

SONBURST NEWSLETTER



You will be enriched in every way to be generous in every way. which through us will produce thanksgiving to God.

2 Corinthians 9:11

FUMC Connect

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FROM THE PASTO

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

Over the past three weeks in worship, we've been reflecting on John Wesley's Three Simple Rules: Do No Harm, Do Good, and Stay in Love with God. They may be simple to remember, but they take a lifetime



of practice to live out. These rules call us back to the very heart of our faith: loving God and loving our neighbor in every part of our daily lives.

As I've prayed and preached through these weeks, I can't help but think of you—the people of this congregation. You don't just talk about faith; you live it. Right now, well over 75 of you are serving in some capacity: teaching, cooking, welcoming, singing, leading, visiting, mentoring, building, and so much more. And what fills me with even greater joy is that nearly every one of us is faithfully supporting the church in prayer. That kind of prayerful covering is powerful—it sustains all we do together in ministry.

This is exactly what Wesley was pointing to. To do no harm, to do good, and to stay in love with God isn't just for saints of the past—it's for us today. And I see it alive and well in this congregation. I see it in the way you show up for one another, the way you step forward to serve, and the way you keep this church rooted in prayer.

And you know me—when something this good is happening, it's time to ring the Cowbell! Thank you for the many ways you Show, Share, and Spread Christ's love.

Thank you for reminding us that Wesley's rules are not dusty relics of history, but vibrant, living ways to follow Jesus here and now.

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

Grace and Peace, Pastor Amber





"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

James 1:5

GO OUT AND DANCE, WRITE, PAINT ...

In 1960, NASA was looking ahead to the future of space exploration and decided to find out how to identify and cultivate the next generation of leaders and project leaders. They needed to find people who would be capable of solving unforeseen obstacles in the decades ahead, they wanted creative divergent thinkers. They hired George Land, PhD to identify these future geniuses. He evaluated 1,600 four- and five-year olds entering kindergarten. He found 98 percent of the children scored at or above the genius level! He kept testing them as they aged. By fifth grade, less than 30 percent still qualified as creative geniuses. By tenth grade, only 10 percent were qualified. When he tested them at age 25, only 2 percent still met the criteria. What happened? He believes we educate children out of their creativity. We have overly relied on standardized testing and teach to the results. He suggests we allow for flexibility and allow our children to have wings. Our brains have neuroplasticity. Our brains are always able to learn!! It is never too late to be creative—and you are never too old to rekindle those dreams. Pursuing your creative side shows great benefits: it stimulates memory, improves mood, reduces stress, and lowers the risk of dementia. Go out and dance, write, craft, paint, play an instrument, act in a play, sing!



ADHD SYMPTOMS

There is a view of ADHD symptoms, not as a single condition but as an expression of a mismatch between a person's capabilities (both physical and emotional) and their environment. Some are more easily tipped into demonstrating ADHD-like symptoms at times of stress, whereas others are more resistant. At one end of this spectrum is a small group of children who were born with a neurochemical makeup that makes them highly likely to exhibit ADHD symptoms. (Children born with Fetal Alcohol Syndrome are likely to have this neurochemical). This could have impact on best practice to treat.

AIR PARTICULATE MATTER

Scientists have reached a consensus that exposure to air with a lot of fine particulate matter of the sort you might find in smoke or smog can predispose people to cardiovascular complications. High blood pressure, stroke and heart attacks are all more common among people exposed to bad air. Exposure to fine particulate matter is responsible for 8.3 million deaths around the world each year. While people may attempt to avoid pollution outdoors, it is advised to also pay attention to the quality of your indoor air.

AND WHEN YOU PRAY Cathy Mosier | FUMC PRAYER TEAM

Did you know September is a perfect month to begin praying every day? Jesus tells us in Matthew 6:5 "And when you pray,"...and He gives us some pointers about what NOT to do. Then Jesus goes on in verse 6 "BUT when you pray, go into your room, close the door and pray to your Father, who is unseen. THEN your Father, who sees what is done in secret, will reward you."

