

The Wellspring

Love God. Learn God. Serve God. Share God.

Fuquay-Varina
United Methodist Church
August 2011

Brothers and Sisters in Christ,

Later in September, we are embarking on a 40-day church-wide study of the book, *Treasures of the Transformed Life*, satisfying your soul's thirst for more. This study is one of our first initiatives in seeking to live out our vision to **Love God, Learn God, Serve God and Share God.**

We are privileged to have the book's author, Dr. John Ed Mathison, come for a kick-off session on Saturday morning, September 10, 2011. Dr. Mathison is the retired senior minister of Frazer Memorial United Methodist Church in Montgomery, Alabama where he served for 36 years. Under Dr. Mathison's leadership, Frazer grew from a membership of 400 to 8,800.

The son of a United Methodist minister, Mathison holds a bachelor of arts degree from Huntington College, a bachelor of divinity degree from Candler School of Theology, a master of theology degree from Princeton University, and a doctor of ministry degree from Candler.

Dr. Mathison is a nationally-known and sought-after speaker. He has served as platform speaker for the National Conference of Fellowship of Christian Athletes and the National Hi-Y Tri-Hi-Y Conference. He is also a seminar speaker at the Billy Graham Training Center, the Cove, in Asheville, NC.

What you will appreciate about Dr. Mathison more than his degrees are his love for the Lord and his warm and endearing spirit. John Ed, as he is affectionately called once you've known him for more than 10 minutes, is warm, engaging, encouraging and down-to-earth.

Are you satisfied with your life? Really satisfied?

Do you sometimes feel that life has been reduced to checking off another task or event on an overbooked calendar? In his book, John Ed addresses our longing for lives that are more fulfilling, meaningful and joyful.

We read in Matthew 13:45 - 46:

"Again, the kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he had and bought it."

You don't want to miss this opportunity to meet John Ed and listen to his teaching as we begin this journey to find that pearl of great value, so clear your calendar for **Saturday morning, September 10th.**

The morning's schedule is as follows:

- 8:00 a.m. Check-in (coffee and pastries available)
- 8:30 a.m. Session begins
- 10:15 a.m. Break
- 10:30 a.m. Session begins
- 12:30 p.m. Lunch and an opportunity to talk with John Ed

Childcare will be available for church members for children through 5th grade.

Registration forms for this event are available in the church office or on the church website - www.fvumc.org and must be turned in by August 24th. Once you've registered you may pick up a book for your family at Worship on Sunday, August 28.

Questions? Contact Susan Smith
smooresmith@earthlink.net
or 567-1714.



The World Methodist Conference



Our own Rev. Albert Shuler has been given an opportunity to be an delegate and council member to the World Methodist Conference in Durban South Africa.

The World Methodist Conference meets only every four years and includes representatives from all over the world who are related to our larger Methodist family. The purpose of the meeting is to promote unity in the larger family and to seek ways to partner in our ministries around the world.

Participants in the Conference will gather under the theme "Jesus Christ - for the Healing of the Nations" and will experience African culture, hospitality and worship, in addition to the joy of being with friends, old and new, from around the world.

Please keep Pastor Al and his wife, Jimmie in your prayers as they travel to South Africa on August 1st.

Greetings Friends!

by Rev. Elaine Lilliston

This has been an amazing summer! F-V UMC continues to be simply an awesome Christ-centered community that thoughtfully and joyfully “loves God, learns God, serves God and shares God.” THANK YOU for graciously providing through the post-a-note supply lists for over 400 persons during VBS. In response, our Vacation Bible School children and families have had a positive impact on our community by providing over 600 “snack bags” for children waiting while parents access services provided through “With Love from Jesus”. While the bags are impressive, it is also a wonderful testimony to the strength of compassionate hearts as the adult leaders influencing our children thought through the eyes of a child and were able to put together a meaningful service project for our children to be truly in ministry to children. Children brought individually wrapped snacks and juice boxes in flavors and types that they enjoy and shared those with others they may never meet.

Seasonal breaks from school routines have provided a window of opportunity for over 91 youth and adults to be serving as missionaries in diverse places. Representatives from our church family have been in eastern Europe, Africa, South America, Central America, Haiti, Tennessee and Winston-Salem, as well as, serving our local community. Youth had a water day on our front lawn and provided a golden summer opportunity for outreach to youth from our community with such excitement that the guests called area news media! Over 100 bags of food were gathered from nearby neighborhoods by our youth to re-stock our Fuquay-Varina Emergency Food Pantry and Director Frances Goddard was so excited that I received a HUGE hug in the middle of an area grocery store! Youth have also been serving around our church building assisting with maintenance and upkeep while learning new skills for life.

The bounty of our Covenant Community Garden continues to nourish souls while providing pounds and pounds of fresh organically grown produce for area residents. WIHN families have found a home on Judd Pkwy. Main Street Kitchen continues to reach out to over 350 persons each month. Eco Justice ministry teams wash mugs, collect recyclables and model wise stewardship. Overflowing lobby shelves of school supplies have been distributed by area case workers to families in need so that children are able to begin school with a fresh start. Host homes ensured traveling musicians would experience our radical hospitality while we've been inspired by the summer concert series variety of opportunities.

