

Emmanuel United Methodist Church
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The Lamplighter

As the New Year begins,
let us pray,
that it will be a
year with new peace,
new happiness, and
abundance of new
friends,
God bless you through
out the New Year.



Happy New Year!

Happy New Year The Lamplighter 2026

The Lamplighter: The Newsletter of Emmanuel UMC!

The Lamplighter

JANUARY 2026

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Do you have something for our newsletter? Send items to the editor, Rick Bergmann at lamplighter@eumcbeltsville.com



FROM THE PASTOR'S DESK

Care Groups: Reclaiming Our Wesleyan Heritage



In his Discipleship Ministries article Small Groups Are in Our Wesleyan DNA, Steve Manskar wrote in part:

Each human being has DNA [traits] that [are] unique to that person and his or her family of origin.

Small groups are a historic trait of Wesleyan Methodism. For at least 100 years, the Methodists were known as the people who understood that Christian formation took place in small groups known as classes, bands, and select societies. It was understood that being a Methodist meant being part of a small group that "watched over one another in love" to help each other grow in holiness of heart and life.

"The soul and the body make a [person]; the Spirit and discipline make a Christian."

John Wesley frequently used this adage to describe the "method" of Methodism. Small groups are the discipline of Methodist Christian formation. The General Rules provide the map; small groups provide the compass and support for the journey toward holiness of heart and life.

For the first 100 years of Methodism, every Methodist was assigned to a small group known as a "class." Each class was led by a mature layperson who provided pastoral care and nurture. The classes met every week for at least one hour. The meetings included prayer, hymn singing, Bible reading, teaching, and accountability shaped by the General Rules. The purpose of the class meeting was to teach Methodists how to live in the world as faithful disciples of Jesus Christ.

Continued on next page

Care Groups from previous page continued

John Wesley understood that Christianity is a social religion. Being a Christian necessarily means participating in a community that promises to watch over one another in love. Wesley knew from Scripture, tradition, reason, and experience that holiness is both a gift and a process of character formation. Such formation requires participation in relationships of love and trust in small groups. This is why one of the distinguishing features of Methodism was required small-group participation.

Small groups are also in our DNA as human beings created in the image of God. We are relational creatures because God is a community of three persons bound and united as one in love. We could say that God is the original small group. This means that God's essential character is the relationship between the Father, Son, and Holy Spirit. The three are united as One who lives in relationship with the cosmos. Human beings are created in the image of God (see Genesis 1:26–27). This means that we are made for relationship; because we are created in God's image, we have the capacity and need to give and receive love. We become fully the persons God created us to be only through a matrix of relationships God provides by grace. In other words, loving relationships are as important to our life and health as food, water, and air.

The relationships God provides through small groups are as essential to Christian formation as worship, Scripture, and prayer.

In keeping with our historical DNA as Wesleyans (i.e., Methodist), we shall move forward in spiritual formation through the formation of small groups, which will be referred to as "Care Groups." To begin, Care Groups will be composed of persons who were born in the same month, and each Care Group will select a group leader to connect with the pastor on matters from the group. Each group will agree to a written covenant to pray for one another, share joys and concerns, keep matters private, and provide encouragement and support (as the group as a whole agrees).

As a standard practice, each Care Group will be celebrated during the monthly potluck in the month of its members' birthdays to receive special birthday recognition. Also, do not be surprised when the birthday babies receive special treats!

Pastor King

Update from the Trustees

Back in October, we informed you that we have a renter in our parsonage. We are currently in the process of updating and renewing our rental license with Prince George's County. At this time, we have a temporary license that is valid through February.

As part of the licensing process, the parsonage was inspected. As a result of that inspection, several repairs were required. This work included repairing windows and doors, addressing issues in the garage area, patching a few holes in the roof, removing rotted trees that posed a safety risk, and unclogging the kitchen sink and garbage disposal.

After this work was completed, the heating system unexpectedly failed. We are currently working to have the heating system replaced. Once that is completed, we will schedule a follow-up inspection so we can obtain our permanent rental license.

We recognize that this seems like a lot of work, but the property had been unoccupied for an extended period of time. We are committed to caring for it and bringing it into the best possible condition. Please continue to keep us in your prayers as this work is completed.

As always, if you notice something that you believe may be in need of repair, please let the church office or Rick Bergmann know.

