

the Messenger

The Monthly Newsletter of Myers Memorial United Methodist Church in Gastonia, NC

LEADERSHIP SUMMIT 2022



Pastor Sally

If you have been asked to serve on a church committee in 2022, please make plans to attend the 2022

Leadership Summit on Sunday, January 23 from 2p to 4p. It is our hope that we will be able to meet in person. This gathering will give us the chance to reflect on the 2022 Ministry Theme: Vision. Our time together will be a time for all members of

teams or committees to design goals that will guide our work in 2022. The opportunities to serve like never before are plentiful! 2021 brought new challenges and ministry opportunities and we continue to be a thriving community of believers because of you! The program staff and I look forward to hosting this event each year and your participation is important to us. More details will be provided after the first of the year.

Pastor Sally

BIBLE BOOT CAMP ~ JANUARY 30

Time for a New Year's Work Out Routine and exercise your Bible Skills at Myer's Bible Boot Camp 2022! No matter your skill level, or age level, you're invited to build your Bible strength and endurance for a daily routine of exploring God's word! We're 'working out' on Sunday, January 30th at 10a in the Christian Fellowship Center (CFC). This is for all ages, all Sunday school classes, all people

looking to get into the Word of God with joy and excitement! We'll gather for a group workout at 10a and break into small groups to explore Lectio Divina, Bible Basics with games and old timey Sunday School Bible drills, scripture searches, Bible journaling, scripture coloring and more! Bring your own Bible or plenty will be on hand and many versions will be available for you to explore.

Upcoming CHURCH EVENTS

Worship on Sundays
9a and 11a, In Person,
livestreamed on
Facebook & YouTube

- Jan 2: UM Men, 8a, CFC
- Jan. 2: Epiphany, Communion Sunday, 9a & 11a
- Jan. 3: Office Closed
- Jan. 9: Baptism of our Lord, 9a & 11a, Remember your Baptism
- Jan 9: Mitey Ladies, 12:30p
- Jan. 13: Joy Circle, 11:30a
- Jan. 16: Worship at 9a & 11a
- Jan. 17: MLK Day, Office Closed
- Jan 20: 60+ Fellowship, 11:30a
- Jan. 23: Worship at 9a & 11a
- Jan. 23: Leadership Summit, CFC
- Jan. 25: Point in Time Count
- Jan. 30: Worship at 9a & 11a
- Jan. 30: Bible Boot Camp, 10a

ONGOING

- Sundays: Worship at 9a & 11a, Sunday School Classes, Bible Studies, Youth & InXbetween, Children's Music & Arts
- Mondays: Boy Scouts, NA, NarAnon
- Tuesdays: Grief Share & Divorce Care; AIAnon
- Wednesdays: Morning Bible Study, Hand bells & Choirs
- Thursdays: Soul Purpose
- Fridays: Morning Prayer

COMMUNION ON JANUARY 2

The Sacrament of Communion will be offered on January 2nd during the 9a and 11a worship services and will be served in the pews. We continue to maintain safe health protocols for partaking in the bread and juice, yet we celebrate having communion together in the Sanctuary. Communion is open to all persons, regardless of **age, for this is the Lord's table, not ours.** If you are unable to participate and would like to receive the consecrated (blessed) elements, please contact the church office and we will make arrangements for you to share in the body of Christ.

2022 POINT IN TIME COUNT

January is the coldest month of the year in our area. It's also the time when our homeless neighbors are the most vulnerable. You are invited to make a difference in the life of the homeless in Gaston County. The 2022 Point in Time Count will be on Tuesday, January 25, time to be determined, but after the sun goes down. Volunteers will go out into the community, accompanied by police and community leaders who know the area the best, to gather information and share care packages with those in shelters or finding shelter outside. A training will be provided and more information will be shared with interested persons as it becomes available. Please let Pastor Sarah (churchoffice@myersmemorialumcom) know if you are interested in participating.

MITEY LADIES

Have you lost your husband or significant other? You are not alone and are invited to gather with other Mitey Ladies for fellowship on the **2nd Sunday of each month (January 9) at Jackson's Cafeteria** at 12:30p. For more information, please contact Debbie Brown, dbbbrwn1@gmail.com, 704-516-9578.

