

The Communicator Volume XXXVII Issue 2
FRANCIS ASBURY UNITED METHODIST CHURCH
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FRANCIS ASBURY UMC

PRAISING GOD • GROWING SPIRITUALLY • REACHING NEIGHBORS

THE COMMUNICATOR

Volume XXXVII Issue 2

FEBRUARY 2024

WHAT IS LENT? Lent marks the **40 days leading up to Easter**, mirroring the forty days Jesus spent in the wilderness. It is a practice that began during the 4th century as a way to **prepare Christians for the holiest days of the year.**

All are invited to join us as we begin Lent 2024 on Wednesday, February 14. Supper will be served at 5:30pm in the Fellowship Hall. As part of our **Meeting Jesus at the Table Lenten Theme**, we'll share an **Italian Feast-Homemade Lasagna,**



salad, bread and dessert-freewill donations accepted. **Please RSVP in the Penley Room by Sunday, February 11 so we can prepare a place for you at the TABLE!**

Our Ash Wednesday Worship Service will be at **6:30 pm** in the Sanctuary. All are Welcome! **100% pure palm ash!**



Welcome to Our Church

Sunday
Worship
at
11 am

IN MINISTRY

Ministers & Missionaries-
ALL MEMBERS

Pastor	Avery White
Lay Leader	Val Grush
Music Director	Jess Mills
Administrator	Danya Sellers
Custodian	Glenda Shook
C&FM Director	Megan Serzan
Nursery	Amy Dayton
Faith C. Nurse	Dora Brown, RN

"MEETING JESUS AT THE TABLE" A Lenten Study
Begins February 19th
Facilitated by Pastor Avery

The Gospels are full of stories of Jesus sharing meals with disciples, friends, even tax collectors and Pharisees. Whether multiplying bread to feed a whole crowd, relaxing with his inner circle, or telling curious elites stories about even greater banquets, Jesus imparts wisdom as he shares the wine and grants forgiveness as he distributes the fish. This resource provides biblical insights along with thought-provoking queries regarding our own time, such as whom should we invite to Sunday dinner and who is left out and left behind in our culture today.

Study Dates: Mondays in Lent- February 19 & 26; March 4, 11, 18 & 25 at 6:30 pm in the Fellowship Hall. Men & Women are welcome!

Sign-up in the Penley Room by Sunday, February 11.

MEETING JESUS AT THE TABLE
A LENTEN STUDY
Cynthia M. Campbell and Christine Coy Fohr
WITH ILLUSTRATIONS BY KEVIN BURNS



Jesus was often at or near a **table**. He accepted dinner invitations, ate in mixed company, miraculously fed thousands of people, told parables about banquets, and even hosted a sacred **meal** that we now call “The Last Supper. For thousands of years, disciples have gathered to break bread together in his memory, believing that he is in our midst. Still today, we acknowledge that there is something special and particular about being together at a **table**.

Our theme for the season of Lent this year will be **“Meeting Jesus at the Table.”** I will be using a book of the same name, by Cynthia M. Campbell, in my sermon preparation. This year, Lent begins on **February 14**. Before the Ash Wednesday service that night, you are invited to an **Italian dinner**. Invite a friend or neighbor to join us for a **meal** as we give thanks for **God’s amazing love** and set a **table** where **all are welcome**.

As we observe this season together, we will host a Monday night study that will read and discuss this same book. We will also schedule a trip to visit Haywood Street Congregation’s **welcome table** and worship service. Finally, as our Lenten practice this year, we will work together to help put food on our neighbors’ **tables**. Each Sunday in Lent, you are invited to bring items to support the free monthly food pantry/market hosted at Francis Asbury UMC.

February 18 (Lent 1): Cereal

February 25 (Lent 2): Toilet Paper

March 3 (Lent 3): Canned Fruit

March 10 (Lent 4): Ready to eat soup/stew/chili

March 17 (Lent 5): Instant Mashed Potatoes

March 24 (Palm/Passion Sunday): Paper Towels

March 31 (Easter): Canned meat (ham, chicken or beef)

As we journey through these 40 days, you may discover other opportunities for gathering, sustenance, service, and renewal around **tables**. I look forward to this season together, where we will renew our call to discipleship, encounter Jesus, and journey toward resurrection.

In Christ’s Love,
Pastor Avery



LOVING OUR NEIGHBORS...

FAUMC started our monthly **MANNA food pantry/market** to assist with the unfortunate increase in food insecurity in and around Hominy Valley. Our first **market** took place on November 18th, 2022. Early on, we averaged around 500 pounds of food monthly and we served an average of 30 people. The **market** has grown and changed so much since

the beginning! **In 2023**, FAUMC serviced a total of **1050 people**, with an average of 96 people per market. We now regularly serve around **1300 pounds of food per month**.

