

# THE MESSENGER

Volume 19, Issue 6

June 2018

Myers  
Memorial  
United Methodist Church

## THE 2018 MINISTRY THEME

at Myers Memorial UMC is *Conversations*. You are invited to our next church wide conversation on Sunday, June 10 immediately following worship. Rev. Amy Coles, Assistant to the Bishop of Western North Carolina Conference of The United Methodist Church, will join us to lead a conversation on *The Way Forward*.



At the 2016 General Conference of The UMC, all items concerning human sexuality were referred to the Commission on a Way Forward. This commission has completed their work and offered a report to the Council of Bishops. The Council of Bishops has received their work and currently the reports are being translated to

be shared with the global church in preparation for a special session of the General Conference to be held in February 2019.

You are invited to come hear where we have been as a denomination in regards to human sexuality and where we are headed as we prepare for the special session. The goal of this conversation is to cultivate fertile ground for continuing the conversation with each other, so we can hear God's voice and listen to one another. You are encouraged to come with an open mind and heart to listen and learn.

To learn more about the work of this Commission prior to our Conversation on June 10, please visit [www.umc.org/wayforward](http://www.umc.org/wayforward). You may also find a video by Tom Berlin, a member of the Commission, helpful. Berlin uses sugar packets to illustrate the current reality in the UMC. You can find the video at <https://vimeo.com/217081225>.

Again, please come with an open heart and mind as we gather on June 10, immediately following worship. Lunch will be provided so please make your reservations with Heather Steffey, Administrative Assistant by calling the church office, 704-864-3222 or email [heather@myersmemorialumc.com](mailto:heather@myersmemorialumc.com).

*God's Blessings, Pastor Sally*

*Myers Memorial UMC is unique in offering age groups for infants through adults! Won't you join in going deeper on this Rip Roaring Adventure in Faith?*

## Rolling River Rampage VBS

July 15-18 | 5:30p to 8p

At Rolling River Rampage VBS, students of all ages will discover an interactive, energizing, Bible-based program that leads them to experience the ride of a lifetime with God! During VBS we will journey as spiritual Rafters and explore how to serve God and God's mission for our lives.

Families & participants are invited to gather for dinner at 5:30p in the CFC before heading to a high-energy Opening Assembly at 6p in the Sanctuary.

Younger Rafters make their way to through various stops along the night as we engage in interactive Bible lessons that reveal Rapid Reminders to equip Rafters for an active life with God. Rafters will also discover and commit to heart a Rafting Ready Verse that will remain with them in their faith long after VBS.

Younger Rafters will expand on what they've discovered by participating in a variety of activities:

making art projects at the Craft Station, singing new songs at the Music Station, exploring the wonders of creation at the Science Station, playing fun and relevant games at the Recreation Station, and enjoying tasty snacks at the Snack Station.

Youth and Adult Rafters will gather in various locations each night to engage in age appropriate opportunities of deepening their faith on the river of life! Register today at [www.MyersMemorialUMC.org](http://www.MyersMemorialUMC.org)



# Congregational Thanks

Dear Myers Family,  
Your frequent and uplifting contacts during my move, surgery, and rehab have been both comforting and inspirational. I am adjusting to Covenant Village's routine, making new friends, and setting up my sewing machines to begin some new projects. Come to see me when you can.

Love and prayers, Jean L Campbell

We want to thank our church family for all the kindness and love over the past couple of months. The thoughts, prayers, cards, food, plant, prayer shawl, visits, etc. are all appreciated. We may have had a rough period of time, but we always knew God was there with us and your prayers covered us. Again, our heartfelt thanks for everything.

~Ed & Judy Fritzsche

Our family wants to thank my parent's church family that took the time for visits and prayers during mom's illness. We also want to thank you for the lovely gift of breakfast items for our family after mom's passing. We are forever grateful for this church and all that they have done for my mother and father.

~Rosemary Drum on behalf of Libby Drum's Family

~ From the Boy Scouts of Myers Memorial UMC  
We look forward to your presence as we formally dedicate the Gathering Garden after worship on Sunday, June 3. A donation lunch will be provided with all funds going to maintain and improve the Garden in the years to come. All of us a Pack 21, Troop 21, including the Eagle Scouts who managed this project and our adult volunteers want to thank each of you for your contribution that makes this project a lasting legacy.

