

FRANCIS ASBURY
 UNITED METHODIST CHURCH
 725 ASBURY ROAD
 PO BOX 67
 CANDLER, NC 28715
 828.667.3950
 faumc1@bellsouth.net
 www.FAUMC.com

*Dear God,
 Please Bless:*

Family Fun *tasia*

Sunday, October 25th



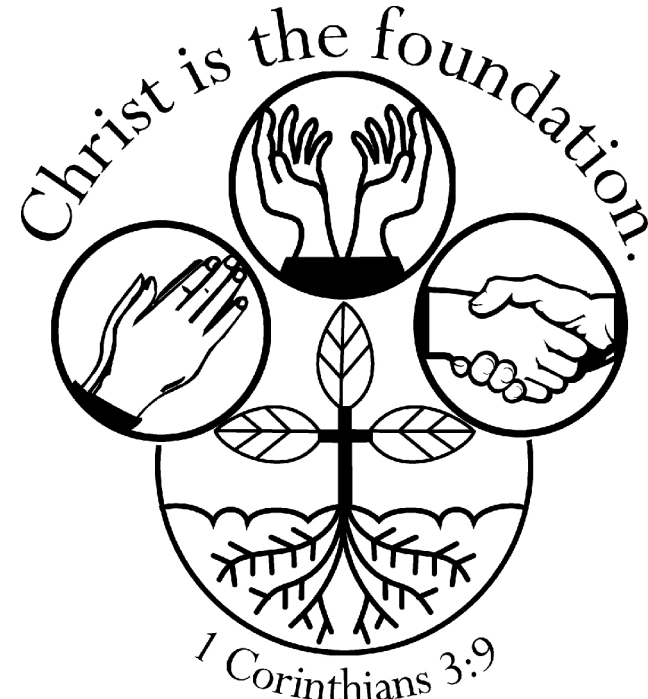
EVERYONE is invited to join us for a costume contest, fun, hot dogs, candy & more! Bring a decorated pumpkin. Prizes will be awarded.

**FUN FOR THE
 WHOLE CHURCH
 FAMILY!!
 Bring a friend!**



A container will be in the Narthex if you'd like to donate candy.

THE COMMUNICATOR



Francis
 Asbury
 United
 Methodist
 Church

October, 2009
 Volume XXVII Issue 10

*"For we are God's
 fellow workers;
 you are God's
 field, God's
 building."
 1 Corinthians 3:9*

IN MINISTRY

Minister	Fred Carpenter
Interim Choir Director & Organist	Jamie Bryson
Admin. Asst.	Danya Sellers
Custodian	Glenda Shook
Nursery	Sharon Lutz
	Amy Dayton
Ushers	Todd Cathcart
	Robert McCain
	Charlie Milroy
	Brian Turner
Acolyte	Bryce Shook
Greeters	Calvin & Carol Dixon

District Superintendent—Dr. John S. Boggs
 Resident Bishop—Dr. Larry M. Goodpaster

FALL BAZAAR

Saturday, October 3rd
 8AM-2PM FAUMC Gym



Crafts
 Yard Sale
 Missions
 Food
 FROG Java
 Bale Sale
 & More!

FROM THE PASTOR



On one of our recent rainy days I was waiting in the parking lot at the grocery store. It was really coming down at that moment and I noticed someone running across the parking lot towards the store. I looked closer and the man was getting drenched, which was no surprise. It was raining pretty hard at that time. The strange thing was that in his hand he carried an unopened umbrella.

Maybe the umbrella wouldn't open; I didn't see him get out of the car. However, it looked extremely foolish to see this man running through the pouring rain with an unopened umbrella in his hand. I had the urge to yell out something smart like, "Hey, that works a lot better if you open it and hold it over your head."

Then I began to wonder how many times God would like to shout the same thing to us as we struggle through the storms of life. In Ephesians Paul tells the church to "put on the whole armor of God." He doesn't say hold it in your hand or keep it in your closet. He says "put it on."

"Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand." Ephesians 6:13

God has given us all that we need if we will put it to use. If we will open his word, read and study it; If we will pray, praise and worship Him; If we will trust Him and Him alone, we can be certain that we can endure any trial, any storm. Love, *Fred*

THE FLU AND YOU

YOUR GUIDE TO INFLUENZA SEASON '09

What should I know about seasonal and H1N1 influenza?

