

Guest Information

Thornton Heights United Methodist Church
ThorntonHeightsUMC.org

100 Westbrook Street South Portland, ME 04106

Admin Assistant: Maddie Ellingsworth
Office: (207) 774-0487
Secretary@ThorntonHeightsUMC.org
Church Office Hours: Tues, Thu 10-1pm

Pastor: Gwyneth Arrison
Pastor: (207) 449-5010
PastorGwyneth@gmail.com
Call, text or email for an appointment



Worship Information



If you are visiting with us, or haven't been here for a while, we welcome you, and hope you find your time of worship today meaningful. The restroom is at the end of the hallway and there is another bathroom in the Jesus Loves Me room next door. Our greeter(s) or usher(s) will be happy to answer any questions.

Children in Worship: Children may take an activity pack and sit with their family in the pews or at the craft table in back when it is set up.

Name Tags: We encourage you to wear name tags so we can more comfortably greet one another by name. If you are new, or happen to need another, please sign up in the lobby. The magnetic style name tag is used by most but is not for those with pacemakers.

Guests are invited to fill out the **Yellow Connect Card** so we can help keep you connected. As a first-time guest, you can hand this completed yellow card to the pastor or place in the offering plate to receive a FREE drink coupon from Aroma Joe's. If you prefer you can scan the QR code to the right or [fill out the online form](#) and see the pastor to receive your coupon.



Offering Information - If you would like to support the mission and ministries of the church today you can scan this QR code to give electronically. You can also donate at: thorntonheightsumc.org/give. Or Text \$amount GIVE to (207) 600-1235.

Joys & Concerns! During worship you will be invited to lift up joys and concerns. If you are joining us live on facebook, please type your prayers in the chat - as technology allows we will share these during worship as well. In addition, we pass around a "prayer jar" - use this to record prayers "for God's eyes only" on scrap paper. These will be prayed over and then destroyed.

Worship Online - You can view worship online live or any past worship service from our webpage.

Holy Communion is generally celebrated on the first of each month. All are welcome to receive but there is also no pressure to do so. We receive bread and cups of juice - as we receive them in faith they become for us the body and blood of Christ to nourish us in our faith and help us experience forgiveness, healing, joy and peace through Christ. Communion or "the Lord's Supper" can also be a sign of placing one's trust in Christ or renewing that commitment. There are gluten-free packets available in the tray of cups as well. **All are welcome to receive.**

Please Join Us for Refreshments in the fireside room (down the hallway past the restroom) immediately following worship. This is a wonderful way to connect with others from the church family.

Worship Leaders - We love to have newcomers assist with greeting, reading and other roles during worship. Please contact Marie Eschner for more info at mgeschner@gmail.com or 207-272-2170

Choir Rehearses on Thursdays at 6:30pm. New members are always welcome! Please contact Ida Santos, our Music Director for more information at ida.santos@maine.edu

Supply Preaching on Long Island, Maine - Evergreen UMC has asked our church to help fill in monthly to lead worship on Long Island. If you would be interested in joining one of our Lay Servants leading worship out on the island sometime please contact Pastor Gwyneth.

Ongoing Mission & Outreach

South Portland Food Cupboard: Have you considered volunteering? Or are you in need of some food assistance? FMI (207) 874-0379 or <http://southportlandfoodcupboard.org/>

Hymn Sing at Pinnacle Rehab and Health - Join us on **First Sundays at 2pm** to sing some hymns, share Communion and visit with residents. Meet at the church to carpool at 1:30 pm or meet us there at 42 Anthoine Street, South Portland. Our visit usually lasts about 25 minutes.

BBLC - Building Blocks Learning Center is our church daycare ministry. If you would like to support this ministry, you can place in the offering plate on any Sunday, or mail to BBLC at 100 Westbrook Street, South Portland, ME 04106. The church began the BBLC downstairs as a mission to the community almost 40 years ago. See the "youth" section for more ways to serve in the BBLC!

Greater Portland Family Promise - Please sign up to help with our Food Distribution on the last Wednesday of each month! See Rich Hughen for more details.

Prayer Shawl Ministry is in need of more prayer cloths, shawls and lapghans to boost our supply. **If you're not a knitter, please donate yarn!** Please contact Melissa Bell FMI at wbelljr1@maine.rr.com. Please also contact Melissa if you would like to give one of these to a friend or family member.

Learning & Connection

Lighthouse Churches - There are three United Methodist Churches nearby, Thornton Heights, Peoples and Cape Elizabeth, and we do quite a bit together. Since we're all on the coast, and all want to share the light of Christ, we have called ourselves the Lighthouse Churches!

Lighthouse Monthly Men's Breakfast - Men are invited to attend a monthly breakfast on **2nd Saturday at Peoples UMC** 310 Broadway. Please RSVP to Dan Doughty at doughtda@gmail.com

Wesley Small Groups - These are small groups that meet in homes for sharing, study, prayer but with no homework! Many groups meet weekly during Lent, but some also meet throughout the year. If you are interested in joining one of these, or starting up a new one please contact Pastor Gwyneth and she will help get you connected.

