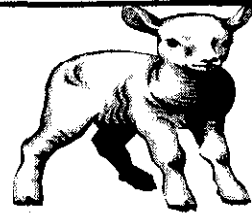


ST. MATTHEW'S BELLWETHER



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JULY 2000

FROM THE PASTOR'S DESK

The story is told of two men who were talking. One of them was huge, the other quite small. The small man was admiring the size of the large man. "Boy, if I were as big as you are, I wouldn't be afraid of nothin". I'd go out into those woods over there and find me the biggest bear and tear him limb from limb!"

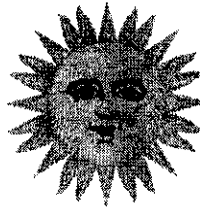
The big fellow smiled. "There's lots of little bears in those woods. Why don't you go out and tackle one of them?"

This story has a moral that is greatly needed today. Many people in church today stand on the sidelines telling what they would do if they had the ability of **someone else**. In the church there is plenty of work for all of us. Perhaps most of us cannot take on the "**big bears**" of duty and responsibility; but, this doesn't mean that we are to sit idly by and do nothing. After all, this journey of faith that we are on, is a life-long journey. A host of us "**little fellows**" need to get out to the woods and tackle some of the little bears. This is what it takes to make a church great; working together.

The question was asked, "who flew the kite?" "I did," said the sticks. "I did," said the paper. "Why, I did," said the boy. "No, I did," said the wind. In actuality, they all flew the kite together. Each had a part to play. We each have work to do. If the work of the Lord is to be a success, the "**bears,**" big or little, of duty and responsibility, must be tackled. We have the work of visiting, giving, preaching, and countless other jobs to do to make the church and its work successful. We must all work together and each do what we can to help. It is a matter of teamwork. The apostle Paul said it best in his First Letter to the Corinthians, "***I planted, Apollos watered, but God gave the increase. So then, neither he who plants is anything, nor he who waters, but God who gives the increase. Now he who plants and he who waters are one, and each one will receive his own reward according to his own labor. For we are God's fellow workers; you are God's field, you are God's building.***" (1 Corinthians 3:6-9)

Your Pastor,
Larry

HEATWAVE GUIDE



Heatwaves are probably our most under-rated natural hazard. Heatwaves can kill. We are located in a perfect region for heat to do us real harm. None of us need to be among those for whom an ambulance is called this summer. There are many common sense rules that we should follow. However, always stay aware that a real heat-related emergency could arise.

To avoid heat stress, use these guidelines: Wear lightweight, loose, light colored clothes. Drink about 1 1/2 gallons of water per day, even if you don't feel thirsty. Try to skip soft drinks or alcohol. Avoid heavy protein foods, such as meat or dairy products. These foods in excess raise body heat and increase fluid loss. Stay out of direct sunlight, if possible. If you must be out, use a strong sunscreen, and limit your time in the sun. If you suffer chronic illness, you need to be especially careful. Do not leave children or pets in vehicles. Remember to give your outdoor pets access to plenty of shade and water.

Heat cramps, heat exhaustion and heat stroke are illnesses that can make you very sick. If **heat cramps** occur, you may have other symptoms with them. You may sweat heavily, feel tired, feel thirsty, have a loss of appetite or nausea. Heat cramps can be treated at home. Drink more water. Have a cold shower or bath. Get cool and stay cool and prop your legs up. To ease spasms, massage muscles firmly. Don't have salt.

Heat exhaustion is more serious. You may experience profuse sweating, cold and clammy skin, fatigue, headache, vomiting or weak and rapid pulse. Your body temperature will be normal, but you may feel faintness. You need help right away. Follow the rules for heat cramps, plus make sure your body becomes cooled down. If vomiting continues, seek medical help immediately.

Heat stroke can be a killer. It is a true medical emergency. What do you look for? Confusion, headache, nausea, dizziness, flushed skin, skin hot and dry, dry and swollen tongue. Your body temperature may soar to 105 degrees or higher. At this time, unconsciousness or respiratory or heart failure could occur. If you are alone, as soon as you suspect heat stroke, **CALL 911!!!** There is no time to waste.

Please follow this guide. Realize that very young children, older adults and those with serious medical problems are at highest risk. Heat stress can and does affect us all. Be careful! Be smart! Stay safe!

May God bless you,
Disaster Response Committee



**THRIFT
SHOP
NEWS**

We wish to thank Eva Smith for the marvelous job she has done managing the Thrift Shop this past year and a half. She really did a great job!

Lee Anna Sproul and Mary Schneider will be in charge for the rest of the year.

We are in need of volunteers for the summer. If you can help out, please call Lee Anna at 425-7302 or Mary Schneider at 425-8863.

Lee Anna Sproul

RUTH-ETHEL SMITH CIRCLE

On June 14th, the Ruth-Ethel Smith Circle met at the "Olive Garden" for a wonderful lunch and great fellowship. We had a large number of our members there and everyone enjoyed our time together. For those of you who were not able to attend, we missed you.