Our newly formed “Worship Design Planning Team” has been ensuring passionate worship for hungry souls as the church family has re-examined the Ten Commandments and our

priorities. Summer studies and shared readings have kept our minds actively engaged. Disciple Bible Studies and diverse opportunities for all ages are being launched over several weeks from August 21st through mid-September. A new prayer request line has been added to our web site; the church phone system upgraded; lives have been celebrated; meals have been served; and, teams with an eye on the future have been formed. Ministry team leaders have been intentionally planning for the fall and this newsletter is filled with many details!

As we move from the sweltering days of summer toward the cooler days of fall, may we be reminded that God has been and continues to be with us throughout each of our life experiences. God has brought us together as a community of faith and we want to share the Good News with others through our studies and outreach. May this be a season in each of our lives of continued growth in the Spirit as we share Christ-centered community-responsive values for life and living. May our witness be an outreach of our faith and worship as we move in and about our community sharing as we are Led.

Celebrating life in the Spirit with you,

Elaine

Hedge Ministry Team



Every Sunday someone is praying during every worship service, for everyone in those services, the message being given, and for God to bless and guide each person in their Christian journey. This is the powerful “Hedge” prayer ministry. To serve in this way, call Linda Bridgers at 567-8908.

August 7

Glenn & Joann Myers(8:15)

Available (9:30)

Mary Rose (10:50)

August 14

Glenn & Joann Myers(8:15)

Don Reeves (9:30)

Jim Casper (10:50)

August 21

Glenn & Joann Myers(8:15)

Kitty Blackburn (9:30)

Susan Smith (10:50)

August 28

Linda Bridgers (8:15)

Jean Fox (9:30)

Stacey Beard (10:50)

Global Missions

Jesus said unto his disciples, "Gather up the fragments that remain, that nothing be lost"

~John 6:12 (KJV)

Jesus was concerned over the leftovers. What do we have left over, what do we have to share with others so they, nor the leftovers in our lives will not be lost? Time? Resources? Sharing of our faith?

Les Page
Mission Coordinator



Summer Mission

FV UMC is alive in missions and is making a difference in our community and all around the world! From the Men's and Women's Ministries to the Children and Youth Departments, FV UMC members are feeding the hungry, clothing the needy, comforting the elderly and sick and loving our neighbors! Members and visitors alike are stepping forward and saying they want to serve and proclaim the gospel of Jesus Christ outside of the walls of this church.

Kids in VBS took time every day to think about less fortunate kids and how they can make a difference. They donated and assembled over 600 snack bags for hungry kids visiting hunger relief agencies and contributed to orphans in Africa.

The youth worked a food drive and collected over 100 bags of groceries for FV Emergency Food Pantry. They made cookies and hand written cards for the folks at the FV Homes for the Elderly. They hosted "Water Day" for at risk kids from another church and then headed to Knoxville, TN to work ASP. WOW!

Hundreds and hundreds of people are busy in everyday local missions and finding that abundant life Jesus talked about. Don't miss it. Main Street Kitchen, WHIN, Covenant Community Garden, Spiritual Spinners, Kairos, A Day with God, the Clothing Closet, SWFCA, With Love from Jesus.....

Find your niche, your calling, the place where you can serve and see Jesus.

**"Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can
To all the people you can
As long as ever you can!"**

~John Wesley

FVUMC in Honduras!

July 31-August 13

**Please keep the team in
your prayers!**

Mission Trip!

A women's trip to Costa Rica
is being planned for Nov. 12-20, 2011.

Contact Ann Ledford @ledford1428@gmail.com



Clothing Closet Saturday Aug. 6th



Donations

Drop-off in the sheds in gravel parking lot.

Volunteers

8/4 Thursday at 6pm & 8/5 Friday at 8:30am

Give-a-way

August 6th 8-11:00 am

Bakers

Donate muffins for the Hospitality Table

Contact Tara Critcher at 744-1520.



F-V Food Pantry Food: Rice & Mac/Cheese

Put items in the blue container in the church lobby! Please no glass containers!

Main Street Kitchen: August 20th

Please feel free to contact Paula Cade
at 557-4347 with any questions.

Children's Ministries

FVUMC Church Family,

I want to take a moment and thank you for the JOY and support you have given me over the past three years in my position as Director of Children's Ministries. As I leave this position to return to teaching I do so having grown in many ways, much in part to each of you. Each day brought new experiences and I truly enjoyed the opportunities to serve with each of you. From the nursery on up through our children and even those I've watched grow into youth, my heart smiles at the many ways God is working in the life of each and every one. For all of the interaction I was blessed to have with the children, families, and volunteers my life has truly been touched. What a privilege also to be able to serve with such an amazing staff and they too have helped me grow. FVUMC has been and will continue to be our church family so it is my hope that in the coming days, weeks, and months I will have the opportunity to serve and interact with each of you in a variety of ways. I know that each of our volunteers will continue to serve with enthusiasm and love during this time of transition and that the children will continue to be nurtured and taught with vibrancy. It is with excitement that I look to the future and what God has in store for our church.

As God guides our family in this new direction my prayer for you is that *"The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace."* ~Numbers 6:24-26

Joyfully,

Stephanie Weeks

Kidz NPraise Our Children's Music Program

- * Meets weekly on Wednesdays @ 4:30 pm beginning 9/7
- * Open to 3 year olds—5th grade
- * Includes choir, rhythm instruments, handbells, handchimes, creative movement, drama, Bible lessons, games and more!
- * Church and community members are welcome!
- * Registration begins Sunday, 8/14

For complete details on the weekly schedule and age-level programming options,

visit the church website at www.fvumc.org.

