



Serving God, Sharing Love

Open Our Lives to Resurrection

Rev. John van de Laar

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And so we finally come to what may be thought of – in some senses at least – as the most important Sunday of the year. If resurrection is just about a miraculous event that happened to Jesus long ago, or if it's only about something that happens to some people at the end of time, then it has little real value, no matter how fascinating it may be.

But, of course, resurrection is about far more than this. It's the promise of God's life available to us both now and forever. And it the call for us to follow Christ by becoming life-givers and agents of resurrection in our families, communities and our world. What a glorious and miraculous challenge!

May the empty tomb be more than an event for us as we worship this year, and may our worship lead us into a real and transforming encounter with God's irrepressible life!

It's easy to make the resurrection an intellectual exercise that focuses on details, doubts and questions of evidence. Equally it is easy to make the resurrection little more than a touch stone of belief – of intellectual agreement – that qualifies us to call ourselves Christians. But, the resurrection is far less about what goes on in our minds than it is about what goes on in our lives.

The two big challenges for us as believers is to open our lives to this resurrection life of Christ, to allow God's life to break in and free us from all the little deaths that seek to control our lives. Then, as those who have experienced life, we are called to be those who bring life in all the places in our world where death is at work.

Also, we need to face the ongoing question of how resurrection can be experienced for our diseased planet, how resurrection can come to those who live in dire poverty, or who have been trafficked as sex slaves or child workers on farms, or who live with the burden of dread diseases. One thing is certain, God's resurrection life will only come to those people as we – the people of the resurrection – carry it into the world.



Crucified and Resurrected Christ
by Lyn Constable Maxwell

April Worship

SERMON SERIES -

APRIL 2:
5TH SUNDAY IN LENT
8:00, 9:30, 11:00 A.M.
Preacher: Rev. Peter Cottrell
Scripture: John 13:34-35,
Hebrews 12:1-3
Sermon: *The Cross*
Communion

APRIL 9:
PALM SUNDAY
8:00, 9:30, 11:00 A.M.
Preacher: Rev. Peter Cottrell
Scripture: Luke 19:36-38
Sermon: *Palm Sunday*

APRIL 16:
EASTER
8:00, 9:30, 11:00 A.M.
Preacher: Rev. Peter Cottrell
Scripture: Matthew 28:1-10
Sermon: *God Is Off the Cross*

APRIL 23:
2ND SUNDAY OF EASTER
8:00, 9:30, 11:00 A.M.
Preacher: Rev. Peter Cottrell
Scripture: 1 Peter 1:3-9
Sermon: *A Gift of Living Hope*

APRIL 30:
3RD SUNDAY OF EASTER
8:00, 9:30, 11:00 A.M.
Preacher: Rev. Peter Cottrell
Scripture: Luke 24:13-35
Sermon: *The Road to Emmaus*



All sermons can be heard
at our website
www.coronadoumc.org ;
or

Holy Week

Maundy Thursday: April 13 6 p.m.

On Maundy Thursday, we will gather together to celebrate the Last Supper. We will focus on the Passover meal and the tradition and meaning behind Jesus' last meal with his Disciples.



Good Friday: April 13 12-6 p.m. *The Way of the Cross*

All are invited to participate in *The Way (or Stations) of the Cross* in the Sanctuary. That day, as pilgrims, you will have the opportunity to walk the *Via Dolorosa* (The Way of Sorrows) by participating in each of the 14 Stations, located in our Sanctuary, as a means of remembering the events of Good Friday. You may begin your journey anytime between 12-6 p.m.

During your pilgrimage, you will experience a self-paced, guided meditation, using the 14 Stations of the Cross located in the Sanctuary. Allowing for even 3 or 4 minutes per station (perhaps more depending on how much time you spend at each of the 14 stations) the entire journey along our *Via Dolorosa* will require that you allow at least 45 minutes, and probably a bit longer, for your pilgrimage that evening. Our prayer is that this will be a meaningful journey for all of the pilgrims who follow in the path of Christ.



Easter:

Celebrate the Resurrection April 16

8:00 a.m.
9:30 a.m.
11 a.m.



