

Tri-Angles

FIRST UNITED METHODIST
CHURCH OF BELMONT



*United in the Spirit, First United Methodist
Church of Belmont exists to be more like
Jesus Christ for our community and beyond*



Dear FUMC Family,

Thank you for joining me this fall in reading Ephesians. I've heard from many of you who have found Paul's words particularly powerful this fall. God speaks to us through all of scripture, and yet Ephesians does have special significance in 2024, doesn't it? Consider Paul's words in Ephesians 5:15-16 (which we'll talk about together on October 13): "Be careful, then, how you live, not as unwise people but as wise, making the most of the time, because the days are evil."

Making the most of the time is a goal of nearly everyone I meet in the fall of every year. The philosopher Seneca put it well, "It's not that we have little time, but more that we waste a good deal of it." Of course, Paul adds a deeper, spiritual dimension to the struggle: "Make the most of the time," he says, "because the days are evil." We pick up a newspaper or turn on the television and find ourselves nodding in agreement, just like generations before us.

One of the temptations we face, particularly in the church, is nostalgia. If we could just go back to the way things were, we say, everything would be alright. Gil Rendle defines nostalgia as "using the solutions of the past to solve the problems of today." It's deeply flawed, but we all do it. I know of a church that, during the recent debates over disaffiliation, circulated letters urging the church to "get back to the way things were in the 50s." Of course, what the letter forgot (I hope unintentionally) is that America was segregated in 1950. And in the United Methodist Church women didn't receive full clergy rights until 1956. Going back to the past will not work. There must be another option to meet the challenges of our day.

"Make the most of the time," Paul says. Is he really suggesting the answer to the darkness and evil of this world is better time management? In the Greek the word he uses means *to redeem* or *to buy back*. It is a word best used to describe what God does in and through the life, death and resurrection of Jesus.

The more times I read Ephesians, the more I'm struck by the incredible depth in Paul's words. The days are dark, evil, full of chaos and struggle... but look carefully and closely underneath it all. God is at work. Redemption is possible. It is happening.

Paul is encouraging us to embrace and celebrate the significance of every moment we are blessed to live. We live with hope, trusting in the redeeming grace of Jesus Christ. We share in His transforming work as we become more like him. We live every moment and minute and hour and day to the glory of God.

May it be so for you and for our congregation in these days together. Thank you for allowing me to serve as your pastor.

With much peace,



Our journey through Ephesians continues! Read along and join us in worship!

OCTOBER 06—Ephesians 4:25-5:2

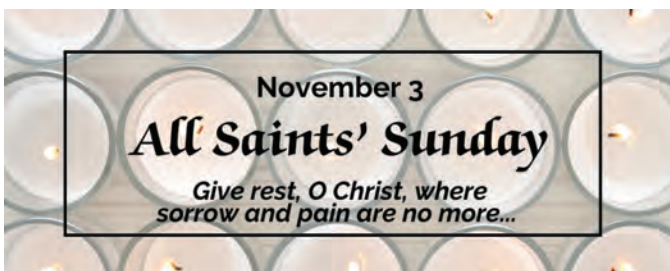
So then, putting away falsehood, let each of you speak the truth with your neighbor, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Those who steal must give up stealing; rather, let them labor, doing good work with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths but only what is good for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

OCTOBER 13—Ephesians 5:15-20

Be careful, then, how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery, but be filled with the Spirit, as you sing psalms and hymns and spiritual songs to one another, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

OCTOBER 20—Ephesians 6:10-20

Finally, be strong in the Lord and in the strength of his power; put on the whole armor of God, so that you may be able to stand against the wiles of the devil, for our struggle is not against blood and flesh but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, so that you may be able to withstand on the evil day and, having prevailed against everything, to stand firm. Stand, therefore, and belt your waist with truth and put on the breastplate of righteousness and lace up your sandals in preparation for the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end, keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.



On All Saints' Sunday we will remember all those in our church who have died in the past year and joined the Church Triumphant. We will welcome family members and friends of church members who have died, and recognize all those we love but see no longer. Plan now to join us, at 8:30 and 11:00 a.m., for this very powerful day in the life of our church.