We appreciate your continued support.

Sincerely,

Rick Bergmann, Trustee Chair



EMMANUEL
UNITED METHODIST CHURCH
BELTSVILLE, MD

TRUSTEES

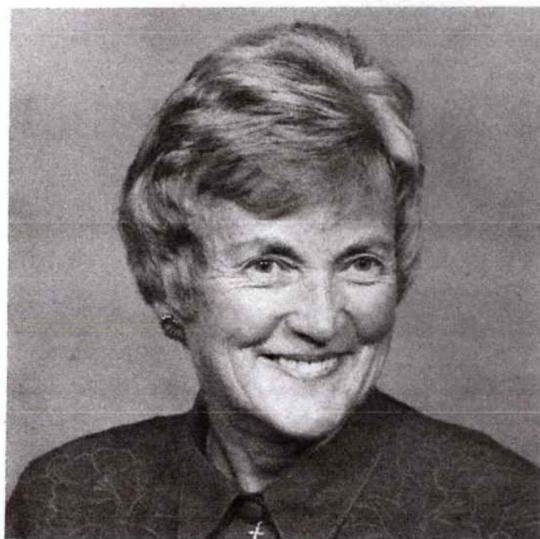
From "Women of Achievement in Prince George's County History"

"I owe Nancy, my life," wrote L. R. Batra, a science advisor at the U.S. Department of Agriculture's Beltsville Agricultural Research Center (BARC), about Nancy in a letter nominating her for the 1991 Prince George's County Women's Hall of Fame.

"She was astute enough to detect my pallor beneath my natural Indian tan as well as heart attack symptoms even though I did not have the classic pre-angina pains associated with an oncoming heart attack," he explained. "If I had not been urged to go to the hospital by Nancy, I would have returned to my office and died there. Later, while still in the hospital, I had triple coronary bypass surgery."

Mr. Batra's near-death experience is illustrative of the profound impact which Nancy's dedication

NANCY E. THRUSH
Registered Nurse and Health Advocate, 1934-



Nancy was recognized for successfully organizing the Slim Downers, the first USDA weight reduction group. As a result of her efforts, a health and fitness center was established at BARC in 1981.

to personal health and physical fitness has had on the lives of countless individuals. A registered nurse and occupational health professional, she started working at BARC in 1962, where she initiated two trailblazing programs long before the issues they addressed became topics for public debate.

Nancy pioneered the idea of a workplace child care center in 1968. The first of its kind for USDA employees, it provided a safe and supportive environment for the preschool children of working parents and served as a model for other federal child care programs around the country. She also pioneered employee health maintenance programs at BARC. For example, she established workplace programs on drug awareness, stress, diabetes, mammography and breast self-examination. She also initiated annual smoke-outs.

In 1969, long before the physical fitness craze had become a national phenomenon,

Like the child care center she spearheaded earlier, Nancy's fitness initiatives put the USDA in the forefront of government fitness programs.

Nancy's contributions to the health and well-being of others extend well beyond the confines of BARC. She has been involved in a variety of community outreach efforts, including special fund-raising and food drives for needy families. She has received numerous honors and certificates of appreciation from employee groups and other organizations, many of them noting her "outstanding leadership and dedicated service."

In addition to these volunteer services, Nancy has devoted innumerable hours to her four children's activities. She has participated in the PTA, Girl Scouts, Majorettes and the Boys and Girls Clubs.

Nancy was cited by the State of Maryland Department of Health and Mental Hygiene in 1979 for twenty-five years of distinguished volunteer service. The American Red Cross recognized her in 1987 for conducting over fifteen hundred volunteer hours of CPR and first aid classes and setting up blood donor programs. In 1990, she was honored by the Beltsville Area Federal

Women's Program for her "tireless efforts to improve the physical and mental health conditions and quality of life of the Beltsville area work force." She was inducted into the Prince George's County Women's Hall of Fame in 1991. ♣

*She has received numerous
honors and certificates of
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Thank You To Those Who Helped Make Advent Special

Advent is always a special time at Emmanuel—a season of anticipation, family, and reflection on the year behind us and the one ahead. Advent would not be possible without the many people whose dedication and service make it meaningful. We are deeply grateful to everyone who contributed to making this season special.

