



The Aldersgate Experience

Monthly News of Aldersgate United Methodist Church

May 2016



Dear Friend in the Messiah,

May might as well be WORLD Month at Aldersgate Church! Better yet, let's look at May 2016 as THY KINGDOM COME MONTH for the people of God gathered here for worship, growth, service and witness!

Sunday May 1 has us gathered in worship as the Trailblazer Children's Ministry leads us in proclaiming The Good News of Jesus! In a day when children were meant to be seen and not heard, Jesus plowed his Kingdom into the ears and minds of people of the day to Expand Their World!

May 10-20: The United Methodist Church's governing body (The General Conference), consisting of congregation representatives and clergy from around the world, meet in Portland, Oregon, for the every-four-year General Conference to determine ministry focus, Church emphasis and structure, and policy and church teachings. I believe The United Methodist Church worldwide is the most diverse gathering of any "Church denomination" – people of every "tribe, tongue and race" united in the Oneness of Jesus Christ. Great diversity otherwise, but Core Connection in Christ. As such, and given the "Methodist" Scriptural heritage of a people being first and foremost in Covenant-Relationship with God and Christ in contrast to being a people ordered first by rule, we are a people who tend to have diversity of opinion, views and distinction that – apart from Christ – can lead to unhealthy division. I say all this because over the next few weeks the media will be reporting stories and zeroing in on quotes arising from the discussions and debates of Methodists worldwide as they gather in Oregon. Please hold this Conference and its delegates in prayer. And please open yourself to the Holy Spirit's Wisdom, Will and Way for your life as one saved by God's Amazing Grace.

May 15: It's PENTECOST SUNDAY (the birth of Christ's Church through the outpouring of the Holy Spirit!). And Dr. George Ghanem of Holy Land Christians will be with us to share an update on our Christian sisters and brothers caught in the volatile hostilities in their homeland. George will have hand-carved olivewood items made by Christians in Bethlehem on-hand for sale. Proceeds benefit Bethlehem Christians who have relied on tourism for their livelihoods.

May 22: SPECIAL WORSHIP TIMES: 9 and 10:30 a.m.! The Ugandan Children's Choir will visit with us again to offer a wonderful taste of the Joy of Christ beyond our cultural norms ... and to give us perspective on the challenges in Christ that so many of God's people deal with on a daily basis. Bring your whole family, friendship network and neighborhood to these powerful moments of worship with God's children from Africa!!!

In Christ,

- Pastor Troy

WORSHIP MINISTRY



Choir News

It's been another wonderful season of singing God's praises here at AUMC. It was exciting this Easter to have the addition of *real* choir risers for us to use for those special holiday cantatas and musicals. Many heartfelt thanks go out to those on the trustees committee for seeing the necessity of risers for the choir. It will take us awhile to get used to them, but they truly will make a big difference for us as we find the best way to utilize them. I also want to thank our facility manager Carl Wagner, and Pastor David Watkins for unloading those heavy risers when they arrived!

Another choir season is coming to a close. With our observance of Pentecost Sunday on May 15th, the choir will be sharing their last song as a group until next fall. As we have done in previous years, we would love to have members and friends of AUMC offer the God given gift of music in worship services over the summer during the choir's hiatus. If you are interested in sharing, email Sheri at worshipdirector@aldersgatechurch.net.

May 22nd, Ugandan Orphan's Choir Leading Aldersgate Worship Services SCHEDULE CHANGE May 22nd WORSHIP SERVICES: 9 AND 10:30 am

Join us for worship on May 22nd as we again host the Uganda Orphan's Choir. This choir consists of 10 Ugandan orphans who are on tour in the US performing traditional Ugandan songs and dances while raising awareness on the power of Child Sponsorship. After the 10:30 worship service, there will be a luncheon in the Family Life Center that will be open to the entire church body. Information will soon be provided via the Sunday bulletin for sign ups and donations for the luncheon. It is our hope that all from the Aldersgate Family and many from the surrounding community will come out to support these special children of God. If you want to know more, email Sheri at worshipdirector@aldersgatechurch.net or call the church office.



4/21/16

To the wonderful folks at Aldersgate UMC, when our wonderful friends, Joe & Marilyn Skasko, presented me with the most beautiful prayer shawl made by those in your congregation, I was delighted and felt blessed!

