



The Messenger

October 2018



As we move into October, here are a couple of things that I want to focus on:

World Communion Sunday

World Communion Sunday is always the first Sunday in October. It began in a Presbyterian Church in 1933, and over time spread to whole denominations. In 1940, it was promoted by what is now called the National Council on Churches, and Methodists across the country began observing this Sunday.

United Methodists designated World Communion Sunday as one of the six special offerings that are received each year across the denomination. Offerings received on this Sunday go toward scholarships and special training, both in and outside the United States, primarily for students that are working in church related ministries. It is amazing what an offering from over 32,000 churches across the world can do.

It is one of the few Sundays in the year when churches from all denominations and from all parts of the world are united around the table. May this be a special day in the life of our congregation.

Charge Conference

Rehobeth has scheduled its Charge Conference for October 28th at 7:00 p.m. It may be a business meeting that we have annually, though it is much more. Every United Methodist congregation in the entire world is required to have one, and it is a sacred trust between our congregation and our Annual Conference. It is a means of accountability, and it is a way for us to plan for the upcoming year. We will elect officers for 2019, set a budget, hear reports from various administrative committees and get a review of where we've been and get a picture of where we would like to go.

It is amazing to me that this is a tradition that dates back to 1784, when the Methodist Church began in America. We may not have those records any more, but you can bet that some of the earliest Methodists at Rehobeth attended a Charge Conference. They probably did some of the same things we will do, and there was a superintendent or bishop that read over what was happening here.

Pray for your church as it prepares for October 28th. Pray for the leadership of this congregation. Pray that God will show us how to serve this community as we begin our 230th year in ministry together.

Pastor Mike

Rehobeth United Methodist Church

P.O. Box 356, Terrell, NC 28682

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Church Website: www.rehobethumc.org

Dr. Michael Rich, Pastor
Angela Beard, DYCM

Carol Graham, Music Director
Rosalie Sailstad, Editor



Happy Birthday

Birthdays are important because they indicate a special moment when God selected us to live in time. That further indicates that we are very special to have been chosen by Him to serve in His Kingdom in this generation! So let each of us share that special day by phoning, or writing a note to that special person in our congregation. (P.S. Please inform the church office when additions or corrections are in order.)

October 1	Steve Johnson
October 1	Michael Miller
October 1	Sharon Lyon
October 1	Joanne Sigmon
October 2	Mike Freeze
October 3	Heath Washam
October 3	Beth McKeithan
October 4	Fran Thompson
October 4	Sophia Palmieri
October 4	Christine Shuping
October 7	Dennis Frye
October 9	Ray Sipes
October 11	Erin Johnson
October 11	Crystal Glenn
October 13	Audrey Flowers
October 13	Keith Gentle
October 14	Terry Lail
October 14	Sally Peterson
October 15	Patti Goodwin
October 15	Steven Green
October 16	Tommy Keene
October 17	Tanya Frye
October 18	Linda Watts
October 18	Cooper Plonk
October 19	Linda Hale
October 19	Carolyn Miller
October 19	Diane Obed
October 22	Mary Wilson
October 22	Nancy Sondervan
October 26	Dwight Sherrill
October 28	Joe Howard
October 28	Fran Kresge
October 29	Mariah York
November 1	Ashley Hine
November 2	Cory Stutts
November 4	Connie Pratt
November 4	Sarah Mathias



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October 2018 Issue No. 2018-10

Preaching in September

- October 7, 2018—World Communion Sunday
Scripture: Hebrews 1:1-4; 2:5-12
Sermon: Sanctified
- October 14, 2018—21st Sunday after Pentecost
Scripture: Hebrews 4:12-16
Sermon: The Sword and the High Priest
- October 21, 2018—22nd Sunday after Pentecost
Scripture: Mark 10:35-45
Sermon: The Greatest Among Us
- October 28, 2018—23rd Sunday after Pentecost
Scripture: Mark 10:46-52
Sermon: Let Me See Again

Memorials

In Memory of: John & Edna McGee
Given by: Hilda Horn

In Memory of: Joe Cornelius
Given by: Smokie Crews
Ed & Geraldine Staley
Richard & Elizabeth Norris
Charles & Ann Howard
Barbara & Terry Overcash
Judy H. Williams
Betty B. Fortner
Doug & Denise Howard
Peggy & John Harwell
Daren & Catherine Hefner

In Honor of: David Sigmon
Given by: John & Jocelyn Allan

In Memory of: Jean Sheets
Given by: Linda & Alan Hale
Doug & Denise Howard
Rehobeth Chancel Choir
Janet Prestwood



With Grateful Thanks

Dear Rehobeth Family,

Thank you so very much for all of your cards, phone calls, thoughts, and prayers during my recent health problems. Each act of kindness was such a blessing to me. I do appreciate your thoughtfulness.

