

The Communicator Volume XXXVII Issue 3
 FRANCIS ASBURY UNITED METHODIST CHURCH
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FRANCIS ASBURY UMC

PRAISING GOD • GROWING SPIRITUALLY • REACHING NEIGHBORS

THE COMMUNICATOR

Volume XXXVII Issue 3

MARCH 2024



EASTER SUNDAY is March 31st!

Sunrise Service at 7am in the **Courtyard**. *Bring a chair!*

Easter Gathering from **9:30-10:45am** in the Courtyard. Everyone is invited! Breakfast treats & beverages, fellowship & decorating the floral cross.
Please bring fresh flowers for the Easter Floral Cross

Easter Worship Service at 11am in our Sanctuary.

Floral Cross, Special Music & Holy Communion. **He is Risen! Hallelujah!**

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

Join us for our March Family Fun Event on Sunday, March 10th after Worship in the Gym.



Appetizers (cheesy basketball with crackers, veggies with ranch, cheese balls), **Basketball Competitions/Games** followed by a **Pizza & salad lunch** in the Fellowship Hall (*freewill donations*). **Everyone's encouraged to wear your favorite College Team jersey to worship.** Spectators welcome!!



OPEN GYM on Sunday, March 3rd following worship for those who want to be ready for the big event! :)



They came to the edge of the village where they were headed. He acted as if he were going on but they pressed him: "Stay and have supper with us. It's nearly evening; the day is done." So he went in with them. And here is what happened: he sat down at the table with them. Taking the bread, he blessed and broke and gave it to them. At that moment, open-eyed, wide-eyed, they recognized him (Luke 24:28-31, The Message).

For 40 days of Lent, we are studying and encountering Jesus at the **table**. We have examined Gospel stories in which Jesus **dines** with pharisees, sinners and tax collectors, friends, enemies, disciples, and seekers. We have examined parables that Jesus told about hospitality, mercy, and the kingdom of God. Our theme has inspired memories of **meals** we have shared in the past, and those with whom we have shared them. It has challenged us to reconsider acts of hospitality and welcome, and to consider ways that **tables** and **meals** can transform hearts, lives, and relationships.

On Easter, we will recall the story of two disciples on the road to Emmaus, filled with grief and disappointment after the death of Jesus. Having journeyed with the resurrected Jesus for an afternoon, it is only at the **table** that they recognize him. Jesus blesses and breaks the bread, and serves them. The **Communion table** will be set on Easter Sunday, and we will be invited to the **meal** where Jesus is the host, and where his grace is given to and for us.

As we journey toward Easter this month, we will continue our **Meeting Jesus at the Table** study on Monday nights. We will offer our monthly market on March 21st, and continue to bring items each Sunday to help put food on the **tables** of our neighbors. On March 27th, Francis Asbury will host our first **Welcome Table meal** in four years. During Holy Week, we will share **dinner** together and experience worship together at the **table** as we remember how Jesus spent the last night of his earthly life. We trust that Jesus will **meet us at the table**, and wherever we may be.

I am grateful to be with you on this journey as we praise God, grow spiritually, and reach neighbors.

In Christ's Love, *Pastor Avery*



Lessons at the Table
 Thursday, March 28 at 6pm
 in the Fellowship Hall

Come and join us at the Table as we remember how Jesus spent the last night of his earthly life.

Bring a Covered Dish to Share!

All are Welcome!



SUNRISE SERVICE

Sunday, March 31st at 7am
Let's Celebrate our Risen Lord!
 in the FAUMC Courtyard

A Little Advice from Nurse Dora



THE IMPORTANCE OF VITAMIN D, THE SUNSHINE VITAMIN



Vitamin D is a nutrient that is essential for life. It is vital to bone health, muscle movement, nerve connections to the brain, and immune system function. It also protects us from infections and diseases like cancer, cardiovascular and respiratory diseases, diabetes and dementia. **Vitamin D** helps our bodies absorb other nutrients such as calcium and phosphorus which are both important for bone health. Without sufficient **vitamin D**, our bones can become weak and fragile.

The primary source of **vitamin D** is **sunlight**. Our skin produces **vitamin D** after **sun** exposure, depending upon the **sun's** intensity and angle. People who live farther from the equator, such as in the northern part of the United States find the **sun's rays** are less effective, especially in winter. When **sunlight** is optimal you need **20 minutes of exposure per day**. If you are over age 70 you may need more than 20 minutes because your skin does not make **vitamin D** as well as it did when you were younger. After getting **vitamin D** from the sun or a supplement, it must be activated in the body in order to work. This process involves the liver and kidneys and may not occur if kidney or liver disease is present.