To have such an awesome shawl that so many of you have prayed over simply meant the world to me as I was recovering from serious neck surgery. Thanks to all who participated in this beautiful work of art. I have held it close to me throughout my recovery and will continue to hold this close to me. Thank you & God bless you all.

Billi Jo Smith

April 2016

Dear Aldersgate Congregants,

Thank you for the wonderful prayer blanket. It has been very comforting. I'm really touched by your support and kindness. (I'm a childhood friend of Pam Caserta.)

With Heartfelt Appreciation,

Janice Toser

4/11/2016

Dear Aldersgate Family,

Our sincere thanks to all of you for remembering me with the cards, Easter & Christmas flowers, visits (especially Chris Kiehl) and prayers.

We also appreciated so much the Sunday visitors (Dogs for God's Gunther, Cheryl, Pam & Max!) It was a very special treat to pet Max & Gunther and look forward to another visit.

Much love & peace to all in Christ,

Gayle Rebuck and Jody (daughter)



Trailblazer Ministries News

Sharing the love of Christ with children Birth –5th Grade

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***Catch the Wave of God's Amazing Love
at Surf Shack Vacation Bible School!
June 6-10 from 6:15-8:30pm***



All children who are 2 years old by January 1, 2016 through those completing 5th Grade are invited.

Opportunities Await for Adults and Youth! Lend a Hand!

We would love to have you as a "Lifeguard"! Whether you can lend a hand one day or all week, we have a place for you. There are plenty of behind the scenes and before the event opportunities. Watch the bulletin and Aldersgate E-news for work session dates and times. Come when you can and stay as long as you are able. Children are welcome to help as well!

Collections and Donations!

Our annual donation list that can be found on the bulletin board around the corner from the elevator. Pick an item and return it to church by May 29th. Giant Gift Cards provide a double benefit to Aldersgate - consider purchasing a Giant Gift Card outside the FLC and then donate it to VBS!

Join the Fun!

Volunteers and participants can register on-line at <https://2016.cokesburyvbs.com/aldersgatetrailblazers> or pick up a registration form near the VBS bulletin board or church office.

Key Leadership Positions Open

Looking to "step up" in VBS? Perhaps this is the year to get a little more involved. Key leadership roles are still needed to make our VBS a success. Help is definitely provided. You're never alone! Please prayerfully consider stepping up this year and contact me.

As The School Year Winds Down... Dates to Know

- **May 29** ~ Last "regular" day of Sunday School
- **June 5** ~ Trailblazer Pancake Breakfast. Meet in FLC at 9:30. Dismiss from FLC at conclusion of 9:30 Worship Service
- **June 12** ~ Summer Sunday School Begins

Summer Sunday School Begins June 12

During Summer Sunday School, children will go to directly to their classrooms at 9:30. Due to lower attendance in the Summer and the many volunteers still needed, we will be combining classes. Preschoolers will all be together downstairs. K/1, 2/3 and 4/5 will be in 3 separate classrooms upstairs. Children will continue in the grade they are **finishing**. We move up in September.

In order for Summer Sunday School to happen, we do need volunteers!

Commit to just one week or two...Youth and Adults can volunteer on-line at <https://ttsu.me/Ft4> or by contacting Jodie Dodson at 737-7923 x107. Lessons are supplied, materials are prepared, all you have to do is follow the instructions and share God's love!

Do you want to know more about Trailblazer Ministries?

Contact Jodie Dodson at 737-7923 x107 or email childrensdirector@aldersgatechurch.net



Spring finally arrived! The children and teachers are so thankful to be back outside on the playground.

We are in the home stretch of preschool for this year. We will finish up on May 20th with a school-wide picnic from 11-1 at 'Adventure Zone' playground on Lamb's Gap Road. Feel free to join us!

We LOVED our new playground this year! What a blessing it has been for all of the children and teachers. Thank you for helping make that a reality for us!

This year we are saying good-bye to 2 of our beloved teachers. Diane Cuomo and Rachel Smoker will be leaving the preschool in order to pursue more full-time working hours. It is with much sadness that we bid them farewell. They have made lasting impacts in the lives of hundreds of children while they served here. They are both incredibly gifted and compassionate teachers. We wish them well in their new job opportunities and feel especially thankful that they will be working at the SAME eye doctor office!!! God is good and faithful in so many miraculous ways.

