

**So. Montrose Community Church**  
**August, 15' Newsletter**



**Message From Our Pastor . . . .**

I can't believe it is August already. I feel like summer is almost over. This week is hot and sticky, but for the most part our summers are warm, breezy and pleasant. We are in the midst of great weather for camping, pool parties, fishing, boating, swimming, family reunions, class reunions, and family picnics. Let's enjoy the warm weather while we can. We all know how long winter is here in Northeast, PA.

This summer I once again looked in our green Worship & Song book and found the hymn entitled, "Covenant Prayer." The words are written by John Wesley. I have used this hymn in my daily devotions for several weeks. It has helped me to keep focused on whose I am.

"Lord, I am not mine, but yours alone. Let your will be done and not my own. Put me where you will, let me serve; in everything I do, let me endure. This is my prayer, Lord for you. My promise and my vow, strong and true. And the covenant I make on earth, let it be fulfilled in heaven. Spirit hear my cry, forever I am yours and you are mine. Let me be employed for you, laid aside for you, lifted high for you or brought low. Let me be full, let me be empty. Let me have all things or nothing. Amen." Hymn #3115. This is a simple prayer that reminds me that God is in control of my life and that I need to spend as much time in his presence as possible so that I don't lose my focus. In the midst of all that there is to do, I have started each day with this prayer. God has given me strength, endurance, faith and joy in the work of ministry this summer. May you find the same faith, hope and enjoyment in your faith. Read these words to yourself this month. I guarantee it will make a difference in your life.

Have a blessed August.

Pastor Jane

**Peggy Wood**

**Update:** She's currently at Elizabeth Church Manor, Room 136A, 863 Upper Front St., Binghamton, NY 13905. Please send her a card/letter or drop by to visit. She'd really appreciate it.



**Music and Movies and New Milford**

Pull up a lawn chair or spread out a blanket and get ready to enjoy great entertainment in New Milford this summer. The New Milford Borough and the Parks and Recreation Board are proud to announce, "Movie and Music in the Park"

The schedule wraps up in August with a concert and a movie. On Friday, August 28th, the women's vocal group, **Saving Graces** will sing in the gazebo starting at 6:30 p.m. The following evening, Saturday, August 29th, families are invited to gather at Blue Ridge Park at dusk, the movie is Alexander and the Terrible, Horrible, No Good, Very Bad Day. Rain date is Sunday, August 30th.

The concerts and the movie are free, just bring your own chair or blanket.

For more information about the New Milford, "Movie and Music in the Parks" series, contact the Borough offices at 570-465-3394.

**Person In The Spotlight**

**Paula Remington**



**Where were you born?** On the bathroom floor of our farm house on August 24, 1952. My mother can supply further details if you want to know more. ☺

**Where did you go to high school?** Montrose  
**Did you go to college? If so, where? What degree?** Right out of high school, I went to Ridley Lowell in Binghamton, NY. In 1986, I started at the weekend program at Keystone University (formerly Keystone Junior College) for an associates degree in accounting. It was tough with 3 little ones at home, but it was worth it. I'd do homework from 9pm – 1am each night because I babysat during the day.  
**What was your first job? Other jobs? Any unusual jobs?** First job was cleaning the dance section of my father's bar, Red's Diner. I probably started when I was 8 years old. I swept the floor, wiped all tables & chairs down, moved everything over to one side, washed and waxed the floor and then the same on the other side. I felt thrilled to get paid \$1.00!!! Then at 12 years old, I started working in the diner part of Red's. While in Florida, worked at Orlando Utilities Commission. When I moved back to Pennsylvania, I worked for an architectural firm in Clarks Summit doing accounting. When we moved to Montrose due to Bob's job with IBM, I worked between Andre & Son and Little & Nelson, Inc. for 25 years. I also work part time at Gracious Living for the past 14 years. Our kids would like me to slow down cause "I'm older and should slow down" .but I love working with the residents. I tell people I'll quit when I start living there!