Message from Peter

Peter Cottrell, Senior Pastor



We have been using the words and writings of Dietrich Bonhoeffer for our sermon series during Lent, as well as for our discussion group on Tuesday evenings. I know that we will not all agree on theology or social issues, but I hope that you have been able to spend some time thinking more deeply about your connection to God and about who God is during this time of preparation for Easter. Bonhoeffer always makes me think more deeply. His faithful response to God in the midst of great turmoil and crisis are an inspiration for me as well.

It feels to me like I am living in the craziest time of my life. Longstanding traditions and values are being challenged, traditions and values which I thought were fairly universally accepted. This has pushed me to seek to clarify values inside myself. What is the most important value? How do I determine what is the just and fair and right thing? How do I engage with those I agree and disagree with in the calling to be loving to all? Some of the values and beliefs are so personal that when someone does not agree, it feels like a personal attack. Are any of you experiencing the same thing? If we continue to carve out those with whom we disagree, will any group or organization survive?

For the church and for Christ followers, the answer is in the loving. We are called to really love those with whom we disagree. As hard as that feels, as personal as it feels, we are unified by our calling from Christ and our oneness as creatures of the same creator; and then we are sent out into that creation to be the self-giving, vulnerable body of Christ. It is not our love but Christ's love that we are called to carry and share. If you are struggling to love your neighbor, you have the option to keep struggling with it; but we do not have the option to choose to love or not love. We have only one option. Love.



TRINITY:
THE SOUL OF CREATION
RICHARD ROHR, CYNTHIA BOURGEOULT, WILLIAM PAUL YOUNG
APRIL 6-8, 2017

Live Webcast
Thursday, 4 - 9:30 p.m.
Friday, 10:30 a.m. - 5 p.m.
Saturday, 10:30 a.m. - 5p.m.

The banner features a background image of three figures in a classical style, possibly representing the Trinity. The text is overlaid on this image. The right side of the banner has a light blue background with white text.

Join us for the online "live" webcast of this event to be held in CCUMC's Music-Lecture Suite beginning Thursday, April 6, 4 p.m., through Saturday, April 8, 5 p.m. Admission: FREE!

Beloved authors and teachers Richard Rohr, Cynthia Bourgeault, and Wm Paul Young (*The Shack*) come together to reveal a three-dimensional view of the many sided Mystery.

"The Trinity is the foundation and template for the entire universe. Belief in a Trinitarian God is not primarily a Christian theological revelation as much as it is a metaphor for the nature of reality, both seen and unseen. We find the pattern of dynamic relationship in the very structure of the atom, in our families, in ecosystems and economies. It is a pattern of mutual giving and receiving: in a word, Love. If Trinity is the model for Creation (Genesis 1:26-27), then it is a relational, benevolent universe."

Rohr, Bourgeault, and Young believe the Trinity - fully experienced and enjoyed - has the capacity to change everything. We already participate within this dance whether we realize it or not. But when we consciously engage in loving communion, we open ourselves to being transformed at the deepest levels.

Bring your heart, mind, and body to this far-reaching, personal, and life-changing conversation. We invite you to enter into a deep journey, wherever you are on the path—just beginning, lost along the way, longing for companionship, enjoying God's friendship. Rohr, Bourgeault, and Young offer not mere information but wisdom that has implications for theology, psychology, science, and politics.

Register in the Church Ministries Office.



Thank you, Chancel Choir, for a wonderful presentation of the Easter portion of Handel's *Messiah*. Many hours of hard work and practice went into making this presentation so meaningful for those who attended.

As we approach the events of Holy Week and Easter Sunday in mid-April, we will be flooded with a wide range of emotions. The music heard during this time will take us from the triumphal entry into Jerusalem on Palm Sunday through the suffering Christ endured Maundy Thursday and Good Friday to the glorious resurrection Easter morning. Our Palm Sunday services will commemorate Jesus' triumphal entry into Jerusalem and also begin to prepare us for the events to come. We will be privileged to have Laura and Dennis Edelbrock with us on Palm Sunday to present the Prelude. Laura is a former high school Choral Director and a very accomplished pianist. She is the daughter of Joan Clark. Dennis is a Retired Sergeant Major in the United States Army and teaches part-time at George Mason University.

The Chancel Choir rehearses on Wednesday nights from 7-8 p.m. in the Music-Lecture Suite. All are welcome to join this group which provides music for our Traditional services year-round. If you are interested in being a part of this group, please call the Church Ministries Office (386-428-6252).

