



# First Word

FIRST UNITED METHODIST CHURCH



## Vacation Bible School

Volume 10, Issue 5

May 2008

Vacation Bible School is coming! Are you ready for a vacation to Jerusalem? We have many exciting things planned for the week of June 23-27, 2008. We will meet from 6:00 - 8:00 PM. A light supper will be served prior to VBS. This is meant to be a family event, so please plan on attending with your family. Remember we are all part

of the church family.

We are in need of several outdoor canopies to make our marketplace. If you would be willing to loan one to the church, please contact Amy Shepley at 667-7621. We also need a few more actors and tribe leaders.

Training for actors, marketplace vendors and tribe leaders

will be held on May 18, 2008 at 2:00 in the Chapel. We look forward to seeing you there.

Amy and Alex Shepley



Special points of interest:

- Church Calendar
- Youth News
- Worship Preview
- Church Picnic
- Pastor's Corner
- Prayer Concerns
- From the Trustees

*"Live your life while you have it. Life is a splendid gift - there is nothing small about it."*

*Florence Nightingale*

## From Your Faith Community Nurse

How exciting! A good time was had by all at the Celebration of God's Gifts. We had wonderful food and fellowship. The displays in our "gallery" were amazing. The performances were extremely uplifting. To everyone that was involved in any way—thank you so much for

making it a great night.

We have also been blessed with more than enough money for 2 AED's. Those additional funds will be used to teach our congregation CPR and to start a blood pressure clinic. An account has been developed for continued health services for you—Parish Health.

I am truly overwhelmed with all of the positive support. If you ever have any question about this new ministry, please contact myself or Ann Hoffman.

Blessings,  
**Ellen Cavanagh, R.N**  
Your Faith Community Nurse



# Worship Preview

## May 4, 2008

Acts 1:6-14  
Psalm 68:1-10, 32-35  
I Peter 4:12-14; 5:6-11  
John 17:1-11

### **Communion Sunday**

**Lectors:** Youth both services.

**Flowers:** available

### **Acolytes:**

**8:30** Isabella Dickens-Bowman & Chris Shepley  
**11:00** Robby Baccary & Connor Fould

## May 11, 2008

Psalm 104:24-34, 35b  
I Corinthians 12:3b-13  
Acts 2:1-21  
John 7:37-39

### **Pentecost**

### **Mothers Day**

**Lectors:**

**8:30** Bobby Dick  
**11:00** available  
**Flowers:** available  
**Acolytes:**  
**8:30** Matthew Ours  
**11:00** Ryan Seabright & Rachel White

## May 18, 2008

Genesis 1:1-2:4a  
Psalm 8  
II Corinthians 13:11-13  
Matthew 28:16-20

### **Trinity Sunday**

### **Confirmation Sunday**

### **Covered Dish after the Service**

**Lectors:**

Both services available

**Flowers:** available

**Acolytes:**

**8:30:** Alina Grzywacz & Hannah Cavanagh

**11:00:** Spencer Corbett & Patrick Wilfong

## May 25, 2008

Isaiah 49:8-16a  
Psalm 131  
I Corinthians 4:1-5  
Matthew 6:24-34

### **Memorial Day**

**Lectors:**

Both services available

**Flowers:** available

**Acolytes:**

**8:30** Luke Grzywacz & Sami Day  
**11:00** Robby Baccary



# BBQ Chicken

Now that the warm weather is beginning (we hope!) it's BBQ CHICKEN TIME!!!! Our Methodist Men will be cooking chicken and having a bake sale at the Apple Pie Ridge Campus. The men will be accepting donations of baked goods. Items should be

brought to the Apple Pie Ridge Campus by 11:00 a.m. on Saturday, May 10th. Half a chicken will be \$5.00 and half a chicken with sides will be \$6.50. The proceeds will benefit the Methodist Men and the Youth. The Bake Sale item proceeds will be used for our

Bell Tower Fund. If you have any questions contact Roger McGaffick.



Oh no, it's BBQ Chicken time again!





## "Job Well Done My Good and Faithful Servant"

Good Afternoon All God's Children ~~~

Today's news is always full of bad things and sad stories, but today I'd like to tell about some Good News with a Happy Ending.

