



Tidings

A Newsletter of Yardley United Methodist Church

Volume 21, Issue 3

Yardley, Pennsylvania

May, 2020

**GOOD
NEWS**
gathered



Church members, leaders and staff are staying connected with the community and each other during this crisis. Below are just a few things we are doing...

- We record children's message, sermon, announcements, prayer requests, music and virtual choir weekly and send the worship service out to our members. We have had more than 200 households view our worship services.
- We did a food drive for Anchor House in Trenton, which provides multiple services, including residential shelter for teens and young adults in crisis.
- We're staying in touch with members by phone.
- We are sending cards to a nursing home.
- We send twice weekly emails to the congregation.
- We decorated and wrote positive messages on lawn signs and put them on the church lawn for the community (see photo).
- We cooked meals for Family Promise and Caring for Friends
- We mailed Easter devotions with the Easter letter.
- The staff meets weekly via ZOOM to plan worship, check in, share prayer concerns and implement ideas for doing church during the pandemic.
- We post birthday yard signs on youth lawns.
- We send weekly Sunday School "At home studies" to families.
- We put teddy bears and stuffed animals in the church windows and invited the neighborhood families to come "find" them.
- Our church parking lot has become a safe place for neighborhood families to play volleyball, ride bikes and play basketball. They've never spent much time there in the past, and will create a connection even after COVID.
- We have sewed masked and knitted prayer shawls.
- We do youth group and young adult hangouts via ZOOM every week.
- We are studying books, learning on line, attending virtual workshops and collaborating with experts on how to "do church" during a pandemic.
- We are re-imagining how to do worship, rehearsing music, learning new forms of technology and editing worship services.
- We are coordinating and compiling video submissions of church member's recordings sharing a prayer of joy or concern.

The church and its staff are here for you!

Know we are praying for you! Please stay in touch with us. Do you have a need or prayer request? Or do you need to talk? You can call the church office phone, 215-493-3345 and leave a message...you can call or text Pastor Cyndi at 215-316-1431...you can email at: pastorcyndi@yardleyumc.org
denise@yardleyumc.org
eduardo@yardleyumc.org
office@yardleyumc.org

To be added to the prayer team prayer list, you may also contact Cathy Hyland at 215-321-7356 or cathleenhyland@verizon.net.

We will all need to care for each other during this anxious time. Please call your friends who don't read email. In fact, call your friends just to say hello and stay connected. And, stay connected to us!



(Continued on page 3)

Tidings is published by
Yardley United
Methodist Church
300 Langhorne Road
Yardley, PA 19067
Phone: 215-493-3345
office@yardleyumc.org

Pastor: Rev. Cynthia E. Skripak
Phone: 215-316-1431
pastorcyndi@yardleyumc.org



Holy Space

After six weeks at home, the fog of how to cope with quarantine and church has just begun to lift in my mind. A little! It's still hard to see what church is supposed to look like in the time of quarantine, when the proverbial skies will clear and how we'll get together in person again. One thing is clear, though. We are living our truth that the church is more than a building, but we are also realizing that our building contains the holy space that holds us together.

I realized this as I entered the sanctuary on Easter shortly after sunrise. I imagined each of you in your "neighborhood." I pictured children kneeling to color their pages on the pews, adults browsing the bulletin, the thump of hymnals in their slots, the whispering of youth, the closed eyes of our praying, the smiles and now-forbidden hugs of friends. I pictured altar flowers in memory of loved ones, many of whom worshipped in that space. I recalled baptisms with beautiful babies and weddings with beaming brides. The communion rail reminded me of prayers for friends who've moved away. The piano echoed your favorite songs and hymns. The banners, the paraments on the altar and the candles all mark the place we gather to transcend our everyday lives to connect with God, and to connect ourselves to each other and the world in those everyday lives.