There's not much business news to report this month. There is one thing I want you to remember though; please have the number of books you have read by July 15, so I can turn the report in to Bett. This is important since she has to submit her report in a timely manner to the appropriate committee.

Don't forget that both circles will meet at the Grace Parsonage on July 15th at 5:30 p.m. for an "Outdoor Picnic". Bring your spouse. If you plan to bring a dish, please give Bett a call. This should be a wonderful time for all of us. So make every effort to attend. If you need a ride, call me at 425-6207.

Don't forget to concentrate on the "BAZAAR". Start your project NOW! It will be here before we know it.

Continue to be in prayer and thought concerning the year "2001". We will elect new officers soon after resuming our regular meetings in September.

God's blessings upon all,
Catherine Morgan, Chairperson

YOUTH NEWS

First, we would like to thank everyone who purchased T-Shirts and Coin Books. As always your contributions are greatly appreciated. We would also like to thank Perry and Eva Smith for their "special" contribution. It was greatly appreciated.

Next, I would like to remind the youth that we are only meeting every other Sunday during the summer until Labor Day. **JULY 9 & 23** and **AUGUST 6 & 20**.

We would also like to remind any children in the 6th grade who are attending St. Matthew's that they are welcome to attend our youth meeting.

God bless,
Meghann Dominie



**NIGHT
OWL
CIRCLE**

The Night Owls met on June 8th in the fellowship hall. Candice Wagoner, our Circle Leader has moved to Raleigh. Rebecca Fields, our Assistant Circle Leader, agreed to finish out her term.

We will take part in the collection of glasses, frames, etc. for the disadvantaged. This is a "Church-Wide" project

It was decided that we would make "Migrant School Kits" for our September project. The Bazaar Quilt will also be completed.

We will not meet in July and August. Wishing you a safe and restful summer.

Rebecca Fields,
Assistant Circle Leader

ATTENTION!



Starting "JULY 1" flowers placed in
the church will cost \$18.00.



HELP'N HANDS

The Seniors had a great time at the meetings this year. We played Bingo, took trips and formed a choir called the "Geriatric Gems".

We are looking forward to September when we will start again.

I wish everyone a "Safe and Happy Summer", and don't forget the sun screen.

Eva Smith,
Coordinator

JULY BIRTHDAYS

2	W.A. Stewart
4	Jacob Gallimore
6	Gail Terwilliger
7	Danny Colon Peggy Williams
10	Rhys Trevathan Gertrude Schultz
11	Christy Barber
13	Franklin Chapman
14	Dawn Shepard
15	Eric Snyder
20	Jack Spakes
21	Lisa James Margaret King Carter Manship
25	Kenneth Manship
29	Juli Pray Wendy Johnson
30	Vicki Powell



**HAPPY
BIRTHDAY**

BOYD SNYDER BIBLE CLASS

II Timothy 3:16-17

All Scripture is God breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

The Boyd Snyder Bible Class invites you to join them on Sunday morning at 9:45 a.m. to study Paul's letter to the Roman church.

The Monk **Martin Luther**, who launched the Reformation called Romans "*the chief part of the New Testament and the very purest gospel.*"

Come, let's find out!



SPECIAL OFFERINGS

DONATIONS GIVEN TO:

- ◆ Power Bill from the Thrift Shop
- ◆ Emergency Fund from...
 - ...Paul & Jewel Sharpe
 - ...Boyd Snyder Class
 - ...James & Joyce DeBruhl
 - ...Carol Clark in memory of Frances Bagley
 - ...Millie Sessoms
 - ...Doris Mayo in memory of Fran Lynn
 - ...Ruth-Ethel Smith Circle
- ◆ Scholarship Fund from the United Methodist Women
- ◆ Vacation Bible School from the United Methodist Women
- ◆ Building Fund from Perry Smith
- ◆ Organ Fund from Bob & Adella Pray
- ◆ Food Pantry from Martha Bowen.
- ◆ Camp Rockfish in honor of Hank & Betty Zielins by their children.

UNITED METHODIST MEN

The United Methodist Men held their monthly meeting and fellowship breakfast on Sunday, June 18th. Nineteen men and five women attended the breakfast, which was held in celebration of **Father's Day**. A special **THANKS** to Ruby Lucas for preparing the "Father's Day Booklet."

In May, we made a donation to the **Hope Mills Reds** (a little league baseball team) because they didn't have a sponsor. They were very grateful for the contribution and expressed their sincere appreciation in a card and team photo. As you know, having a sponsor can make a big difference in your game and in your life. We have the ultimate sponsor...**Jesus!!** Good times, bad times, win or lose, he always there!!

