

The Communicator Volume XXXVII Issue 5
 FRANCIS ASBURY UNITED METHODIST CHURCH
 725 ASBURY ROAD
 PO BOX 67
 CANDLER, NC 28715
 828.667.3950
 office@faumc.com
 www.FAUMC.com



FRANCIS ASBURY UMC

PRAISING GOD • GROWING SPIRITUALLY • REACHING NEIGHBORS

THE COMMUNICATOR

Volume XXXVII Issue 5

MAY 2024

Church Lunch & Basket Auction

on **Sunday, May 5** following worship
 in the Fellowship Hall. Festivities will include
Cinco de Mayo décor, taco names & trivia,



a **pinata**, with **mocktails, Taco Salad & Nachos** for lunch (freewill donations).
 Many thanks to **Will Wilds** for being our auctioneer! And thank you to **Cindy McDonald** for providing our pinata with treats for a smashing good time!



Lots of great baskets to bid on!
 Hope you can join us! Invite a friend!

FAB Women Fundraiser for
"Children & Family Ministry."

Welcome
 to Our Church

Sunday
 Worship
 at
 11 am

IN MINISTRY

Ministers & Missionaries-
 ALL MEMBERS

Pastor	Avery White
Lay Leader	Val Grush
Music Director	Jess Mills
Administrator	Danya Sellers
Custodian	Glenda Shook
C&FM Director	Megan Serzan
Nursery	Amy Dayton
Faith C. Nurse	Dora Brown, RN

Pentecost Sunday is May 19th!

You are invited to wear **Red, Orange & Yellow** or other bright colors to celebrate the gift of the Holy Spirit.

"I will pour out my Spirit on all people."

Joel 2:28, NIV





In elementary school science and astronomy lessons, many of us learned to identify constellations and to find the **North Star**. To locate the **North Star** in the night sky, we first find the Big Dipper (Ursa Major). Focusing on the bowl of the dipper, we take our finger and draw a straight line up, between it and the handle of the Little Dipper (Ursa Minor). The last star in the handle of the Little Dipper is the **North Star** (Polaris.)

Interestingly, the **North Star** is a constant. As the seasons change and years go by, it continues to stay in, roughly, the same place in the sky and is a reliable way for us to find the direction of **north**. As Jon Martin says, “The stars of the Big Dipper share a unique relationship. Not only do they form an easily identifiable shape, but they help us find the **North Star**. The clarity of their position points in a similarly clear direction and has provided guidance to travelers for millennia.”

As Christians, it is our job to point beyond ourselves, to the one we follow. We are Easter people, who point to the resurrected Christ. On Thursday night in the Upper Room, as Jesus shares his Farewell Discourse, he commands his disciples to love one another, just as he has loved them. “By this, everyone will know you are my disciples, if you have love for one another” (John 13:35). Jesus is our constant. He is true, and sure, and we can count on him. **He is our True North**. Together, we follow him, love him, and then share that love with others.

I thank God for the ways we are connected in the Body of Christ! May God’s love continue to be reflected in and through Francis Asbury UMC as we: Praise God, Grow Spiritually, and Reach Neighbors.

In Christ’s Love,
Pastor Avery

ENKA MIDDLE TEACHER APPRECIATION PROJECT

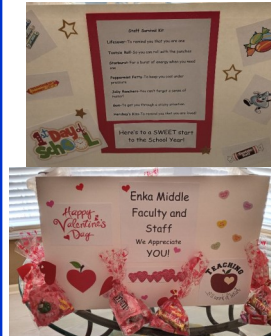


If you have lived here several months or many decades, you have certainly noticed the jet outside of **Enka Middle School**. Many of you walked the halls of that building and have fond memories and tales to tell. The teachers and staff are outstanding and the school is iconic in our community. Francis Asbury has a long-standing close relationship with **Enka Middle** and our members have served meals, worked in the clothes closet, donated gift cards at Christmas and volunteered there in many other ways.

Quite a few years back, Jean Jones took it upon herself to start a program to provide small treats to the teachers and staff each month as a way to show appreciation for all that they do. She baked cookies in her own kitchen and took them to the school just to say “Thank you.” She said that she knew from her own children how much teachers do and she wanted to give back. When Cindy McDonald joined Francis Asbury three years ago, she knew she wanted to be a part of that program. As a former high school teacher,

Cindy knew first-hand the importance of supporting the faculty and staff. Jean and Cindy worked together for a while until Lynn Gaito came on board.

Lynn had taught school as well and was a perfect fit.