I want to express very sincere and deep appreciation to everyone that has expressed wishes for healing of my recent knee replacement! Also, for my 90th Birthday! on May 8, 2018. Your prayers, expression with letters, phone calls, visits to the hospital and home, have truly been great! I have truly been blessed to be a member of Myers Memorial UMC over the years and especially now when I need your personal attention! To each one of you, I send my most sincere thanks!

~Max Erwin

## ADULT MINISTRIES

Connie Elzey, Director of Christian Education  
dce@MyersMemorialUMC.com, 704-864-3222 ext. 105

**Myers Memorial 60+ ~ June 21 ~ Billy Graham Library**  
Explore the life and legacy of a man who shared the Gospel with millions at the Billy Graham Library in Charlotte. We will not only be able to visit special limited time displays but also pay homage to Rev. Graham's final resting place. Please RSVP to Connie by June 18th. Final details will be shared via direct communication and the Church bulletin.

**Half-Time: Blessings of Mid Life** will meet again on June 18 at 7p. Details are forth coming yet mark your calendars for the third Monday of each month. If you're interested in planning upcoming events, speakers and socials, please meet with Connie Elzey on Monday, June 4 at 12:30p in the Asbury Room.

**Vacation Bible School will be Rip Roaring Fun!** Won't you be a lifesaver & volunteer? Volunteers with a variety of skills & abilities are needed the week of July 15-18. Please contact Connie if you're available and willing to take the ride of a lifetime with the children of our community!

## DISCIPLE



**Disciple Bible Study Recognition** On May 20th we recognized those in our congregation and community who have completed the 2017-18 *Disciple* Bible Study Series. *Disciple* Bible study is program of intensive, disciplined Bible Study. *Disciple I*, the prerequisite for all other *Disciple* Bible Studies, covers the entire Biblical story, from Genesis to Revelation. Subsequent studies go deeper into selected portions of scripture. The next series of *Disciple* classes will begin September, 2018. If you are interested in *Disciple* Bible Study, please contact Connie Elzey.

*Disciple I Fast Track* ~ Sally Queen, facilitator. Allison Evanoff, Kelly Zukaitis, Isabel Anderson, Frances Lathan, Renee Justice, Susan Allen, Tracey Farris, Beth Suber, Melissa Mantooth, Becky Bridges.

*Disciple II Fast Track* ~ Gary Lutz, facilitator. Brent Alman, Shelly Alman, Jennifer Gross, Bob McCullen, Sr., Elizabeth Williams, Alice Sweazy, Jennifer Wilbanks, Dave Kirlin, Marsha Wright, Mike Rhodes, Kelly Brown, Marty Brown

*Disciple IV* ~ David Elzey, Facilitator. Steve Carrick\*, Karen Carrick\*, Jenny McMillian\*, Peggy Rogers, Lousia Suggs\*, Laurie Knight, Jerry Gates, Ann Gates, Sue Shellman, Mark Shellman, Tanya Martin, Marcella Calvert, Bill Bradley\*, Jamie Hester\*, Jodi Baker\*. (\*have completed Disciple, I, II, III, & IV)

# Walk for Justice

Saturday, June 2

9am to 12noon

10am Survivor Ceremony

Gaston Christian School Track

1625 Lowell Bethesda Rd, Gastonia



\$15 Participant Fee and walkers are encouraged to solicit pledges. *All donations are tax deductible through Cancer Services of Gaston County.* Sponsor Forms can be picked up in the church office.

Sponsored by Hannah Black in memory of her grandfather, Rev. Henry Justice with support from the Myers Health Cabinet.



## Let there Be Light an update FROM Trustees

Your contributions toward our Lighting project have been great! Your support has allowed us to look at a larger LED replacement package to possibly include the Educational Building, Christian Fellowship Center and Church Offices. While we have had a great first response to our initial plea for funding to resolve major lighting issues in the sanctuary as well as modernizing other areas of the church, we have hundreds of lights to potentially be replaced and upgraded to LED. By the first of June we expect to receive much needed technical information regarding the lighting in the Sanctuary to ensure that we have selected the right fixtures to ensure we have adequate lighting coverage (and no shadows). Once this information is received your Trustees will call for a special meeting in order to approve and move forward for a Summer installation. If you have not given, please consider making a special financial gift to the much needed project in our congregation.