We have been blessed with talented teachers, dedicated volunteers and wonderful preschool families through this ministry. Many children are learning about the love of Jesus for the first time, and a few families have joined the church due to their connection to the preschool. What an amazing opportunity for us to *truly* introduce others to Christ! We are privileged to share God's love and hospitality to all the new friends we meet each year.

Each school year brings new adventures and challenges. Praise God that we have the opportunity to serve in such a fun and rewarding environment!

Blessings,

Kathleen Blazey

"We love because he first loved us." (1 John 4:19)

SUMMER EMPLOYMENT FOR COLLEGE STUDENTS

Rewarding opportunity to gain valuable experience working with troubled youth in a Summer Day Program beginning in June. Seasonal employment is available to coincide with semester breaks.

Preferred qualifications:

At least 21 years of age by June 1, 2016

Pass background clearance and physical

We hire through the PHEAA work study program. You will receive valuable experience, training in several specialty areas, and a summer full of memories to last a lifetime. To apply write to:

Summer Day Program

5120 Simpson Ferry Rd.

Mechanicsburg, PA 17050

E-mail - Kmaley@umhcservices.com

Phone - Loren at 717-766-7652

Mary Jane Vaitl

United Methodist Home for Children Inc.

Director of Church Relations



IRONMEN MINISTRY ALDERSGATE



We had a successful Men's Breakfast on April 16th featuring Chuck Wingate, Executive Director of Bethesda Mission, as our featured speaker. We had in excess of 60 men and boys in attendance. Praise God!

Aldersgate Church has been a Missions Partner with Bethesda Mission and its Mobile Mission since 2007. More than \$14,000 has been provided to the Mission and several Aldersgate members have participated on Mobile Mission outings throughout the year.

We continue to encourage the Men of Aldersgate to consider being a part of an Operation Timothy Study Group whose roots come from the *Christian Business Men's Connection*, which has been around since 1930. With the exception of Thursday, there's a Study Group available to you as follows:



Monday	4:00pm-5:00pm	Room 203	David Balinski
Tuesday	6:15pm-7:15pm	Room 203	Bill Brandamore
Wednesday	6:30pm-7:30pm	Room 203	Carl Wagner
Friday	9am-10am	Room 203	Todd Cressler
Saturday	7:30am-8:30am 1 st , 3 rd & 5 th	Youth Room	Rob Duffield
Saturday	7:30am-8:30am 2 nd & 4 th	Youth Room	David Watkins Book of John

Future Men's events include:

"Shoot for Life" on April 30th and CBMC Golf Outing on June 13th at Hanover Country Club. More information about these events will be forthcoming.

For His Glory, Bill Brandamore

When the Game is Over It All Goes Back in the Box.

Please complete the end of session survey that your group leader should have given you and return it to the "Discipleship" mailbox outside of the FLC. This will help us to improve our small group ministry. Group leaders should return dvds and any extra materials to the same mailbox.

Small group study materials.

Do you have any Bible studies or books that you have used here at Aldersgate over time that are gathering dust at your house? If so, would you consider bringing them back to the church where they can be placed in the Resource Room to be available to be used by other groups or individuals? Items can be brought to the church office and given to Sandi Tobias, Director of Discipleship Ministries, or they can be placed in the "Discipleship" mailbox outside of the FLC. We will then try and catalog them so they can be signed out by others wishing to use them. If your small group is in need of materials, check the Resource Room for ideas.



Aldersgate Student Ministry

Sheryl Behr, 717.737.7923 x105, YouthDirector@aldersgatechurch.net

SUNDAY SCHOOL TEACHERS ARE NEEDED for both Middle School and High School classes. Our travels through the youth/teenage years give us great perspective that can be shared with our youth. Please consider serving in this vital ministry. Materials are provided and you begin observing or teaching with a seasoned teacher. The schedule is flexible, you can select the week you are available each month. Consider inviting a friend to join you and teach.

