



FAITH @ FIRST

McKenzie First United Methodist Church exists to worship God and

enable open-minded people to discover the freedom of God's grace through Jesus Christ.

August 25, 2010

A View from the Pew

I was robbed. They took one of the most precious things that I ever had. I wanted it back.

I suppose it was partly my own fault. I was not on my guard. I was actually talking to the people when it happened. I did not realize what they were doing, and they just took it. If I was prepared, I could have stopped them, but I was not expecting anything. They stole my joy.

We were just sitting there talking about the church and about what was happening (or not). I had expressed my hopes and prayers and questions about what God wanted to do with us.

Then it happened. They said that nothing was going to change. Down deep, people did not care and never would. Everyone wanted to see something done, but no one was willing to be involved – not willing to give the time or money or commit themselves to anything inconvenient. God might be able to create the world, but there was no way he could ever change the hearts and minds of people in the church. Been there; done that; didn't work; never will.

I thought about it a (very) little bit, decided they were right, and gave them my joy. I didn't even put up a fight. I guess you can't call it robbery when you voluntarily hand over your treasure. I really missed my joy, too. I discovered that my joy and my faith are close friends. When joy leaves, faith doesn't do so well. As is often the case when I don't know what to do, I read The Book.

I read about Jesus telling his disciples what to do to have his joy in them. They had to love people – even grouches and pessimists. They had to obey the commands of Jesus. Hard things to do, but his followers have been given the power to do just that. So I made a conscious decision to be more obedient and resolved by the grace of God to love grouches and pessimists and even pray for their well-being. I let God restore my joy.

Was it their fault for taking my joy? Not really. It was my choice. A very bad choice, but mine nevertheless.

Next time, I intend to be on my guard. There will always be thieves ready to steal my joy. I can't stop them by myself, but I know the joy giver, and he is teaching me through love and obedience to be ready.

Fred

▶ **ATTENTION EVERYBODY** ◀

We will have a goal-setting session to make plans for our ministries in 2011 this coming Sunday, August 29 at 5:30 p.m. Please make a special effort to attend this very important meeting. We need your input to make 2011 the best year possible.



From Charlene . . .

I am getting so modern....(with help from experts). I have just bought myself a new toy – a mini-computer or “netbook”. So now I am READY – well, almost ready—for my up-coming surgery. I know you have watched me “shuffle gracefully” through the halls and up steps for several months now, so yes, I am scheduled for a total left hip replacement at St. Thomas Hospital, Nashville, on Wednesday, September 1st with return planned for Friday, September 3rd if I do all they tell me correctly. So my new toy will certainly come in handy while I am in the hospital and lying around the house. My address is cjones137@bellsouth.net for those of you who enjoy doing that computer internet thing. I would enjoy your messages.

We, as a church, are lucky to have so many musically talented people available and willing to serve. Sandi will have great help with the choir music with our guest director, Charles Pruneau, who has agreed to take over the Chancel choir leadership (I guess we call it that loosely) until I am allowed to return to this “job”. Having already become a valued member of our group, he knows the routine and how rowdy some of our members can become in their “enthusiasm”. So he will be prepared.

I must thank the choir members for their faithful attendance during our summer break. Their support remained strong and the anthems always ready each Sunday morning. With the help of Wesley, his saxophone, and his wonderfully moving solos, the summer music was joyful and spirit-filled. Thank you so much to all of you for your willingness to give your talents so freely.

UMW - Seeds for Haiti

Please have your seed packets to the church before next Wednesday, August 31.

A 6-week Bible study on the life of David started this week, August 25, 5-6 p.m. before the *FLOW* supper. Brother John Pugh led the first session, and the next five will be led by Fred Sistler. All sessions will be on Wednesdays from 5-6 p.m.

The titles for the 6 sessions are:

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| 1. The Times | 2. The Kid |
| 3. The Wilderness | 4. The King |
| 5. The Way | 6. The Legacy |

The study is open to everyone. People not normally involved in a Bible study are particularly encouraged to come.

Please pray for... Bev Nord & family; Joey Anderson; Tina Bruce; Lindsey Hall; Sandi & Kim McMahan; Zia Locke; Sylvia Hickman; Martha Johnson; Trish Owens; Eva Sue & Jerry Dorris; Lynn Dorris; Diana Bradberry; Sunday Night Lights; Thomas Roditis; Donna R. Edwards; Terry Blakemore; All leaders in our church; Sandy Hutt; Sara Grace Holmes; Sally Sullivan; First Place 4 Health participants; Bob Finley; Our church and Bro. Riley; Our country; Jimmy Lane; Laila McDade; Martha Nell Poyner; Tracy McKee Phelps; Chad Turman & family; J. W. Sterling; Mildred Bunnell; Mary Wainscott; Debbie Riley; Roberta Newman; Michael Giles; Courtney Worlds; Shelly Dillon; Bertha Knight; Becky Herron; Lois Pugh; Darlene Martinez; Bill & Betty Featherstone; Sam Featherstone; Our continued freedom; Rain; Jerry Knott; Sean Kyle; Mary Jane Sexton Brewer; Vickie Foster; Alice Curnutt; Richard Stallings; Dustin Stallings; Miranda Tedhams; Dr. Carl Freeman; Grady Jonathan Stanfill; Bob & Marilyn Putman; Bob & Jo Newton; Shirley Martin; Lucy Hickman; Eadie Van Nostrand; Ernestine Branon; Joyce McBride; Sybil King; Carolyn Burke; Mary Lou & Bill Boothe; Ruth Moncrief; Raymond & Jessie McDade; Lola Alexander; Jim Purcell; Al Ownby; Ina Faye Hall & family; Muriel Johnson; Mary Jo Vaughn; Our troops overseas and at home.