Questions? Contact Jennifer Harrenstein,

Director of Music Ministries, at jharrenstein@fvumc.org

or 552-4331 ext. 105.



Promotion Sunday: August 21st

- In accordance with the state of NC, children not yet in school need to be the new age level by 8/31 of this year (Example: If your child turns 3 on 9/15 of this year he/she will still be a part of our 2 year old SS this year).
- To save you time...your child's teacher will have Registration forms available on Sunday, 8/14. Fill out the form at home and return to your child's new teacher on Sunday the 8/21(Promotion Sunday). Or you can pick up a registration form in the children's wing on the morning of 8/21.
- Sunday school teachers are needed at 9:30 and at 10:50 as well (rotating basis) No experience needed, just a desire to share God's love with our children.

Please contact Judy Casper at jacasper@earthlink.net

3rd Grade Bible Presentation Sunday



Each year, it is the privilege of our church family to present New Revised Standard Version (NRSV) children's study Bibles to our rising 3rd graders.

If you have a 2011-2012 school year 3rd grader in your household, we need your help! Please contact Terri Pavone (tpavone@fvumc.org) to indicate your 3rd grader's FULL NAME and the worship service your family will attend on 9/25/2011. Your assistance will enable us to have the Bibles inscribed appropriately for your favorite third grader.

Save the Date!

**Overnight Bible Retreat
Sept.30-Oct.1
for our 3rd Graders**

Leigh and Brian Goble are excited to be coordinating our annual "Third Grade Bible Retreat" this year. In a 24-hour experience, 3rd graders will learn how to use their brand new study Bibles, as well as, have lots of camp types of adventures while spending the night in the church building. "Save the Date" as registration packets will be mailed during August to our families of third graders.

KFC News!

Kids for Christ (KFC) will have a water play time on Saturday, 8/6 from 1 until 3. Slip-in Slide will be the feature! Children presently 3rd grade to 5th grade at church are invited!

There will be a KFC planning meeting for next year on Sunday, 8/21 at 4:00. It will be held in the 5th grade Sunday School room. This is for those parents and kids (new 4th & 5th graders in the fall) interested in helping with the planning. The meeting should only last about one hour.

For more information contact Frank Lane at frank.lane@pgnmail.com or (919) 906-8020

Youth Ministries

Hello Church,

We have had a wonderful summer together in the youth ministry here at FVUMC. We gathered for the Wednesday nights in June for Summer Lifeline. Each week we have worshiped together there and dug deeper into the way of discipleship. We have also had near weekly mission opportunities that we are calling "Lifeline in Mission." During these events we overwhelmed the F-V Food Bank with food from this community, we reached out to the Homes for the Elderly, and we have partnered with St. Augusta Missionary Baptist Church by holding a water day for their kids day camp. We will be heading to the Raleigh Food Bank together on Thursday August 4. Contact Kevin if you're interested.

Many of our youth did an awesome job at VBS this year, whether they were leading games, serving as "tour guides" for the kids, helping with crafts, performing in skits, or preparing the food.

Many youth also were on the trip to TVR and had a wonderful time encountering God in that setting. A group of 20 high school students and some adults from church also served for a week in Tennessee with the Appalachian Service Project. And on August 5-7 our middle school students are going on a mission weekend to Winston-Salem, where they will serve others through work projects and have a time of spiritual renewal as they are encountered with the call to serve God.

So we've had a busy summer, and through it all we are loving God, learning God, serving God, and sharing God together. What a joy to be a part of these student's lives!

Grace and peace,

Kevin



FVUMC Youth Choir... Coming this fall!

The details are still unfolding... watch upcoming publications for more information on a FVUMC Youth Choir for grades 6 - 12, to begin meeting this fall!

Planning Ahead Dates:

Church-Wide Wednesdays:

August 3, 10, 17

Raleigh Food Bank:

August 4

Lifeline Kick-off:

Sunday, August 28, 6:00 pm

Fall Kick-off Retreat:

September 9-11

Life Groups:

Wednesday September 14

Cookout at Pastor Al's:

Sunday September 18

Pilgrimage:

November 11-13

Church-Wide Wednesdays

The youth will be part of Church-Wide Wednesdays on August 3, 10, & 17, so sign up and get your tickets! We will eat together at 5:45 each Wednesday and have a great program each week from 6:30-8:00.

Fall Kickoff Retreat: September 9-11 at Camp Rockfish

We are having our first annual Fall Kickoff Retreat this year, from September 9-11 at Camp Rockfish. Our life groups will be introduced during this weekend, so you don't want to miss it! You will get more information about this from Kevin.

Fall Lifeline

Lifeline will kick back off on Sunday nights starting on Sunday August 28. We will meet from 6:00-8:00 each Sunday. Bring your friends and come to Lifeline as we have a blast, worship God together, and learn how to live as a Christian each and every day. On Sunday September 18, we will have a special gathering as we have a cookout over at Pastor Al's house.

Life Groups

New this year! Life groups will meet every Wednesday night from 6:30-8:00 pm. We will have middle school and high school groups, and they will be divided by gender. These groups will be a time to have Bible study, pray with one another, and form real friendships with other people in Lifeline going through the same stuff you are.

Confirmation 2012

Begins Sunday, August 28th @ 4:30 p.m.