There are few foods, other than fish, that contain **vitamin D** unless it has been added to the food. Orange juice, milk, yogurt and cereal are often fortified with **vitamin D**.

How do you know if you are deficient in **vitamin D**? Ask your doctor about doing a blood test to check your **vitamin D** level. Your lowest level is likely to be in the middle of winter. **Vitamin D** plays an important role in health, and **vitamin D** supplements are readily available to help correct any deficiency that may exist.

Wishing you lots of sunshine! **Dora Brown, RN, Faith Community Nurse**



FREE FOOD PANTRY & MARKET

Our next FREE Food Pantry & Market is Thursday, March 21 from 3-5pm in the Gym.
 Pantry & Market items are available to support anyone in the community who is experiencing food insecurity. Volunteers needed.



ONCE A QUARTER
You are invited for a
Hot, Delicious Lunch
Hominy Valley
Welcome Table
Wednesday, March 27
 11:30am-1pm
 FAUMC Fellowship Hall
All are Welcome!
 Donations Accepted.



Children and Family Ministry Team Meeting
on **Sunday, March 3rd**
following worship



FAB Women Meeting on Tuesday, March 12 @ 6pm at the home of Brenda Rhinehart (58 Grassy View Road in Candler)
Devo-Danya Sellers
Salty-Brenda Rhinehart
Sweet-Danya Sellers
ALL LADIES WELCOME!

Attention FAB Ladies...
Please bring **15 Easter Treats** (candy, chips, pens, socks, etc) for the **15 Ladies** at **First Step Farm** by **Sunday, March 24.**



Hominy Valley Youth Event
March 3 at 4pm here at Francis Asbury UMC in the Fellowship Hall. For Youth in 6-12 Grade. Fun, food, fellowship and even a service project. Joint Hominy Valley UMC event. :)



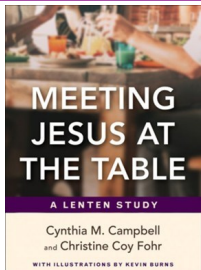
MARCH 10!!!



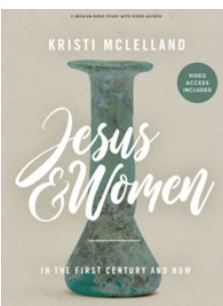
MEETING & BREAKFAST
Sunday, March 17 at 7:30am

All Men are invited for good food & fellowship.

"MEETING JESUS AT THE TABLE"
A Lenten Study Continues
Facilitated by Pastor Avery



Remaining Study Dates: Mondays in Lent- March 4, 11, 18 & 25 at 6:30 pm in the Fellowship Hall.



Jesus & Women
A 7-Session Study by Kristi McLelland.
Remaining Study Dates: Tuesdays at 6pm on March 5, 19, 26; April 16, 23, 30; May 7.
Facilitated by Becky Cantrall.



JOY Meeting on Tuesday, March 19 at 10:30am in the FAB Room.
Devo by Laura Casey
All Ladies welcome!

As we continue our Lenten practice pertaining to "Meeting Jesus at the Table," each Sunday in Lent, you are invited to bring items to support our free monthly food pantry/market...

- 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-No tuna please)**

Please leave items on the table in the Narthex. Thank you for helping neighbors!



LOVING OUR NEIGHBORS... Many of you have asked us "Who is this Laura Casey?" She finally agreed to share a little about herself with us. Thank you Laura!



Necessity is the mother of Invention...which started me painting. I've always wanted to learn to paint, but I found excuses to do something else. Now don't get me wrong, I've been creative all my life, from sewing my own clothes to making quilts. But painting always eluded me. At a previous church they needed someone to stay in contact with the homebound members... "Well, I could paint a postcard I suppose" and that is how it began.

When we came to FAUMC I wanted to get involved....and was lucky enough to meet Nancy Moore, who thought many of the members who couldn't get to church on a regular basis would enjoy a personal postcard, or those needing a lift. I was thrilled! Pastor Avery gave me a list of people she thought would enjoy receiving mail (and who doesn't) and Danya sometimes adds a member, who's relocated.



