



# the trumpet



CROWN HEIGHTS United Methodist Church

Lead Pastor: Rev. Trina Bose North

June-July 2020

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This is a difficult time. Please know, we respect the journey we are all on.

We understand some people are worried about their health and feel the need to stay home.

We understand some people are not just alone but are lonely.

We understand some people miss sitting in our beautiful sanctuary.

We understand some people are searching for ways to serve God and our community.

At Crown Heights UMC, we will work to provide worship, spiritual growth, missional opportunities, and connection to ALL our people.

## The New Abnormal

by Rev. Trina Bose North

My parents live in San Diego, and each summer since I left home, I have returned and enjoyed spending time with my family and vacationing in my hometown. But this year is different. My parents haven't had anyone in their house for two months. They are being very careful not to catch the coronavirus, and they aren't comfortable hosting me like before. So I bought a plane ticket to San Diego, where I will be renting a car and staying in a hotel and visiting my parents on their back patio. This is my best, safe option under the circumstances, and if it's a choice between not seeing them and seeing them in this limited way, I'll take it.

This is the world we live in now. I feel like we are all acclimating to life with Covid-19 in our midst. We must choose new, maybe even less preferable ways, of moving forward. Meetings on Zoom, homeschooling, fewer trips to Walmart—this is our new normal. Rev. Barbara Brown Taylor calls it "The New Abnormal." And it's here for the foreseeable future.

This is the world we are in as we struggle with how to re-open our church. The familiar ways of doing things are no longer available. Instead we will venture into uncharted areas and see what works in this new terrain. No one can really guide us through because this is new for everyone.

So here's my plan—because the health and wellbeing of our members is the top concern, the church will always follow the best recommendations of the healthcare professionals—masks, social distancing, cleaning. Working within the health guidelines, we will find ways to gather safely and see what works for our community.

This is a "Try Something and Learn from It" kind of time. Starting on Sunday June 14 at 9:30am, I will offer a shorter, multigenerational time of worship in the backyard of the church. We will video for Facebook. Bring your own lawn chair, sit 6 feet apart, and wear a mask. Starting in July, we will worship in the sanctuary. We will video for Facebook and our webpage. Wear a mask, social distance, no congregational singing, and no childcare.

It could be that as we come together and try new things, we will discover ways of worshipping and gathering that work for us. That is, in fact, my prayer—that we as a church find creative, fulfilling ways to worship together—inside, outside, from home. May God guide us on this path forward.

## Who is vulnerable? by Dr. Angela Hawkins

*Dr. Angela Hawkins is a physician (OBGYN).*

As of 5/22/2020 Oklahoma has had 169 new cases and 3 more deaths from COVID 19. These jumps in numbers are the largest we have seen since the state started reopening in late April. The biggest concern is that these numbers will continue to increase as Oklahomans lower their guard leading to another surge in cases and deaths.

People at high risks for serious illness due to Covid-19 are:

- People who are aged 65 and older
- People who live in a nursing home or long term care facility
- People with chronic lung disease or asthma
- People who have serious heart conditions
- People who are immunocompromised - many conditions can cause a person to be immunocompromised including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease.

Here are some things you can do to minimize your risk and protect yourself and others:

- **STAY HOME!!!!**
- Wash your hands often
- Avoid close contact with other people. Stay at least 6 feet apart
- Wash and disinfect frequently used surfaces
- Cover your mouth and nose with a mask or cloth face covering when around others
- Cover coughs and sneezes.

If you are in a vulnerable group please be extra careful and exercise strict precautions if you must leave your home. If you are not in a vulnerable group, please continue to be careful as you could come into contact with someone who is more vulnerable and you may be an asymptomatic carrier. When considering if you should start venturing back out, weigh your risks and err on the side of staying home. Use other available resources for shopping and errands.

If you do not feel well – if you have a cough, fever, loss of taste/smell or just don't feel right get tested and isolate yourself from others. Avoid public spaces and interactions with others. Reach out for help and be sure you have someone checking in on you regularly.

**BE SAFE!! BE SMART!!  
PROTECT YOURSELF AND PROTECT OTHERS!!**

## Symptoms of Covid-19 by Linda Newhouse

*Linda Newhouse is an RN (retired Women's Health Nurse Practitioner).*

As we prepare to resume church services there are some important details to remember. Everyone will be excited to see members they have not seen since the pandemic sent us into isolation. It is important to remember to social distance (no hugging, no handshakes, and staying 6 feet apart). It is extremely important to stay home if you or a member of your household is sick, even if the symptoms are mild.

Stay home if you have:

temperature greater than 100.4  
cough  
shortness of breath/difficulty breathing  
chills  
muscle aches/pains  
sore throat  
new loss of taste or smell  
nausea or vomiting  
diarrhea

Please respect our congregation: wear a mask, maintain social distancing, and stay home if you are sick! It takes all of us to keep everyone healthy.

