



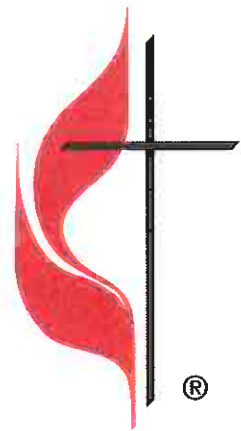
CONOVER
FIRST UNITED
METHODIST

Our Mission:

Bring Them In...

Build Them Up...

Send Them Out!



The Weekly Newsletter of First United Methodist Church, Conover

July 30, 2019

God is Good.

"The Lord is good to all, and his tender mercies are over all his works. Psalm 145:9"

Our Roar themed VBS has come to an end. We learned over the course of five days about God's goodness when life is unfair, scary, changed, sad, and good. Our attendance for this year's VBS was primarily made up of community children, so that was great for outreach in the community. I think all in all, the children had a great time. My goal, through this whole event, was that these children would learn and experience God's love at our VBS and be able to look at this time later in their lives and realize this was one of the sweetest memories of their childhood...like I do. I really do believe this hope of mine was achieved through the great group of leaders we had. Special thanks to Rachel and Emma Hamilton, Barbara Hager, Susan Hunsucker, Michele Moritz, and Laurette Rheeder. Also special thanks to the design team that spent countless hours at the church gathering materials and making the life center look like a jungle; Pete and Phyllis Robinson, Anthony Price, Kaye Cloninger, Judy Rayburn-Young, and many more. Thank you to these volunteers and my church family for helping put 2019 VBS down in the books.

Lots of love,
Brooke Connor



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. Those with an asterisk are non-members. The families for this week are:

Robert, Margaret & Frances Allen
Charlie & Tommi Anderson
Shelby Baggett & Taylor Hamilton
Charles, Vivian & Hayden Bandy
Daniel, Loni & Chris Barbersek
Dawn Barbersek & Allen Califana

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 Autumn Care of Statesville
(Room 402)

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

Dolores Setzer
PO Box 1237
Conover, NC 28613

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

Brenda Teague at Wake Forest MC
(Room 1003-Reynold's Tower)

NOTE OF SYMPATHY

Helen Ruth White, age 100, passed away peacefully Thursday, July 25, 2019 at Elmcroft of Southern Pines. She was a charter member of First United Methodist Church Conover.

The family received friends Tuesday, July 30, 2019 from 1-2pm at FUMCC. A Celebration of Life Service was held immediately after the receiving at 2pm.

Our thoughts and prayers are with her niece, Diane Allen & husband, Kevin of Southern Pines; her sister, Martha Johnson & husband, Lee of Gainesville, FL; and many nieces, nephews, great nieces, and great nephews during this sad time.

Donations may be made to FUMCC in memory of Ruth White.



MEMORIAL

Local Missions

In memory of Ruth White by:
Alma Dixon



Please remember your birthdays and anniversaries this Sunday by bringing your offering to the altar. Please give \$.10 for every year old and \$.25 for every year married. This is to help the children's church bank.

NEWS TO USE

UPCOMING EVENTS:

- Aug. 3** 5pm - Dinner/Singing (CFLC/Kit.)
Aug. 4 12-4pm - Thornburg Reunion (CFLC/Kit.)
Aug. 6 Volunteer Day at ECCCM
Aug. 6 1pm - Prayer Shawl Min. (Conf. Rm)
Aug. 7 10:30-11:30am Chair Yoga (Crossroads)
Aug. 7 6-7pm Community Yoga (Crossroads)
Aug. 8 7pm - Scout Roundtable (CFLC)
Aug. 14 11am - Lunch Bunch - Hen & Egg

PASTOR'S QUIZ



"....for whatsoever a man soweth,

- that shall others also reap"
- that shall he also reap"
- that shall he also sow again"
- readiness is all"

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

DINNER & SINGING

The Sharpe Bible Class is hosting an evening with Jim Avett, well known musician and father of the Avett brothers, on Saturday evening, August 3 in the CFLC.

A covered dish dinner will begin at 5:00pm. There is no charge; however, a love offering will be received. All are invited to join with us. We ask only that those in attendance bring a covered dish.

Jim will take the stage following dinner. Following his program, local pickers are invited to join him for a jam session on stage.

Please join us for a relaxing evening of music and fellowship.

Margaret Garrison
Teacher - Sharpe Bible Class



THANK YOU

On behalf of the Corner Table, we thank you for your recent donation. The generous support of this congregation makes it possible for our organization to exist and put smiles on the faces of our guests by means of a nutritious meal. Thanks for your continued support!