COMING UP IN THE LIFE OF OUR CHURCH

Prayer after each worship service will be offered beginning Sept. 29th in the prayer room off of the Narthex.

Our Congregational Care Ministers and retired clergy are available to pray with you.



This month's book:

ANNE LAMOTT
TRAVELING MERCIES
SOME THOUGHTS ON FAITH
IN THE AFTERMATH OF LOSS & GRIEF

STORIES TO LIVE

EXPLORING SPIRITUAL MEMOIRS

Monthly on Sundays
with Pastor George

Visit fumcbelmont.org/stories
to learn more and sign up.

COMMUNITY CAFE

supporting

Dahlia Grove
11:45-1:15

Dining at the cafe provides financial support and training for women recovering from human trafficking, domestic violence and drug addiction

EVERY THURSDAY

First Friday Men's Meeting

OCTOBER 4TH
6:30 AM- AT THE YOUTH HOUSE
Men of the church are invited to a time of fellowship, devotion, and discussion over breakfast. All are welcome. RSVP helps us plan for food.
<https://is.gd/MR5Raw>
Contact Brandon Martin with questions.

BCO

Drop off by **Oct 6**

Collecting monthly non-perishable food to help those without adequate food resources

TOP 20

- Rice
- Jelly
- Pop tarts
- Grits
- Oatmeal
- Soup
- Peanut Butter
- Instant Potatoes
- Crackers
- Mac & Cheese
- Pasta
- Pasta Sauce
- Dried Beans
- Corn Muffin
- Mix
- Cookies
- Canned: Meat
- Tomatoes
- Vegetables
- Pasta
- Fruit

Blessing of the Animals

Sunday, October 6 at 5:00pm

Outdoor Pavilion

Bring your pets to be blessed; to remember those pets who have died, and to celebrate the gift God has given us in all God's Creatures, especially those who are our companions.

Join the Primetimers for a fall trip to the mountains!

Thursday October 10th -
8:30 a.m. to 3 p.m.

Blowing Rock for lunch
(only cost is lunch)

Transportation provided

RSVP to Doreen:
doreen@fumcbelmont.org



Partners in Health & Wholeness

Event: Faith & Mental Health Symposium

Date/Time: October 10th, 10:00 AM - 2:00 PM

Location: First UMC Hickory

Learn More and Register Here: <https://healthandwholeness.org/faith-and-mental-health-symposium/>

Brief Description: Join us for the Faith & Mental Health Symposium, a dynamic and transformative event dedicated to exploring the vital intersection of faith and mental health. This symposium aims to equip faith leaders, congregants, and community members with the knowledge and tools to support mental health within their communities. There is no charge for attending the event, and lunch will be provided.



FAITH & BLUE

Weekend - 2024

OCTOBER 11TH-14TH

Friday October 11th
 Event Kick Off Breakfast - First Baptist Church (8:30am-10:00am)
 Facebook Live Interview with Chief Falls

Saturday October 12th
 Community Improvement Project - Reid Park (8am-noon)
 Fall Festival / Pumpkin Patch - Park St. UMC (4pm-7pm)

Sunday October 13th
 Unity March - BPD to Stowe Park (4pm-4:30pm)
 Faith Fest - Stowe Park (4:30pm-8pm)

Monday October 14th
 Closing Ceremony - Queen of the Apostles (6pm-8pm)




FREE Ticket / T Shirt
 Sponsor
 Donate



**JOIN THE LADIES OF
 SQUARE TWO**

TRUNK OR TREAT WITH
 HOOD MEMORIAL AME CHURCH
 (COWGIRL THEME - JEANS/BOOTS)
 REID PARK - OCTOBER 27
 OUT TO DINNER AFTERWARDS

All ladies welcome! RSVP ALICE FARRIS:
 AWFARRIS@ME.COM

SOUP FOR THE SOUL



Know a neighbor who is sick or in need of comfort? Take them a quart of Chicken Noodle Soup made by our Soup for the Soul cooking team. The soup is in our freezer ready to bring comfort to someone in need of care.

