

THE TIE THAT BINDS

Rocky Mount United Methodist Church
35 North Main Street, Rocky Mount, VA 24151
Phone: 540-483-5338 Fax: 540-484-1698

E-mail: admin@rm-umc.org

Website: www.rm-umc.org

Our Mission: "To Know Jesus and Share His Love"



September 2021



Sontag Nutrition Program

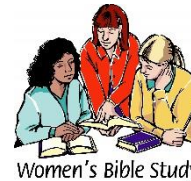
(Kelly Peterson and Terri Naff, Coordinators)

We are excited to be a part of this vital program where our church is serving students at Sontag Elementary. The school year has begun, and it is important for our church family to continue to support and provide supplementary foods for the weekend for these students. This school year we will be supporting 15 students. Our food bags include two breakfasts, two lunches, two fruit juice boxes, two fruit cups and snacks. This ministry is very important to the children in Franklin County who face some food challenges. We have had several wonderful volunteers in the past and we appreciate the time and service you have provided. Terri and I have decided that we will be doing the shopping for each month. We are asking for volunteers to assist with bagging items each month for the students and volunteers for delivering the bags to Sontag Elementary on Thursdays of each week. If you would like to volunteer in any capacity, please contact myself or Terri Naff at the following:

Kelly Peterson
(540) 420-1700
kbpeterson62@gmail.com

Terri Naff
(540) 420-1640
terri.naff@gmail.com

Thank you!!



All women of the church are invited to the Ladies Bible Study that begins September 14. We will be studying "The Patriarchs" by Beth Moore. We will meet 9:30-11:30 a.m., in the Assembly Room. Books will cost \$17 per person. Please notify Linda Walters (757-635-0109; lindaw@shentel.net) or Peggy Hodges (540-483-0771; peggyjhodges@hotmail.com) as soon as possible if you plan to participate so we can order books. Invite your friends and family to come too!



(Judy Anderson, Coordinator)

This is what we have all been waiting for! After taking a long break during the pandemic, the SUNSHINE GIRLS are getting back together for their noontime luncheons at Ippy's Restaurant. Mark your calendars now for September 28 and the fourth Tuesday of every month to join the ladies of Rocky Mount UMC for fun and fellowship. For more information, see Judy Anderson.



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To Know Jesus And To Share His Love

Dear Me,

This is a letter I'm writing to myself. I couldn't write a letter to anyone else today. If I were to compose a letter right now to the church, my subjects and verbs might not agree, my grammar might be faulty, and my punctuation might be all over the place. No, now's not the time for that. Now is the time for saying dear me.

Dear me is a way of addressing a letter to myself, or a way of expressing my sadness, angst, and frustration. Dear me is both/and.

Dear me because of the crises we face as a nation. Dear me because of the ongoing variants of Coronavirus that are more ravaging the ones that are not vaccinated, and even some who are. Dear me because of the hurt and the surprise and the sadness because of the swiftness of the Taliban's victory and the questions that linger about why we were in Afghanistan so long. Dear me because of the staggering death toll and impact on Haiti, a country ravaged by tragedy on a seemingly yearly basis. Dear me because of the bitter divide between neighbors, stalking our neighborhoods like a lion seeking to kill, steal and destroy. Dear me because of all that. Dear me because of much more.

Dear me as I listen to the crickets creek and the workers commute on this early summer morn. Even the crickets sound tired of it all. The air is weighty as if it too longs for fall's cleansing breezes to move through. Walking outside these days feels heavy, and it's not just the humidity.

Dear me: you know that the Bible has laments. A third of the Psalms are lament. Go ahead, say one of them. Psalm 6 looks appropriate:

I am worn out from my groaning.
All night long I flood my bed with weeping
and drench my couch with tears.
My eyes grow weak with sorrow;
they fail because of all my foes.

(continued on page 3)

Dear me, that actually felt right. Today's not a happy happy, joy joy day. Today's not a Psalm 47 day; it's not a "Clap your hands, all you nations; shout to God with cries of joy" morning. Instead, it feels more like a clasp your hands, and shout to God with cries. Period. That's the kind of beginning of the day it's looking like.

Dear me, I hope whoever finds this doesn't find this depressing. No, that's not how I look at it. God can handle this grief - if not our God, who? Certainly, man hasn't been able to handle all the sorrow for all these years, all these wars, all these earthquakes, all these hatreds. Only God can deliver, only God can save. No, I will not cower as one without hope. I will not shrink from this world out of fear. I will trust in the Lord for he is my strength, his mercy endures forever. I will hold fast to him who is my fortress and my shield.