Laura & her dog, Gracie

I enjoy picking out a subject, and writing a personal note to each, but the real blessing is what I've received. Members thank me and Danya passes along messages of thanks for the postcards. Please know that it is my privilege to communicate with each one of these members. I now have a full art cart... and paint weekly.

Blessings to you! *Laura Casey*

PS: I now help Danya with the bulletin boards at church as well. I love being part of FAUMC, thank you for making me feel so welcomed!

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!



We're collecting stuffed plastic eggs (filled with small treats & Candy) for our **Easter Egg Hunt.**

You may leave filled eggs in the container in the Narthex by 10am on **Sunday, March 24.** Thank you!



SUNDAY, MARCH 24

EASTER egg HUNT

12PM



MARCH 2024








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Church**
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- 3/1 Carol McLimans
- 3/1 Jim Moore
- 3/5 Bettie Smith
- 3/7 Danya Sellers
- 3/11 Emma Maye Nicholson
- 3/13 Gracie Rudisill
- 3/18 Robert Mackey
- 3/20 Val Grush
- 3/22 Lauren Gay
- 3/24 Colin Scott
- 3/27 Doughton Lewis
- 3/28 Betty Louie
- 3/29 Rusty Brown
- 3/29 Dora Brown
- 3/31 Deborah Smith

HAPPY ANNIVERSARY...
3/3 Ken & Patty Hamlin

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DID YOU KNOW? Our very 1st Blood Drive was on February 29, 2008.  OUR IMPACT: 90 Drives 2307 Units Collected 2418 Donors 26 Avg. Units Per Drive		PEW PRAYERS 3-FAB Women 10-Ladies Class 17-Men's Class 24-Young Adult Class 31-Young Disciples	LAY READERS 3-C. Rice 10-Inez Clark 17-Cindy McDonald 24-Laura Casey 31-Glen Champlin	YOUNG DISCIPLES 3-Pastor Avery 10-Glen Champlin 17-Danya Sellers 24-Megan Serzan 31-Jean Jones	1 Office Closed	2
3 3rd Sunday in Lent 10 Sunday School 11 Worship & Holy Communion 12 C&FM Team Meeting 12 Open Gym 4pm HV Youth Event	4 6:30pm "Meeting Jesus at the Table" Bible Study in the Fellowship Hall	5 6pm Jesus & Women Study in the FH 6:30-7:30 pm Gym: Cub Scouts	6 6-7:30 pm Choir Practice	7	8 Office Closed	9 5-9:30pm Gym: Smoky Mountain Dance Club 
10 4th Sunday in Lent 10 Sunday School 11 Worship 12 March Family Fun "March Madness" Event in the Gym 1sh Pizza & Salad Lunch	11 6:30pm "Meeting Jesus at the Table" Bible Study in the Fellowship Hall	12 11:15 Parkinson's CarePartners 6pm FAB Meeting at home of Brenda R. 6:30-7:30 pm Gym: Cub Scouts	13 6-7:30 pm Choir Practice	14	15 Office Closed	16
17 5th Sunday in Lent 7:30 UMM Breakfast 10 Sunday School 11 Worship	18 6:30pm "Meeting Jesus at the Table" Bible Study in the Fellowship Hall	19 1st Day of Spring 10:30am Joy Group 6pm Jesus & Women Study in the FH 6:30-7:30 pm Gym: Cub Scouts	20 6-7:30 pm Choir Practice	21 3-5 pm in Gym 	22 Office Closed 	23 5-9:30pm Gym: Smoky Mountain Dance Club
24 Palm/Passion Sunday 10 Sunday School 11 Worship 12 Easter Celebration & Egg Hunt in Courtyard 	25 6:30pm "Meeting Jesus at the Table" Bible Study Concludes	26 6pm Jesus & Women Study in the FH 6:30-7:30 pm Gym: Cub Scouts	27 11:30-1pm Hominy Valley Welcome Table in the Fellowship Hall On the Menu: Ham, Green Beans, Mashed potatoes, Wood chopped salad, rolls & dessert	28 11:15 PCP 1:30-6pm in the Gym  6pm Covered Dish Supper and Lessons at the Table Service in the Fellowship Hall	29 Office Closed 	30
31 EASTER SUNDAY 7am Sunrise Service in the Courtyard 9:30 Easter Gathering Floral cross, breakfast items, beverages 11am Worship & Holy Communion						

Hey Kids-Don't forget to bring your Easter baskets for the Egg Hunt!