*John Fletcher, Chair of Trustees, john@caorlinabomanite.com*

## Congregational Care

**Nancy Westbrook** ~ Abernathy Laurels  
102 Leonard Ave., Apt. #108 Newton NC 28658

**Marjorie Foy** ~ Covenant Village  
1351 Robinwood Rd. Gastonia NC 28054

**Jane Ramsey** ~ Brookdale Union Rd  
1717 Union Road. Gastonia, NC 28054

**Charley Gage** ~ Brookdale Robinwood  
1750 Robinwood Rd. Gastonia, NC 28054

**Stephen Walls** ~ Highland Apartments  
401 N Highland St. Mailbox #39, Gastonia, 28052

**Sue Auten** ~ Peak Resources  
1101 N. Morgan St. Shelby, NC 28150

**Carolyn Reece** ~ Carolina Care  
111 Harrilson Road, Cherryville, NC 28021

**Lena Gunn** ~ Peak Resources  
7651 Dallas Cherryville Hwy. Cherryville, NC 28021

**Joyce Stowe** ~ Terrace Ridge  
1251 E. Hudson Blvd. Gastonia, NC 28054

**Kimberly Sarvis** ~ Holy Angels  
6600 E. Wilkinson Blvd. Belmont, NC 28012

**Shelba Shellman** ~ Carillon Cramer Mountain  
500 Cramer Mountain Rd, Cramerton, NC 28032

**Betsy Noblett**  
812-6 Jamestown Dr. Gastonia, NC 28056

**Ann Teague** ~ Salem Square  
1550 Babcock Dr. #7223 Winston Salem, NC 27106

**Julia Cauble**  
3100 Erskine Drive, Gastonia, NC 28054

**Frances Woodyard**  
2100 Scottwood Dr. Gastonia, NC 28054

**Fran Kinlaw**  
2264 Londonderry Dr. Gastonia, NC 28056

**Willa Painter**  
1548 East Perry Street Gastonia, NC 28054

**Philip Wade**  
526 Cameron Point Lane, Belmont, NC 28012

**Ruby Voigt**  
518 Thomas Trail, Gastonia, NC 28054

**Joanne Young**  
3525 W. Franklin Blvd. Gastonia, NC 28052

**Ruth King**  
109 B Stroupe Rd. Gastonia, NC 28054

# Stewardship Report

Prayers, Presence, Gifts, Service, Witness

June  
2018

## Living out & Living into our Faith

### Worship Offerings & Attendance

	Sunday Worship	Facebook Live	Sunday School	Offering Received
April 22	224	18	136	\$8,417
April 29	216	12	101	\$11,677
May 6	205	10	153	\$10,410
May 13	252	13	150	\$14,985
May 20	234	12	159	\$12,029

### Welcome to our Newest Members

Jake Hoskins, Matthew Walker,  
Ashley Fehrs, Dawson Moore,  
Sydney Shugart, Marie Kalinoski,  
Dana & Joel Wolfe, Cheryle Cooke

### Gifts Given in Memory of

Libby Drum                      Dr. Joe McMurry  
Mildred Waggoner

### Gifts Given in Honor of

Max Erwin

### Witness Committee receives Grant Funding

The Witness Committee has applied for and received a \$2,500 ministry grant to enable us to further reach into our neighborhood and build relationships. The grant is to assist our work in engaging the community and immediate business neighbors through "Parties in the Pumpkin Patch". The Reynolds Ministry Fund was established by Royce & Jane Reynolds of Greensboro, NC. The faithfulness and generosity of Mr. & Mrs. Reynolds has, for many years, supported disciple-making initiatives like ours. Stay tuned for details of what is to come as we continue seek to make disciples.

## Sunday Morning Volunteers

### Coffee Fellowship Hosts

### Head Ushers

June 3	UMW & UMM	June 3	Ken Avery
June 10	Contemporary	June 10	Debbie Brown
June 17	Contemporary	June 17	John Crain
June 24	Contemporary	June 24	Melinda Brown

### Communion Stewards ~ June 3

**Brent & Shelly Alman**, Tanya Martin, Mike & Jennifer Rhodes, John Harrington, Becky Garner

### Nursery

Christina Carpenter, Coordinator  
(704) 214-1380

June 3	Allison Buchanan, Karen Carrick, Katie Carpenter
June 10	Paige Falls, Tresca McSwain, Katie Carpenter, Chris McCullen
June 17	Carrie Allen, Jaclyn Tant, Jennifer Stroupe, Angelica Brown
June 24	Linsy Aul, Angie Flake, Victoria Flake, Jennifer Gross

