



Pastor's Corner



FIRST UNITED METHODIST CHURCH

First Word

October offers us a wide variety of worship opportunities. World Communion Sunday will be celebrated on October 5. This is a Sunday when we recognize our communal connection to Christians in all parts of the world. Children's Sabbath is the following Sunday, October 12. This year we will welcome children and families from the Discovery Preschool to our worship service. This will give us an opportunity to celebrate our outreach through the preschool. Worshiping with us today are some families who first came to our church as preschool families. October 19, we will observe Laity Sunday. For this Sunday our Laity Team Members will present a service they have designed. Kathy Baccary will be delivering the mes-

sage on that Sunday.

All of these worship events remind us the ministry of the church is something we all share. In the twelfth chapter of his first letter to the church at Corinth, Paul describes the church as being like the body of Christ. We read in 1 Corinthians 12:12 "For just as the body is one and has many members, and all the members of the body, though many are one body, so it is with Christ." Each of us uses our God given talents to contribute to the work of Christ in the world. The United Methodist Church views ministry as a partnership between clergy and laity. Together we look to God for direction and listen for the "still small voice of the Holy Spirit" guiding us.

This means that, although it is a great privilege for me to be able to preach the Good News to our congregation, this is not the only area where we can hear a word from God. We can hear God speaking to us through the scripture as it is read in worship. God's grace feeds and sustains us through Holy Communion. Stories from around the globe can inspire us to look at our Christian Faith in new and exciting ways. Children singing an anthem can impress us with a simple yet deeply profound testimony they give through song. Those who worship with us in the pews can offer us a fresh perspective on what it means to be a part of the ministry of First Church. Join me in thanking God for the talents shared with us by those who worship with us each week. May we be receptive to what the Holy Spirit has to say to us through the ministry of the faithful.

Pastor Doug

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Caring Team News

On Wednesday, September 17th at 1:00 pm the team entertained a number of parishioners at a picnic. It was a gloriously sunny day in the beautiful setting of Joan Bush's home.

Joan welcomed the group on behalf of the Caring Team and to let all know (in case you missed this picnic, our second event) that you will hear from us next year. A delicious meal was prepared by the team who served as hostesses throughout the afternoon.

A fun time was had by all with constant laughter, chatter and "mingling" among those we see only in passing between services. Some folks actually met for the first time!

The Team continues to visit shut-ins at home and nursing facilities as well as surprising them with the beautiful prayer shawls made by the J.O.Y.S. and "ditty" bags made by our children. We also send notes and cards as we become aware of the need.

By the way, the new greeter schedules for October, November and December are in the back window of the sanctuary. SIGNATURES ARE NEEDED! Our blessings and thanks to all who have helped to make our year special in so many ways— it has been great!

Heartfelt Blessings from your Caring Team



God's Sandpaper (excerpt from the Upper Room Daily Devotional)

"A few years ago my son and I restored an old desk that had several layers of paint on it. We gathered the necessary materials—paint stripper, putty knives, rubber gloves, and sand paper. First we applied the paint stripper, let it stand, and scrapped off the old layers of paint. Then we sanded off the remaining bits of paint, making sure to get into all the little nooks and crannies. To our delight, beautiful light oak wood began to appear under all those layers. Finally, we applied a new coat of stain and two coats of varnish to protect the bare wood. The desk was like new again, restored to its

original look. It sits in my study today as a beautiful reminder of what its creator intended.

We too can be restored, to be the people that God intends us to be. But like the layers on that old desk, over time we have accumulated layers of sin that need to be removed. When we allow Christ into our lives, he will penetrate the areas that need forgiveness and restoration. And when we are new again, Christ covers us with love to protect us. Because of Jesus' life, death, and resurrection, we can be saved from our

sin.

Prayer: Renewing God, restore us to you, and make us the people you created us to be. In Jesus' name we pray. Amen."

*"Restore us, O God; let your face shine, that we may be saved."
Psalm 80:3 (NRSV)*

Thought for the day

Jesus Christ removes the stains of sin to reveal the nature of God within us.

