

The Communicator Volume XXXVIII Issue 7
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FRANCIS ASBURY UMC

PRAISING GOD • GROWING SPIRITUALLY • REACHING NEIGHBORS

THE COMMUNICATOR

Volume XXXVIII Issue 7

JULY 2025

Thank you to ALL our awesome volunteers
& supporters who made VBS 2025 possible!



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



July Family Fun

We're going to the
Asheville Tourists
vs. Bowling Green
Hot Rods

Baseball Game on Friday, July 25
at 6:35 pm. Fireworks & \$1 Hotdogs.

Sign-up by July 18th in the Penley Room.

Reserve your seat
today!

Tickets are \$10.

Join the Fun!
All are welcome!





“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light” (Matthew 11:28-30).

Rest is essential. Our bodies, minds, and spirits all require rest. Our bodies were not created to be “on” 24/7. They need restoration and renewal. In the creation narrative, God rests on the seventh day, and all creation rests with God.

Rest is so important that God establishes a sabbath day, and commands us to keep it. As usual, God knows what we need before we do.

How and when will you take time for rest this month? Perhaps you might choose one of these options:

- Take a walk outside and notice God’s beautiful creation all around you.
- Write prayers, thoughts, or reflections in a journal.
- Enjoy a creative hobby – knit, draw, play an instrument
- Slowly and mindfully enjoy a cup of coffee or tea.
- Engage in contemplative prayer or meditation.
- Lie in the grass and watch the clouds go by.
- Turn off, or silence, devices/screens and “unplug.”
- Take a drive on the Blue Ridge Parkway.

I am going to be taking vacation time July 15-30. While I am away, FAUMC will be blessed with wonderful worship – Linda Henley preaching on July 20, and a “Worship through Music” Sunday on July 27. Because I will be out of the country, we have pastors who are on-call, and available to respond to emergencies, or any pastoral care needs. Please call the church office to be connected with one of them.

If you are traveling this summer, remember to stay connected with Francis Asbury UMC - read the weekly devotions, participate in worship online, and pray for our church and community.

July will offer us plenty of opportunities for worship and service as we continue to live out our mission to Praise God, Grow Spiritually, and Reach Neighbors. I pray you also take time for rest and renewal!

I am grateful to be with you on the journey!

In Christ’s Love, *Pastor Avery*



Dear Francis Asbury United Methodist Church,

As we celebrate our one hundred and twentieth anniversary this year, we reflect on our past, stand firmly and faithfully in the present, and dream about our future. This summer, we are launching a new capital campaign, approved and supported by our Church Council, to update the flooring in two of our buildings. Our fellowship hall (completed in 1981) and our gym (completed in 2008) have been instrumental in the mission, ministry, and hospitality of FAUMC. Bodies and souls have been nourished in these spaces for decades. Because of these physical resources, we have had the opportunity to host numerous community partners, and care for neighbors.

The Trustee Committee recognizes that it is time for new and refreshed flooring in these spaces. They were diligent in seeking quotes from three companies and identifying the right team for the job. The project will be completed by FloorWerks, LLC, the same company that installed the flooring in our sanctuary building in 2019. They will install similar flooring that is durable and easy to maintain, including a moisture barrier and painted lines (for basketball, volleyball & pickleball) in the gym.

As with past capital campaigns, our church leadership has made a commitment to tithe ten percent of the project cost to missions. We believe whole-heartedly that this is a part of our faithful stewardship. The estimated total cost is:

Fellowship Hall: \$24,006.27

Gym: \$34,687.95

Tithe to Mission: \$5,869.42

The project will be completed in two stages. Stage one will comprise the fellowship hall building, including the nursery, children’s church room, and bathrooms. We anticipate stage one being completed before our Homecoming celebration on September 21, 2025.

Our capital campaign will continue through December 31, 2026, with a total financial goal of \$65,000. Thanks to a generous bequest, we have some initial funds to begin stage one of this project. You are invited to prayerfully consider your financial support of FAUMC and make a commitment to this project as we invest in our church’s future. We stand on the shoulders of our spiritual mothers and fathers who came before us, and we are committed to following their example in planning for the generations who will follow us. In all things, we seek to live into our mission: Praising God, Growing Spiritually, Reaching Neighbors, rooted in Christ our Foundation.

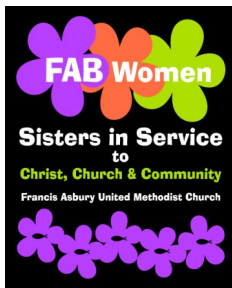
In Christ’s Love,

Pastor Avery

Veronica Crook, Church Council Chair

Rosie Kooles, Trustees Chair

Bat Hudson, Finance Chair



First Step Farm for Women Meal & Treat Bags.

on **Tuesday, July 15 @ 5pm**, we will deliver & share a meal with the ladies at First Step Farm. (Meet in parking lot at 4:45pm to carpool.)

We will also deliver treat bags. Please bring your 11 treats to the FAB Room by July 13.



in the **FAUMC Gym Thursday, July 24**

from **1:30 - 6 pm**
For an appointment, Call (800) 733-2767 or go to redcrossblood.org Critical need!