### Youth & Children Leading in Worship

#### Scripture Reader

#### Crucifer

June 3	Slayton Fletcher	Matthew Walker
June 10	Jillian Medlin	Ashley Fehrs
June 17	Dawson Moore	Kathleen Sharp
June 24	Cameron Dennis	Marie Kalinoski

#### Acolytes

June 3	Andrew Walker & Ella Queen
June 10	Evan Falls & Mattie Queen
June 17	Brock Davis & Rhett Buchanan
June 24	Adam Anderson & Charlotte Hearne

### Sympathy to

The family of *Dr. Joe McMurry* who served as the pastor of Myers Memorial UMC 1984-1994. Pastor Joe joined the church triumphant on April 30, 2018.

### Congratulations to

*Matt & Jordan (Huntley) Erwin* on the birth of *Hannah Grace* On March 24, 2018. Myers Memorial family includes Grandparents, *Dan & Sondra Huntley*; Great Grandparents, *Max & Nancy Huntley*.

# MYERS MEMORIAL UNITED METHODIST CHURCH CALENDAR

www.MyersMemorialUMC.org/calendar 704-864-3222

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3 Communion Sunday</b> <b>Graduation Sunday</b> 8a UMMen & UMWomen 9a Health Screenings 10a HS Graduate Brunch 12:30p Gathering Garden Dedication 5:30p Youth	<b>4</b> 6p Community Conversation 6:30p Pack 21 Eagle Court of Honor	<b>5</b> 10a Grief Share	<b>6</b>	<b>7</b> 6p Young Adult Cookout 6p Witness	<b>8</b>	<b>9</b> 9a to 2p Created by God Workshop
<b>10</b> 12p Conversation, CFC 4:45p Youth	<b>11</b> Weekday Preschool Summer Camp - Week 1 6p UMW Koinonia 6p Community Conversation	<b>12</b> 10a Grief Share	<b>13</b> 10a Staff Meeting	<b>14</b> 12p UMW Joy Circle	<b>15</b> Newsletter Deadline	<b>16</b>
<b>17 Father's Day</b>	<b>18</b> Weekday Preschool Summer Camp - Week 2 6p Community Conversation 7p HalfTime	<b>19</b> 10a Grief Share 6p Trustees	<b>20</b> 6:30p Youth	<b>21</b> 12:30p Myers 60+ Trip to Billy Graham	<b>22</b>	<b>26</b>
<b>24 Hymn Sing</b> 5:30p Youth	<b>25</b> Weekday Preschool Summer Camp - Week 3	<b>26</b> 10a Grief Share	<b>27</b> 9a Newsletter Assembly	<b>28</b>	<b>29</b>	<b>30</b>

**Church Office**  
(M-Th) 9p to 4p  
(Fri) 9p to 12p

**Weekday Preschool**

**Summer Camp**  
(M-F) 9a to 1p

**Meals on Wheels**  
(M-F) 8:30a - 12:30p



## Summer Schedule of Regular Events

### Sundays

9a Focus Prayer Group  
 9:30a Coffee  
 9:45a Sunday School  
 10:50a Worship

### Tuesdays

10a GriefShare  
 11a AI-anon

### Wednesdays

6p Sit 'n Knit  
 6p Men's Bible Study  
 7p Chancel Choir

### Thursdays

6p Men's Basketball  
 8p NA

### Friday

7:15a Devotion

# Weekday Preschool

Janet Lagos, Weekday Preschool Director  
preschool@myersmemorialumc.com 704-864-3222

## Summer Camp at Myers Memorial UMC

Our six-week, five days-a-week summer camp will be crammed full of great fun for children age one year through just completed 5th grade with a flexible schedule to fit your summer schedule! Each week will have fun & engaging themes and activities that will include water play, baking and field trips! Elementary Children will meet at the church then depart for a day of fun!



**Preschool Summer Camp Rate | 5 Days | \$75/week**  
**School Age Summer Camp Rate | 5 Days | \$85/week**  
Rates are inclusive of all activities. A registration fee of \$50 due at time of registration to secure your child's spot.

