 821-3431 or contact Mary Larson at mary_larson@optonline.net

Caring Ministry – Our Pastoral Care Support Team is made up of staff and volunteers. The team have been studying and discussing how to be the best Caring Ministers they can be. The team visits the homebound and ill, both at home or in the hospital and nursing homes/rehab centers. If you or a family member would like a visit or have communion brought to them please call the church office (631)473-1582 or email Mary Larson mary_larson@optonline.net



Prayer Circle - Prayer could, and should, be a part of our daily routine just like eating, drinking and sleeping. Yet many of us experience frustration knowing that our prayer life could be much more than it is. We invite you to expand your prayer life by sharing in our prayer offerings.

*Join Our Prayer Circle by sending an email to: prayer@mtsinaichurchli.org.

*Request a prayer prayer@mtsinaichurchli.org.

*Facebook Prayer Group- This is an online community which shares prayers of joy and concerns with each other. E-mail mary_larson@optonline.net to be added to the group.

Men's Spirituality Group - The Men's Spirituality Group meets the last Monday of the month at 7:00 p.m. in Voorhees Hall. The meetings are a faith sharing and spiritual building for men. Once a month, a guest speaker shares their faith journey which we then reflect on and gain a Christian guidance for our lives.

Friendly Circle Monday's at 7:30 pm. Friendly Circle is an informal "group" of people who work on sewing, crocheting and knitting projects together and individually. Friendly Circle makes quilts for the Holiday Bazaar and work on other projects to benefit non-profits, like Church World Service. Friendly Circle meets every Monday at 7:30 pm in the Conference Room and you are invited to come down and check it out.

For the Community at Mt. Sinai Church

A Course in Miracles - Join this group for a reading, discussion and practice of *A Course in Miracles*, every other Monday at 7:00 p.m. in the Studio (in the lower level of the church). All are welcome to join us even if you have not attended previous sessions. Contact Rob Kunzler at robk6169@yahoo.com for more information.

Interfaith Meditation Group– Wednesdays at 7:15 p.m. in the Sanctuary. All are welcome to come together and feel the presence of God. For more information contact Rob Kunzler at robk6169@yahoo.com.

Yoga - Fridays at 9:30 a.m. in the big room. Everyone is Welcome. Contact Janet Metcalf at yogamom7@yahoo.com for more information or questions.

May 2017

There is a possibility that any events on the calendar may change throughout the month. Any changes or updates can be found in the bulletin, website, or announced during worship services.

Weekly Meetings - (Unless otherwise noted)

Sundays	11:15 am – Youth Choir	Thursdays	5:00 p.m. – Girl Scouts
Mondays	7:30 p.m. – Friendly Circle		6:30 p.m. – Youth Group
Wednesdays	7:15 p.m. – Interfaith Meditation Group	Friday	7:30 p.m. – Choir
			9:30 a.m. – Yoga

May 1 – May 6

Tuesday	7:00pm – Board of Christian Outreach (BOCO)
Wednesday	6:30pm – Grief Support Group (Conference Room)
Thursday	9:00am – Caring Support
	3:30pm – Staff Meeting (Conference Room)
	6:30pm – Kids Crafting for Causes
Saturday	4:00pm – Wedding

May 7 – May 13

Sunday	8:30am – Early Service
	10:00am – Communion Sunday and Sunday School
	5:00pm – Confirmation
Monday	6:30pm – Caring Ministry (Voorhees Hall)
	7:00pm - Historical Society Board meeting
	7:00pm – Course in Miracles (Studio)
Tuesday	7:00pm – Trustees Meeting
Wednesday	7:30am – Men’s Breakfast– George’s Kitchen
	12:00pm – Lunch Bunch
	6:30pm Grief Support Group (Conference Room)
Thursday	9:00am – Coffee Talk – George’s Kitchen
Saturday	7:00pm – Concert (Sanctuary)

May 14 – May 20

Sunday	8:30am – Early Service
	10:00am – Worship Service and Sunday School
Tuesday	7:00pm – Deacons meeting
Wednesday	6:30pm – Grief Support Group (Conference Room)
Thursday	9:00am – Caring Support
Saturday	6:00pm – Messy Church

May 21 – May 27

Sunday	8:30am – Early Service
	10:00am – Worship Service and Sunday School
	Receive New Members
	Children’s Bible Study Celebration
Monday	7:00pm – Course in Miracles
Tuesday	7:00pm – Executive Council Meeting
Wednesday	7:30am – Men’s Breakfast - George’s Kitchen
	6:30pm – Grief Support Group (Conference Room)
Thursday	9:00am – Coffee Talk – George’s Kitchen
Saturday	10:00am – Private Party – Voorhees Hall
	7:30pm – Songwriters Showcase

May 28 – May 31

Sunday	8:30am – Early Service
	10:00am – Welcome Worship Service and Sunday School
	Bowen Baptism
Monday	Memorial Day – Office Closed
Wednesday	6:00pm – Girl Scout Fundraiser (Voorhees Hall)
	6:30pm – Grief Support Group (Conference Room)