



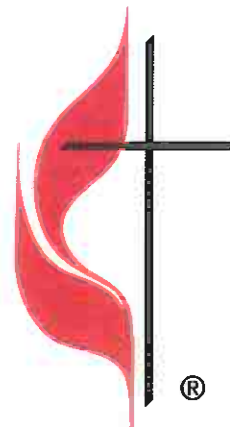
**CONOVER  
FIRST UNITED  
METHODIST**

*Our Mission:*

*Bring Them In...*

*Build Them Up...*

*Send Them Out!*



*The Weekly Newsletter of First United Methodist Church, Conover*

*March 12, 2019*



**Life Line Screenings go  
beyond regular checkups  
to look inside your arteries  
for signs of plaque build-up**



**All 5 Screenings for \$149**

**Carotid Artery/  
Plaque Screening**  
Ultrasound scan  
of the carotid  
arteries that screens  
for plaque buildup.

**Heart Rhythm  
Screening**  
(Atrial Fibrillation)  
Screens for  
irregular  
heart beat.

**Abdominal  
Aortic Aneurysm  
Screening**  
Screens for an  
aneurysm in the  
abdominal aorta,  
which could rupture.

**Peripheral Arterial  
Disease Screening**  
Screens for  
peripheral  
arterial disease  
in the lower  
extremities.

**Osteoporosis Risk  
Assessment**  
Ultrasound screen  
of the heel bone to  
determine abnormal  
bone mass density.

We will be in your neighborhood soon on **March 27<sup>th</sup>** at  
**First United Methodist Church, CONOVER**  
Get your special Community Circle pricing!

**Three ways to register:**

**Call toll-free: 1-866-229-0469**

**Online: [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle)**

**Text: the word circle to 797979**

# \*PRAYERS, PRAISES AND NEEDS\*



## Let Us Pray...

As an ongoing part of our Nurturing Ministry, we are asking all members of our church to pray for six specific families. Each week we will identify a different group of six families as we work our way through our church roll. The families for this week are:

Patrick, Crystal & McKenzie Morrow  
Gary, Tammy, Kathryn, Jack & Emma Muller; Lawson Kincaid  
Jonathan, Alyssa, Cameron & Steven Myers  
Tony & Jenene Nellenbach  
Heather Norman & Ayyah Hearn  
Wendy Norman

## DON'T FORGET OUR MEMBERS IN THE NURSING FACILITIES & OUR HOMEBOUND!

Pauline Parker at Conover Nursing Center  
(Room 316);

Rick Parker at Catawba Valley Living at  
Rock Barn (Room 107)

Betty Shell at Catawba Valley Living at  
Rock Barn (Room 115)

LaVerna Wilson  
4801 Edwards Mill Rd.  
Raleigh, NC 27612-4417

Grace Whitlock  
The Dorchester  
12920 Dorman Road  
Pineville, NC 28134

Fred Fisher at Harmony Court, (Room 1052)  
102 Leonard Avenue, Abernethy Laurels

\*\*\*\*\*

Don Barbersek, 609 2nd Ave. NW  
Conover, NC 28613

Sadie Clark, 227 West 27th St.,  
Newton, NC 28658

Betty Moritz, (Temporarily)  
103 County Home Rd.  
Conover, NC 28613

Dolores Setzer  
PO Box 1237  
Conover, NC 28613

Ruth White, 522 Edinboro Dr.,  
Southern Pines, NC 28387

If you know of any homebound members that need to be on our list, please contact the church office at (828) 464-4635.

## IN/OUT OF HOSPITAL

Jim Curotolo at Iredell Memorial (At home)  
Hank Beck at Davis Hospital

## MEMORIALS

### Preschool Fund

In memory of Rita Bruner by:  
Jim & Jeanette Davis  
Sharpe Bible Class  
Kevin & Alice Whitener  
Kay Curto

Bruce & Michelle Cloninger

### General Fund

In memory of Joe Rudisill by:  
5am Group Fitness Center at CVMC  
(Rosemary Ballard - Representative)



## THANK YOU

Thank you for the cards, calls, visits, and prayers in the passing of my mama, Bernice Moree on February 25, 2019. She had almost 96 years here on earth before going on to her eternal reward in heaven. Keep me, Carolyn, our children, and grand children in your thoughts and prayers.

