



JANUARY 23, 2020

NARDIN PARK NEWS

www.nardinpark.org



Remember the Rule of 4 The Power of Positive in a Negative World.

We live in a tough world. Negativity swirls all around us and with all the polarizing factors of a national election year, it is easier to go negative than stay positive. This negativity bias, a relatively recent discovery in psychology, has devastating effects on all of us. In addition to bringing us down, in large quantities negativity can make us sick, less productive and feeling despair.



Authors, a science journalist and social psychology professor, John Tierney and Roy F. Baumeister, argue in their new book that negative thoughts are actually more powerful than their opposite for just about everyone. In their new book, The Power of Bad: How the Negativity Effect Rules Us and How We can Rule It, they point out that we remember "trauma more than joy, we're brought down by criticism more than we're elevated by praise and we pay more attention to bad news than good." They also argue that all is not lost because to counter act the impact of negativity, we can reinforce happy moments and share successes with others. They also suggest that because a negative experience is more than three times as powerful as a positive experience, we should aim to praise a child, spouse, partner, colleague or friend four times more often than we criticize.

I would like to suggest that we remember this rule of 4. And when we feel ourselves tempted to criticize or go negative, let's first assess whether we have offered enough positive. Remember that for each criticism, we have to offer four times more positive! The Bible talks about the ministry of encouragement and invites us to build one another up, as part of being a healthy, holy body of Christ. I am not saying it is easy, but I think it is an important thing for us to commit to doing this. Remember the rule of 4. 4 positives for each negative. I suggest you give it try. And I will too. Let's see if our intentions can help us do good and show love.

Pastor Melanie

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Coming up



Sunday January 26th

Pastor Melanie will be preaching on Matthew 5:13-16.

Her message will be Salt Seasoning. The Nardin Park Ringers, Wesley and Cherub Choirs will provide inspiring music along with Kyle Webber, Yalan Piao and Diane Brady

New Worship Series for February: The Bible and the Movies

Back by popular demand is our worship series featuring recent movies and the faith themes in them. This year we will be preaching about the following movies which you can either stream on Amazon or Netflix, or check out from your local library. The movies will be Harriet, Yesterday, The Farewell and The Lion King

Sunday, February 2nd

Pastor Beth will be preaching on the movie Harriet, chancel choir will sing and dancers will be dancing to the song Stand Up from the Harriet movie. We will also celebrate Holy Communion.

Sunday, February 9th

Pastor Melanie will be preaching on the movie Yesterday, chancel choir and Kyle Webber will provide inspiring music

Curious about the new service starting March 1st?
Come check out the two preview services next month!

Monday, Feb. 10 @ 7PM

"Be the Light"

&

Wednesday, Feb. 19 @ 7PM

"Get Fed"

Childcare & Light Refreshments provided!

WELCOME STATEMENT VOTE!

Coming up on January 26th



In November, the Reconciling Ministry Team conducted a straw poll to find out how the congregation felt about their proposed welcoming statement. Should this become the welcome statement for our church? By an overwhelming 83%, we voiced our support of the Reconciling Ministry Team's efforts.

Now comes the next step. The official vote. On Sunday, January 26, 2020, following our 10 am. morning worship service, we will have an official vote on the Welcome Statement (written out below). We will follow the same procedure we followed in November when we took the straw poll. Ballots will be handed out after the morning worship service. You must be a member or affiliate member of Nardin Park United Methodist Church and be present to vote. The ballot will contain three choices: "Yes," in favor of the statement and becoming part of the Reconciling Ministries Network; "No," not in favor; and "Abstain." (Please note, as with the straw poll, abstentions will be noted but not be counted as part of the total vote count).

The vote will be counted and our decision announced that Sunday.

If this welcoming statement is approved it will be the official Welcome Statement of our church. It will be used on all our operational, mission, and outreach materials. With the adoption of this statement we will seek to become a part of the Reconciling Ministries Network of United Methodist Churches worldwide (rmnetwork.org).

Nardin Park UMC Proposed Welcome Statement

Nardin Park UMC celebrates that everyone is created in God's image and is of sacred worth. We welcome all into full participation in our church without regard to age, race, culture, sexual orientation, gender identity/expression, family configurations, religious background, socio-economic situation, citizenship, language, and/or ability.