All rising sixth graders are invited to bring a parent or two and join us for a fast-paced youth-friendly beginning to Confirmation 2012! Calendars, permission slips and packets will be available, as well as, an information session unveiling goals, objectives, hopes and dreams for this year's journey in faith. Our experienced team of 12 mentoring adults have been praying, preparing and are excited to meet each of our sixth graders.



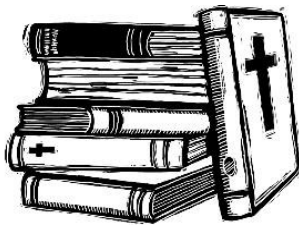
Confirmation

Spiritual Formation

New Adult Classes

Mickey Efir's study of the Book of Psalms.

This summary study examines the 10 types of Psalms, why they were written, and how they were used. Throughout we find kindred spirits as we struggle to affirm our trust in God in the face of the ills of the world. This study also teaches us how to use the Psalms as guides for writing and praying our own psalms for the glory of God. You will acquire a new love for these love songs to God. The Psalms study consists of 8 lessons. If you have never taken a Mickey Efir study before then you are in for a treat. He is brilliant, funny, and down to Earth. We watch a DVD and then discuss our lesson. We start up our new class on Aug. 7th at 10:50. We would love to have you join us! For more information please contact Barbara Patterson at 567-0511 or jmpatterso@aol.com. Day by Day Sunday School Class @ 10:50 am in room 122.



Disciple Renewal

Would you be interested in a study group taking a deeper look at how we personally apply the Fuquay-Varina UMC vision of a Christ-centered community that loves God, learns God, serves God, and shares God? We will consider the motives, advantages, obstacles and ways toward improvement for disciples. We will use selections from the Bible and the ideas, questions and encouragement from those in the group. The hope is that refreshment, revitalization and joy will come as we share together. As disciples, we aim to *Love God, Learn God, Serve God and Share God*. Retired Rev. Dick Kuhn will offer this 6 week class Beginning August 21 Sunday mornings @ 10:50 in room 121, and August 22 Monday evenings @ 7:00-8:00 pm *childcare is available

Upper Room Bible Study

The Upper Room Bible Study class is for the beginning, novice Bible study student as well as the more experienced students of God's Word. This Bible study will focus on the Upper Room Scripture selection and commentary for each Sunday. It only takes about 20 minutes a week to prepare and if you miss a lesson it's no big deal because each lesson is totally different. Please feel free to come and join us. For those of you that have recently been through our Connectings classes this is an easy way to meet new people and get a feel for a short-term Bible Study for the future. Join Facilitator, Craig Judd Room 117 @ 9:30am on Sundays.

Are you satisfied with your life? Really satisfied?

It's often said that Christians have every reason in the world to be optimistic. We know that God is on our side, after all, and according to Romans 8:28, he's promised to work all things for our good because we love him.

And yet, if we were really honest about it, we'd admit that life can still be a challenge. Days can still seem ho-hum, rather than the awesome adventure we secretly long for. Ever been there? Ever thirsted for more?

If so, there's exciting news! Our FVUMC church family is about to embark on a church-wide 40-day study of the book, *Treasures of the Transformed Life*, satisfying your soul's thirst for more by Dr. John Ed Mathison. The book addresses our longing for lives that are more fulfilling, rich, meaningful and joyful.

The study kicks off on Saturday, September 10 when we welcome Dr. Mathison to FVUMC to introduce the study and teach from his book. (See page one of this newsletter to learn more about his visit and to learn how to get your copy of the book.)

This study can literally change the way you feel about pray-

er, church attendance, acts of service, and even financial giving. By the time it's all said and done, you'll be able to see your relationship with God in a whole new way, confidently understanding how to "live all the days of your life," per the well-known Irish blessing.

So where do you come in? First of all, know that the church-wide study will involve more than just a series of Sunday-morning sermons. The congregation will be reading Dr. Mathison's book with forty days of lessons and insights that can help you define just what it is you're really thirsty for—and how to go about satisfying that thirst. You'll be given the opportunity to openly discuss what you're learning during weekly Sunday school/small group meetings, and you'll hear inspired messages each week to tie it all together. We'll end the study together on Commitment Sunday, when you'll have a chance to put your faith into action.

Please don't miss this church-wide opportunity to grow in faith and stretch your spirit. Make plans now to be a part of this study, and know that the transformed life that results could be your very own!

Questions? Contact Susan Smith at 567-1714 or smooresmith@earthlink.net.



DISCIPLE

Take this opportunity to
LEARN GOD
with a group of fellow Disciples!

Begins August 2st!

Classes are filling!

Visit the DISCIPLE table in the lobby
and sign up today!

Contact Debbi DeMaris at
ddemaris@fvumc.org or 552-4331, ext 106.