If you keep reading in Matthew 6:5-15, you will get a firm idea of Jesus' teaching of prayer. Pastor Amber



recently challenged us to pray a simple prayer before our feet hit the floor in the morning, "LORD, Help me to do no harm today." A prayer of transformation...from who I was...into who I can become with the help of Jesus.

A little farther along in Matthew 7:7-12 Jesus teaches to Ask, Seek and Knock. He starts out stating: "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." You might get the impression that Jesus is Santa Claus and because we ask for a thing we will get it... BUT Jesus clears that for us in verse 8, "For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened." EVERYONE who asks gets an answer...it is Jesus or the Father's answer. EVERYONE who seeks finds just what the Father has prepared for them AND with the promise of Jesus by their side. EVERYONE has the opportunity to knock on Heaven's door and welcome Jesus into their hearts.

Mark 14:32-42 gives us Jesus' most desperate prayer and His most heart rending acknowledgment. "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will." Not what I want BUT what the Father wills. We, like the disciples, are charged to "watch and pray" AND not fall asleep. Sometimes in the Bible falling asleep meant someone had died, like Lazarus and other times it meant they had stopped following Jesus or weren't as dedicated to Him. Don't fall asleep.

We have all had a trying time this summer. Many within our church family have said goodbye to loved ones upon their Home-going to Jesus, others have received news or a diagnosis they just didn't want to hear. AND YET, Our Loving Father GOD has promises "Never will I leave you Never will I forsake you" (Deuteronomy 31:6) which the author of Hebrew echoes in Hebrews 13:5.

May you remember Our Loving Father's promise as we pray our way through September. Remember your FUMC prayer team is able and waiting to confidentially pray for you and your loved ones.

In Christ's service Cathy for your Prayer Team

MISSION and MINISTRIES



This has been an amazing summer for us as a Church in our community. Thank you for stepping up in volunteer positions for several events that have a huge local impact. Thanks to all your efforts, on several occasions Pastor Amber has been able to fulfill her self appointed role as "Chief Bragger" for our Church. God has been good to us in providing unique opportunities to serve our community while equipping us with the desire, skills, and ability to fulfill our Calling. Thank you, and mostly Thank God.

In September the focus for our community missions start to shift. Schools are open and needs are recognized. We now prepare for the Holiday seasons, with Trunk or Treat, the Henderson Settlement Angel Tree at Thanksgiving, then Christmas. There are more opportunities awaiting for us to be The Church Christ Called us to be in service for others.

FEED THE KIDS This program is ongoing, providing some weekend food support for some elementary students in our community. If you wish to support this program you can donate directly to that fund using "Feed the Kids" in the memo line. The Christmas Backsacks for elementary students is a related program of out Church supported through your general fund donations. Thank you for your generous support for these programs as they help to mitigate hunger for some of our most vulnerable.

HENDERSON SETTLEMENT An initial trip to the Mission is planned for early this month. We will be delivering some items collected for the "Opportunity Store" at the mission. We will also use this trip to better define the items needed for the Store, the needs for Christmas, and opportunities to serve while on campus in 2026. This is a mission of the United Methodist Church in Frakes, Kentucky. Our general fund donations are not used for this mission. However, we maintain contact, presence, and prayerfully support this mission. Please look the Mission up at *www.HendersonSettlement.com*. Note: They do have an "Our Needs List" page.

SENIOR CITIZENS CENTER Your Church provides small but important amount of monthly financial support through your general funds donations. This program provides opportunities for our Seniors to fellowship, learn, and access services. Through your support, we assist in the expenses of the program but also maintain regular contact. Members of our Church both attend and offer Bible Study at the Center.

Thanks to a donation from one of our members', prayers were answered so that we could provide and install a washer and dryer for addressing laundry needs. Your general funds donations were also used to target a request for immediate, specific, food items in short supply in their food pantry. Please keep the Senior Citizens Center programs in your prayers.

