



Center Brunswick United Methodist Church

Latest news and bulletin updates

Spring 2025

Hello CBUMC community! We are bringing the church newsletter back to life. We are currently planning on quarterly publication. We welcome any additional columns, notes, or news of upcoming events.

Submit them here
cbumc990@outlook.com.

We hope our project grows and we hope you enjoy it.
Happy reading!

Meetings and Events

Sunday Service 9:00am.
990 Hoosick Rd, Troy, NY
12180

Sunday School
Sundays 10:15 am.

Topic: Bible Study
Time: Thursday 10:00 am
Join Zoom Meeting
<https://us06web.zoom.us/j/92077854707>

Choir Practice
Thursdays at 7:00pm.
990 Hoosick Rd, Troy, NY
12180

Admin Board Meeting
Second Monday of each month
6:30 p.m.

See full calendar
[Click Here...](#)

Pastor's Page Lenten

Paster Joel Holcomb

As we move through the final days of winter and enter the Lenten season, I invite you to reflect on the transformative power of forgiveness. Throughout this season, our book group and sermons will explore the weight of anger and resentment—how they take root in our minds, bodies, and spirits.

Too often, we hold onto our grievances, nurturing them like glowing embers, rekindling them in moments of pain, frustra-

tion, or bitterness. We keep them close, ready to stoke the fire of negativity whenever we feel powerless. Yet, in doing so, we allow these burdens to shape our present and limit our future.

Forgiveness, however, offers a different path. It breaks this cycle and grants us the freedom to step into a future unshackled by past hurts. What better time to embark on this journey than during Lent, when we reflect on the boundless forgiveness Christ extended—not only to his persecutors but to all of hu-

mankind?

I invite you to join me in reading and discussing *Forgiveness: Finding Peace Through Letting Go* by Adam Hamilton. This four-week study will begin on **Friday, the 14th, at 6:00 PM**. Together, let's explore what it means to release the past and embrace a future filled with grace. I also encourage you to join us in Sunday worship as we continue this important conversation.

Blessings,
Paster Joel Holcomb

Forty Days – Forty Items: A Lenten Giving Challenge

By Sheryl Burke

As we enter the sacred season of Lent, we invite you to take part in a meaningful mission to bless others in need.

Lent begins on **Wednesday, March 5**, and we challenge you to **donate one item per**

day from your closet—something you no longer wear or need. Place these items in a bag, and at the end of the **forty days**, bring them to the church. We will ensure they are delivered to local shelters and organizations that serve those in need.

It's the perfect time for a little **spring cleaning with a purpose!** We welcome **clean, gently used** clothing items for adults and children, including jackets, coats, belts, shoes, hats, and gloves. Every donation will be appreci-



ated by someone who truly needs it.

Let's come together as a church family and **be a blessing to others!**



Just For the Health of It

By Jeanine Santelli, PhD, RN, AGPCNP-BC, FAAN
Faith Community Nurse



With so many nasties going around, how can you tell what you have if you're feeling under the weather?

If you are suffering from **diarrhea, nausea, and vomiting**, you most likely have Norovirus. In addition to being incredibly unattractive, you can also become dehydrated very quickly. Gently drink fluids to try and keep yourself hydrated.

If you have a sudden sensation that you've been hit by a bus, you most likely have influenza (aka "the flu"). You will experience **aches, pains, fever, chills, and exhaustion**. You will want to keep your fever from getting too high (should stay under 102 degrees). Remember that the reason your body ups the internal thermostat (your hypothalamus) is to make the environment (your body) less hospitable for the invading organism (the influenza virus). You also want to stay hydrated because a fever is rough on you, too. Over-the-counter (OTC) and prescription medications are available for managing

the flu. If you are relatively healthy you are able to manage symptoms on your own with OTC options. Always reach out to your health care provider if you need help managing symptoms or feel that you are getting worse.

COVID is also a virus and is certainly still running among us, but losing some steam acting more like "just plain old flu."