Xavia Arndt Sheffield
(Washington, DC)

Worship Preview

October 5

Exodus 20: 1-4, 7-9, 12-20
Psalm 19 (UMH 750)
Philippians 3: 4b-14
Matthew 21: 33-46

World Communion Sunday

Lectors: both services available

Flowers: available

Acolytes: Isabella Dickens-Bowman & Hannah Cavanagh-8:30 am, Robby Baccary & Connor Foulds-11:00 am

October 26

Deuteronomy 34: 1-12
Psalm 90: 1-6, 13-17 (UMH 789)
1 Thessalonians 2: 1-8
Matthew 22: 34-46

Lectors: Greg Bowman-8:30 am, 11:00 am available

Flowers: available

Acolytes: Alina Grzywacz & Isabella Dickens-Bowman-8:30 am, Spencer Corbett & Robby Baccary-11:00 am

October 12

Exodus 32: 1-14
Psalm 106: 1-6, 19-23 (UMH 829)
Philippians 4: 1-9
Matthew 22: 1-14

Children's Sabbath Hunger Offering

Lectors: both services available

Flowers: available

Acolytes: Luke Grzywacz & Olivia Dickens-Bowman-8:30 am, Sami Day & Rachel White-11:00 am

October 19

Exodus 33: 12-23
Psalm 99 (UMH 819)
1 Thessalonians 1: 1-10
Matthew 22: 15-22

Ignite Praise Service

Lectors: both services available

Flowers: Shelly Lee

Acolytes: Bailey Disque & Matthew Ours-8:30 am, Ryan Seabright & Patrick Wilfong-11:00 am



Apple Butter

Don't forget to sign up for the apple coring and peeling. We'll need all the help we can get to get the apples ready for the apple butter. There is a sign up sheet in the back of the sanctuary to order apple butter and to sign up to peel. Bring your favorite knife and come join in the

fun. Thursday, October 16 peeling will begin at 3:00 pm and Friday, October 17th 3:00 pm until completed. Thank you for your help.

The United Methodist Men



From the Faith Community Nurse

October is Breast Cancer Awareness month. Other than skin cancer, breast cancer is the most common cancer in women. Here is some important info. from the Susan G. Komen website.

1. Know your risk

Talk to your family to learn about your family health history Talk to your provider about your personal risk of breast cancer

2. Get screened

Ask your doctor which screening tests are right for you if you are at a higher risk Have a mammogram every year starting at age 40 if you are at average risk Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

3. Know what is normal for you

See your health care provider right away if you notice any breast changes. Remember to do your Self Breast Exam (SBE) every month to look for changes.

4. Make healthy lifestyle choices

Maintain a healthy weight

Add exercise into your routine

Limit alcohol intake

If you have any questions or concerns, please feel free to contact me.

Check out the following Halloween safety info. from the American Red Cross for all of our little guys!

Walk, slither, and sneak on sidewalks, not in the street.

Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.

Cross the street only at corners.

Don't hide or cross the street between parked cars.

Wear light-colored or reflective-type clothing so you are more visible. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)

Plan your route and share it with your family. If possible, have an adult go with you.

Carry a flashlight to light your way.

Keep away from open fires and candles. (Costumes can be extremely flammable.)

Visit homes that have the porch light on.

Accept your treats at the door and never go into a stranger's

house.

Use face paint rather than masks or things that will cover your eyes.

Be cautious of animals and strangers.

Have a grown-up inspect your treats before eating. And don't eat candy if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.

As always have a safe and healthy October. Don't forget we have CPR class on the 25th and Blood Pressure clinic on the 26th. Please see myself or Ann Hoffman for more information.

Blessings,

Ellen Cavanagh, RN





LOOKING TOWARD FALL

**First United Methodist Church
308 North Braddock St.
Winchester, VA 22601
Phone: 540-662-3151
Email: mvo-
rous@fumcwinchester.org**



Happy Birthday!!!

Ashley Storrs– Oct. 6th

Hannah Corcoran– Oct. 16th

First United Methodist Youth Mission Statement

*"We are
servants of Christ
witnessing to His people through
our words and
actions as we grow in
discipleship."*

Need to get in touch with Mary?