FLOWERS IN THE SANCTUARY

Flowers for worship can be provided in memory or in honor of a loved one, a celebration in your life, or just to adorn the space with beautiful fresh flowers. The cost for the large floral arrangement is \$50. After the flowers are in worship for the designated date, you are invited to take them home with you. Typically there is space for 2-3 arrangements that will be placed in the Sanctuary and/or narthex and acknowledgements will be on the screens during worship. To order flowers, you may visit www.MyersMemorialUMC.org/worship, the link is at the bottom of the page, or call Heather in the Church office (704-864-3222).

AMPLIFY MEDIA

Have you checked out Amplify? It's a multimedia platform that features thousands of videos you can use for study, reflection, worship and inspiration. Think of it as Netflix for the Christian Faith! Amplify has videos that are being used in several small groups and Bible studies at Myers, and of course can be used in your own personal faith journey. You can access all of these videos anytime and on almost any device ~ for Free! Go to: my.amplifymedia.com/amplify. Enter Our Access Code: XJFVBY You will need to create a free account but then you can access hundreds of lessons, meditations, and more!

2021 ANGEL TREE BLESSINGS

Thank you for your generosity! We not only provided Christmas for 110 children and adults through the Salvation Army Angel Tree; but because of your generosity, we were able to provide a super special Christmas for the girls living at The Loray Girls home as well as provide significant funding for their back yard renovations. These renovations will provide these young women with a safe and private outdoor space.

LAITY OF THE YEAR

Methodism has a long history of celebrating and recognizing the ministry of the laity. In the early days of American Methodism, the laity served and maintained congregations between visits of the circuit riders. Today, lay people are the front line of daily ministry of the church, in the home and within the community. In December, Jim & Ally Cagle were recognized as the 2021 Laity of the Year. Jim and Ally Cagle can be found serving in many areas of the church from committee work, welcoming children to choir, serving as mentors, answering phones, cleaning homeless camps, trimming the rose bushes, and generally everywhere! We need the whole Body of Christ as we continue to thrive and seek to make disciples of Jesus Christ for the transformation of the world! Thank you for living our your membership vows to support Myers Memorial United Methodist Church with your prayers, presence, gifts, service and witness!

STOCKING THE STABLE SUCCESS

Thank you for your donations to 'stock the stable' for Crisis Assistance Ministry of Greater Gastonia in December. Faith Communities throughout the city have specific months for collecting in an effort to maintain consistent donations throughout the year. CAM is a ministry we support throughout the year and we always welcome donations of nonperishables to assist with stocking the shelves. Crisis Assistance Ministry helps people who are facing a crisis situation with food, financial assistance for rent & utilities and limited medication. CAM welcomes your participation as a volunteer to pick up fresh food donations, stock pantry shelves, pack food bags, assist with client requests and more. If you have an interest in this ministry opportunity you may contact CAM directly at 704-867-8901 to speak with Jenny Moran.

WARM WINTER WISHES

January is typically the coldest month of the year in our area. This January we wish to again prepare to help meet the basic needs of our homeless neighbors. We are collecting the following items during January. We hope to have most all the items at church by January 23 so we can deliver to the appropriate places for sorting and packing.

Trash bags	Underwear (<i>men/women/children</i>)
Toothpaste	Washcloths/Towels
Toothbrush	Feminine Hygiene Products
Soap	Gloves, Hats, Scarves
Deodorant	T-shirts
Wet Wipes/Baby Wipes	Socks
Vaseline/Mineral Oil	Rain Ponchos/Jackets
Lotion	Umbrellas
Chapstick	Hand Warmers
Shampoo/Conditioner	Flashlights
Leave-in Shampoo/Conditioner	Lap Blankets
Ethnic Hair Products	Tarps
No Rinse Body Wash	Sleeping Bags

CHURCH DIRECTORY UPDATES

Heather Steffey, Myers Memorial UMC Administrative Assistant, constantly works to maintaining an accurate church directory. We post the most up-to-date version in our weekly emails. We know college student address have changed, adult children have moved on, and maybe you have made a transition in 2021. Do you still have that landline? Help us remain connected. If you have any updates to make for your family, please contact Heather in the church office, heather@myersmemorialumc.com or 704-864-3222.



