

The Communicator Volume XXXVII Issue 5
 FRANCIS ASBURY UNITED METHODIST CHURCH
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FRANCIS ASBURY UMC

PRAISING GOD • GROWING SPIRITUALLY • REACHING NEIGHBORS

THE COMMUNICATOR

Volume XXXVII Issue 6

JUNE 2024



June Family Fun on Sunday, June 2, following worship.

Everyone is invited to enjoy an afternoon with church family at Lake Junaluska. **Bring a picnic lunch, chair, and walking shoes** for a fun-filled day at the lake. Dessert will

be provided. There's a great walking path around the lake, lots of sweet fishing spots, many beautiful places for relaxation, a prayer labyrinth, and lots of space to play. We will meet in the field behind the tennis courts at the fire pit (near the pool). Everyone is invited! Kayak, canoe & stand-up paddleboard rental available. Pool also available (fee). **Everyone is invited!**

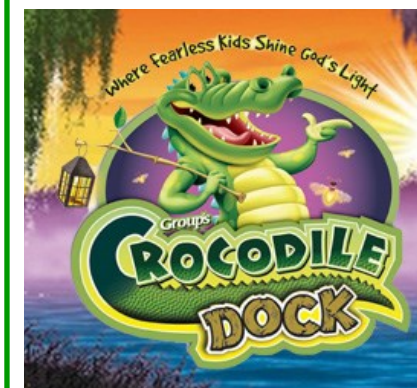
Welcome
 to Our Church

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



VBS
 coming
 June
 11-13
 from
 6-8pm at
 FAUMC
 Joint VBS
 with
 Montmorenci
 UMC

Free Supper served nightly 5:15-6pm

Age 4 – 6th Graders

Register on Eventbrite (links available on our website & facebook page), call the church office or sign-up in the Penley Room. **Please be in prayer for this VBS!**



**A Little Advice
from Nurse Dora**
**DEPRESSION:
A COMMON DISORDER**

"Mental pain is less dramatic than physical pain,
but it is more common and more hard to bear." ~ C.S. Lewis

Depression is a common mood disorder that affects how a person feels, thinks, and handles daily activities such as sleeping, eating or working. Some of the symptoms of **depression** include:

- Feeling sad or hopeless
- Being easily irritated or frustrated
- Not enjoying things that used to bring joy
- Eating too much or too little
- Trouble sleeping or sleeping too much
- Low energy or fatigue

The symptoms must be present for at least two weeks in order for a person to be diagnosed with **depression**.

The United States depression rates have reached an all time high with 29% of adults reporting having been diagnosed with **depression** at some point in their lifetime. People today are increasingly overfed, malnourished, sedentary, sunlight-deficient, sleep deprived and socially isolated. All these lifestyle factors contribute to the increased incidence of **depression**.

If you think you are suffering from **depression**, some things you can do that may help you feel better are:

- Spend time outside in the sunlight
- Get some physical activity each day such as walking
- Try to maintain a regular bedtime and wake up time
- Eat healthy meals at regular times
- Break up larger tasks into smaller ones
- Try to connect with people and maintain social connections

If symptoms of **depression** persist for more than two weeks you should seek medical help. A primary care provider is a good place to start. Treatment may consist of counseling or talk therapy, and antidepressant medication may also be helpful. Help is available, so don't suffer in silence.

Wishing you Good Mental Health!
Dora Brown, RN,
Faith Community Nurse



**IN MEMORY OF
LOUISE HENSON**

AUNT PATSY HELP FUND

by Tony Brown

GENERAL FUND

by Dora Brown

by Tony Brown

by FAB Women

by Betty Harkins

by Elizabeth O'Shea

by Dot Peebles

by Tony, Marsha &

Leanne Loffis

by Florence Reeves

by Jeanette Swann

by Luella Warner

by Shirley White

by Mr. & Mrs.

Barry Wilkinson

**IN MEMORY OF
LOUISE HENSON &
TERRY RUTHERFORD**

CHILDREN'S MINISTRY

by Glenda Shook

**IN HONOR OF
HIS MOM,
PHYLLIS PATTON,
ON MOTHER'S DAY**

AUNT PATSY HELP FUND

by Tony Brown



Dedicated to the Glory of God

On May 5, we dedicated the new baptismal font during the worship service. Charles Harris worked with Pastor Avery to design this unique furnishing for our sanctuary, and then he created it. **Thank you, Charles, for sharing your gifts with us!** This font will be a part of worship at Francis Asbury UMC for many years to come.

Father's Day is June 16.