PRAYER SHAWL MINISTRY TUESDAY, AUGUST 6TH

1:00PM

CONFERENCE ROOM

Like to knit or crochet, come join us!

LUNCH BUNCH

WEDNESDAY, AUGUST 14TH

11:00AM

THE HEN & EGG

204 College Ave

Newton, NC 28658

(828) 994-4159

All ladies of the church are invited!

STEWARDSHIP REPORT

By Our Presence July 28, 2019

Sunday School

132

Worship:

8:45 am 132

11:00 am 127

World Scout Jamboree 4

Livestreaming 11

Total 274

God's Tithe & Our Gifts

General Fund \$ 8,581.50

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

Capital Campaign (Shell Prop.) 755.00

Children's Bank 3.00

Erin Moritz's Gold Award 50.00

Jacob Fisher Eagle Scout Project 50.00

Local Missions 25.00

Total \$ 9,465.39

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, July 28, 2019

Sethu Palmer; Malinda Kennedy; Don Lingerfelt;
 Becky Cloninger; Peyton Goins; Adam Barrows;
 John & Margie Furnage; Haley Beech; Lisa,
 Jenny, Daniel & Grace Biles; Kerry, Nikki, Liam &
 Connor Kahill; Richard & Guynell Sears; Jean
 Auton; Kent Auton; Marion & Sharon Sims; H.A. &
 Jean Slate; Jim & Ellen Maddox; Scottie Corriher;
 Beverly Stone; Allison Bassett; Flint Mitcham.

By Our Service August 4, 2019

Ushers:
 8:45 AM Chip Little
 11:00 AM Harold Thornburg

Greeters:
 8:45 AM Dana Little
 11:00 AM Cheryl Markland

Acolyte:
 8:45 AM Rylee Garrison
 11:00 AM Erin Moritz

Nursery Workers:
 8:45 AM Emma Hamilton
 11:00 AM Kim Connor

Thank you Nursery Committee Coordinator for
 August, Julie Patterson

PRESCHOOL FUNDRAISER

The preschool is still offering Preister's Pecans.
 We have one lb. bags each of pecan pieces and
 pecan halves and the cost is \$10.00 per bag.
 You may pick these up any time Monday thru
 Thursday from 9:00am until 12:00pm here at
 the church. You may also call Ginger Doub
 @ 446-2560 and she can make a time to get the
 product to you on Sunday. This is a great time
 to get ready for summer snacking. All proceeds
 will go to the preschool program, an outreach of
 FUMC Conover.
 To God Be The Glory!

Ginger Doub,
 Preschool Director



Answer to this week's Pastor's Quiz:
b. that shall he also reap" (Galatians 6:7)

CHURCH STAFF

Pastor	Dr. Gary Royals (pastor@fumcconover.org)
Assistant Pastor of Faith Dev.	Charmaine Van Rooyen (apfd@fumcconover.org)
Administrative Assistant	Robin Mays (fumcc@fumcconover.org)
Music Director	Jonathan Rogers (jsrogers99@gmail.com) (828) 244-7019
Pianist	Shannon Rogers (srog101@gmail.com) (828) 244-6124
Organist	Alex Wilson (organistfumcconover@gmail.com) (803) 810-3396
Preschool Director	Ginger Doub (466-3158) (ps@fumcconover.org)
Lead Nursery Worker	Pilar Tobar
Custodian	Luisa Toro Bryan (828) 464-4635
Church Office	(828) 464-3423
Facsimile	www.fumcconover.org
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

CHAIR YOGA PRACTICE

WEDNESDAY, AUG. 7TH

(CROSSROADS CLASSROOM)
10:30 - 11:30 AM

Toni Smith will lead a "Chair" Yoga practice on Wednesday, Aug. 7th from 10:30-11:30am. Please join her in the Crossroads' classroom to practice and learn the benefits of using breath and movement to avoid injury and bring relaxation. You may sign up on the "New Member" bulletin board outside the church office.



COMMUNITY YOGA

WEDNESDAY, AUG. 7TH

(CROSSROADS CLASSROOM)
6:00 - 7:00 PM

Toni Smith will lead a "Community" Yoga class on Wednesday, Aug. 7th from 6-7pm. All levels are welcome to join us for a practice of yoking body, mind, and breath. If you have a mat, please bring it. Sign up on the "New Member" bulletin board outside the church office.