Heather

WHAT'S NEW FOR YOU IN 2022?

Traci Smith, *author*

New Year's *resolutions* often fail. Instead of making a resolution, consider creating a new *habit* for the new year. Habits get stronger the more you practice them. If you find yourself falling out of the habit, just pick it back up again! Hold loosely to these in that way. Do them as you can, but have grace with yourself and your family when it doesn't happen as you imagine.

Gratitude: The practice of gratitude is one that makes a profound difference in personal wellbeing and family happiness. Try listing at least four things you are grateful for per week. You could list them out loud as a family, or write them in a journal.

Prayer: There are many ways to pray. Using art can be a great way to pray as a family. The book *Learning to Pray in Color for Kids* by Sybil MacBeth will show you how. MacBeth also has adult versions of this practice, *Praying in Color* and *Praying in Black & White*.

Meditation: Meditation and prayer are closely related, but not the same. Meditation helps to train the mind, which is useful for many reasons, including prayer. Try using a meditation app such as Headspace or Meditation Studio, both of them have special meditations for kids.

Serving Others: What about having a "service Saturday" this year where you think of ways to care for others on Saturdays? Whether it's doing a special project, saying a prayer for someone or writing a note, taking time to care for others as a *habit* can be a powerful faith practice.

As you consider how to start a new faith habit this year, approach your practice with a sense of play and experimentation. Try something new and if it sticks, keep with it. Many blessings to you as you embark on this journey! If you have questions or would like more resources, please reach out to Pastor Sarah, 704-864-3222 or churchoffice@myersmemorialumc.com.



Pastor Sarah

Myers by the Numbers

as of 12/22/2021	Nov. 21		Nov. 28		Dec. 5		Dec. 12		Dec. 19	
Offering	\$15,664		\$7,774		\$13,362		\$16,428		\$10,867	
In-Person Attendance	9am 30	11am 86	9am 40	11am 101	9am 64	11am 150	9am 47	11am 101	9am 34	11am 114
Facebook Engagements <small>(comments, likes, shares)</small>	80	88	115	85	80	95	81	110	92	81
Estimated People Reached <small>via Facebook</small>	444	286	483	414	433	521	408	480	390	361
YouTube Views	14	29	43	35	25	41	21	34	12	31

GIVING 2022

If you rely on the church's Vanco online payment option for giving your tithes and offerings, please remember to log into your account this month to renew your giving into 2022. If you have question you may reach out to Amelia Bumgarner at finance@myersmemorialumc.com or Sarah Davis in the church office (churchoffice@myersmemorialumc.com). You may give online at any time and for a variety of funds by visiting www.MyersMemorialUMC.org/give. Thank you for your continued generosity to Myers Memorial UMC.



Amelia

TECH NOTES

We continue to make improvements and advancements in our technology! We could use **your help!** Are you “following” the church page on Facebook? Do you “subscribe” on YouTube? How about Instagram? Do you ‘like’, share or comment on our posts? To keep us in your Facebook or Instagram feeds - please interact with our posts! Like-Share-Comment! This is the new math of social media algorithms and also a new form of evangelism! What an easy way to share the **Good News and what’s happening at Myers!** In addition to our Facebook and YouTube pages, you can now find our Sunday Worship Services on our church website!

JOIN THE AV MINISTRY AT MYERS

We could use your assistance in our worship services with the Audio Visuals. If you are interested in learning the amazing capabilities of our sanctuary tech box, please reach out to Pastor Sarah, Glenn Fried, Louisa Suggs, Randy Black or Brock Davis. We all spend a lot of time in there and would like to share our knowledge! Don’t worry - we’ve written it all down and it’s way easier than ever before. It does take a team of persons to run this ministry, won’t you join us!!