Over the year we expanded our **market** to also include household items, personal care, and even pet supplies. Many of our markets also include a yard sale area, where we offer clothing and other things at no charge. Our largest to date was in November 2023 where we assisted 148 people. In December, we created a mini-shopping area that included things that could be used and given as Christmas gifts. Toys, candles, socks, mittens, scarves, etc.

The market is not just a place where we give as a congregation, but a place where God shows us His light and love. For example, in the Fall we did back-to-school backpacks for children. One of the kids we offered a backpack to told us “No, it’s ok, I have a backpack in the car. Give it to someone who needs it.” When helping load the car after the family shopped, our volunteer noticed the little girl’s backpack was falling apart. That volunteer went back in and got her a new backpack. This act of selflessness showcases the attitude of so many who join us every month. In July we had a shopper who took a 24-count cupcake tray that we later learned she distributed to the homeless. Many of those who shop with us regularly bring books, toys, and other items for us to give away as a way to say thank you. (We of course always tell them it’s not necessary.)

We have gotten to know many new friends in the community through our **market**. We have heard stories of heartbreak and struggles, and seen firsthand Hominy Valley’s perseverance. We have been able to offer comfort, and sometimes even hugs, to those dealing with health issues and loss. **We have given out more than food, we have created a safe space where people are not judged and many times can leave with a smile.**

We want to once again give a special thanks to all the volunteers who have made this outreach possible, we appreciate each of you very much!

Our next FREE Food Pantry & Market is Thursday, February 15th from 3-5pm in the Gym. Volunteers needed! Please see Vanessa Champlin or Danya Sellers.

Do you have a story of someone sharing the love of Christ through their work, leisure activities, community service, and/or participation in FAUMC ministries? If so please call 828-667-3950 or email us at faumc1@bellsouth.net, we would love to highlight what is being done in our community!





Let's Tackle Hunger Together.

Our young disciples will make a presentation and collect money, food & essentials for **Hominy Valley ABCCM** as part of the **2024 Souper Bowl of Caring** on **Sunday, February 11th** during morning worship.

We will have communion on Souper Bowl Sunday (Feb. 11) instead of the usual first Sunday.

Our communion offering will go to the **"Hominy Valley ABCCM."**

Last year our young disciples collected **\$920 & 132 items** for Hominy Valley ABCCM!



Thank you for your continued support and helping them make a difference in our community! Let's tackle hunger together!

As part of the ABCCM "Safe and Warm" Program, we are also accepting Blankets, coats, hats & gloves!



FAUMC NURSE MINISTRY

A Little Advice from Nurse Dora

FEBRUARY IS AMERICAN HEART MONTH What to Know About Heart Attack

In the United States, someone has a heart attack every 40 seconds, or about 805,000 people in the course of a year. Of these, approximately 375,476 die from the attack.

So, what exactly is a heart attack? A heart attack occurs when a blood clot blocks blood flow to an area of the heart, and without blood, some heart tissue dies. The amount of heart tissue that dies may be very small, or it may be very large and cause sudden death. The symptoms of heart attack vary greatly from person to person, but usually includes pain or tightness in the chest, neck, back, jaw or arms, as well as abnormal heartbeat, anxiety, shortness of breath and lightheadedness.

Once a heart attack is suspected it can be confirmed or ruled out by a blood test called a troponin test. Troponin is a protein that is released into the bloodstream by damaged heart muscle. If troponin is found in the blood, it indicates a heart attack has occurred.

Treatments for heart attack range from lifestyle changes and cardiac rehabilitation, medications, stents and bypass surgery.

So if you suspect a heart attack, the goal is to minimize damage to the heart by getting medical help as quickly as possible.

Be Healthy,
Dora Brown, RN, Faith Community Nurse



FAB Women Meeting on Tuesday, February 13th @ 6pm at the home of Liz Hipps (33 Pete Luther Road in Candler)
Devo-Pam Moser Sweet-Liz Hipps ALL LADIES WELCOME!
Attention FAB Ladies... Please bring 15 Valentine Treats (candy, chips, pens, socks, etc) for the 15 Ladies at First Step Farm by Feb. 4.



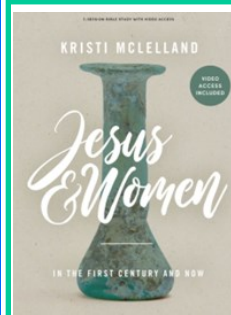
JOY Meeting on Tuesday, February 20 at 10:30am in the FAB Room. Devo-Cindy McD

The JOY Group made a donation to the teachers fund supporting the teachers at Enka Middle School and Cathy Zuber offered to be a prayer partner with a staff member, Thank you!



