

THE WHITFIELD



SPIRIT

For Members and Friends of Whitfield Memorial United Methodist Church

October 2-October 8, 2016

Remember the Sabbath Day

Dear Whitfield Family,

Hello to my brothers and sisters in Christ. Reverend John David Walt, former Dean of the Chapel at Asbury Theological Seminary in Wilmore, Kentucky, has been a poet for many years and shares the following words about Sabbath rest. God is using these words to speak to me. May they speak to your hearts, as well.

*Rest in rest
Holy leisure
Airtight time
Sabbath,
Creation slowing
Eyes open
Ears hearing
Sabbath,
Sacred rhythms
Guiltless feasting
Heaven hugging
Sabbath,
Nothing doing
Nowhere going
Work unknowing
Sabbath*

The practice of Sabbath-keeping is essential, in order for us to experience balanced and fulfilling lives and avoid burnout. In today's fast-paced culture filled with numerous electronic devices that encourage us to remain connected continuously, it is increasingly challenging for us to unplug and unwind. However, it is vitally important to set appropriate boundaries necessary for our spiritual, physical, emotional, mental and relational well-being. Dr. Robert Mulholland says Christians are often so busy "being in the world for God" that we fail to "be in God for the world." Additionally, he reminds us that we are "human-beings" rather than "human-doings." It is my hope and prayer that we will embrace and live in response to God's gift of Sabbath rest. May we intentionally balance being and doing. May we be willing to say no to some good things, in order to create time space for the best things God has for each of us.

Remembering the Sabbath,

Carolyn

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." Exodus 20:8-11

"Be still, and know that I am God." Psalm 46:10

"Sometimes the best thing Christians can do is take a nap." (shared by Reverend Nathan Carden)

Weekly Focused Corporate Prayer: Please pray for our church and its leaders.

It's' a Boy... and a Boy!

Peggy and Brownie Brown are proud
to announce the birth of

Nate Rowe Brown and Cole Wallace Brown
to their son Chris Brown and daughter-in-law
Carrie Brown on Thursday, September 15.

The twin boys were 8 pounds and 5 pounds, 7
ounces respectively. They reside with 4 year old
sister Nora in Atlanta, Georgia.

Wednesday Night Dinner and Programs October 5

Menu: Poppysed Chicken, Rice, Green Beans,
Pineapple Casserole, Roll and Cake.

Program: Witness by Janice Nunnally, Owner of
the Gazebo Tea Room

PRIMETIMERS

Primetimers will meet on Thursday, October 13 at
FIRST WATCH (formerly The Egg & I),
2920 Zelda Road, at 11:30 A.M.

Please RSVP to Jimmy or Martha Lee,
mlee509@charter.net or call 273-8061.

River Region Prayer Walk Saturday, October 1, 2016

Union Station Train Shed, Montgomery, Alabama
Registration - 8:30 a.m.; activities begin 9:00 a.m.

This is a FREE community event!

*The first 150 adults and 25 children to arrive at
the event receive a free T-Shirt (Quantities/Sizes
upon availability)

FREE Concert, Hot Dogs, and Fun Fellow-
ship! Bring donations of school supplies and uni-
forms to support Valiant Cross Academy.

For more information, contact Brooke Freeman
riverregionprayerwalk@gmail.com or 334-300-5407.



Beginning October 9 @ 9:15 a.m.
Parlor, Education Building
Leader: Alice Henley

Holy Communion - Sunday, October 2, 2016

Holy Communion will be offered
on Sunday, October 2nd, to our
members who are unable to
attend church at this time.



The elements will be consecrated at the worship
service and volunteers will take Communion out
between the hours of 2:00 and 4:00 pm. We plan to
take Communion to all who received Communion on
Sunday, June 5th. If you did not receive in August, but
would like to receive Communion on October 2nd,
please call the church office by Thursday, 9/29. This
ministry is being sponsored by the A+ Council at Whit-
field UMC.

FLOWER CALENDAR

We only have three Sundays left
available on the flower calendar.
October 9, 16 and 30th.

Please sign up in the church
office or call 281-2467.

The cost of the flowers is \$55.00



ALTAR FLOWERS October 2

The altar flowers are offered to the Glory of God
and in grateful appreciation for my church family's
demonstrated love during my recent medical
situation by Earl Heath.