To learn more contact
 Debbie Thames at dhthames@gmail.com



Children's Sabbath - October 27



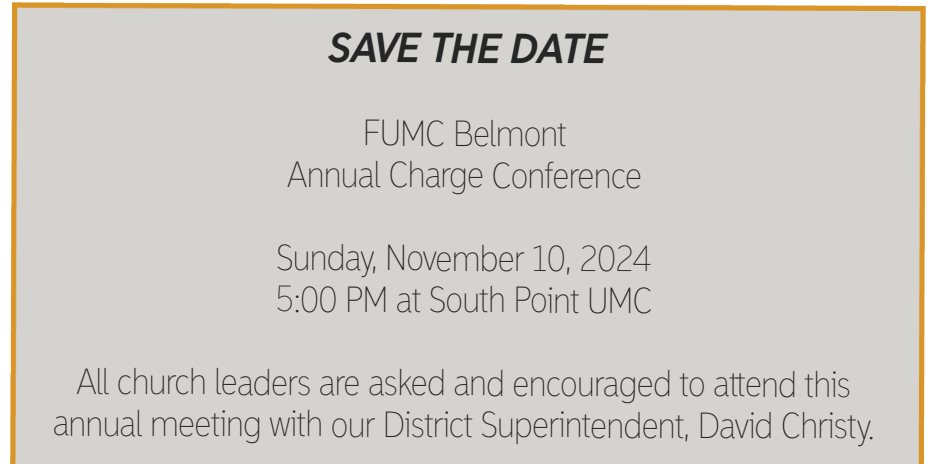
We will be celebrating Children's Sabbath at the 8:30 and 11am services on Sunday, October 27. Our guest speaker that day will be Susanna Kavanaugh, the Executive Director of Least of These Carolinas, a non-profit organization based in Gastonia. Their mission is to provide opportunities and resources that empower children affected by foster/kinship care to develop a healthy sense of self worth. Mark your calendars for this important Sunday in the life of our church.

IMMIGRATION DETENTION AND INCARCERATION: MIGRANTS SPEAK - October 29th at 7:00pm

Join us for this powerful webinar that centers the voices of migrants as they share personal experiences and insights on immigration detention and incarceration in the US. This discussion will explore the challenges they face in the detention system, the impact on their lives and families, and the urgent need for reform. Hear directly from impacted migrants and gain a deeper understanding of the immigration system that keeps over 40,000 immigrants in detention facilities daily.

This webinar is offered by Immigration Law and Justice Network, United Women in Faith, and numerous partner organizations. All are welcome. There is no cost to participate. Registration is offered on a first-come, first-served basis. Use this QR code to register.

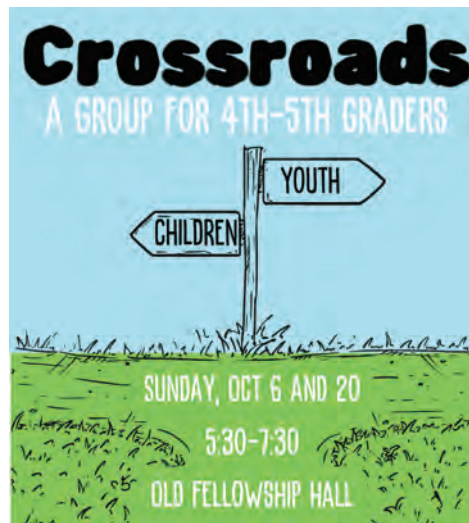




SERVICE AND MISSIONS

Generosity is one of our core values here at FUMCB and our church demonstrated that value in full measure last month. Our Back-to-School collection was so large we had to use multiple pictures to try to capture the donation that included over 125 boxes of Kleenex, 15,000 sheets of notebook paper, 2,200 pencils and MORE! Many thanks to Hope Weininger for sorting and organizing the collection. Thanks to Doug Moody, Jaden Pendleton and Arthur Ligon for delivering the donations to H.H. Beam Elementary and Holbrook Middle School. We also give a shout out to Liz Gray for representing our church and working the concession stand at Holbrook Middle School during a football game to help reduce the need for another teacher to work extra hours after work. Thanks to everyone for helping us live into our mission to be more like Jesus Christ to our community and beyond!