*252 McGuire Road
Winchester, VA 22603*

678-4014

email: mvorous@fumcwinchester.org

New youth webpage:

www.youth.fumcwinchester.org

A **BIG** welcome to all the new youth and parents that recently joined the Youth Department at the Fall Kick-Off!!! We have a great year planned and are glad you have joined us. Please don't hesitate to let me know if you have any questions or concerns.

Mary

October Youth News

October 5th- Regular youth time 4:30-6:30 , dinner, fellowship, games and a message.

October 8th- For the 3-F dinner the youth will be fixing the meal and serving it. Please sign up on the youth board if you are able to help out.

October 12th- Regular youth time 4:30-6:30, dinner, fellowship, games and a message.



October 18th- Fall Festival/Apple Butter. The youth will be serving homemade pulled pork BBQ sandwiches with cole slaw, candy & caramel apples, kettle corn and cotton candy. As you can see we need lots of man power to pull this fundraiser off. Please sign up for when you can help out.

October 19th- "Ignite" service during the Sunday school time, come and join us as you are! Enjoy some fellowship time starting at 9:30 with coffee, juice and light breakfast.

October 19th- Regular youth time 4:30-6:30, dinner, fellowship, games and a message.

October 25th- "David Crowder & Mary Mary Concert" @ Woodbridge Hylton Chapel. We will leave FUMC at 4:00 and return around 10:00 p.m. Tickets cost 35.00 plus dinner money. Deadline is Oct. 6th to purchase your tickets. Sign up on youth board.

October 26th- Regular youth time 4:30-6:30, dinner, fellowship, games and a message.

**Please note that on the web page there is a place to sign up for the different events the youth have going on, check it out and sign up! You may also leave me a note with any questions or comments*

**Check out the new youth website: youth.fumcwinchester.org.*



Handy Little Chart

<i>God Has a positive answer:</i>		
YOU SAY...	GOD SAYS...	BIBLE VERSES
"It's impossible"	All things are possible	Luke 18: 27
"I'm too tired"	I will give you rest	Matthew 11: 28-30
"Nobody really loves me"	I love you.	John 3: 16 & John 3: 34
"I can't go on"	My grace is sufficient	II Corinthians 12: 9 & Psalm 91: 15
"I can't figure things out"	I will direct your steps	Proverbs 3: 5-6
"I can't do it"	You can do all things	Philippians 4:13
"I'm not able"	I am able	II Corinthians 9: 8
"It's not worth it"	It will be worth it	Romans 8: 28
"I can't forgive myself"	I forgive you	I John 1: 9 & Romans 8: 1
"I can't manage"	I will supply all your needs	Philippians 4: 19
"I'm afraid"	I have not given you a spirit of fear	II Timothy 1:7
"I'm always worried and frus-	Cast all your cares on ME	I Peter 5:7
"I'm not smart enough"	I give you wisdom	I Corinthians 1: 30
"I feel all alone"	I will never leave you or forsake	Hebrews 13: 5

Committee Chairmen & Women

Please check your boxes for your Church Conference forms. Church Conference is rapidly approaching (November 12) and the deadline to have your forms returned is October 20th. If you have any questions or concerns feel free to contact the church office and speak with

Kristen. Last year's forms have been included in your packets for you to refer to as necessary. Thank you in advance for your prompt attention to this.



Remember These Individuals.....

SHUT-INS

Ruxton Health Care Elma Anderson, Boyd Ramey
(110 Lauck Drive Winchester, VA 22603)

Rose Hill Lula Lewis
110 Chalmers Court Berryville, VA 22611)

Evergreen Albert Robinson
(380 Millwood Ave. Winchester, VA 22601)

Hilltop Lucille Miller, Mary Everline
(111 Denny Lane Winchester, VA 22603)

Westminster-Canterbury Virginia Lee
290 Westminster-Canterbury Drive Winchester, VA 22603)

The Willows Hazel Fries, Jean Loy
(1881 Harvest Drive Winchester, VA 22603)

Mary Ann Posey Home Jeanne Spaid
(776 Woods Mill Road Stephenson, VA 22657)