I miss our holy space with all of you in it. For now, we are all exactly where we need to be, safe at home, or working in essential jobs for the greater good. While we wait to gather in our church again, I am not surprised by your generosity of time and effort to help others, because that's who this congregation is. However, I am awed each time I learn of a new idea or initiative from you. You are killing this coronavirus with kindness! Thank you for your faithfulness to the spirit of love and sharing that Jesus exemplified and taught us, by getting connected to each other and reaching out to our community. Thank you for praying without ceasing. Thank you for inspiring me by your commitment to your church, and your support of our amazing, innovative, dedicated and caring staff. I know this is hard for parents who are teaching children at home, employees who are working harder than ever, spouses who are arguing, children who are fussy, teens who feel disconnected, high school and college seniors who are missing end-of-year rites of passage, people living alone, families struggling financially, and everyone who's suffering with depression or anxiety. I am here for you. I am praying for you. I am grieving that I can't be your in-person pastor for these last few months of my church ministry, but I'm reachable by phone (215-316-1431) or email.

May God be with each of you in your mental, physical, or spiritual struggles to offer comfort, encouragement and peace.

-Pastor Cyndi

In order to live in resurrection, we must be renewed day by day by being nourished with the fresh supply of the resurrection life (2 Cor. 4:16).

Photos of the Resurrection Spirit!



George Kurz's granddaughter, Rebecca, helping homeless people in a clinic in Colorado. Rebecca will begin medical school later this year.



YUMC children decorated encouraging signs and placed them on the church lawn for the community.

Birthdays in May

01 Jacob Stephen	23 Jennifer Hammelman
04 Kevin Shaffer	23 Ruth Ann O'Keeffe
07 Dennis Laba	25 Mariel Edwards
08 John Richards	25 Nacia Lipton
10 Denise Harris	26 Evelyn Ebert
12 Devon Skinner	28 Rosaline Cox
13 Alec Nunziato	29 Cathy Beauchesne
14 George Kurz	29 Elizabeth Beavers
14 Patrick McBrayer	29 Kelly Mitchell
15 Abby O'Keeffe	30 Jasmine Grau
19 Kim Schettino	31 Kelly Rymer
22 Ryan Ward	



Continued from page 1: Church members, leaders and staff are staying connected with the community and each other during this crisis.

GOOD NEWS
gathered

-We have shared at-home mission projects to do and church ministry partners to support including Trenton Area Soup Kitchen, Bucks County Housing Group, United Methodist Committee on Relief, Advocates for the Homeless and Those in Need, and Family Services.

-Our children meet for lunch via ZOOM on Wednesdays. They receive Sunday School activities and devotions each week.

-We held a SleepOut America night to benefit homeless teens

-We are doing Pub Theology via ZOOM, and just started holding all church ZOOM hangout times twice as week.

-The Music Ministry does a ZOOM chat during their regular rehearsal time on Wednesdays.

-We have weekly parent check-ins on ZOOM.

-The Music Ministry has invited the entire church to ZOOM with them for a Fellowship Hour on Sundays at 11 am.

-We stay in touch by phone with our youth.

-We post a devotional or something from the staff on social media almost every day: Music Mondays, Denise's Devos, Tuesday Tips, Theology Thursdays, Funny Fridays, worship on Sundays. Our views are increasing every week.

-We posted a virtual Maundy Thursday worship service.

-We are preparing virtual choir anthem recordings.

-We did a live sunrise Easter prayer before we posted the pre-recorded Easter service, and then we had two live ZOOM Easter fellowship hours.

-Bible study and committees are meeting by ZOOM.

-The prayer team is more active

-We have recorded, prayed and posted a prayer for our Community.

-We mailed puzzles to our youth.



Welcome to membership Paul & Stevilyn!

