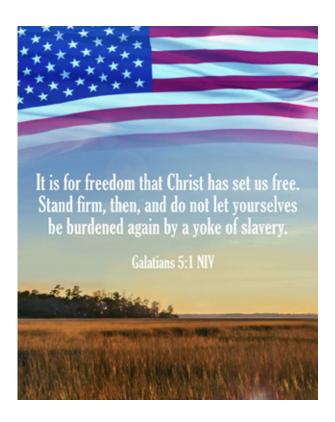
SONBURST JULY 2025

From the rising of the sun to the place where it sets, the name of the Lord is to be praised.

Psalm 113:3

MOORESVILLE FIRST UNITED METHODIST CHURCH 900 INDIANAPOLIS ROAD • MOORESVILLE, IN 46158

SONBURST NEWSLETTER



FUMC Connect

- ✓ office@mooresvillefumc.org
- Mooresville First United Methodist Church
- Mooresville First United Methodist Church
- You Tube Mooresville FUMC

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FULL-TIME FIRST UMC S T A F F

Rev. Dr. Amber Karkosky-Litten

Senior Pastor pastoramber@MooresvilleFUMC.org

Kim Vedder

Director of Operations Kim@MooresvilleFUMC.org

Lydia Rychtarczyk

Preschool/Children's Education Lydia@MooresvilleFUMC.org

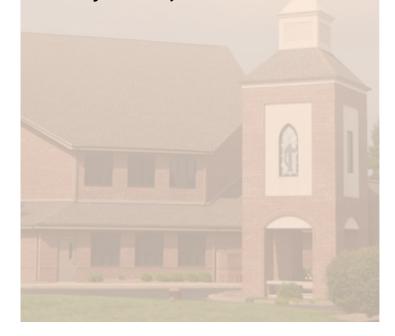
PART-TIME FIRST UMC S T A F F

Bill Yeager, Treasurer Bill@MooresvilleFUMC.org

Shelly Duncan, Nursery Coordinator Shelly@MooresvilleFUMC.org

Chenchun Ma, Organist/Pianist

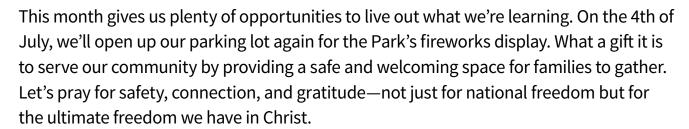
Amy Chesser, Church Custodian



Greetings, Brothers and Sisters, in the Wonderful Name of Jesus!

Summer is here and we are stepping into July continuing our sermon series, "The Bible Says What?" It's been so encouraging to see how this series is helping us dig deeper into Scripture and uncover the truth behind some common sayings that many people think are in the Bible—

but actually aren't. Spoiler alert: God's Word always has something better to say than what culture or tradition might suggest!



Speaking of service, we'll also be heading to Roberts Park's Soup Kitchen to serve meals to our unhoused neighbors. I love how this reflects the heart of Jesus, who came not to be served but to serve (Matthew 20:28). It's a powerful reminder that faith isn't just about words—it's about action. When we show up for others, we reflect God's love in tangible ways.

And let's not forget about our kids and youth! VBS wrapped up last month with incredible energy and impact, and our youth mission trip was such a success. Now, many of our students will be living out their faith at church camp in a few weeks. These moments shape young hearts and minds, equipping them to shine Christ's light wherever they go. If you've interacted with any of our kiddos recently, chances are you've seen that spark—they're growing right before our eyes!

As we move through July, my prayer is that we'll keep leaning into God's Word, allowing it to guide our actions and deepen our commitment to loving Him and serving others.

In the Name of Jesus Christ. I pray we continue to... Show Love, Share Love, and Spread Love!

Grace and Peace, Pastor Amber





BIBLE HEALTH GUIDANCE

We continue to do research on how to live healthily, how to live longer and how to live happy! The Bible holds ancient health guidance- and it is the same that our modern research has been reporting! Practice this NOW- be the example for your children grandchildren, neighbors and strangers! Ancient wisdom and modern science both recommend mostly **plant-based diets** (Read Daniel 1:8-16). **Spiritual health** influences physical health (James 5:14. Refer to research by Harold Koenig, MD at Duke University). **Mindfulness** significantly reduces anxiety (Philippians 4:6). **Strong social connections** improve health and increase longevity (Proverbs 17:17, Ecclesiastes 4:9-12, Acts 2:42-47, Genesis 2:18). **Sleep** is vital for restoration, tissue repair, and cognitive function (Psalm 127:2, Matthew 11:28-30). **Moderation** is key. Too much or too little affects health (Proverbs 25:16, Titus 2:12). There is power in **positive thinking and gratitude** (Proverbs 17:22, Romans 12:2). There is healing power when we **embrace nature** (Psalm 23:2-3, Job 12:7-10, Genesis 2:15)