This past Sunday, between the first and second worship service at Ivey Memorial UMC, in Colonial Heights, VA, The Rev. Tom Brown was summoned because one of his parishioners was "having a seizure". This 42 year old lady was not having a seizure, she was in full cardiac arrest, where upon Rev. Brown administered CPR for nearly 12 minutes until the Rescue Squad arrived. Because of his fast action, and 9 years of EMT training, Rev. Brown not only saved souls on Sunday for the Lord, but saved the life of a mother of two children, one of which is only 2 years old. She is expected to make a full recovery thanks to the efforts of many, but especially thanks to Rev. Brown!!!!

"Job Well Done My Good and Faithful Servant" Thought it was time for some good news!!!

God Bless,  
Wanda Perkinson  
Petersburg Admin. Asst.



## Church Picnic

Now that the weather is finally starting to get nice, it's time to start thinking about our annual church picnic!!!! The youth are going to have a Pound Auction and Silent Auction again this year to fund some of the costs of the Junior & Senior High Mission Trips. More information to follow on these two events. Keep checking your bulletin.

The United Methodist Men will be providing and cooking BBQ chicken and the drinks. They are asking the congregation to provide the side and dessert items. Everyone is asked to create their own hat to wear to the picnic. Use your creativity, it can be something silly, a hat that you already have, something fancy, etc. The picnic will be held on Sunday, June 29th after the 11:00 a.m. service at the Apple Pie Ridge Campus. Mark your calendar and come on out and enjoy a wonderful afternoon fellowshiping with your church family. Questions should be directed to Roger McGaffick 667-7215 or the church office 662-3151.



The A.E.D.'s are here!!!! An informational presentation will be held after each worship service on May 11th. The first CPR class which will be held on Saturday, May 24th is already full. The next class will be Saturday, June 21st at 8:00 am in the chapel. Those of you who would like to off set the cost of your CPR class, you may purchase your book for \$25.00. We will also have our first Blood Pressure Clinic on Sunday, May 25th after both services and during the Sunday School hour. If you have any questions or to register for a CPR class, contact Ellen Cavanagh at 678-9042.

Keychain face shields are available for sale and are \$5.00 each, see Ann Hoffman.





# Life

*A lecturer when explaining stress management to an audience,  
Raised a glass of water and asked  
"How heavy is this glass of water?"  
Answers called out ranged from 2 to 5 pounds.  
The lecturer replied, "The absolute weight doesn't matter.  
It depends on how long you try to hold it.  
If I hold it for a minute, that's not a problem.  
If I hold it for an hour, I'll have an ache in my right arm.  
If I hold it for a day, you'll have to call an ambulance.  
In each case, it's the same weight,  
But the longer I hold it, the heavier it becomes."  
He continued,  
"And that's the way it is with stress management.  
If we carry our burdens all the time, sooner or later,  
As the burden becomes increasingly heavy,  
We won't be able to carry on "  
"As with the glass of water,  
You have to put it down for a while and rest before holding it again.  
When we're refreshed, we can carry on with the burden."  
"So, before you return home tonight, put the burden of work down.  
Don't carry it home.  
You can pick it up tomorrow.  
Whatever burdens you're carrying now,  
Let them down for a moment if you can."  
So, my friend, Put down anything that may be a burden to you right now.  
Don't pick it up again until after you've rested a while.*

Here are some great ways of dealing with the burdens of life:

- \* Accept that some days you're the pigeon,  
And some days you're the statue.*
- \* Always keep your words soft and sweet,  
Just in case you have to eat them.*
- \* Always read stuff that will make you look good  
If you die in the middle of it.  
Drive carefully. It's not only cars that can be*

*Continued on page 5*





# Continued from page 5

*Recalled by their maker.*

*\* If you can't be kind, at least have the decency to be vague.*

*\* If you lend someone \$20 and never see that person again,  
It was probably worth it.*

*\* It may be that your sole purpose in life is simply be kind to others.*

*\* Never put both feet in your mouth at the same time,  
Because then you won't have a leg to stand on.*

*\* Nobody cares if you can't dance well.  
Just get up and dance.*

*\* Since it's the early worm that gets eaten by the bird, sleep late.*

*\* The second mouse gets the cheese.*

*\* When everything's coming your way,  
You're in the wrong lane.*

*\* Birthdays are good for you.*

*The more you have, the longer you live.*

*\* You may be only one person in the world,  
But you may also be the world to one person.*

