THE GOOD NEWS
from the
Stratford United Methodist Church

Good News email: sumcgoodnews@yahoo.com
2600 MAIN STREET • STRATFORD, CT 06615-5893
SUMC phone: 203-375-5851 ~ and fax: 203-375-6890
SUMC email: stratfordumc@yahoo.com
SUMC website: www.sumcct.org

Volume 57 No. 6 March 2016

The Rev. Simeon Law, Pastor
The Rev. Dr. Donald Kirkham, Pastor Emeritus
Dr. Paul Jacobson, Director of Music
Lanette Kardos, Director of Christian Education
Beth Buckmir, Preschool Director
Mary Jane S. Fast, Church Secretary
Primitive Physic, Or, An Easy and Natural
Method of Curing Most Diseases

First published anonymously in London in 1744 this work was by an unusual author. John Wesley, A.M., preacher, circuit rider, author and founder of what is now the Methodist Church wrote it. It would not be until the 1760 edition that Wesley would finally put his name on the title page. The work has been reprinted numerous times.

Wesley cared deeply about the state of a man’s body as well as his soul. Wesley was himself a vegetarian, and often refused wine. And Wesley knew that only the wealthy could avoid a doctor’s care. This book was intended to bring practical medical advice to the workers and the ordinary people, just as he wished to bring the gospel to them.

While many of the statements may amuse (to clean your teeth, rub with ashes of burnt bread) or even horrify (to prevent or cure rickets wash the child in cold water every morning), Wesley did base his book on principals from Dr. Cheyne that resonate with us today:

The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds should drink some warm pepper tea on going to bed, or a draught of toast and water.
Tender people should have those who lie with them, or are much about them, sound, sweet, and healthy.

Everyone that would preserve health should be as clean and sweet as possible in their houses, clothes, and furniture.

Water is the wholesomest of all drinks; it quickens the appetite and strengthens the digestion most.

Included in the book are 400 receipts, most using various herbs but also things like bread, ashes and turpentine (the latter to cure festering cuts). And next to many of the cures is the word “Tried” that means Wesley himself tried the cure.

One other interesting theme is that of electrification. Wesley was a strong proponent of using electricity to cure ailments from coldness in the limbs to blindness, leprosy to lunacy, toothache to palsy. While we as Americans think electricity was discovered by Ben Franklin in 1752, there had been work done by Englishman William Gilbert as early as 1600. By Wesley’s time it was a topic of interest to many on how it might be used. Wesley wrote a book just on that subject in 1760: *The Desideratum; or, Electricity Made Plain and Useful - By a Lover of Mankind, and of Common Sense*. Remember that the “jolt” of electricity being made at that time was nothing like what we can do today.

There is a copy of the 1850 edition of *Primitive Physic* in the archives here at SUMC. Copies are still available for purchase on Amazon, and various older editions made be viewed on the Internet Archive (archive.org).
March 20th
8:15 (Chape 10:00 am)

March 24th
7:00 pm
(Hand/Foot Washing)

March 25th
7:00 pm

March 27th
8:15 & 10 am
Easter Flowers

This Easter, beautiful lilies, tulips, hyacinths and mums will grace the altars of our sanctuary and chapel. For those of you who would like to memorialize or honor those you love, this is a simple yet powerful way to do so. Flowers can be donated in honor of a living person or in memory of someone who has died.

The cost for each plant is $15.

Please fill out the form below and return with cash or check made payable to SUMC. Please indicate “Easter Flowers” on memo line. Orders must be received by March 13th.

Presented by: __________________________________________

Phone: ________________________________________________

Amount attached: ($15 per plant) ________________________

In Memory/Honor/Thanksgiving of:

_____________________________________________________

____ Please deliver the plant(s) to someone who could use some Easter joy.

____ We will pick up our plant(s) after the last service on Easter Sunday.
Written Isabella Hatkoff, Craig Hatkoff, Dr. Paula Kahumbu, with full page photographs by Peter Greste, Owen and Mzee tells the story of the extraordinary friendship between a baby hippopotamus named Owen whose mother was washed away in a storm and an approximately 130 year old giant Aldabra tortoise named Mzee. This “friendship” was not planned by the people in the animal sanctuary near Nairobi; the two animals somehow formed a bond themselves and to this day are inseparable. As the authors said, “Our most important friends are sometimes those we least expect.”