The seasonal flu is a viral infection that causes a highly contagious respiratory illness. Flu season typically starts in October, peaks in February, and ends in March. Every year in the United States, more than 200,000 people are hospitalized and more than 36,000 people die as a result of the flu. Children, older adults, pregnant women, and individuals with certain conditions including diabetes, COPD, asthma, heart or kidney disease, or weakened immune systems are at higher risk of complications.

The H1N1 flu, also known as swine flu, is a new influenza virus. Because it is a new virus, it could potentially cause more illness and complications. Unlike the seasonal flu, people have little or no immunity to this virus, which was first detected in humans in April of this year. It was originally named "swine flu" because scientists found the virus contained genes similar to those found in viruses that infect pigs. It is now known that the H1N1 virus also contains genes similar to viruses that infect not only pigs, but also birds and humans. People at highest risk for complications from the seasonal flu are also at high risk from the H1N1 virus. However, unlike the seasonal flu, to date, the H1N1 virus has infected mainly younger adults and children.

Symptoms for the seasonal and H1N1 flu are very similar. They include:

·Fever ·Chills ·Cough ·Fatigue/body aches ·Sore throat ·Headache

There are some reports that the H1N1 flu may cause more diarrhea and vomiting compared to the seasonal flu. Only your doctor can determine which type of flu you have. *Continued on next page*



THE FLU AND YOU YOUR GUIDE TO INFLUENZA SEASON '09 *Continued from previous page*

Tips for preventing the flu

1. Get vaccinated!
2. Wash your hands often.
3. Avoid touching your eyes, nose, and mouth.
4. Cover your mouth and nose when coughing or sneezing.
5. Avoid close contact with people who are sick.
6. Stay home from school or work if you are sick.

"An ounce of prevention is worth a pound of cure" – Benjamin Franklin

What else should I know about vaccinations?

Who should not get the flu shot? Certain people may not be able to receive the flu shot and should talk with their doctor. This includes anyone with a previous allergic reaction to the flu shot or eggs, people with a history of Guillain-Barré Syndrome, or people who are moderately or severely ill. People with mild illnesses who do not have a fever can still get the flu shot.

Can the flu shot give me the flu? This is a popular myth. The flu shot is made from an inactivated, or killed, virus. It is unable to cause the flu. However, it can cause a mild fever and aches which typically resolve in 1-2 days.

Can I still get the flu even if I am vaccinated? Yes, it is still possible to get the flu even if you are vaccinated; however, your chances are much less. Each year the seasonal influenza virus is slightly different from the previous year, so a new vaccine must be made. The vaccine may not provide immunity for all the different strains of influenza in a given season, so it is still important to practice good preventative measures. Also, it takes two weeks for the vaccine to start working, so get vaccinated as soon as possible.

Where can I get a flu shot?

Traditionally people have received their flu shot at their **physician's office**, but you can also get vaccinated at **local pharmacies, health fairs, and the health department.** **Sign up today!**

What should I do if I get the flu?

STAY HOME AND REST! It is recommended that you not return to work or school until at least 24 hours after your fever is gone. Your doctor may be able to prescribe medications, such as Tamiflu, to help you recover faster and lessen your chances of spreading the flu to others. These medications are most effective if taken within 48 hours of developing symptoms. Antibiotics are not effective against the flu because it is caused by a virus. Antibiotics are only effective against bacterial infections.

Should you experience any of the following symptoms, you should seek emergency medical treatment:

- Difficulty breathing
- Pain or pressure in the chest or stomach
- Sudden dizziness
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough
- In babies, bluish or gray skin color, lack of responsiveness, or extreme irritation

Who should be vaccinated against the flu?

Getting vaccinated is the best way for everyone to prevent getting the flu. However, because some people are at higher risk, it is highly recommended they receive the flu shot.