**When were you married? Children? Grandchildren?** Married 10/10/80 to Bob Remington. We have 3 children: Nic, lives in Colorado, is a structural engineer – married w/ one son, Jack (that's who's in the picture with me ) and another baby due in January, 16'. Tiff, moved back to Montrose, speech pathologist – not married, but has a very nice boyfriend. Lives in Montrose; Matt, owns a crossfit gym – married w/ two sons, Colby & Dash and lives in Louisiana.

We're very lucky that our "in-law" daughters and Donnie are like our own kids.

**What places have you lived?** South Montrose, Florida, Tunkhannock and back to Montrose!

**What is your favorite vacation spot?** Sausalito, California.

**What do you do in your spare time?** Quilt, gardening, sing with Saving Graces ladies

**How long have you attended SMCC?**

Baptized as an infant here. Other than the 12 years I lived out of the state/area, I've always come to this church. My grandmother, Lillian Lake, was instrumental in the formation of this church.

**Do you have a favorite Bible verse:** Proverbs 17:17 "A friend loves at all times, and a brother is born for adversity." Dislike the sin. . .not the sinner.

**What is your favorite room in your house?** Sewing room!! And I control the TV remote in this room!

**Tell us something about yourself that most people would not know?** My first thought is that I have a mischievous side, but then again, anyone that knows me, knows that! Life's too short not to have fun.

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### **Safe Sancturaries Training**

On August 15<sup>th</sup> from 9am til Noon at the Dimock Christian Community Church.

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#### **Blueberry Festival Baked Goods**

Mary Torney is requesting baked goods of any kind for this year's festival. Wrap in small portion; example: 6 cookies; 6 cupcakes. Please have them to the church by 8am on August 7<sup>th</sup>. Thank you!



#### **Red Bird Mission**

Keep saving those labels! Thank you for all the donations thus far. See the fliers at the end of June's newsletter for the products UPC labels that we collect.

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### **The Top Five Reasons That you Should Be In The Choir**

- 1) In a recent study done by the University of California at Irving, it was found that choir members got a 240% increase in immunoglobulin A (a disease fighting protein) during performances. Sing Out!! It's good for your health!!
- 2) According to a study from the University of Maryland Medical Center, in Baltimore, researchers found that artery diameter increases 22% during laughter, even when you're faking it. Laugh Lots!! (which we do a lot of at choir!) It lowers cortisol and your blood pressure instantly.
- 3) Studies at UCLA show that it's physiologically impossible to be grateful and stressed out at the same time. Be grateful--- SING Thank You Lord often!
- 4) Be with your friends (which we are all friends in the choir). A 2005 study from UCLA found that making eye contact and conversation with someone you care about causes the same kind of physiological changes as a massage does. Your body will product oxytocin (a happiness hormone). Have lots of rehearsals! Each one counts as a massage!!
- 5) And finally, not exactly a choir issue, except that we like to eat. Snack on chips and salsa: research shows that eating spicy foods (especially chile peppers) releases mood-boosting endorphins. The fierier, the better! Perhaps we could find an anthem with a Latin theme. GET THOSE MARACAS OUT!!

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### **Fall Festival in 2015**

The church board has decided to take a year off from the fall festival, so if you have been saving rummage you may want to make other arrangements. Thank you, the festival will return next year!

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**SAVE THE DATE**  
**Progressive Dental**  
**Community Appreciation Day**  
565 Hooper Road  
Endwell, NY 13760  
607-754-2273  
[www.progressivedentalNY.com](http://www.progressivedentalNY.com)

**SAVE THE DATE**  
Doctors with a Heart  
**Saturday, September 19, 2015**

Progressive Dental is participating in its 18th Doctors with a Heart Day on September 19th, donating free dental services to those in need in surrounding communities. To date, Dr. Sonny Spera and his dedicated staff and associates have treated more than 4,700 patients and completed almost \$800,000 worth of dental services.

"Every year, we open our doors in need to help them achieve dental health," said Dr. Spera. "It is our honor and privilege to serve the communities in this way and we look forward to participating again this year."

**To Receive Services:** Those with urgent dental needs and who have no money, job, or means of welfare or health care, may visit one of Progressive Dental's four office locations for care on a "first come, first served" basis. Any dental service that can be performed and completed in one visit will be available, including cleanings, fillings, extractions, fluoride treatments, and X-rays.