Our Pastor: Pastor King

Our Worship Leaders: Debbie McNitt, Suzie Mendohlson, and Sonia Kassambara

Our Advent Candle Acolytes: Becky Cavallo, Gail Bender, Cale and Tracy Fuller, Balkissa and Binta Kassambara, Judy Dietrich, Linda Hiner, and Amelia Lovelace

Our Tech Team: Rick Bergmann and Ryan Miller

Our Decorating Team: Karen Mackey, Staci Frame-Miller, Jimmy Mackey Sr.

Our Musicians: Alisa Slonaker, Steven Garcia, Theresa Garza, Byron Bobo, Faith Hudson

Our Special Guests: Pastor Margie Matthews, Lynne Childress, and Reverend Sandra Demby

Without the help of these dedicated individuals, Emmanuel would not be the community it is. We thank them for their time, talents, and faithful service.





Cooking with Pastor King: Easy Mango Cocktail

Mix together in glass or pitcher:
1 part mango nectar or puree
1 part ginger beer
A squeeze of lime juice (optional)
Fresh mint for flavor and garnish
Serve chilled or over crushed ice.
Enjoy this refreshing tropical drink even in midst of winter!



Emmanuel Hosts It's First "Ugly Christmas Sweater Contest"

On Sunday, December 21, during the monthly potluck, Emmanuel hosted its first-ever Ugly Christmas Sweater Contest. Members enthusiastically joined in the fun, and Ted Ladd took home the top honor! He was awarded a festive box of holiday chocolates. It was a wonderful time of fellowship, and the congregation is already looking forward to making it an annual tradition next year.



Emmanuel's Winter Coat Drive Was a Success!

In the Gospel of Luke, Jesus reminds us, "Give, and it will be given to you" (Luke 6:36). Emmanuel has always sought to give back to our community, and once again the congregation rose to the challenge. Through our winter coat drive, we collected dozens of coats and donated them to those in need.

Thank you to everyone who contributed so generously. The coats were delivered to James E. Duckworth Regional School in Beltsville, which serves students ages 5 to 21. The families and staff were deeply grateful for the donations, and the impact of your generosity will be remembered for years to come.



Pastor King delivering winter coats to the staff at Duckworth Regional School

Partnering to Support Health and Wellness in Our Community



Emmanuel was pleased to partner with the nonprofit organization Soteria eVisit Remote Patient Monitoring (RPM) to provide attendees at our monthly food distribution with information about their services, as well as guidance on Medicare. Participants also had the opportunity to apply for telehealth benefits through SilverRise. Emmanuel member Suzie Mendohlson was on hand to assist with check-in and help ensure everything ran smoothly.



Thank You To The Fuller Family


Many thanks to the Fuller Family for their donation of gently used toys for St. Matthew's Community Outreach Children's Christmas Party.



Pastor King’s December Visitations

During the month of December Pastor King was able to visit some of our members who aren’t able to make it to church on a regular basis. She was able to spend time with Ernie Kilbourne, Emmy Lear and Patsy Allen (and family)! Patsy and Family were also able visit us during our Christmas Eve Service!



<div><div>★HAPPY★ BIRTHDAY!</div><div>01. Carrie White 03. Doug Galloway 07. Katherine Cavallo, Dan Kenyon 11. Jane Grays 12. Adediha’Dare Hassan 14. Hazel Newell 21 Glendy Hernandez 31. Rick Bergmann</div></div>	<div><div><u>Please pray for our</u> <u>Homebound</u></div><div>Glen Colburn Ernie Kilbourne Emmy Lear</div><div></div></div>	<div><div><u>Christian Love</u> <u>and Sympathy</u></div><div>The family of Leila Wasson The family of Don Genson The family of Nancy Newport</div></div>
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Share the Warmth

United Women in Faith will be collecting mittens, gloves, hats, and scarves for students at our local elementary schools.



Bring donations to the narthex from Dec. 14, 2025 – Jan. 18, 2026.



Join Us For Virtual Bible Study

Virtual Bible Study is back. We meet on Tuesdays at 7 pm on Zoom. Each lesson is self contained so you can drop in whenever you are available. Join us for a good discussion of the Bible and how it relates to our lives each week.