Paul & Stevilyn Ortiz moved to Yardley from Austin, Texas for Paul's job in Administration at Penn Medicine Princeton Health, and come to YUMC by transfer of membership from First UMC Missouri City, Texas. They have two sons, Josh (25) who lives in Houston, Texas, and Zach (23) who lives in Rochester, Michigan. Paul enjoys golfing and other outdoor activities, and Stevilyn spends her spare time quilting and sewing dresses for an orphanage in Haiti that their former church sponsors. Together they enjoy traveling and exploring local attractions. Paul has agreed to be the new chair of the Finance Committee at YUMC.

Thank you

Our appreciation is extended to Dale Van Aken for the donation of a desktop computer for our new pastor which has been temporarily re-purposed for office work at home. Thank you Dale for literally hooking us up!

YUMC Virtual Choir

By Eduardo Azzati

One of the many things that has been keeping me and YUMC's Music Ministry busy during the current pandemic and its associated stay at home, is the creation of choral music recordings done entirely from each choir member's home, to form what I've named YUMC Virtual Choir.

I suspect that probably many of our Tidings readers have heard the choir anthems included in some of our YouTube worship services.

A "virtual choir" is a "choir" created with the use of technology that allows individuals to collaborate on the production of a piece of choral music without ever being in the same physical space.

Preparation for a virtual choir is intense and time consuming, requiring around 25 hours of work in preparation, sound editing and mixing that I do and an average of 1 hour of recording time for each singer.

Here is how it all works: I record the piano accompaniment (sometimes with some additional instruments). To the accompaniment I add each individual vocal part (soprano, alto, tenor, bass) to help the singers learn and then record their part.. I then create a separate "track" for each part and email it to the singers with instructions.

Each singer records their part individually, using either a phone, tablet or computer while listening to the track they received from me. As you can see in the group photo they are all wearing headphones; that is so they can listen to the track on a device other than the one they are recording with and because they must record their voice only without the sound from the track.

Once each singer has completed their recording they then email it to me. I will receive as many recordings as the number of participating singers...well, in some instances I may request a singer to record more than one part. For example, I may ask someone to record both the soprano and the alto parts or the tenor and bass parts if that particular singer is able to sing both. So, with a group the size of YUMC Virtual Choir I would normally receive about 15/16 separate recordings.

Once I have all the recordings I begin to synchronize each part with the accompaniment and then synchronize each part to one another. Then the mixing process begins deciding on the appropriate level for each part in order to create the best possible blend within each vocal part or section and for the whole

group sound. Finally some aspects of sound processing are taken care of, equalizing the sound to my ear's satisfaction (equalizing means balancing bass and treble) as well as adding some effects. All this is done by listening to the piece and each individual part in real time...I have never counted it but I can assure you that by the time the process is done I have probably listened to the piece hundreds of times. So, as you can see, it is a very involved time consuming effort...I'm already tired just by describing the process so I'm going to get some rest so I must muster energy for the next project. But, before I finish, I want to share that these recording projects have been a blessing for me and the members of YUMC Virtual Choir as they are giving us the opportunity to continue to make music as a group, even during these times of social distancing, and are a witness that we can continue to sing praises to God "together" while apart.

It is my hope that our YUMC Virtual Choir anthems have been and continue to be a source of inspiration, reflection, prayer and enjoyment to our church family.



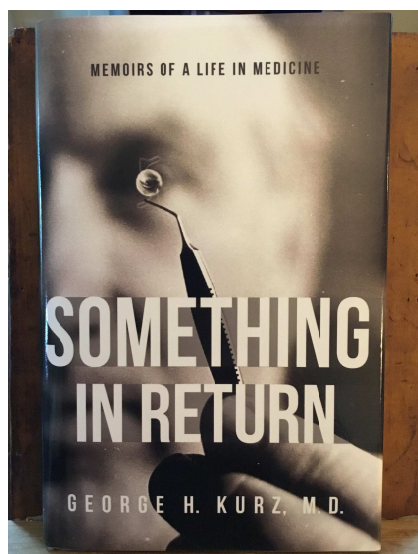
YUMC Virtual Choir

Leadership Changes at YUMC

Thank you to **Bill Rymer** for serving as Chair of Finance Committee. **Paul Ortiz** is the new chair of the Finance Committee. Welcome to membership at YUMC Paul & Stevilyn!

