

The Communicator Volume XXXVIII Issue 7
FRANCIS ASBURY UNITED METHODIST CHURCH
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FRANCIS ASBURY UMC

PRAISING GOD • GROWING SPIRITUALLY • REACHING NEIGHBORS

THE COMMUNICATOR

Volume XXXVIII Issue 8

AUGUST 2025

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

UNITED METHODIST MEN'S Fundraiser for
HOMINY VALLEY ABCCM
Low Country Shrimp Boil



**Saturday,
August 2**

from **4-6 pm**
FAUMC Parking
Lot Drive-thru
\$20 Grab & Go

Includes: 3/4 pound of shrimp plus sausage,
local corn on the cob & potatoes with seasoning.

First come.

First served.

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BACK TO SCHOOL
SUNDAY is
AUGUST 24!

During worship,
we will have a
Back to School Blessing

ALL ARE INVITED
for a **Back to School**
Celebration following

worship. **Cookout lunch** (provided by church) & **Pool Party**
at Big Cove Estates Neighborhood Pool (92 Vintage Road in
Candler). Bring your bathing suit, sunscreen & towel
and be ready to have some fun!!

ALL are Welcome for an Awesome Day with Church Family!

Back to School Prayer Vigil on **Monday, August 25** from
7:30am-3:30pm. All are invited to sign-up to pray for our students,
teachers and staff in 15-minute increments. You can come and pray in the
Sanctuary or remotely during your time slot. Sign-up in the Penley Room.



In 1905, a loaf of bread cost \$.05 and one dozen eggs cost \$.27. The average weekly wage was \$11.16 and a new Ford car cost \$750. In this year, Theodore Roosevelt began his first term as president, the city of Las Vegas was founded, the first Russian Revolution began, and Albert

Einstein published his dissertation papers, which included his new equation $E=mc^2$.

Also in 1905, Francis Asbury Methodist Church was formed. A group of people stepped out in faith and created a new Methodist congregation in the Hominy Valley. For 120 years, Francis Asbury has been a hub of discipleship and service. We are thrilled to celebrate our one hundred and twentieth anniversary this year, and I hope you will make plans to join us on September 20 and 21. On September 20, we will host a community event from 1-3 pm – celebrating and connecting with our neighbors – with music, food, and ice cream. On Sunday September 21, we will celebrate in our morning worship, with Rev. Fred Carpenter preaching, and at lunch in the fellowship hall.

As we approach this weekend, we will update our church history timeline and record short videos that name our love for our church and our favorite memories at FAUMC. You can sign up to create your video on the clipboard in the Penley Room. In recognition of this milestone 120th anniversary, I have given \$120 to our “Forward in Faith” campaign. I invite you to prayerfully consider doing the same.

Make plans now to celebrate with us as we thank God for our past and commit to our future!

In Christ's Love,
Pastor Avery



Worship Schedule

August 3

Holy Communion

Scripture:

Jonah 2:10-3:10

Sermon Title:

“Jonah’s Big Fish”

August 10

Scripture:

Daniel 6:16-27

Sermon Title:

“Daniel & the Lion’s Den”

August 17

Scripture:

Luke 11:1-13

Sermon Title:

“Connecting Christ & Community with Our Prayers”

August 24

Scripture:

Luke 2:41-52

Sermon Title:

“Connecting Christ & O Presence”

August 3

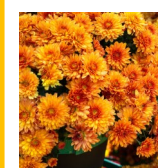
Scripture:

Matthew 6:1-21

Sermon Title:

“Connecting Christ & Community with Our Gifts”

Worship through Service Sunday on June 29 was a meaningful time of honoring God by serving others! We’ve been spotlighting these experiences in morning worship. Thank you to all who participated in this special day at *Sand Hill Community Garden; Pisgah Manor Treat bags; Transformation Village Meal & Ice Cream Social; Arbor Terrace Singing; Food Connection & FAUMC Prayer Group.*



Words of Wisdom from Julia Sharpe’s Aunt Shirley...

“Don’t do unto others what you wouldn’t want them to do unto you.”



Francis Asbury UMC... Celebrating Christ & Community for 120 Years (1905-2025)!

Community Celebration on Saturday, September 20 from 1-3 pm.

Hot Dog Lunch & Homemade Ice cream.

Musical Guests:
The Soundmen

Homecoming Worship on September 21 at 11am.
Lunch following.