The next week at our church

Sunday, August 29

9:45 a.m. Sunday School Class
 10:50 a.m. Worship Service
 Text: 2 Timothy 1:3-8
 Title: Refreshing Our Vision
 4:30 p.m. First Place 4 Health
 5:30 p.m. Goal Setting for 2011 – everyone is encouraged to attend
 6:30 p.m. Sunday Night-Lights

Wednesday, September 1

11:00 a.m. Prayer in the Chapel
 5:00 p.m. Adult Bible Study
 6:00 p.m. FLOW meal
 Menu: Chicken strips, mac & cheese, green beans, bread, dessert
 6:30 p.m. C & Y classes
 7:00 p.m. Chancel Choir Practice

Thursday, September 2

6:30 p.m. Lay Ministries committee meeting

VOLUNTEERS FOR THE WEEK

ACOLYTES – Emily Bolin, Jacob Pinson

LITURGIST – Joyce Hayes

NURSERY – Jennifer Pinson, Betty Merrick

GREETERS – Jerry & Mary Weatherford

USHERS – Edward Sexton; chairperson, Tim Broadbent, John Oakley, Austin Bush

September 1 FLOW Kitchen Angels

Crew Leader: Jimmy Patterson; Kathy Patterson, Edward Sexton, Harold & Suzanne Russell, Mildred Colotta, Jim & Linda Arnold, John Oakley, Marshall & Robin Russell, Barney & Lossie Beers

August United Neighbors needed items:

dishwashing liquid, bath soap, empty sacks

Telephone numbers to reach the pastor: office 352-2456; home 352-2730; cell 731-617-0142. Please don't hesitate to call if you have a need.

FUMC Staff



J. Larry Riley, *Pastor*
 John Pugh, *Pastor Emeritus*
 Fred Sistler, *Director of Ministries*
 Charlene Jones, *Director of Music*
 Sandra McMahan, *Organist, Handbell Director*
 Donna Bruce & Gina King, *C & Y Directors*
 Kathy Patterson, *Administrative Assistant*

Memorials

August 22, 2010

In Memory of Mary Frances David

Charles & Donna Pruneau Handbells

In Memory of Robert Harris

Jerry & Mary Weatherford MOW

Kelly & Clara Weatherford MOW

In Memory of Trey Newman

Marshall & Robin Russell

In Memory of Aaron Ross Sherwood

Marshall & Robin Russell

What do you have to lose?

(Quotes from FP4H The Christ-Centered Weight-Loss and Healthy Living Program Brochure)

It has come to our attention that there is some confusion as to who can benefit from what **First Place 4 Health** has to offer. Let us be clear about this, ANYONE, whether you have no pounds to lose or 100 pounds to lose. Anyone, even if you are happy with where you are in weight management, can benefit from FP4H.

Although FP4H is most noted for its Christ-centered weight-loss component, it is broken down into 4 sections called the "4-sided person". This four-sided person has emotional, mental, physical, and spiritual components. The emotional component "is the experience of genuine community – combined with your ability to handle the stresses of life." The mental component of FP4H means learning a new way to think. "Loving God with your mind means that you let Him take every thought captive, especially those negative voices that keep you in doubt and despair. The battle for wellness starts in the mind." The physical component is more than just weight loss. "A lifestyle of physical health includes eating healthy foods, making time to exercise, getting enough rest and learning how to enjoy quality recreation. It is easy to look at the man Jesus and forget that while He was fully divine, He was also fully human. Jesus understands our physical weakness and limitation and asks that we care for our physical body so we can be His hands and His feet, His eyes and His ears, His voice and His heart in a world still in need of His compassion and love." The spiritual component "will teach you to spend time with the Lord on a daily basis through Bible Study, Scripture Reading, and Prayer."

As you can tell, FP4H is more than just weight loss. FP4H can "create balance in the four core areas of your life. The result? Weight loss and positive life change." It is about losing ourselves to God. Don't you have something that you would love to lose? Your sins of anxiety, fear, envy, etc. may not manifest itself in a weight issue but do you still feel weighed down? You can still apply the FP4H principles to any area of your life that needs to be more balanced.

You may have noticed that almost every week our FP4H participants are on the prayer list. Prayer is an integral part of the Spiritual component that we mentioned earlier. This life-changing journey is not easy. It is a commitment. It takes work and sometimes we fail. That's why we need support through the prayer that you provide.

If you have any questions about the program, please call us. We will be more than happy to show you the literature that we have. Come to the first meeting (September 12th) and learn more about what FP4H has to offer. We are still looking for those gentlemen who can help us start the Gentlemen's Bible Study. Remember, we don't care how big or small you are just if you have a heart for God and a desire to become more balanced in your life. Please help us. **What do you have to lose?**

Love in Christ,

