



Grace Notes



August 2017

From Pastor Scott Wilks

Spiritual Nourishment

John Wesley taught that God gives to us means of grace by which we grow in Him. These include, but are not limited to prayer, communion, baptism, fasting, and reading the Word. Each is important and has its own benefit. When we read the Scriptures, we know God through His love for His people.

At the table, we receive a tangible reminder of Christ's broken body and shed blood. But there is also the comfort that He is with us always. In baptism, we are united with Christ's death and rise in the promise of our own resurrection. And fasting is to discipline the mind, body, and heart to focus on Him when our own needs want to distract us.

I have practiced a couple of means of grace that help me attune my heart toward God. One such practice is the Jesus Prayer, which is said quietly and repeatedly both to bring comfort and to empty myself from the distractions of this world. That simple prayer is:

Jesus Christ, Son of God, Have mercy on me, a sinner.

The Jesus Prayer

When we pray it we acknowledge that Jesus is the messiah, the promised One. He is God in the person of community with God, and we fall on His mercy, knowing that we are sinners in need of God's grace.

What are your practices that center you on your need for God? We all need spiritual nourishment in a time of spirituality and junk-food religion. Fill yourself with good things and you will find that God's grace is all-sufficient. Let Him fill you to the point that the world sees God pouring forth in you and through you. May you find His grace sufficient for life and life everlasting Amen.

Opportunities and Blessings:

Wednesday Night Fellowship and Choir(Trade)—Warm up those vocal chords and get ready for some good food! We meet for choir around 6:30 and eat afterward. Come and be blessed!

Giving Opportunities—Please remember our monthly mission offering on First Sunday which benefits the needs of our community. This time of year, the needs often outweigh the resources.

Likewise, volunteers are always needed at the Saint Anthony's Bread and Medical Mission at the Roman Catholic Church.

The Unique Boutique is open Wednesdays from 10am until 2pm and the first Saturday of each month. Monies made benefit our mission and ministry within the surrounding community!

There are plans are for a new worship service beginning in September at FUMC. The music will be contemporary and all are invited. This is not a replacement for the "Celebrate Recovery" program, but we hope to morph this service into the recovery program later.

FUMC is beginning its own liturgical dance group with the first practice on Wednesday August 2nd at 6pm. Interested persons should contact Addie Bobbitt or plan to attend the Wednesday sessions.

Do you know someone who could benefit from an Al-anon meeting? Anne Perry and Addie Bobbitt will be starting a couple of meetings beginning on Tuesdays in September. Al-anon is a program which supports family and friends of people with addictions.

FUMC—Please remember that we can receive your offering electronically if you are out of church for any reason. We miss you when you aren't here and your generosity pays to keep the lights on and staff paid!

Serving Our Military

Trade UMC

Jonathan Adams
Caleb Courtner
Matthew Danner
Amanda Dougherty
Austin Pardue
Zane Penley
Colton Phillips
Ian Prudhomme
Scott Wallace

First UMC

Daniel Herman
Angel Sluder
Alan Morgan
Joshua Pace
Timothy West Bellamy

