



A Note from the Pastor . . .

¹⁸ As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. ¹⁹ "Come, follow me," Jesus said, "and I will make you fishers of men." ²⁰ At once they left their nets and followed him.

Matthew 4:18-20

Peter and Andrew weren't college graduates or corporate executives. They were hard-working laborers who went to work every day to help support their families. Perhaps by today's standards they would not be first choice for a leadership role. And yet Jesus saw something in them that led him to seek them out and invite them to join him in a life-changing adventure. Each of us who call ourselves Christian has heard the two-fold call of Jesus.

First, we are called to follow Jesus. Following Jesus isn't always easy because we know he went to places where we might not choose to go and dealt with people we might prefer not to deal with. But if you look at the people he helped, you'll see that he offered compassion and promoted healing for people who might not otherwise experience such things. If we follow Jesus, we go where he leads, not where we lead.

The second part of the call of Jesus involved some change on the part of those being called. Jesus said, "I will make you fishers of men." I'm guessing they didn't have a clue what that meant at the time. Also, his words imply that they weren't ready for that role on the day they were called. They needed time with Jesus first, to let him teach them and show them through word and action.

What strikes me most about this passage are Matthew's words "at once." There was no hesitation on the part of Peter and Andrew. Just as Jesus saw something in them worthy of the calling, so they too saw something in Jesus worthy of the following.

Those first disciples spent three years basically 24/7 with Jesus - listening, watching, learning. How much time today do we spend with Jesus, listening to him teach us, watching where he is at work among us, and learning to be fishers of men? When was the last time we dropped everything "at once" and left our everyday activities to respond to the call of Jesus, "Come, follow me, and I will make you fishers of men?" To do so is to experience a truly life-changing adventure.

Grace, mercy, and peace from God the Father and Christ Jesus our Lord,

Pastor Edna

Pastor:

Rev. Edna F. Moore

Co-Lay Leaders:

Laurie Bersack

Jim Simpson

Admin. Assistant:

Tonja Agey

Director of Music:

Ruth Nelson

Preschool Director:

Donna Thomas

Newsletter Editor:

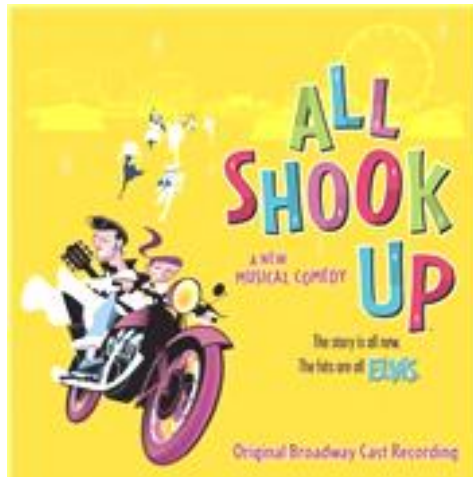
Tonja Agey

We would like to extend a Happy Birthday to all Church Family Members who were born in July! If your birthday is not displayed and you would like it to be, please call 540-364-2506 or email the church office at Admin@marshallumc.org. We would be delighted to add you!

4 – Shirley Carter
 4 - Walter Story
 5 – Logan Fisher
 6 – Smokey Jacobs
 7 – Chris Harris
 7 – Logan Fisher
 10 – Kelley Walker
 13 – Jessica Smith
 16 – Connie Story



17 - Maddy Walker
 17 – Lauren Sweeney
 20 – Joe Bersack
 22 – Mike Fisher
 22 – John “Ricky” Reynolds
 23 – Peggy Goldsmith
 28 – Jeff Machamer
 28 – Tom Falkowski



“All Shook Up” Riverside Theatre

July 13, 2011

Seniors on the Go! (our senior ministry) will be leaving the church parking lot at 10:30am. Contact Doris Edmonds for more information (540) 253-5349 or iluvnoah1@netzero.net.

Volunteer Opportunities:

- ◇ Worship Leader
- ◇ Acolyte
- ◇ Nursery Attendant,
- ◇ Children's Message

If you would like to volunteer in any of these areas please contact Cathy Harris (540) 364-1024.



MUMC Backpack Buddies



Marshall United Methodist Church Mission to Our Schools

First Collection to School **September 9, 2011**



We are partnering with Marshall Middle School this Fall to provide food supplements on weekends to children in need.

We are collecting single serving sized healthy food items that can be packed and distributed to children—to fill in when they are not at school and still need healthy meals.

We will not know the receiving families, but we will keep them all in our prayers.

Drop off items throughout the summer in the designated box.

Items to Consider:

- Individual Packets of Crackers
- Individual Tuna/Cracker Packets
- Raisins (plain or yogurt covered)
- Fruit and Applesauce Cups
- Dried Fruit
- *Lunchables* (or the like)

Mission News

Congratulations Marshall UMC!