The UMC is once again in the news cycle

You may have seen the headline this past week about a plan for a split in the United Methodist Church. This is one of many proposals. It still has to be turned into legislation for General Conference 2020, which will be held in Minneapolis, MN. It remains to be seen what, if any, will actually pass once the delegates set down to work in early May. The point being, nothing has been decided yet. For further clarification, please read the statement from our Bishop, David Bard, using the link below.

michiganumc.org/bishop-releases-statement-on-separation-plan/

If you have any questions, please feel free to contact any of the clergy staff at Nardin Park UMC.

A NEW SERVICE IS COMING MARCH 1ST!

Interested in what the new 9 a.m. band led worship service will be like?

Join us for 2 preview services!

Everyone is welcome to come and check it out and bring your friends!

Monday Feb. 10th @ 7PM "Be The Light"

&

Wednesday Feb. 19th @ 7PM "Get Fed"

Childcare & light refreshments included!

New worship service times begin on Sunday March 1st @ 9AM!

Band led, informal and participatory worship-- this will be our new worship service.

11AM choir led, traditional worship service, more formal than the 9 a.m. service. This will be the same wonderful worship service that we currently have at 10 a.m., just one hour later.

Please note that both worship services will have the same sermon topic and same preacher. You can attend either service or both if you like!

There will be childcare and Sunday School during both worship services.

Online Giving



New Online Giving System at Nardin Park! Sign up Now!

Help Us Grow: Give Electronically

Electronic gifts are fast and secure, and they reduce administrative costs, allowing more of every dollar to fund the important work we are called to do.

Sign up today on our new online/egiving system through GivePlus. Starting January 1st, 2020 we will no longer be using our former electronic giving resource MyEOFFERING. So sign up on our website with GivePlus and/or search "GivePlus Mobile" to quickly find and download the app on your phone today!

- Give anytime, anywhere to your favorite funds
- Schedule and manage recurring donations
- Make one-time donations to special appeals
- Pay for events, programs and other activities

If you would like to give electronically, visit our website Nardinpark.org or contact the church office and speak with church accountant Karl Heiss

Coming in February 2020

Text to give & swipe to give (an onsite credit/debit card reader)

GivePlus Powered By Vanco Payment Solutions.

Extra! Extra!



Announcements!

Life Line Screening

Life Line Screening will be here at Nardin Park on Friday, February 21, 2020 offering safe, painless, non-invasive preventive health screenings that are typically not a part of a routine physical. To be more proactive about your health and to live longer for yourself, your family and your community, please register for these potentially life-saving tests today. For only \$139 (regularly \$149) you can learn your risk of having stroke or vascular disease.

Three ways to register:

- Call toll-free: 866-229-0469
- Online: www.lifelinescreening.com/communitycircle
- Text: the word circle to 797979

NOOMA

Nooma is a fellowship time for women, meeting the first Sunday of the month at 8:30 AM in the Multi-Purpose Room for breakfast and faith conversations. The word Nooma is a phonetic spelling of a Greek word which means "wind", "spirit", or "breath." All women are invited to join us, taking a little time for ourselves to breathe and address spiritual topics together. Our next gathering is February 2. Questions? Contact Karen Roth, 248-921-0861.

Crossroads Lunch Making

Crossroads Lunch Making - Sunday March 15. Mark your calendar now!

Crossroads is the only soup kitchen in Detroit open on Sunday. Once or twice a year, the people of Nardin Park go to Crossroads to make lunch and serve lunch to people who are in need of a hot meal. Watch for more information to sign up and support this mission event. Do Good, Show Love

2020 Offering Envelopes are available for pick up!

For those of you using offering envelopes, they have arrived and are ready for you to pick up. Offering envelopes are in the fellowship hall near the welcome center.

**Questions? Contact Karl Heiss, church accountant
Karl.npchurch@gmail.com**

The Next Focus Hope food delivery is on February 15th, just 2 more drivers are needed to help deliver food to seniors in the Pontiac area, so if you or your group have a vehicle large or small and have 2 hours on a Saturday morning please contact Robert Davis at 248-320-7147, or sign up after church in Mercer Hall.

