

Link

Prospect United Methodist Church

Founded 1834

99 Summer Street
Bristol, CT 06010

Rev. Saebuek Lee
Pastor

Heidi Flower Director
of Music & Organist

Worship
9 a.m. Sanctuary

Contact Us:

We want to hear from you. Please email, or phone with any concerns or suggestions.

Phone: (860) 582-3443

E-Mail Addresses:

Pastor Lee:

Saebuek.Lee@nyac-UMC

prospectoffice@snet.net

(all general information and information necessary for the Church Secretary.)

Website:

www.anewprospect.org

Prospect Tower:

Editor: Kathy Dube

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Don't Carry Your Burdens Alone!

"Cast all your anxiety on him, because he cares for you." - 1 Peter 5:7

Whenever I travel somewhere new, one of the first things I look for is a place to store my luggage. I need somewhere safe to leave my belongings, and sometimes I even pay for a locker.

Traveling while carrying too much luggage can be exhausting. Often, I find that I tend to overpack. I include items that I know I won't use during my trip, but I pack them anyway, just in case. They usually end up coming back home with me, just as they were!

As I think about packing, I realize how often we do the same thing in life. We carry worries, fears, and anxieties because we want to be prepared for every possible situation. We try to protect ourselves from discomfort or uncertainty, and before long, we find ourselves weighed down by emotional baggage.

In many ways, this is part of being human. Yet in 1 Peter 5, Peter reminds believers to "cast all your anxiety on God, because He cares for you." Peter wrote these words to Christians facing persecution and hardship, encouraging them to place their burdens in God's hands.

His words echo Jesus' teaching in Matthew 6:32: "Do not worry; our God knows what you need."

As we navigate our lives, we may be carrying burdens that we don't need to bear. God invites us to "give them to me" and to put down the weight we carry, reminding us that we don't have to shoulder them alone.

I'm reminded of how my parents would take my school bag when I came home so I could run freely to the playground. How often do we allow God to do the same for us? How often do we hand God our worries, fears, and anxieties?

For some of you, June may be a busy season at work. For others, it may be a season of transition, reunion, or change. And for some, this month may carry grief, worry, or uncertainty.

Wherever you find yourself this June, remember that you do not carry your burdens alone. God invites you to cast your anxieties on Him. God cares for you, walks beside you, and will sustain you through every season.

Let us reflect on who our God is and how God works through even our worries and fears to bring about greater things in our lives.

Blessings,
Pastor Lee



Heifer International Fundraising Update

PUMC has been participating in the Mid-State CT Cooperative Parish fundraising effort for Heifer International since January 2026. The parish's goal is to raise \$5,000.00 by the end of this year.

To date, the churches of the parish have raised approximately \$3,100 through a wide variety of projects - penny wars, soup sales, souper bowl of caring coin collection, cookie decorating classes.

In addition to the fundraising, PUMC is endeavoring to increase the congregations' understanding of Heifer's mission. Once a month, a video from Heifer.org is shown during announcements. Our children are learning about the various animals that are part of the livestock program - water buffalo, cows, sheep, goats, bees and chicks.

These animals have the power to uplift communities all over the world. The 7 M's of livestock represent the seven valuable benefits these farm animals bring to families and communities.

Watch for additional projects during the coming months that will increase the total raised. If you have any questions, please feel free to ask Susan Powers, PUMC Outreach Team member.



These spring cookies were made at Laura Taylor's 3rd cookie decorating class to support Heifer International project.

Toiletries for the Homeless:

By Deborah Fasci, Coordinator

Our Outreach/Faith in Action Committee continues to collect toiletries for our local homeless neighbors. Needed items include soap, deodorant, toothpaste, toothbrushes, mouthwash, body wipes, dental floss, combs, sanitary pads, Q-tips, lip balm, nail clippers, lotion, Band-Aids, and socks.

Committee members assemble donated items into care bags, which are delivered to Zion Evangelical Lutheran Church for distribution through its "Meals for Neighbors" program, serving free meals Monday through Thursday from 4:30–6:00 p.m.

Donations may be dropped off at the church office. Thank you to everyone who has supported this important local ministry.

THE 7 M'S

■ **MANURE** - a great fertilizer for crops because it feeds the soil and keeps plants healthy

■ **MATERIALS** - families learn how to use all the materials an animal provides

■ **MEAT** - animals like goats, cows and chickens provide a healthy source of protein for families

■ **MILK** - animals like cows and goats produce milk that families can drink for additional protein and calcium

■ **MONEY** - many animals produce products like milk and eggs that families can sell for additional income

■ **MUSCLE** - some animals help farmers plow fields and carry heavy loads to market

■ **MOTIVATION** - the gift of an animal helps families create new opportunities, helping them lift themselves out of poverty.

PUMC/AUMC Family Fun in the Sun Day

All are invited to our "PUMC/AUMC Family Fun in the Sun Day" at Winding Trails in Farmington on Sunday, August 23rd from noon-6 pm. We are asking for a \$10 donation per person (\$25 per family max) to cover some costs. Hamburgers, hot dogs, drinks, ice cream and paper products will be provided. Please bring a side dish to share. Activities will include water balloons, relay races, pie eating contest, exploding watermelon and more! Please sign up in Sessions Hall by August 9. Sponsored by the Education Teams of PUMC and AUMC.



Friends of Prospect

By Deborah Fasci, Coordinator

Our Friends of Prospect Luncheon meets on the first Thursday of each month at local restaurants in Bristol and surrounding towns from 11:30 a.m.–1:00 p.m. Recent gatherings have included Ellie's Farmhouse, LongHorn Steakhouse, Saint's Restaurant, and Eagles Nest.

Our Senior Luncheons are held on the third Wednesday of each month from 11:30 a.m.–1:00 p.m. in Sessions Hall. Each luncheon features a fun theme with volunteers providing dishes, sides, desserts, and beverages. Recent themes have included Tacos, Baked Potatoes and Salad, and a Hamburger Picnic.



Summer Services

This summer, through July and August, we will hold one joint Sunday worship service with Prospect UMC and Asbury UMC, at 9:30 a.m. **During July the service will be held at Prospect UMC and in August at Asbury UMC.**

The first summer service will be on July 5 at Prospect at 9:30 a.m. A fellowship hour will follow the service.

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