BAND of BROTHERS (men's group) and **REFLECTIONS** (auditioned women's group) will be going on vacation after each group sings in April. These groups will resume rehearsals in the Fall and present music during the 8 a.m. Traditional services beginning in November. If you are interested in either of these groups, please call the Church Ministries Office. Both groups welcome new members.

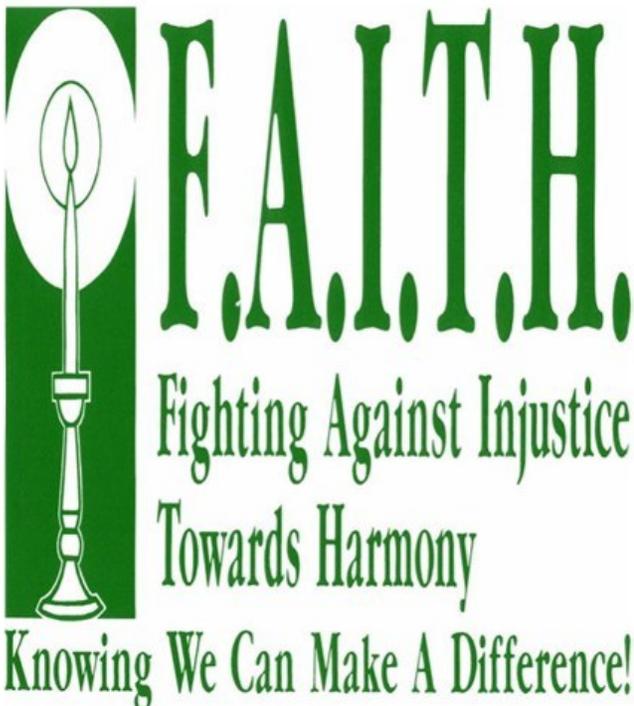
11 a.m. Singers and Band rehearsals are usually on Thursday nights, beginning with Band rehearsal at 6:45 p.m. and the Singers coming at 7:15 p.m. Please e-mail Mike Williams (mike.williams@coronadouc.org) if you are interested in participating in this group.

There is a rich Music and Worship Arts heritage at Coronado. If God is leading you to use your talents in any of the groups in the Music Ministry, you can call the Church Ministries Office (386-428-6252).

**Join us on Thursday, April 6,
as we march to the
Volusia County Council
meeting
to DEMAND that the
Volusia County Government
take the
FIRST STEP
to address homelessness**

We will leave CCUMC at 7 a.m.

If you want to ride the bus or carpool,
sign up in the Church Ministries Office.



F.A.I.T.H.

F.A.I.T.H. is very diverse, representing 34 religious groups in Volusia County. It is always wonderful to join together with others of faith to work for justice. Over 1500 members of F.A.I.T.H. attended the annual Action Assembly on March 27. Coronado had its best ever assembly. What started 10-12 years ago with Esther, Martha, Mary-Ann and a few others, was 97-98 persons in our Teal "The Church Has Left the Building" T-shirts. Thanks to all who attended. A number of others also would have attended but for scheduling conflicts. Pastor Peter Cottrell led off the evening with a rousing introduction and preparation for the events to follow.



For several years, F.A.I.T.H. has been working, with good success, to increase the use of Civil Citations in Volusia County. Civil Citations are a diversion tool that law enforcement officers can use for most juvenile misdemeanor offences. It gives the child consequences like paying restitution or getting counseling. It does these things without burdening the child with a criminal record. At the state level, we would like to make Civil Citations mandatory for all first time eligible offenses (12 offenses). This is being sponsored by Rep. Ahern (Pinellas County) and Rep. Santiago (Deltona) - HB 205. Senator Flores (Miami) is sponsoring the bill in the Senate - SB196. The bills are being opposed by many law enforcement agencies across the state. Please support the bills. Civil Citation usage in New Smyrna Beach is up to 80%; but it is not being used in DeLand at all.

One of the issues discussed at F.A.I.T.H. was the good news that the Daytona Police Department and the Volusia County Sheriff's Department are working with Stewart-Marchman ACT to identify and secure grants that will allow them to carry NARCAN, a nasal spray that when administered rapidly reduces the effects of opioids, often saving the life of an overdose victim instantly. Because many times our law enforcement agencies arrive at emergencies before paramedics, there is a need for officers to carry NARCAN. These departments plan to equip every officer with two doses of NARCAN.