Mini (Post-Construction) Garage Sale

Sunday, January 26 (after worship)

Sunday, February 2 (after worship)

On the stage in Fellowship Hall

Minimal Fee of \$10 for most items

Loose Coin Schedule:

January and February - Crossroads

March - CROP Walk

April and May - Operation Common Good
(Homeless Seniors)

June - SOS

July - Pastor's Discretionary

August - C.A.R.E.S.

September - Personal Toiletries for CASS

JOY (Just Older Youth)

will meet on Wednesday, February 12, 2020 at 11am in Fellowship Hall. This month our program will be Presidential Trivia. We have planned more casual programs for January and February as the weather can be uncertain. We welcome any newcomers to join us for a time of reflection, fellowship, and food. Lunch will be served at noon. Call the church office or Mary Glenn for reservations. The group meets once a month on the second Wednesday. In case of inclement weather, we will notify you if our meeting is cancelled by phone, text, or email. If you have any questions, please contact Mary Glenn (248) 380-9837.

Extra! Extra!



Announcements!

PB & J Outreach

Thank you, Nardin Park family. After thirteen months of service, Church & Society has delivered more than 4,500 sandwiches and 850 bags of toiletries to people who need them.

Special thanks to our Nardin Park kids, who on several occasions have made sandwiches. Also special thanks to Cub Scout Pack 389 and Girl Scout Troop 75839 for making sandwiches and providing toiletries.

Special thanks, too, to the Saturday delivery crew of Sherry and Tim Wright, Judy Blaney and Al Roberson, Sue Genschoreck, Jon Carey, Jeff Rucker and Linda McCraith.

As we move into a new year, PB&J moves from Church & Society into Missions. And as a mission of the church, we are asking the congregation to participate. Donations of toilet paper, toothpaste, tooth brushes, hand soap, lotion and lip balm will be needed for each monthly trip. You can put your donation in the box marked "PB&J" located in the back hall between the Music Suite and Park Place.

Church & Society

Looking for Fun?

Did you make a resolution to do something fun this year – a time out with friends, a date night out, or some quality time for yourself? The Filmgoers group at Nardin Park might be what you are looking for to help reach these goals! We meet once a month to talk about movies! We pick 2-4 movies a month to see on your own schedule, then meet on a Sunday night at 7-8:30pm. Wes Brun leads a spirited discussion about the plot, characters and impact of the movies, and we try and find Christian principles in the movie (from being kind to moral issues). Even if you can't see all the movies, the discussions are fun and give you something to look for when you watch the movie later. The best part of the discussions is when people see the movies from different points of view! The lively interactions help us all appreciate the movies we see! We usually meet the last Sunday of the month unless there is a holiday or event conflict. In September we have a pizza and salad get together and choose a movie to watch in the chapel. We hope you come as you can to join us for a fun.

The next meeting is on February 23. Our movies are: Bombshell, Little Women, 1917 and Just Mercy.

See one or all but join us for a lively discussion!

FOOD FUND:

The Food Fund is used to support ministries that provide food for individuals and families struggling with food scarcity. In the past it has been used for lunch making at Crossroads soup kitchen Detroit, South Oakland Shelter week, the PB&J Project and Operation Common Good. We have traditionally collected money around Christmas and Easter, in honor/memory of loved ones. Please know that we encourage donations to the Food Fund at any time during the year.

Night @ the Park Menu

Dinner served 5:30-6:45

January 28th **Pre Super Bowl Party**

BBQ Chicken Wings
Pulled Pork Sliders
Pasta Salad
Dessert

February 4th **Soul Food**

Corn Bread
Fried Chicken
Mac N Cheese
Greens
Peach Cobbler



The Prayer Focus for this week is:

How can you be an ambassador for Christ this year? Can you reach across a dividing line and offer friendship and reconciliation? Prayer: "God of all, help me to let go of worldly labels for myself and others. Help me to recognize the oneness of your people and serve as ambassador of your love. Amen."

It's Great to be a Nardin Park Kid!



Join us for Sunday School!

Sunday mornings at 10am

Kindergarten-5th grade begin in worship to PRAISE and PRAY and then will be led to their upstairs classrooms.

3-5 year olds can begin with their teachers in their classes.