YARD SALE Friday and Saturday, May 20-21. (Special early shopping for the congregation and Preschool families only on Friday, May 20th. Open to the public on Saturday, May 21st.) Have some stuff you want to get rid of but don't want the hassle of holding a yard sale? Why not let the youth take care of that for you! Starting Sunday, May 1st, you can bring your gently used, well loved, but no longer needed donations to the Youth Room. Contact Sheryl Behr if you have items you need help getting to the church. Mark your calendar for this awesome event!

SUMMER MISSION WITH GOD'S HELPING HANDS, June 19-24. High School youth will team with **God's Helping Hands** to serve families in our community! Middle School youth will serve lunch and organize activities for children at the Neighborhood Center, Bethesda Women and Children's Shelter and more!

Arrive at the Waugh-Wilson home next to Silver Spring Presbyterian Church at 8:00 pm (Late start so you can enjoy Fathers' Day and an evening meal with your family).

Adult chaperones are needed! Help is needed from parents and the congregation to make this opportunity possible. You can support this Mission Trip by spending the entire week with us, joining us to serve alongside the youth during the day, or staying overnight at the Waugh-Wilson home.

Cost for the week is \$50. Register today! Reserve your spot by contacting Sheryl Behr via email or phone # listed above.

CREATION! Ticket Discounts: Sign up early to save a little cash!

Creation 6/29 thru 7/2 Ticket + Food/Truck Rental	Through 5/1	5/2 - 6/12	After 6/12
	\$150	\$180	\$190

This Month's Youth Calendar Highlights	
5/1	Youth Sunday Evening
5/8	Mother's Day: No youth
5/15	Youth Sunday Evening
5/22	Youth Sunday Evening
5/29	Memorial Day Weekend
Long-term Forecast: Mark your calendar!	
6/19-25	SUMMER MISSION TRIP: We will team with God's Helping Hands to serve families in our community!
6/29-7/2	CREATION! Tickets are available until May 1st for the lowest price of \$150 (includes ticket price plus the cost of food and supplies). After May 1st the cost goes up \$30. Lock in the discount with a deposit of \$50 or more. Any 6th grader who wishes to attend needs to first meet with their parent and the Youth Director.

Holy Land Christian Solidarity Cooperative

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April 5, 2016

Dear Pastor Howell,

On behalf of the Christian families of Bethlehem in the Holy Land, I would like to thank you for giving us the opportunity to come to Aldersgate Church on May 15, 2016.

THE HOLY LAND CHRISTIANS ARE OUR GUESTS TODAY

HEAR THEIR STORY AND BUY THEIR BEAUTIFUL OLIVEWOOD CRAFTS

On May 15, and during all services, we will be hearing about the Christians of the Holy Land, and after each service we will be hosting at the church fellowship hall a nice display of handmade olivewood religious articles from Bethlehem available for purchase. These carvings include olivewood Nativity sets, crosses, Christmas ornaments, candle holders, angles and many other religious crafts that make nice wedding, baptism, confirmation, Easter and mostly Christmas gifts.

These carvings are handmade by Christian families in Bethlehem who rely on it for their daily bread. For more than ten years those Christians have been enduring many hardships as tourism in Bethlehem has plummeted and access to other sources of income has been sharply restricted due to the ongoing conflict and the volatile war situation in the country. Many Christians left their homeland. The Christian population of the Holy Land went down from 30% in the last century to almost 1% today.

Please help support our Christian brothers and sisters in the town where Christ was born by purchasing their carvings. George Ghanem, an indigenous Christian from Bethlehem will be sharing the story of the Christians of the Holy Land and he will be presenting these carvings after each service. Proceeds go to support Christian families in Bethlehem. It is never too late to help!

The website showing the olivewood religious carvings is www.holylandcsc.com

Faithfully in Christ, Dr. George Ghanem

Dear brothers and sisters in Christ,

The Holy Land Christian Solidarity Cooperative is our Ministry guest Sunday, May 15 at the 8:00, 9:30 & 11:00 am worship services. Please, pray for them.

Support a Christian family in Bethlehem! For centuries, Bethlehem Christians have relied on tourism for their livelihood. Because of war and conflict tourism has been virtually nonexistent during the past ten years. Unemployment reached its highest limits and Christians have been struggling for daily bread. The Christians are leaving the Holy Land. For the first time since Jesus resurrection, the Christian population of the Holy Land is only 1%.