Growing Up Muslim, by Sumbul Karamali, answers questions often asked about the lives of Muslims. Each chapter in the book is a response to one specific question; for example: What do Muslims eat; A Muslim’s Pilgrim’s Progress; Everyday Rules of Behavior for Muslims. The book is written in an easily understandable style. The author balances facts, and examples from her own experiences to help the reader understand a faith that is so different from our Christian experiences. She points out to the reader the diversity among Muslim practices as we find in our Christian faith.

These books will be on display in the Narthex and can be borrowed by signing the card in the back of the book and leaving the card in the envelope attached to the display easel. After that, the will in the Library (in the Friendship Room) with other books from the UMW section.
The Bulmer Memorial Chapel

The Bulmer Memorial Chapel was built during the construction of our present church as a tribute to the memory of Rev. Melville Bulmer, who served our church as Senior Pastor from 1935 to 1960. His normal workday was from 5 A.M. until the last meeting of the day was adjourned.

Melville S. Bulmer was born in Brooklyn, New York. His parents were among the founders of the Bushwick Ave. Methodist Church. Later the family moved to Cairo, New York where young Melville attended high school. After graduation he taught school for two years in nearby towns. He then entered Syracuse University but left school in his junior year to join the army in World War I. He saw action in Europe. When he returned from the war he went back to Syracuse University and graduated cum laude.

After graduation, he worked in the financial department of the American Trading Co. but kept up his interest in the Methodist Church. After graduating from Drew Seminary, he was ordained in 1953, and received a Master’s Degree in Social Psychology from New York
University. He preached in Methodist Churches in Northampton, NY, Ridgefield, CT, and Stratford, CT.

Having been a soldier himself, he counseled our newly enlisted soldiers of World War II and kept in close touch with them and gave them encouragement and advice. During the war years he served as Chairman of the Stratford USO and was a member of the rent control board and the War Council. In these capacities, he helped place over 2,000 out-of-town girls in Stratford homes while they worked in defense jobs in the area. In 1953 he served as Chaplain of the State Senate and from 1951 to 1955 he served as probation officer for the Stratford Town Court. In 1958 he was appointed as Chaplain of the Stratford Fire Department and was Director of the Greater Bridgeport Heart Association.

In 1958 planning was begun to construct a new church and an educational and social building to relieve the overcrowded conditions of the building then in use. This would have been the fulfillment of the Rev. and Mrs. Bulmer’s dream for our church. However, neither Rev. Bulmer nor Mrs. Bulmer lived to see this project completed as they both passed away in December of 1960.

As the plans for the new church proceeded, the members felt that some part of the new structure should be built as a special tribute to their Pastor who had done so much for the church and his adopted town. And so, in the building plans, the architect was directed to include a very beautiful but simply designed chapel to be known as the Bulmer Memorial Chapel.
RECENT UPDATES FROM UMCOR’S NEWSLETTER

FLINT, MICHIGAN -- When the water in Flint, Mich., became contaminated with lead, the community of 99,000 residents faced a crisis that left many vulnerable to health problems, stress, and financial strain. As the Federal Emergency Management Agency, state government, and National Guard respond, the United Methodist Committee on Relief (UMCOR) is also assisting some of the most vulnerable people in Flint.

Supported with a $10,000 emergency grant from UMCOR, the Crossroads District of The United Methodist Church is working with government agencies and relief groups to provide filtration pitchers, replacement filters, and bottled water to people in Flint. The Crossroads District first contacted UMCOR about the water situation in Flint in October 2015. “Together, we took a pro-active ecumenical approach to the crisis months before it became national news,” said Greg Forrester, who leads UMCOR’s U.S. Disaster Response work.

Emergency Water Crisis Coordinator Peter Plum is now working toward expanding the response by working with ecumenical partners, as well as looking into which churches in Flint could serve as “safe water stations” for the community. “We need both an ecumenical and a long-term strategy,” said Plum. (Susan Kim, a journalist and a regular contributor to www.umcor.org.)

GHANA -- Nearly 60 women and men from three communities near Accra, the capital of Ghana, participated in trainings last fall to build their capacities for sustainable agriculture and nutrition awareness, trainings they hope will set them on the
road to achieve greater food security. UMCOR sponsored the trainings. “Our vision is that those we train will not only practice what they learned and thereby improve the health and well-being of their own families but, also, will share their knowledge—formally or informally—with others,” said Alice Mar, UMCOR executive secretary for Sustainable Agriculture and Food Security.