There were officials from Daytona Beach, Holly Hill, Ormond Beach and the Volusia County Council at the F.A.I.T.H. meeting in support of the First Step Shelter for the Homeless. Representatives were also there from the judicial system and Halifax Medical Center. This will be a 200 bed facility, open 24 hours, 7 days a week; and it is a "come as you are" facility which allows homeless people to be connected to services regardless of sobriety. On Thursday, April 6, Mayor Henry of Daytona Beach will address the Volusia County Council on this issue. F.A.I.T.H. members will hold a vigil outside during the Council meeting. Bus will leave from CCUMC at 7 a.m. Please register in the Church Ministries Office if you wish to ride the bus or car pool. Wear your Coronado T-shirt.

***Note from Peter:** A few people asked about why there were no public officials from New Smyrna Beach. Let me say that our Police Chief Mike Coffin met with a small group from F.A.I.T.H. and had a very meaningful discussion. His schedule did not allow for him (or a representative) to attend the Action Assembly. In the discussion, F.A.I.T.H. praised his work on the Civil Citation as the NSB Police department has one of the highest percentages in using the option for first time non-violent offenders. Chief Coffin shared that the numbers would have been better; but sometimes officers are told, at the time, the option is not available for some reason only to find out, after the fact, that it should have been. Chief Coffin is committed to using the Civil Citation every time it is an option. We also discussed the issue of deaths due to opioid overdoses. The NSB Police department had already investigated and researched, in detail, the option of officers carrying NARCAN. The department is open to having NARCAN available for officers when the need and costs are appropriate. (He mentioned that people running red lights and causing fatalities account for more deaths in our city than opioid overdoses.) Unlike other parts of Volusia County, the police department is not usually the first on the scene for an overdose. Our local EMTs do carry NARCAN. No one from New Smyrna Beach, including city and county officials were present to address any stance regarding the First Step Shelter plan or any other response to homelessness.

Youth Sunday School meets in the Tree House every Sunday, 9:30-10:30 a.m.

Middle School Youth Group (6-8th grade) meets weekly on Thursdays after school until 5:30 p.m. Emily Edwards picks up the youth in the church bus at the south side of the parent pick-up line.

High School Youth Group (9-12th grade) meets weekly on Sundays from 5-7 p.m.

Graduation Sunday: All graduating seniors will be presented during both worship services on Sunday, May 21. Wear your cap & gown.

Contact Emily at emily.edwards@coronadoumc.org if you are graduating this year so your information and picture can be included that day.



- ◆ **Hire-a-teen:** I'll be contacting individual team members to complete projects for church members as I have requests come in. Each student should plan on doing multiple hire-a-teen projects over the next 3 months. Youth parents should be available to provide transportation to and from project.
- ◆ **Mission Dinner on Tuesday, April 18:** Come help prepare, serve, & clean up from 4:30-8 pm
- ◆ **NSB Food Festival Parking Fundraiser: Thursday, April 20, CCUMC.** Sign up for the 4-6 p.m. or 6-8 p.m. shift by emailing Emily at emily.edwards@coronadoumc.org.
- ◆ **Cinco de Mayo Parking Fundraiser: Friday, May 5, CCUMC.** Sign up for the 4-6 p.m. or 6-8 p.m. shift by emailing Emily at ccumcemily@gmail.com.
- ◆ **Team Meetings: April 30 & May 7 from 3-5 p.m. (mandatory for all team members)**
- ◆ **Parent & Student Team Meeting: Sunday, May 21 4-5 pm. *At least one parent/**

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Please keep our confirmands in your prayers



Confirmation



Happy Easter, Happy Spring

The Boutique has plenty of surprises for your Easter Basket. An Adderly Tea Service in the Peace pattern is just right for serving Easter dessert. A Haviland luncheon service for 6, complete with cream and sugar and gravy boat, dresses up your Easter table in style. From a *Southern Living* Cookbook to mysteries and drama, our book shelves are full of great books. Fritz and Floyd china Easter Bunnies complete your basket. And of course, from your Easter outfit to your most important accessory, your Easter bonnet, with all the frills upon it, is waiting for you at the Boutique; so hop on over as quick as you can . . . don't miss out.

An extra big shout out to Norma Carter and our entire Fashion Show Team for once again a Sold Out Event. No one does it better.