For the seasonal flu, these people include:

- Children 6 months to 18 years of age
- Adults > 50 years of age
- People in nursing homes
- People at high risk of complications, including pregnant women and those with chronic illnesses
- Anyone living with or caring for people at high risk of complications
- Healthcare and emergency medical services personnel

For the H1N1 flu, these people include:

- Children and young adults between 6 months and 24 years of age
- Pregnant women
- Adults 25 - 64 years of age at high risk of complications, including those with chronic illnesses
- People living with or caring for infants < 6 months of age
- Healthcare and emergency medical services personnel

Our many thanks to: *Rebecca Grandy, PharmD.* Mission Hospitals, Asheville, NC for writing this article and to *Mollie Scott* for submitting it. Go to www.faucm.com for a full color version of this article and web links.

Snip-it from Sandy:

My grandmother used to have a big 2 story house in Newton, NC. The yard was full of huge Oak trees and therefore, a lot of leaves! Each year the leaves would be raked or blown down to the curb for the city to pick up.



One fall, all of the leaves had been blown into a huge winding, worm-like design, before pushing them down to the road. I was at least 16, visiting my grandmother and was walking around outside by myself. I looked both ways, to make sure no one was watching. I ran as fast as I could and JUMPED into the huge pile of leaves and just laid there by myself laughing! I struggled to get back out with leaves all stuck in my hair. It was hilarious! Just me, God and the leaves! I did it again and again always making sure no one was watching. It would have been such a sight.

I can picture myself wearing a deep purple top, cute designer jeans, black suede, smurf boots, large gold earrings and a gold, puffed heart necklace. What a feeling of total abandon. What a feeling of freedom!

Experiencing Jesus for the first time can also be a feeling of freedom. Just to know that you are forgiven...to know that you are loved...to truly know Faith, just for accepting him! How awesome is that!?!

My prayer for you this day is to experience the Freedom that Jesus can give you! I hope that you are reminded of his perfect peace and forgiveness as the trees are colored by God's paintbrush!

Autumn Blessings! Sandy

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well." Psalm 139:14.

Our last meeting was held at the home of Brenda Rhinehart. Thanks for all the yummy goodies. Country girls and thunderstorms-**It's ALL good!**



Upcoming events:
FAMILY FUNTASIA Oct. 25th
ADVENT TEA Nov. 22nd
FAB CHRISTMAS PARTY/ ORNAMENT EXCHANGE Dec. 4th
EXTRAORDINARY WOMEN April 23-24

Our NEXT FAB MEETING will be held at the home of **Sandy Jackson** on **Tuesday, October 13th** at 6:30 PM. Sandy will provide us with the devotion, salty and sweet snacks! **DON'T FORGET White Elephant Sale!!!**



IN MEMORY OF
Mayme
Medford

SAND HILL-VENABLE PTO
"Medford Memorial Fund"

by Elveta Earley,
 by C. Richard Davis
 by Ladies Bible Class
 by Dot Peebles
 by Walter R. Russell
 by Mollie Scott
 by Glenda Shook

With memorials and our Sept. Communion offerings, \$1510 was sent to *Sand Hill-Venable PTO.*

COSTA RICA



Next MEETING
 Tuesday,
 October 7th
 at 6:30 PM
 Acton UMC

Support them at their Fall Bazaar table and coming soon 'BUY a MILE!'



Homecoming Sermon: *"Everything I Ever Needed to Learn . . . I Learned from My Mom"* by Pastor Fred Carpenter



Sunday, October 4th
at 5PM
 Held in the Fellowship Hall. All council members should plan to attend.



Charge Conference is Tuesday, October 13th at 6:30PM at Snow Hill. We will be having a joint Charge Conference with Montmorenci, Oak Hill, Pleasant Hill, Reeve's Chapel & Snow Hill.



We have 10 Confirmands who are participating in the Confirmation Class with Pastor Fred. Confirmation Class will last until April, and they will be confirmed on Easter Sunday. Each week they have scripture to read and questions to answer for discussion in class. They will be learning about the meaning of the Apostles' Creed, participating in service projects, and attending other Christian churches as well as a Jewish synagogue to see how others worship. Please keep these young folks in your prayers during the year as they seek to learn more about Christ and what it means to live out a life of faith.



Welcome to
 The Bieksha Family
 The Conner Family
 The Howell Family
 who joined
 Francis Asbury
 on September 13th.



Do you have a prayer request?

Prayer request cards are available in the pews & Narthex.