WEIGHT CONCERNS

Unplanned weight loss or gain can be a concern. This is defined as a loss/

gain of 10 pounds or 5 percent of body weight over 6-12 months. There are many possible causes such as medical issues (cancer, diabetes, kidney disease, thyroid) or psychiatric disorders. Sometimes, medications can cause issues such as altered taste or smell, decreased desire to eat, dry mouth, issues with swallowing, or nausea and vomiting that can contribute to weight change over time. Medication side effects are a major cause but so can interactions of medications, this includes Over The Counter Meds. This can happen even with medications you have been taking for a long time. Review your medications when your health changes.



EAT THE BERRIES

Berries are packed with antioxidants and vitamins! Raspberries help reduce inflammation and is linked to heart health. Strawberries are packed with vitamin C to help prevent illness. Blueberries strengthen cognitive function which helps improve memory. Blackberries are fiber rich which aids in digestion and heart health.

Check the Bulletin Board for education and healthy activities being offered in our area.

COMMUNITY RESOURCES

HENDRICKS BEHAVIORAL HOSPITAL

Hendricks Behavioral Hospital provides specialized mental health and substance use disorder treatment. They offer Inpatient and Outpatient programs for adolescents to adults. They offer FREE assessments, call 844-991-9900.

WHAT'S IN MY CUP? Cathy Mosier | FUMC PRAYER TEAM

Imagine you are heading from the Fellowship Hall to your Sunday School class and suddenly... your knee gives out...or your toe catches on a runner...or the carpet...or someone jostles you and SUDDENLY the floor and you are wet!! WHAT HAPPENED??



WHY are the floor and you suddenly wet with coffee, tea, juice etc??? Because someone or something jostled you?? ACTUALLY no. It happened because... there was something in your cup.

So my question for you and me is... what's in my cup?

In **Matthew 12:34-37** Jesus says, "For the mouth speaks what the heart is full of." Do His words make you go OUCH too? How often does my cup spill out negative or uncaring words??

Do you have your hard hat on? Because Luke 6 is another OUCH moment. **Luke 6:43-46** describes "my legacy" just like a tree's fruit. "No good tree bears bad fruit, nor does a bad tree bear good fruit. ⁴⁴ Each tree is recognized by its own fruit. People do not pick figs from thorn bushes, or grapes from briers. ⁴⁵ A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of."

Let's turn to Solomon and see what he had to say in **Proverbs 4:23-24**. "Above all else, guard your heart, for everything you do flows from it. ²⁴ Keep your mouth free of perversity; keep corrupt talk far from your lips." Seems pretty plain to me...how about you?? What spills out of my mouth is what's in the cup of my heart.

Let's look one more time. James, the brother of Jesus, gives us a taste in **James 1:19** "Everyone should be guick to listen, slow to speak and slow to become angry." AND he writes guite a bit in chapter 3:1-11, "Out of the same mouth come praise and cursing. My brothers and sisters, this should not be."

It seems I must guard my mouth AND my thoughts in order to best reflect Jesus as David charges me in **Psalm 14:14** – "May the words of my mouth and the meditations of my heart be acceptable in Thy sight O LORD, my Strength and my Redeemer."

May our thoughts be full of OUR Father's WORDS as we speak and pray for each other.

In Christ's service, **Cathy Mosier Prayer Team**

MISSION and MINISTRIES



WELCOMING OUR COMMUNITY

Thank you Church! Once again we had an awesome turnout from you as we welcomed our community into our facility. The United Methodist Women organizes this event as a fundraising project for their missions. They are always on point with there planning and staffing. They accomplished their fundraising goals while enjoying

the fellowship.

The Church came together to provide event support and provide the barbecue meals to round out the event. The barbecue was different this year, being all cooked by our members, smoked and not smoked versions. The team followed the wonderful guide set by our former Henderson Missions Team with similar results.