Cooter Sherrill

Our Faithfulness in Worship Attendance

(The first figure is the attendance for the 8:45 service and the second figure is the attendance at the 10:45 service.)

August 5, 2018	46 + 102
August 12, 2018	51 + 88
August 19, 2018	54+ 86
August 26, 2018	61 + 92

Susanna Wesley Circle

The Susanna Wesley Circle will meet on Monday, October 1 at 1:30 p.m. in the church parlor. All ladies are cordially invited to join us.

New Pictorial Directory

Members, please sign up to have your photograph taken for our new Pictorial Directory if you have not already done so. Photography will take place on Monday, October 1 and Tuesday, October 2. You may sign up on the list in the narthex or on the church website at www.rehobethumc.org. It won't be complete without you!!

Loaves & Stitches

Our Loaves and Stitches group will be meeting on Tuesday, October 2 at 6:30 p.m. in the church parlor. We have a very special ministry as we knit and crochet a variety of items such as prayer squares and shawls for the comfort of others. We'd love for you to join us!

Kidz Connection

Children ages 4-12 are invited to attend each Wednesday evening in the fellowship hall of the Family Life Center. This event is free and you may register at the door. This month join us for "Bible Science" starting at 6 p.m. Free dinner provided followed by Bible study, music, crafts, games and mission. If you would like to bring supper for the children there is a sign-up sheet in the narthex. If you have any questions, please contact Angela Beard at dycm@rehobethumc.org.

Youth Group

All youth in the 6th-12th grades are invited to attend our youth group gatherings each Sunday evening at 5:00 p.m. in the fellowship hall of the Family Life Center. Free dinner provided followed by Bible study, crafts, games, and mission. This month's Bible Study is "Walk in the Footsteps of Jesus." If you would like to bring supper for the youth, there is a sign-up sheet in the narthex. If you have any questions, please contact Angela Beard at dycm@rehobethumc.org.

CPR and AED Review

On Sunday, October 14 from 5-6 p.m. a CPR and AED review/practice session will be offered in the church parlor. This is not a certification class. It will be informal, reviewing how to perform CPR, followed by a chance to practice the skills. Use of the AED will also be covered. This event is sponsored by our Health and Wellness Team. Church volunteers who work with our children and youth are encouraged to attend.

Mae Howard Circle

The Mae Howard Circle will be meeting on Monday, October 15 at 6:30 p.m. in the church parlor. We invite all ladies to come join us.



Friends from Broughton Coming to Rehobeth

Rehobeth will be hosting a covered dish luncheon for our friends from Broughton Hospital on Wednesday, October 17. The group will be arriving around 11:30 a.m. and be staying until about 1:30 p.m. Lots of volunteers are needed to help with serving the lunch and conducting Bingo games. You won't want to miss out on the fun! Even if you can't come to the luncheon that day, your donations of food and game prizes are needed. Food may be dropped by the fellowship hall that morning.

If you have game prizes to donate, you may bring them that day or drop them in the container in the narthex. We can use Bingo prizes for both men and women. Some ideas would be socks, T-shirts, sugar-free candy, costume jewelry (no pins), toiletry items such as lotions, etc. Please do NOT gift wrap the prizes. (NO glass, breakable, or sharp items such as pens, pencils, or spiral notebooks please.)



Join Us for a Harvest Meal October 21

All are invited for a delicious "Harvest Meal" that will take place on Sunday, October 21 at 12:00 noon in the fellowship hall of the Family Life Center. The menu will include turkey, ham, vegetables, salads, rolls, and desserts. This event is being sponsored by the ladies of the Mae Howard Circle. There is no set price for the meal but donations will be accepted. (If writing a check, please make it out to: "Rehobeth UMW.") Proceeds go to sponsor the missions and ministries of the Mae Howard Circle. Thank you for your support.

Congratulations!

Congratulations to this this year's recipients of the I. Donnell Lloyd scholarship. They are:

Zachary Beard
Abigail Holdsclaw
Griffin Gentle
Holden York

Fall Festival—Trunk or Treat

All are invited Saturday, October 27th from 3-5 p.m. for our fall festival at the Connor Recreation Center. This year's fall festival is free and will include hayrides, games, prizes, face painting, cake walk and a hotdog supper. Children (and grownups) are invited to come in costume if you choose. The trunk or treat event take place from 5:00-5:30 p.m. If you have any questions please contact Angela Beard at dycm@rehobethumc.org.



Volunteers Needed for Fall Festival!

With our Fall Festival upon us, we will be needing volunteers to help with setup, games, and create booths. This year's theme is "CARNIVAL." So, if you have an idea for a "carnival" booth, please contact Angela Beard at dycm@rehobethumc.org. If you would like to donate desserts for the dessert/cake walk or decorate your trunk, there are sign-up sheets in the narthex. Prizes will be given to "Best Trunk!"