Low grade fever (around 100 degrees), **coughing, and sneezing with clear secretions** are typically indicators of a good old-fashioned cold. Not a bunch that we can do for a cold except – you guessed it – fluids, rest, and symptom control. If you can find someone to make you homemade chicken soup – go for it!

If you are coughing up **green or yellow mucus**, you may have moved to bronchitis. If you are blowing out green or yellow mucus, you may have sinusitis. These "rainbow-colored" secretions are indications of bacterial infections. Bacterial infections respond to antibiotics. Viruses do not. If you are ordered an antibiotic, there are some things to keep in mind:

- Take all of the prescription as ordered, don't stop when you feel better and save the rest "for later"

- If you are taking birth control pills, be sure to double up on your protection until you get your period AFTER you have completed your course of antibiotics
- Unless contraindicated, you will want to consider eating yogurt or taking other probiotics daily while taking antibiotics to keep your tummy happy

If you have **sneezing, runny nose, and itchy eyes**, you're having an allergic reaction to something. Antihistamines can be helpful, but will dry you out so – hydration, hydration, hydration!

If it feels like colds and other viruses are really running amuck this year, they are returning back to pre-COVID rates. We aren't wearing our masks like we had been – but they protect us from all of the above.

Final words:

Drink plenty of fluids
Wash your hands
Don't touch your face
Stay home if you feel sick
Wear a mask if you are in tight public areas

Stay safe and be well!

Exciting News! Our Manhattan Clam Chowder Sale is Back!

By Sheryl Burke

We're looking forward to the return of our **Manhattan Clam Chowder Sale on Good Friday, April 18!** Warm up with a delicious quart of our homemade chowder, perfect for your Good Friday meal.

- **Pre-Order Only!**
- **Pickup Date:** Friday, April 18

- **Pickup Time:** 11:00 AM – 1:00 PM
- **Price:** \$12.00 per quart (payable at pickup)
- **Call (518) 528-6725 to place your order!**

Don't wait—pre-order today to guarantee your quart of this crowd-favorite chowder!



A Warm Gathering at February's Community Dinner

On Sunday, February 2nd, the Center Brunswick United Methodist Church welcomed community members for a free turkey dinner, serving 50 guests with a delicious meal and warm fellowship.

Attendees enjoyed a traditional turkey dinner, complete with stuffing, mashed potatoes & gravy, green beans, cranberry sauce, rice

pudding, and beverages. Laughter and conversation filled the room as neighbors came together to share a meal and connect with one another.

Organized by Jill Walton, the event was a wonderful success, bringing people together in the spirit of community and kindness. A heartfelt thank you to everyone who attended and

helped make the gathering a memorable one.

We're excited to invite everyone back for our next community meal on Saturday, March 8th, from 12:00 to

2:00 PM. This time, we'll be serving a delicious chicken and pasta meal—a perfect way to enjoy great food and even better company!

We hope to see you there!



A Heartfelt Thank You for a Successful Souper Bowl Drive!

We are overjoyed to share the success of our **Souper Bowl Drive**! Thanks to your kindness and generosity, we collected over 225 cans of soup to support those in need in our community. In addition to the canned goods, we also raised \$100, which will go toward our next purchase for ARC Brunswick Services.

The donated soup will be delivered to the **Grafton Senior Center**, where it will be distributed to individuals and families facing food inse-



curity. Your contributions will bring warmth and nourishment to many, and we are so grateful for your support.

From the moment we

launched the drive, we witnessed an incredible outpouring of generosity. Many of you took the time to drop off donations behind the church or brought them to Sunday services. Your willingness

to give reflects the true spirit of Christian service, and we could not have done this without you.

A special thank you to eve-

ryone who helped collect, sort, and prepare the donations for delivery. Your efforts made this mission a great success, and we are blessed to have such a compassionate and giving church family.

