



The Keyhole

Published monthly (except August)

by the First United Methodist Church,

603 Main Street, Port Jefferson, New York 11777

for the inspiration and information of its members and friends.



Celebrating 181 Years of Service in the name of Christ
~1835 - 2016~



First UMC of Port Jefferson Mission Statement

To love and serve Christ and others through praise, prayer,
preaching of the Word of God and to welcome all to join
us in our faith journey

The New York Annual Conference Vision Statement:

The New York Annual Conference, through the grace of God embodies a beloved community of hope, building up a healthy Body of Christ, with heart-warmed United Methodists in mission for the transformation of the world.

Church Telephone: (24 hours) (631) 473-0517, FAX (631) 473-0738

Church Office Hours: Friday 9:00-4:30

Church Email Address: pjfumc@verizon.net

Church Web site: www.pjfumc.org

Look for us on Facebook: Port Jefferson First United Methodist Church

STAFF and OFFICERS:

Pastor:The Rev. David Mantz

Administrative Assistant:Pat Balcom

Organist:Rachel Schutz

Co-Lay Leaders:David and Trudy Clark

Administrative Council Chair;Kenny Bohler

President, Board of Trustees:Richard Cox

Keyhole Staff:....Mary and Richard Cox, Carole Darling, Sandra Swenk, Amy Russell, Steve Schutter, Marlene and Eric Kadel, Shirley Leonard, Mary Lou Stein, Janet McBride, Ashley Grills, Bob and Laurel Libby, Lee Nichols,

Editor:Ellen Cheeseman

Contributing Writers:.....Pastor Dave, Morgan Bullis, Dr. Michael Cardillo, Jane Collins, Sandra Swenk

**The dead line for the February issue of
“The Keyhole” is Sunday January 17, 2016**

Articles submitted after the 17th will be included in the March issue. Please email your articles and reports to:

EllenGCheeseman@optonline.net



A few weeks ago, I shared about the early church from Act 2, and said that it illustrated how life in the church was supposed to be; made up of people just like you and me, together, all joined in on the work of the Lord.

As I write, I'm reflecting on the year past in pretty glowing terms. We're going to have a Celebration/Dedication Sunday in a few weeks and it seems to me we have quite a bit to be thankful for. To name a few-the addition of a sanctuary bathroom, a new floor in Fellowship Hall, a new kitchen floor, our first year of an ongoing Spring Mission Event in packing meals through Stop Hunger Now, and last but not least, ending the year ever so slightly in the black. All this because of a tight knit, dedicated group of Christians working together to accomplish something with God leading the way.

I'm very happy, and proud of you all. Nice work! And in a

few days, we begin the process all over again.

Happy New Year!
Love, Blessings and Prayers
Pastor Dave

The Parsonage

Some time ago a few ladies came together to clean and decorate the empty rooms in the parsonage. We knew that no one would be living there but we agreed to make it a welcoming parsonage for those who planned to use it.

Many people willingly donated furniture, pictures, bed linen, dishes, a new microwave and a new stove hood. The parsonage living room was cleaned, painted and decorated and equipped to show videos making it a welcoming room for meetings and Bible Study.

We would especially like to thank Leslie Finn for the kitchen set, Ellen and Marty for the dining room set and Ellen for making the beautiful valences for the dining room windows, Carole Darling and Clif Brown for each donating a bedroom set. Harriet Reisman for donating pictures and dishes. Shirley and Bill Leonard for the donation of

the range hood in the kitchen. The Clark's for their donations in the parsonage living room. Many other improvements have been made by many different people. The back door has been replaced, painting of ceiling and walls, new lightening to the church offices.

Our latest donation was for the church office. A good friend, not a member of our church donated her time and the material to make beautiful valences for Pat's office windows.

With grateful hearts we thank everyone who has donated time and resources to make our parsonage an asset for our church and community.

Thank you from us few ladies.



