

## Our Vision:



*“By knowing Him, we Seek to make Him known to all people Through the love and Grace of Jesus Christ.”*



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

*January 18, 2023*

### 5 Ways to Relieve Your Stress

I read a post on Holistic Health HQ and I was struck how much that advice would benefit my spiritual life.

The post named these five strategies to reduce stress: 1. Mood Support Supplements, 2. Exercise & Move Your Body, 3. Eat A Healthier Diet, 4. Practice Relaxation Techniques, and 5. Take Time to Unwind

I propose these five strategies to reduce stress and improve your faith health:

#### 1. Faith Support Supplements

*For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. 2 Peter 1:5-7*

Be more prayerful, read God's Word, study the lives of Biblical characters, be surrounded by people who are passionate about God, listen to testimonies about answered prayers and miracles, know that God is the same yesterday, today, and tomorrow, keep a journal of answered prayers.

#### 2. Exercise and Step Out in Faith

Jump into God's Word daily. Stretch yourself by volunteering or trying out a new ministry opportunity. I recommend strengthening exercise. Doing a Bible Study or participating in a book discussion are great ways to do this!

#### 3. Eat a Healthier Diet

The benefit of fresh food in our diets cannot be denied. I encourage you to consider your faith in the same manner. Are you reading Scripture with fresh eyes, or are you snacking on highly 'processed food' commonly known as daily devotion booklets? These daily devotions have a place; but don't let them replace your Bible.

#### 4. Relax and Know

Psalm 46:10 *“Be still and know that I am God.”* Relax and just 'be' with God. Being still with God is being focused on His Lordship in your life. Acknowledging His presence, breathe and experience peace; whether you are sitting on your porch, posed on a yoga mat, gardening or commuting.

#### 5. Take Time

Jesus broke away from his disciples and the crowds to re-group. Luke 4:16 *“... and on the Sabbath day he went into the synagogue, as was his custom”* teaches us the importance of sabbath.

Pastor John and I invite you to take time every week to join us in worship. Let music, prayer, and the Word of God refresh you as you connect with God and your faith family.

So what are you waiting for? Get that stress reduced!

*Pastor Charmaine*

# \*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 list a different group of six families as we work our way through our church roll. The families for this week are:

Bart & Jackie Lowdermilk, Jessie Crooks, Larry, Pam & Bryson Lowdermilk, Leah Lowdermilk, Rebecca Lucas, Scott & Rebekah Mackinnon, Dave, Cheryl & Bradley Markland.

## IN MEMORY OF.....

FUMC Preschool would like to take this opportunity to acknowledge the LIFE and passing of a member of our preschool family, Mrs. Yvette Bumgarner.

Ms. Yvette was a teacher in our 4-year-old pre-k classroom and this was her fourth year with our family. She loved every child that passed through her class and every child loved her. She always had a lap for any child from any class that was unhappy or upset, sometimes that lap held more than one. Ms. Yvette was consolation for tears, boo-boos, scratches and bumps. She was the "go to Nana".

Beyond the classroom, Yvette was our friend. She always knew the answer to questions about how to do things on your cell phone (mostly for Jenene and Ginger). She always knew what was on sale and where, she always had a smile, a joke, a laugh and a listening ear for everyone. Yvette had a big, big heart. She was a sister to all of us here at the preschool, we love her and she leaves a big hole in our lives.

Our hearts are with Ralph, Brittany, Brian, Addi and Tate. Yvette is home with her Lord!

FUMCC Preschool Staff



## IN / OUT OF HOSPITAL

None

## ADDRESS CHANGE

Leta Tucker  
123 21st Avenue NE  
Hickory, NC 28601

## A NOTE OF SYMPATHY

Lena "Yvette" Bumgarner, age 57 of Maiden died Sunday, January 8, 2023 at her residence. Yvette was the niece of Rita Watson and Virginia Thornburg and was a teacher in FUMCC's Preschool. A funeral service was held Wednesday, Jan. 11, 2023 at 3:00pm at St. Martin's Lutheran Church in Maiden. The family received friends on Tuesday, Jan. 10, 2023 from 5:30-7:00pm at the church. Memorials may be made to First United Methodist Church Conover Preschool, 410 1st Ave. North, Conover, NC 28613.