Dear me, saying this helps. As the new day begins, I'm ready for it. All of it. And yes, I may be here tomorrow, with the crickets and the darkness before the dawn. Still, I will trust. Still, I will pray.

In Christ,
Pastor Will



Vital Congregation Statistics for July

I. Finances—Church Operating Budget

Amount Brought Forward From 2020	\$44,529	
Prepaid 2021 Contribution	\$ 5,040	
Budgeted Offerings Expected to Receive through 7/31/21		\$126,644
Actual Offerings Received through 7/31/21	\$151,760	
Budgeted Expenses Expected to Spend through 7/31/21		\$162,792
Actual Expenses Paid through 7/31/21	<\$141,802>	
Ending Balance, 7/31/21	\$59,527	

- II. Average Worship Attendance = 102
 Average Online Viewers = 33
 Average Small Groups Attendance = 30



Praying for our youth prayer partner has been a joy! Nothing is more important than supporting our youth with love and letters. Adult Prayer partners – let's reach out to our youth partners with communication, love, and many prayers. This means more to them than we can imagine. They are a blessing!



United Methodist Women

(Debbie Caulder, President)

UMW

Next Meeting: Monday, October 4 at 11:00 a.m. in the Assembly Room and via ZOOM. We will host a speaker at 11:00 a.m. – Wendie Dungan from the Southern Virginia Child Advocacy Center will speak on “Bystanders Protecting Children.” Our business meeting will follow. All are welcome and encouraged to attend and may leave prior to the business meeting.

District Mission Encounter:

September 19 from 2:30–5:30 p.m. at Henry Fork Service Center. Topics will be Climate Justice and Recycling.

Looking ahead: We will host the District UMW Meeting at RMUMC on October 17 from 3:00–5:00 p.m. Volunteers are needed.

The 2020-21 UMW Reading Program continues. You may check out any of the books on the shelf labeled UMW Reading Program in the Assembly Room. Simply sign each book out in the red folder and sign it in when you return it. If you take the children’s books, please keep track of the names of the children to whom you read. Children count as readers too!

The UMW will continue to collect soda can tabs and stamps. The box for the collections is in the hall to the left of the Narthex on the windowsill near the mailboxes.

We welcome all women of the church to join us. Please contact Debbie Caulder (540-204-2266 or Debra.Caulder@yahoo.com) or any other United Methodist Woman if you are interested or have questions.



On Thursday, September 23 and Tuesday, September 28, our church is in charge of serving lunch at Stepping Stone Soup Kitchen. Please sign-up on the sheet posted on the bulletin board located at the steps going down to the preschool. Thanks!



Our Higher Education and Campus Ministry Chairperson is Serena Jamison. Please keep Serena informed of any news concerning our college kids. She can be reached at 420-3719 (or call the church office at 483-5338 or email at admin@rm-umc.org). Please make sure we have your college student’s address at school. Throughout the year, Serena will send your student cards. We also want to be sure to include them on the newsletter mailing list and send them a copy of the Upper Room. Good luck and have a great year!

“I play the notes as they are written, but it is God who makes the music.”

—J.S. Bach



(Lynn Meeks, Director of Music Ministries)

This time of year is so exciting! I have new music for all the choirs and the seasonal music has been chosen and ordered.

Our first handbell rehearsal will be Tuesday, September 7 at 7:00 p.m. At our first rehearsal, we'll begin with a piece to present in worship in October as well as starting some great Thanksgiving and Christmas music. I'm looking for two new handbell players. **Remember, this choir is for adults, middle school, and high school students.**

Calling mature 4-year-olds through fifth graders! Join us for Wonderful Wednesday! Come enjoy some fun songs and games as well as our Bible story and craft. I hope to see our returning friends as well as lots of new faces. See you on **September 8 at 5:00 p.m.!!**

It is very important to have an accurate head count for our first meeting since we need to plan how much food and how many craft projects to prepare. **If you haven't registered your child yet, don't worry, just let me know as soon as possible that they are coming and also if you are available to volunteer. We really need more helpers!! You may call the church office (483-5338) or email me at music@rm-umc.org anytime.** We're going to have a great year!