INDIA -- Since early November, Tamil Nadu in southern India, has experienced record rainfall and the worst flooding the state has seen in more than a century. In its wake the flooding has brought devastation, loss of life, including animal livestock, and the displacement of more than 200,000 people. UMCOR is supporting several international partners—CASA will ensure that 1,450 families have access to essential household items, hygiene kits and temporary shelter supplies; GlobalMedic will provide 1,694 PureDak household water purification units; and Myrtle Social Welfare Network will provide dry food rations, materials for temporary shelters, and health and hygiene kits for 1,365 individuals.

You can subscribe to the weekly UMCOR HOTLINE at umcor.org.

**SUMC’s BENEVOLENCE OFFERINGS IN ACTION**

**HABITAT FOR HUMANITY**

Thanks to all who make an offering weekly or monthly to Stratford United Methodist benevolence fund. Our offerings help us to support a large number of missions locally, nationally, and globally. Habitat for Humanity of Coastal Fairfield County is one way we reach out.

Habitat CFC is an independent, locally run, IRS 501(c) (3) organization, headquartered in Bridgeport and working
throughout Coastal Fairfield County. Habitat CFC was founded in 1985 as Habitat for Humanity of Greater Bridgeport, and has expanded into Habitat CFC with outreach beyond the greater Bridgeport area. They have built over 200 homes in Fairfield County since 1985. Habitat CFC is a local affiliate of Habitat for Humanity International (HFHI).

Habitat for Humanity is dedicated to eliminating substandard housing locally and worldwide through constructing, rehabilitating and preserving homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions. Habitat for Humanity was founded on the conviction that every man, woman and child should have a simple, durable place to live in dignity and safety, and that decent shelter in decent communities should be a matter of conscience and action for all. Habitat CFC activities in the local area include more than just building homes for deserving families, they manage the construction, provide mortgage banking services for homeowners, perform real estate site selections, build community partnerships, fundraise, and select and support deserving, qualified families with social services.

Your giving changes lives in Fairfield County through Habitat CFC.

You can also help Habitat CFC by volunteering or shopping at the ReStore — a retail store that accepts donations of, and then resells, furniture, appliances and building materials, both new and used. If you would like to party with country music and dancing, Habitat CFC’s annual fund-raising party will be at the Fairfield Theatre Company Warehouse on February 27. Bidding on the fundraiser auction will be available on line starting February 19. For more information and ways to volunteer, go to www.habitatcfc.org
Corned Beef & Cabbage Dinner

Sunday, March 13\textsuperscript{th}

4:30 – 6:30 pm

Eat-in or Take Out

Tickets: $12

(Children under 5 free)

*Maximum cost per family $35

(Walk-ins welcome)
### MARCH 2016 BIRTHDAYS

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<tr>
<th>Date</th>
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<td>1</td>
<td>Beth Kelly</td>
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<td>Joan Andres</td>
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<td>Cheryl Hanson-Morris</td>
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<td>Alicea Kaylani</td>
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<td>Howard Silkman</td>
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<td>31</td>
<td>Diane Scripture</td>
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*If your March birthday isn’t on this list, please call the Church Office 203-375-5851.*
Happy Anniversary!

March 2016 Wedding Anniversaries

Mar. 16\textsuperscript{th} Mr. & Mrs. H. Lee
Mar. 16\textsuperscript{th} Mr. & Mrs. Matthew
Mar. 19\textsuperscript{th} Mr. & Mrs. Weller

If your March anniversary isn’t on this list, please call the Church Office 203-375-5851
**UMW NEWS**

**Arts & Crafts:** Arts and Crafts will meet on Wednesday March 9 at 2:30 at Joyce Fuller’s home. Betty Foote is the baker. We will be assembling School Kits and making an early Christmas craft. Please bring your kit items, scissors and tacky glue.

**Susanna Wesley:** will meet Wednesday, March 16th. Please bring a sandwich.

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**Thank You Marilyn Gardner**

Marilyn Gardner has retired as the chairperson of the Garden Club after 20 something years at the helm. She has spent countless hours planning the gardens, coordinating the work, and encouraging people to participate so that our church property is a beautiful testament to God’s glory in nature. We thank her for the dedication she showed to this ministry!
During the month of February, as students learned about the followers of Jesus, they enjoyed a classroom visit from Pastor Simeon. We also welcomed guest speakers from Heifer International.

As we enter the month of March, our curriculum focuses on Lent and Easter with stories about Jesus washing feet, celebrating Passover, entering Jerusalem and the Good News that He Lives!

Our Bible Verse for the month is: John 20:18—I’ve seen the Lord.

