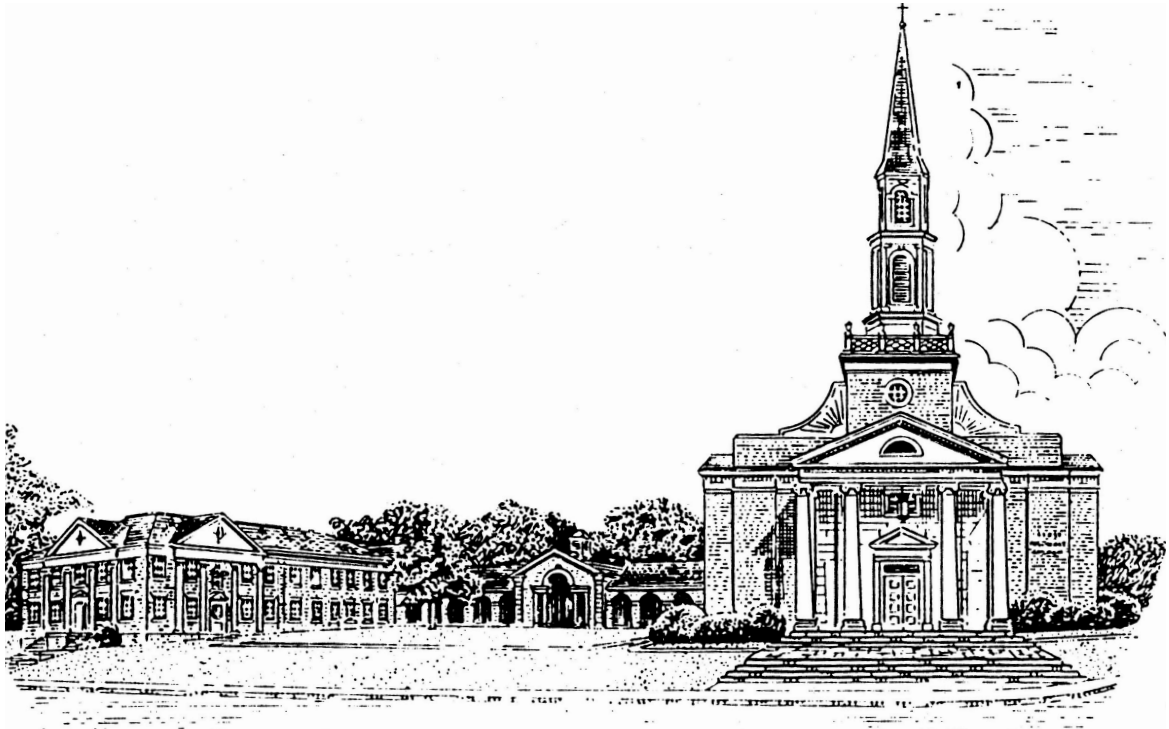


# Newsletter

The Monthly Newsletter for Douglas First Methodist Church



## *Pastor's Note*

This time of year, the word that comes to mind is “oppressive”. The heat is nearly unbearable, and when you walk outside your skin immediately feels as sticky as a glazed doughnut from Holt’s Bakery making life uncomfortable. Are we officially in the “Dog Days” of Summer yet, because I feel like getting under the porch and laying in the cool dirt too. Yet, we must still press on and keep grinding because the world isn’t slowing down for anything. It reminds me of Adam’s punishment after his disobedience in the garden: when God cursed the earth, He told Adam that “by the sweat of your brow you will eat your food” and that life is going to be tough...that hasn’t changed for any of us. It’s worth noting that God didn’t curse Adam or Eve for their transgression, but made their lives difficult. It’s interesting that things like heat, and thirst make us seek relief that we wouldn’t seek otherwise. When Jesus came and taught us that He was the Living Water and that we could cast our heavy burdens upon Him, because He is the only one that can bear it. Put another way, God gave us the insight that a life lived on our own terms is dry, hot and miserable, and that life on His terms is purposeful, refreshing, and fruitful. Once you understand that, life gets a whole lot “cooler”.  
In His Service.