Coming Soon...

Worship at 9am AND 11 am

Beginning Sunday, March 1, Nardin Park will have 2 worship services. The 9 am service will be band-led with modern music and a more casual feel. The 11 am service will be choir-led with more traditional music and elements of worship. No matter which service your family chooses to attend, there will be Sunday School available for infants through 5th grade.

Come journey with us!

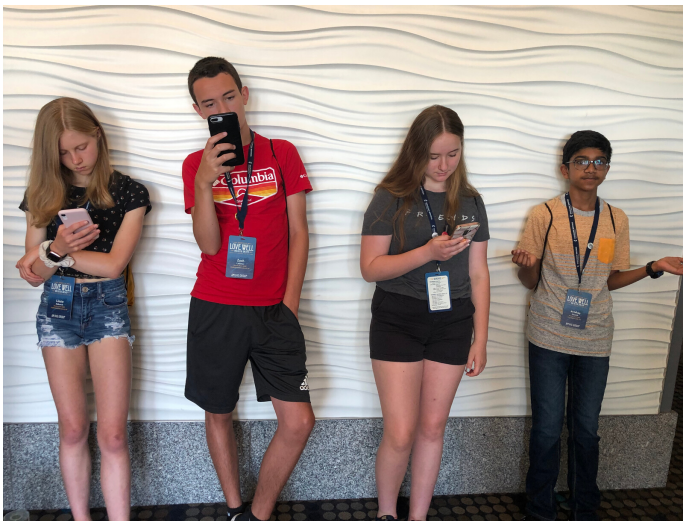
Youth Connection

Common Ground

All youth, grades 6-12, are invited to join us for Common Ground on Sundays at 6:00. We have dinner together, play games, have life and faith lessons. If you would like more information, contact Pastor Beth by calling the church or emailing beth.npchurch@gmail.com

Super Bowl Party - Sunday, February 2 at 6:00pm.

We will be meeting at the Latimer's house. Check with Pastor Beth for the address. Plan to bring a snack and/or beverage to share.



Youth Fundraiser - Bottle Drive, Sunday Feb, 9.

Please bring your returnable donations to the youth room, Park Place. Your generous donations of returnables will help raise money for Youth Trips--including mission trips and retreats. *You don't want to have to take them back anyway.*

Practices of Joy

Winter Youth Retreat

February 7-9, 2020



Retreat leader:
Marianne McMunn

Where - Shanty Creek, Bellaire MI
Cost - \$75/ per student
Plus lift tickets If you want to ski or tube.

Registration Due
ASAP

If you have questions or concerns, please feel free to talk to Beth—call, text or email. I'd love to hear from you! Beth.npchurch@gmail.com Cell: (586) 665-4333



Snowshoe Trek Feb 2nd & 9th @ 1PM

Ages 5+R/NR Fee: \$5

Activity Code #: 211245 Heritage Park and Heavner Canoe Rental have partnered to offer a snowshoe wilderness adventure! Join other winter enthusiasts as we explore the woods on snowshoes. Lesson provided and an additional charge (\$5) for snowshoe rental. If no snow, we will walk the trails. Please dress for the weather and wear sturdy boots.

24915 Farmington Rd, Farmington Hills

Taste of Italy- Adults 50+ Feb 14 @ 11:30AM

Our menus are inspired by flavors from around the world. The International luncheons will stimulate all your senses as you discover exceptional ingredients and harmonious notes. Spend the afternoon enjoying a delicious lunch & the Mike Wolverton Band with musical entertainment that will make you feel like you are on the streets of Italy. Tickets available in Conway Hall.

Farmington Hills Special Services Department
28600 W 11 Mile Rd, Farmington Hills,
R/NR Fee: \$10/\$12



Over 30 Softball League

Ladies, looking for a women's slow-pitch softball league to have fun with during the summer?

Over 30 Softball, a Christian League since 1983 is seeking additional women teams. We play on Wednesday evenings, May-July with players ranging from 30 to 50+ years. Look us up on

www.over30softball.com or call

Patty Soter: 734-765-4777 or email: psoter@umich.edu.

If you are ready for camaraderie, fellowship and friendly competition, seek us out by Feb. 1st, 2020.