DISCIPLE I

Becoming Disciples Through Bible Study

Sunday begins 8/21 at 8:15 am
in Room 123

Sunday begins 8/21 at 4:30 pm
in Room 124

Monday begins 8/22 at 6:30 pm
in Room TBA

DISCIPLE II

Into the Word and Into the World

Wednesday begins 8/24 at 6:30 pm
in Room TBA

DISCIPLE III

Remember Who You Are

Wednesday begins 8/24 at 6:30 pm
in Room 124

DISCIPLE IV

Under The Tree of Life

Wednesday begins 8/24 at 6:30 pm
in Room TBA

Jesus in the Gospels

Sunday begins 8/21 at 4:30 pm
in Room 123

Disciple Testimonies:

Disciple studies afforded me the opportunity to dig deeper into scripture. But just as important; it allowed me to share in that journey with fellow Christians. We dug, reviewed and discussed our findings growing in our faith knowledge together. ~Jim Carver

Coming from a background in Catholicism, reading the bible was not a part of my life - and studying it definitely was not! Moving to North Carolina, meeting a wonderful Christian family that in turn lead us to FVUMC was all part of God's plan but I felt at a loss not knowing

scripture. I was introduced - somewhat reluctantly at first - to Disciple I. It was a wonderful way to introduce me to the Bible and incorporate it's teachings into my daily life - and reading scripture is now a part of my life and I love it!. ~Patti Horan

I have been blessed by my Disciple Bible Studies. The friends that I have made through our groups are an important part of my life at FVUMC. We have been involved in other short term bible studies. We do Main street Kitchen. We've gone on to our walks to Emmaus and prayed for each other over the past ten years. I was blessed by being asked to facilitate a Disciple Three Bible Study last year and am looking at facilitating again this year. Please feel free to stop by the Bible Studies table on Sundays and discuss your future studies. We have anything from the Daily Devotional Upper Room Bible Study to 34 weeks of great discussions and meeting lifelong friends. ~Craig Judd

If you are looking for a way to grow in your faith as well as build Christian friendships, consider participating in one of the Disciple Bible Studies this fall. I found these studies to be a great way to learn and grow as a Christian. Disciple includes reading and studying the Word and lots of informative discussions which often help you to look at things in a way you never have before. Disciple is a very rewarding experience that allows you to become closer to our Lord and to one another. ~Debra Wilson

Disciple I Bible Study was my first in depth study in the Word. What began as a seemingly overwhelming commitment soon became an anticipated daily walk with God. Our group was small but dedicated. Each member had differing faith backgrounds which made our discussions and study both enjoyable and enlightening. I would encourage those looking for a starting point with the Bible to consider Disciple I. ~Jon Patterson

One of the biggest blessings from Disciple for me was the regular fellowship during my work week. When I signed up, I did not know anyone in the group. But the format gave us plenty of opportunities to share our questions and thoughts about what we'd studied, and that sharing was so affirming to my faith. It was a joy to be together and learn in this way and something I looked forward to each week. ~Janice Fain

Church-Wide Wednesdays

August 3, 10, 17

Love God, Learn God, Serve God, Share God

A Multi-Generational Event!

Meals will be served 5:45-6:30 pm.

Evening activities are from 6:30-8:00 pm.

The Experience

Our Children, Youth and Adult Ministries have teamed up to bring disciples of all ages from our youngest to our senior adults for 3 evenings of Fellowship, Mission and Prayer.

The activities begin at 6:30-8:00pm!

***Childcare is available!**

August 3

All Church Family Game Night

Get to know other members of the church, come and see our renowned game show host Kevin Johnson in action, and be here for a night of laughs and goofy games!

August 10

Stop Hunger Now

We will assemble 20,000 meals in 2 hours!

Donations of \$.25 per packaged meal to be collected in the Church lobby & Church office.

Checks are to be written to F-VUMC, in the memo line please specify "Stop Hunger Now".

August 17

Praying Together: A Hands-On Experience

All ages will have new experiences talking to God as we move throughout a variety of prayer stations. Experience them at your own pace, and together we will see how God meets us right where we are.

Hands-on prayer is a special experience for people of all ages!

The Meal

No worries about dinner, we will have a wonderful meal prepared for you at a reasonable price! Don't forget to pre-purchase your ticket by the Sunday prior to the event!

Cost :

\$5.00 per Adult,

\$3.00 per Child (12 & under and Seniors 65+).

You can purchase your ticket(s) in the Church Lobby on Sundays or in the Church Office during the week.

August 3

Meal: Taco Night served family style

Dessert: Strawberry Cheesecake or Plain Cheesecake

***Alternative Kids Dessert**

Make your own Ice Cream Sundae table

August 10

Meal: Homemade Spaghetti & Meatballs

Dessert: Homemade Shortcake topped with fruit medley, whip cream on the side

***Alternative Kids Dessert**

Make your own Ice Cream Sundae

August 17

Meal: Chicken Picante, Green Beans, Baked Potatoes

***Alternative Kids Choice:**

Hot Dogs w/potato chips, veggies & Ranch dressing

Dessert: Homemade Key Lime Pie

Music Ministries

Choral Opportunities at FVUMC

Enjoy singing? Looking for a place to plug in at FVUMC? Previous experience is NOT required to participate in these choral ensembles...

The Praise Choir

works alongside the Praise Team to provide music for the 9:30 AM contemporary worship service. This group is open to ALL - no audition or previous experience required! The Praise Choir sings contemporary music with a live band. Additionally, the group participates in cantatas, retreats and fellowship events throughout the year. Rehearsals are Thursdays, 7:00-8:30 PM in the choir room, and new members are welcome anytime!

The Worship Choir

is open to ALL adults and youth who desire to lift praises to the King! The Worship Choir sings regularly for the 10:50 am worship service and rehearses on Wednesdays, 7:00 - 8:30 PM. New members are welcome at any time, and previous experience is not required! In addition to leading worship on Sunday mornings, the Worship Choir participates in special activities throughout the year, including cantatas, choir retreats and fellowship gatherings. *Childcare is provided during all rehearsals.*

Interested? Simply show-up for rehearsal!