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### **Dimock Camp Meeting**

**Sunday, August 2 - Worship and Music.**  
Worship and Music led by The Rev. Charles Grube, [St. Paul Lutheran Church, Dallas.](http://www.stpaulchurchdallas.com)

**Sunday, August 9 - [Karen Knight with Heartsongs](#).** Karen uses story, acting and music to create inspiring presentations in authentic costume based on Biblical women that are exciting, often humorous and profoundly moving.

**August 16 - [Scott Jacobs and Commandment 11](#).** This group has a unique ministry filled with songs that relate to many of the everyday struggles and difficulties of life today.

**August 23 - [The Farm Hands](#).** They are one of the most exciting groups in bluegrass music. They feature award winning singers, musicians and songwriters, including veterans of the Nashville Grand Ole Opry.

**August 30 - [Worship and Music](#).** The Rev. Jon Buston, [United Methodist Church, Tunkhannock](#), will lead worship. Music will be provided by the church choir.

**September 6 - [Worship, Song and Communion Service](#).** The Rev. Barbara Snyder, one of Dimock Camp Meeting's own, will lead the final Worship and Song of the 2015 season. The service concludes with a communion service and our traditional fellowship circle of song.  
All Services begin at 6:30 p.m.

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### **Happenings at Montrose Bible Conference**

#### **August 16-21, 2015**

-Sunday, 7:30 p.m. Concert by Bob & Darlene Puffer, they will be ministering in music all week.

-Speaker: Pastor Paul Anderson, 11 a.m. and 7:30 p.m. Monday through Thursday.

-Wednesday: 11 a.m. Young at Heart Club includes conference program and lunch for a cost of \$10.

1:45 p.m. on Wednesday, Financial Planning Seminar, Free of Charge

-"Planned Giving and the Pathway to a Lasting Legacy" with Bernie Bostwick, Ambassador Advisors.

For more information, please contact the Bible Conference at 800-598-5030 or visit their website at [www.montrosebible.org](http://www.montrosebible.org)

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Aug 2nd – Elizabeth Aug 9<sup>th</sup> – Clay  
Aug 16<sup>th</sup> - Kohen Aug 23<sup>rd</sup> – Matthew

Aug 30<sup>th</sup> – Cole  
Sept. 6<sup>th</sup> – Elizabeth Sept. 13<sup>th</sup> - Clay  
Sept. 20<sup>th</sup> – Kohen Sept. 27<sup>th</sup> – Matthew



**In Our Church:** Gary Jerauld, Ryan & MacKenzie, Harry Snell, Aggie Holbert, Grace Harvey, Wink Frystak, Joyce & Don Blaisure, Nic Remington, Theresa Owen, Ben Owen, Craig Estelle, June Bishop, Marian Nye, Alice Porter, Doris Sebring, Gladys Barber, Peggy Wood

**In our community:** John Frye, Herm & Maxine Zappe & their children, Considine family, family of Laurie Hunsinger, Steve Jagiela, Coolbaugh family, Marie Benedict, Augusta Ostrow, Adaline Williams, Elijah Sabo, Jim Taylor, Charlie & Norma, Bernie Boyer, Amos Hollister, Vickie & Deanna Wickizer, Carol Jones, Jim Ochse, Joyce Lathrop, Patty Bloomer, Mark Bush, Parsons' family, Jane Perry, Kyle & Lindsay, Joyce Millard, David Snell, James Walters, Dorothy Wegman, Staff at Children & Youth, Terry Cooke, Dottie Henry, Catalina, Pat Whitaker, Mickey Patrick, Sandra Lathrop, those struggling with addictions, our teenagers in Susquehanna County, Sarah & Bill, Robert Atticks, Sr., Randy Ward, Keith Pratt, Helen Crotta, Lisa Steele, Brooke Arnold, Dee Pierson, Dick Millard, Duane Snell, Dennis Snell, Helen Petersen, Debbie Brewer, Terry Franks, Jonathan & Daniel Snell, David and Mary Ann Pierce, Les Hawley, teachers and students, those in the military, the unemployed, those in nursing homes, people in prison, our country, our world, our church and each other.

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### **Church Website**

<http://southmontrose.umcchurches.org>

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