## **FEATURED VERSE**

**28 COME UNTO ME,  
ALL YE THAT LABOUR  
AND ARE HEAVY LADEN,  
AND I WILL GIVE YOU  
REST.**

**29 TAKE MY YOKE UPON  
YOU, AND LEARN OF ME;  
FOR I AM MEEK AND  
LOWLY IN HEART: AND  
YE SHALL FIND REST  
UNTO YOUR SOULS.**

**30 FOR MY YOKE IS  
EASY, AND MY BURDEN  
IS LIGHT.**

**MATTHEW 11:28-30**



# "A Culinary Treasure" Arrives at Our Church"

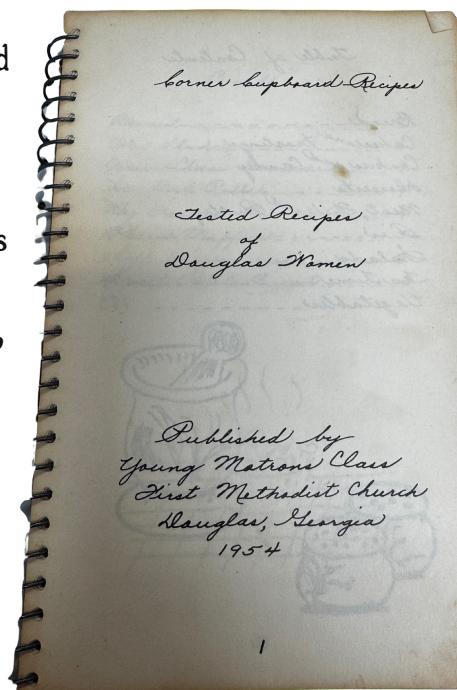
by Katelynn Moore with the help of Mrs. Betty Brantley

This week, our church was blessed with a heartwarming call from Chamblee First United Methodist Church in Chamblee, GA. Shantae answered the phone and was delighted to hear from a kind woman who shared that they had discovered a vintage recipe book titled "The Corner Cupboard," lovingly compiled by the Young Matrons Class of First Methodist Church in 1954. When asked if we would be interested in receiving it, Shantae gave an enthusiastic yes—and just a few days later, the charming cookbook arrived in our mailbox, along with a card pictured right.

This recipe collection is more than just flour, sugar, and spices—it's a time capsule of community, tradition, and love. The book features cherished recipes from church members long ago, including Brian McNeill's mother's Plain Muffins, Chuck Sim's grandmother's hearty Catfish Stew, and Mrs. W.S. Patterson's unforgettable Caramel Cake. You'll also find sweet favorites like Mrs. Billy Roberts' Coconut Ice Box Cookies, Mrs. Thad Childs' Apricot Ice Box Cake, and Mrs. M.E. Belger's Graham Cracker Crust. Each name, each dish, is a beautiful reminder of the hands and hearts that helped shape the life of their congregation.

Douglas 1st Methodist—  
This treasure was passed to us  
from the family of a member who  
passed away last year.  
I hope it will bring back fond  
memories from some of your congregation.

Grace + Peace,  
Linda King  
Director of Member Care



Lemonade Best Cake

Soak 1 tbsp. gelatin in 1/4 c. cold water. Cook together for 5 min. (to custard consistency) 4 egg yolks, grated rind of one lemon, and juice of two lemons, 1/2 c. sugar and 1/4 tsp. salt. Add softened gelatin to hot custard; stir thoroughly. Cool. When it begins to thicken fold in 4 egg whites beaten dry with 1/2 c. sugar. Alternate layers of custard and angel food cake or lady fingers. Chill until congealed. Serve with whipped cream.  
Mrs. J. H. McHollin

Plain Muffins

1 egg 2 c. flour  
2 tbsp. sugar 2 tsp. baking powder  
4 tbsp. melted fat 3 1/4 tsp. salt  
1 c. milk

Beat eggs, add fat, sugar, milk, and mix well. Mix and sift dry ingredients. Add to first mixture and stir barely enough to mix (do not beat). Put by tsp. into sizzling hot greased muffin tins (12) and bake in 425° oven about 25 min.

Janice McNeill

We invite everyone to stop by the Church Office and take a look at this delightful piece of history. Copies can be made of any recipes you'd like to try yourself—whether to recreate old memories or start new ones. The spirit of fellowship lives on in every page.

Coconut Ice Box Cookies

1/2 c. butter 2 c. flour  
1 c. sugar 1 c. coconut  
1/4 c. brown sugar (packed) 1 1/2 tsp. vanilla  
1 egg (well beaten)

Cream butter. Add sugar and cream thoroughly. Add egg, coconut and vanilla. Beat well. Gradually add flour, mixing well after each addition. Form in two round rolls on wax paper and place in refrigerator over night. Slice and bake at 350° about 15 min. Makes 6 doz.

Mrs. Billy Roberts



# “The Preacher Who Wrote a Bestselling Medical Manual”

by Katelynn Moore

When most people hear the name John Wesley, they picture the impassioned preacher on horseback, trailblazing across 18th-century England to spread the Methodist movement. But what if we told you he also moonlighted as a best-selling medical author?