Seeking the Best

I believe that appreciation is a holy thing — that when we look for what's best in a person we happen to be with at the moment, we're doing what God does all the time. So in loving and appreciating our neighbor, we're participating in something sacred. ~Fred Rogers ~

Special Giving

Restoration Fund/Special Envelopes

Kent and Barbara Edwards
Ken Bohler
Bob and Lillian Spears
Bob and Jane Collins
George and Roberta Grassman
Mary Lou Stein
Sandra Swenk
Lee Nichols
Ken and Elizabeth Combs
Mary Lee Gaylor
Eric and Marlene Kadel
Montgomery Granger
Amy Russell
Thomas and Marianne Tivenan
Sam Kopcienski



“Dickens Weekend”

By Morgan Bullis

On a starry night,
This December 4th,
Speeches will be spoken,
Unveiling this tradition,

Lanterns will be lit,
And music will be played,
Celebrating this town’s past is
just the beginning.

The churches smell of ginger
bread,
That very pleasant scent.
And A Christmas Carol is
ringing out,
With songs of Christmas joy.

Dickens Alley is lined with
autumn leaves blowing in the
wind.
Men with top hats, Women with
bonnets,
And chimney sweeps roam the
streets.

But we are all just the same
whether it is the past, present or
future.
Horse and carriages trot along
the street with kids amazed
faces,
And parents looking back into
their childhood.

But on this special weekend,
We are reminded,
What’s most important is,
Our family and friends.

“Dickens” Weekend was
written and recited by
Morgan Bullis at the Dickens
Festival.



ANNUAL CHRISTMAS FAIR & COOKIE WALK

On December 5th the line started to form outside our Fellowship Hall at 9:30 am despite the fact that our fair didn't start until 10:00 am. The line stretched down the sidewalk on Main Street in front of our church to be amongst the first to gather up cookies from our Cookie Walk. Never have I seen the line that long in all these twenty plus years I have been chairing our fair. Our faithful patrons showed up again as they do each year. We didn't disappoint them because we had lots and lots of delicious, beautifully decorated cookies for them. Our fellowship hall was soon packed with happy faces. We sold out of all of our cookies by noon!

Our other booths did awesome too. The Holiday Booth did the best it ever has. Our Bakery,

Country Store, Jewelry Booth and Kent's Kafe all did really well too. It was a great day all around.

Santa delighted many children, hearing what they wanted for Christmas and giving each child a candy cane. The looks on their faces were priceless. Moms and Dads got many great pictures of their little ones. Mrs. Claus was there too and enjoyed talking with children and taking pictures with them.

Our Christmas Fair & Cookie Walk was a great success! We made \$3,629.40. I want to thank everyone who volunteered their time to work at our fair and who did so much work prior to the fair to make sure their booth was the best it could be. My heartfelt thanks to all who attended and/or volunteered their time. Our fair was a huge success because of YOU!!!!!!

Gratefully,
Rollin Haffer
Fair Chairperson

A Great Heart

Great beauty, great strength and great riches are really and truly of no great use; a right heart exceeds all.

~Benjamin Franklin~

Winter Blues or Something More

Carolyn, (not her real name) a 27 year old professional, was finding it increasingly difficult to fulfill her daily responsibilities. Although she had experienced prior episodes of melancholy, they had never affected her ability to function. After a complete medical examination failed to reveal any organic reasons for her symptoms, her primary care physician referred her for a psychological consultation.

Carolyn's complaints included a change in appetite, a tendency to oversleep with increased need to sleep, a decrease in energy level, fatigue, avoidance of social situations, and a loss of interest in activities that she used to enjoy. Carolyn reported feeling depressed and hopeless; she noted that she was both irritable and anxious. She also stated that her attention span and concentration were impaired.