With deep appreciation,  
Mickey Moree

## WITH HEARTFELT THANKS

Dear Church Family,

There is nothing as wonderful as family and you are all wonderful.

With the recent passing of our mother, Rita Bruner, we have had weeks of sorrow, hope and unbounding joy. Through it all, our church family has been there as a constant, steady arm of love and support with calls, cards, food, prayer and presence. We thank you, to the men who were here to usher at Mother's service, the men and women who served our family a wonderful meal afterwards and to our church who has been there for us in every step of our journey. It is beyond the scope of imagination to think that there are people in the world who do not have Christ and the family of God in their lives. Because we have this privilege, our sorrows are halved and our joys are doubled. We will continue to pray for these souls. God bless you and thank you all.

Jenene and Tony Nellenbach, Gray and Ginger Doub, George Bruner and Barbara Bruner

# NEWS TO USE

## UPCOMING EVENTS:

- Mar. 14** 6pm - UMM - Drums/PW (CFLC/Kit. 2-9pm)  
**Mar. 17** 5:45pm - Finance Comm. Mtg. (Conf. room)  
**Mar. 17** 7pm - Church Council Mtg. (Clark class)  
**Mar. 19** 6:30pm Mission Trip Meeting (Faithbuilders)  
**Mar. 20** 12 Noon - Goodtimers' St. Patrick's Day Luncheon (CFLC/Kitchen)  
**Mar. 21** 6pm - UMM Meeting (CFLC/Kitchen)  
**Mar. 22** 6:30pm - Girl Scouts (CFLC)  
**Mar. 23** 8am-12pm - UMW (CFLC/Kitchen)  
**Mar. 24** 3:30-6:30pm Youth Min. Teams (Sanc./CFLC/GH)  
**Mar. 24** 5-6:30pm Youth-in-Training (Gray House)  
**Mar. 27** 8am-4pm LIFELINE SCREENING (CFLC)  
**Mar. 29-31** Van 2 - Confirmation trip to Lake Junaluska



Goodtimers' Luncheon

Goodtimers Lunch is Wed., March 20th in CFLC at noon! We will be having our traditional St. Patrick's Day lunch - corn beef/cabbage/potatoes/bread/desserts! If anyone would like to bring a dessert, maybe something "green" (key lime pie, etc.) please contact Eddie Warren at (828) 464-9643.

## ECCCM "MARCH MADNESS"

Our church is participating in this challenge. There are four containers, one for UNC, one for Duke, one for NC State, and one for all other teams located in the hallway leading to the CFLC. Place your food donations in your "favorite" container. If you donate to the "other team" box, place a piece of paper naming which team this donation is supporting. Each lb donated will be given a value of \$1, therefore if you want to donate a monetary donation, make the check out to ECCCM and list the team that you are supporting on the "For" line. Each dollar donated will then be added to this team total contribution! Now, don't forget about Commandment #11 - thou shall not move any food donation from one container to your favorite container!

Any questions, contact Eddie Warren!

<b>TOTALS 3/7/19</b>	<b>UNC -</b>	<b>63 Pounds</b>
	<b>DUKE -</b>	<b>3 Pounds</b>
	<b>NC STATE -</b>	<b>5 pounds</b>
	<b>OTHER -</b>	<b>19 pounds</b>



## PASTOR'S QUIZ

James and John joined Jesus as disciples



- when Jesus called them
- as soon as they saw Him
- because their father, Zebedee, told them to
- at the insistence of the first two disciples, Simon (called Peter) and Andrew his brother

(The correct answer is on the back of the newsletter.)

## SYMPATHY NOTE

Our thoughts and prayers go out to Dave Markland and his family on the death of his mother, Margie Hartley Markland, age 97 of Advance, NC who died Sat., March 9th. A funeral service was conducted at 2pm Tuesday at Advance UMC.

