Our Mission Statement: “Called together by the Holy Spirit, we proclaim God’s presence and love in the world through prayer, worship, education and service. We invite children, youth, and adults to become disciples of Jesus Christ, live fully in the Holy Spirit, and embrace God’s love.”

In Church This Sunday
August 11, 2019
8:15 and 10:45 a.m. Worship Service
9:30 a.m. Sunday School

Ninth Sunday after Pentecost
Sermon Series: Pillars of Faith
The Sermon: “The Land of Milk and Honey”
Yiwen Bi
Scripture: Hebrews 11: 1-3, 8-16
Anthem: In Christ Alone
Paula McNally, soloist
Hymns:
529 How Firm a Foundation
395 Take Time to Be Holy
332 Spirit of Faith Come Down
710 Faith of our Fathers

Altar flowers are given by Ed and Sue Tresnak in celebration of their 57th wedding anniversary.

Acolytes: Anne Marie Simonds, Margo Simonds
Indoor Greeters: Claudia & Bill Broom
Liturgists: 8:15: Bill Crippen; 10:45: Debbie Asaturian
Sound System Operators: 8:15: Joe Swindell
10:45: Keven Mitchell
August Ushers: Mike Neill, Captain; 8:15 Volunteers Needed; 10:45 Ron Browning, Joe Lenzini, Lori Palmer, Krishna Balasubramanian, Will Stephens

PILLARS OF FAITH

In his preaching on July 28, Pastor Howard envisioned our church as “Sharing the Heart of Christ From the Heart of Carbondale. Before we can share the heart of Christ, we must first have the heart of Christ. I’ve been reading an interview with a Christian author, counselor and lecturer, John Eldredge. For the last three years he’s been leading a group of about twenty youth, and the motto of the group is “pursuing the heart of Jesus, not his recipes.”

What’s the difference between the heart of Jesus and his recipes? He explains that we may agree with Jesus’ teachings and believe they are right, but we won’t practice them until after we have the heart of Christ that drives us to do so. Embracing the heart of Christ ourselves is the precondition of sharing this heart. The more we seek and follow the heart of Christ on our own, the more naturally and spontaneously we will connect our heart with others.

Different from engaging mind, engaging heart can be risky for many people such as myself, because it involves opening my heart, removing my defensive mechanism, jumping out of my comfort zone, and possibly getting hurt. Engaging mind, comparatively, is safer. But we know connecting with others’ hearts means establishing a closer relationship and creating a great opportunity to personally relate to them. If we are willing to do so, lots of ministries we do for God here at 1st Methodist Church will be more meaningful.

Starting this coming Sunday, August 11th, we will begin a new sermon series called Pillars of Faith. In the next four weeks, we’ll look at scriptural passages from the book of Hebrews and the gospel of Luke to expound on what it means to have faith and trust God — in “what we cannot see.” So come worship with us as we strengthen our faith at the beginning of the new school year.

I came to Carbondale on the night of August 28th last year. Time flies and now I have almost finished one year of work and life here. I pray that God will enrich this coming year abundantly and be with us in every ministry, prayer, and thanksgiving!

See you Sunday,
Yiwen
### In Church This Week

**Aug. 8 to Aug. 22**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activities</th>
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| **8 Thursday** | 4:00 Assemble First Aid Kits at Wesley Center  
5:45 Gentle Toning, Stretch and Yoga (NOT MEETING)  
6:00 Education Committee  
7:00 Choir Rehearsal, Sanctuary (on vacation) |
| **9 Friday**   | 9:30 Golden Yoga, Room 404 *                                                 |
| **10 Saturday** | 8:15 Worship Service  
9:30 Sunday School  
10:45 Worship Service |
| **11 Sunday**   | 8:15 Worship Service  
9:30 Sunday School  
10:45 Worship Service |
| **12 Monday**   | 8:30 Men’s Group, Heritage Room  
9:00 Daniel Plan, Room 403  
10:15 Golden Yoga, Room 404 (NOT MEETING) |
| **13 Tuesday**  | 8:30 Men’s Group, Heritage Room  
9:00 Daniel Plan, Room 403  
10:15 Golden Yoga, Room 404 (NOT MEETING) |
| **14 Wednesday** | 9:00-3 Healing Touch (by appointment), Rm 403  
6:00 Scout Committee, Rm. 410 |
| **15 Thursday** | 5:45 Gentle Toning, Stretch and Yoga  
7:00 Choir Rehearsal, Sanctuary |
| **16 Friday**   | 9:30 Golden Yoga, Room 404 *                                                 |
| **17 Saturday** | 8:15 Worship Service  
9:30 Sunday School  
10:45 Worship Service |