Bible Art Small Groups



On Wednesday nights our Preschool-5th graders are creating art projects to remind them of the beauty and greatness of God. All children are welcome to join us from 6:30-7:30.



On August 25 fifteen of our children received new Bibles from the church. We celebrate this special day and the children who received their Bibles:
 Michael Reid Apple, Ellerie Boudreaux, Avery Elizabeth Clapp, Luke Dean Dayton, Eleanor Taylor Delany, Jaxon Forbes, Annalise Joy Halfhill, Brinkley Katherine Jones, Camilla Alise Shook, Jones Karlin Smith, Marie Sullivan Sutton, Benjamin Thompson, Olivia Tyson, Claire Elizabeth Wilhelm, Aria Presley Williams

YOUTH

Inviting Teens into the Disruptive Joy with Jesus

Grades 6-12
Sundays at Connect
5:30-7:30
Sept 15-Nov 17

Our Youth will focus on how a deeper relationship with Jesus can offer us greater joy in our lives.

WHICH WOULD YOU CHOOSE?



Join us at Connect for
a series on poverty
Oct 13 & 20
5:30-7:30

COME EXPLORE WHAT
"WELCOME ALL"
MEANS

*Engage Sunday
School*

OCTOBER 6, 13, 20, AND 27
AT THE YOUTH HOUSE

Youth Kick Off

On Sunday, September 8, the Youth kicked off their year with a colorful and fun evening! We meet every Sunday in Carpenter Hall from 5:30 to 7:30! Everyone is welcome to join us this season as we connect with Christ and each other. Anyone who wants to know more is welcome to contact Quanna at quanna@fumcbelmont.org to learn more.



REFLECTION

FUMC Belmont had an incredible opportunity to hear from one of our retired Bishops, Kenneth L. Carder. He served as a UMC pastor in Tennessee and in Virginia and as a Bishop in Nashville and Mississippi. After his appointment as a Bishop he joined the faculty at Duke Divinity School teaching Christian Ministry.

During his talk he spoke about the calling he had on his life to become the full time caregiver for his wife Linda who had dementia. His book *"The Ministry with the Forgotten"* is an attempt to bring another lens into the picture of people who have dementia and for their caregivers. To show how theology and emotional wellbeing can assist in the care given to those with this disease.

We are grateful for Bishop Carder sharing his time, passion and knowledge about this subject with our community. You can view his talk on our Facebook page if you scroll to Wednesday September 11 and click on the video.



THE DIFFERENCE ONE NIGHT CAN MAKE

On Sunday, September 22, our church gathered for our annual Not-So-Silent Auction to benefit Zoe Empowers. In 2017, we partnered with our very first Empowerment Group and have continued our efforts ever since. We are now partnering with our sixth Empowerment Group- Umunezero, meaning happiness. Our prayers and support for this group of 24 households began in July 2023 and will continue through June 2026 as they learn from Zoe, dream about their futures and take steps to bring themselves out of poverty into self-sufficiency.

This three-year period is designed to allow congregations to use those three years to raise their \$27,000 commitment (\$9,000 a year) to fund a community. Yet, through your generosity, we raised over one year's worth of our commitment to Umunezero in one night! As a result?



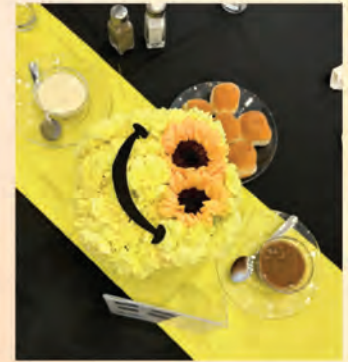
Umunezero Bweramana Group participating in table banking

Our commitment to them doesn't end there though. Even though completely funded, we are called to continue praying for these families and the work they will do over these next two years. They have already accomplished so much in their first year. From dreaming up businesses

they would like to start, to creating community amongst themselves, and beginning to create a financial support effort to address much needed financial needs as they arise, they have been busy! Younger household members return to school and begin getting an education- schooling, hygiene, and more. As you pray, consider the efforts it takes to dream and make them come true. Think of the staff teaching and the young children learning and pray for them. Think of the sickness that strikes here in our community and pray for the health of our community in Rwanda, too.