Our thoughts and prayers are with Yvette's family during this difficult time.

## A NOTE OF SYMPATHY

Richard Carl Matthews, age 91 of Conover and father of Mike & Robert Matthews of Conover and Kimberly Harshaw of Hickory, died Saturday, January 14, 2023.

A service to celebrate Richard's life will be held on Friday, January 20th at 2:00pm in the Sanctuary of FUMCC. The family will receive friends prior to the service from 1:00-1:45pm at FUMCC.

Our thoughts and prayers are with Mike, Kelly, Laci, Haley, Robert and the family during this difficult time.

## A NOTE OF SYMPATHY

Rollan Conley Bullman, age 84 of Jamestown, NC and father of Fara Dellinger, died Monday, January 16, 2023.

Arrangements are incomplete at this time. A phone tree message will be sent out when the arrangements are complete.

Our thoughts and prayers are with Fara, Taylor and the family during this sad time.

# NEWS TO USE

## ARE YOU READY TO START A JOURNEY?

Can you believe it? It is that time again. Time to start planning our 2023 Journey to Jerusalem Prayer Walk. So I am asking all of those who have helped and all of those who are willing to help to please attend our first meeting on Sunday, January 29th at 2:00PM (tentatively in the CFLC) I look forward to seeing all of you there.

Prayer Walk dates are:  
Sunday April 2nd to Wednesday April 5th  
Friday April 7th  
Clean Up Saturday April 8th

Anthony Price

## MEMORIALS General Fund

In memory of Michael Moritz by:  
Carol Dickinson  
Dennis & Jo Ellen Knecht  
Bruce & Michelle Cloninger  
Steve & Michele Danner  
Brenda Shelton  
Bob & Lois Goodson  
Conover Home & Commercial Hardware

## Local Missions Fund

In memory of Michael Moritz by:  
Jim & Jeanette Davis

## Pastor's Discretionary Fund

In memory of Michael Moritz by:  
Tommi & Charlie Anderson  
Pat & Alice Woods  
Al & Lisa Hernandez

## Preschool Fund (Playground)

In memory of Yvette Bumgarner by:  
Lynn & Rita Watson

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## HONORARIUM Prayer Walk

In honor of Ken Johnson by:  
Lynn & Rita Watson



## PASTOR'S QUIZ

When Jesus came from Galilee to the Jordan to be baptized by John, John was

- a. overly persuasive
- b. ready
- c. reluctant
- d. despondent

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

## STEWARDSHIP REPORTS

### By Our Presence January 15, 2023

Sunday School:  
83

Worship:  
8:45am Service 103  
11:00am Service 110  
Live streaming 36  
249

### God's Tithe & Our Gifts

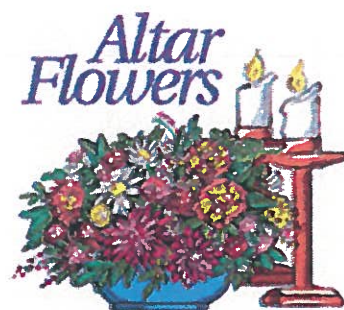
General Fund \$ 12,512.00  
(Needed weekly for budget: \$12,716)

Children's Bank	24.00
Local Missions Fund	50.00
Pastor's Disc. Fund	65.00
Prayer Walk	100.00
Preschool Fund	<u>200.00</u>
(Playground)	
Total	\$12,951.00

## FLOWER CHART FOR 2023

If you wish to place flowers in the Sanctuary in memory of or in honor of a loved one, please call the church office at (828) 464-4635 and ask for available dates.

Thank you,  
Robin Mays



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

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



**ECCCM NEWS**

In January, ECCCM is requesting donations of canned soup or broth.

Of course, any donations are much appreciated! Please leave any food donations and plastic bags in the red bins in the hallway between Pastor Charmaigne's office and the CFLC.