Thank you to **Dave Green** for many years of service as President of Trustees. Dave is stepping down as President, but remaining on the committee. We are looking for a new President of Trustees as well as additional people to serve on the committee. If you might be interested, please call the office at 215-493-3345 or email pastorcyndi@yardleyumc.org.

Continued in next column



Congratulations to George Kurz on the publication of his memoir *Something in Return: Memoirs of a Life in Medicine*. Dr. Kurz was an ophthalmologist and professor prior to his retirement. He served patients and brought his technical expertise to the New Jersey area, Tanzania, and China, among other locations, often with the help of his late wife Elisabeth. George is an active member at YUMC and lives at Pennswood Village. The book is available at this link:

https://books.google.com/books/about/Something_in_Return.html?id=hU9uzQEACAAJ

Thank you to all who have made their tithes and gifts

by mail or on line. Please continue your regular giving to the church during this difficult time. Your checks can be mailed to this address..... Yardley United Methodist Church, 300 Langhorne Rd, Yardley PA 19067.

You can also make online gifts by going to the church website or <https://giveinjoy.givingfuel.com/yardley-united-methodist>

Our staff is working faithfully to bring church to you via online posts on Facebook and Instagram, the website, phone calls and texts. (You don't need to have a Facebook account to access the on line worship which will be sent by email each Sunday morning)

Please continue to be in touch with the church. You can reply to this email, call Pastor Cyndi at 215-316-1431, or email : pastorcyndi@yardleyumc.org denise@yardleyumc.org eduardo@yardleyumc.org office@yardleyumc.org
Your ongoing support makes possible our ministry to each other and to our community, especially in this time of crisis.



Naming loss and gratitude

We are all dealing with loss these days. Some are dealing with the loss of family members and friends. Some are dealing with the loss of Baseball or Swim season. Some are dealing with loss of human contact. Some of us are dealing with a loss of safety. No matter what we have lost, we are all grieving over something.

While this time is full of opportunity and possibilities for us all, we can't pretend we aren't grieving the loss of what we thought we would be doing.

Two lists

In an article from Fuller Institute, they suggest making two lists.

"One says **Grateful**, the other **Loss**. We're listing our losses, because naming them is really important. Little things and big things. The cancelled spring break trip. Not getting to go to church. Wondering if graduation will happen.

We're also listing gratitudes. Finding things to be thankful for, and the little surprises of this disruption. Playing guitar again. Watching movies together. Not packing lunches every morning. Having devices to connect with friends."

This practice of naming both losses and gifts is important for a few reasons.

1. Naming loss helps us be honest about grief.

We don't have to pretend like everything is just fine. We can name what's lost, and lament it together. We can say, "That's rough." We can be sad. We can acknowledge sources of anger and irritability. There are plenty of those sources right now, and more coming.

2. Naming loss keeps us from minimizing or silver-lining.

Brené Brown urges us to remove the words "at least" from our vocabulary as we learn to practice empathy. Saying "at least" is a way to try to add a silver lining around a dark-cloud experience. Instead, most of us just want someone else to acknowledge that our experience is sad, and to be with us in our sadness for a while.

(continued on page 11)



Please join us in this Community Prayer:

(video of this prayer is located on our website, www.yardleyumc.org)

Loving God, please continue to stand by the side of all of us and our loved ones as we try our best to minimize the impact of this Covid 19 virus. Please keep us all safe and especially be with those who are already infected. Be there throughout the day with all the Health Care Workers who many times are knowingly putting themselves at risk caring for us. Be with the Doctors, the Nurses, Paramedics, the Receptionists, the Physical Therapists, the hospital maintenance staff and all others in our health care community.

