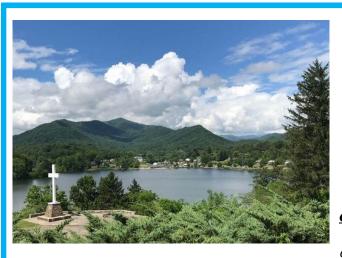
The Communicator Volume XXXVII Issue 5
FRANCIS ASBURY UNITED METHODIST CHURCH
725 ASBURY ROAD
PO BOX 67
CANDLER, NC 28715
828.667.3950
office@faumc.com
www.FAUMC.com





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!



FRANCIS ASBURY UMC

PRAISING GOD • GROWING SPIRITUALLY • REACHING NEIGHBORS

THE COMMUNICATOR

Volume XXXVII Issue 6

JUNE 2024

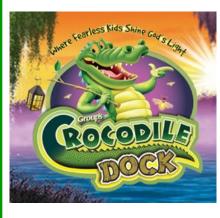


Sunday Worship at 11 am

IN MINISTRY

Ministers & Missionaries-ALL MEMBERS

Pastor Avery White Lay Leader Val Grush **Music Director** Jess Mills Danya Sellers Administrator Custodian Glenda Shook **C&FM Director** Megan Serzan **Amy Dayton** Nursery 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!



Teaching Confirmation classes is one of my great joys as a pastor. Middle School-aged students are sincere young adults who ask wonderfully insightful questions and think deeply about their faith journey. During confirmation, one of our lessons is always about the Church, and worship. To get us thinking, I begin by asking them, "How many people does it take to make our Sunday morning worship possible?"

The group typically gives an initial answer that includes the pastor, music director, and maybe one or two other people. But then, they begin to consider all the moving parts of worship, and their answer grows. Together, they start to name: musicians, ushers, greeters, acolytes, the tech team, readers/worship leaders/young disciples' time leaders, staff who prepare the bulletins, and finally the congregation. Eventually, we (re)discover that it takes all of us to make our worship together possible.

I am so grateful for our congregation, and the ways that we worship, serve, and grow together as disciples. This month, I am especially grateful for you and the ways you step up to lead. On June 25th, I will undergo some oral surgery which will require an initial recovery period of two weeks. During that time, I am not supposed to talk, or make expressive motions with my face muscles. That means that I will be at home, recovering, from June 25 – July 9, accessible by text message or email, but not phone calls. Thankfully, no one is, or leads, the church alone! Our lay leaders have stepped up to ensure that church life will continue normally during those two weeks. Rev. Andrea McCumber of Montmorenci UMC will be on-call should we have need of any pastoral care. Our Lay Leader, Val Grush, will also be available for any needs that may arise in our church. Worship will continue to be something that requires everyone together, with a special "Worship through Music" Sunday on June 30th and a guest preacher on July 7th.

This month, at Francis Asbury UMC, we will be the Body of Christ together through our worship; through our study and discipleship; through our outreach and partnerships with ABCCM, Enka Middle School, and area churches. We will be the Body of Christ as we host a food pantry, a welcome table, VBS, and as we pray together. I am grateful to be with you on the journey. Thank you in advance for your prayers for me, and for our church.

In Christ's Love, Pastor Avery



College Graduates Malorie Hudson Graduate of Kent State University (Dec '23)

Master of

Library and Information Science
Daughter of James & Melanie Hudson
Granddaughter of Rusty & Rosemary Brown

Alli Rudisill

Graduate of University of Tennessee
Knoxville
Bachelor of Science Degree
in Animal Science

Daughter of Don & Jennifer Rudisill

Colin Scott

Graduate of NC State University
Bachelor's Degree in Biology
with Minors in Spanish & Global Health
Son of Robby & Molllie Scott

High School Graduates

Robert Gay

Graduating from Enka High School

Son of Jan & Ann Gay Robert plans to attend East Tennessee State University

Lillianah LarimerGraduating from the Franklin School of Innovation

Daughter of Amy & Bob Lewis
Lillianah plans to attend
Western Carolina University

Graduates of Congregation Members

Davis Cook

Graduate of Clemson University Bachelor's Degree in Education, Spanish and English Grandson of Bettie Smith

Evan Davis

Graduate of Gardner-Webb University Master's degree in Sports Management Grandson of Bettie Smith