Guest Preacher:
Rev Fred Carpenter,
FAUMC Pastor 2003-2011

Video Sessions: In honor of our 120th anniversary, we’re capturing treasured memories from our FAUMC community—special moments, meaningful stories, heartfelt reflections. We invite you to be part of this celebration by signing up to record a brief video, sharing what you love most about Francis Asbury UMC. Let your voice be part of our history! Video sessions following worship on Sundays in the library.

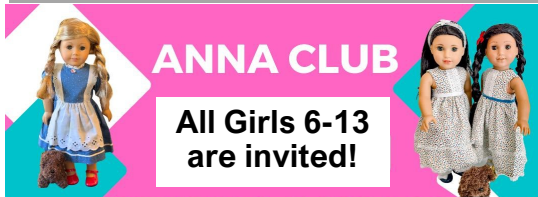
Sign-up in Penley Room.
or email us your
brief video

(15 seconds-1.5 minutes)
to faumc.nc@gmail.com .





& Christian love to the family of
Carol Webster Dixon
 who passed away on July 6th.
 And to the family of
Dianne Ponder Sharpe
 who passed away on July 24th.



Francis Asbury UMC Gym Upper Room
Saturday, August 16
 from 10:30am-12:30pm
WWW.MOUNTAINHEIRLOOMS.COM

**Our next
 FREE
 Food
 Pantry &
 Market
 is**



Thursday, August 21 from 3-5pm
 in the FAUMC Gym.

Pantry & Market items available
 to support ANYONE in the
 community who is experiencing
 food insecurity.

Volunteers needed!

*Thank you to our Pantry Volunteers
 who make this outreach possible!*



**FAB Women
 Meeting on
 Tuesday, Aug. 12**
@ 6pm at the home
 of **Rosie Kooles**
 (25 Homestead Road)

Devo-Val Grush
Sweet-Pam Hall
Salty-Need someone
ALL LADIES WELCOME!



**IN HONOR OF
 AUNT VERONICA
 CROOK**
**FORWARD IN FAITH
 CAPITAL
 CAMPAIGN**
 by Tony McLean
 Brown

**IN MEMORY OF
 CAROL DIXON
 GENERAL FUND**
 By Laura & Ronnie
 Grover
 By Dale & Joyce
 Morgan
 By Dot Peebles



**The Food Connection
 Food Truck "Fran"**
 passes out **free,**
delicious meals in the
FAUMC parking lot on
Thursdays
 starting at **3pm**
Take as many meals
as you
need!
All are
welcome!



**HVUMM MEETING
 & BREAKFAST**
Sunday, August 31
at FAUMC
at 7:30am
 All Men are invited!



**"Forward in
 Faith" Capital
 Campaign
 underway.**

As we mark our
 120th anniversary,
 we have launched a
 capital campaign to
 update the flooring
 in our fellowship hall
 and gym— both
 vital spaces
 for our mission.
 FloorWerks, LLC,
 will complete
 the project in
 two stages: the
 fellowship hall
 (by September 21,
 2025) and the gym.
 Estimated costs
 are \$24,006.27
 (fellowship hall),
 \$34,687.95 (gym),
 plus a \$5,869.42
 tithe to missions.
 Our goal is \$65,000
 by December 31,
 2026.

Installation of
 flooring in the
 fellowship hall
 is in process! :)

We invite your
 prayerful support as
 we invest in our
 church's future.

**To date we have
 collected \$12,285.**
Thank you!



**FAUMC NURSE
 MINISTRY**

A Little Advice from Nurse Dora
TIPS FOR HAIR, SKIN AND NAIL HEALTH

Shiny hair, glowing skin, and strong nails
 are often seen as external symbols of
 health. They all three share a common constituent: keratinocytes,
 which grow from stem cells and produce and store keratin,
 a protein that makes our skin, hair and nails tough and water
 resistant.

Multiple studies have identified a link between nutrient
 deficiencies and abnormalities in hair, skin and nails. It has been
 found that low intake of low absorption of certain vitamins and
 minerals may be problematic. These vitamin and minerals include:
 B and C vitamins, fat soluble vitamins like A, E, and K, zinc, iron
 copper, selenium and essential fatty acids.