MEETING & BREAKFAST Sunday, February 18 at 7:30am

All Men are invited for good food & fellowship.



Our Spring 2024 Ladies Bible Study will be **Jesus & Women** A 7-Session Study by Kristi McLelland.

Study Dates: Tuesdays at 6pm on February 27; March 5, 19, 26; April 16, 23, 30; May 7.

Facilitated by Becky Cantrall. Books are \$25 and include video access.
Sign-up in the Penley Room by February 18.

The 2024 Church Council had a planning retreat in January. Pastor Avery invited everyone to share around tables: Why are you here? (in church, and specifically at Francis Asbury) What keeps you here? What are some **Celebrations from 2023**. What has God done this last year in and through FAUMC? How did we live out our mission statement? Where did we see growth? The list was extensive and filled a large board with some of the ways we as Francis Asbury have been *Praising God, Growing Spiritually and Reaching Neighbors*. A response that accurately captured This...**"Big Church Active. Small Church Connection."**



As we enter 2024, here are the priorities and Goals identified:

- Focus on Age-Level Ministries (Children, Youth, mature adults)
- Communications
- Improve Physical Plant
- Strengthening "Reaching Neighbors"



The family of **Edwina Champlin** Mother of Glen Champlin who passed away on January 19th.

Our Deepest Sympathy & Christian Love to Glen, Vanessa & family!



FEBRUARY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY																																																								
<u>PEW PRAYERS</u> 4-FAB Women 11-Ladies Class 18-Men's Class 25-Young Adult Class	<u>LAY READERS</u> 4-Wilson Serzan 11-Glen Champlin 18-C. Rice 25-Phil Casey	<u>YOUNG DISCIPLES</u> 4-Pastor Avery 11-Megan Serzan 18-Veronica Crook 25-Jean Jones			1	2 Office Closed 	3																																																								
4 Scout Sunday 9:45 Newcomer Class 10 Sunday School 11 Worship 12 SPRC Meeting in the Fellowship Hall	5	6 Office Closed 6:30-7:30 pm Gym: Cub Scouts	7 6-7:30 pm Choir Practice		8	9 Office Closed	10 5-9:30pm Gym: Smoky Mountain Dance Club																																																								
11 Souper Bowl Sunday 10 Sunday School 11 Worship & Holy Communion	12	13 11:15 Parkinson's CarePartners 2pm Parkinson's Support Group 3:30-5:30 Gym:FDNSC 6pm FAB Meeting 6:30-7:30 pm Gym: Cub Scouts	14  5:30 Italian Feast (RSVP by Feb. 11) 6:30 Ash Wednesday Service NO Choir Practice		15 3-5 pm in Gym 	16 Office Closed	17																																																								
18 1st Sunday in Lent 7:30 UMM Breakfast 10 Sunday School 11 Worship 1 pm Family Fun Bowling	19 Office Closed  6:30pm "Meeting Jesus at the Table" Bible Study Begins	20 10:30am Joy Group 3:30-5:30 Gym Reserved: FDNSC 6:30-7:30 pm Gym: Cub Scouts	21 6-7:30 pm Choir Practice		22 11:15 Parkinson's CarePartners Support Group	23 Office Closed	24 5-9:30pm Gym: Smoky Mountain Dance Club																																																								
25 2nd Sunday in Lent 10 Sunday School 11 Worship Hominy Valley ABCCM Sunday at FAUMC	26 6:30pm "Meeting Jesus at the Table" Bible Study in the Fellowship Hall	27 8:30-5 pm Fellowship Hall Reserved: Imagine Hub 2pm Parkinson's Support Group 6pm Jesus & Women Study Begins	28 6-7:30 pm Choir Practice		29		<table><tr><th colspan="7">March 2024</th></tr><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>	March 2024							S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
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- 2/1 David Tang
- 2/2 Carol Branting
- 2/2 Carolyn Shorter
- 2/5 Gretchen Lewis
- 2/10 Tom Phelps
- 2/10 Jacob Scott
- 2/11 Sandra Rector
- 2/11 Brenda Rhinehart
- 2/19 Brenda Heeg
- 2/20 Isolde Curry
- 2/21 Dick Branting
- 2/22 Avery Larimer
- 2/23 Alli Rudisill
- 2/23 Bryce Rudisill
- 2/24 Morgan Rudisill
- 2/25 Ross Peebles
- 2/26 Alice Anderson



- 2/16 Ronnie & Brenda Rhinehart
- 2/25 Bob & Dianne Sharpe