Gracious Father we ask that you watch over all of our Emergency Personnel, whether it's Police, our Firefighters or our EMS teams. Lord we just ask for your loving care each day they put their lives on the line for all of us in this community. We ask that you just wrap your arms around them, keep them safe and keep their families safe Lord. Let them know how much we appreciate them and how grateful we are for each of them.

Heavenly Father continue to be with all the people in the community that provide needed services, so we can continue to self-quarantine safely and our lives are less impacted. Our plumbers, electricians, carpenters, auto mechanics, and all other service providers are in our prayers for their continued safety.

Lord, this has been a tough time for all the students in our community. Schools and colleges are closed, they can't get together with their friends, and their school year is put on hold. Be with all our Students at this time, as well as all our Teachers, Professors, Aids, Administrators, Volunteers, Food Service People, Bus Drivers and everyone else that has a part in our Community's educational system.

At this troubling time Lord, both our large and small business owners are dealing with how to keep the doors open, and keeping their staffs paid. Be by their side as they have to make tough decisions in the coming weeks that they know will affect not only their own families, but many others as well. Provide them guidance while we keep them in our prayers.

Oh mighty God, we thank you for the variety of workers, some of whom are working diligently at home, and some that must go into their places of business every day so all of us can still buy the things we need and receive the services that allow us to do that. We know this is a tough time Lord, so we pray that you'll be in the hearts and minds of all the people that work in offices, retail stores, grocery stores, restaurants, bakeries, convenience stores, coffee shops, fast-food restaurants and as truck drivers. Give them peace and keep them safe.

We also pray for those who are alone and who are now separated from the ones they love. Lord, be with the shut-ins, the people in nursing homes, senior citizen homes, rehab centers, all the elderly and all those who are working in those facilities, keeping them safe.

There are many people Lord who, in normal times, need some help to make it through the day. We thank you for standing beside those fighting homelessness, those that are hungry and those in self-help groups fighting addictions. Let them know that they are in our thoughts and prayers, as well as all the workers and volunteers in these mission-oriented services. Keep them safe and close Lord.

And finally, oh God, please keep all of us safe and sane during this trying time. Be with all of us as we try to social distance and yet stay connected with our friends and families. We know that Jesus told us in the Gospel of Matthew, Chapter 7, *"Ask and it will be given to you, seek and you will find, knock and the door will be opened to you. For everyone who asks, receives, the one who seeks, finds and to the one who knocks, the door will be opened"*, and so we now ask all this in your holy name. Amen.



A Wonderful Service Project for all ages!

Manor Care Residents looking for Pen Pals. Are you at home and looking for a way to give back to the community? Our residents would love to receive pictures, letters, postcards, or drawings from you and your family. Help lift our residents' spirits and keep them feeling connected while they stay indoors and out of harm's way.



Mail them to:

Attn: Joyce Sarkodie

ManorCare Health Services - Oxford Valley
1480 Oxford Valley Rd Yardley, PA 19067



Help End World Hunger at Home

It's easy, it's fun and it helps feed people!

Now that we've all caught up somewhat on cleaning our closets and watching TV, it's time to turn our attention to one of the world's biggest problems: World Hunger! If you have some free time you would like to dedicate to helping end world hunger but don't know what to do, go to FreeRice.com. It doesn't cost you anything, and you can actually help feed people around the world. On this site, they will ask you questions about different categories (Words, Languages, Health, Math, Science, Geography and even a new one on Coronavirus facts) and they let you pick the difficulty level. If you get the answer right, a small ad will pop-up on the side of your screen and the ad sponsor will donate the cash equivalent of 10 grains of rice to the UN's World Food Program. The site will also keep track of how many grains of rice you've donated so you can see the difference you're making in feeding the world. The money for the food is donated by the ad sponsors, so it doesn't cost you anything. Give it a try and see how many people you can feed today.



