

MESSENGER SEPTEMBER 2, 2020

Dear Faith Harbor Family,

Kim and I want to thank you for the outpouring of love and concern that we have received during my mom's recent illness and death. There have been more cards, phone calls, emails and texts than we have been able to respond to thus far (although I do hope to answer all of them eventually!). We also received wonderful home cooked meals, desserts, dips, fruit salads and other foods, as well as beautiful flowers and paper goods and other supplies for a family gathering. Your generosity, thoughtfulness, love and support have revived our spirits and warmed our hearts.

My family and I have decided to have a private memorial celebration for my mom in Ohio later this fall. Her ashes will be spread across the state line in Indiana where she was born and raised. [This link](#) will take you to her obituary.

We are looking forward to getting back to serving alongside you in ministry and being back together with you in worship this coming Sunday. Until then, may grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord. (2 Peter 1:2).

Peace and blessings,
Pastor David

Nouwen Meditation: **A Prayer (sent by a member-very comforting)**

Dear Lord,

Today I thought of the words of Vincent van Gogh: "It is true there is an ebb and flow, but the sea remains the sea." You are the sea. Although I experience many ups and downs in my emotions and often feel great shifts and changes in my inner life, you remain the same. Your sameness is not the sameness of a rock, but the sameness of a faithful lover. Out of your love I came to life, by your love I am sustained, and to your love I am always called back. There are days of sadness and days of joy; there are feelings of guilt and feelings of gratitude; there are moments of failure and moments of success; but all of them are embraced by your unwavering love. . . . O Lord, sea of love and goodness, let me not fear too much the storms and winds of my daily life, and let me know there is ebb and flow but the sea remains the sea.

Amen.

PRAYER CONCERNS

Sympathy is extended to *Steve and Linda Wells* in the death of Steve's brother Terry on August 30th. May God give them peace and healing in the days ahead.

Congratulations to Joyce Arnette in the birth of a boy to her nephew and his wife. Her nephew is Sg. Joey Horne. It is their first child and we pray for God's blessings over this family.

MEMORIAL SERVICE for *Glenn Luisi* will be at Faith Harbor UMC at 2:00pm on Saturday, September 19th. The Sanctuary is arranged for social distancing and all protocols will be followed to keep those attending safe. Plan to join Terri and the family to celebrate the life of Mr. Glenn.

Members Jim Ace, Jonathan Adams, Scott Adams, Joyce Arnette, Nancy Buckman, Connie Carroll, Frank Carroll, **Ed and Rebecca Drudge-Ed is now in Hospice Care**, Cal and Diane Geary, Jim and Faye Graziano, Stephanie Hardin, Gail and Mike Kaufmann, Janice Long, Terri Luisi and Family, Neal McHenry, Martha Marlow, Delores Miner, Jenny Mizzell, Becki Modlin, Larry Modlin, Alma Osborn, **Judy Paliotti and Jency**, Nancy Smith, Dave Strohpaull, Alice Williams, Kelly Wills.

Military: Joe Fraley, Sg. Joey Horne, John Modlin, Branden Mooney, Tyler Ray- John and Marsha Ray's Grandson, Anthony Ripley, David Ritz.

Friends: Willie Arnette, Rev. Dr. Daniel Sasaro Brewer, George Brodgen, Del Brouwer, Colin Campbell, Allison's Brother, Candie, Kathy Carlston, Chris Carroll, Carole and Blaine, **Children**, Chimer Clark, Kathy Clapp, Eddie, Tobey Ferry, Jan Foster, Pastor Gary Gandy, Jensen Gandy, J.W. Gibson, Kelly and Amy Glass, Roy Horne, Leslie Irving, Joanne, Donna Johnson, Beth Kane and her father, Dr. Jack Kem, Kevin Kesterson. Kody, Craig Jenkins, Brenda Leonard, Liza, A.J. Long, Doreen Luisi, Nancy McAloney, Andrea (Ann) Maready, Beth Matthews, Ernie Mazzei, **Ed Minnich**, Michelle, Monica, Sarah Moyer, Nathan, Sherri Nelson, Chuck Osburn, Becky and Phil Osborne, **Parents**, Dot Phillips, Penny, Susan Penny, Jimmy Platts, Virginia Platts, Judy Pratt, Ronnie and Tona- Covid-19, Tania Roth, Betty Saunders, Nancy Serriano, Bear Shenemen, Jonathan Sloan, Katrina Seferyn, Allison Sutton, covid-19, Maria Sutton, Don Sweeney, Sister Monique Schwirtz, **Teachers**, Terry, Theresa, Christopher Thomas, , Andrea Wright, and Bill Zell.

From Debbie Sasser, Staff Parish Chairperson....

Some of you have asked where to send memorials for David King's mother, Dorothy Eunice Gillis, who passed away on August 26, 2020.

Memorial donations may be made to:

Goldston United Methodist Church
PO Box 99
Goldston, NC 27252

Faith Harbor United Methodist Church-**Building Fund**
14201 Hwy. 50-210
Surf City, NC 28445



Allison Stowers is now accepting piano, flute, and voice students of all ages - beginner, intermediate, and early advanced!

Lessons can be in the Sanctuary or in your home.

Call or email with any questions 1-804-651-5488

allisoncstowers@gmail.com

ATTENTION – AVAILABLE-----

➤ **Handmade assorted cards** sold in packs of five for a \$10. They are located in the Narthex in a white crate on top of the red credenza at the double doors.

➤ This donation in full will go towards the LIVE streaming equipment.

➤ Take a peek and support a good and needed cause.

