

## Main Street Kitchen Is July 18

Join us and prepare meals for those less fortunate and home-bound. This is monthly opportunity for you to be in mission, and we welcome one and all to be with us starting at 1pm. No experience necessary!

Due to increased need with this ministry, would like to extend an opportunity to our church family, to step up and be of assistance. We need folks to make phone calls, deliver meals. If you shop at Harris Teeter, please request paper bags and bring them to the church kitchen.

The menu for July is baked chicken, mashed potatoes and gravy, vegetables, fruit, bread and dessert. Items needed are chicken legs and thighs, instant mashed potatoes, large cans/bags of vegetables and fruit, milk, cake mix and frosting, eggs.

As always, if you are unable to bring the above items, you may always contribute to this awesome ministry by submitting a donation to the office and noting MSK on the memo line.

Thanks to all who are part of this ministry. Come spend a couple of hours once a month being blessed! Contact Paula Cade at 557-4347 with any questions.

## Volunteers Needed

We are in need of volunteers for Children's Church beginning in August. Your commitment is only once a month, and all the materials are provided. All you do is show up and teach!! If you are interested, please contact Keena Teague at 772-5368 or david-keena@bellsouth.net The children of the church thank you!!

## Welcome Visitors and Guests

If you are visiting us for the first time this morning, please stop by the Welcome Center in the Lobby to sign our Guest Book and to receive a special memento from FVUMC!



## Middle School Summer Trip

The trip, from August 1-2, is for middle school youth who have just finished the 6th & 7th grades. We will meet at the church at 8:30am on Saturday, Aug. 1 and will do a variety of service projects in our local community. Then we will eat lunch and make our way to Jordan Lake to set up our campsite and spend the afternoon swimming and hiking! In the evening we will have worship and make s'mores. We will return to the church at 12:00pm on Sunday. Parents are needed to chaperone!!! The cost is \$25. The deadline to register is Sunday, July 19. To register, contact Kristy Hochhalter.

## School Supplies Needed

During the entire month of July please help fill our lobby shelves (many times over) with school supplies to be distributed by our friends at Southern Regional Center as well as to local English as a Second Language high school students. All school supplies are welcomed, especially new or gently used (good condition) book bags. Crayons, pencils, glue sticks, folders, notebook paper, rulers, scissors, and pencil pouches are all useful elementary items. For our high school students we need 3 ring binders, dividers, pens, expandable book covers (larger size), graphing papers, index cards, hi-lighters, small staplers, and colored pencils.

\*\*If anyone has a graphing calculator they are no longer using it would be a HUGE help to the high school students.

Have fun filling our lobby shelves with these necessities to ensure a successful start to a new school year for children and youth in our community.



## It's DISCIPLE Bible Study Month!

*"If you make my word your home,  
you will indeed be my disciples." ~John 8:31 (NJB)*

DISCIPLE is a program of disciplined Bible study aimed at developing strong Christian leaders. It focuses on the disciple as learner, believer, follower, proclaimer, and servant while providing the fellowship of a small group for study, prayer, preparation, support, and servanthood.

DISCIPLE assumes that the Bible is key to renewal in the church and affirms that the canon was formed as it is in order for God to speak to us. The study gives the Old and New Testaments equal time, emphasizing the wholeness of the Bible as a revelation of God and draws upon the work of scholars to aid understanding of the Bible.

Registration for DISCIPLE Bible Study for the 2009-2010 year will be held during July with classes starting in September. The DISCIPLE Bible Study table in the lobby has preview materials for all the studies as well as registration lists. The year long studies offered will include DISCIPLE I, II, II, and IV, and Jesus in the Gospels. A number of 10 week studies will also be available. Pending interest, studies will be offered on Wednesday evenings from 6:30-8:30 and on Sunday evenings from 4:30-6:30. Be sure to stop by the DISCIPLE table and find just the right class for you!



## Primetimers Upcoming Events

We'll meet at FVUMC on Tuesday, July 21 at 10:30am to hear an inspiring talk on "Quilts, Shawls, and Prayer" from Ray Vitkus.

He has been battling cancer for four years, and he'll discuss the significant impacts the prayers of others have had on his recovery.

Afterwards, we'll head to a local eatery for lunch.

In August, we'll hear from Terry Voss on financial investment instruments and dangers. We will also be going on a road trip to the NC Museum of Natural History for a special exhibit all about chocolate.

Call Debbie Corr at 557-7437 or Ray and Kerry Vitkus at 740-3466 if you need a ride.



## Book Club Selections for 2009-2010

If you are interested in being a part of this wonderful group of readers who meet on the third Friday of each month for dinner and lively conversation, please contact Tammie Quick (tlquick@gmail.com) or Suzanne Jones (dsjones@nc.rr.com). Detailed descriptions of each book are in the July edition of the Wellspring newsletter.