Just place completed cards in the offering plate. Silent prayer time is held each Sunday morning at 10:45 AM in the Ladies Bible Class. Everyone is welcome. More information about the prayer ministry is available in the Narthex.



HOMINY VALLEY ABCCM Needs:

non-fat dry milk, jelly, oil, jello, cookies, sugar, spaghetti sauce, fruit, grits & oatmeal.

Remember, every 4th Sunday is HV ABCCM at Francis Asbury. Just leave items in the large basket in the Narthex any time.

OCTOBER

2009

Francis Asbury
United Methodist
Church
667-3950



- 10/1 Robin Wiggins
- 10/7 Ken Hamlin
- 10/8 Anita Sanchez
- 10/12 Tony Brown
- 10/13 Jeanette Morgan
- 10/13 Al Sanchez
- 10/16 Charles Wiggins
- 10/16 Roxie Woody
- 10/17 Louise Henson
- 10/17 Chip Miller
- 10/20 Malorie Hudson
- 10/21 Donna Filotei
- 10/21 Megan Wilson
- 10/23 Norine Moore
- 10/23 Greg Bieksha
- 10/24 Dale Cloud
- 10/26 Ronnie Rhinehart
- 10/28 Haydn Mack Shook
- 10/30 Dot Sawyer

Happy Anniversary to..

- 10/4 Jim & Betty Harkins
- 10/5 Robert & Beth McCain
- 10/19 Chip & Shirley Miller
- 10/22 Jon & Kellie Deel
- 10/26 John & Mary Howell
- 10/28 Charlie & Rosie Kooles

SUNDAY	MON	TUES	WED	THURS	FRI	SATURDAY																																																		
OCTOBER CC TEACHERS  10/4: Beth & Travis 10/11: Shelly & Mollie 10/18: FROG Youth 10/25: Bat & Mel		<table border="1"> <tr><th colspan="7">November 2009</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	November 2009							S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								1 2:00-6:30PM  5:30-7 W.Watchers	2 3-6 PM Fall Bazaar Set-up	3 Fall Bazaar 8AM-2PM 9-2 FH Reserved 9:30-11AM Weight Watchers
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4 COMMUNION 9:45 Sunday School 10:45 Prayer Time 11:00 Worship 2-4PM Fellowship Hall Reserved 5PM Church Council	5 7AM Mondays @ Mosaic 	6 9-2 FH Reserved 1:30 WOW 2:30 HVWT Prep 6:30 Costa Rica Mission Trip Meeting @ Acton	7 11:30-1 Welcome Table 5:30 Supper 6:00 Child's Choir 6:30 Worship 7:30 Choir Practice	8 5:30-7PM Weight Watchers	9	10 9:30-11AM Weight Watchers																																																		
11 HOMECOMING 9:45 Sunday School 10:45 Prayer Time 11:00 Worship 12:15 Covered Dish Church Luncheon	12 7AM Mondays @ Mosaic 	13 9-2 FH Reserved 2:30 HVWT Prep 6:30 FAB Women @ Sandy Jackson's 6:30 Charge Conf. @ Snow Hill UMC	14 11:30-1 Welcome Table 5:30 Supper 6:00 Child's Choir 6:30 Worship 7:30 Choir Practice	15 5:30-7PM Weight Watchers	16	17 9:30-11AM Weight Watchers																																																		
18 7:30 UMM Breakfast 9:45 Sunday School 10:45 Prayer Time 11:00 Worship 2:30 Pisgah Villa Service	19 7AM Mondays @ Mosaic 	20 9-2 FH Reserved 2:30 HVWT Prep	21 11:30-1 Welcome Table 5:30 Supper 6:00 Child's Choir 6:30 Worship 7:30 Choir Practice	22 5:30-7PM Weight Watchers	23	26 9:30-11AM Weight Watchers																																																		
25 ABCCM SUNDAY 9:45 Sunday School 10:45 Prayer Time 11:00 Worship 5:00 Family Funtasia	26 7AM Mondays @ Mosaic 	27 9-2 FH Reserved 2:30 HVWT Prep 	28 11:30-1 Welcome Table 5:30 Supper 6:00 Child's Choir 6:30 Worship 7:30 Choir Practice	29 5:30-7PM Weight Watchers	30	31 9:30-11AM Weight Watchers 																																																		