Thank you to our own community of supporters of Zoe who helped make this night so successful. From donation soliciting, amazon wish list purchasing, basket assembly, kitchen cooking, meal plating, dinner servers, church members creating, and everything in between, more than 80 volunteers in our church gave time, items or both to make our night happen. More than 20 local businesses also donated. Thank you!

They made it happen



Left picture - Marsha (pictured) and James Harris prepared our meal this year. Thank you for serving Marsha and James!

Middle - Liz Gray and Jessica Durham plating salads for our meal. Thank you to the many kitchen helpers and youth who helped prepare and serve our meal.

Right - A smile designed by flowers. Zoe Committee Chair, Kari Langley, created smile centerpieces for our tables as a reminder of our most recent Empowerment Group and the meaning of their name - "happiness"



Above - attendees had over 80 items and curated baskets to choose from for bids. From homemade and handcrafted items by church members to baskets featuring donations from local businesses, there was something for everyone.



Left - Our church family gathering for a fun evening of fellowship while making a difference in the lives of children in Rwanda.

Middle - Carol Weisenauer and Wanda Randolph enjoying the evening and fellowship together.

Right - Deborah and O'Brien Brooks featuring the theme of the night - happy.



OCTOBER BIRTHDAYS

October 1	Stephanie Beaty Madison Pruden Carsyn Redmond Allie Rice	October 11	Jake Jenkins Julie Martin John Earl McKee Chantz Redmond	October 25	Carol Andrews Harrison Davis Price Feimster Miranda Hartsell
October 2	Melanie Beam	October 13	Reid McGraw	October 26	Jeff Kalmbach
October 4	Kelly Setzer	October 14	Thomas Pennington		Nicholas Latchana
October 5	Denise Andrews Nicholas Cochran	October 15	Meredith Ramsey		Thomas Redmond
October 6	William Hendricks Alex Lowrance Kaylee Thagard Reagan Wilson	October 16	Crystal Blanton Autumn Deal Ivy Tyson	October 27	Paloma Shrauder Parker Jones
October 8	Wes Stowe	October 18	Kim Ingram	October 28	Drew Loper Mallory McCarn Peg Pinkerton
October 9	Stacey Featherston Shawn Kelly Mary Moore Nancy Stamps	October 19	Kendall Karr Juliana Marr Joshua Ruiz	October 30	Shane Redmond Oliver Surratt
October 10	Betty Cauble Genora Cheshire Shelly Gray Jonathan Marr Derek Smith	October 20	Preston Taylor	October 31	Elizabeth Mobley
		October 23	Kendyll Levra Amy Thagard		
		October 24	Rodney Brown Katie Fangman Katie Gillespie Taylor Henkel Melissa Williamson		

THOUGHTS, PRAYERS AND SYMPATHY

Arthur Ligon
 The family of Luc Albee upon her passing (Adrian Lunsford's cousin)
 Cordell Shirlen (Teri Wilson)
 Brian Nixon (Teri Wilson)
 Jim and Cindy Griffin
 Kenneth Harris
 Meredith Dayton's nephew, Jacob, her sister, Kristen, and their family
 Peg Pinkerton
 Amanda Currier's mother, Karen Fuller
 Erin Carver, Renee and Tim Painter's daughter
 Murphy Clark and family

You can submit prayer requests to
prayers@fumcbelmont.org or
 by clicking this QR code:



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Community FALL FESTIVAL



We are taking a beloved tradition (Trunk or Treat), partnering with friends and making something new, and we need your help! On **October 27** from **4:00-6:30**, FUMC Belmont and Hood Memorial AME Zion will provide a **Community Fall Festival** at **Reid Park**. We will have trunk or treat, games, hot dog supper, and more. This is an exciting way for us to live into our mission, and we have jobs for everyone. Please use the link below to sign up. We also need candy donations for our game stations. www.fumcbelmont.org/fallfestival