Imagine the land of Jesus without Christians! We need your help! After and between all services on May 15 a display of a beautifully hand-carved olivewood religious articles will be for sale including Nativity sets, crosses, angels, Christmas ornaments, candle holders, religious figures & many more. The olivewood is a beautiful hard wood that will stay intact for generations.

Buying one piece supports a Christian family for a few days! Nothing is more special than a Nativity Set that is carved by a Christian family in Bethlehem, the birthplace of Jesus Christ. Bethlehem Christians are in need of your support. Let us carefully tend, and protect our Christian roots in the Holy Land.

Your generosity is deeply appreciated!

www.holylandcsc.com

Articles for June/July 2016 Newsletter should be sent to the church office at secretary@aldersgatechurch.net by **May 15th**. Thank you.

Navigating the Health Care System



Did You Know...

Health Literacy is the strongest predictor of one's overall health, more than age, education, income, or race. Health Literacy is defined as the degree to which an individual has the capacity to obtain, process, communicate and understand basic health information and services in order to make appropriate health decisions.

Studies have shown 40-80% of the information you are provided as a patient is immediately forgotten and that which is remembered, you can only recall 50% of the information correctly. According to a recent study understanding 78% of us misinterpret the warning label found on our medicine containers!

This misunderstanding or lack of communication can impact your health in a variety of ways. Such as:

- poor self-management of your disease/illness
- improper use of medications, (studies have shown this is one the areas greatest impacted)
- your safety
- increased hospitalizations

You have the right to understand health care information that is necessary for your care, safety and information. Providers are responsible to use plain language to ensure you understand what is being said. You have the right to ask them to repeat or communicate this information in a way you understand. To improve your health literacy and improve your understanding of the information being provided by your health care providers you can do the following.

During appointments with your health care provider

- Bring a family member or friend along with you. Two set of ears are better than one.
- Bring along your health summary.
- Have the questions you want to discuss during this meeting written down and take notes during the meeting to help you remember the answers to these questions.

There are several websites to assist you formulate questions for your healthcare provider.

www.askme3.org This website was designed by health literacy experts and suggests you ask these three basic questions during each visit.

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

The U.S. Department of Health & Human Services' Agency for Healthcare Research and Quality have developed a website which includes questions for patients to use dependent upon what is happening to them. <http://www.ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor/index.html> This site also addresses:

- The 10 questions you should know
- Questions to ask before your appointment
- Questions to ask during your appointment
- Questions to ask after your appointment
- Build your own list of questions

Another suggestion is for individuals to keep their own records. Bring this binder of information with you to each doctor's visit and share with each provider what is being done by your multiple health care providers.

You are important, and understanding what is happening to you, and making informed decisions about your own care can only occur if you are open to asking questions. Make certain you do understand what the doctor is saying, that is Health Literacy!

There is a Solution Group Now Meeting Every Tuesday & Thursday Evening!

Aldersgate Church has long supported the "*There is a Solution Group*" who have met every Thursday evening at 6:30pm.

NEW starting on May 17th, "*There is a Solution Group*" will be offered every Tuesday evening at 6:30 pm AND every Thursday evening at 6:30pm in room 206-208 at Aldersgate Church.

Alcoholics Anonymous is a fellowship of men and women who have had a drinking problem. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. Find out more about Alcoholics Anonymous at www.aa.org. Individuals are welcomed to join this group, walk-ins are expected. For additional information contact Carol at 737-7923 ext. 104.