Levi D. Harris

Graduate of the University of North Carolina at Chapel Hill Bachelor's Degree in Computer Science Grandson of Charles & Janice Harris

Zachary Hinson

Graduate of St. Francis University Master's Degree in Business Administration

Grandson of Bob & Fran Hinson

Micah Aiden Hollingsworth Graduating from TC Roberson High School Grandson of Debra Luther

Gannon Kooles

Graduate of the University of North Carolina Wilmington Grandson of Charlie & Rosie Kooles

Kaydence Kooles Graduating from Mountain Heritage

High School

Granddaughter of Charlie & Rosie Kooles

Lila Malloy

Graduating from Trailblazer Home School Program

Granddaughter of Pam & Jon Hall
Lila plans to attend
East Tennessee State University.

Nella Sharpe

Graduating from Asheville High School
Granddaughter of Bob & Dianne Sharpe
Nella plans to attend the University of
North Carolina at Chapel Hill

Finn Yarnes

High School Graduate in Sacramento, California Grandson of Carolyn Miller



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 Loftis
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

Father's Day is June 16.

Asbury UMC for many years to come.



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,

<u>office at by Tuesday, June 11</u>.



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,

UNITED METHODIST

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!



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



IN MEMORY OF LOUISE HENSON

AUNT PATSY HELP FUND by Tony Brown

GENERAL FUND
by Dora Brown
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by FAB Women
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by Elizabeth O'Shea
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by Jeanette Swann
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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

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.





STOYCONNECTED 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.





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

Volunteers, donors & Manna who made it possible for us to supply, package & deliver **food** every weekend at Fnka Intermediate School, Enka Middle, Enka Venable School for the 2023-2024 school



to our awesome

bags for 50 kids High & Sand Hillyear.



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.



Find us on Faceboo	k
SUNDAY	

2 GRAD SUNDAY

10 Sunday School

Holy Communion

12 Grad Reception

1pm Family Fun at Lake Junaluska

10 Sunday School

16 FATHER'S DAY

9:30 Family Breakfast

in the Fellowship Hall

11 Worship with VBS Presentation

10 Sunday School

10 Sunday School

12 SPRC Meeting

10 Sunday School

11 Worship through

4pm Hominy Valley

Youth Event

Hominy Valley ABCCM Sunday at FAUMC

11 Worship

23

30

Music

9 UMM Meeting

11 Worship

11 Worship &

MONDAY

1pm VBS Decorating

Volunteers needed to

help turn the church

into a bayou!

3

10

13

24

JUNE

6-7:30 pm

12

VBS

19

26

6-7:30 pm

Choir Practice

6-7:30 pm

Choir Practice

Choir Practice

11:30-1pm Hominy

5:15-5:45 Supper

Valley Welcome Table

in the Fellowship Hall

6-8pm Crocodile Dock

WEDNESDAY

TUESDAY

6:30-7:30 pm

11

VBS

14

25

Gym: Cub Scouts

11 Feed EMS Staff

6-8pm Crocodile Dock

11:15 Parkinson's

5:15-5:45 Supper

CarePartners

2 0 2 4

FRIDAY

Office Closed

Gathering at the Home

14 Office Closed

21 Office Closed

Annual Conference

at Lake Junaluska

June 21-23

28 Office Closed

6:30pm

Ladies Summer

of Veronica Crook

THURSDAY

6

13

VBS

Courtyard

5:15-5:45 Supper

6-8pm Crocodile Dock

8-9 VBS Water Play in

20 1st Day of Summer

27 11:15 PCP Group

1:30-6pm in the Gym

3-5 pm in Gym

and Food Truck

SATURDAT	
1	
8 5-9:30pm Gym: Smoky Mountain Dance Club	Uni
15	6/4 6/6 6/9
22 5-9:30pm Gym: Smoky Mountain Dance Club	6/11 6/12 6/12 6/12 6/25 6/25 6/25 6/25
29	6/30
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	6/6 6/7 6/10 6/16 6/19

SATURDAY



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



Lvnn Gaito Eddie Rudisill Kaylee Sellers Carl Bradford Susie Latta Kim Leslie Jet Mills Cathy Zuber Tammy Henry Sharon Lutz Lillian Serzan John McDonald Sue Jaecques Carolyn Robinson



David & Sylvia Tang Dan & Glenda Shook Ron & Kim Leslie John & Cindy McDonald Calvin & Carol Dixon