## Registration is Open for Fall 2018

Even though we just finished the school year, we're headed into fall with great plans in store for the kids in our Weekday Preschool! We currently are able to offer classes for Infants, Twos, Threes, and Four Year Old/Kindergarten Readiness Class. Registrations forms are due as soon as possible to assure your child's spot along with the registration fee is \$75.00 per child.

**Two days** (Tuesday & Thursday): \$160.00 per month

**Three days** (MWF): \$185.00 per month

**Four days** (M-Th or T-F): \$205.00 per month

**Five days:** \$230.00 per month

*A 10% discount is available for each additional child enrolled per household.*

[www.MyersMemorialUMC.org/Weekday-Preschool](http://www.MyersMemorialUMC.org/Weekday-Preschool)

# MUSIC MINISTRY

## Hymn Sing | Sunday, June 24 | 10:50a

Join the Chancel Choir as they lead us in a Service of Song with music featuring American hymn composers and lyricists. Sing to the Lord!

## Myers Music Camp | Fire Drill | July 30-August 3

The music ministry of Myers Memorial UMC is gearing up for the first annual Myers children's music Camp! Rising first through 6th graders, regardless of their musical experience, are invited to participate in the 2018 Camp July 30 through August 3. This week will be Monday through Thursday from 9a to 2p and on Friday from 9a to 6a as we prepare for the conclusion of the camp with the performance of our show at 6p in the sanctuary.

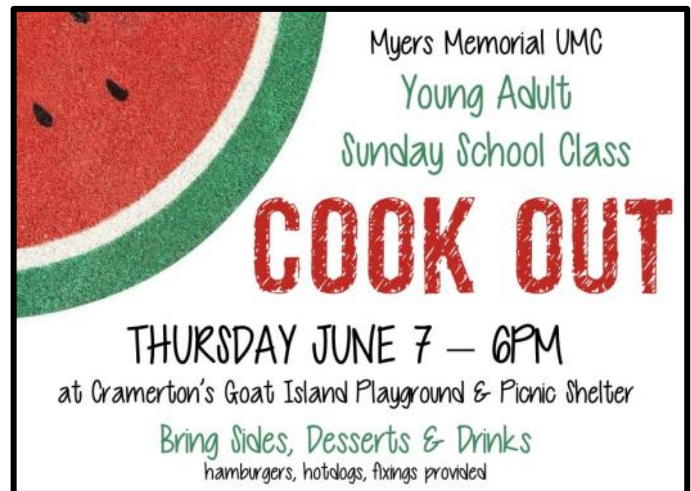


# Children's Ministry

## Created By God | Saturday, June 9 | 9a to 2p

Families with 4th-6th graders are encouraged to sign up for this workshop on "Faith & Human Sexuality". Conversations with children can be difficult at times, especially on this topic! You're invited to join with gifted Christian Educators Connie Elzey and Cindy Smith as they help facilitate a healthy conversation with parents and children. Contact Connie Elzey to register and stop by to receive your parent & student books. Cost is \$15 for resources and lunch.

**No Summer Breaks for God!** Sunday School continues to meet each week! Preschool through 5th graders gather at 9:45am in Room 110 before heading to age level classes designed to engage each child with the living Word of God!



**Tony Sane**, Director of Music Ministry  
tony@myersmemorialumc.com 704-864-3222 ext. 107

We will be learning this warm, funny, message-driven musical in just one week so will be a fast paced week and campers will be expected to focus and engage on the music which will be provided earlier in the summer. Auditions for parts will be held on the first day of the camp. The week will be packed with fun activities, lots of singing and acting! Tuition assistance is available, please contact Tony Sane for more information.

About the Musical: In the middle of Bible class at Sandstone Christian School, things are suddenly interrupted by a fire alarm. Is it just another drill? Is it a real fire? While outside, Mr. Southwell takes advantage of the time to teach the kids some important lessons from the Bible.

# YOUTH MINISTRY

Tresca McSwain, Director of Youth & Young Adult Ministries ~ thmcswain@gmail.com 704-477-7447

## Summer Sunday

9:45a ~ Sunday School , *Youth Lounge*

10:50a ~ Worship

5:30p to 7p ~ Youth Main Event: dinner & program

**June 3 ~ Messy Water Games** That says it all! You never know what messy surprises are in store! Bring a towel, something to sit on for the ride home and a friend! We will eat dinner before getting messy and wet through fun fellowship in the pumpkin patch field!