In honor of Father's Day, we will create a slideshow to be shown during morning worship. If you would like to include a photo of your father, or a man who has been an inspiration to you, **please email them to the church office at by Tuesday, June 11.**



**Ladies Summer
Gathering &
Gift Exchange**
on **Friday, 7** at
6:30pm at the
Home of Veronica
Crook (1114
Perch Fly Court, Biltmore Lake).

The FAB Women would like to invite ALL LADIES for this awesome time of fun, food & fellowship with Sisters in Christ! **Bring a wrapped, summer gift (\$15-\$20) and a covered dish to share.** Questions or need directions? Please call Veronica at (828) 776-8581.



**In honor of
Father's
Day, on
Sunday,
June 16
at 9am,**



a biscuit & fruit tray breakfast will be provided for the **UMM's Meeting.**

Then, **Family Breakfast will be served starting at 9:30am** in the Fellowship Hall. A **Father's Day Photo Booth** will also be available.





Hominy Valley Youth Event
on June 30 at 4pm
 Francis Asbury UMC
 in the Fellowship Hall.

For Youth in 6-12 Grade.

Fun, food, fellowship &
 service project.

Bring a friend! Joint Hominy Valley UMC event.

Thank you to the JOY Group for making supper
 this month's youth event!



**IN MEMORY OF
 LOUISE HENSON**

AUNT PATSY HELP FUND

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GENERAL FUND

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 HIS MOM,
 PHYLLIS PATTON,
 ON MOTHER'S DAY**

AUNT PATSY HELP FUND

by Tony Brown



The family of
Louise Henson
 who passed away on April 30.
 (Church Member since 1974)



*Our Deepest
 Sympathy
 & Christian Love
 to Nancy, Russell,
 Mark & Family*

*A Note of thanks from
 Louise's Family...*

Dear Church Family,

Thank you for all the prayers, cards, calls and visits
 that you gave mom these last few years. It meant so
 much to have your support during a hard time of
 change. It's a great blessing to have a wonderful
 church family. Thanks for her special celebration of
 life service. Your support meant so much for all our
 family. The meal after the service was delicious. It
 was great to be together and enjoy a supper together.
 You have a wonderful church and we appreciate you
 all so much. Asking God to bless you in return for the
 thoughtfulness you've shown.

Louise Henson's children
 Russ, Mark & Nancy

LOVING OUR NEIGHBORS...



Many thanks to Cub Scout Pack 74
 for supporting our May Food Pantry/Market
 with a food collection drive and setting
 up tables for the pantry/market.



Thank you to all our volunteers
 that helped with our May Market.
 We served **46 households and 149 people.**



**Our next FREE Food Pantry & Market is
 Thursday, June 20 from 3-5pm** in the Gym.
 Pantry & Market items are available to support
 anyone in the community who is experiencing
 food insecurity. Volunteers needed!

**Also on site will be Food Connections
 Food Truck "Fran" to pass out
 free, delicious meals.**



stayCONNECTED with us this summer

When you are unable to be with us in person, you can....

- **Watch our Sunday Worship Services on YouTube** at www.youtube.com/@francisasburyumc394
- **Stay informed on upcoming events, opportunities, receive Pastor Avery's mid-week devotion & "What's Up at FAUMC?" weekly email, our monthly newsletter, etc.** by joining our email list.
- **Find us on Facebook** at <https://www.facebook.com/FrancisAsburyUnitedMethodist>
- **You can donate online** at <https://www.faumc.com/giving/> **or mail your donation** to PO Box 67, Candler, NC 28715. We also provide the option of automatic debit withdrawal, one-time or recurring.

ONCE A QUARTER
You are invited for a
Hot, Delicious Lunch
Hominy Valley
Welcome Table
Wednesday, June 12
 11:30am-1pm
 FAUMC Fellowship Hall
All are Welcome!
 Donations Accepted.




**Western North Carolina
 Annual Conference 2024**
 will be held at Lake Junaluska,
 June 20-23.

Clergy Session - June 20.
 Annual Conference - June 21-23.
 This year's theme is **"LIFE with Christ,
 Each Other, and the World."** We are
 thankful for our Annual Conference
 Lay Delegate, Pam Moser.
 For more info go to
www.wnccumc.org/ac2024



THANK YOU
 to our **awesome**
Volunteers,
donors & Manna
 who made it
 possible for us
 to supply,
 package &
 deliver **food**
bags for **50 kids**
 every weekend
 at Enka
 Intermediate
 School, Enka
 Middle, Enka
 High & Sand Hill-
 Venable School
 for the 2023-
 2024 school
 year.