Carolyn was found to be suffering from Seasonal Affective Disorder (SAD). According to the 2000 Edition of the Diagnostic and Statistical Manual of Mental disorders-IV-TR (DSM-IV-TR), SAD is classified as a subtype of major depression. Carolyn is not alone. Her affliction is more common

than one would think. Based upon data reported by the American Academy of Family Physicians (2006), Carolyn, along with 4-6 percent of the general population in the United States, suffers from (SAD) while another 10 to 20 percent may experience mild SAD or “winter blues”.

WOMEN AT RISK WITH SAD; BUT MEN HAVE MORE SEVERE SYMPTOMS

The DSM-IV-TR indicates that women comprise 60-90 percent of persons with SAD however, some studies suggest that men suffering from SAD experience more severe symptoms. SAD is believed to be related to biochemical process affected by changes in the amount of daylight during the different seasons of the year.



SAD: LET THE SUNSHINE IN

There are several theories on how the reduced level of sunlight is causative in SAD; specifically, its possible role in the production of both melatonin and serotonin. Melatonin, a hormone produced by the pineal gland, is linked to sleep and its production appears to be inhibited by light and facilitated by darkness.

Therefore, an increase in melatonin during winter months (when there is more hours of darkness) might cause a person to feel lethargic and sleepy. In contrast, serotonin production tends to decrease during the winter and low levels of this neurotransmitter have been associated with depression. Additional factors, such as genetics, may also play a contributing role.

Winter onset, the most common type of SAD, begins in late fall or early winter. Considered a cyclic; seasonal disorder, SAD symptoms usually appear and disappear around the same time every year. Patients diagnosed with winter onset SADS report a variety of the following symptoms: Depression, Hopelessness, Decrease in energy level, Increased need to sleep/tendency to oversleep, Change in appetite, Irritability and anxiety, Difficulty focusing and concentrating, Avoidance of social situation, Loss of interest in activities once enjoyed.

WHEN TO CONSIDER TREATMENT

Like Carolyn, many individuals find it difficult to decide when to seek professional help, in fact,

most of us experience some days when we feel down or blue. However, if you find that feelings of depression last for days at a time, and your motivation and ability are severely impaired, you should seriously consider psychological change in functioning, the first step is to schedule an appointment with your family physician for a comprehensive medical examination.

**TREATMENT OPTIONS:
LIGHT THERAPY,
MEDICATION AND
PSYCHOTHERAPY**

If deemed necessary, SAD treatment may take several forms. Light therapy; also called phototherapy, involves the use of special light designed to simulate daylight which can aid in the production of serotonin. Under medical supervision the patient is told to sit in front of a special device for a period of time every day. Light therapy treatment would continue until enough natural sunlight is available outdoors.

Medication, specifically the class of drugs known as antidepressants is a second form of treatment for DAS. In cases where there is a history of SAD, antidepressant medications may

be started before symptoms appear and continued beyond the time symptoms disappear. This form of treatment has been successful in preventing worsening symptoms.

A third treatment involves psychotherapy. Talk therapy can be used to educate patients and to help them understand the condition. Psychotherapy has been effective in teaching patients healthy way to cope with SAD.

For less severe cases of winter blues, self-help treatments, such as daily exercise, spending more time outdoors when possible and sitting close to bright windows while at home or in the office, have been shown to be beneficial. It also be helpful to remember that winter onset SAD is a transitory condition linked to seasonal changes and that spring is only a few months away.

Dr. Michael Cardillo





December 6th

In loving memory of Ethel Clark by her daughters Swenk and Nancy McKissock, and families

Rose bud in honor of the baptism of Brielle Renee Knight

December 13th

In memory of Mom Edna Bliven's birthday on the 16th by Lyn and Steve Schutter

December 20

In memory of Lorraine Tillotson by Carolyn and Kevin Zambraski

December 27th

In memory of Jane Wittek Brown by Clif, Russell, Lesley, Kevin and Morgan



December 6th

Brielle Knight Baptism
Donna Knight and Carol Polly

December 13th

The Grills Family

December 20th

Rollin Haffer and Janet Steiger

December 27th

Marty White and Ellen Cheeseman

“Coffee Hour” has become a wonderful time of fellowship for our congregation. I wish to thank everyone who has volunteered to be a host/hostess at this weekly event.