*\* Some mistakes are too much fun to only make once.*

*\* We could learn a lot from crayons... Some are sharp, some are pretty and some are dull. Some have weird names,  
and all are different colors, but they all have to live in the same box.*

*\* A truly happy person is one who can enjoy the scenery on a detour.*

*Have an awesome day and know that someone  
Has thought about you today...I did*

**"Worry looks around, Sorry looks back, and Faith looks up "**

## Wanted!

**Wanted:** Homes with showers for 43 youth & 12 adults!

**When:** Saturday, May 31st at about 7:00 p.m.

First Church is hosting a youth choir from Murfreesboro Tennessee on Saturday, May 31st. The

United Methodist Men will be hosting a cookout at the apple Pie Ridge Campus. The youth will be sleeping in the church Saturday night and performing at both services on Sunday morning June 1st. All we need is enough hot water and generous hosts to

provide showers for them on Saturday night. If you are able to help please contact Wayne Corbett at 667-5822. Thank you in advance for your help.





# Caring Team



*Alice*

<i>Joan Bush</i>	<i>Corinne Newcome</i>
<i>Betty Carper</i>	<i>Lou Ann Purnell</i>
<i>Nancy Crim</i>	<i>Pat Slonaker</i>
<i>Dicks</i>	<i>Mary Lou Taylor</i>
<i>Lois Everline</i>	<i>Evelyn Wilfong</i>
<i>Margaret Johnson</i>	



We welcome new members: Susan Cain and Jerry Sandy as well as a welcome home from Florida to Helen Smail.

The team enjoyed breakfast at Perkins as we shared our activities; visits at homes, nursing homes, phone calls and notes written to visitors and folks we haven't seen for awhile. Thanks and roses to those who have served as greeters, to the J.O.Y.S. who are knitting shawls which we have shared with our shut-ins and to Children's Ministry for the goodie bags. They have brought much joy!

A new invitation to our youth and preteens to join us as greeters. No extra talent needed. The sign up sheets for June, July and August are waiting for your autographs. What could be easier and a rewarding experience.

On Wednesday, April 16th eight of our senior church family were invited to a luncheon at Perkins. Nine team members joined the festivity. What a marvelous time we had sharing stories, laughing and enjoying friendships and good food.

Heartfelt thanks to all who have helped us to be the active team we have strived to become. We could not be successful in our efforts without your love, support and prayers.



His blessings to all,

*The Caring Team*





# Let the Conversation Begin

*I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything with the help of Christ who gives me the strength I need.*

—Philippians 4:12-13 (Good News Bible)

Let the conversation begin. Let’s not wait until we **must** decide to begin the conversation. It’s never too soon to dream the possibilities that God has in store for us.

In a recent sermon Pastor Doug shared with you that not long ago another pastor on our district asked me if First UMC had any plans for the property on Apple Pie Ridge or if we might be interested in selling it. United Methodist churches in that part of the county that are outgrowing their space are seeking places to build larger facilities and our property is a prime location for a church. At the end of his sermon Doug invited us to begin a conversation about how we plan to make full use of our Apple Pie Ridge Campus. Although Doug had clearly stated that my response to the inquiry was, “NO, we are not interested in selling the property.” his sermon evoked several reactions, including

- Are we really going to sell the Apple Pie Ridge property? (The answer is NO, by the way.)
- Do we have to decide right now whether we are staying downtown or building and moving to Apple Pie Ridge? (The answer to this is also NO, by the way.).

We are a blessed people at First UMC. We have wonderful assets, not the least of which is the availability of two locations – our Downtown Campus and our Apple Pie Ridge Campus – from which to conduct ministry. And we have no debt! That is a fantastic advantage to us.

Let us begin the conversation by asking, **“How can we make the most of all the assets we have to give glory to God?”** When we say “conversation,” we are speaking informally. Talk and dream about the answers (there are many!) around the dinner table with your family, when you are with church family, in your small groups, at choir practice, before the meeting begins, when we are gathering for worship. Let your imagination take you to places you have never dreamed before.

For too many years we have avoided the conversation about how God wants us to use the property at Apple Pie Ridge because many, if not most of us can only imagine the conversation leading to a decision for *either* the Downtown Campus *or* the Apple Pie Ridge Campus.