Let's continue to serve our community and share God's love through acts of kindness. If you are looking for more ways to get involved in future outreach efforts, stay tuned for upcoming opportunities!

Kicking Off "Just For the Health of It" with a Great Start!

We are excited to share that our very first *Just For the Health of It* event was a success! Held on March 2, the gathering welcomed 13 attendees eager to learn more about healthy living. Our featured speaker, Fran Weiss, a Hannaford Dietician, delivered a wonderful presentation on immune-supportive nutrition. Participants not only gained valuable insights but also took

home goody bags filled with helpful information and nutritious treats.

To start the morning right, several healthy breakfast options were provided, along with recipes for attendees to try at home. It was a fantas-

tic way to kick off this wellness initiative, and we look forward to more engaging and informative sessions in the future!

Stay tuned for details on our next event—your health journey starts here!?



Exciting News! Help Shape Our New Church Website

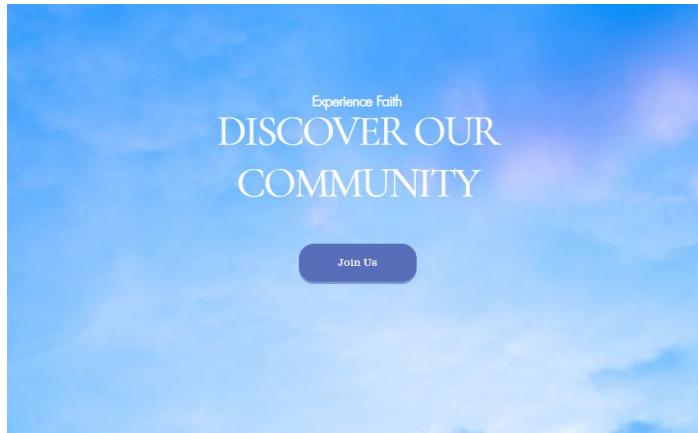
We are thrilled to share that our church is working on creating a new, vibrant, and engaging website! Our goal is to make it a welcoming and informative space where members, visitors, and the community can connect with our church, explore our ministries, and stay updated on events.

To make this website truly reflect our church's mission and community, we need your input! We want to hear your ideas, suggestions, and feedback on what should be included.

Proposed Website Outline

Here's a glimpse of the structure we're considering:

- **Home** – Welcome message, Pastor's page, Leadership, Church history
- **Worship** – Worship services, Choir, Bell choir
- **Giving** – Online giving, Ways to



support our ministry

- **Ministries** – Missions (Faith Community Nurse, Pittstown Food Pantry, Medicine Bottle Collection, Skye Farm Retreat Center, St. Jude's Card Collection, Damien Center of Troy), Christian Education, Fellowship Events
- **Community & Events** – Calendar, Happenings, Scholarship recipient recognition
- **Resources** – Newsletter, Contact information

We Want to Hear From You!

Is there something missing? Would you like to see additional features, such as:

- Online sermon recordings or live streaming?
- A section for prayer requests?
- Member spotlights or testimonials?

- A photo gallery of past events? Please share your thoughts! Whether it's a feature idea, a suggestion for improvement, or something you feel would be beneficial to our church community, we welcome your input.

How to Share Your Ideas:

- Speak with April Snow after Sunday service.
- Email your suggestions to cbumc990@outlook.com or April.snow59@outlook.com.
- Fill out form at: <https://forms.office.com/r/iDQQmjXQ8M>

Thank you for being a part of this exciting project. With your help, we can create a website that truly reflects the heart of our church and serves our congregation in meaningful ways.



Matthew 25 reuses our clean pill bottles

Can you envision walking for several hours to the pharmacy dispensary, being handed your pills in a scrap of paper and then walking several hours home with your pill in your hand? In third world countries that is a reality.

Matthew 25 reuses our clean pill bottles by sending them

to these countries so people can keep their medications clean and safe. Please remember our mission project and bring in your clean pill bottles for this important service.