“The job is fun and easy. Treats range from donut holes, school supplies, popcorn, snack bars or chocolate truffles for special occasions such as Christmas or Valentine’s Day. There is always a smile from the front office personnel as they see us coming in the door. Jean, Lynn and I feel it is a very rewarding ministry and see it as a way to give back to the community. The fellowship between the three of us as we meet to pack the treat bags is a bonus! It is a way to share Jesus’ love with the community without ever



saying a word and it brings us great joy,” says Cindy.

So, the next time you drive by **Enka Middle**, say a prayer for the faculty and staff there. It will be a blessing to you and to them as well!

Our May 5th Communion Offering will go to our **“Enka Middle School Ministry Fund.”**

YOU ASKED FOR IT

Pastor Avery will preach this sermon series in July, and

she needs your input! What do you most want to hear a sermon about? Do you have a burning question, topic, or passage of scripture that you deeply desire to hear addressed in our worship together? Submit “You Asked for It” forms or email avery@faumc.com with ideas by May 5th.



ABCCM Volunteer Recognition Sunday at FAUMC is Sunday, May 19.

During worship, we will recognize our ABCCM volunteers. We are grateful for those in our congregation who volunteer faithfully at HVABCCM each and every week! Thank you for caring for others!

Mother’s Day is May 12. In honor of Mother’s Day, we will create a slideshow to be shown during morning worship. **If you would like to include a photo of your mother, or a woman who has been an inspiration to you, please email them to the church office at faumc1@bellsouth.net by Tuesday, May 7.** Please let Danya know if you’d like last year’s photo used for this year’s presentation. If you are unable to send your photo by email, you can bring it to the church office.



May is Melanoma Awareness Month.

May 6th is Melanoma Monday.



In loving memory of her son, **Levi Lutz**, Sharon Lutz would like to invite everyone to **dress in black** to raise awareness of the symptoms, causes, & prevention of melanoma.



FAB Women Meeting on **Tuesday, May 14**

@ 6pm at the home of **Pam Moser** (280 Asbury Road)

Devo-Val Grush
Salty-Pam Moser
Sweet-Betty Wilson

ALL LADIES WELCOME!



FREE FOOD PANTRY & MARKET

Our next FREE Food Pantry & Market is Thursday, May 16 from 3-5pm in the Gym.

Pantry & Market items are available to support anyone in the community who is experiencing food insecurity. Volunteers needed.



Francis Asbury UMC Gym

725 Asbury Road
Thursday, May 23
from **1:30 - 6 pm**

For an appointment, Call (800) 733-2767, (828) 667-3950 or go to redcrossblood.org



MEETING & BREAKFAST
Sunday, May 19
at **7:30am**



NEWCOMER CLASS

Pastor Avery will lead a two-week Newcomer Class on Sundays, June 2 & 9 at 9:45am in the library.

The class is designed for those who are newer to Francis Asbury, or who desire to learn more and connect more deeply with our congregation. For some, the next step will be discussing church membership; however, this is not an expectation for joining the class.

Please sign up with Pastor Avery.



A Little Advice from Nurse Dora

SELF-CARE: TAKING CARE OF YOURSELF

Self-care is extremely important for everybody to engage in as it is essential for healing and dealing with the stresses of everyday life. **Self-care** is not synonymous with self-indulgence or being selfish. **Self-care** means taking care of yourself so that you can be healthy and well, you can do your job, you can help and care for others, and you can do all the things you need to do and all the things you want to do each day.

The areas of **self-care** include mental, emotional, physical, environmental, spiritual, recreational and social.

Mental self-care may involve journaling, meditation, or taking breaks from technology or social media.

Emotional self-care may involve listening to music, watching a movie that makes you feel good, setting boundaries or giving yourself positive affirmations.

Physical self-care may involve exercising, eating healthy meals, getting medical care when needed, drinking more water or taking vitamins.

Environmental self-care may involve cleaning and organizing your space or exploring some place new.

Spiritual self-care may involve reading the Bible, praying and connecting to a higher power, or volunteering for something you believe in.

Recreational self-care may involve engaging in hobbies, sports or playing games such as board or video games.

Social self-care may involve spending time with family and friends, texting or calling a family member or friend, or joining a group.

So, take a walk in a park, a garden, a forest, or enjoy the ocean, a lake, or a waterfall. These are all forms of **self-care** that will elevate your mood and well-being.