## 5TH SUNDAY OFFERING - MARCH 31, 2019

We will receive a 5th Sunday Offering on Sunday, March 31, 2019 for the Church-wide "Leap of Faith" Building Team Trip. Please hold these offerings until after the service and ushers will be at the exits to receive your donations. Please make checks out to FUMCC and write "Mission Trip" in the memo section. Thank you.

## ATTENTION!!! YOUTH MEETINGS

March 24, 31  
 April 7 (if needed; ministry teams only)  
 May 5



### STEWARDSHIP REPORT

By Our Presence March 10, 2019  
 Sunday School  
 125

Worship:	
8:45 am	150
11:00 am	153
Live streaming	21
Total	324

Ash Wednesday Service 106

### God's Tithe & Our Gifts

General Fund \$ 12,862.65  
 (Needed weekly for budget: \$12,180)

Capital Campaign (Shell Prop.)	300.00
Live Streaming Fund	1,000.00
Preschool Fund	225.00
Total	\$ 14,387.65

First United Methodist Church  
 410 First Avenue North  
 Conover, NC 28613  
*Return Service Requested*

Non-Profit  
 Organization  
 U.S. Postage  
 PAID  
 Conover, NC

**GUESTS for Sunday, March 10, 2019**

Keith & Susan Tucker; Andy & Chloe Thompson;  
 Ted Pawlowicz; Malinda Kennedy; Susan &  
 Clayton Stewart; Randy & Jeanne Abernathy;  
 Melissa Hunsucker; Junior & Anita Deal;  
 Kellie Morgan; Joanie Taliaferro; James Zehmer;  
 Phyllis Brown; Haley Beech; Jack Sigmon;  
 Jean Auton; Robin Dagenhardt; Jennifer Little;  
 Doug Moore; Isaac Brunson; Bill Reed;  
 Caroline Arru; Scottie Corriher.

**NEW MEMBER ORIENTATION**

**Sunday, April 7, 4:00 PM**

If you have been visiting our church and are even thinking about becoming a member, Gary would like to invite you to a "new member orientation" to be held on Sunday, April 7 at 4:00 in the "Crossroads" classroom. At this meeting, we will talk about the **Beliefs, Structure and History** of the United Methodist Church, as well as how you can make a difference through the many avenues of service offered at FUMC. You may not be sure about membership yet and need more information. Well, this meeting is designed to help you make that decision. There will be time for questions you may have as well. If you plan to attend, we ask that you reserve your place by calling the church office at 828-464-4635 or email at [fumcc@fumcconover.org](mailto:fumcc@fumcconover.org).



Answer to this week's Pastor's Quiz:

a. when Jesus called them (*Matthew 4:21-22*)

**By Our Service March 17, 2019**

**Usher Captains:**

8:45 AM Scott Love  
 11:00 AM Ron Harris

**Greeters:**

8:45 AM Kelle Love  
 11:00 AM Dottie Harris

**Acolytes:**

8:45 AM Matthew Hornick  
 11:00 AM Kaela Briggs

**Nursery Workers:**

8:45 AM Toni Smith  
 11:00 AM Kim Connor

Thank you Nursery Committee Coordinator for  
 March, Laurette Rheeder

**CHURCH STAFF**

Pastor	Dr. Gary Royals ( <a href="mailto:pastor@fumcconover.org">pastor@fumcconover.org</a> )
Assistant Pastor of Faith Dev.	Charmaine Van Rooyen ( <a href="mailto:apfd@fumcconover.org">apfd@fumcconover.org</a> )
Administrative Assistant	Robin Mays ( <a href="mailto:fumcc@fumcconover.org">fumcc@fumcconover.org</a> )
Music Director	Jonathan Rogers ( <a href="mailto:jsrogers99@gmail.com">jsrogers99@gmail.com</a> ) (828) 244-7019
Pianist	Shannon Rogers ( <a href="mailto:srog101@gmail.com">srog101@gmail.com</a> ) (828) 244-6124
Preschool Director	Ginger Doub (466-3158) ( <a href="mailto:ps@fumcconover.org">ps@fumcconover.org</a> )
Lead Nursery Worker	Pilar Tobar
Custodian	Luisa Toro Bryan (828) 464-4635
Church Office	(828) 464-3423
Facsimile	<a href="http://www.fumcconover.org">www.fumcconover.org</a>
Website:	(828) 464-4635-church
Pastor's phone numbers	(704) 787-0598-cell
Pastor's address	2161 Augusta National Drive Denver, NC 28037
Assistant Pastor's phone #	(781) 913-4415 - cell
Assistant Pastor's address	1307 8th Avenue NW Conover, NC 28613