MEETING & BREAKFAST
Sunday, July 20
at FAUMC
at 7:30am

All Men are invited!



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! **FOOD connection.**



ANNA CLUB MEETING

Francis Asbury UMC Gym Upper Room
Saturday, July 19 from 10:30am-12:30pm

All Girls 6-13 are invited!

WWW.MOUNTAINHEIRLOOMS.COM

Our next FREE Food Pantry & Market is



Thursday, July 17 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!



A Little Advice from Nurse Dora

MULTIVITAMIN: SHOULD YOU BE TAKING ONE?

Multivitamins are the most widely used supplements in the United States. It is estimated that between one-third and one-half of Americans take a multivitamin each day. So, should you be taking one? The general opinion is that if you are eating a balanced diet, one that includes whole grains, a variety of vegetables and fruits, adequate lean protein, and dairy products, there is no need for a multivitamin. However, if your diet isn't ideal, then a multivitamin can offer insurance for the deficient vitamins and/or minerals.

What are vitamins, exactly? They're nutrients that we need in small quantities to maintain the various metabolic functions that, when taken in total, add up to good health. Vitamins help the body to produce energy, ward off cell damage, facilitate in the absorption and utilization of minerals, and play varying roles in the regulation of cell and tissue growth.

Vitamins must be taken in food because the body either doesn't produce them in adequate quantities, or doesn't produce them at all.

If your diet isn't ideal and you have some nutritional holes in your diet, the advice is to adjust and improve your eating habits. If you do decide to make a daily multivitamin as part of your daily regimen, keep in mind that it cannot take the place of a balanced and healthy diet. Not only do fruits and vegetables, whole grains and leafy greens contain vitamins, they provide fiber, which is important to good health. Whole foods also contain trace nutrients and other useful compounds that no pill or supplement can recreate.

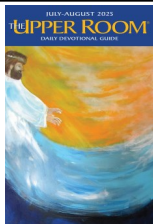
Do multivitamins have any safety concerns? Not for most people. Taking a basic multivitamin is unlikely to cause any harm, assuming the product is properly manufactured. Most products contain reasonable amounts of vitamins and minerals and can help ensure you get enough essential nutrients without causing any harm.

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

stayCONNECTED with us this Summer

When you are unable to be with us in person, you can....

- **Watch our Sunday Worship Services on YouTube** at www.youtube.com/@francisasburyumc394
- **Stay informed on upcoming events, opportunities, receive Pastor Avery's mid-week devotion & "What's Up at FAUMC?" weekly email, our monthly newsletter, etc.** by joining our email list.
- **Find us on Facebook** at <https://www.facebook.com/FrancisAsburyUnitedMethodist>
- **You can donate online** at <https://www.faumc.com/giving/> or **mail your donation** to PO Box 67, Candler, NC 28715. We also provide the option of automatic debit withdrawal, one-time or recurring.

Find us on Facebook			J U L Y			2 0 2 5		Watch us on YouTube	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY		
 The July/ August Upper Room is now available		1	2 NO Choir Practice		3 3pm Free Meals Food Connection Truck “Fran” in FAUMC Parking Lot	4 Office Closed 	5		
6 10 Sunday School 11 Worship & Holy Communion	7	8 11:15am Parkinsons CarePartner Group	9 10:30-11:30 The Hive in the Fellowship Hall 6:30pm Choir Practice		10 2pm Fellowship Hall Reserved: Kooles 3pm Free Meals Food Truck “Fran” in FAUMC Parking Lot	11 Office Closed	12 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									
13 10 Sunday School 11 Worship	14	15 4:45 Meet to Carpool to First Step Farm 5pm Deliver Meal and Treat bags to First Step Farm Women	16 10:30-11:30 The Hive in the Fellowship Hall 6:30pm Choir Practice		17 3-5 pm in Gym  3pm Food Truck	18 Office Closed	19 Anna Club Meeting 10:30am-12:30pm in Gym Upper Room For Girls Ages 6-13 Free Event!		
20 7:30 UMM Meeting 10 Sunday School 11 Worship: Guest Speaker Linda Henley	21 	22	23 10:30-11:30 The Hive in the Fellowship Hall 6:30pm Choir Practice		24 11:15am PCP 1:30-6 Blood Drive in the Gym 3pm Food Truck	25 Office Closed 6:35pm Asheville Tourists vs. Bowling Green Hot Rods	26 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									
27 10 Sunday School 11 Worship through Music Hominy Valley ABCCM	28	29	30		31	 SAVE THE DATE!! Francis Asbury UMC is celebrating 120 Years (1905-2025) at Homecoming on September 21, 2025! All are invited!			
YMCA CAMP KIDDOS for 3-5 Year Olds in the FAUMC Gym from 8:30am-12:30pm									



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7/2 Carol Dixon
7/5 Betty Wilson
7/6 Dayton Allison
7/13 Nellie Trull
7/14 Eden Mills
7/17 Patty Hamilin
7/17 Emily Provance
7/18 Pastor Avery White
7/19 Jennifer Rudisill
7/22 Maisie Nicholson
7/24 Tyler Sellers
7/25 Robert Gay
7/27 Betty Harkins
7/29 Charlie Milroy
7/31 Rosie Kooles
7/31 Linzy Mills