You'll find additional information on the Missions Bulletin Board located on the wall outside of the Fellowship Hall.



Dave Nance, Chair of your Missions Committee

UNITED METHODIST WOMEN (UMW)

They were lined up to get into the UMW Rummage Sale. One lady brought her lawn chair and sat by the door to make sure she was the first one in. And it was only 8 a.m.! The sale began at 9 a.m.

We appreciate all of the great donations given by you. Our sale was very successful, and we thank you for your continued support of the United Methodist Women and their missions.

We had great fellowship with those who came to sort and price each item and we thank you. Also, those who worked the day of the sale. We couldn't have done it without all of you!

Now that the new school year has begun, this is a reminder that the UMW offers scholarships to the women of the church. This can be for any type of education (college, grad school, cosmetology, business, etc.) she wants to pursue. If interested, please contact Mary Craig or ask the office for an application.



Our first month was great! The kids and the teachers are getting to know each other, develop routines and having fun together. In September our themes are:

> Western **Apples**

Community Helpers

Transportation

Creepy Crawlies

There is no preschool on Sept. 1 in observance of Labor Day.





YOUTH FALL RETREAT OCT. 3-5, 2025

WHERE Pine Creek Camp, 2218 E 700 N, Pine Village, IN 47975

WHEN Friday, October 3 through Sunday, October 5. Meet at the church on Friday at 6pm. Eat dinner before you come to the church. We will return late afternoon on Sunday.

WHO All youth: 5th grade through
12th grade. Friends are welcome.
We have room for 32 people!

WHAT Wacky games and lots of fun.
Saturday night worship with
a campfire and s'mores! Lots
of Biblical teaching on issues
facing youth in today's society.
Cost: \$35 per person. This covers
transportation, lodging, meals,
and t-shirts.

BRING Sleeping bag/blanket, pillow, clothes for a 2-night/2-day stay, toiletries (there will be showers), Bible, hoodie/sweatshirt/jacket (in case it is cold), flashlight (for games in the dark!)



SATURDAY, SEPT. 6 Volunteer Buddies at the League of Miracles

We will meet at the church at 9:30am and take the church van to the Landersdale Rd field to be buddies for the League of Miracle baseball games at 10 and 11. Afterwards we will go to Dairy Queen for lunch and be back at the church around 1pm-ish.



SUNDAY, SEPT. 7

Regular Youth Meeting Join us from 4:45-7:15pm for Food, Fun, and Faith!!



SUNDAY, SEPT. 14

Regular Youth Meeting Join us from 4:45-7:15pm for Food, Fun, and Faith!!



SUNDAY, SEPT. 21

Cook-out and Fishing at the Yeagers

This is our annual trip to the Yeagers house for a cook-out and some serious fishing! Bill and Karen Yeager live at: 5405 E. Commons Dr., Mooresville, IN, 46158. Drop off and pick up at their house. Bring a friend!!



SATURDAY, SEPT. 27

Volunteer Buddies at the League of Miracles

We will meet at the church at 9:30am and take the church van to the Landersdale Rd field to be buddies for the League of Miracle baseball games at 10 and 11. Afterwards we will go to Dairy Queen for lunch and be back at the church around 1pm-ish.



SUNDAY, SEPT. 28

Regular Youth Meeting Join us from 4:45-7:15pm for Food, Fun, and Faith!!



GENERAL ANNOUNCEMENTS



SATURDAY • OCT. 25 • 3-5pm

Trunk-or-Treat is scheduled for Saturday, October 25 from 3-5pm. Start thinking about how you can decorate your car! Watch for a signup sheet on the bulletin board by the fellowship hall the end of

September.

JOIN A GROUP/ACTIVITY

Children, teen and adult Sunday School classes begin directly after 9:30am worship. Adult classes include:

TALK BACK Led by Pastor Amber in room 110. Discussion that takes the sermon a little deeper.