BIRTH ANNOUNCEMENT

Congratulations to Tony & Jenene Nellenbach on the birth of their new grandbabies born July 22 to Madigan and Frankie Gioscio at Wake Forest Medical Center. The little girl, Alwren Jane, weighed 2 pounds, 9 ounces. The little boy, F.J. (Francis Joseph) Gioscio, IV weighed 2 pounds, 14 ounces.

Please continue to keep Madigan, Frankie, Alwren & F.J, Tony & Jenene in your prayers.



QUEEN ESTHERS' CIRCLE

AUGUST 14, 2019

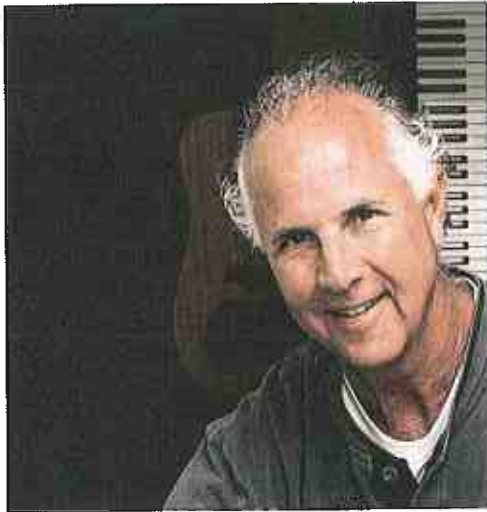
We will meet at the church promptly at 12:30pm and carpool to Safe Harbor's new building for a tour. We will have a meeting to follow in one of Safe Harbor's meeting rooms.

Debra Byrd



Queen Esthers

Fueling Faith



Conover FUMC
Senior Adult Vacation Bible School,
Monday thru Wednesday mornings,
September 23-25
Coffee, snacks and fellowship at 9:30,
VBS Sessions 10:00-12:00
followed by a light lunch.

In 2015, Ed Kilbourne was one of the designers of a new experience in the church, a Vacation Bible School for senior adults. The format was such a success that over the last two years, Ed has led more than 30 of these events for over 1200 participants all over the country and on September 23 - 25, he will be bringing his VBS to Conover First United Methodist Church.

Vacation Bible School was a part of the annual rhythm of the church when we were young. Off we'd go, dropped off by our parents (sometimes at different churches for multiple weeks!) for what we later learned was not a vacation for us. It was a vacation for them! But it was always a fun and memorable way for many of us to work our way through the stories of the Bible.

Building on that fun, Ed has taken his nationally recognized gifts of music, storytelling and humor, combined them with the wisdom and knowledge of his years as a folk-theologian, and put them in a 3-day Vacation Bible School program for the senior saints and sages of the church. Sign up in your Sunday school classes, on the table outside Charmaigne's office or through the church office. You're not going to want to miss this!

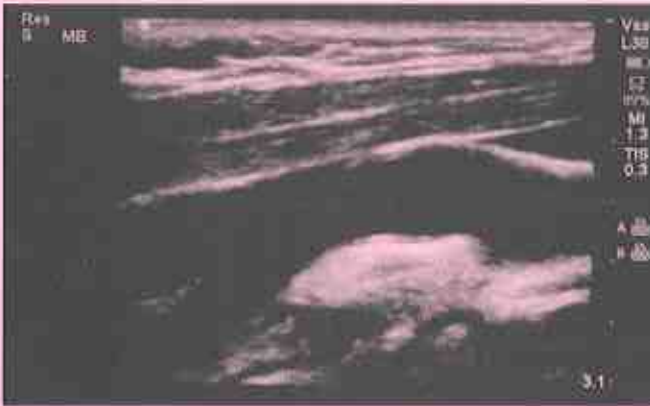
Sign Up NOW.

Take a step toward staying

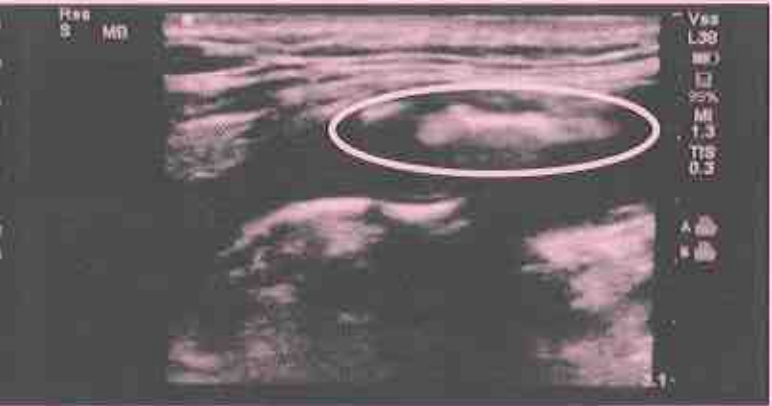
Healthy & Active

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, August 14, 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

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.

