

FROM THE PASTOR'S DESK

Greetings in the Name of our Risen Savior,

Brothers and sisters – I have been invited again to be one of the Spiritual Directors of the South Hudson Tres Dias Women's Weekend. This is the eightieth such weekend (usually given twice a year). The dates of the time away are May 4th at 6PM through May 7th at 6PM. I have served for eight weekends; and find it to a marvelous, uplifting, sometimes life-changing experience. If you are interested in either the Women's or the Men's weekend (April 20 – 23) I have applications.

A very brief history and statement of purpose follows:

TRES DIAS

Tres Dias is an instrument of renewal of the church. Its aim is to concentrate closely on the person and teachings of Jesus Christ. Tres Dias gives those who attend a dynamic understanding of basic Christian beliefs and the desire to serve their local church. Tres Dias is an adult weekend. There are separate weekends for men and women. Tres Dias proposes no new type of spirituality; it is simply a method through which one's spirituality may be further developed, lived and shared in any area of human life where there are Christians willing to direct their lives to God in an on-going manner. The "Methodist" version of the program is "Walk to Emmaus"; I have chosen to participate in Tres Dias because it is more ecumenical in nature.

The Spanish words "Tres Dias" mean "three days". Although it can be held on any consecutive days, a Tres Dias usually begins on Thursday evening and ends the following Sunday evening. During the three days, those attending live and study together, communicating with one another to gain a permanent living awareness of their faith, and of the responsibility that such a deep awareness involves. The Tres Dias team leading the weekend is composed of former attendees of a Tres Dias who have volunteered their time for weeks of preparation, working and praying together as a unit. Tres Dias is centered on 15 talks: 10 given by lay people and 5 by clergy. In addition to the talks, there are also worship periods, singing, and celebration of Holy Communion. Notes are taken during the talks, and each talk is then discussed in small groups with lay leaders assigned to each table. The interchange that develops in these discussions makes Christ's teaching come alive. There is presented in three days the basis of the Christian life, the meaning of living the Christian ideal, and its application in our daily lives. Tres Dias can be experienced only once in a lifetime. Therefore, it is not a substitute for a retreat, nor does it have the individual solitude of a retreat. The basic atmosphere of Tres Dias is one of love, joy, and Christian fellowship. Actually, Tres Dias can make succeeding retreats and other experiences more profitable. Following Tres Dias, a person is able to expand one's own spiritual life and become a more active

disciple of Christ in the world and in one's own church. One's life after a Tres Dias weekend is known as the "Fourth Day". During this time, perseverance is important, just as it is with any method of renewal. In Tres Dias, the spirit is continued after the three days through reunions of the Tres Dias community. These are available regularly as a means for growth in understanding and enthusiasm within the Christian community. Also, reunions of smaller groups within the local church and/or the large Tres Dias community are encouraged so that the participants may help one another in living the Christian life.

HISTORY OF TRES DIAS

Tres Dias was derived from Cursillo de Cristiandad (a short course in Christianity) which has been an active tool of renewal in the Roman Catholic Church since it began in Spain in 1949. Tres Dias is an inter-denominational version of Cursillo, open to any Christians interested in deepening their walk with the Lord. Each attendee must be sponsored by someone who has previously attended a Tres Dias or Cursillo. Tres Dias was started in 1972, and is now overseen by a National organization of lay people and clergy. Individual weekends are coordinated by area secretariats whose members consist of anyone who has already made a Tres Dias. Tres Dias relies on prayer and on the indwelling presence of the Holy Spirit for its leadership and guidance.

In His name,

In His service,

Pastor Kirt

..... UMW, January 2017

The UMW (United Methodist Women) is welcoming to all women of the church. We meet monthly and ask you to join us whenever you can. Meeting dates are published in the church calendar. Our next meeting is Monday, February 27 at noon - a pledge service and covered-dish lunch.

UMW sponsors the women's communion breakfast in May, the World Day Apart and stations-of-the-cross near Easter, and the holiday/harvest fair in the fall. Last year, UMW made \$3000 at the fair. We have given this \$3000 to the church for the current budget. Next year we plan to do the same.