## On-Line Ministries

Serving our community online is a priority for us. We want to give our congregation options to stay home and still worship and connect to one another. You are invited to plug in to these opportunities:

Facebook (Crown Heights United Methodist Church) for info and worship videos  
Webpage ([crownheightsumc.org](http://crownheightsumc.org)) for on-line giving and sermon videos.

Zoom for small group gatherings—structured on topic or unstructured.

If you are having a hard time viewing worship, please let Trina know. We can work with your system and help you connect to the webpage or create a Facebook account for you. We can provide the worship videos on USB drives and help you watch them on your computer or a portable player. Just let us know what you need.

## June and July Calendar

June 7— Diapers for Kostelkas  
 June 14, 21, 28— 9:30am Worship outside  
 June 21— Father's Day  
 Starting July 5— 10am worship in sanctuary  
 July 12— Sunday 10 am Holland Lecture,  
 Dr. Amy Oden on Christian mindfulness

### Online Options:

June Saturdays at 3pm—worship videos will be posted on Facebook and our webpage

July Sundays 10am—worship videos will be posted on Facebook and our webpage

Holland Lecturer  
 Dr. Amy Oden wrote *Right Here, Right Now* on Christian mindfulness. She will lead worship on Sunday July 12, 2020. She says, "Christian mindfulness, then, is an anchoring practice, a way to abide in Christ."



## Finance Update by Lee Endicott

As chair of our Finance Committee, I want to thank Crown Heights UMC for the great job everyone has been doing to keep their pledges current and especially those who have gone the extra mile to ensure that the church can continue doing its work until things return to normal. Through the end of April, Crown Heights has not only stayed within its budget, but is actually in better shape in terms of profit and loss than we were last year at this time. Of course, we aren't out of the woods yet, so please keep up the good work and continue to remember the church with your financial support.

## E-Giving

Please remember to use our convenient online option of giving. Through the webpage ([crownheightsumc.org](http://crownheightsumc.org)), look for the donate link in the green box) you will be able to make one time donations or set up monthly giving.

Just to let you all know how it works—

There is a 2.75% fee for all credit and debit card transactions, and there is a 1% fee for all transfers of money from personal banking accounts.

We appreciate any gift, of course. But if it is possible for you to transfer funds, the church would benefit even more! Thank you.

## Mobile Meals Update

Our church has a 20+ year history of serving Mobile Meals to homebound members of our community, and they hardly missed a Monday delivery. But in this unprecedented time of a pandemic, we suspended weekly meal delivery since March 23. For the last two months, we have delivered frozen meals to keep our clients going. Thank you to all who shopped and provided the meals. Thank you to the bakers, who allowed us to be generous with the desserts. And special thanks to Erin Risley-Baird for a hot meal on April 20 and to Megan Garbe for a hot meal on Memorial Day, May 25. Carrying this program through these last three months was truly a church-wide effort and required everyone to play a part.

Starting on Monday June 1, our regular cooks are returning to the kitchen and our regular drivers are returning to their routes. We will be taking every precaution to keep them and our clients safe. If you would like to help, consider making dessert for 20 people and putting it in the church freezer. The cooks appreciate having a portion of the meal waiting and ready to go.



May 25— Megan Garbe cooked chimichangas and Mary McDaniel had homemade pie for our clients.



## Spotlight— Kurt McDaniel

Kurt McDaniel is a member and a photographer who captured a series photographs of a columbine flower in three stages of life and death. We used the first photograph of the flower in its prime as our Easter image, and we talked about the other two pictures after Easter, saying that in life there is always a natural lessening or a fading unless we make the effort to bring things back to life, back into focus.

Let's hear Kurt tell more about himself and his thoughts as he captured the beauty in those photographs. Kurt and his wife Mary began visiting our church in December of 2019 and joined in March of 2020.

*As a photographer, what did you like about the pictures of the columbine?*

The colors and the texture. I had initially bought the columbine plant at a local nursery to plant in my garden but I kept admiring it and decided to photograph it in my studio before planting it. I wound up photographing it over several days as it went through the flower's life cycle.

*How did you feel about us focusing on your art during Easter?*

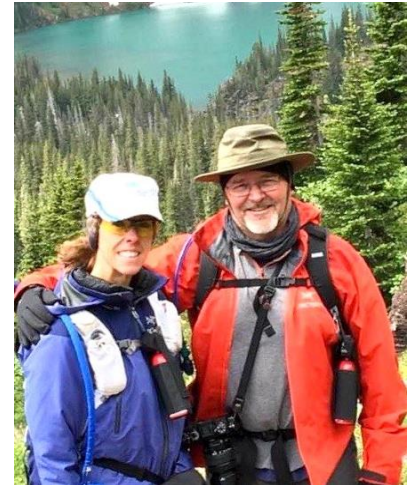
I was very excited and humbled at the same time.

