

THE WORD

A publication of Dyersburg First United Methodist Church

Volume LI

August 18, 2026

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PASTORAL THOUGHTS

Rev. Emily Sanford

Church Family,

As our students and teachers have begun a new school year, we also make the transition from summer to fall in our life together as a congregation in worship, study, and service. Beginning this Sunday, we are starting a new sermon series called, "Lessons of Leadership." Each week will focus on a particular theme from the lectionary scriptures that reflects how we as people of faith engage Power, Acceptance, Conflict, and Grace. We'll consider how the story of Moses, letters of Paul, Psalms, and Matthew's gospel provide instruction and guidance in the ways we build up the body of Christ. One of the lessons I have learned in my years of ministry is the importance of Sabbath and rest. I want to be in ministry for the long haul, and in order to care for myself and be able to serve from a deep, overflowing well instead of a stretched thin place, I have to pay attention and set regular times for renewal into my schedule.

I appreciate Eugene Peterson's paraphrase of Matthew 11: 28-30 in the Message which says: "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." I can't say I have it all figured out, but day by day I am trying to "learn the unforced rhythms of grace." For me, the concept of grace is one of the core values of our faith, yet it is one of the most difficult to truly grasp. Grace isn't something I can achieve but rather something I receive as a gift.

One of my favorite Old Testament scholars, Walter Bruggeman says:

Sabbath is not simply the pause that refreshes. It is the pause that transforms. Whereas Israelites are always tempted to acquisitiveness, Sabbath is an invitation to receptivity, an acknowledgement that what is needed is given and need not be seized. Sabbath is an antidote to anxiety that both derives from our craving and in turn feeds those cravings for more. Sabbath is an arena in which to recognize that we live by gift and not by possession.

Several years ago I was introduced to the work of Dr. Sandra Dalton-Smith who is a physician, speaker, and author of *Sacred Rest*. She identifies that we need seven types of rest: physical, creative, mental, emotional, sensory, social, and spiritual. It has helped me realize and recognize how my energy and wellbeing are impacted when I am lacking in one or more of these areas. Dr. Dalton-Smith has developed an assessment, and I invite you to take the free Rest quiz (www.restquiz.com) You will be asked to share your email and you need to allow 5-10 minutes to take the quiz. Then read the email which explains the seven types of rest and how to interpret your results. Consider ways you might address areas where you are exhausted.

I pray that we might together embrace the Lessons in Leadership that we find in holy scripture. May you find rest, refreshment, and an unforced rhythm of grace this week!

Grace and peace,
Emily

AUGUST 23, 2026

USHERS

Bill Yates
Amy Lewis
Tim Taylor
Billy Ozment
Steven Parker

GREETERS

Lena Lewis
David Hayes

LITURGIST

Pierce White

VIDEO RECORDER

John Feith



Monday - Friday

8:30am – 12:00pm

1:00pm – 4:00pm

Our Mission Statement

*To Know, Love, Share,
and Serve Christ*

Our Vision Statement

*We seek to love God above
everything and to love our
neighbors as ourselves*

Our Values

*Hospitality, Outreach, Loving,
Tradition, Community,
Teaching, Family*

RECORD OF LOYALTY

ATTENDANCE (8/16/26)

Online Worship	56
In Person Worship	107
Sunday School	49

OFFERING

Income Year to Date	\$242,086.84
Expenses Year to Date	\$347,178.28
Income (June)	\$59,515.82
Expenses (June)	\$46,387.74



DYERSBURG

FIRST UNITED METHODIST Church

For Children

9:15 AM - Birth-Pre-K Sunday School
9:15 AM - K-5th Sunday School
10:15 AM - Birth-Pre-K Children's Church
10:15 AM - K-2nd Children's Church
4:00 PM - Blankets (2yr-5th Grade)

For Youth

9:15 AM - 6th-12th Sunday School
4:00 PM - UMYF (6th-12th Grade)

For Adults

9:15 AM - Koinonia Sunday School
9:15 AM - Sojourners Sunday School

For Everyone

10:00 AM - Coffee and Fellowship
(Gathering Space)
10:15 AM - Worship Service (Sanctuary)

We have a place for you!



SCAN THE QR CODE & FIND
OUT MORE OF OUR
CHILDREN'S MINISTRY



<https://min.link/Y7e>

MEMORIALS/HONORARIUMS

RESPITE FUND

In memory of:

Bill Bell
Sammy Hummer

Given by

Bill & Ginny Acree
Bill & Ginny Acree

GENERAL FUND

In memory of:

Katherine Evans

Given by

Alyce Ann Lecklitner

YOUTH FUND

In memory of:

Dorothy Kirk Avison
Peggy Russell Rudolph

Given by

Ann McCoin
Ann McCoin

REELFOOT RURAL MINISTRIES

In memory of:

Carolyn Cooper
Janie Stafford
David West
Don White

Given by

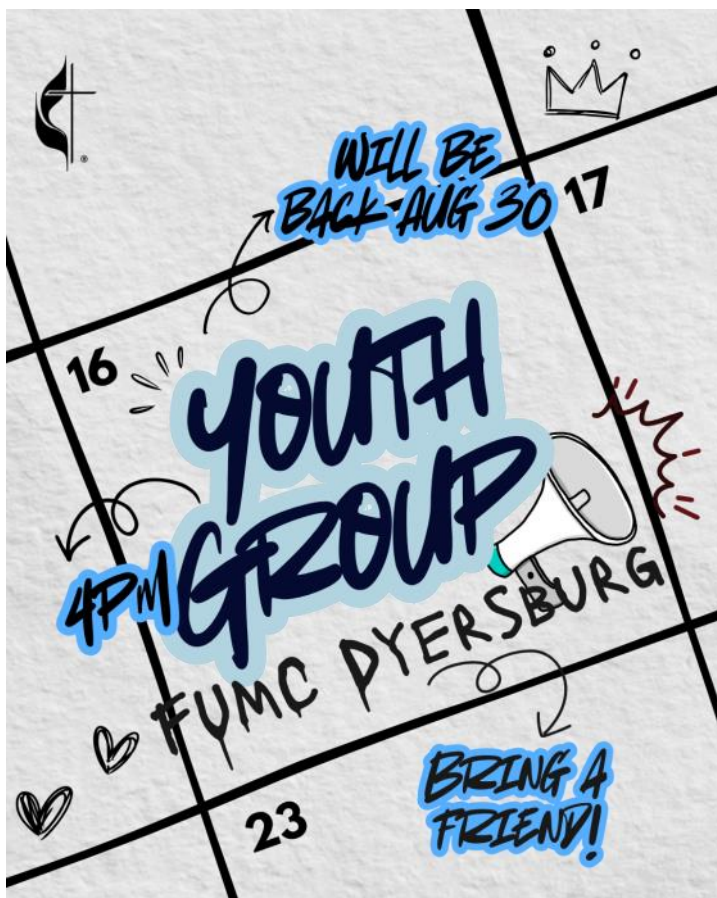
Ann McCoin
Ann McCoin
Ann McCoin
Ann McCoin

ATTENTION CHURCH FAMILY

We have an extra copier from the preschool that could use a home. It is under lease for 32 more months. We are looking for someone who may be interested in the copier and willing to take on the monthly lease payments. It's a Konica Minolta C4050I with color copies. If you or your business may be interested to learn more about it, please contact Walt Bradshaw or Dustin Seratt.



Our Current Sunday Sermon Series



JOIN US FOR WORSHIP FROM ANYWHERE

Our Sunday morning service is viewable each Sunday morning at 10:15 am from our church's webpage at <https://www.fumcdyersburg.com/media> or our Facebook page at Dyersburg First United Methodist Church. You can also watch previous sermons on either site.

CONTRIBUTION STATEMENTS

This quarter's contribution statements will be sent out soon. If you do not get yours or need to update something, please call or email, Karen in the church office. 731-285-6454, kkesterson@fumcdyersburg.com.

I AM THE CHURCH

*My Church is composed of people like me.
We make it what it is.*

*It will be friendly, if I am.
Its pews will be filled, if I help fill them.
It will do great work, if I work.*

*It will make generous gifts to many causes, if I
am a generous giver.*

*It will bring other people into its worship and
fellowship, if I bring them.*

*Therefore, with the help of God, I shall dedicate
myself to the task of being all the things I want
my church to be.*

— Rhea House —

NEEDS:



SOAP

SMALL BOXES MAC N CHEESE

PASTA SAUCE

SMALL JARS OF JELLY

1ST THROUGH 5TH GRADE

19-20 SEPT

1:00PM -
10:15AM

KIDMIN FUMCDYERSBURG

LOCK
IN

REGISTER AT:

<https://min.link/dsm>

Prayer Requests

In order to keep our teams informed about persons you've requested prayer for, please send updates every **three weeks**.

Rebecca Sanders (Vicki Dunagan's mother)
Kelly King
Children of Ginny and Bill Acree
Cindy Taylor and Family
Randy Prince
Family of Katherine Evans
Tiffany Riggins (Elaine McCormick's daughter)
Bill Troy
George Robertson
Cherry Robertson
Linda Jones

**Please continue to remember the Home Bound.*

**If you'd like to send cards, contact the church office for addresses if you need them.*

TITHES AND OFFERINGS

The mission and ministry of Dyersburg FUMC is now more vital than ever. Although you can bring your offerings with you to church on Sunday, you can also still mail them or go online. It's easy: mail your check to the church at P.O. Box 452, Dyersburg, TN 38025 OR give online by going to <https://fumcdyersburg.com/donate>.

Send form #3579 to The Word, P.O.Box 452, Dyersburg, TN 38025, FUMC

#13490
Periodicals
Paid at
Dyersburg, TN

Sunday, August 23, 2026
Thirteenth Sunday after Pentecost

Revised Common Lectionary

Readings:

Exodus 1:8-2:10

Psalms 124

Romans 12:1-8

Matthew 16:13-20

9:15 am Sunday School

10:00 am Fellowship Time

10:15 am Worship

2:00 pm Parish Choir

4:00 pm Blankets

(2yr - 5th Grade)

Rev. Emily Sanford, Preaching

Weekly published by

First United Methodist Church

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Church: 731-285-6454

Web Page—www.fumcdyersburg.com