For more information, contact

Jennifer Harrenstein,

Director of Music Ministries

jharrenstein@fvumc.org or

Felicia Wermke,

Associate Director of

Music Ministries fwermke@fvumc.org

or 552-4331.




SUMMER Concert Series

SCHEDULE

Sunday, August 7

One Achord in Concert, 5:00 pm

FVUMC's own One Achord will present a program of a cappella men's music, and yes, they've got a few tricks up their sleeves! The program will include some traditional a cappella favorites, as well as a few pieces that will get your toes tappin'! There will also be some special songs just for the kids... this is a program the entire family will enjoy. Don't miss an exciting concert of high-quality music from the men's quintet, One Achord! *Admission is free and open to the public, and nursery*

Christmas Cantata

It's only August, right?

In the music world, that means time to start thinking about the Christmas Cantata! Think you might like to join this year's cantata choir? Stop by the choir room or the church office to pick up a *Cantata Sampler CD*—preview some of the music we'll be learning to see if this might be the area of ministry for you. Rehearsal schedule information is included with the preview CD. ALL ARE WELCOME to sing in the cantata choir, even if you don't regularly participate in the music ministries—check it out today!

Handbell Choir Openings

The FVUMC Handbell Program has openings for both beginning (no experience) and intermediate (some experience and/or music reader) ringers. Rehearsals are on Sunday afternoons during the school year. Anyone interested in ringing should contact Jennifer Harrenstein, Director of Music Ministries, at jharrenstein@fvumc.org or 552-4331 ext. 105. *Don't wait, as space for participation is limited!*

Our Life In Community



Tyler Waters & Family, David Mintz & Family, the Mills/Simpson Families, the Byrd Family, Don Gantt & Family, Maria Broughton & Family, Rex Tracy, Eddie Ragan, Shirley Baker, André Carson, Venie Weather, Dub Hornsby, Shirley Hicks, Maxine Senter, Bill Colagiovanni, Virginia Jones, Vickie Cardin, Kevin & Debbi Braswell, Diane Rubin, Henry Hanmann, Carole Nanzetta, Phil McCray, John & Beth Silveira, Dorothy Herring, PJ Ramsey, Clay King, Ellen Tinsley

Raleigh District Lay Speaker Training Course



§ Basic Course for Lay Speakers - Saturday, October 1

Saturday, October 1, 8:00 a.m. until 4:00 p.m.,
at Westover UMC, 300 Powell Drive, Raleigh, 27606.
Registration will begin and breakfast will be available at
7:30am Registration fee \$10, will include meals.

Each participant should be approved by the senior pastor
and the Charge Conference prior to attending.
[See § 267 in The Book of Discipline, also printed on registration
form.]

For more information on the basic course, please contact
Rev. Linda Harris at leeharris@nccumc.org.

§ Advanced Course for Lay Speakers - Saturday, October 1

Saturday, October 1, 8:00 a.m. until 4:00 p.m.,
at Westover UMC, 300 Powell Drive, Raleigh, 27606.
Registration will begin and breakfast will be available at
7:30am Registration fee \$10, will include meals.

For more information on the advance course,
please contact
Stephanie Wright Houze at stepwright7@yahoo.com.

**Pre-registration required for both courses and must be
postmarked by September 19th.**

Does life have you down?

Has the Word of God slipped away from
your heart because you have been
burdened by the troubles of life and
just can't seem to shake it?



After Jesus was baptized by John, he was
driven into the wilderness and was being tempted by
the devil for forty days and forty nights. We read
Jesus' response to Satan in Matthew 4:4

*Jesus answered, "It is written: 'Man shall not live on
bread alone, but on every word that comes from the
mouth of God.'"*

Do you know how to get the Word of God back into
your heart so that you can have the faith you need to
sustain you through the troubles you are facing? If not,
why not talk to a Stephen Minister? We will be there
with you in your times of trouble and will walk along
side of you for as long as you need. We'll be there as a
friend, a source of strength, and a guide helping you to
get the Word of God back into your heart and to help
you strengthen your relationship with Christ.

*"Praise be to the God and Father of our Lord Jesus
Christ, the Father of compassion and the God of all
comfort, who comforts us in all our troubles, so that
we can comfort those in any trouble with the comfort
we ourselves receive from God." ~2 Corinthians 1:3-4*

Stephen Leaders:

Susanne Young 552-7503
Bob Sorrels 552-0505

Polly Sheets 552-5035
Thearon Willis 820-1845

PrimeTimers:

Tuesday August 16 at 10:00am

Buddy Walters, Fire Marshall for the Town of FV and long time FV Fireman, will be our guest speaker.
He will be talking with us about Fire Safety as it relates to Senior Citizens.

August 27

Senior Adults 60+ are invited to a *Senior Celebration* hosted by our church. RSVP with the Church office!

September 27

A trip to Larry's Beans (coffee roaster) in Raleigh.



Book Club 2011-2012

The FVUMC Book Club will begin its 8th year this month. Here is the book list for the entire season ...