Other studies have concluded that multiple kinds of nutrient
 deficiencies can result in hair loss. Layers of the skin are
 connected to a huge vascular network, and our hair follicles and
 roots are fed by a blood supply we want to be nutrient rich. These
 direct connections with the bloodstream mean the skin and hair
 are often the first place you can visibly see nutrient deficiencies.
 And any factor that affects the hair will also affect the nails
 because they are both made from keratin.

There are several ways you can support hair, skin and nail health
 through your diet. These include:

- Eat a varied diet with lots of colors and textures
- Increase protein and iron intake
- Limit alcohol consumption
- Limit sugar consumption
- Favor healthy fats over processed and saturated fats

Protein helps with new cell generation, and iron is an important
 building block.

There are other studies that suggest there is a link between sleep
 quality and hair, skin and nail health. While you are sleeping, your
 body is busy recovering. Collagen production increases, peaking
 within the first few hours of sleep, therefore, a lack of sleep may
 affect your hair skin and nails.

The bottom line is: Your hair, skin and nails can be affected by a
 range of lifestyle factors, including nutritional deficiencies and
 poor sleep quality. Eating a well-balanced diet and getting a restful
 night's sleep may help improve the health of your hair, skin and
 nails.

Take care of yourself, **Dora Brown, RN, Faith Community Nurse**

 Find us on Facebook



AUGUST

2025

Watch us on


SUNDAY	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
 We are collecting “Back to School Supplies” through Sunday, August 17. All supplies accepted as well as monetary donations. Please leave items in the Narthex. Thank you for your support of this important community outreach!			YOUNG DISCIPLES 3-Glen Champlin 10-Pastor Avery 17-Danya Sellers 24-Megan Serzan 31-Jean Jones		September 2025 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	1 Office Closed 9-12pm YMCA Basketball Camp in the Gym 10am Low Country Boil Prep	2 4-6pm Low Country Boil Grab & Go FAUMC Parking Lot Drive-thru UMM Fundraiser for HVABCCM
3 10 Sunday School 11 Worship & Holy Communion	4	5	6 10:30-11:30 The Hive in the Penley Room 5:30pm Homecoming Committee Meeting		7 3pm Free Meals Food Truck “Fran” in FAUMC Parking Lot	8 Office Closed	9 5-9:30pm Gym: Smoky Mountain Dance Club
YMCA CAMP KIDDOS for 3-5 Year Olds in the FAUMC Gym from 8:30am-12:30pm							
10 10 Sunday School 11 Worship Guest Musicians Brenning & Jenny Shook	11	12 11:15am Parkinsons CarePartner Group 6pm FAB Women Meeting at Rosie Kooles	13 10 Youth to Haywood 10:30-11:30 The Hive in the Fellowship Hall 6:30pm Choir Practice		14 3pm Free Meals Food Truck “Fran” in FAUMC Parking Lot	15 Office Closed	16 Anna Club Meeting 10:30am-12:30pm in Gym Upper Room For Girls Ages 6-13 Free Event!
YMCA CAMP KIDDOS for 3-5 Year Olds in the FAUMC Gym from 8:30am-12:30pm							
17 NO UMM Meeting 10 Sunday School 11 Worship	18 11 Meal for EMS Staff	19 	20 10:30-11:30 The Hive in the Fellowship Hall 6:30pm Choir Practice		21 3-5 pm in Gym  3pm Food Truck	22 Office Closed	23 5-9:30pm Gym: Smoky Mountain Dance Club
24 10 Sunday School 11 Worship & Back to School Blessing 1pm Back to School Bash-Lunch & Pool Party	25 7:30-3:30 Back to School Prayer Vigil 	26	27 10:30-11:30 The Hive in the Fellowship Hall 6:30pm Choir Practice		28 11:15am PCP 3pm Free Meals Food Truck “Fran” in FAUMC Parking Lot	29 Office Closed	30
							31 SUNDAY 7:30 HV UMM Breakfast at FAUMC 10 Sunday School 11 Worship



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- 8/4 Beth Wise
- 8/6 Andrew Hudson
- 8/7 Clifton Sellers
- 8/8 Elise Mills
- 8/10 Kelley King
- 8/15 Amy Lewis
- 8/15 Mike Louie
- 8/15 Patrick Moser
- 8/16 Aaron Johnson
- 8/18 Gage Provance
- 8/23 Betsy Cooper
- 8/24 Mollie Scott
- 8/25 Tommy Cooper
- 8/29 Dick Greene
- 8/30 Julia Sharpe