New Members/Welcome Back Members Chancel Choir night is September 8 at 7:00 p.m. We will begin some new pieces, start to look at our

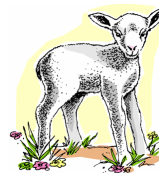
Thanksgiving music and Christmas cantata and have time for refreshments and fellowship. **If you enjoy singing, whether you have been in a choir before or not, I hope you will prayerfully consider joining us on September 8.** (This choir is open to middle and high school students, as well as adults.) See you then!

All choirs meet upstairs in the Music Room beside the children's Sunday school area. Adults, if you shy away from stairs, take the elevator to the fourth floor! Wonderful Wednesday parents, I would like for an adult to come with your child upstairs at 5:00 p.m. and one of our volunteers will escort them downstairs to the parking lot level at 6:30 p.m.

Everyone should bring a mask with them to rehearsal or Wonderful Wednesday. Thank you.

I hope everyone has had a restful summer. I can't wait to see you in choir!

Love and Peace,
Lynn



Little Lambs in the News

(Kelsey Dillon, Director)

Back to school! Little Lambs will be back in the building starting September 13. Ms. Casey and I are super excited for the upcoming school year. We both have exciting things planned. We will be starting the year with all things apples and, teaching the children Jesus is the core! The 4-year-old class is not full yet, so pass along the word to try and fill that class.

Blessings,
Kelsey



There's a game that the youth like to play called Spud. To say that they like to play it may be the understatement of the year. They crave it. They ask for it. They call out for it during the long, lonely nights that they aren't playing Spud. (Okay, that last sentence may be an exaggeration...may be).

Spud's a simple game - you have a circle of students and one of them has a ball. They throw the ball in the air, and while the ball sails through the air, a name is called. This person must then retrieve the ball as quickly as possible. Meanwhile, everyone else is running as far and as fast away from the ball as they can. Once the ball is found, "Spud" is called, and all the other players must stop where they are. Then, it's up to the person with the ball, to take four steps towards someone with the hopes of then pegging them with the ball. The other players must dodge it without leaving their feet and without running away from the one doing the pegging. They may also catch the ball to be safe, a challenge though when the ball rockets towards them at immeasurable speeds. If you're hit with it, you're out and the participants dwindle until there are just two players left. They're co-champions and they can gloat.

It's a great game because:

1. It involves being limber and lithe. For those that aren't the fastest, they can still dodge the ball using their snakelike suppleness.
2. It involves throwing balls at each other which keys up mega amounts of dopamine inside the teenage brain.

3. It involves different winners most rounds because you never can guess who'll be chucking the ball and who'll have a surprise catch of the ball.
4. Did I mention it involves the dopamine hits of throwing balls at one another?

Spud is just one part of the youth program that the students love. This gives you an idea of what they prize - they cherish time spent with each other, building each other up. Sure, every now and again, they enjoy pegging one another with a dodgeball. But this desire finds its home in wanting to be together, grow together, and learn together.

Speaking of learning together, they're learning to memorize Scripture. Each month, they'll be given a new Scripture to learn with the expectation that by the end of the school year, we'll have nine different Scriptures under our belt. Here's the first one: Proverbs 3:5-6: *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

That's a good one for you to memorize too. As the school year continues, the other Scriptures they're learning will be shared. Maybe you can "peg" them up on your wall, write them on a potato, or bake them into your normal activities. Whatever you have to do to learn them. One student has it on the floor of his car that he reads when his mom takes him to school and gets him from school. He does whatever it takes. Then, once you have all nine memorized, you can join with the youth group in doing the mashed potatoes dance come May.



Happy Birthday to:

- September 3 Ashley Johoske
- September 3 Jessica Turner
- September 5 Shirley Farmer
- September 7 Amber Altice
- September 7 Deanna Stone
- September 8 Benny Board
- September 8 Jessica Mitchell
- September 9 Hazel Henderson
- September 11 Jane Roseberry
- September 12 Jane Turner
- September 14 P. D. Hambrick
- September 15 Billy McBride
- September 15 Terri Naff
- September 15 Leanne Worley
- September 16 Jennifer Ardis
- September 16 Jonathan Ardis
- September 17 Lew Hege
- September 17 Flo Torrence
- September 17 Doris Young
- September 18 Craig Teeple
- September 20 Logan Byrd
- September 20 Chapin Engel
- September 22 Carl Secrest
- September 23 Karla Pagans
- September 23 Cindy Smith
- September 24 Maren Byrd
- September 25 Erin Myers
- September 26 Mariah Banks Shealor
- September 27 Nickey Bryant
- September 27 Tristen Bryant
- September 28 Isabela Godfrey

Happy Anniversary to:

- September 5 George & Sylvia Hutcherson
- September 7 Conrad & Phyllis Lavinder
- September 7 Charlie & Marsha Robertson
- September 11 Alex & Anne Lewis Dessart
- September 14 John & Diana Clements
- September 23 Bob and Patsy Swain
- September 24 Bill & Robin Cooper



**REQUESTS
—FOR—
PRAYER**

Prayer Concerns:

Our country, our church and those serving in our armed forces; Coronavirus victims and healthcare front-line workers; Debbie Caulder; Anna Campbell; Betty Dillon; CO Brickey; Dick Shoemaker; Jennifer Cooper; Eva Prillaman; Jim Henderson; John Cooper; Jeanette Singleton; Arnold Dillon, Sr.; Mark Singleton; Kelly Faulconer (Betty Dillon); Wendy D’lisse (Rebecca Harriett); Robert Praemassing (Erika Brickey); Matt Foutz (Jennifer Altice); Ross Zobloski (Holly Zobloski); Sophia Moore (CO Brickey); Mike Shea (Enna Roseberry); Deborah Hensel (Linda Dunlap); Carey Kinney (Linda Dunlap); Tracey Willett (Mike Meeks); Melissa Houseman (Terri Naff); Mary Maxey (Don Ranson); Shirley Green (Will Waller); Melissa Hays-Smith (Marsha Robertson); Marion Pritchett (Pam Pritchett); Debbie Ford (Ben Whitesell); Dennis Holland (Cyndee Holland); and Jennifer Tatum (Tracy Jenkins).

Forget-Me-Nots:

Eleanor Woody



Family of Elizabeth Martin who passed away on August 12.

“If you want the peace that passes understanding, you’re going to have to give up your right to understanding. It’s called trust.”

—Bill Johnson



We wish to express our gratitude for the calls, visits and cards received during the illness and death of our mother and grandmother, Juanita Stanley. We especially appreciate the hospital visits from Pastor Will. Your love and support is much appreciated.

Sharon Stanley (Jack Watts' fiancée)
and Sarah Hobbs

Thank you to the SPR for allowing me and the rest of the staff one week of renewal this year. Much has felt weighty and your willingness to ensure that our staff remains mentally and spiritually healthy has been a blessing.

Pastor Will

Answers

Answers to prayers come in various ways, sometimes in minutes, sometimes in days.

And some take years to fully unfold the harvest of love and blessings they hold.

Answers to prayers come in various forms, sometimes in sunlight, sometimes through storms.

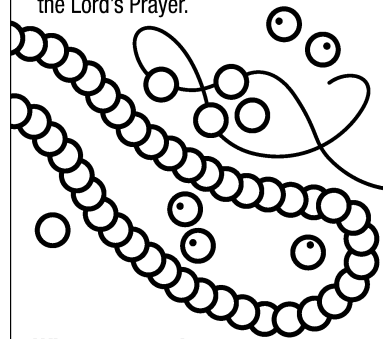
Some blossom early, and some blossom late, but each one will flower — have faith and wait!

—Helen Inwood, *His Mysterious Ways*



Prayer bracelet

Make this craft to help you remember the Lord's Prayer.



What you need:

- Elastic string (12 inches)
- Colored beads (see below)
- Clear nail polish

What you do:

1. Knot the string at one end. Add beads in this order: blue, white, gold, green, yellow, red, black, orange
2. Tie the ends so the bracelet fits your wrist. Place a dot of nail polish to secure the knot. Trim excess string.
3. As you pray, use the bead colors as reminders of Jesus' words (see Matthew 6:9-13):

- **blue** = the Father
- **white** = God's holiness
- **gold** = God's kingdom
- **green** = the earth
- **yellow** = wheat (bread)
- **red** = Christ's blood (forgiveness)
- **black** = temptation
- **orange** = God's power to deliver

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**ROCKY
MOUNT**
UNITED METHODIST CHURCH

Open Hearts...

Open Minds...

Open Doors...

The People of the United Methodist Church

CHURCH STAFF

Reverend Will Waller, Pastor
Lynn M. Meeks, Director of Music Ministries
Jeanne Banks, Music Accompanist
Valerie Latimer, Administrative Assistant
Jennifer Ardis, Nursery Attendant

(Church Office Hours: Monday-Thursday, 9:30 a.m.–1:00 p.m.)



SUNDAY WORSHIP SCHEDULE:

10:00 a.m. Small Groups
10:55 a.m. Worship