August 19

***The Other Wes Moore
One Name, Two Fates***
by Wes Moore

September 16

The Art of Racing in the Rain
by Garth Stein

October 21

***Twelve by Twelve:
A One-Room Cabin
Off the Grid and Beyond
the American Dream***
by William Powers

November 18

***Christians and
the Common Good:
How Faith Intersects with
Public Life***
by Charles Gutenson

January 20

Picking Cotton
by Jennifer Thompson-Cannino,
Ronald Cotton, and Erin Torneo

February 17

The Cellist of Sarajevo
by Steven Galloway

March 16

***Half the Sky:
Turning Oppression
into Opportunity for
the Women Worldwide***
by Nicholas Kristof and
Sheryl WuDunn

April 20

The Glass Castle
by Jeannette Walls

May 18

Still Alice
by Lisa Genova

June 15

***Love Wins:
A Book About Heaven,
Hell, and the Fate of Every
Person Who Ever Lived***
by Rob Bell

We meet on the 3rd Friday of the month (except Dec & July) in various homes for a potluck dinner and the book discussion.

As disciples of Jesus, we strive toward a faith that is evident in all that we do. How we conduct ourselves every day is a witness to Christ's presence in our lives.

We welcome all men and women who enjoy reading and discussing books to join us as we explore the human experience through a variety of genres and themes in ways that enable us to challenge and strengthen our faith in both knowledge and deeds. Non-church members are always welcome; feel free to invite a fellow book lover to come along with you.



For more information, contact Suzanne Jones (dsjones@nc.rr.com) or Matilda Storm (matildastorm@embarqmail.com).



Summer Office Hours

Church Office will close at 12 noon on Fridays through August!

Divorce Hurts.

Find Help at DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. It's a place where you can be around people who understand what you are feeling. It's a place where you can hear valuable information about ways to heal from the hurt of divorce.

There is a DivorceCare group meeting every Monday evening at 7:00pm in room 127. A New Session is beginning August 22, 2011. However you can join the group at any time. Visit the FVUMC website for more information or contact Thearon Willis at thearonwillis@nc.rr.com

DIVORCE *Care*

School Supplies Needed



During the entire month of July please help fill our lobby shelves (many times over) with school supplies to be distributed by our friends at Southern Regional Center as well as to local ESL high school students.

All school supplies are welcomed!

For Elementary Age: New or gently used book bags, crayons, pencils, glue sticks, folders, rulers, scissors, pencil pouches, notebook paper

For our High School students:

3 ring binders, dividers, pens, graph paper, hi-lighters, small staplers, colored pencils, index cards

****If anyone has a graphing calculator & no longer using it would be a HUGE help to the high school students****

Have fun filling our lobby shelves with these necessities to ensure a successful start to a new school year for children and youth in our community.

Rain Barrels for Sale

Whether it's watering your garden or washing your car, a rain barrel is a great way to help conserve water (and money) which is good stewardship all around. The EcoJustice Ministry is selling rain barrels on a pre-order basis. You order one; we make it. Upon completion, you purchase it for \$50.

Proceeds support projects that demonstrate love of God and neighbor in alignment with the UMC social principles and in keeping with the mission of the EcoJustice Ministry. For more information or to order a rain barrel, contact Tammie Quick at tlquick@gmail.com or 557-2131.



Top Ten Things I Learned During My Summer Internship:

1. **The intern will never go hungry at FVUMC.**
A special thanks to everyone who fed and fed and fed me this summer. My grandmother was pleased.
2. **Congregations can show grace to those who lead them**
No one mentioned it when I forgot the Lord's Prayer at 10:50 or when I got times mixed up and walked into the 8:15 service at 8:30
3. **Offering plates are heavy!**
When lifting, stack them and use two hands instead of one.
4. **Audits are good things.**
I usually associate audits with fear and the IRS, so it was fascinating to witness this church's faithful and professional approach to finances.
5. **Church meetings can be less than an hour.**
Major kudos to Lisa, our fabulous Trustees chair, who adjourned her last meeting at record 39 minutes!
6. **With the right heart and help, church property itself can become a haven for homelessness and a garden for fighting hunger in the community**
...and grape Koolaid keeps birds away from blueberries.
Thanks Joy!
7. **Church life does not have to slow down in the summer.**
It's amazing to see a congregation plan its own trips and mow its own lawn... Truly, God does great things through you and your passionate initiative.
8. **Staff meetings should begin with worship—and it's ok to laugh through them!**
Joan and Jane, Al and Elaine, Debbie, Bob, Terri, Jennifer, Felicia, Kevin, Lynne, Diana, Stephanie...
You have all brought such joy to this place.
9. **Prayers can be authentic—even when others are listening.**
10. **You can fall in love with people in just 10 weeks.**

Honestly, I have treasured the time spent with you this summer. From the kids at Vacation Bible School to the seniors who can walk circles around me, I have met so many incredible people this summer and I'm thankful for your witness and your presence in this community! You have shown me how to live Church, love Christ, and share fellowship. Thank you for sharing this vision with me. The summer has been wonderful and I promise I'll be back to visit!

Learning, Serving, and Loving the time Shared,
-Emily Knight
Duke Divinity Summer Intern

Table Hosts & Youth Servers Needed

Do you have a gift of decorating? Or love to serve others? Both? Come help us celebrate our senior members by hosting a table or by serving during our Senior Celebration Luau on Saturday August 27th.

Sign up in the Church lobby on Sunday or Contact Debbi DeMaris at 552-4331 or

ddemaris@fvumc.org or
Lynne Sorrels at 552-0505



Our Church Cupboard



We have a Church Cupboard here at FVUMC that is used to give food to folks that come to the church hungry and looking for food.

We are able to help people in emergency situations to hold them over until they can get through their current crisis or to get to the FV Emergency Food Bank. Please consider donating canned goods, boxed dinners, frozen meat, & kid friendly items such as fruit snacks, non-perishable jello/pudding cups, cereals, etc.