Perhaps it is time to move from *either/or* thinking to **both/and** thinking. Why does the answer have to be only one or the other? Perhaps God has blessed us with these bountiful assets because God’s vision for First UMC includes **both** the Downtown Campus **and** the Apple Pie Ridge Campus.

Consider the possibility that it is time to stop lamenting about what we don’t have and begin talking and dreaming about how God wants us to make the most of the “plenty” that God has already placed in our care. At the Leap Conference at Christ UMC in Hickory, NC—they have three campuses, by the way, and are dreaming of a fourth with a “downtown” location—those of us attending heard often from those leading the conference, “If your vision is not soooo large that the only way you can possibly achieve it is by the grace of God, then you are not dreaming big enough!” God has been gracious to us. It is God’s desire to continue to be gracious to us. How will we respond to God’s grace? Let’s begin the conversation.

*Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.*

—Ephesians 3:14-21 (New Living Translation)

*Pastor Becky*





May Youth News



# Mother's Day

Remember how awesome your moms are!

## 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.”**

**First United Methodist Church  
308 North Braddock St. Winchester, VA 22601  
Phone: 540-662-3151  
Email: [mvorous@fumcwinchester.org](mailto:mvorous@fumcwinchester.org)**



Happy Birthday to.....

- Happy Birthday!!!**
- May 7th- Ian Osborn
- May 9th- Christian Corcoran
- May 23rd- Hunter Gronlund
- May 29th- Danielle Brown
- May 30th- Grant Johnson
- May 31st- Mary's (I'm still a youth!)





# May Youth News cont.

## May Youth News

*Dear Parent's and Youth,*

*We are winding down the Fall/Winter season and gearing up for Spring and Summer. In the month of May we have opportunities on our schedule but as a rule this is a light month. Use this time to reflect on your families and how God is going to use you this summer through missions and outreach. May we allow God to use us to our full potential to glorify him.*

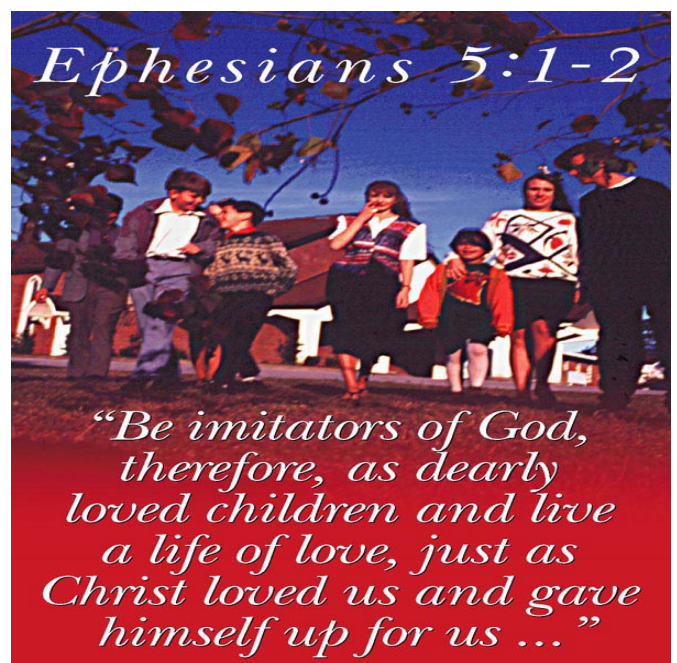
*Youth remember the story in Luke 10:38-42 about Mary and Martha, Martha was overwhelmed with serving her guests, and she became angry that her sister Mary chose to sit at Jesus' feet rather than help. Jesus said, " Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the priority in her life, which will not be taken away from her:. Even though Martha was a product of a culture that put a premium on hospitality, Jesus told her that she had the power to take a break and choose the right path.*

*Think about our busyness and discern if it is the path God would have you take.*

*Blessings,*

*Mary*

252 McGuire Road  
Winchester, VA 22603  
678-4014  
email [mvorous@fumcwinchester.org](mailto:mvorous@fumcwinchester.org)  
Mary's Home address & phone #.