SEEKERS Led by Cathy Mosier in room 106 A Bible study and discussion group.

HERE & NOW Led by Dave Nance in room 104 A class focusing on fellowship and learning that is useful in the present, "here and now."

FRIENDSHIP Led by Jim Harris in the parlor An established class with Bible study and fellowship.

QUILTERS Meet Tuesdays in the parlor at 9am. Meet in the parlor. All levels of sewers are invited. All you need is a sewing machine

TRAILBLAZERS Meet Mondays at 1pm in the parlor. A Bible study and discussion group.

STRETCH & FLEX Meets Wednesdays at 10:30am in the parlor. A chair yoga exercise.

Watch for new Bible studies or activity groups to form.



Thank you to all the people who donated food for the Carnival Workers Dinner. We had a great crowd and everyone went back to the park with a full belly.

We served 55 workers and had 17 helpers in the kitchen/gym. It was a great afternoon!

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	Dan Herron	Meeting Now	5th-6th grade youth group				
MONDAY GROUPS									
Trailblazers	1:00 pm	Parlor	Cheryl Howard	Meeting Now	Bible Study				
TUESDAY GROUPS	5								
Quilters	9:00 am	Parlor	Team Leaders	Meeting Now	Bring sewing machine				
WEDNESDAY GROUPS									
Prayer Group	8:00 am	Chapel	Team Leaders	Meeting Now	Pray for our church/community				
Stretch & Flex	10:30 am	Parlor	Team Leaders	Meeting Now	Chair Yoga				
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	Sept. 11 & 25	Meet for devotions/outreach				
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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									
SATURDAY GROUP	PS _								

SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 OFFICE CLOSED	2 9am Tomorrow's Promise Preschool 9am Quilting Group	8am Prayer 9am Tomorrow's Promise Preschool 10:30pm Stretch & Flex 6pm Bell Choir Practice	4 9am Tomorrow's Promise Preschool	5 9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	6
7 9:15am Worship 10:15am Cheese Ball Pickup 10:30am Adult & Children Sunday School 4pm AA 4:45pm 5th-12th Grade Youth Group	8 9am Tomorrow's Promise Preschool 1pm Trailblazers 7pm Delta Theta Tau	9 9am Tomorrow's Promise Preschool 9am Quilting Group 6pm Ad Council 6:40pm Bible Study Fellowship	8am Prayer 9am Tomorrow's Promise Preschool 10:30pm Stretch & Flex 6pm Bell Choir Practice	9am Tomorrow's Promise Preschool 9:30am LRE 1:30pm Bayview 6:30pm 4H Pioneer Clovers	9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	8AM UMM Breakfast 12pm Morgan Cty. Coalition for Literacy
9:15am Worship 10:30am Adult & Children Sunday School 4pm AA 4:45pm 5th-12th Grade Youth Group	9am Tomorrow's Promise Preschool 1pm Trailblazers	9am Tomorrow's Promise Preschool 9am Quilting Group 6pm Tri Kappa 6:40pm Bible Study Fellowship	8am Prayer 9am Tomorrow's Promise Preschool 10:30pm Stretch & Flex 6pm Bell Choir Practice	18 9am Tomorrow's Promise Preschool 1pm Book Club	9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	20
21 9:15am Worship 10:30am Adult & Children Sunday School 4pm AA 4:45pm 5th-12th Grade Youth Group	9am Tomorrow's Promise Preschool 1pm Trailblazers	9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship	24 8am Prayer 9am Tomorrow's Promise Preschool 10:30pm Stretch & Flex 6pm Bell Choir Practice	25 9am Tomorrow's Promise Preschool 9:30am LRE	26 9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	27 White Party
28 9:15am Worship 10:30am Adult & Children Sunday School 4pm AA 4:45pm 5th-12th Grade Youth Group	29 9am Tomorrow's Promise Preschool 1pm Trailblazers	30 9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship				



Address Service Requested

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