Henry & Irene
Reynard, Arlie Funk,
Bill Bowman, Carol
Patterson, Bonnie

O'Hara, Phyllis King, Betty McCune, Bunky Woods, Anna Snyder, Bruce Clevenger, Dee Waddell, Noah Foley, Mike Brooks, James Ware, Lee Warner, Melissa Bozick, Susan Williams, Fran Ricketts, Erika Reid, Therman Perry, Paul & Carey Booth, Bill Morris, Margurite Huffer, Peggy Taylor, Jessie Sullivan, Nancy Johnson & Doug Allen, Matt Ergebright, Christina Daniels, Melvin & Virginia Fawcett, Stacey Fritts, Danny Campbell, Ian Paul Eckert, Pat Lockwood, Don Smallwood, Mike McKeirnan, Mary Rinker, Mary Cloud.

Please keep this page from your newsletter and include those listed here in your daily prayers. Additional names to be included in your prayers, will be listed in the weekly bulletin insert. A complete updated prayer list will appear in next month's newsletter.

Please keep these service personnel in your prayers:

Sean Cloud Marine Corps
Stationed in Iraq

David Kent Marine Corps
Stationed in Iraq

Jeremy Duncan Army
Stationed in Kuwait

J. B. Hughes Army
Stationed in Iraq

Daniel Northcraft Army
Stationed in Iraq

Paul Rashid Army
Stationed in Afganistan

Please let the church office know if there are persons in your family serving overseas who need to be added to this list.

Please remember in your prayers all the men and women serving our country.

Please remember the following members in your prayers:

Larry Cooper & Family, Albert Elgin, Jim Petry, Nancy Palmer, Alice Shell, Steve Spaid, Jeanne Spaid, Velma Ritenour, Edith Anderson, June Starke, Doug Purnell, Mary Carter, Boyd Ramey, Bonnie Keplinger, Paul Carper, Doris & Ray Harding, Melvin Wine, Clara Kerns, Lew Dellinger, Cathy Dunn, Ray Keplinger, Jr., Dan Dutchess, Courtney Lowe, Our Church.

"Out of the depths I cry to you, O Lord. Lord, hear my voice! Let your ears be attentive to the voice of my supplications!" Psalm 130: 1-2"

Ignite

A style of worship that is open, free and come as you are service.

We will be meeting in the social hall every third Sunday during the Sunday School Hour starting October 19th at 9:30 am with a light breakfast and fellowship time.

The service will start at 9:45 am and end at 11:00 am.

There are several different areas we need help with to make this time together special. Please check over the list and if you feel led to help contact Mary Vorous or Kristen in the church office. You are welcome to call Mary at home 678-4014.

Thanks you in advance for your support and prayers.

- Servants to help set-up chairs and screen in the social hall.
- Coffee & food set-up.
- Clean up social hall this includes putting away chairs.
- Greeters
- Prepare altar for worship.

If you have any questions or concerns please don't hesitate to see or contact Mary Vorous or Wayne Corbett.



**FIRST UNITED
METHODIST CHURCH**
308 NORTH BRADDOCK
STREET
WINCHESTER, VA 22601
& APPLE PIE RIDGE
CAMPUS
DIRECTLY ACROSS FROM THE
APPLE PIE RIDGE
ELEMENTARY SCHOOL

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Staff

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Doug Sasser*
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Mary Vorous
**Director of Youth
Ministries**

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Office Manager

Debbie MacKnight
Preschool Director

Ralph Gronlund
Lay Leader

Jennifer White
Treasurer

Queenie Dockeney
Custodian

Wayne Corbett
**Organist and Music
Director**

Gary Fisher
Choral Director

Melinda Russell
Hand Bell Director

Amy Costello-Wilfong
"Ignite" Music Director

*Wayne Corbett &
Melinda Russell*
**Children's Choir
Directors**

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Blood Pressure Sunday & CPR Classes for October

The next **CPR** Class is Saturday, October 25th at 8:00 am in the chapel. If you would like to register contact Ellen Cavanagh at 678-9042 or Ann Hoffman at 667-4621. The next **Blood Pressure** Sunday is



October 26th after both services and during Sunday School. Register with Ann Hoffman in the nursery across from Pastor Doug's office.