# MORE NEWS TO USE

## "JOURNEY TO JERUSALEM" PRAYER WALK April 18 & 19 6:00 - 8:00 pm

Join us on a "Journey to Jerusalem" Prayer Walk Thursday, April 18th and Friday, April 19th. We will stop at different stations as we reflect on the path that Jesus took in His final hours. This is not a two day event. It will repeat on the second day if you are unable to make the first day. The "Walk" will start in the classrooms of the Connor Family Life Center.



## HOLY WEEK SERVICE WEDNESDAY, APRIL 17, 2019 AT 6:30PM

Murray Tilles will be with us to lead us through the "JESUS IN THE PASSOVER" service. This will be a service of participation with Holy Communion. Please contact the church office at (828) 464-4635 to make a reservation.

## THE FAITH OF FIFTY YEARS: ECCCM

Thank you for your donation of 19 pounds of food during the month of February to the ECCCM Charlie Bunn Food Pantry!

Thank you so much for volunteering with us last month! Your church worked a total of 195.5 hours with six volunteers during February 2019. We look forward to working with you all again! If anyone in your congregation would like to volunteer with us regularly, please contact Allen Sherrill at (828) 465-1702.

## "LEAP OF FAITH" BUILDING TEAM TRIP

Our Leap of Faith Building Team Trip is off and running. And we still have room for YOU! Please email Sandy Baucom at [baucomsandy@gmail.com](mailto:baucomsandy@gmail.com) if you are interested or give me a call at 465-1227 (leave a message and phone number). Plans are starting, and it is a good time to climb on board this mission opportunity.

When: Week of June 23  
Where: Plymouth, NC  
Why: Help with homes damaged by flood waters from hurricanes  
Agency: Cross Ministries in Edenton, NC. - Susan Creed

**Sandy Baucom**





**First United Methodist Church, Conover  
Youth Ministry 2018-2019**

**Youth Meeting  
March 24<sup>th</sup> at 5pm**

God is with us  
24/7 - Deut. 31:6

Our next youth meeting in the Gray House.  
Continuing the series Being Anxious for Nothing.

**Calendar Watch**

Tuesday, Mar 19 –  
Mission Trip Meeting

Sunday, Mar 24 –  
Youth Meeting &  
Ministry Teams

Sunday, Mar 31 –  
Youth Meeting &  
Ministry Teams

Ministry Teams:

Praise Team: 3:30pm (Sanctuary)



Dance Team: 4:15pm (CFLC)

Youth Meeting: 5pm (Gray House)

Snack Supper: 6pm (Gray House)

Drama Team: 6:30 - 7:15pm (CFLC)

**IgniteUs for Middle School Youth**

 **May 3-5** 

**Deadline to signup is this week!**

What: IgniteUs is a retreat just for our middle school youth

Where: Camp Hanes in King, NC

Cost: \$85 (scholarships available, see Charles or Mary)

Please let Charles or Mary know asap if you wish to attend.

**Leap of Faith  
Summer Mission  
Trip**

Informational Meeting  
on 3/19 at 6:30pm in  
Faith Builders  
classroom.

