



## Prospect United Methodist Church

Founded 1834

99 Summer Street  
Bristol, CT 06010

### The Rev. Yongyeun Lee Pastor

Rev. William S. Barnes  
Pastor Emeritus  
Heidi Flower Director of Music  
& Organist

Worship  
8:30 am Chapel  
10:00 am Sanctuary

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# THE PROSPECT TOWER

## Prospect United Methodist Church

*A Growing Christian Community of Faith in Action*

Winter 2023

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### Message from Pastor

#### Restore, Renew, And Restart!

*"So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!" (2Corinthians 5:17)*

A month has passed since the beginning of the new year and it is already the second month. In the new year, I used to make new resolutions and plans, as always. But it doesn't go as planned in less than a month, or I've already given up and my resolution disappears. So as I get older, I don't like to make new resolutions or plans. That's how much I feel burdened by new challenges and development. Now, I think it's better to re-examine what I've been doing and fill in what I'm lacking so that I can do better than new plans or resolutions. So it's better to restore, renew and restart now!

It was not until 30 years of age that Jesus, the son of God, came to this earth that his ministry began. In the meantime, as the first son, he would have helped his father Joseph, who was a carpenter, to take care of his family. And when you're about 30, it's time to start a new business of your own. It's time for Jesus to decide whether to take over the carpenter's work of his father and start God's work.

One day, Jesus came to John the Baptist who shouted out, "Prepare the way of the Lord" by the Jordan River. John asked people to repent of their sins, be baptized, and make a fresh start. When Jesus came to him and asked to be baptized, John refused because he knew Jesus. He said to Jesus, "How dare I baptize you? Rather, I need to be baptized by you." But Jesus humbly asked John to baptize him, not for his sins, but to reaffirm his identity and calling. When Jesus was baptized, a voice was heard from heaven, "This is my beloved son whom I am pleased with."



Through baptism, Jesus restored his identity and the purpose of his life. He restarted his new life, not as the son of a carpenter but as the son of God. After being baptized, Jesus traveled throughout Galilee to spread the gospel, forgave sinners, called vulnerable people as his disciples, healed the sick and weak, and encouraged them to live a new life. As we start 2023, remembering our baptism and reaffirming our faith and calling, we will re-examine our identity and calling as children of God, not as children of the world. And our bodies and minds will be restored, renewed, and restarted by our mission.

Through the senior lunch, which started last year, we hope you can meet and socialize with your missing friends whom you haven't met during the Pandemic. Through Crafts and Art class, you can have time for rest and healing. Through Pot-luck fellowship, you can meet and share fellowship with new friends and old friends. Relay for Life is preparing the Dinner Dance Party. Let's dance with your loved ones, family, and friends of faith, and our bodies and souls have renewed again.

*In the season of Epiphany,  
Pastor Yongyeun Lee*



## Let's Join in the Daniel Fast in Lent

Lent is a 40-day season of prayer, fasting, and almsgiving that begins on Ash Wednesday (Feb. 22) and ends at sundown on Holy Thursday (April 6). It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ. Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this reflection.

During this Lent, I encourage all of us to have the Daniel Fast. Fasting safely and appropriately is one of the ways the Bible encourages believers to connect with and grow closer to God. It increases dependence on the power of the Spirit, and proves that man does not live on bread alone. The Daniel Fast has grown in popularity following an endorsement from Chris Pratt in early 2019. This short-term fasting approach is based upon the prophet Daniel's dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It's a type of partial fast that focuses very heavily on vegetables and other healthy whole foods but leaves out any animal sources of protein. It's essentially a vegan diet without any sugars, refined carbs, caffeine, or alcohol.

So what can you eat on the Daniel Fast then?

- Beverages: water, some fruit juice, unsweetened non-dairy milk
- Vegetables: all fresh, frozen, dried, juiced, and canned vegetables
- Fruit: all fresh, frozen, dried (with no added sugar), juiced and canned fruit
- Beans and legumes: black beans, garbanzo beans, kidney beans, lentils, peanuts, pinto beans, split beans, black-eyed peas
- Oils: coconut, olive, sesame, etc., but not for deep-frying
- Nuts and seeds: almonds, Brazil nuts, cashews, sunflower seeds, soy nuts, sesame seeds, hazelnuts, macadamia nuts, pecans, pumpkin seeds, pine nuts, pistachios, poppy seeds
- Unleavened bread, herbs, spices, and seasonings



If you are looking for a healing breakthrough in body, mind and spirit, then you should keep reading and find out how to do the Daniel Fast. A life of faith without sacrifice is incapable. The ability of prayer is also added when sacrificing. It is much better to pray in advance, which is now sacrificed, than to suffer later without praying. For biblical figures and previous spiritual masters, fasting was a practice and a training of faith. I hope that through the Daniel Fast, you will be healed and restored in your bodies, minds and spirits and find new vitality in life.

*In the season of Lent 2023,  
Pastor Yongyeun Lee*

## Middle Ages Group Update

From Luisa Gladu , Middle Ages Chair

**Breakfast With Santa:** Another Breakfast with Santa is in the books and what an amazing event it was! A huge thank -you goes out to all of our hard working, amazing volunteers who made the Breakfast with Santa on December 10 a magical event for our guests. We received so many compliments on the decorations, the food, the warmth and kindness of our servers and elves. It takes a team of dedicated workers to put on this event and they did a great job.