Donations can be brought in anytime and left in the small kitchen next to the church office. If you have questions or suggestions please contact Jane in the office.



Keep watch for a notice of a meeting on the Church Columbarium early in September.

For further information, please contact

David Jenkins at
(919) 810-9975 or David_Jenkins@NCSU.edu

or Jim Dewey at
(919) 577-0197 or jdeweysr@aol.com.

Women's Ministries

Upcoming Events!

August 19-20, 2011

Joyce Meyer Live! Raleigh

Hear the teaching of Joyce Meyer at the RBC Center. Free of charge.

We will try to attend as a group from FVUMC!

More information soon to come.

Questions? Contact Cathy Vogt at

jakenmorgan@embarqmail.com or 919-607-2150

Sept 29- Oct 1, 2011

Fall Women's Retreat at Teen Valley Ranch

in the beautiful North Carolina Mountains!

Thurs. evening, thru Sat. 12noon.

More information coming soon!

Contact Cathy Vogt for more information

jakenmorgan@embarqmail.com or 919-607-2150.



Men's Ministries



F-V UMM

**Meet on the
3rd Mondays**

All men are invited to attend the monthly meeting on the third Monday at 7:00 Room 126.

To stay in touch, visit our Google Group Site at <http://groups.google.com/group/fvumc-um>

Ongoing Men's Ministries

Prayer Warriors meet the third Monday of every month, in the Prayer Chapel at 8:30pm for devotion and intercessory prayer.

Men Eager to Serve (METS) meet on Thursday nights from 7-8:30pm in Room 127 for a time of service, fellowship, and accountability.

Aloha! It's a Luau!

Senior Celebration

August 27th

This is a special event to honor our very youthful seniors 60+. We want EVERYONE in this age group to plan on attending an evening of great food, steel drum music, and dancing with the Gerald Parker Jazz Band featuring music from the 50's and 60's. You will receive Souvenir Pictures and Programs to remember this very special evening. ***This night is for YOU!!!***

Please sign up and reserve your spot in the Church Lobby on Sundays or in the Church office during the week.

Questions? Call Debbi DeMaris @ 552-4331 or ddemaris@fvumc.org



Visit the North Carolina
Conference of the
United Methodist Church
at <http://nccumc.org>
and learn more about what
the UMC is doing!

Note From Finance

On Sunday, May 8, 2011, we were challenged to pay off our mortgage. Our mortgage is due in September. We are trying to pay it off so that we do not have to refinance the loan. If we refinance the loan, our interest rate could go up by 3 or 4 times the current rate. On May 8, our mortgage balance was \$786,390.19. As of 7/18/11, the balance was \$685,053.35. We are celebrating that we have paid off \$100,000 in those two months. However, we only have two months left. We are asking you to pray about this *Leap of Faith* and make a gift above and beyond your normal giving as God leads you.

Now, for a few housekeeping items...

We have discovered that many of our members receive offering envelopes but do not use them. So, in an effort to cut expenses, we want to only order the envelopes that are needed. Do you use giving envelopes? If you DO NOT wish to receive your 2012 Offering Envelopes, please contact Joan Thomas in our Finance Office at jthomas@fvumc.org or 919-552-4331 x107.

Did you know that you can give electronically to FVUMC? You have the option to set up an ACH debit against your bank account. You have the option of giving money to FVUMC on the first of the month and/or the fifteenth of the month. After the ACH debit is set up, money will be drafted from your account.

Contact Joan Thomas in our Finance Office at jthomas@fvumc.org or 919-552-4331 x107 if you have questions about ACH debits or if you would like to set it up.

Thank you for your prayers, presence, service, gifts and witness as our mission continues to grow at FVUMC.





The Wellspring

Fuquay-Varina United Methodist Church

Love God. Learn God. Serve God. Share God.

919-552-4331

www.FVUMC.org

100 South Judd Parkway SE

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UPCOMING EVENTS

Additional information inside this Newsletter Edition!

August

Honduras Mission Trip	7/31-8/13
Church-Wide Event	8/3
Middle School Youth Trip	
Estoy Loco	8/5-8/7
KFC Water Day	8/6
Clothing Closet	8/6
Summer Concert Series:	
One Achord	8/7
UMM: Men's Retreat	8/12-8/15
PrimeTimers: Fire Marshall	8/16
Book Club Dinner	8/19
UMW: Joyce Meyer Live	8/19-8/20
Main Street Kitchen	8/20
Promotion Sunday	8/21
Disciple Classes Begin	8/21
KFC Planning Meeting	8/21
Senior Celebration	8/27
Youth LifeLine Begins	8/28
Confirmation Begins	8/28

September

Kidz NPraise Begins	9/7
Youth Retreat	9/9-9/11
John Ed Mathison Session	9/10
KFC Begins	9/11
Faith Weaver Friends Begins	9/11
Life Groups Begin	9/14
Main Street Kitchen	9/17
Youth Cook-Out at Pastor Al's	9/18
3rd Grade Bible Presentation	9/25
3rd Grade Bible Retreat	9/30-10/1
<u>Looking Ahead:</u>	
Youth Pilgrimage	11/11-13

Newsletter:

newsletter@fvumc.org
Articles due by the 15th of the each

Bulletin :

bulletin@fvumc.org
Notices are due Tuesdays at noon