CHILDREN’S SUNDAY SCHOOL

*Connie Elzey, Director of Christian Education
dce@myersmemorialumc.com, 704-864-3222*

Children (preschool-4th graders) gather in the CFC at 10a for a brief time of music and movement before heading to their age level classes with some of the most amazing teachers ever! Children return to the CFC for pick up at 10:40a.

January 2022: Jesus Grows Up

Jan. 2: Simeon & Anna (*Luke 2:22-40*)

Jan. 9: The Boy at the Temple (*Luke 2:41-52*)

Jan 16. John the Baptist (*Luke 3:1-18*)

Jan 23. Jesus Goes to Nazareth (*Luke 4:14-20*)

Jan 30. The Disciples (*Luke 5:1-11; 8:1-3*)

NURSERY MINISTRY NEEDS...

You! We continue to offer loving and safe care to our youngest while their adults are in worship and Sunday School. A huge thank you to Judy Seay and Annie Oliver who are the familiar faces in our Nurseries each week. It is our hope to expand our nursery in 2022 and more volunteers are necessary! If you would like to be another set of loving arms and a smiling face sharing the love of Jesus with the youngest among us, please contact Connie Elzey, dce@myersmemorialumc.com.



SUPPORT GROUPS

GriefShare continues to meet on Tuesday mornings at 11a in the Narthex. DivorceCare continues to meet via Zoom on Tuesdays from 6:30p to 7:30p. Both GriefShare and DivorceCare are safe places where caring people come alongside you as you find healing from the pain of major life changes through grief, divorce or separation. If you know someone who could benefit from these ministries or other groups for support, please share this valuable information. For more information contact Connie Elzey, 704-864-3222, 105, dce@myersmemorialumc.com.

DISCIPLE 1 FAST TRACK ~ NT

Disciple 1 Fast Track is a quick, yet detailed, 12-week study of the New Testament beginning Tuesday, January 11th at 6p in the Asbury Room. Contact group facilitator, Gary Lutz at garylutz7@gmail.com, 704-214-9059 or Connie Elzey, dce@myersmemorialumc.com.

JOY CIRCLE MEETS IN JANUARY

The United Methodist Women’s Joy Circle will meet on Thursday, January 13 at 11:30a at *AmberJack’s Restaurant* (S. New Hope Road) for lunch and fellowship.

SPIRIT SONG COUNSELING

The last few years have been...rough. Having a trained professional walk with you **through life's challenges** can be beneficial. It is our prayer that should you have need, you will make your mental health a priority in 2022. Myers Memorial UMC is home to the office of Rev. Eddie Ingram with Spirit Song Counseling. Whether you seek pastoral counseling, individual psychotherapy, couples counseling, family therapy, or life coaching, you may reach out to Eddie at 704-810-4242 or eddie@spiritsongcounseling.com for an in-person or virtual appointment. To maintain confidentiality, Eddie and his clients use a secure entrance facing Advanced Auto Parts.



Eddie

WHOLE30 IN 2022

The Whole30 way of eating is a meal plan that changes your mindset about eating habits. Think of it as a short-term nutritional reset designed to help you enact long term changes in 30 days. The launch date is January 6th with a weekly zoom meeting/support group on Thursdays at 7p through February 10. Please email Allison Evanoff (evanoffallison@gmail.com) with "Whole 30" and your name in the subject line if you wish to participate. You will receive a zoom link and an invitation to a private Facebook group.

60+ FELLOWSHIP GROUP

The 60+ Fellowship Group will meet for lunch at 11:30a on January 20th at Don Pedros Mexican Restaurant (3272 Union Rd). Join us for a delicious lunch and fellowship. We continue to monitor Covid concerns and will adjust as needed.

January Church Office Hours
Mondays - Thursdays 8:30a to 4p
Closed on Fridays, January 3 & January 17

MYERS YOUTH & INXBETWEENS SUNDAY MORNINGS

Tresca McSwain, Dir. Of Youth & Young Adults
thmcswain@gmail.com, 704-477-7447

Meet downstairs each Sunday morning at 10a for Sunday School! InXbetween (5th & 6th graders) meet in the Classroom with Marty & Kelly Brown. Youth (7th-12th graders) meet in the Youth lounge with Marcella Calvert and Matthew McCullen.