Take care of You!
Dora Brown, RN, Faith Community Nurse

The United Methodist Church General Conference



The UMC General Conference meeting continues **through May 3, 2024**, in Charlotte. **Please continue to pray** for the delegates, for the bishops, for

volunteers, for discernment, and for United Methodists around the world. Also **please continue to stay informed** of the events of General Conference through reliable news services such as The United Methodist News Service (www.umnews.org). Many of the sessions, including worship, are live-streamed. Lots of helpful information and resources can be found at www.wnccumc.org/gc2024. As always, if you have questions, comments, or desire further conversation, Pastor Avery invites you to reach out or stop by her office.



VBS coming June 11-13 from 6-8pm here at FAUMC. Free Supper served 5:15-6 pm. Age 4 – 6th Grade.

Registration Open soon! Volunteers needed. Sign-up sheet in the Penley Room. Please see Megan Serzan.

GRADUATION
Sunday

at Francis Asbury UMC is June 2nd.

Do you have a High School or College Graduate this year?

If so, please let the church office know by

Monday, May 20.

Call (828) 667-3950 or email us at faumc1@bellsouth.com.



M A Y 2 0 2 4










**Francis Asbury
United Methodist Church**
(828) 667-3950
www.faumc.com



- 5/1 Pam Hall
- 5/6 Lillianah Larimer
- 5/7 Veronica Crook
- 5/7 Bob Lewis
- 5/9 Sylvia Tang
- 5/11 Connie Greene
- 5/15 Robert McCain
- 5/18 Sena Allison
- 5/19 Laura Casey
- 5/20 Rick Minzer
- 5/21 Leonard Crook
- 5/22 Chris Serzan
- 5/23 Jess Mills
- 5/25 Karen Moore
- 5/25 Cole Rhinehart
- 5/26 Dot Peebles
- 5/27 Liz Hipps
- 5/31 Rosemary Brown



- 5/2 Jim & Karen Moore
- 5/14 Eddie & Morgan Rudisill
- 5/17 Mason & Emily Nicholson
- 5/19 Megan & Chris Serzan
- 5/27 Wayne & Val Grush
- 5/27 Jon & Pam Hall
- 5/30 Glen & Vanessa Champlin

SUNDAY	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY																																																								
PEW PRAYERS 5-FAB Women 12-Ladies Class 19-Men's Class 26-Young Disciples Class	LAY READERS 5-Jet Mills 12-C. Rice 19-Pam Hall 26-Glen Champlin	YOUNG DISCIPLES 5-Veronica Crook 12-Jean Jones 19-Pastor Avery 26-Megan Serzan	1 6-7:30 pm Choir Practice		2 	3 Office Closed	4																																																								
5 10 Sunday School 11 Worship & Holy Communion 12 Church Lunch & Basket Auction 5pm District Youth	6 Melanoma Monday  <i>Please dress in black to raise awareness of the symptoms, causes, & prevention of melanoma.</i>	7 6pm Jesus & Women Study Concludes 6:30-7:30 pm Gym: Cub Scouts	8 6-7:30 pm Choir Practice		9	10 Office Closed	11 5-9:30pm Gym: Smoky Mountain Dance Club																																																								
12 MOTHER'S DAY 10 Sunday School 11 Worship 	13	14 11:15 Parkinson's CarePartners 6pm FAB Meeting at home of Pam Moser 6:30-7:30 pm Gym: Cub Scouts	15 6-7:30 pm Choir Practice		16 3-5 pm in Gym 	17 Office Closed	18 3-7pm: Bluegrass & BBQ at Hominy Baptist Church Fundraiser for DayStay																																																								
19 PENTECOST 7:30 UMM Breakfast 10 Sunday School 11 Worship & ABCCM Volunteer Recognition Sunday	20 	21 6:30-7:30 pm Gym: Cub Scouts	22 6-7:30 pm Choir Practice		23 11:15 PCP Group 1:30-6pm in the Gym 	24 Office Closed	25 5-9:30pm Gym: Smoky Mountain Dance Club																																																								
26 TRINITY SUNDAY 10 Sunday School 11 Worship <i>Hominy Valley ABCCM Sunday at FAUMC</i>	27 OFFICE CLOSED MEMORIAL DAY 	28 6:30-7:30 pm Gym: Cub Scouts	29 6-7:30 pm Choir Practice		30 2-7pm Sanctuary Reserved	31	<table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="7">June 2024</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> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> </tr> <tr> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> </tr> <tr> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> </tr> <tr> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> </tr> <tr> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> </tr> <tr> <td>30</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	June 2024							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						
June 2024																																																															
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																																																															