**PILLARS OF FAITH**

**Series - Pillars of Faith**

**Aug 11 - Sept. 1**

**What does it mean to have faith, to trust in things not seen?**

"Hebrews 11:1 describes faith as “the assurance of things hoped for, the conviction of things not seen.” This series begins with the Heroes Hall of Fame in Hebrews 11 as an introduction to the “pillars of faith” we can all follow—not just those individuals but the markers of faith we can follow as we strive to live with such utter trust in God. In Hebrews and in Jesus' teachings in the Gospel of Luke, we learn how faith empowers us to see the unseen, boldly seek God in the face of opposition, and trust God to accomplish things we can only imagine."

**Address Change:** Lavina Thomas has moved to: Century Assisted Living, 703 S. Lewis Lane, Apt. 2B, Carbondale, IL 62901. Letters and cards would be welcomed. **Terry Glasser**

**Open Hearts, Open Minds, Open Doors**

**Next Meeting Monday, August 11**

4:00 to 6:00 p.m. Heritage Room

The Open Minds, Open Hearts, Open Doors group is hosting a live video conference on Sunday, August 11 from 4-6 p.m. in the Heritage Room. The video conference is being broadcast by IGRC (The Illinois Great Rivers Conference) for Unity. The service is a celebration, conversation, and discussion that recognizes that the United Methodist Church family needs diversity of our ideas united under the big tent of God’s gracious love. Everyone is welcome.

**A fee is charged.**

**Disciples for Sunday, August 11, 2019**

**Coffee Hosts:** 8:15 Carol & Gordon White; 10:45 Mary Beth Aguilar, Ellen Cotten

**Parish Nurses:** Betty Graig, Dana Oberg

**Van Driver:** Brian Gorecki

**Outside Greeters:** John & Sally Washburn

**August Nametags:** Carolyn Saunders

**Welcome Center:** 8:15 Carol White; 10:45 Sara Hinde

**Children’s Church Registration:** JoVonna Noble

**Children’s Church:** Tabitha Koch

**Youth Helpers:** Michael and Abby Koch

*Will not meet in August*

We plan to resume in September. Watch the Asburian for News!!!
**August 20 - Morning Circle, 10 a.m.**
Hostess: Sue Stucky
Transportation: Church bus will depart at 9:30 a.m.
See you at the lake!

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**CALANDER OF UPCOMING EVENTS**

**RED CROSS BLOOD DRIVE**
FUMC, HERITAGE ROOM
MONDAY, AUGUST 19, 2019, 1:30 - 5:45 p.m.
visit www.redcross.org/give-blood
Give Blood, Save a Life.

**SIGN UP SHEETS ARE AVAILABLE IN THE NARTHEX.**

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**Count Down of 10 Reasons to each...**

7. It will get your creative juices flowing.

**BONUS:** Along the way, you'll grow in patience, humility, and selflessness

**SKILLS NEEDED:** ability to read, sense of humor, caring spirit, love of God growing in your heart.

Contact Necia at 457-2416 or neciaj@fumc-cdale.org

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**Check it out...in the Children’s Library**

**What Happens When I Talk to God?**
By Stormie Omartian

“My prayers are important to God...That’s why I talk to Him every day. God wants to hear what matters to you—because you matter to Him! When you pray, you get to know God like a friend. And even though you may be small, your prayers are important to Him. No matter when you pray or where you pray, He always hears you. Something always happens when you Talk to God!”