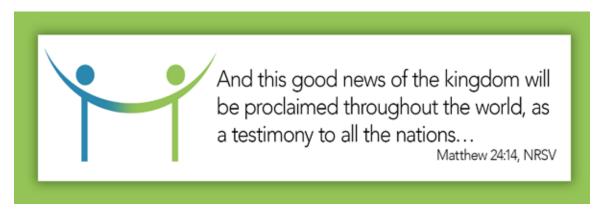
The local community seemed to really enjoy the event, food, and vendors. Most of all, we truly enjoyed working together in fellowship as we served and welcomed our community. Mark your calendar for the second Saturday in June 2026, we'll do it all again.

EVENT PARKING We will be welcoming our community through event parking. July is the month! We have opportunities for you to join others for two events, July 4 Fireworks and Old Settlers. Watch for the sign-up opportunities for both events but especially for Old Settlers at the end of the month.

CHURCHES IN MISSION GALA The Churches in Mission (CIM) Gala is scheduled for Thursday, August 21. Our Church has sponsored a table. Please contact me or the church if you would like to attend the Gala for a seat at the table sponsored by the Church, first-come basis. Tickets are \$100 each. For Gala information you can go to the CIM website: https://churchesinmission.org. Navigate to "get involved", then use the dropdown menu to see the Gala page.

BABY BOTTLE CAMPAIGN Thanks to all of you that donated to Clarity through the Baby Bottle Campaign. Clarity is one of our Church supported local missions. Baby bottles provide an opportunity for each of you to show your individual support.

Dave Nance Chair of your Missions Committee



STRAWBERRIES, RUMMAGE SALE AND MORE!

The United Methodist Women (UMW) want to thank everyone who assisted with the Strawberry Festival. It was a great success. Thanks to all those showing up the day before to help cut the strawberries. Not only did they get the job done, but there was a lot of great fellowship.



UMW would like to thank the congregation for the continued support toward their missions.

Start collecting your treasures for the annual UMW Rummage Sale. The date is Saturday, August 23 from 9am to 3pm. You may bring your items to the church from Sunday Aug. 10 through Tuesday, Aug. 19. Please do not bring anything after that date unless you have talked to the office.

We would love your help sorting and pricing on Aug. 20-22. You may also help on Saturday, Aug. 23. Not able to help? Than we hope to see you shopping the tables that Saturday!

UMW is still offering scholarships to women of the church for any school attended. Contact Mary Craig at 317-831-7718 or the church office at 317-831-3376 or office@mooresvillefumc.org.



Summer Lunch will continue through July 23. So join us on Wednesdays at 11:30 -12:15. Anyone is welcome. Invite your friends!

UNITED METHODIST MEN

There will **not** be breakfast July 12 due to the Sunday school luncheon. Join us on Saturday, Aug. 9 at 8am.



OLD SETTERS FAIR NEWS

Volunteer opportunities are available during Mooresville's Old Settlers Fair.

We will host a dinner for the Carnival Worker's Dinner on Friday, Aug. 1 from 3 to 4pm.

Parking will take place in our parking lot Thursday and Friday evenings July 31 and Aug. 1 and on Saturday and Sunday, times to be determined. Watch for sign-up sheets.

YOUTH and CHILDREN MINISTRIES



Tomorrow's Promise Preschool

School starts Aug. 5 and Tomorrow's Promise Preschool still has some open spots in the afternoon class. Please contact Lydia if you have any questions at 317-834-1787 or preschool@mooresvillefumc.org.



Family Ministries hosts a lot of fun events throughout the year. We would love for you to be involved. Contact Shelly Duncan at 317-437-9344 or Lydia at 317-834-1787 with questions.







WEDNESDAY, JULY 2 CHURCH LUNCH AND FUN AT **PIONEER PARK**

Meet for lunch at 11:30, then walk over to Pioneer Park for fun and games!



FRIDAY, JULY 4 PARK CARS

The youth will help park cars in the

church parking lot for a 2 hour shift sometime between 5pm and 10pm. Will have more details later.



WEDNESDAY, JULY 9 CHURCH LUNCH AND FUN AT PIONEER PARK

Meet for lunch at 11:30, then walk over to Pioneer Park for fun and games!



SUNDAY, JULY 13--FRIDAY, JULY 18 **SUMMER CAMP**

We will leave right after 9:15 worship

service on the 13th and take the church van to camp.



WEDNESDAY, JULY 23 DAY TRIP TO **KINGS ISLAND**

We will leave the church at 8am.

Admission includes the water park. Cost: \$25.



BLOOD DRIVE

Sunday

August 9:00 AM - 1:00 PM

Helpful tip: Make sure to eat a healthy meal and drink plenty of water before donating.