**Alcoholics
Anonymous®**



ALDRSGATE UNITED METHODIST CHURCH PRAYER CALENDAR MAY 2016

Please pray for each item on the respective day. Thank you for surrounding Aldersgate Church in prayer. We ask that you would please pick a staff member to pray for daily as well. Pastor Troy, Pastor David, Carol D., Jodie, Sheryl, Kathleen, Sandi, Carol P., Christy, Carl, Sheri, Maureen, Kristi.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 For Trailblazer Sunday	2 For God to subdue powers of evil that hold people in darkness	3 For God to lead us to a time of renewal & commitment	4 For God's love to be revealed to all our neighbors	5 For all those who are joined together in prayer on this day	6 For encouragement to our friends who are in need of it	7 For marriages to be holy and God honoring
8 For all mothers & families to be a blessing and to be blessed	9 For the Gospel to illuminate the hope of freedom in Jesus	10 For the General Conference of the UMC as they meet in Portland, OR	11 That we are obedient to God's Word and plan for our lives	12 For single parents raising children alone	13 For God to be unleashed in our work-places	14 For those who are positively trying to change the world
15 For us to remember & rely on the power of the Holy Spirit in our lives	16 For teachers and students	17 For those who are mentally ill	18 For the weight of sin to be stripped from us so we can grow closer to God	19 For a hunger to be in His Word daily	20 For the Youth yard sale to be successful	21 For protection of our hearts and minds from false teaching
22 For the Ugandan Children's Choir	23 For our police and firefighters who put their life on the line every day	24 For our heritage as UM as we celebrate Aldersgate Day	25 For single adults who live alone and need God as a companion	26 For godly wisdom and understanding	27 For health care professionals	28 For our leaders to be empowered in their ministries
29 For God's Word to become alive in our hearts	30 For those who have made the ultimate sacrifice to our country	31 For peace and comfort from our daily stressors				

Pray daily for:

Our commitment to worshiping God with God's people and extending God's grace to others.

Our commitment to growing through the application of God's word as well as teaching others.

Our commitment to follow Christ's example of reaching out to others in God's love by serving.

Meals Ministry

Aldersgate United Methodist Church
Meals Ministry Team

*Sharing the Love of Christ
Through Bread and Prayer*



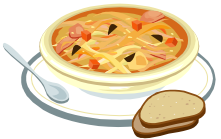
This meal comes to you, made with the heart of Christ by the hands of His disciples. As this food was being prepared, in the midst of the cutting, mixing and cooking, prayers were lifted for you and your family. May this simple meal serve as a tangible reminder of the prayers (your joys or concerns) being lifted on your behalf.

Many of you have been expressed your appreciation of the Aldersgate's Meals Ministry Team. Men and women of our church serve as the hands and feet of Christ making simple, tasty meals for individuals and families who may have experienced a recent death, an illness or the blessing of a newborn. Not only are meals shared by this ministry team, but also prayers of intercession are said on behalf of the recipient families. Indeed this is a meaningful ministry.

Soups and simple meals are greatly appreciated by the families facing difficulties. One does not need to be a gourmet chef to be part of this ministry team. If you enjoy basic cooking, perhaps you are being called to be part of this ministry team.

This ministry is coordinated by Julie Noss and Katie Eisenhour. **If you are interested in becoming part of this ministry please contact** either Julie Noss or Carol Diffenbaugh. The Meal Coordinators make certain everyone on the meal preparation list is called equally so no one is asked to make multiple meals within a short period of time. This is a wonderful caring ministry for our church and each family who has been assisted has been very grateful for the meals and prayers offered on their behalf.

You don't have to be an Iron Chef to offer simple meals for a family in need.



To sign up for this Ministry or for more Information Contact:

Julie Noss 728-7633 or Carol Diffenbaugh 737-7923 ext. 104 or healthministries@aldersgatechurch.net

If you already serve on this ministry team, THANK YOU!

THANK YOU

I would like to extend my appreciation to the SonDay Sisters for sharing their gifts of hospitality and making the Ladies Spring Brunch possible, as they transformed our Family Life Center into a beautiful Cafe, serving a delicious homemade brunch for 75 ladies. A special thank you goes out to the men who served as our bus boys, dishwashers and our sound technician. Thank you Sally McBrayer for crocheting over 200 flowers for the brunch, and Cindy Sollenberger for making 100 beautiful handmade nametags!

The ladies in attendance expressed their gratitude over and over again, as they enjoyed a hot meal, fellowship and hearing God's Word through Elva Hurst's "Chalk Talk" presentation. I am so appreciative of everyone who helped make this day so special, through your service and acts of kindness you helped us share the Good News.

Thank You All!

carol diffenbaugh

Relay For Life

Join the Aldersgate Team and Help Crush Cancer!