Parent Check-in ZOOM



Young Adult ZOOM



Excerpt from the Peace Center - the Positive Power of "Checking In"

"...simply reaching out, asking, and listening to how others are doing makes a world of difference in everyone's lives."



These past few weeks living in the time of COVID-19 has led to adapting and reshaping our norms and ways of being - with ourselves and with others. Our "stay at home" lives may be giving us opportunity to reflect back as we look forward beyond this pandemic. Many people are reconnecting to old friends, past neighbors, even formerly estranged family members, as we seek to fulfill our basic human need of connection in a time of physical distancing.

We invite you to think about the people that you've been checking in on or connecting with, and consider how you can expand the list.

We have found that simply reaching out, asking, and **listening** to how others are doing makes a world of difference in everyone's lives. For the most part, people are "pack animals" and we like to belong - even the disdainful teenagers like to feel invited. Some people may be feeling isolated and lonely if their physical proximity to people, such as at work, was also the extent of their social contact. A check-in call will help them know they are thought of and are valued as part of the community even when it's no longer meeting.

Reaching out to someone you've not spoken with in a long time may also help to rebuild bridges and provide opportunities for renewed relationship. Again, the key is to listen once you ask how the other person is doing.

A caveat: not all of your conversations are going to be light, airy "build me up" moments. We have a lot of heaviness happening around us with COVID-19, maybe even within our own family. You have an opportunity to be with others as we all go through these trying days together! Heart to heart connections have a more lasting, and deeper, value than our routine daily hand to hand exposures.

We have an amazing power to be present with others through this messiness! Use your superpowers of listening and empathy for your own health and the health of others.

Check out the **Peace Begins at Home** video series on **The Peace Center** website www.thepeacecenter.org or Facebook for some healthy tips (and like us - "really, really like us!"). Feel free to leave a post (or three) on our Facebook pages as you connect with other Peace Peeps.

Thank you all for continuing to help build Peace in your homes, your communities, and the world. We've always been in this together. Reach out and invite others into this transformative work!



Living Intentionally Together

We are starting a new ministry bridging the gap between Youth/Young Adults and Adults!

Kicking off May 6th, each Adult who signs up will receive the name of 1-2 Youth or College Student to pray for over the course of 2 weeks. Adults will receive a pre stamped postcard to send to the young person they are praying for.

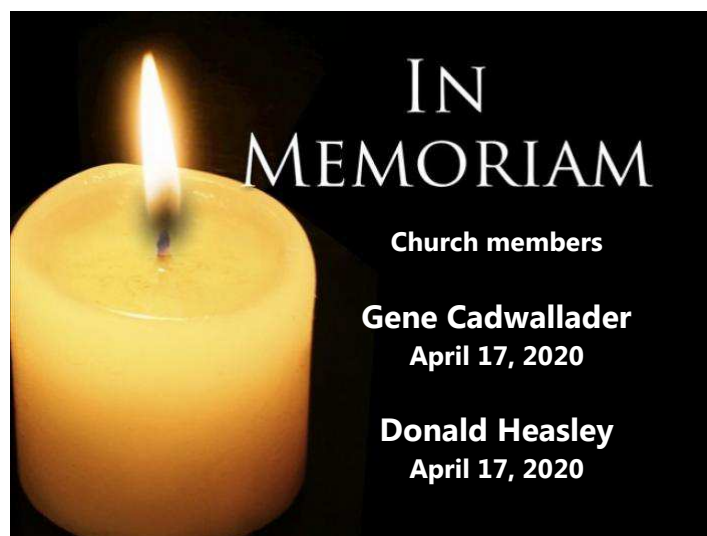
The young person also receives information on the person praying for them and a postcard to send.

After 2 weeks, adults receive a new young person to connect with.

The goal for this time is:

1. To make sure our young people know they have a support system surrounding them
2. To build a bond between the generations that helps them all understand one another better
3. To help parents know there are adults looking out for their kids.

To sign up, call Denise at 267-980-6054 or email denise@yardleyumc.org.