Anita Deal

**VALENTINE CHEER**

Love is in the air and the Caring Ministry requests your help spreading love and joy to our homebound and nursing facility members. Bags have been placed outside Pastor Charmaigne's office with the names of 13 of our treasured members. We invite you to bring Valentine cards and goodies to add to each bag on Sunday morning or drop them by during the week. The deadline will be February 5th so that we can deliver before Valentine's Day. Thank you for your continued generosity in helping with this ministry.

The Caring Ministry Team



Answer to this week's Pastor's Quiz:

c. reluctant  
 (Matthew 3:13-14)

**CHURCH STAFF**

Pastor	Rev. John Woods (pastor@fumconover.org) (828) 464-4635 (336) 480-4550 - cell
Associate Pastor of Faith Development	Rev. Charmaigne Van Rooyen (pastorcharmaigne@gmail.com) (781) 913-4415 - cell
Office Administrator / Financial Secretary	Robin Mays (fumcc@fumconover.org)
Music Director/Choir	Jon Rogers (jsrogers99@gmail.com) (828) 244-7019
Music Director/Praise Team/ Pianist	Shannon Rogers (srog101@gmail.com) (828) 244-6124
Organist	Kevin Haney khaney01@gmail.com (704) 914-6510
Preschool Director	Julie Robinson (828) 466-3158 (ps@fumconover.org)
Lead Nursery Worker	Pilar Tobar
Custodian	Luisa Toro Bryan
Church Office	(828) 464-4635
Website:	www.fumconover.org

# MORE NEWS TO USE

## **DON'T FORGET our members in Nursing Facilities and our Homebound**



James Davis - (Memory Care Center)

255 Geitner Avenue  
Newton, NC 28658

Betty Fisher - Valley Nursing & Rehab (Room 606)

581 NC-16 S Taylorsville NC 28681  
Cell - (828) 302-6608

Dottie Aycock-Harris - The Addison in Lincolnton

440 Salem Church Rd., Lincolnton, NC 28092

Martha Johnston - Abernathy Laurels - Harmony Court (Room 1043)

102 Leonard Ave. Newton, NC 28658

Nell Johnson Kingston Residence

904 2nd Street NE, Apt. 109, Hickory, NC 28601

(828) 328-9962 - landline

(828) 228-7396 - cell

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

4174 Shook Road, Claremont, NC 28610

(828) 381-4988 - Rick's cell

(828) 381-7328 - Linda's cell

Mary Ann Simpson - Abernathy Laurels (Room 138)

102 Leonard Avenue, Newton, NC 28658

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John & Betsy Hemmings, 2537 Birdie Lane

Conover, NC 28613

(828) 459-9444

Lee & Betty Moritz, 103 County Home Road, Conover, NC 28613

(828) 464-3383

Dolores Setzer PO Box 1237, Conover, NC 28613

(828) 256-1421

Ruthie Thornburg Abernathy Laurels - Harmony Court , (Room 1050)

102 Leonard Avenue, Newton, NC 28658

Leta Tucker 123 21st Ave NE, Hickory, NC 28601

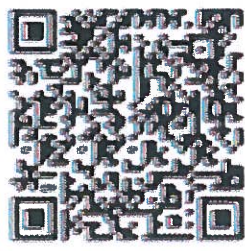
If you know of any homebound members that need to be on our list, please contact the church office at (828) 464-4635.

# **BLOOD DRIVE** **IN MEMORY OF MICHAEL MORITZ**



**SUNDAY, JANUARY 22**  
**10:00 - 3:00PM**  
**FIRST UNITED METHODIST**  
**CHURCH, CONOVER**  
**CONNOR FAMILY LIFE CENTER**

**SCHEDULE AN APPOINTMENT**  
**OR WALK-INS ARE WELCOME**



Blood Donors gave Michael the extra time he had on this earth as he fought Post-Polycythemia Vera Myelofibrosis (PPV-MF). The Moritz Family thanks you in advance for giving the gift of live-saving blood to give other's that priceless gift.