Happy Easter, Happy Spring. As we continue to Serve God and Share His Love, remember you too can join in and have as much fun as we do at the Boutique. Just drop in and fill out a volunteer application, and see up close what a great place we are proud

Note from Anita

Many years ago, as I watched the Carol Burnett Show on television, she would always end up by singing, "I'm so glad we had this time together." That's how I feel about my years at Coronado. So much has happened since I began to serve God and share His love, some 15 years ago, as a part-time staff member directing the music for the 5 p.m. service on Saturday. Through God's plan for the Music Ministry at Coronado, we were able to continue the wonderful legacy established by previous directors. In addition, we were able to give new direction to enhance the Music Ministry.

We presented a wide variety of concerts for the community, included orchestral accompaniments with our Christmas and Easter presentations, established a Children's Church Music Camp in the summer, provided more music scholarships for college students pursuing a degree in Music or Music Education, and started the Coronado Chimers. I look forward to hearing of your continued success and your efforts to broaden the church's mission of Serving God and Sharing Love through music.
In His Service,
Anita



Anita Wimbish
Director of Music Ministries



Spring Congregation Dinner, Sunday, April 30

Spring is almost here & the flowers are starting to bloom so it must be time for us to enjoy fellowship in the courtyard and a meal together! Please join us for food and fellowship at our Spring Congregation Dinner on Sunday, 30 April. We need to wish our part-time residents ciao and safe travels, welcome in the beautiful springtime in our little beach town, and prepare for a quiet summer. Everyone is invited, so grab your family, friends, or both and come have some fun!

Fellowship will begin with appetizers in the Church Courtyard (weather permitting) at 5 p.m. and dinner will be served at 5:45 p.m. in the Fellowship Hall. The Church will provide the Main Course, as well as drinks. We ask you to bring your favorite salad, vegetable, rice, potatoes, or dessert. Sign-up sheets will be in the Church Ministries Office after Easter Sunday. Please indicate the number attending in your family so we will have enough tables, napkins and drinks. And list the dish you are bringing so folks know when we have enough of something.

Be sure to put your name on your dish, basket, or plate (address labels work very well). No need to bring serving utensils; we have plenty in our fully stocked kitchen. Please take your dish home with you; but if you do leave your dish, you can buy it later out of the Boutique! For questions, contact Peggy Day, Chair of our Hospitality Committee, (386) 427-2656, or e-mail her at PeggyBDay@hotmail.com.

We are Going to Cuba



A team from Coronado will visit our sister churches in *Las Tunas* Province, Cuba, during the first week of May. We are in a covenant relationship with eight churches in the area around *Puerto Padre* and also support other fulltime pastors and missionary pastors in *Las Tunas*.

The needs of the people in these churches are many, and we need your help. Please look over this list and contribute to our 700 pounds of luggage.

- * 8 good laptops (1 for each pastor)
 - * 8 new, unlocked cell phones (1 for each pastor)
 - * Tools (we want to create a toolbox which can be used among the churches)
 - * Shoes (men, women, children) - we can take 70 pair of new or gently worn shoes
 - * Toothbrushes and toothpaste (unexpired)
 - * School supplies - pencils, pens, rulers (metric), crayons, markers, children's scissors, erasers, small inexpensive calculators
 - * Combs
- * Over the counter medicines - unopened unexpired
 - Alka Seltzer
 - Antacids
 - Antibiotics
 - Aspirin, Aleve, Motrin, Tylenol, etc.
 - Benadryl
 - Fish oil
 - Imodium
 - Poligrip
 - Preparation H
 - Vitamins - adult and children

The Gift So Great

I never saw
the Christmas star,
the manger
or the baby.

But I know
by God's command
a child was born
to serve his plan.

This child was slain
upon a tree,
atoning grace
for sinful we.

This child was love
for you and me.
God's gift so great -
hung on that tree.

Connie Umphrey



Coronado Women's Book Club

*2nd Monday of each month Room 116 7 p.m.

All Women Are Invited

April 10: *The Japanese Lover*
by Isabel Allende

May 8: *The Storied Life of A. J. Frikey*
by Gabrielle Zevin



Dani, *The Ukulele Lady*,
will perform at our
LUAU



April 21
12 p.m.
Fellowship Hall
Lunch \$6.00
RSVP: Margaret
386-428-2005

Tutor Time at the Zoo

Tutor Time is a local mission of CCUMC. Tutors meet with children from our local Boys and Girls Club to assist with their educational needs twice a week. Our dedicated tutors help with homework questions and encourage reading and math proficiency.