# May Youth News Cont.

*May 4th- No Youth Apple Blossom! Enjoy!*

*May 10th- Youth will be helping the men with Bar-B-Q dinner, please sign up if you are interested in helping. It is at the APR Campus from 11-2 or 3.*

*May 11th- No Youth Happy Mother's Day!*

*May 17th- 10-2:30, Confirmands will meet at the church for our last lesson and practice the confirmation service. We will have lunch together.*

*May 18th- Confirmation Sunday, please join us for a covered dish luncheon after the 11 service in honor of our confirmands.*



**Thanks Mom!!!**



*May 31st- Helping host the out of town youth choir at the APR Campus, UMMen will be doing a cook-out. Come out and welcome our guests!*

# Thank You

The pastors and staff would like to thank all the individuals serving on all the various committees for all their hard work and dedication to serving the Lord and our church. The time spent dealing with all the inner workings of the church over and above their daily jobs and commitments is truly appreciated. We also commend all those who also volunteer their time and talents to help the staff with many different needs. God bless you ALL!!!!!!

# From the Trustees

The Trustees would like to extend a thank you to Pastor Becky for the upcoming landscape planning and beautification of the Ridge Parsonage. DeHaven's Nursery will be undertaking this project in May. If you are out for a drive this summer swing by and take a look at Pastor Becky's lovely yard!





# Remember These Individuals...

## SHUT-INS

- Ruxton Health Care** Elma Anderson  
(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)

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

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.*

# Prayer Requests

## Please remember the following members in your prayers:

Charles Cochran, Larry Cooper & Family, Albert Elgin, Jim Petry, Jeanne Spaid, Nancy Palmer, Alice Shell, Steve Spaid, Velma Ritenour, Edith Anderson, Ruth Harrell, June Starke, Kathy Baccary, Jean Loy, Dick O'Hara, Doug Purnell, Mary Carter, Boyd Ramey, Bonnie Keplinger.

**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 remember the following friends and family in your prayers:

Henry & Irene Reynard, Arlie Funk, Bill Bowman, Carol Patterson, Bonnie O'Hara, Phyllis King, Betty McCune, Bunky Woods, Anna Snyder, Bruce Clevenger, Dee Waddell, Tracy Kowasic, Kayla Roy, Noah Foley, Mike Brooks, James Ware, Lee Warner, Melissa Bozick, Susan Williams, Fran Ricketts, Sonny Cooper, Erika Reid, Therman Perry, Jeanette Shickle, Wanda Legge, Paul & Carey Booth, Bill Morris, Richard Mitcham, Margurite Huffer, Peggy Taylor, Jessie Sullivan, Nancy Johnson & Doug Allen, Matt Ergebright, Christina Daniels, Melvin & Virginia Fawcett, Stacey Fritts, Danny Campbell.





**First United  
Methodist Church  
308 North Braddock Street  
Winchester, VA 22601  
& Apple Pie Ridge Campus  
directly across from the  
Apple Pie Ridge Elementary  
School**

**Web site:  
www.fumcwinchester.org  
Church: 540-662-3151  
Fax: 540-662-1462**

**Staff**

**Becky Cloud  
Doug Sasser  
Pastors**

**Mary Vorous  
Director of Youth  
Ministries**

**Kristen Grzywacz  
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**

**Youth Choir Director**

**Amy Shepley & Mary Beth Ours  
Children's Choir Directors**

Non-Profit Org  
U. S. POSTAGE  
**PAID**  
Permit No. 136  
Winchester, VA

## March of Dimes, March for Babies

### ***March of Dimes, March for Babies***

Every year, half a million babies in the U.S. are born prematurely. Premature birth is the leading cause of newborn death and many life long disabilities. The funds we raise in WalkAmerica support research that saves babies' lives.

The mission of March of Dimes is to improve the health of babies by preventing birth defects, premature birth and infant mortality. This year Dayle Disque is organizing the walk which will be held at Winchester Medical Center 1840 Amherst Drive on Saturday, May 17th at 9:00 a.m. If you

would like to participate or make a donation contact Dayle at 869-3186 or

[www.marchforbabies.org/  
personal\\_page.asp?](http://www.marchforbabies.org/personal_page.asp?w=41000319&u=DayleDisque)

[w=41000319&u=DayleDisque.](http://www.marchforbabies.org/personal_page.asp?w=41000319&u=DayleDisque)

Thank you in advance for helping save babies' lives. Don't forget to fill your *M&M* containers with quarters and return them to the church. The money raised will be used to help save babies lives.

Thank You,

*Dayle Disque*