ZOOM INFO: <https://bit.ly/4dO5iry>

Meeting ID: 929 3284 2856

Passcode: bible

If you are calling in: 1-301-715- 8592

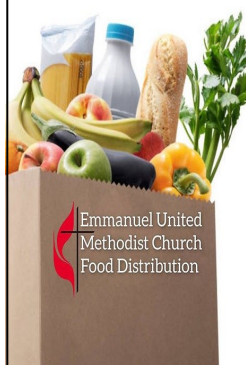
Meeting ID: 929 3284 2856

Passcode: 77881

Worship Through Giving: How Can I Give?

Online: www.eumcbeltsville.com/giving or scan the QR Code below. This is a great way to keep up with your giving if you are out of town, are sick or if you can't come to church.

Through the Mail: mail your offering to 11416
Cedar Lane, Beltsville, MD 20705.



FREE MONTHLY FOOD DISTRIBUTION

Saturday January 24
8 am to 11 am

Emmanuel is on Instagram!

Follow @eumc_beltsville



Join us on Facebook!

[https://www.facebook.com/groups/
EUMCBeltsville](https://www.facebook.com/groups/EUMCBeltsville)



Emmanuel United Methodist Church

FOOD DISTRIBUTION

DISTRIBUCION DE

DESPENSAS

EMMANUEL UNITED METHODIST CHURCH
IGLESIA METODISTA UNIDA EMMANUEL
11416 Cedar Lane Beltsville, MD 20705

January 24, 2026 - 24 de enero de 2026
February 28, 2026 - 28 de febrero de 2026
March 28, 2026 - 28 de marzo de 2026
April 25, 2026 - 25 de abril de 2026
May 23, 2026 - 23 de mayo de 2026
June 27, 2026 - 27 de junio de 2026
July 25, 2026 - 25 de julio de 2026
August 22, 2026 - 22 de agosto de 2026
September 26, 2026 - 26 de septiembre de 2026
October 24, 2026 - 24 de octubre de 2026
November 21, 2026 - 21 de noviembre de 2026
December 19, 2026 - 19 de diciembre de 2026


EMMANUEL
UNITED METHODIST
CHURCH
BELTSVILLE, MD
Engaging the community



January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
OFFICE HOURS M, W 10-12 pm Calendar Room Key: (FH) - Fellowship Hall (Sanctuary Building) (CSR) - Chester Stewart Room (Education Building) (Zoom) - Virtual (S) - Sanctuary						
4 10:00 am Worship (S) 6:00 pm Scouts (CSR)	5 Office Open	6 Office Closed 7:00 pm Bible Study (V)	7 Office Open	8 Office Closed	9 Office Closed	10 5:00 pm Narcotics Anonymous (CSR)
11 10:00 am Worship (S) 11:15 am Potluck 1:00 pm Beltsville Community Cats Volunteer Meeting 6:00 pm Scouts (CSR)	12 Office Open 7:00 pm UpStage Artists Rehearsal (FH)	13 Office Closed 7:00 pm Bible Study (V)	14 Office Open 6:30 pm Lion's Club (CSR)	15 Office Closed 7:00 pm UpStage Artists Rehearsal (FH)	16 Office Closed 7:00 pm UpStage Artists Rehearsal (FH)	17 5:00 pm Narcotics Anonymous (CSR)
18 10:00 am Worship (S) 6:00 pm Scouts (CSR)	19 Office Open 7:00 pm UpStage Artists Rehearsal (FH)	20 Office Closed 7:00 pm Bible Study (V)	21 Office closed	22 Office Closed 7:00 pm UpStage Artists Rehearsal (FH)	23 Office Closed 7:00 pm UpStage Artists Rehearsal (FH)	24 8:00 am Free Food Distribution 5:00 pm Narcotics Anonymous (CSR)
25 10:00 am Worship (S) 12:00 pm Eagle Scout Court of Honor (S & FH)	26 Office Open 7:00 pm Depression Bi Polar Support (V) 7:00 pm UpStage Artists Rehearsal (FH)	27 Office Closed 7:00 pm Bible Study (V)	28 Office closed New Year's Eve	29 Office Closed 7:00 pm UpStage Artists Rehearsal (FH)	30 Office Closed 7:00 pm UpStage Artists Rehearsal (FH)	31 5:00 pm Narcotics Anonymous (CSR)