Recently on March 10, our tutors accompanied twenty-five children from the club to The Central Florida Zoo and Botanical Gardens. A scholarship from the Wayne Densch Foundation for admission and Tutor Time funding from a CCUMC mission dinner for transportation and a guided tour made the trip a reality. Perfect weather, outstanding guides and curious children combined to make this a day long to be remembered by the children. A sincere thank you to those attending mission dinners for your support!

If you would like to become a part of our team please contact Linda at 386-424-0237.





Spring is here, and most of us feel it with our allergies in full bloom. Spring colors are all around us. This is a beautiful time of year. Our garden is going to be a big dinner discussion, I am sure. The children are normally so proud of what they have planted and love to tell you about it. All parents are welcome to come to the playground and see what each class has planted.

The children will be learning about South America and the Amazon Rainforest. If you have any pictures or books of the Amazon or Rainforest, we would love to see them.

Spring also brings new lifecycles of ladybugs, butterflies and other beautiful creatures. We will learn all about that beautiful life cycle of our world.

Earth Day is a great time to talk about taking care of Mother Earth. We will be talking about recycling and adopting birds by putting new bird feed in all our bird feeders. We will purchase special tree and plant it for our school in the garden. And we will study rain in a jar (water cycle).

We will, most importantly, learn about the beautiful story of Easter. We will teach this beautiful story in child appropriate form and with love and grace.

Enjoy the beautiful season

April Bible Verse:

God raised the Lord and will also raise us up by his power.

1 Corinthians 6:14



United Methodist Women

The Coronado United Methodist Women had a very successful Mission Study on Saturday, March 18. We learned about "Rise Against Hunger" and what is entailed when participating in the program. We look forward to actually putting the food together for the hungry. We will need \$2900 for the food to feed 10,000 people and already have almost half the amount. We appreciate any help that our Church family can give; and of course, we will need "helpers" when the food is brought to us for the "assembly line" in preparation to be sent to the hungry. More information (date for assembly line) soon!

Any check should be made out to: CCUMC with "Rise Against Hunger" on the mem line.



Jack Doyle Promoted to Lead Custodian

Please join us in congratulating Jack Doyle on his recent promotion to Lead Custodian. Jack has been with us for four years working as a custodian primarily in CorMeth Day School on the evening shift. Originally from Michigan, Jack is a Navy veteran who served his country during the Viet Nam war. Most of his professional career as a civilian was spent in positions with a varied level of responsibility in automotive related organizations. During his time with us, Jack has demonstrated a superior level of dependability and dedication. In the day school he is known to everyone as the "go to guy" who is willing to help with almost any project.

Jack is married with four grown children and lives in Edgewater. His hobbies involve buying cars, working on cars, selling cars and all things cars!

God's Bathhouse Has First Day of Operation



On Saturday, March 25, God's Bathhouse of Volusia County had a successful debut in DeLand. Many volunteers and friends were there with Elgia and Elizabeth Glass to welcome the first to use the shower. Each person was provided with a personal hygiene kit, new underwear and socks, and had the opportunity to choose blankets, pillows, etc. It was a gratifying experience for all who have worked so hard to bring showers to the homeless.

The schedule for the Bathhouse is still being set.



If you can think of a project you have at home (i.e., mowing the yard, painting, pulling weeds, babysitting, cleaning, etc.), then you can hire out one of Coronado's finest and very hard working teens. All you have to do is fill out **ALL** the information on a "Description Form" found in the church office and turn it into Emily Edwards. A teen will contact you to set up a time that works best to come out and complete your project. When the work has been completed you will give the teen a check made out to CCUMC with their name written in the memo line for a donation you deem appropriate for their work. **100% of this donation will go directly to the youth mission and camp scholarships.**

**Note: You must provide all supplies for the requested project. We will be accepting requests through April 2017.*

Sponsor a Youth for Summer Camp:

Summer Camp is a 5 day Christian camp at Warren W. Willis UM Camp in Leesburg, FL, held weekly throughout the summer. The youth will experience worship, games, and activities in an energy packed week that is designed to encourage their walk with Christ. The total cost for the camp is \$420 per youth.