PEW PRAYERS
 2-FAB Women
 9-Ladies Class
 16-Men's Class
 23-Young Disciples

LAY READERS
 9-Kim Leslie
 16-Wilson Serzan
 23-C Rice
 30-Inez Clark &
 Pam Hall

**YOUNG
 DISCIPLES
 MOMENT**
 2-Danya Sellers
 9-Pastor Avery
 16-Megan Serzan
 23-Glen Champlin
 30-Jean Jones


**CHILDREN'S
 CHURCH
 TEACHERS**
 2-Bat Hudson &
 Robert McCain
 9-Megan & Chris
 Serzan
 16-Need Someone
 23-Kelly Grover &
 Veronica Crook
 30-Cindy McDonald
 & Alice Anderson

HOMINY VALLEY ABCCM

May 19th was ABCCM Volunteer Recognition Sunday.
 During morning worship, we recognized our **ABCCM** volunteers.
 Thank you to Debra Luther for her willingness to share with us a
 little about the many services **ABCCM** offers the community.
 We are grateful for our congregation members who volunteer faithfully
 every week at **ABCCM**, which is now in its 54th year of service.

- Brenda Rhinehart
- Carol Dintsch
- Carolyn Miller
- Claudia "C" Rice
- Cole Rhinehart
- Debra Luther
- Frank Moore
- Inez Clark
- Kari Beth
- Megan Serzan
- Mollie Scott
- Pam & Jon Hall
- Pam Moser & Patrick Moser
- Christian Roughton
- Tommy & Betsy Cooper
- Valerie & Wayne Grush
- Bob Massie
- Charlie Kooles
- Dan Shook



Thank you for caring for others!

ABCCM encourages others who are able to consider volunteering. One of our
 congregation's **ABCCM** volunteers--can answer questions about volunteering.
 Become a "local missionary" and serve neighbors with needs!

✠

Every 4th Sunday is Hominy Valley ABCCM Sunday at FAUMC.
**Needed at this time are: soups, saltine crackers, margarine,
 spaghetti noodles and dog food.**
 Please leave items in the large basket in the Narthex.
 You may place monetary donations marked "HV ABCCM" in the wood box
 as you enter the Sanctuary or in the offering plate.



JUNE 2024

SATURDAY

1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																	
2 GRAD SUNDAY 10 Sunday School 11 Worship & Holy Communion 12 Grad Reception 1pm Family Fun at Lake Junaluska	3	4 6:30-7:30 pm Gym: Cub Scouts	5 6-7:30 pm Choir Practice	6	7 Office Closed 6:30pm Ladies Summer Gathering at the Home of Veronica Crook	8 5-9:30pm Gym: Smoky Mountain Dance Club																																																	
9 10 Sunday School 11 Worship	10 1pm VBS Decorating Volunteers needed to help turn the church into a bayou!	11 11 Feed EMS Staff 11:15 Parkinson's CarePartners 5:15-5:45 Supper 6-8pm Crocodile Dock VBS	12 11:30-1pm Hominy Valley Welcome Table in the Fellowship Hall 5:15-5:45 Supper 6-8pm Crocodile Dock VBS	13 5:15-5:45 Supper 6-8pm Crocodile Dock VBS 8-9 VBS Water Play in Courtyard	14 Office Closed	15																																																	
16 FATHER'S DAY 9 UMM Meeting 9:30 Family Breakfast in the Fellowship Hall 10 Sunday School 11 Worship with VBS Presentation	13	14	19 6-7:30 pm Choir Practice	20 1st Day of Summer 3-5 pm in Gym and Food Truck 	21 Office Closed Annual Conference at Lake Junaluska June 21-23	22 5-9:30pm Gym: Smoky Mountain Dance Club																																																	
23 10 Sunday School 11 Worship 12 SPRC Meeting Hominy Valley ABCCM Sunday at FAUMC	24 	25	26 6-7:30 pm Choir Practice	27 11:15 PCP Group 1:30-6pm in the Gym	28 Office Closed	29																																																	
30 10 Sunday School 11 Worship through Music 4pm Hominy Valley Youth Event						<table border="1"> <thead> <tr> <th colspan="7">July 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>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	July 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	31			
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- 6/4 Lynn Gaito
- 6/6 Eddie Rudisill
- 6/9 Kaylee Sellers
- 6/11 Carl Bradford
- 6/12 Susie Latta
- 6/12 Kim Leslie
- 6/12 Jet Mills
- 6/21 Cathy Zuber
- 6/25 Tammy Henry
- 6/25 Sharon Lutz
- 6/25 Lillian Serzan
- 6/28 John McDonald
- 6/30 Sue Jaecques
- 6/30 Carolyn Robinson



- 6/6 David & Sylvia Tang
- 6/7 Dan & Glenda Shook
- 6/10 Ron & Kim Leslie
- 6/16 John & Cindy McDonald
- 6/19 Calvin & Carol Dixon