Saturday June 25th at the Mechanicsburg Area High School

From 11am to 11pm

- **Sign up for a thirty minute walk** and become part of the Aldersgate's Cancer Crushers.
- **Dedicate a Luminaria.** As the sun sets, luminaria lining the track light up the night. Relay for Life participants, survivors and others gather to remember loved ones lost to cancer and to honor those whose fight continues. (White bags \$10, Gold bags with stars \$15)
- All donations received go to help cancer patients and their families from the Mechanicsburg area. A day of fun and activities for all.
- For more information about any of the above or to join the Aldersgate team either contact:
Debbie Cochran at 765-427-1992 or grammybear34@yahoo.com



Relay for Life - Carrie's Story

Carrie was 21 years old. She worked at the police department and was in her first semester of college. From the time she was in preschool, Carrie was one of those unique people that everybody liked. She had been a gymnast most of her life. She loved animals, plants, being outdoors, her friends and family. Carrie was strong-willed, stubborn, hilarious, sarcastic, independent, honest, and a loyal friend. She knew how to live life fully and get the most out of a day. When Carrie was diagnosed with an extremely rare and aggressive cancer, venous leiomyosarcoma, we were beyond shocked and horrified, partly due to her age, but also due to the fact that cancer was a disease that had bypassed our immediate and extended family.

Carrie was determined to not allow her disease to define her. She faced each challenge with grace and determination, leaving all who knew and loved her humbled and in awe. After enduring seven surgeries, two rounds of chemo and radiation, multiple bowel obstructions and blood infections, Carrie died on February 2, 2005, two days after her 25th birthday.

Carrie's dream was that no one else would ever have to hear the words 'You have cancer'. This is why I relay. My love and admiration for my daughter and my hatred for the disease that took her from me, drive me to do what I can to make sure her dream becomes a reality.

If you would like to join me in the fight against cancer, please join the Aldersgate Cancer Crushers Relay for Life team. Just google West Shore Relay for Life, click on the link and hit 'join a team'. Relay is so much more than fundraising and walking. It's a family event that enables those touched by cancer to come together and have fun while they support each other, Remember, Celebrate and Fight Back. Survivors are honored, there are special laps, fun laps, karaoke, and a 3K at 3:00, a dunk tank, concession stand, Miss Relay contest, a DJ to provide music while walking, team photos and more. The theme this year is a Hollywood theme which is Walking the Purple Carpet, the color of relay. The evening culminates with the luminaria ceremony at 9:00, a time to honor and remember loved ones who have or have had cancer. The Relay for Life is June 25th from 11 am-11 pm at the Mechanicsburg High School track. Team members sign up to walk in 1/2 hour increments. So join the Cancer Crushers while we Remember, Celebrate and Fight Back and have a lot of fun doing it!

Contact: Debbie Cochran at grammybear34@yahoo.com or call 765-427-1992 for more information or with any questions.

In Christ, Debbie Cochran, Carrie's Mama

P.S. If you wonder where your money goes: 74% of proceeds support national and local programs to help cancer patients and their families locally. These programs include information/resources, a personal health manager, online classes, a survivors network, Road to Recovery-free rides to treatment, Look Good Feel Better, Wig Salon-offers new, free wigs, Lodging-for cancer patients and caregivers. For more information go to: cancer.org, call the ACS office in Hershey, PA 717-707-0156 or the national ACS number: 800-227-2345.

Support the Aldersgate Team in Fighting Cancer & Place the Name of

You are invited to submit the name of someone you know who has been touched by cancer, and have their name included on the Aldersgate's team T-Shirt worn during the 2016 Relay for Life on June 25th. Honor someone you know, or honor the memory of someone who has been touched by cancer. We are asking a \$5.00 donation for each name submitted.

To submit a name, complete the form below and send it to the church office

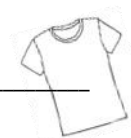
RELAY FOR LIFE- Aldersgate T-Shirt

Your Name: _____

Email Address: _____

Phone Number _____

Print the Name you would like included on the T-Shirt: _____



_____ YES I have enclosed a check with my donation made out to
Aldersgate United Methodist Church



Aldersgate Church
A United Methodist Congregation
1480 Jerusalem Road
Mechanicsburg, PA 17050

*"Reaching with the Heart of God
for the Lives of Our Community"*

NON-PROFIT ORGANIZATION
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MAY 2016 Edition

Aldersgate Staff

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