If you are interested in sponsoring part or all of a youth's cost to attend camp, you can write a check to "CCUMC," write "youth scholarship" on the memo line, and give it to Emily Edwards, Youth Director.

Let's give all our youth the opportunity to grow in their Christian walk through this camp experience.



Faith Community Nurse & Congregational Care

Eileen Savell, RN, Faith Community Nurse

Ongoing Events:

Blood Pressure Screening: 3rd Sunday of every month between services in Room 123 (9-9:30 a.m.; 10:30-11 a.m.)

Creating Cards with Fellowship: 3rd Wednesday monthly, 10 a.m.-1:30 p.m. in the Fellowship Hall

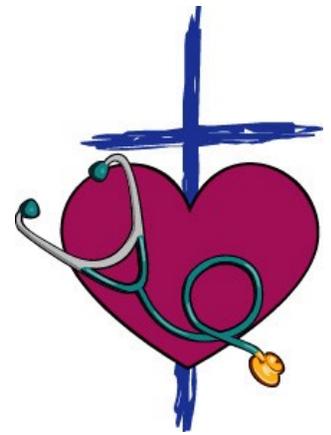
We provide supplies for making cards for our congregation, Oceanview Nursing Home, and Florida Hospital New Smyrna. Just bring a lunch and drink. Experience in making cards is not necessary, and you can come at any time between 10 a.m. and 1:30 p.m. and stay as long as you would like. It's fun and rewarding in an atmosphere of faith and care.

Chair Yoga: Wednesdays, 2-3 p.m., in the Fellowship Hall

This one hour long yoga class is a safe and gentle way to open the body and release tension. While moving through each posture with a balance of strength and relaxation, we bring awareness to our bodies and take our minds to a place of stillness and peace. Whether you have specific physical or emotional challenges or simply want the opportunity to slow down and relax, you will benefit greatly from this class. Our certified yoga instructor is Candice Cuchetti, also holds yoga classes in other venues of New Smyrna Beach and Edgewater. Cost of each session is \$5. A portion of the proceeds go to CCUMC's Missions.

The Power of Sharing: 4th Monday of the every month, 6:30-8 p.m. in the Fellowship Hall.

This is a support group for families and friends dealing with mental illness. It's a loving, supportive, and confidential meeting place, where family and friends can share and hear how faith, sharing our stories, and reliance on a Higher Power can be helpful as we care for those we love who are challenged by mental illness. Every 2nd Monday of the month, 6:30-8 p.m., Trinity Lutheran Church hosts a similar support group open to the public. For information about these two support groups, please contact Rev. Laura Berg, Minister of Congregational Care at CCUMC, 386-689-2815, or Nancy Holt, coordinator for the support group at Trinity Lutheran Church, 386-316-374012.



The Power of Sharing



Mental Health Support Group for Family & Friends



Grief Support Group
2nd & 4th Wednesdays
3:30 p.m. Library 111



**Bear Ministry
for children**

We have
yarn & patterns
in the
Church Ministries Office

Avoiding Emotional Damage During a Political Storm

Larry Shushansky, LICSW | March 27, 2017

It's important to be passionate about what we believe in and to advocate for what we think is right. But that's different than tying our well-being and moods to political currents that constantly ebb and flow. We need to find a balance between being attached to the politics of our time and being detached from the political storm. It's important to have our voices heard, but it is equally important to maintain our well-being.

If you're feeling frustrated, scared, overwhelmed, hopeless, angry and maybe despaired, try to identify what is triggering these emotions and try to prioritize your well-being over all else. Here's how you might accomplish that:

- ◆ **Find A Routine**

Continue routines you might have had in place before the political storm hit that helped keep your mental health strong. Take a walk, exercise, meditate, go to yoga, get involved in a recurring spiritual practice. This is standard advice we get from just about anyone. But few of us really understand its powerful value over the long-term. Also, do things that give you a certain degree of solitude and quiet, like taking a long bath. It's important to allow yourself some alone time to be with your thoughts without interruption.

- ◆ **Do Things That Make You Happy**

It can be easy to feel negative and gloomy all the time. When keeping up with the tumultuous media, make sure you stay engaged with activities that foster your well-being and mental health. Keep positive activities part of your life: Meet up with friends, go to the movies, put on music and dance around the living room. Whatever makes you happy. (And make sure when you get together with others, you limit the amount of time you talk politics!)