Through your generous efforts we delivered to Annual Conference:

41 COMPLETE HEALTH KITS


PLUS additional miscellaneous health kit supplies:

5 Combs	4 Nail Clippers
4 Toothbrushes	20 Bars of soap
40 Washcloths	100+ Band-aids

These items will assist in disaster recovery efforts. We also delivered several items of canned food for the local Food Bank in the Roanoke area.

July 2011

Sunday School @ 8:45am * Worship Services Sunday @ 10am
JOIN US!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 8:45 am Sunday School 10 am Worship Service	4 Pastor's Day Off Church Office Closed  INDEPENDENCE DAY!	5 6 pm Men's Group (L)	6 12 n Senior Luncheon (FH/K) 7 pm Iglesia Cristiana Nuevo Renacer Svc (FH)	7 12 n Senior Luncheon (FH/K) 7 pm Iglesia Cristiana Nuevo Renacer Svc (FH)	8 8 am UMM (FH/K) 8 am Boy Scout Yard Sale (Large and Small Parking lots)	9 8 am UMM (FH/K) 8 am Boy Scout Yard Sale (Large and Small Parking lots)
10 8:45 am Sunday School 10 am Worship Service	11 Pastor's Day Off Church Office Closed 6:30 pm Trustees Mtg (FH)	12 6 pm Men's Group (L) 6:15 pm MUMC Softball Game (WG Coleman) 7:30 pm Choir Rehearsal (S)	13 10:30 am SOG! Trip to Riverside Theatre	14 7 pm Iglesia Cristiana Nuevo Renacer Svc (FH)	15 9 am Caregiver Support Group (FH)	16 9 am Caregiver Support Group (FH)
V.B.S. 3-6pm, July 11-15						
17 8:45 am Sunday School 10 am Worship Service	18 Pastor's Day Off Church Office Closed	19 6 pm Men's Group (L) 6:15 pm MUMC Softball Game (WG Coleman)	20 NEWSLETTER DEADLINE	21 7 pm Iglesia Cristiana Nuevo Renacer Svc (FH)	22	23
24 8:45 am Sunday School 10 am Worship Service	25 Pastor's Day Off Church Office Closed	26 6 pm Men's Group (L) 6:15 PM MUMC Softball Game (WG Coleman)	27 6:30 pm Finance Mtg (FH) 7:30 pm Council Mtg (FH)	28 7 pm Iglesia Cristiana Nuevo Renacer Svc (FH)	29 7 pm Family Movie Night (FH)	30
MUMMY Mission Trip, Blue Knob, PA, July 24-29						
31 8:45 am Sunday School 10 am Worship Service— Receive New Members						

August 2011

Sunday School @ 8:45am * Worship Services Sunday @ 10am
JOIN US!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Pastor's Day Off</i> Church Office Closed	2 6 pm Men's Group (L)	3 6:30 pm MUMIPS Board Mtg (FH)	4 12 n Senior Luncheon (FH/K) 7 pm Iglesia Cristiana Nuevo Renacer Svc (FH)	5	6
7 8:45 am Sunday School 10 am Worship Service	8 <i>Pastor's Day Off</i> Church Office Closed 6:30 pm Trustee Mtg (FH) 7 pm Potomac Nationals Game—Family Life Event	9 6 pm Men' Group (L)	10 7:30 pm UMW (FH)	11 7 pm Iglesia Cristiana Nuevo Renacer Svc (FH)	12	13 8 am UMM Mtg (FH/K)
14 8:45 am Sunday School 10 am Worship Service	15 <i>Pastor's Day Off</i> Church Office Closed	16 6 pm Men's Group (L) 7:30 pm Choir Rehearsal (S)	17	18 7 pm Iglesia Cristiana Nuevo Renacer Svc (FH)	19 NEWSLETTER DEADLINE	20
21 8:45 am Sunday School 10 am Worship Service	22 <i>Pastor's Day Off</i> Church Office Closed	23 6 pm Men's Group (L) 7:30 pm Choir Rehearsal (S)	24 6:30 pm Finance Mtg (FH) 7:30 pm Council Mtg (FH)	25 7 pm Iglesia Cristiana Nuevo Renacer Svc (FH)	26	27
28 8:45 am Sunday School 10 am Worship Service 6 pm Family Picnic/Vesper Service (Bersack Home)	29 <i>Pastor's Day Off</i> Church Office Closed 7 pm Scout Pack 177 Committee Mtg (MH)	30 6 pm Men's Group (L) 7:30 pm Choir Rehearsal (S)	31			

Parish Nurse Corner (*Body, Mind, and Spirit*)

By Susanne Arbogast, MSN, RN, FCN

The Health Ministry team "Post Senior Luncheon" exercise program continues to grow. For the last few months, we have been focusing on incorporating exercise with our daily activities. A small \$2.00 ball from Wal-Mart has provided added fun. Just remove a little of the air from the ball—making it softer; which allows you to be able to hold the ball at your ankles and do small leg lifts.