Attendance September 25, 2016

Sunday School 53 Morning Worship 100

SCHEDULED EVENTS

Sunday, October 2	
Worship Service	8:15 a.m.
Sunday School	9:15 a.m.
Morning Social	10:00 a.m.
Choir Practice	10:00 a.m.
Worship Service	10:30 a.m.
UMYF	11:30 a.m.
Monday, October 3	
Walking Group (M-F)	7:15 a.m.
Tuesday, October 4	
Prayer Group	7:15 a.m.
Ladies Bible Study	2:00 p.m.
Wednesday, October 5	
Prayer Group	2:30 p.m.
POP Family Prayer Group	4:30 p.m.
Fellowship Supper	5:30 p.m.
Choir Practice	7:00 p.m.
Thursday, October 6	
Covenant Bible Study (Library)	10:00 a.m.
Covenant Bible Study (Library)	5:30 p.m.
Friday, October 7	
Personnel Testing	7:00 a.m.
Sew n sews	10:00 a.m.
Saturday, October 8	
No events currently scheduled	

Youth News

I was at the gym one day last week and ran into my old friend Sam. While we were talking, I asked him if he was still going over to St Luke UMC. The last time I had seen him he was excited about going and had just started on a regular basis. He answered me with "no, God didn't want a sinner like him at church". I said "that's exactly who he wants, all of us sinners! There really isn't anybody else down here but sinners because the only perfect One is with him in Heaven already." People sometimes don't go to church because they don't think they are good enough, but the truth is we are all good enough, or bad enough, to be at Church. It's exactly for us! Encourage someone you know to come to church!
Praise The Lord!
Beverly

Food Pantry Needs:

Cereal, canned fruit, canned vegetables and canned meat, tooth brushes and toilet paper.



You Are In Our Prayers!!

Whitfield Members

Vivian Rogers, Kirk Wood, Jay Byrd, Peggy Brown, Martha Parker, Henrietta Cusick, Elmer Rogers, Alma Reynolds, Jo Moody, Peter Brambir, Betty Woodson, Libby Richardson, Joan Rodgers, Thursa Brown, John Woodson, Dottie Suber, Charlotte Brambir, Mildred Jones, Betty Fuller, Kay Littlepage, Brownie Brown, Lib Cain, Tom Burns, Caryll Carrick, Elmer Stelk, Eloise Parsons, Sawyer Johns, Bill Fischer, Allison East, Jim Solomon, Edna Kohn, Jim Vice, Helon Haack, Susan Richardson, Louise Gargus

Home Bound Members (in-town)

Lois Payne, Nealie Pruitt, Emmett Turner, Teresa Chavers, Ruby Solomon, Margaret Deacy, Wayne Read, Delores Dodson, Mitzi Warren

Home Bound Members (out of town)

Elaine McBride, Martha Payne, Juanita Pritchett, Katie Hopper, Blenda Lushington

Friends of Whitfield

Wayne Russell, Verna Stevens, Mary Mellott, Bill Miller, Jeff Varner, Doug Dennis, Sharon Brugh, Margaret Ann Batley, Gwinn Corley, Emma Hope Shaw, Joy Lushington, Marty Trawick, Doug Estes, Dan & Kate Lindsey, Myrtle Knight, Mona Pirsig, Kenneth Means, Nathan Hamilton, Mary Ellen Millis, Paul Lanier, Myles Wright, Ashley Dunwoody, Beverly Cornwell, Walter Albritton, Jean Cantey, Teresa Kempter, Mac Macready, Pat Nelson, Darlene Fox

Peace for the nations and protection for all those who live and serve in harm's way.

Note: Please submit any names you would like added to the church via telephone (281-2467) or e-mail (whitumc@bellsouth.net) All names submitted are kept on the prayer list for **four weeks** unless otherwise notified. *Those names in Italics are in need of long term prayers.*

Whitfield Memorial United Methodist Church
2673 Fisk Road, Montgomery, AL 36111
Phone: 334.281.2467 Fax: 334.281.2698
www.whitfieldumc.org

U.S. POSTAGE PAID
NON-PROFIT ORG
MONTGOMERY, AL
PERMIT #157

RETURN SERVICE REQUESTED

WHITFIELD STAFF MEMBERS

Pastor

Reverend Carolyn Nelson
cnelson@whitfieldumc.org

Music Director

Angie Mitchell
amitchell@whitfieldumc.org

Youth Director

Beverly Brown
bbrown@whitfieldumc.org

Financial Assistant

Kristi Milano
kmilano@whitfieldumc.org

Nursery Director

Daisy Stelk

Administrative Assistant

Jennifer Andrews
whitumc@bellsouth.net

Program Director

Patty Macready
pmacready@whitfieldumc.org

Organist

Telsie Davis
tdavis@whitfieldumc.org

Kindergarten Director

Jane Ruud
jruud@whitfieldumc.org

Nursery Co-Director

Mary Stone

Custodian

Larry London

Phone: 334-281-2467; **Fax:** 334-281-2698

E-mail: whitumc@bellsouth.net

Church Office Hours:

8:15-12:30 and 1:30-4:15, M-Th

8:15-12:30 p.m. Friday

Sunday Services: 8:15 & 10:30 a.m.

Sunday School: 9:15 a.m.

**Worship Assistants - September 25
(Communion)**

Ushers: (8:15) Mary Thomason
(10:30) Amanda Senn, Ron Capel,
Carl Stevenson, Brownie Brown

Counters: Jan Heath,
Jeannie Anderson

Van Driver: Ron Capel

Soundboard: (8:15) Harry Brantley
(10:30) Steve Duffee

Readers: (8:15) Mark Willis
(10:30) Earl Heath

Children's Worship: Communion