August 2019

August 2019							September 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	8	9	10	1	2	3	4	5	6	7
11	12	13	14	15	16	17	8	9	10	11	12	13	14
18	19	20	21	22	23	24	15	16	17	18	19	20	21
25	26	27	28	29	30	31	22	23	24	25	26	27	28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul 28	29	30	31	Aug 1	2	3
				7pm Hand & Foot car	7pm Domino's (Faithb)	5pm-Dinner/Singing-S
4	5	6	7	8	9	10
10am Van-Michele Md 12-4pm Thornburg Re	6pm Cub Scouts (CFLC) 7pm Boy Scouts (CFLC)	10:45-11:45am - Praye 1pm Prayer Shawl (Co) 3pm UpperRm BS (Cla)	10:30-11:30 Chair Yoo 6-7pm Comm. YOLGA 7pm Choir practice (C)	7pm Hand & Foot car 7pm Scout Roundtabl	7pm Domino's (Faithb)	
11	12	13	14	15	16	17
12-4pm Reese Reunio 4:30pm-Holy Land Me	2pm Circle #2 (Confer) 6pm Cub Scouts (CFLC) 7-9pm Cub Leader Mt 7pm Boy Scouts (CFLC)	10:45-11:45am - Praye 3pm UpperRm BS (Cla)	1pm Queen Esthers M 7pm Choir practice (C) 9am-Lifeline Screenin	6:30pm UMM Meetind 7pm Hand & Foot car	7pm Domino's (Faithb) 8am-9pm UMM-PAUJ	8am-4pm UMM-PAUJ
18	19	20	21	22	23	24
3-6pm Melissa Fisher-	6pm Cub Scouts (CFLC) 7pm Boy Scouts (CFLC) 7pm Circle #5 (Conf. r)	10:45-11:45am - Praye 3pm UpperRm BS (Cla)	7pm Choir practice (C) 9am - Van 2 - Goodtitr	6pm-UMM-Drums/PW 7pm Hand & Foot car	7pm Domino's (Faithb)	
25	26	27	28	29	30	31
STEP-UP SUNDAY	6pm Cub Scouts (CFLC) 7pm Boy Scouts (CFLC)	10:45-11:45am - Praye 3pm UpperRm BS (Cla) 6pm ALPHA introduct	7pm Choir practice (C)	6-7:30pm PS Open Ho 7pm Hand & Foot car	7pm Domino's (Faithb)	

Jul 28 - Aug 3

Aug 4 - 10

Aug 11 - 17

Aug 18 - 24

Aug 25 - 31

Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Cassandra Rockett Lauren Sigmon Megan Sigmon	2 Michelle Cloninger	3
4 Robin Mays	5	6 Victoria Norman	7 Jordan Beatty Allen Califana Tony Rowe	8 Lillian Henderson Alic Miller	9 Mala Dauber NyKisha Peterson	10 Alma Dixon Cheryl Markland
11 Bob Choppa Kelle Love	12 Chris Boston Al Kale	13 Barbara Stines Pat Woods	14 Billy Duncan Scott Love	15 Adam Johnson	16 Kim Connor Melissa Punch	17 Whitney Alexander Glenn Casterline Hunter Davis Lisa Rudisill
18 Sydney Matson	19 Travis Connor	20 Charles Bandy LaVerna Wilson	21 DeAnn Bowen Ian Henderson Angie Monk	22 Margery Adams Kalen Bolick Jon Michael Rogers Eric Yount	23 Charlie Anderson Pete Robinson Buddy Teague Wayne Windsor Mary Leslie Yount	24 Don Beatty
25	26 Emma Hamilton	27 Randy Abernathy Julia Duncan Andy Greco Debbie Moritz	28 Devon Chambers Keri Hennessee Johanny Moose Gene Swithenbank	29 Hiley Baucom Chase Kiger Antwone Peterson Marea Pinto	30 Vivian Bandy Mike Induni	31 Sarah Jane Lafone Powell Sigmon

Wedding Anniversaries

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Danny & Sandy Baucom	2	3
4 Mark & Rita Deal	5 Tony & Gwen Jarrett	6	7	8	9	10
11	12 Don & Andrea Beatty Ron & Dottie Harris	13	14	15	16	17
18	19	20	21	22	23 Robert & Margaret Allen	24
25	26	27 Rick & Linda Parker	28 Jim & Jeanette Davis	29 Richard & Revonda Matthews	30	31