Remember to support our Community Ministry partners

In addition to supporting YUMC by sending in your pledges and offerings, there are many ways we can support the ministries of YUMC while social distancing. Please send photos or videos of you or your family doing good for our community and we will share them with the congregation.

The Trenton Area Soup Kitchen Volunteer Team from YUMC is suggesting several ways that you can help those in need in the Trenton area. In addition to serving its regular patrons, TASK now provides meals and hygiene supplies to Low Income Senior Citizens residences and school-age children.. At www.trentonsoupkitchen.org, you can view videos of the work of TASK. Donations of money are most needed; they provide the funds for economically purchasing food in large quantities. Donations can be made on the website. But also, Take-Home Meals in lunch bags and Hygiene Bags, and individual hygiene products are provided to those who are not able to get to one of the 13 Soup Kitchen satellite locations throughout the Trenton area. If you are able to provide any of these items, they can be placed in the bin at the top of the ramp entrance to YUMC, at any time during this pandemic, OR contact Joyce Lee at joycelee@aol.com or 215-295-3940 to arrange for pickup. Items donated will be transported to TASK.

To prepare these items, you will need:

TAKE-HOME MEALS - Includes an entree of easy open can of spaghetti or ravioli, tuna or chicken salad with crackers; a juice box or water bottle; canned fruit (no fresh fruit please); a snack bar; plastic utensils and a napkin in a brown paper bag

HYGIENE KITS - travel or full-sized toothpaste, soap bar, deodorant, shampoo, hand or body lotion and one disposable razor in a gallon zip-loc bag.

Other organizations that the church supports also need your help include:

BCHG.org – Supporting the Penndel and Doylestown food pantries as well as Supportive Housing activities. Donate online or to Bucks County Housing Group, 626 Jacksonville Rd, Suite 140, Warminster, PA 18974.

AHTN.org – Advocates for the Homeless and Those in Need provides funding for emergency services and meals for those who are homeless and those on the verge of homelessness. Donate online or to AHTN, PO Box 184, Fairless Hills, PA 19030.

FSABC.org – Family Services Association of Bucks County provides essential services for vulnerable populations, such as suicide prevention, a food pantry, psychiatric services, addiction support groups and family therapy. They serve nearly 30,000 individuals, children and families each year. Donate online or to Family Services Association, 4 Cornerstone Drive, Langhorne, PA 19047

United Methodist Committee on Relief



As each of us shelters in place to do our part to prevent the spread of COVID-19, we cannot help but be impacted by the scale of illness, death, and financial distress all around us. We could even be led to believe that this is a hopeless situation. But, thank God, that is not true!

Together, we can give compassion and care to others in this time of great need.

Since the start of the novel coronavirus outbreak, UMCOR has been working with health boards, medical professionals, disaster management coordinators, and faith leaders to prevent the further spread of this disease. Now it is clear that the impact of COVID-19 will be far-reaching and demands a greater response.

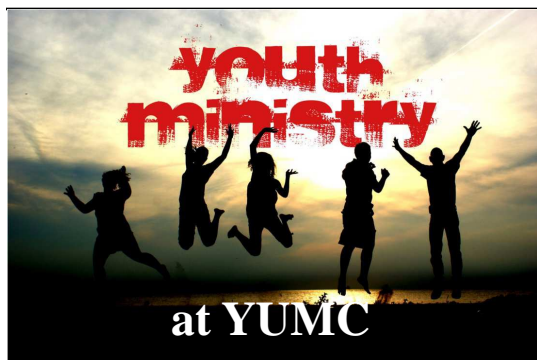
Even as you shelter in place, *you can be there for others*. The new UMCOR COVID-19 Response fund will equip partners in the U.S. and around the world to assist our most vulnerable populations. Grants from this fund will be disbursed quickly and efficiently to address health concerns, food insecurity, water and hygiene limitations, and other pressing needs.