Ellen Cheeseman

Thank you to everyone who so generously donated Altar flowers for our worship service in 2015.

I also would like to acknowledge Malkmas Florist for providing us with lovely bouquets every week even after they lost their building to a fire and are working out of a trailer. Ellen Cheeseman



Friday January 8, 2016

Time: 10:00AM

Fellowship Hall

Laurel Libby will present a program on genealogy. Come find out where your roots are! All women of the church and their friends are welcome!



Richard E. Shea

Memorial Soup Kitchen

Come serve with us at **Trinity UMC in Coram** preparing and serving meals for those in need, Tuesday's from 4pm to 6pm. (once a month)

See Judy Spencer on Sunday or call her at 631-473-6667 to sign up!

The Meaning of Epiphany

Epiphany, which comes from the Greek word *epiphaneia*, means "an appearance" or "a revealing." Centuries ago, the church set aside January 6, the 12th day after Christmas, to mark the revealing of Jesus as Christ to the wise men, who were Gentiles. Jesus' first followers were Jewish, so the revelation of the divine Christ to the non-Jewish magi reminds us that Jesus came to earth to save the whole world.

Symbols of Epiphany include light, a star, a crown (or three crowns) and a globe or stylized portrayal of the world. The color of Epiphany is green to symbolize life, growth, hope and eternity.

On the church calendar, the Epiphany season lasts until Ash Wednesday, which is determined by the date of Easter.



Christmas Flowers 2015

Given by:

A.Richard Cox

Thomas and Marianne Tivenan

Lyn and Steve Schutter

Given By:

Mary and Richard Cox

Laurel and Bob Libby

Gerry Kunz

The Kunz Family

The Staff of Kunz Garden Center

Phister Family

Harriet Reisman

Lyn and Steve Schutter

In Honor of:

Mary Cox

Family and Friends

In Memory Of:

Russell and Bessie Cox

Evelyn and Hilton Earl
Toni and Kathryn Libby

Wanda Kunz

Wanda Kunz

Wanda Kunz

Our Loved Ones

My parents James and
Mildred Richardson

Our Parents and Doris
Lefferts and Patricia and
Stephen Hall

Sheaves of Wheat for the Food Pantry

Given by:

Donna Knight

Allen and Angie Olsen

Given By:

Donna Knight

In Honor Of:

The Knight Family

Janet and Art Olsen

In Memory Of:

Charles and Marion
Riley

The Christmas display of Poinsettias was especially beautiful this year because of the unusual varieties of Poinsettias donated by Gerry Kunz and Family. The flowers are a perfect memorial for Wanda.



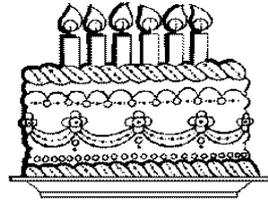
January 2016

Birthdays

- 1 Martin White
- 2 Janet Marlowe
Juliet Filimon
James Scholl, Jr.
- 4 Brenden Short
- 5 Ronald Morlock III
- 6 Eleanor Davis
- 9 Rev. Alan Carvalho
- 12 Lauren Filimon
Darryl Russell
William Scofield
- 13 Paige Miller
Nora Hubbard
- 14 Jacob Ziskin
- 16 Nina Garafalo
David Konnick
- 17 Virginia DeHart
Laurel Libby
- 18 Dyan Carvalho Newlin
- 19 Dana Moss
Kelly Wuorio
- 21 Kathleen Rusnak
- 23 Sophia Lyn Dabbraccio
Theodore Granger
Rollin Haffer
- 24 Stephanie Schutter Smith
- 25 Robert Spears
- 27 Tina McArthur
- 30 Alexa Levine
- 31 Samuel Kopcienski

Anniversaries

- 15 Doreen & Michael
Brienza
- 18 Jane & Matthew Lux
- 25 Michael & Hazel
Cardillo



Happy Birthday

wishes go out to

Rev. Alan Carvalho

as he celebrates his

80th birthday on

January 9, 2016

Up Coming Church Events

Sunday January 3rd, after service,
Financial Planning Seminar

Tuesday January 5th, 7PM
Worship Committee, all Lay
Speakers, please attend.