Exercises can be done while cooking, brushing your teeth, or watching television (utilize the commercial breaks as work out time). Come join us! We sing, laugh, talk, and generally raise everyone's spirits! Handouts of the exercises are provided as a reminder for the rest of the month, and the exercises are modified for everyone's physical capabilities. **Breathing Tip:** When you deep breathe, breathe in and think "Smell the Roses" and breathe out and think "Blow out the candle".

A handout on proper **walking tips** was distributed. One of the tips for walking that is listed is to begin and end with a five minute easy paced warm up/cool down walk. Bend your arms at a ninety degree angle - do not swing at sides - shoulders back and chest lifted for proper posture.

The blood pressure screening and health questions/answers have been provided each month also. If you have any health questions, we do our best to answer or obtain the answers for you.

The HEALTH TIPS of the month:

1. Emergency Preparedness: A Disaster Preparedness handout is available. It lists items that would be needed on hand if you were ever caught in a disaster situation and would need to sustain yourself for a few days.
2. Sun Exposure Awareness:
 - A - Avoid unprotected exposure
 - W - Wear sun protective clothing, sunglasses, and a hat with a three inch brim
 - A - Apply sun screen with UVB/UVA #30 (no lower) every two hours
 - R - Routinely check skin for changes or growth (a chart is posted on the Health and Wellness Bulletin Board at the church)
 - E - Educate your family and friends in the precautions

Thyroid cancer (especially in women) is the fastest rising cases of cancer. A way to prevent thyroid cancer is by asking the Dentist (for both men and women) to place a throat guard over your neck when doing dental X-rays. For women, ask to have a throat guard when having a Mammogram also. This simple throat guard will protect you.

Health Ministry Mission: "To encourage and promote wholeness of the spirit, mind, and body within our congregation and community through prayer and education following Christ's example of love, support, and compassion.

"Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul." 3 John 1:2

Annual Conference 2011

Submitted by Laurie Bersack

Notes from conference: The theme of the 229th session of the VA Conference was "Being Christ for Others: Snapshots of the Kingdom". The opening session was Wednesday night with Charlie Harless, youth representative, as the keynote speaker. His primary point: Youth are not just the future of the church, they are the present and need to feel they are being heard and welcomed. Are we, at MUMC, doing that for our youth?

I never truly understood the hymn "O, For a Thousand Tongues to Sing" until I heard 1,000 voices raised singing this hymn. WOW! That was the opening song of the opening session on Thursday morning. We were presented with several committee reports and the first ballots were handed out. The laity had to whittle down 115 names to 13 for General conference in 2012. What a daunting task, but by Friday afternoon's session we had nominated 10 and needed only 3 more candidates.

Thursday afternoon was more reports and we began working our way through the 18 resolutions in the "Book of Reports". Some passed, some did not, others were referred to committees for study. Details of the resolutions are available on the Conference website.

On Friday afternoon we said "good-bye" to 41 retiring clergy who, collectively, had 1,170 years of service to the United Methodist Church.

Friday evening was a beautiful "Service for the Ordering of Ministry" ceremony. The keynote speaker was Dr. Sam Wells, Dean of Duke Chapel, and he spoke on Acts 7:54-60 (the stoning of Stephen) and Matt 10:16-25 (Jesus sending out His disciples and warning them they are sheep going amongst the wolves). His sermon title was "Flogged and Dragged". Dr. Wells' seriously, humorous way of preparing the soon-to-be-ministers for the service. They were called by God, sent by Jesus, and forewarned of the times they might be "flogged" in the Temple and "dragged" into the street by the believers. He even turned his back for 10 seconds, "in case any of them had changed their mind and wanted to sneak out. No, no, it's okay. We understand."

Unfortunately, because of personal travel plans, I had to come home early, so missed the Saturday and Sunday sessions. If anyone has any questions about the business conducted on those days, please take a few minutes and talk to Pastor Moore. She will be glad to share.

Kits for Conference

40,000 lbs of potatoes were bagged for St Andrews Society!

Total Kits Collected:

Health Kits	27,148
School Kits	15,192
Layette Kits	3,723
Sewing Kits	648
Bedding Packs	62
Cleaning Buckets	854
Birthing Kits	5,243

9,200 lbs of food

Newsletter Deadline for August 2011

The deadline is Monday, **July 20th**. Articles for the newsletter may be emailed, mailed, or called into Tonja Agey at the church office at any time up to the deadline. You may reach her by phone at 540-364-2506 or by email at Admin@marshallumc.org. Articles that are mailed in may be mailed to the church post office box listed on this newsletter.



Please remember to inform the church office if you are planning to move or change your address. The church mailing account is charged 50¢ every time a newsletter is returned due to being undeliverable. This will also ensure that you continue to receive your monthly issue of *The Circuit Writer* in a timely manner. The *Circuit Writer* is also available by email! To receive your copy via email, write to Admin@marshallumc.org and request the change today!

**Please join us each Sunday for Sunday School (for all ages) at 8:45 am
and Worship Service at 10:00 am.**

072011



Marshall
United Methodist Church

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Admin. Assistant—Tonja Agey

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Sermons are now available
on our website!