We begin planning this event in September. It sounds crazy but we try to make it better every year for our guests and we couldn't do it without an incredible team of people. Between family, friends and our PUMC family it takes a small village to make this event happen. Guests enjoyed a delicious hot breakfast, spent the morning rotating between Arts and Crafts, shopping at Elf Mart, attending the Interactive Magic Show, listening to a Christmas story, met Anna and Elsa from Frozen, spoke with Santa and Mrs. Claus and then getting a photo with him to take home.

Even though the food expenses went up 40% since last year, we did well financially. Elf Mart brought in \$274. and Ticket Sales \$1,470. After expenses of \$485.74 and less the 5% of \$59.92 that goes towards the kitchen fund, we raised \$1,195.34, of which \$1,000 will go towards the heating oil bill. Thankfully we had a Thrivent Grant for \$250 which we spent on food as well.

Thank you to my husband Gary Gladu, who works day and night making the vision I have happen. Our friends Scott and Cheryl McNeal work tirelessly on the decorations so that the event was magical. My sister Angie Orefice-Karal and brother-in-law Gregg Karal who volunteered to help cook. Our friend Jonathan Sales, who photographed 100 guests. The St. Paul Catholic H.S. student volunteers as well as two alumni, Tashon and Marlon Wilkens who are in college and came back to volunteer.

Then there are our very own amazing PUMC volunteers who rocked it again this year including Pastor Yongyeun and Ohyeun Lee; David and Ashley DiManno; Don and Beth Provost; Cliff and June Schilling; Sarah and Roger Michaud, who printed over 100 pictures and donated the paper, ink and use of a printer; Deb Fasci and Jeff Foster, John Flaherty and Nancy Bentley, Carla Heister, Laura Taylor, Jackie Palance, Carol Rivard, Susan Thayer, Melissa Brown, Wendy and Maddie Carros, Chris and Riley Kingsbury, Gabi and Don Orcutt, Gianna and Victoria Zaldivar, Abby Lowd; Corey, Johanna and Ella Nagle; Jason and Jennifer O'Donnell and Stuart Brown. And thank you to those in the congregation who bought tickets or donated towards the event.

Santa will be back this year so Save the Date: Saturday, December 9, 2023.

**Christmas Open House:** On December 16 from 5 to 7 p.m. we were blessed to share our beautifully decorated Church home with visitors from our community as well as Bristol Mayor Jeff Caggiano. Santa and Mrs. Claus welcomed our guests as they enjoyed refreshments in Sessions Hall and took pictures in the Parlor. Some of our groups set up small displays so they could share what they do in our church, our community and internationally. as well including Days for Girls, Adult and Children Education, Middle Ages Group, Racial Recognition, Missions, Nurture and Outreach Mayor Caggiano was impressed at what we do for the community as were some of our visitors. Thank you to PUMC volunteers who baked and donated delicious goodies to share.





## Education

### Corey Nagle Presents Paper In Norway

Corey Nagle, one of Prospect Church's Lay Servants, presented a paper in Norway this month at the Writing Research Across Borders conference held in Trondheim. Corey's wife Johanna and daughter Ella accompanied him to Norway. Corey was teaching Science at Bristol Central High School at the time.

He reports, "The paper came about when I was asked to collaborate with two professors, Dr. Sally Drew at Sacred Heart University and Dr. Jeffrey Thomas at CCSU. At the time, I was teaching science at Bristol Central. Dr. Drew had an idea for a strategy to help students improve their writing in science by organizing their ideas and evidence.

"We developed a plan for implementation and I used the strategy with my students. Parents of 58 students agreed to allowing the team to review the writing samples (466 writing samples from the study) to see if the strategy helped improve writing and science knowledge. We are still analyzing some of the data, but the initial indications from the quantitative data are that the strategy helped students, especially in the area of writing organization."

Corey today is a STEM Teacher at the Connecticut River Academy Magnet School Middle Grades Program on the East Hartford Goodwin University campus. Watch for a follow-up article and photos in the next Tower newsletter.

### Education Note

A "Make Your Own Taco Party!" was held on Sunday, Feb. 26, after the 10 a.m. service in Sessions Hall. The event was sponsored by the Education Team.

All children and youth are invited to a "Pretzel Making Party" on March 12 at 9 a.m. in the Prospect UMC Downstairs Dining Room.

Please contact Christa Zaldivar (cjw02@hotmail.com or 917-386-8599) if you have any questions.

*2023 Confirmation Class learns about our heritage and practices as a Christian community and as a United Methodist Family, as well as our basic beliefs and commitments.*



# Puzzle!

Slow down and uncover this message and Bible verse, using the code below.

A	B	F	G	K	L	O	R	U	V
1	2	3	4	5					
D	E	H	I	M	N	S	T	W	Y

W

5 1 3 5 4 4

4 1 3 3 4 4 2 4 1

1 3 1 3 2 4 4 1 3

2 4 4 2 4 1

"

1 1 4 4 2 3 3 1 3 1

3 3 4 5 4 2 1 4

2 1 3 2 4 1

"

Answer: We must talk to God and listen for God. "Be still, and know that I am God." (Psalm 46:10)

## Christmas Season



## CHRISTMAS



## PROGRAM



## Ring in the New Year



WELCOME  
2023!

  
**New Year's Eve**  
PARTY FOR FAMILIES





PROSPECT UNITED METHODIST CHURCH  
99 SUMMER STREET BRISTOL, CT 06010