..... OPERATION CHRISTMAS CHILD



- OCC Collection for February - Games
- Craft Night – February 21st – Decorate Toy Tops

..... MAIL BAG

*To All,
A million Thanks for all your donations.
The North Shore Inn Soup Kitchen
Glen Cove, NY*

..... FEBRUARY BIRTHDAYS

Ed Stack	1
Connie Fisher	2
Naveen Neveroski	6
Phyllis Harbach	23



..... DIRECTORY CHANGES

Linda Bartha has a new email:
tabbytufts@mac.com

..... PRAYER LIST

... For Healing, Comfort, Strength of Mind & Spirit

Claudia Delgrosso
Ginna Pedulla
The family of Mike Pedulla

Susan Kotta
Jimmy Volz
Joy Sullivan

... For those Homebound & in Health-Care Facilities

Joan Clarke
Connie Fisher

Lee Janelli
Laura Valente

Joke of the Day -21st Century Newspaper

I was visiting my daughter last night when I asked if I could borrow a newspaper.

"This is the 21st century," she said. "We don't waste money on newspapers. Here, use my iPad."

I can tell you this... That fly never knew what hit him!

..... FINANCIAL UPDATE

Current Expense Needed to Date: \$12,093.00

Current Expense Received to Date: \$6,039.70

2016 Apportionments owed of \$18,665.37 have not been paid

Thank you.

Patti DiStefano, Church Treasurer

*** Please consider increasing your giving to eliminate our enormous deficit.***

..... SAVE THE DATE – FEBRUARY 26TH

Celebrating Our Gifts Pot-Luck Brunch

Time: following worship

Bring a dish:

If your last name begins:

A-H – a salad

I-P – a main

Q-Z – a dessert

..... THOUGHTS ON

THE SEEMING UNDERPERFORMANCE OF THE SACROILIAC LIGAMENT

By Sheila Fontana

As a massage therapist, I frequently see clients in my treatment room requesting attention to a very localized area on the lateral lower back. I know right away that the pain involves the sacroiliac ligament. This is when I get to make my witty little comment, "When I finally meet God I am going to ask Him why He made that ligament so poorly equipped to do it's job...hahaha!" (Ugh! Can you imagine what a tiresome, repetitive, self-pleased bore I can be? Of course you can.)

I do have a point. The S.I. ligament joins the sacrum, the heavy distal portion of the spinal cord upon which all the hip rotators and gluteal muscle attach, to the ilium, the large hip bone which receives the femur and allows us to walk. The ligament is large and protected but very prone to over-stress and pain.

In December, while I was on the big ladder putting the Christmas lights on the roof (no, I have not taken the coward's way out with that "light projector" ...you know who you are!), I was thinking about how the S.I. joint is not as strong as it might be, while I should have been thinking about not plummeting to my death. An answer came to me clearly, and I started to laugh. "It is because you are not a beast of the field and you were not intended to work like one".

Amen. This has been a strong theme in my growing understanding of what it means to

be a human being. In Psalm 8 (v.4-8) , Divine Majesty and Human Dignity, David asks:

“what are human beings that you are mindful of them,
mortals that you care for them?

Yet you have made them a little lower than God,
and crowned them with glory and honor.
You have given them dominion over the works of your hands;
You have put all things under their feet,
all sheep and oxen,
and also the beasts of the field,
the birds of the air, and the fish of the sea,
whatever passes along the paths of the seas.

The message I hear is that I show glory to God when I respect my humanity. I am hearing that part of human dignity means that I am not to work like a beast, and we have some built in anatomical reminders.

Gracious God, thank you for the beauty of the earth and for our place on it. As we work and serve and use our provisions in ways that honor You, let us also be mindful that the human need for rest, nourishment and fellowship honor You as well. Help us to stay in balance. Amen.

.... THE LIGHT SIDE

1. **My goal** for 2017 was to lose just 10 pounds. Only 15 to go!
2. **Ate salad for dinner!** Mostly croutons & tomatoes. Really just one big, round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.
3. **How to prepare Tofu:** A-Throw it into the trash. B-Grill some meat.
4. **I just did** a week’s worth of cardio after walking into a spider web.
5. **I don’t mean to brag** but ... I finished my 14-day diet in 3 hours and 20 minutes.
6. **A recent study** has found that women who carry a little extra weight live longer than men who mention it.
7. **Kids today** don’t know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
8. **I may not be** that funny or athletic or good looking or smart or talented I forgot where I was going with this.
9. **I love being over 50.** I learn something new every day and forget 5 others.
10. **I think I’ll just** put an “Out of Order” sticker on my forehead and call it a day.
11. **Senility** has been a smooth transition for me.