30 Days of Anti-Racism. Are you joining us?

This came to Bescye Burnett from the General Commission on Religion and Race of the United Methodist Church. It is based on what the UMC is doing around anti-racism.

We would like to encourage the members of Faith Harbor to use the calendar as a guideline for how they as an individual can encourage anti-racism in our church, community and society.

Thanks for your faithfulness to God's call to love one another.

SHARE THE TABLE NEEDS....Back in Feb. we started different groups Adopting A Shelf at Share the Table and **Faith Harbor is to do condiments.** We need donations of ketchup, mustard, mayo, salad dressings, oils, sugar, flour etc. Bring them to the church or STT location.

CENTERING PRAYER GROUP WILL NOW MEET ON THURSDAY MORNINGS AT 9:00AM IN THE SANCTUARY. BE SURE TO WEAR YOUR MASK.

LIVE STREAM EQUIPMENT \$2000 CHALLENGE.

CHALLENGE DEADLINE EXTENDED! THE EQUIPMENT IS BEING INSTALLED.

The giver of the Challenge Funds has agreed to extend the deadline for meeting the \$2,000 challenge for our Live Streaming Equipment.

The DEADLINE NOW IS SEPTEMBER 9TH.

So that allows **one more week** for members and friends to donate to this fund. Any amount given toward the \$2000 goal will be matched making a total of \$4000 going toward the equipment. So if you give \$10 that will equal \$20 with the matching funds and so on and so on.....

Please give to this special fundraiser so we can meet our challenge of \$2000 by September 9th. Make your check to Faith Harbor UMC and put on the For Line: Live Stream Challenge. If giving cash in an envelope mark it Live Stream Challenge. We have had challenges before and met them each time.

Let's keep up that great record and meet our goal of \$2000 by September 9th.

Your giving and generosity is appreciated in making live streaming of our Sunday Worship available to our members who are unable to attend the services and to many non-members in our community. Thanks to those who have already given to this outreach mission.

NEW BOOK STUDY IS HAPPENING

will begin on 9/10 at 6:30 pm

The new book is, **"What Happens When Women Say Yes to God"** by Lisa TerKeurst. Please go ahead and read the first three chapters so that we will be ready to go!

If you are interested in joining, please let me know. Looking so forward to this study!
Much love to each of you!

Kim King Kdking60@gmail.com



CALLING ALL YOUTH, HIGH SCHOOL AND MIDDLE SCHOOL....

If you would like to join our youth groups for 2020-2021 contact Jewels Swain at JulietSwain@hotmail.com If Jewels has your e-mail address she can send you e-mails that will keep you up-to-date on all the happenings for the youth at Faith Harbor UMC.

Plans are in the works for meeting on Sunday evening after Labor Day. **We will follow all the CDC and NC Conference Guidelines to be safe.**

Any questions or to sign up send me an e-mail asap.

Thanks, Jewels Swain, Youth Director

FAN (Faith, Activity, Nutrition) Message

I Corinthians 3:16, 17 (NKJV)

16 Do you not know that you are the temple of God and that the Spirit of God dwells in you? 17 If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.

Hmmm.... I don't know about you, but, right now this Scripture is convicting me.

We are each a temple of God and the Spirit of God dwells within us. We are not to defile our temple, but rather, keep it holy. ***How exactly do we do that?*** It begins with honoring the body that God has given us by doing things like eating healthy, exercising and getting a good night sleep. Another essential is to stay in God's word daily to keep us connected to the Creator of our bodies.

While this may sound simple, it's oftentimes not so simple.

Eating Healthy: With so many wonderful healthy options, this is fairly easy to adhere to, right? Not so fast. What about all of the wonderful not so healthy options? This is where we need the help of the Holy Spirit to help us choose wisely. Our bodies run so much better on the most natural foods that God has graciously provided. While it's okay to have things that are on the not so healthy list every now and again, we need to remember that our bodies function better with whole grains, fruits, vegetables and lean protein. Let's challenge ourselves to eat healthy for one month and let's see how much better we feel!

Exercising: First, check with your doctor before beginning any exercise routine. Our bodies are made to move! Start slow and build up. Even if you only move your arms and feet while sitting, you are moving and that is good. Think about all of the ways we can move: walk, jog, run, play golf, ride a bike and exercise video's, just to name a few. Let's challenge ourselves to begin moving more!

Getting a good night sleep: Begin by increasing bright light exposure during the day. Get out in the sunshine! Reduce blue light exposure in the evening. Don't consume caffeine late in the day. Try to sleep and wake at regular times. Exercise also helps you get a better night sleep.

Staying in God's word: Set apart a time to spend reading the Bible, a devotion or listening to a podcast. You can download apps on your phone that have the Bible and many different Bible studies or devotions. Join a Bible study group. This is one of the most life-giving exercises we can do for ourselves. ***My friends, let's commit to caring for the temple God has given us!***

If anyone is interested in joining an accountability group via Zoom until we can all meet together, please email me at kdking60@gmail.com.

Love and blessings,
Kim King



- 1 Dana Byrd
- 2 Mary Sheffield
- 3 Ray Blackburn
- 6 Sandy Wise
- 8 Lance Jordan
- 10 Malia Osborn
- 14 Hazel Mae Passingham
- 16 Bill Feige
Pat Byrd
Jackson Sliwa
- 17 Palmer Rice
- 18 Jimmy Platts
Mary Lynn Wood
- 20 Arness Krause
- 22 Jim Black
Frank Carroll

*If your name should be on here and is not
let me know and I will add it next week.*

- 24 Frances Moore
- 26 Will Moore
- 27 Angie Jernigan
Ava Barnes
- 28 Jean Hawley
Michael Kauffman
Scott McArthur