*What have you been doing through this time of quarantine?*

I've stayed busy by preparing my tent and displays for my first art festival. I've also been working in my garden and photographing nature.

*Where have you experienced God's peace in this time apart?*

Outside in nature, either in my garden, or while hiking or on bike rides.



## Easter Highlights



This year's Easter was like none other in the history of our church. There was no crowded sanctuary and no egg hunt for our kids. Instead, Trina Livestreamed worship on Facebook with about 100 people participating from home.

With no egg hunt, we decided to hand deliver Easter bags to all our kids and youth (not babies, though). It was so fun dropping off bags to our 76 kids!

It turns out the joy of Easter still came! Christ is Risen! Alleluia!



Sunday School On the Go!



With the restrictions on group gatherings, our Children's Ministry has come up with a creative way of teaching and remaining connected to our children and youth. Starting in June, all children/youth (ages 2-18) will be mailed an initial Bible lesson. The youth lesson is tailored more toward their age. The kids and youth will be mailed the first lesson, which includes a pre-stamped way to mail it back to the church. If the kids mail them back in to us, they will be sent the next lesson. They will have an opportunity to complete ten lessons by mid-August. And of course, there are prizes as they complete their lessons.

Would you like us to mail these lessons to any of the kids in your life? We would love to include your special kids—they can be in state or out-of-state. Get me or Jamie their names, addresses, and grades in school.

Thanks to **Janet Basler** for putting together the lessons. She is working to find materials appropriate for little ones and high schoolers. It's quite a task, but she is finding fitting and engaging materials. Thanks to **Jamie Gross** for contributing and editing. Thanks to **Susan Ebert**, our office manager, for putting it all together and figuring out how to mail 120 lessons, each with personal touches inside!

The estimated cost through August for postage and prizes will be about \$2000. We appreciate everyone who participated in the Bake Off Fundraiser. All money raised went to supporting our children.

Congratulations, Grads!

High School—**Torin Haydon, Ari Nanne,**  
and **Matthew Wallace**

College—**Dylan Dobson** and **Jay Williams**

You make us so proud! Even though we can't celebrate you in person, we hope you feel our love and support. We are cheering you on!





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## Silver Buffalo Award Recipient

Long-time member of Crown Heights UMC, Dr. Paul Bicket is a recipient of this year's Silver Buffalo Award through Boy Scouts. It is their most distinguished service award, for noteworthy and extraordinary service to youth on a national level. Past recipients include US Presidents, Supreme Court justices, Medal of Honor recipients, and astronauts. Paul and Colleen were scheduled to be in Washington DC for the ceremony on May 22, 2020, but instead they watched Paul's name read on a Zoom ceremony. We hope that even without all the pomp and circumstance, Paul enjoys the significance of this occasion and feels the support from those around the country sending love, including all at Crown Heights UMC.



Here is a little more background on Paul Bicket:

### **1. In what roles have you served Boy Scouts?**

*For the last 32 years, I have volunteered in more positions than I can count but a few memorable ones are:*

*Assistant Scoutmaster for troops our sons were in, ASM for World Jamborees in Netherlands-1995, Thailand-2003, Sweden-2011, Scoutmaster for World Jamborees in Chile-1999 & United Kingdom-2007, Southern Region Co-Commissioner for World Jamboree in Japan-2015, Scoutmaster/Course Director for our local Last Frontier Council Wood Badge course (adult training), Serving on the Jamboree Medical Services staff at Ft. A.P. Hill in Virginia in 2001 and 2010, Serving on the Jamboree Medical Services staff at the Summit Bechtel Reserve (SBR) in West Virginia in 2013, 2017, and the World Scout Jamboree at the SBR in 2019.*

### **2. How long have you and Colleen been a part of Crown Heights UMC?**

*Probably 47 years. We attended before we were married. Dee Hinckley (who had been my pastor at First UMC in Lawton) the pastor at CHUM at that time married us in Colleen's Methodist church in Verden, OK. (The pastor at Verden was Anna Hickman, who had been married to the pastor who married my parents in Tulsa). We became members after we were married in July, 1975 - so almost 45 years as members.*

### **3. What have you been doing through this time of quarantine?**

*I am working on some National Scout Jamboree items with Dr. John Lea (also a Methodist) who lives in Nashville, TN. He is a retired cardiovascular surgeon and has 2 sons who were Scouts also.*

*I also Zoom meet weekly with some retired physicians that I worked with (we were getting together for breakfast before SARS-CoV-2). We also FaceTime with John & Mark and their families.*

### **4. Where have you experienced God's peace in this time apart?**

*It has given me time to reflect on how thankful I am for our church community and my family. Even though we are apart, we are still together in our hearts and spirits.*