Tresca

YOUTH MISSION TRIP 2022

For rising 8th-12th graders, we're headed to the beautiful mountains of Western North Carolina for a week of service in the Haysville area. We'll not only be completing projects but building **relationships with our neighbors**. This summer's Youth Mission trip will be June 26-June 30th and the cost is \$375. Please reach out to Tresca to let her know if you are interested in attending before February 20th.

INXBETWEEN MISSION CAMP

Rising 6th-8th graders have the opportunity to serve others this summer at Tekoa Foothills. Combining the best elements of camp and mission trips, this week will offer our inXbetweens the opportunity to serve others in beautiful upper Cleveland county. While enjoying Tekoa Foothills which includes a zip line, pool, **creek, paddle boats and more**, we'll also be experiencing a range of service opportunities from home repairs and construction to a relationship based missions experience through community outreach. The mission camp will be June 5-11 and the cost for participants is \$400. Please reach out to Tresca to let her know if you are interested in attending before February 20th.

YOUTH & IXB SUNDAY NIGHTS

Youth (rising 7th-12th graders) and InXbetweens (5th-6th graders) meet weekly for fun, fellowship, study and service. Make it a priority in your life for 2022 to be a part of Youth or InXbetweens on Sundays or whenever they gather!

No evening Youth or InXbetween activities on January 2.

For January, please come in the back door and gather in the Youth Lounge before breaking into age groups. January is all about Body, Mind and Soul as we make plans, have fun and explore mental health issues, caring for ourselves, our friends as well as how our faith shapes all of that.

Youth (7th-12th graders)

January 9: New Year's Resolutions

January 16: Unplugged Game Night ~ bring your own non-electronic games or play one of your favorites found in the Youth Lounge.

January 23, 30 & February 6: Mind Matters: a three part series on mental health (separate from the inXbetweens).

InXbetweens (5th & 6th Graders)

January 9: New Year's Resolutions

January 16: Unplugged Game Night ~ bring your own non-electronic games or play one of your favorites found in the Youth Lounge.

January 23 & 30: Mind Matters: a two part series on mental health issues (separate from the youth).

February 5: Tekoa Takes Over! On this night we welcome Rev. Jennifer Bingham, Tekoa Foothills director, to Myers for this special program for the InXbetweeners! Parents, there will be time for you to meet and ask questions about this summer's mission camp!



www.facebook.com/myersmemorial

www.YouTube.com/MyersMemorialUMCGastonia

www.instagram.com/myersmemorialumc

WILDERNESS TRAIL

The Myers Youth have a unique opportunity to participate in the 2022 Wilderness Trail, July 19-July 24. Through a journey in the wilderness, youth step out of their comfort zones and dive deeper into the love of God. The trip is limited to 6 youth (rising 7th and older) and 2 adults and costs \$305 per youth. Wilderness Trial is based near Damascus Virginia and will set us up with everything we need for an awesome backpacking experience. We will camp for 4 nights and hike 30-40 miles guided by a trained staff person. At the end of the week we will return to the Wilderness Trail property for showers, good food, a time to process, worship and a good night's sleep before heading home the next day. For more information check out wtrail.com/summer.

NOT JUST FOR KIDS!

Are you an adult who thinks what the youth and children are doing sounds like something you'd enjoy too? We love when committed adults take an interest in our youth and children and their faith formation. If you are interested in volunteering, please reach out to Tresca McSwain or Connie Elzey for more information about the ways you can serve! Myers Memorial UMC is a Safe Sanctuary Congregation which means we maintain policies, procedures, and training for adults that work with children or vulnerable populations. God calls us to create communities of faith where children and adults grow safe and strong while reducing the risks of abuse.



Myers Memorial United Methodist Church

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www.MyersMemorialUMC.org
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Happy New Year!

from the
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McSwain, Amelia
Bumgarner, Rev. Eddie
Ingram, Tracey Roberts,
Rev. Sally Queen,
Helen Dix, Tony Sane,
Heather Steffey,
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