Our Anchor Point is: Jesus is alive!
Junior High Schedule

Feb 14 worship
Feb 21 class
Feb 28 worship

March 6 class
March 13 worship
March 20 class (Palm Sunday)
March 27 worship (Easter)

April 3 class
April 10 worship
April 17 class
April 24 worship

May 1 class
May 8 worship
May 15 class
May 22 worship
May 29 class
OUR CHURCH FAMILY IS GROWING!
Please join us in celebrating the upcoming birth of Baby Boy Law!

Jack & Jill Baby Shower
Saturday, April 16, 2016
2:00PM (Parish Hall)
Light refreshments will be served.

RSVP by April 8 to 203-375-5851
The proud soon-to-be parents are registered at Babies R Us and Amazon Babies
Thank You for remembering me this Christmas with a beautiful poinsettia plant. Thank you also to Lorraine Thomas and Lodemia Lopes for delivering it and the cards from the church post office. It was unexpected, and really appreciated. Regards, Barbara Hagan.

Thank You Thank you for your prayers and thoughts during my sister’s year-long fight with cancer. – Virginia Ware.

Thank You Thank you so much for the lovely poinsettia. It is so nice to be remembered, especially at the Holidays. I especially enjoyed my visit with June, who took time to sit and chat with me. Being shut-in, it gets lonely, but being remembered by my Church always brightens my mood. – Dolores Rebstock

Thank You Thank you to my Church and Friends. I want to thank Lodemia for bringing me the beautiful poinsettia plant. It really brightened my day. I have been quite ill with pneumonia, but am feeling much better. After an x-ray this week, I hope I will be back to church by next week. Thank you all for thinking of me. Fondest Love, Marge Milne.

Thank You I want to thank everyone who helped make the Heaven Sent Thrift Shop a success for the year 2015. The Volunteers who worked so hard, and the kind and thoughtful people who brought their things to us, all made for a banner year and helped the shop raise $7,756.48. My Earnest and Loving thanks to all who participated.” Be Blessed, Ellie Smith.

Condolences: to Virginia Ware on the passing of her sister, Judith Schuller, who died on Jan. 6th in Ohio at the age of 76.
ALTAR FLOWERS are provided by church families each week to honor, or in memory of, loved ones. We have been blessed to have very faithful donors for very many years. At this time, we need some additional help. Circumstances have changed for many of our families. Please call Jo Ann Schif at 203-378-1845 if you wish to help in this important ministry.

CHURCH COUNCIL MINUTES are available on the Narthex Table. You are welcome to take a copy.

FLOWER DELIVERY MINISTRY We are looking for a Chairperson for our Flower Delivery Ministry which delivers the altar flowers after the 10am service to our shut-ins. Duties include scheduling monthly Sunday delivery ministers. Please speak to Burdette James if you are interested.

SUMC NEIGHBORHOOD BREAKFAST Third Saturday of each month: We are currently serving an average of thirty to forty meals at our neighborhood breakfast. We have a loyal staff preparing, serving, setting up and cleaning up each third Saturday. We welcome new volunteers, or just stop by and enjoy a meal with us. If you wish to volunteer, in any capacity, please contact Ray & Jo-Ann Burrows 203-377-5034 or raybur14@aol.com.

PRAYER CHAIN Wanted: A Chairperson for the Prayer Chain. If interested, please speak to a member of the Lay Leadership Committee

USHERS NEEDED! If you would like to become an usher, please see Michael Kranyak.
SUMC Church Email Addresses:
Rev. Simeon – senior.pastor@sumcct.org
Church Secretary – secretary@sumcct.org
Church School – sunday.school@sumcct.org

ALL ARTICLES FOR THE GOOD NEWS SHOULD BE E-MAILED TO SUMCGOODNEWS@YAHOO.COM OR LEFT IN THE GOOD NEWS BOX IN THE CHURCH OFFICE. THANK YOU!

GOOD NEWS SCHEDULE FOR 2016

<table>
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<tr>
<th>Good News Issue</th>
<th>Articles Due no later than...</th>
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<td>January/February</td>
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In addition to reading The Good News, bulletin supplements, viewing our website (www.sumcct.org), looking at our Facebook page, or checking out the local newspapers, there is another way to keep up-to-date on upcoming events at S.U.M.C. Call the Church Office (203-375-5851) when it isn't staffed (that would be after 2 p.m. weekdays and all weekends). Press 5 to hear a calendar of upcoming events. The recording is updated on a regular basis.