- ◆ **Distance Your Emotions**

It's important to get enough psychological distance from the political squalls that are created by politicians and others who believe differently than you do.

Here's how to do this:

While it can be difficult - try to maintain an even mood while talking.

Take a step back from whatever is causing you difficult emotions.

Use any adversity as a tool for personal growth.

Limit Social Media

Sometimes when we feel powerless, we believe the more information we have the better. We convince ourselves that information is power. And while this can be true, we have to remember that it is possible to take in too much information. It is possible to make ourselves feel overwhelmed and scared.

To start weaning back on your media intake: Refrain from opening your **Facebook feed, or any other social media, first thing in the morning or as you're winding down for sleep. Seems simple, but try it once and just see how hard it is.**

- ◆ **Determine How Active You Want to Be**

Decide on how active, or inactive, you're going to be in the political process. Determine how often, and over what issues, you are going to contact your senators and representatives. How many letters, emails, and calls are you going to send? How many marches are you going to get involved in? How much are you going to talk about politics to your friends and family? Set limits for yourself and follow through.

As the political climate changes, make sure you check in with yourself at each turn. If you find yourself inundated, confused, angry, overwhelmed, scared, anxious or depressed, then you may need to take additional steps towards self-care.

- See more at: <http://www.nami.org/Blogs/NAMI-Blog/March-2017/Avoiding-Emotional-Damage-During-a-Political-Storm>

- article posted by NAMI (National Alliance on Mental Illness)

Our Church Family



SUE HAUGAN
MARCH 11, 2017

EDITH BROWN
MARCH 13, 2017



DICK & LYNN KING

Save the Date!
April 23
Party to honor
Anita & Joe
Wimbish
between services



CHURCH STAFF

Rev. Peter Cottrell
Senior Pastor

Rev. Laura Berg
Minister of Congregational Care

Anita Wimbish
Director of Music Ministries

Mike Williams
Music Coordinator for 11 a.m. Worship

Alice Nieburger
Organist

Nancy Watts-Vanderbunt
Church Administrator

Martha Ross
Administrative Secretary

Maya Garcia-Rivera
Lead Financial Administrator

TBA
Accounts Payable & Membership

Amy Nowell
Communications Coordinator

Emily Edwards
Director of Youth and Education Ministries

TBA
Nursery Worker

Tanya Rainge
CorMeth Day School Director

Shannon Schneider
CorMeth Day School Assistant Director

Jack Doyle, Carmen Ramos
Custodial Staff

Steve Taylor
Lighting & Sound

Yunier Vega Pena, Carlos Manuel Merino Ramos, Modesto Toranzo Reyes, Graciela Cortes Velazquez, Maykel Gregori Guerra Vazquez, Jose Angel Reyer Curbelo
*Pastors of our Sister Churches
Las Tunas, Cuba*



Let's make Palm Crosses for Palm Sunday

Everyone is invited to lend a hand in a large undertaking for our congregation – making approximately 700 palm crosses for Palm Sunday. All hands are welcome; please come join us in the fun and fellowship!

April 5, 12:30 p.m., Room 109

Coronado Community United Methodist Church

201 South Peninsula Avenue
New Smyrna Beach, Florida 32169
386-428-6252



www.coronadoumc.org

Church Ministries Office Hours
Monday - Thursday 9 a.m. - 4 p.m.
Friday 9 a.m. - 12 p.m.



Our Mission: Serving God, Sharing Love.

Our Vision: We are Christian believers committed to reaching out and welcoming all people, helping our diverse community grow in faith and in action through worship,, prayer, service, leadership and the sharing of our gifts.

YOUR 2017 COMMITTEE CHAIRS

Robert Hammond
Church Council President
Bobbi Wilson
Lay Leader

Amy Nowell, interim
Communications

Norma Carter
CorMeth Boutique

Dr. Christina Lloyd
Day School Board

Emily Edwards
Education

Greg Bielski
Endowment

Joyce Otte
Finance

Jeanne Hencken
Missions

Peter Cottrell
Nominations

Joan Harvey
Amy Nowell
Scholarship

Rod Rich
Staff-Parish Relations

TBA
Trustees

Linda Vanis
UMW