When you say "yes" to supporting the UMCOR COVID-19 Response, you will help bring God's love to life for those who need it most.

Join the *UMCOR COVID-19 Response* with your gift today. <https://www.umcmmission.org/umcor> or mail a check to Yardley United Methodist Church, 300 Langhorne Rd, Yardley, PA 19067, indicating UMCOR Covid in the memo.

Church members who sew are invited to use this video tutorial to make much-needed hospital masks. Lin Rowley is available to answer questions about how to do it lindacrowley@gmail.com

Please contact Pastor Cyndi if you would like her to buy supplies for your project.



Youth Ministry at Yardley UMC exists to share God's love with teenagers, equip them to experience the work of ministry, honor the Lord and enjoy one another.

Do you have questions? Need someone to talk to?
Email denise@yardleyumc.org or text 267-980-6054



ANNOUNCING: YUMC YOUTH FILM FESTIVAL & GOLDEN PLATE AWARD SUNDAY JUNE 7th 5pm

We will celebrate the End of this Year on Sunday June 7th. It is most likely going to be an online celebration. However, we will make a decision about that after May 15th.

Here's what you need to know NOW: We will hold a Film Festival. I invite each Youth and/or Youth Family to create a "Quarantine Film". This could be a "Day in the life of the quarantined" or a Creative story or a tour of your home or you can record yourself explaining how to do something.

Record it and send it to Denise by May 29th. On June 7th, we will premier the videos.

Guidelines: Videos should be 2-10 minutes long. Appropriate language and clothing is required. Have fun with this! Questions? Talk to Denise! Email Denise@yardleyumc.org.



ZOOM Promises for YUMC Youth Zoom Meetings

Friends, I know using Zoom can be overwhelming. For some of us, being on Zoom is uncomfortable. Unfortunately, It is the only way we can get together right now. So, I want to make sure you know I promise you a few things.

1. I will NEVER MAKE you share or talk. If we go around the group for discussion and you don't want to share, you simply say "Pass" or message me in the chat "Pass"
2. I will never pressure you to "Let us see your face" If you are more comfortable showing us your ceiling or the top of your forehead, or your photo, That's OK!
3. You will have my full attention. I will never be doing something else while I am in a Zoom meeting with youth or parents. I ask you to extend the same policy to your peers.


[Join a Meeting](#)
[Sign In](#)


Naming loss and gratitude (continued from p. 5)

This week's losses might feel pretty minor in a few weeks, but that's not for us to judge today. We need to see and name the losses for what they are and how we're all experiencing them.

3. Naming gratitude prevents us from drowning in sorrow.

We can be honest about what's hard without getting stuck. Finding things to be thankful for is a research-proven practice that can help all of us manage both daily struggles and bigger challenges.

Experts tell us that practicing gratitude can increase positive emotions, sleep quality, and overall well-being. At the very least, naming a positive thing about our day can help us mitigate some of the loss. There's no need to try to cancel out all the sadness by manufacturing gratitude, but it's important to find something that is going right in our lives when all feels wrong.



Sleep Out America!

YUMC had 4 participants in our Sleep Out America event. We were able to raise \$425 for Covenant House: An organization serving the homeless teen population across the US!

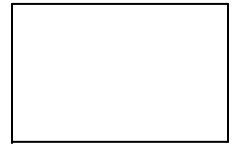
The experience is one we won't soon forget. Sleeping outside or in our kitchen reminded us to be thankful for the blessings we have in our warm homes and beds. And, to help others in need. At a time when we can easily complain about the things we have lost, this was a great opportunity to remember how blessed we are.

We are thankful for everyone who dared to try this and for everyone who donated to support this organization.



A YUMC youth's sleeping quarters during Sleep Out America!

Tidings of
Yardley United Methodist Church
300 Langhorne Road
Yardley, Pennsylvania 19067



ADDRESS SERVICE REQUESTED



May 2020