First United Methodist Church Mooresville BLOOD DRIVE

Location: Fellowship Hall 900 N Indianapolis Rd, Mooresville, IN 46158

APPOINTMENTS PREFERRED: Scan the QR code below with your phone's camera to schedule your donation appointment today! Walk-ins also welcomed.

Whether you are looking for a way to give back to our community or support a friend who is fighting an illness. blood donation is a generous and vital gift. Your single donation can impact up to THREE Hoosier patient lives!

All donors will receive a pickle ball set, while supplies last!





SUNDAY SCHOOL and RECURRING GROUPS



Please check with your leader to confirm meetings.

Group Name	Time	Location	Leader	Date	Description of Study	
SUNDAY GROUPS						
Seeker Sunday School	10:30 am	Rm 106	Cathy Mosier	Meeting Now	Bible Study	
Friendship Class	10:30 am	Parlor	Yeager / Harris	Meeting Now	Bible Study	
Here and Now Class	10:30 am	Rm 104	Dave Nance	Meeting Now	Bible Study	
Talk Back	10:30 am	Rm 110	Pastor Amber	Meeting Now	Bible Study	
Alcoholics Anonymous	4:00 pm	Rm 110	Team Leaders	Meeting Now	Support group	
The Crossing	4:50 pm	Rm 112	Dan Herron	Meeting Now	7th-12th grade youth group	
5th/6th Grade Youth	4:50 pm	Rm 108	Chad Litten	Meeting Now	5th-6th grade youth group	
MONDAY GROUPS	5					
Trailblazers	1:00 pm Parlor Team Leaders Meeting Now		Bible Study			
TUESDAY GROUP	S					
Quilters	9:00 am	Parlor	Team Leaders	Meeting Now	Bring sewing machine	
WEDNESDAY GRO	UPS					
Prayer Group	8:00 am	Chanel	Toam Loadors	Meeting Now	Pray for our church/communi	

WEDNESDAY GROUPS							
Prayer Group	8:00 am	Chapel	Team Leaders	Meeting Now	Pray for our church/community		
Handbell Choir	6:00 pm	Rm 103	Cathy Mosier	Meeting Now	Handbell practice		

THURSDAY GROUPS							
	LRE Visitation Team	9:30 am	Rm 104	Sandy Fanning	July 10 & 24	Meet for devotions/outreach	1

FRIDAY GROUPS						
Alcoholics Anonymous	7:30 pm	Parlor	Team Leaders	Meeting Now	Support for addiction	
Al-Anon	7:30 pm	Rm 110	Team Leaders	Meeting Now	Spouse support for addiction	

SATURDAY GROUPS						
UMMen's Breakfast	8:00 am	Parlor	Team Leaders	August 9	Breakfast & devotion with sharing	

JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
**	e e	1 9am Quilting Group	2 8am Prayer 10:30am Balance Class 11:30am Summer Lunch 6pm Bell Choir Practice	3	7:30pm AA 7:30pm Alanon	5
9:15am Worship 10:30am Adult & Children Sunday School 10:30am Roberts Park Mission 4pm AA	7 1pm Trailblazers	8 9am Quilting Group 6pm Ad Council	9 8am Prayer 10:30am Balance Class 11:30am Summer Lunch 6pm Bell Choir Practice	10 9:30am LRE	11 7:30pm AA 7:30pm Alanon	10am Friendship Pitch-in 11am Baby Shower
9:15am Worship 10:30am Adult & Children Sunday School 2pm Fowler Gathering 4pm AA	14 1pm Trailblazers 7pm Delta Theta Tau	15 9am Quilting Group	16 8am Prayer 10:30am Balance Class 11:30am Summer Lunch 6pm Bell Choir Practice	17 1pm Book Club	18 7:30pm AA 7:30pm Alanon	19
9:15am Worship 10:30am Adult & Children Sunday School 4pm AA	21 1pm Trailblazers	22 9am Quilting Group	23 8am Prayer 10:30am Balance Class 11:30am Summer Lunch 6pm Bell Choir Practice	24 9:30am LRE	25 7:30pm AA 7:30pm Alanon	26
9:15am Worship 10:30am Adult & Children Sunday School 12pm Nance Anniversary Party 4pm AA	28 1pm Trailblazers	29 9am Quilting Group	30 8am Prayer 10:30am Balance Class 6pm Bell Choir Practice 6pm Meet the Teacher Night	31	*	



Address Service Requested

900 Indianapolis Rd. Mooresville, IN 46158 317-831-3376

First United
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