Church Council/Charge Conference—October 28

There will be a meeting of the Rehobeth Church Council on Sunday, October 28 at 7:00 p.m. in the church parlor. This meeting will be followed by our Charge Conference. At this meeting the 2019 lay leadership and operating budget will be approved. All church members are welcome to attend, but only members of the Church Council have voting privileges. Pastor Michael Rich will be presiding over this meeting.



UMW Meals of Love Initiative

The Mae Howard Circle is once again sponsoring a special mission project to help those in need this Thanksgiving season. Food boxes will be distributed to approximately 25 needy families in our local community. If you recall, last year we asked the congregation to help supply certain food items. However, this year it has been decided to collect monetary donations and circle members will shop for the items so all food boxes will be similar. During the month of October, there will be a display in the narthex and a container to place your monetary donations. We can accept cash or checks made out to "Rehobeth UMW." (Please do NOT place donations for this project in the offering plates.) Thank you so much.



Welcome New Members

We welcome the following folks who joined Rehobeth Church on Sunday, September 9, 2018.

Chick and Fran Kresge have transferred their membership from Bethel UMC in Denver, NC. Their address is: 6262 Alyssum Place, Denver, NC 28037 and their phone number is: 704-966-0823.

Greg and Sarah Mathias along with their daughters Charlotte and Maddy transfer their membership from New Hartford UMC in New Hartford, New York. Their address is: 118 Gresham Lane, Mooresville, NC 28117. Their phone number is: 704-360-2611.

We also welcome Rose Rich who transfers her membership from Faith UMC in Waynesville, NC. She, of course, resides at the parsonage with her husband, Pastor Mike. Address: 4006 Hob Lane, Terrell, NC 28682 and Phone number: 828-478-3351.

We welcome all of these folks and are very pleased to have them as members of our Rehobeth family.

Please Note These Changes for our Church Members

Mary Bottomly has moved. Her new address is: c/o Sandra Bottomly, 2551 26th Ave. NE, Hickory, NC 28601.

There was a misprint of Mike Smith's phone number in the most recent membership directory. His correct phone number is: 980-239-0939.

To the Rehobeth Church Family, from Linda Kerr

Bob and I would like to say "Thank you" for all the love you have shared with us so fully over the past twelve years. As I have always said, you are not just friends, you became family. I had not looked at the DVD you prepared for us until now. (That was on purpose, as I don't like to cry like a little girl!) The DVD was wonderful and we so enjoyed watching it. The gift you gave us of a wonderful "Special day" is a memory we will always cherish.

If we could, we would have been at Rehobeth 'til the end of our lives, but of course, that could not be. So, instead we will be back to visit often. It has been an honor for us both to serve you as pastor and wife. You are a strong and well-grounded congregation that shows so much love to those who enter your doors. May God's richest blessings be on each of you and may God continue to bless the Rehobeth Church and her ministries in wonderful ways. We will always hold you in a special way in our hearts!

Linda & Bob Kerr

THE MESSENGER

REHOBETH UNITED METHODIST CHURCH
P.O. Box 356
Terrell, NC 28682

Periodicals
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Health and Wellness

Components of a Healthy Eating Pattern

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:

- A variety of vegetables from all the subgroups—dark green, red and orange, legumes (beans & peas), starchy, and other.
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

- Saturated fats, added sugars, and sodium

Key recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars.
- Consume less than 10 percent per day from saturated fats.
- Consume less than 2,300 milligrams (mg) per day of sodium.
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

Source: healthypeople.gov
Healthy People 2020 Initiative

Thanks So Much

Dear church family,

I just wanted to thank you for the scholarship and for having such a loving, giving church family!

*With much love,
Holden York*

A Special Note from Janie

Rehobeth Church Family,

The last three years have flown by. I have been gone more than here. Amanda and I would like to thank all of you for your cards and calls. Our church family praying for both of us has meant a lot to us. Please keep us both in prayer. Her recovery is not over yet. The surgeon says it will take up to six months.

Again, thank you. I hope to see you on Sunday.

*God's love to all,
Keep praying,
Janie Seitz*



A Way Forward

You are invited for a time apart by the District Superintendent, Reverend Angela A. Pleasants. Let's come together to hear information and provide brave space for Q & A and prayer on the topic: "A Way Forward."

Dates and Locations:

- October 7 at Center UMC, 4945 Sherrills Ford Road, Catawba
- October 28 at First UMC, 311 3rd Ave. NE, Hickory
- November 4 at Park Street UMC, 120 Park Street, Belmont

Time: 3:00-5:00 p.m.

(All sessions will be similar. Feel free to attend the date and location that is more convenient for you.)