**Save the date:  
Week of June 23!**



**Dates to Remember:**

30 hour Famine – April 12-13

Middle School IgniteUs – May 3-5

Spring Youth Sunday – May 19

Graduate Sunday – June 2

SpititUs - Aug 9-11

For more Information about the Youth Ministry at FUMCC, please contact Charles Hornick (828-381-7231 / charles\_h71@charter.net) or Mary Hornick (828-381-7233 / maryhornick1974@gmail.com)

# Fueling Faith

## MEETING DATES for YOUTH IN TRAINING

March 24 & 31

5:00—6:30pm in the Gray House

## NEW ACOLYTES

After a quick review on our Old Testament books we headed to the Sanctuary and trained

***5 new Acolytes!!***

Please take time to encourage our Acolytes.

## NEXT TIME

We will add the Major Prophets & then PLAY.

***!!DO NOT WEAR YOUR BEST CLOTHES!!***



## 📣 Calling

All Artists and painters.

We are getting ready for the Prayer Walk that will be held during Holy Week. We need volunteers to sketch out and paint a number of backdrops.

If you are curious, interested or ready to sign up for this creative ministry, please reach out to Charmaine.

Many hands make light work!

We need you!!

## PRAYER Meeting

COME JOIN US as on Tuesdays from 10:30—11:30 am in the parlor.

## “First Steps”

*First Steps* is a new Sunday School class for **toddlers and 2's**. The class will begin **this Sunday, March 17<sup>th</sup>** with short stories and activities to help your little one learn about Jesus. Please look for our new class next to the Nursery in the Sunday School Hall.

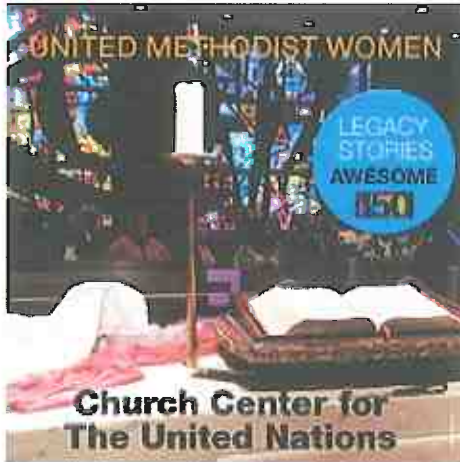
Looking forward to seeing everyone!

Rachel Hamilton

The apostles said to the Lord, “Increase our faith!” Luke 17:5

Telephone: (828) 464-4635 / Email: [apfd@fumconover.org](mailto:apfd@fumconover.org) / Text : (781) 913-4415

## Blessed Are the Peacemakers: The Church Center for the United Nations



The Tillman Chapel at the Church Center for the United Nations. Photo by Mary Beth Coudal

**Awesome:** After World War II it was all too clear to the nation's churches that the world needed a viable institution to help avoid the horror of war. United Methodist Women predecessors sent cards to the U.S. State Department urging the United States to join a world peace organization founded in 1945 — the United Nations.

United Methodist Women predecessors joined the wider church and the ecumenical community in supporting the work of the United Nations and brought groups from around the country to New York City for seminars on its work.

This effort grew and church leaders began looking for more adequate accommodations for these seminars. They identified a property near 44th Street and First Avenue, directly across from the United Nations. Although it was an ecumenical effort, The Methodist Church took the lead but turned to the women for financing.

Convinced of the importance of this work for peace, the Woman's Society of Christian Service provided a total of \$800,000 to secure the property and facilitate a mortgage from New York Life Insurance Company for the \$1.7 million construction project.

Today, the 13-story [Church Center for the United Nations](#) continues to host groups from around the country for seminars on national and international issues from a Christian faith perspective, and is used by non-governmental organizations from around the world engaged in the important work of peace building. **Awesome.**