We are starting to make arrangements for our annual **UMM Barbecue Sale** on October 13th. This is not to be confused with our annual **Churchwide Picnic**, on September 10th. Please jot these dates down as it will be a great time to enjoy good food and fellowship. If you would like to donate food, supplies, or your time to either of these events, please contact an Usher or any of the Methodist Men. Rev. Patrick discussed the duty of Ushers. A training session for all Head Ushers will be held in the near future.

We invite and encourage men of all ages to attend our monthly meeting and breakfast, which is held on the third Sunday of each month at 7:30 a.m.

Matt Jamison, UMM Secretary



RECIPE OF THE SUMMER TOMATO SANDWICH

- 2 Slices Bread (White or Whole Wheat)**
- Place Bread on plate (Plastic or China)**
- Spread 1/16 inch Mayonnaise on both pieces of bread**
- Take 8 or 9 inch Tomato and cut 2 or 3 1/4 inch slices.**
- Cover with lettuce and cut in half**

(Serve with Dill Pickle Slices & 14 oz. glass of Milk or Iced Tea. Sit back, eat and enjoy!)

Troy Willoughby

Our United Methodist Women's theme for 2000 is *"Linked with Christ in Mission and Ministry through Giving."* In the beauty of spring God shows us what it means to give. Through Christ's death and resurrection we have been given new life!

Is there a song in your heart today? Did you eat a healthy and satisfying meal? Did you choose what you would wear today from a closet that was full? Did you enjoy the freedom of jumping into your car and going anywhere you needed to go? Did you go to the doctor or dentist and receive the care you were seeking? Did you go to church this week and worship God without fear of persecution? At the close of the day did you snuggle into a warm bed and get a good night's rest? There are many people in the world that could not answer yes to any of these questions. It is our responsibility to give hope, love, promise, and possibility to others in response to what God has given us. The ability to give is a privilege. Giving, whether it be our time, talents, or resources is a way for us as United Methodist Women to express our faith and thankfulness. Thanks be to God for the ways He chooses to use us.

A few notes to remember: (check the UMW Bulletin Board for more information on items below)

1. **Unit Picnic** at the Grace Parsonage July 15th at 5:30 p.m. - dress very casual (each circle member and their spouse is invited to attend. Please let me know if you will be attending.)
2. **The School of Christian Mission** at Methodist College August 2-5
3. **UMW Mother/Child Retreat** at the Rockfish Outdoor Center September 22-24
4. **UMW Mission Study** September 24th from 3:30 - 6:00 p.m. Class 3:30-4:30 p.m.; Refreshments 4:30-5:00 p.m.; Class 5:00-6:00 p.m. The church congregation is invited to attend and our UMW members are expected. Put the date on your calendar now so there will not be a conflict later.
5. Each circle should elect their **new officers at their September meeting**; please give me those names as soon as possible.

Included are two recipes for Squash Casserole. Both are very tasty. Please try them - they are soooooo goooooood!

Betty Patrick - UMW President



RECIPES OF THE MONTH "Squash Casserole"

2 cups cooked squash
2 eggs
1 cup cracker crumbs
1 cup grated cheddar cheese
3/4 cup mayonnaise
1 onion, chopped
1/2 stick margarine
2 tablespoons sugar
Salt & Pepper to taste

Preheat oven to 325 degrees. Mix all ingredients together except margarine. Dot top with margarine & bake for about 30 minutes until set & brown.

By: Bett Patrick

3 or 4 med. yellow squash sliced
1 large onion
1 large carrot grated
1 can cream of mushroom soup
1/2 cup bread crumbs
1/2 stick butter or margarine, melted

Layer in casserole dish squash, onion, carrot & soup. Sprinkle bread crumbs over top. Pour melted butter over casserole. Bake in oven at 350 degrees for about 35 or 40 minutes.

By: Dorothy Taylor

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
2	3	4 INDEPENDENCE DAY Prayer Group-7pm	5 NO Card Ministry Mtg NO Bible Study Choir Practice-7:30pm Vision Team Mtg-7:30pm	6 NO Bible Study	7	1	EVERY SUNDAY SCHEDULE:
9 Communion Observed at 8:30 & 11:00 am Service	10 ←	11 CAMP Prayer Group-7pm	12 NO Day Circle Mtg. ROCKFISH Card Ministry-5pm NO Bible Study NO Choir Practice	13 NO Bible Study DAY CAMP NO Night Circle Mtg.	14 →	15 UMW PICNIC for both Circles-5pm at Grace Parsonage	
16 UMM Breakfast-7:30am	17	18 Prayer Group-7pm	19 Home Extensions-9:30am NO Card Ministry Mtg. NO Bible Study Choir Practice-7:30pm	20 NO Bible Study	21	22	8:30AM EARLY WORSHIP SERVICE (NO) NURSERY PROVIDED
23	24	25 Prayer Group-7pm	26 Card Ministry-5pm NO Bible Study NO Choir Practice	27 NO Bible Study	28	29	9:45AM SUNDAY SCHOOL (ALL AGES)
30	31						11:00AM WORSHIP SERVICE (NURSERY PROVIDED)