Beavers Wood Carving Class - Fridays 10 am (Fireside Room) - Please contact Margaret Gilson if you are interested in a future class at (440) 823-9560 or mandmgilson@gmail.com

S.I.S (Sisters in Strength) will continue meeting on **Tuesdays at 2pm** for Bible Study as well as other books of interest. All are welcome.

Youth

Mechuwana Summer Camp - Mechuwana is our United Methodist camp in Maine and summer camp registration is now open! View the [Mechuwana Schedule](#) online - there are camps for all ages throughout the summer.

God Time with the 3-4 year olds takes place on **Tuesday mornings at 9:30** and **Kids Club with school-aged children on Thursdays at 3:45 pm** with Pastor Patti. If you have a child or grandchild who would like to attend, we have space! Or would you like to sign up to assist? It's great fun!

Kids Communion Class - If you have a child or grandchild in grades 3-5 who would like to learn more about Holy Communion, please contact Pastor Gwyneth to sign up for a class!

Youth Group - We have a high school youth group that meets twice per month for study, plus special events and mission projects. We generally meet **after worship on 2nd and 4th Sundays**. Please see Pastor Gwyneth if you are interested!

Communications

Prayer Chain - If you would like to communicate a joy or concern to the congregation mid-week, please contact the pastor at 449-5010 or PastorGwyneth@gmail.com.

Texts From THUMC come from **87447**. This number will be mostly used for all-church notifications such as storm cancellations and checking in for prayer requests. **DO NOT reply** to this number. To opt in to receive text notifications, **text the word START** to that number.

Church Calendar - Paper calendars are available on the door to the church office, or you can contact the church office to have one mailed to you. Or find these calendars on the [church website](#) or on the following links for the [church events calendar](#) as well as the [community use calendar](#).

 **Like Us Facebook:** <https://www.facebook.com/THUMChurch> and [ThorntonHeightsUMC.org](https://www.facebook.com/ThorntonHeightsUMC.org)

 **Check out our church YouTube Channel -** <https://www.youtube.com/@THUMChurch>

Pastor's ENote - Would you like to receive the pastor's weekly email? Or the monthly Grapevine newsletter? You can update your preferences for church communications using the link <https://thumc.breezechms.com/form/2b086873> or the QR code to the right.



Grapevine Newsletter - We publish a monthly newsletter that is emailed or mailed to the THUMC congregation on the **1st of each month**. Please contact Marie Eschner with news for our church community at mgeschner@gmail.com or 272-2170. **If you would like to begin receiving the Grapevine, please use the QR code to the right, or contact the church office.**

Office & Administration

Financial Info - Periodic financial updates are given to the congregation but can be requested anytime by contacting our Treasurer, Barbara Lambach at TreasurerTHUMC@gmail.com. The church runs on a fiscal calendar beginning July 1 so our annual stewardship campaign usually takes place in May. We encourage giving that is motivated by joy and we appreciate everyone's generosity in the Lord!

When You are Away the Finance Committee would like to encourage those who consider THUMC their church family to remain faithful to giving by either pre-paying your tithe, mailing in your offering, donating online at www.thorntonheightsumc.org/give or using the PREFERRED method (with no fees and does not depend on attendance or memory!) by setting up an auto bill pay or ACH through your own bank to: Thornton Heights UMC 100 Westbrook Street South Portland, ME 04106 THANK YOU!



Church Staff Contacts

Gwyneth Arrison - Pastor, (207) 449-5010 or PastorGwyneth@gmail.com
Maddie Ellingsworth - Admin Assistant, (207) 774-0487 or Secretary@ThorntonHeightsUMC.org
Ida Santos - Music Director, (603) 406-9170 or ida.santos@maine.edu
Mike Welsh - Custodian, (207) 632-8964 Rich Hughen is primary contact - (207) 632-8760
Ashley Lajoie - Building Blocks Learning Center Director, 761-3936

Schedule of Regular Church Meetings - [Google Calendar Link](#) (Zoom ID 207 774 0487)

- Finance Team (hybrid) - 3rd Wednesdays at 5pm
- Leadership Team (hybrid) - 2nd Tuesday at 6:30pm
- Building Blocks Learning Center (BBLC) Board - 2nd Thursdays at 10am.
- Trustees (hybrid) - 4th Wednesdays at 4pm
- SPRC meets 3rd Sundays after worship

Schedule of Guests and Facility Users- [Google Calendar Link](#)

- Toastmasters - 1st and 3rd Mondays 6pm (Fireside Room)
- Langala Language Church - Wednesdays and Fridays 4pm
- Portuguese Language Church - Wednesdays & Saturdays 6:00pm (Sanctuary)
- TOPS - Tuesdays 5pm (Fireside Room)
- French Language Church - Sundays 1:00-4:00pm (Sanctuary)
- AA - Thursdays 6pm (Fireside Room)
- Parkinson's Support - 3rd Sunday 1pm (Fireside Room)

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