February 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			→10:00 a.m.-2:00 p.m. Thrift Shop →7:00 p.m.-AA →7:00 p.m.-Praise & Worship	→7:30 p.m., Choir		
5	6	7	8	9	10	11
→10:00 a.m. Worship & Sunday School <i>Child Care Provided</i> "Soup Bowl" Sunday	→9:30 a.m.-Golden Ring →7:00 p.m.-AA	→Church Council mtg., 7:00 p.m.	→10:00 a.m.-2:00 p.m. Thrift Shop →7:00 p.m.-AA →7:00 p.m.-Praise & Worship	→6:30 p.m. Boy Scout Crew Meeting →7:30 p.m., Choir		
12	13	14	15	16	17	18
→10:00 a.m. Worship & Sunday School <i>Child Care Provided</i>	→9:30 a.m.-Golden Ring →7:00 p.m.-AA		→10:00 a.m.-2:00 p.m. Thrift Shop →7:00 p.m.-AA →7:00 p.m.-Praise & Worship	→7:30 p.m., Choir		
19	20	21	22	23	24	25
→10:00 a.m. Worship & Sunday School <i>Child Care Provided</i>	→9:30 a.m.-Golden Ring →7:00 p.m.-AA	→7:00 p.m. OCC Craft Night	→10:00 a.m.-2:00 p.m. Thrift Shop →7:00 p.m.-AA →7:00 p.m.-Praise & Worship	→6:30 p.m. Boy Scout Crew Meeting →7:30 p.m., Choir		
26	27	28				
→10:00 a.m. Worship & Sunday School <i>Child Care Provided</i> Pot-Luck Brunch after service	→9:30 a.m.-Golden Ring →12:00 p.m. UMW Pledge service & covered dish lunch →7:00 p.m.-AA					

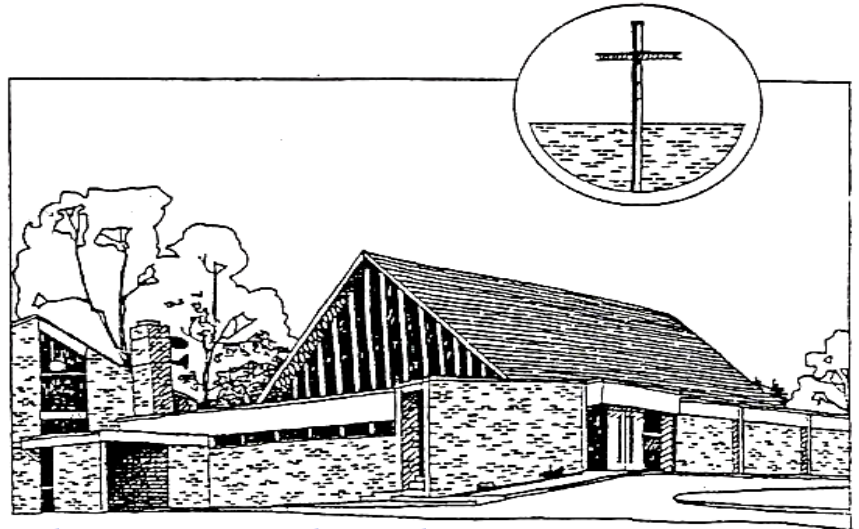
**THE UNITED METHODIST
CHURCH OF SEA CLIFF**

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We're on the Web!
See us at:
www.seacliffumc.org



About Our Church...

The Mission of the United Methodist Church of Sea Cliff is to carry out God's purposes as defined for us by the life of Jesus Christ. As His disciples we seek to reach out to our own community and the world to support God's work and to invite, without exclusion, all people to a life of love and service in Jesus' name. We pray that your time with us will be joyful celebration of life and faith.

THE UNITED METHODIST CHURCH OF SEA CLIFF
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