**June 10 ~ Stuck with You?!** Catch the church bus at 4:45p to test your teamwork and strategy escape a locked room using strategy and teamwork. Bring money for dinner in the mall. Parents can pick up at the church at 6:45 pm.

**June 17 ~ Father's Day** Make plan to spend this day with your family and celebrate the men you admire!

**June 24 ~ Game On!** What's your favorite game? Spyfall? Apples to Apples? Scattergories? Come play them all for youth game night in the Youth Lounge. Bring your friends as well as snacks and drinks to share!

## Wonderful Wednesday

**June 20 | 6:30p** Meet at Floyd and Blackies in Cramerton for ice cream and devotion followed by energy expending activities in Goat Island Park. Bring money for Pick up at Floyd and Blackies at 8 pm.

## In-Between | June 10 | 6:30p

In-Betweeners (rising 4th through 8th graders) and their families are invited for a casual night of fun at Ella and Mattie's house. Eat dinner before arriving and enjoy ice cream & s'mores by the campfire then cool off in the pool! Parents, don't drop off the kids, the whole family is invited to fellowship and learn about this specific age level ministry and the great things coming this fall!!

# Myers' Health Cabinet

## 15 Foods to avoid if you have Heartburn

I have heartburn, medically referred to as gastroesophageal reflux disease (GERD) or dyspepsia. Let me share with you the 15 foods that stimulate heartburn...all of which I like! So, unfortunately all the good things to eat increase heartburn, but by trying to minimize some of these foods, you can reduce your severity or incidence of GERD.

*Bob McCullen, MD, Myers Health Cabinet Member*

1. Fried Foods -These oily foods stay in the stomach longer and more acid due to the oils, & increase reflux
2. Alcohol - relaxes the esophageal sphincter & increase reflux, especially beer & red wine. Try to minimize size of meals if you enjoy a drink with your meals to decrease risk of heartburn.
3. Spicy foods - increase acid levels in stomach & therefore dyspepsia.
4. Tomatoes - due to very high acid content of tomatoes, including ketchup & salsa, etc.
5. Oranges - again same as tomatoes...very high in citric acid. Try alkaline fruits such as berries, apples, pears, bananas, & melons.
6. Mint - often used to settle the stomach it also relaxes the sphincter & hence increases heartburn. Try ginger tea especially before bedtime if you suffer from heartburn.

7. Beef - again it is the fatty content of the beef that increase time in stomach & acid to digest & therefore increased heartburn. Leaner cuts are better if you have GERD.
8. Coffee - high in acid & relaxes the sphincter...double whammy.
9. Cheese - high in acid & fats. Consider lower fat cheeses such as cottage cheese, ricotta, & any other low fat cheeses. Cheese sauces can be particularly bad, as they typically also include lots of heavy cream & butter.
10. Soda - not only are sodas high in acid but the carbonation forces acid up through the sphincter to irritate the esophagus.
11. Chocolate - high in fat, caffeine which relaxes the sphincter & is slow to digest.
12. Garlic & Onions - triggers heartburn for many people. If you notice the association, consider other spices to flavor your food.
13. Salt & pepper - many people don't consider these spices but they are & create increased acid in stomach. (see number 3 above).
14. Butter - again high fat increases GERD.
15. Candy - high simple sugar content is highly associated with GERD, especially if is with a sour candy with lots of vitamin C or citric acid.



# Myers Memorial

United Methodist Church

301 S. New Hope Rd., Gastonia, NC 28054  
704-864-3222

Non-Profit  
Organization  
U.S. Postage  
Paid  
Gastonia, NC  
Permit #185



## July 15 - 18

5:30p Family Dinner

6p to 8p Groups for All Ages

Register at [www.MyersMemorialUMC.org](http://www.MyersMemorialUMC.org)



## MYERS MUSIC CAMP

RISING FIRST THROUGH 6TH GRADERS  
JULY 30-AUGUST 3 | 9AM TO 2PM  
FINAL PERFORMANCE | FRIDAY, AUGUST 3 | 6P

YOUR KIDS WILL LOVE THE STORY AND SONGS THAT MAKE UP THIS  
WARM, FUNNY, MESSAGE-DRIVEN MUSICAL!

REGISTER AT [WWW.MYERSMEMORIALUMC.ORG](http://WWW.MYERSMEMORIALUMC.ORG)