*Posted or updated: 9/7/2017 12:00:00 AM*



Take a step toward staying

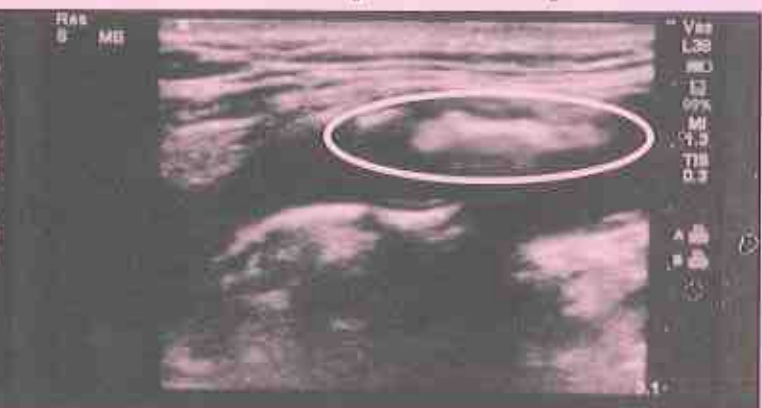
# Healthy & Active

Be Smart: Do More For Your Cardiovascular Health

## No Plaque Buildup



## Plaque Buildup



Advanced ultrasound technology looks inside your arteries for signs of plaque buildup. That's why **9 out of 10 cardiovascular doctors** support preventive screenings for those with key risk factors\*.

\*Key Risk Factors include Age 55+, High Blood Pressure, High Cholesterol, Diabetes, Obesity, tobacco usage, family history of CVD or stroke.

We are coming to your neighborhood.

**Where: Conover - First United Methodist Church**

**When: Wednesday, March 27, 2019**

**Pre-registration is required. Call: 1-888-653-6450**

To register for your appointment and to receive a special \$10 discount, please call 1-888-653-6450 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners).

## Trusted by Hospitals Nationwide.

Life Line Screening has partnered with over **100 hospitals** across the country and has conducted **8 million** screenings since 1993.



### **Carotid Artery (Plaque) Screening —**

Ultrasound scan of the carotid arteries that screens for buildup of fatty plaque — a leading cause of strokes.



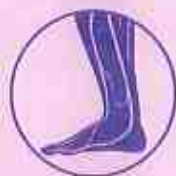
### **Heart Rhythm Screening (Atrial Fibrillation) —**

A quick and easy test using EKG electrodes placed on the arms and legs to identify the presence or absence of an irregular heartbeat.



### **Abdominal Aortic Aneurysm Screening —**

Ultrasound screening for an abdominal aneurysm (enlargement) that could lead to a ruptured aorta.



### **Peripheral Arterial Disease Screening —**

Evaluates for peripheral arterial disease (PAD) in the lower extremities, which increases the risk of heart disease.



### **Osteoporosis Risk Assessment —**

Ultrasound screens the heel for bone mass density. Osteoporosis is painless and silent in its early stages.

#### **PACKAGE 1**

**Plaque, Vascular Disease and Heart Rhythm Package — 4 tests for only \$139!**

#### **PACKAGE 2**

**Add an Osteoporosis Screening for only \$10 more — 5 tests for only \$149!**

**A \$181 savings!**

Screening results are provided to you in 21 days. We direct all participants with abnormal results to take the report to their physician. Carotid Artery and PAD screenings help identify the presence of Atherosclerosis, and if found, can be an early warning for higher risks of stroke and coronary artery disease. Such early warning information can help you and your doctor take important steps to reduce your risk for more serious health issues. If necessary, steps may include lifestyle and diet, medical therapies, and even more thorough follow-up testing and evaluation of your heart function. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. Screenings in California are provided by Life Line Mobile Screening, a physician owned practice. Screenings in Kansas are performed by Life Line Screening of America, Ltd. on behalf of Life Line Screening Physicians, P.A. Screenings in New Hampshire, New Jersey and New York are performed by Life Line Medical Screening, LLC (Dr. Andrew Manganaro, 70 Niagara Street, Buffalo NY, 14202). Life Line Screening does not engage in the practice of medicine in those states. This information is not intended to induce referrals by Life Line Screening to Life Line Medical Screening, LLC for any professional medical service. Texas residents: Physician authorization is required. A Life Line Screening affiliated physician will provide authorization for you if you qualify. Cancellation Policy: A full refund is issued if you call to cancel at least two days prior to your appointment. If less than two days' notice is given, we will issue a Gift card for the full amount to be used by you, or anyone you choose, to purchase future screening services.