Friday January 8th Women's
Group 10AM in Fellowship Hall

Sunday January 24th,
Dedication/Celebration Potluck

Special Dates

- New Year's Day, January 1, 2016
- Epiphany, January 6, 2016
- Baptism of the Lord, January 10, 2016
- Martin Luther King Jr. Birthday Observance, January 18, 2016
- Week of Prayer for Christian Unity, January 18-25, 2016

Bible Study Groups

Disciple 1, meets twice a month on Fridays at noon. Lunch is provided.

The after church study of "The Call" by Adam Hamilton is temporarily on hold.



Lectionary Readings

January 3rd Epiphany

Isaiah 60:1-6
Psalm 72:1-7, 10-14
Ephesians 3:1-12
Matthew 2:1-12

January 10th

Baptism of the Lord

Isaiah 43:1-7
Psalm 29
Acts 8:14-17
Luke 3:15-17, 21-22

January 17th

Isaiah 62:1-5
Psalm 36:5-10
1 Corinthians 12:1-11
John 2:1-11

January 24th

Nehemiah 8:1-3, 5-6, 8-10
Psalm 19
1 Corinthians 12:12-31a
Luke 4:14-21

January 31st

Jeremiah 1:4-10
Psalm 71:1-6
1 Corinthians 13:1-13
Luke 4:21-30

Bible Quiz



According to the Gospel of John, which disciples led others to Jesus, and whom did they lead?

- A. Matthew led Judas.
- B. Andrew led Simon-Peter.
- C. James led John.
- D. Philip led Nathanael.
- E. All of the above.
- F. B and D.

Answer: F (See John 1:40-42, 45ff.)

A rib tickler

After her husband was out late for a few nights, Eve was upset. “Are you out with other women?” she asked.

“Don’t be unreasonable,” replied Adam. “You’re the only woman on earth.”

The quarrel ended when Adam fell asleep.

When he awakened with pokes to the chest, he asked, “What are you doing?”

“Counting your ribs!” Eve said.

Altar Flowers

Altar Flowers add beauty and serenity to our worship service. If you would like to donate flowers please fill out this form and give it to Ellen Cheeseman with a donation of \$15.00.

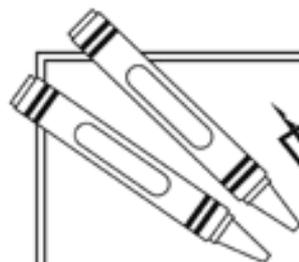
***Checks should be made out to
First United Methodist Church of Port Jefferson and
clearly marked flower donation.***

In Honor Of: _____

In Memory Of: _____

By: _____

On Sunday: _____



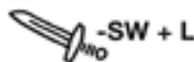
PUZZLE

LET THERE BE LIGHT

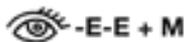
In a world of darkness, God guides us so we can walk in his ways.

Directions: Write the name of each picture, subtracting and adding letters as indicated. Then fill in the blanks to complete 2 Samuel 22:29, NIV.

"Y O U , _____ , A R E



_____ ; T H E



_____ M Y



_____ D +  +  - T + S

I N T O _____ ."



2 SAMUEL 22:29, NIV

Answer: "You, LORD, are my lamp; the LORD turns my darkness into light." 2 Samuel 22:29, NIV

First United Methodist Church
603 Main Street
Port Jefferson, NY 11777

Non-Profit
Organization
Port Jefferson
New York
US POSTAGE
PAID
Permit No. 14



A **spiritual gift**
is **given** to each
of us so **we** can
help each other.