August 21 – *An Altar in the World: A Geography of Faith*

by Barbara Brown Taylor (2009)

September 18 – *Unbowed* by Wangari Maathai (2007)

October 16 – *The Narcissism Epidemic: Living in the Age of*

*Entitlement* by Jean M. Twenge and W. Keith Campbell (2009)

November 20 – *Home* by Marilynne Robinson (2009)

January 15 – *Little Heathens* by Mildred Armstrong Kalish (2007)

February 19 – *Take This Bread: A Radical Conversion*

by Sara Miles (2007)

March 19 – *God Is Not . . . Religious, Nice, "One of Us,"*

*an American, a Capitalist*

edited by Brent Laytham (2004)

April 16 – *The Short Bus: A Journey Beyond*

*Normal* by Jonathan Mooney (2008)

May 21 – *Welcoming the Stranger: Justice,*

*Compassion & Truth in the Immigration*

*Debate* by Matthew Soerens and Jenny

Hwang (2009)

June 18 – *Walden* by Henry David Thoreau

(1854)





## Tomato Sandwich Party!

All are invited to enjoy fresh tomato sandwiches with all the fixins', compliments of Covenant Community Garden, immediately after the 10:50 service on Sunday, July 26. We will gather under tents next to the garden. If you would like to bring a side dish item, please feel free to leave it in the kitchen labeled for the Tomato Sandwich Party. Please join us for fun, food, and fellowship as we celebrate the third year of our garden! For questions, contact Joy Brown, Garden Coordinator at 557-5954.

## Coupons for the Troops

71 pounds of coupons mailed and counting! We want to thank all of you again and again for your generosity, time and effort to supply the CUT-OUT, SORTED and fliers of coupons for our adopted base in Germany.



In these difficult times, every penny counts and our troops and their families appreciate our efforts. It is a small way that we can continue to say WE CARE and THANK YOU for all you do for all of us here in the United States. Please continue to provide the coupons, and we will continue to get them ready and to mail them. (A reminder: NO local store/restaurant coupons and they will only accept two months PAST the expiration date.) Thanks and Blessings to all of you from the Ladies of the QUIET CARE MINISTRY.

## Framing Your Worldview Study

What is your WORLDVIEW? A worldview is simply the way we think the world works and how we fit into it. Everyone has a worldview, though most people are not aware of it. Understanding your worldview is very important because it shapes our thoughts, attitudes and actions.

Join the CHRISTIANS UNDER CONSTRUCTION Sunday school class for a six-week study titled FRAMING YOUR WORLDVIEW. This is an awesome DVD and discussion based study created by Rick Warren and Chuck Colson.



The study begins July 19 at 10:50 in Room 122. All are welcome !!!!! For questions contact Charlie Gray at ncgetcdl@bellsouth.net or 810-2217.

## Yokefellow Prison Ministry

In response to the call and the example of Jesus Christ, the purpose of Yokefellow Prison Ministry is to develop personal relationships between inmates and volunteers, individually and in community, which will create a nurturing, nonjudgmental environment in which each will feel free to examine and share their lives and experience the forgiveness, healing, and power of God's love. This year Yokefellow celebrates 40 years of ministry and currently serves 54 of the 78 prisons in NC.

I look forward to each Monday night that I have the opportunity to represent Christ, inside Wake Correctional in Raleigh, as I sit with a group of men that seek the will and guidance of God. We are yoked to Christ and together experience changing attitudes, hearts and lives. I am blessed through this ministry. Volunteer training begins soon; if you have questions about this ministry please contact Jim Carver at carverjim@nc.rr.com.

## Food of the Month for July

The F-V Emergency Food Pantry requests that our church collect Peanut Butter and Jelly. Other types of food items are appreciated as well. A collection container is in the church lobby.

## Meet Your Neighbors - Fill out the Attendance Pads

Please remember to fill out Attendance Pads and then pass them back down your row toward the center aisle. It's a great way to get to know your worship neighbors!

## The Spiritual Spinners - Group Bike Ride - Mondays 6:30 pm

The Spiritual Spinners would like to invite you to join us for our weekly group bike rides. Riders of all abilities are welcome. We will ride in groups based on ability. Our routes take us up to 25 miles through the rolling hills of Wake and Harnett counties. Please come join us! Meet on the children's side of the church at 6:15 to leave promptly at 6:30 pm. More information about us can be found by joining the The Spiritual Spinners - Team FVUMC Facebook group. Ride on!



Fuquay-Varina UMC

# Weekly Times

July 12, 2009

## Meet our New Raleigh District Superintendent - Rev. Jon Strother

Rev. Jon Strother, the new Raleigh District Superintendent, will hold introductory gatherings in area churches. Fellowship and refreshments will be offered before and after each gathering:

- Wednesday, July 15 - First UMC, Fuquay Varina 6:30-7:45pm
- Sunday, July 12 - White Plains UMC, Cary 3:00-4:15pm
- Sunday, July 26 - Hollands' UMC on Ten-Ten Road 3:00-4:15pm.

Each gathering is identical and will offer opportunities for celebration, renewed focus and a deepened sense of what it means to follow Jesus Christ.

## Summer Concert Series

**Sunday, July 19 at 4:00 pm—  
Steel Drum Concert**

A program of great music from the group Tagé on Steel from the Washington DC area. They will join us for worship the morning of July 19 and present a concert that afternoon at 4pm in the centrum. Admission is free, and childcare is provided.

## Wake Interfaith Hospitality Network

Families in transition will be arriving to make FVUMC their home for the week of July 19. You can help make them feel welcome by providing meals, setting up, cleaning up, visiting in the evenings, driving the families from Raleigh to FVUMC or spending the night. Please see the sign up board in the lobby for ways you, your family or your small group can help. For questions call Sandra Bass (552-9647) or Susanne Young (552-7503).