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**ON SALE!!!!**

**CHURCH T-SHIRTS**
Get yours for our fall activities.

**Children sizes-$5.00**
XS, SM, Med, LG

**Adult sizes-$7.00**
SM, Med, LG, XL, XXL
SUNDAY CHRISTIAN EDUCATION

Children’s Opportunities, Sundays

Sundays at 9:30 a.m. Children’s Sunday School (K-5th grade) uses the Deep Blue from Cokesbury.
Main Topic: “David’s Family” - Aug. 11 Sunday School—“David and Abigail”

Sundays at 10:45 a.m. Children’s Church (K-5th grade). All children are invited to Children’s Church following the Children’s Time at the 10:45 a.m. worship service.

Youth Opportunities, Sundays at 9:30 a.m.

9:30 a.m. Junior/Senior High Class meets in Room 414 and uses a variety of materials connecting the lessons of the Bible with issues relevant to today’s youth.

Adult Opportunities, Sundays at 9:30 a.m.

Renew Class - Renew is a group of women seeking deeper meaning in their lives through Bible study, reflection and prayer. New study starting August 11: Five Means of Grace—Experience God’s Love the Wesleyan Way. They meet in the Chapel. Women of all ages are welcome.

The Electives Class - Scripture studies following the lectionary led by Rev. John Sims. They meet in the Heritage Room. All are welcome!

Small Group Opportunities

Gentle Toning, Stretch, and Yoga Techniques meets on Thursdays at 5:45 p.m., Rm 404, the Chapel.

Golden Yoga meets on Tuesdays at 10:15 a.m. and on Fridays at 9:30 a.m., Rm 404, the Chapel.

Grateful Hearts meets on Wednesdays at 6 p.m. in Room 308. This class is taking a break for the Summer. Class will resume some time in September.

Men’s Group All men of the church are invited to coffee and refreshments on Tuesday mornings at 8:30 a.m. in the Heritage Room. We discuss anything and everything from the perspective of our relationship with God.

Open Hearts, Open Minds meets in the Heritage Room. First meeting was July 1. Future meetings to be determined. How can we share the love of Christ with all people? Come share your ideas. Looking forward to seeing you!

The Daniel Plan Essentials meets in Room 403 at 9:00 a.m. on Tuesdays. They started the series The Science of Natural Healing on April 2. Everyone welcome.

Youth Group meets on Wednesdays at 6 p.m. in the Chapel. This group is on Summer Break. They will resume meeting in August.

Get Connected...to great opportunities for spiritual growth and fellowship on your Christian journey.

MURPHYSBORO FOOD PANTRY’s summer newsletter reported several accomplishments. The annual Stamp Out Hunger Postal Carrier Food Drive turned out to be a massive success. A little over 3,700 pounds of food were bagged and picked up by local carriers.

Director Megan Austin stressed in the spring how important the Community Challenge is to the Pantry’s operation. A goal of $50,000 was set and achieved. This annual fundraising event helps the Pantry through tough seasons.

Recent donations helped purchase two new rugs to stop rain water from being tracked in and anti-fatigue mats. The mats will really benefit volunteers who often stand on the concrete floor for 2+ hours.

Did you know you can designate the Food Pantry in Kroger’s Community Rewards program. You can do this at the service desk at Kroger or access Krogercommunityrewards.com to register your Kroger card.

Volunteer Opportunity—Special Olympics

There are a few volunteer opportunities coming up for Special Olympics activities in the area. Without the help of volunteers, Special Olympics would not be able to provide these opportunities for the Special Olympic athletes here in Southern Illinois. These events help five of the athletes experience the chance to advance to state competition. The first opportunity we have is 3 days of bowling at SI Bowl in Carterville on August 12, 14, and 16. Then on October 10 & 11 at the First Christian Church in Herrin will be the bocce competition. Please contact Jackie Flechs, Assistant Director, Region K Special Olympics at 618-383-4526 or jflechs@soill.org if you would be able to help, or would like more information about these events or opportunities. You can see opportunities online at https://www.cervistech.com/acts/webreg/eventwebreglist.php?org_id=0117&event_category_id=56. You can also sign up online to volunteer using that link. Thank you, Missions Committee.