In 1747, Wesley published *Primitive Physick: An Easy and Natural Method of Curing Most Diseases*, a humble handbook filled with remedies for everything from headaches to hysteria. Its mission? To make healthcare accessible, affordable, and understandable to the everyday person. The book struck a chord—*Primitive Physick* went through 32 editions and became one of the most widely circulated medical guides of its time.

Wesley's motivation wasn't simply to heal the body—it was rooted in his theology. He believed that spiritual and physical well-being were deeply intertwined. A sound body supported a sound soul. And with physicians often financially out of reach for the poor, Wesley saw this work as an extension of his ministry.

Some of his advice might raise eyebrows today: he recommended "holding a live puppy against your stomach" for abdominal pain and prescribed "toad powder" (yes, powdered toad) for asthma. Still, many remedies—such as the use of herbs, fresh air, and moderation in eating and drinking—were ahead of their time and foreshadowed modern holistic medicine.



Through *Primitive Physick*, John Wesley preached a gospel of wellness, bridging science, faith, and compassion. In doing so, he left behind not just a movement, but a medical manual that reflected the beating heart of his mission: healing the whole person. John Wesley's *Primitive Physick* stands in stark contrast to contemporary medical guides in both content and approach. While modern medical texts are grounded in rigorous scientific research, peer-reviewed studies, and standardized clinical practices, Wesley's manual was a blend of folk remedies, religious philosophy, and empirical observation. His goal was accessibility—offering affordable, natural treatments to the poor—whereas today's guides prioritize evidence-based protocols and often require professional interpretation. That said, Wesley was surprisingly ahead of his time in promoting preventive care, hygiene, and lifestyle changes—principles that remain central to modern medicine. However, many of his suggested cures, such as using electricity for melancholia or herbal concoctions with questionable efficacy, would not meet today's safety or efficacy standards.

In essence, *Primitive Physick* reflects an 18th-century attempt to democratize healthcare, while modern guides emphasize precision, specialization, and scientific validation. Both, in their own ways, aim to empower people to care for their health—but with very different tools.





# Douglas

## FIRST

up to 5th  
grade

## KIDS

**Douglas First Methodist Church**

# PRESCHOOL REGISTRATION NOW OPEN

FOR MORE DETAILS,  
PLEASE CONTACT  
THE CHURCH OFFICE  
AT (912) 384-4404.

To Register, Scan this QR  
code or visit our website:  
[www.douglasfirst.com](http://www.douglasfirst.com)



## BLESSING OF THE Backpacks



**JULY 27TH**



Promotion Sunday  
July 20th

## PRESCHOOL News



- Open Enrollment  
Going On Now
- Open House: August  
1st



## CHILDREN'S MINISTRY

Sunday School:

9:30- 10:20 am  
Preschool Hallway

Children's Church:

Following Children's Moment  
Pickup on Preschool Hallway

Wednesday:

Children's Choir 5:00  
Supper 5:30  
Pickup on Preschool Hallway



STARTING IN AUGUST,  
CHILDREN SING THE FIRST  
SUNDAY OF EACH MONTH  
DURING 10:30 WORSHIP!





## DFMC YOUTH

### JULY- AUGUST

DOUGLAS FIRST  
METHODIST  
CHURCH PRESENTS  
OUR

## SUMMER Music CAMP

JULY 7TH-10TH  
8:45 AM- 12:30 PM  
ROBERTSON HALL

FOR KIDS GOING INTO  
4<sup>TH</sup> GRADE UP TO 12<sup>TH</sup>  
GRADE!

REGISTER HERE:



### SUMMER MUSIC CAMP SNACK DONATIONS

Our church's Summer Music Camp is just around the corner, and we'd love to keep our young musicians energized and refreshed! If you're able to donate snacks or drinks, we'd truly appreciate your support.

We Need:

- Bottled Water
- Lemonade (Juice Boxes)
- Individual bags of chips
- Cookies
- Crackers
- Cheese-its
- Little Debbie Cakes/ hostess cakes
- Granola Bars

Snack Donations: Can be brought to the church office M-F 8:30-12:00

Promotion Sunday  
July 20th



HAPPY

4<sup>TH</sup>

of JULY

BLESSING OF THE  
Backpacks



JULY 27TH



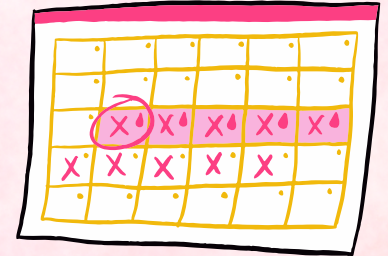
Youth & children  
BACK to  
SCHOOL  
CELEBRATION  
AUGUST 24TH



# DON'T FORGET

- JULY 1<sup>ST</sup> - 5<sup>TH</sup>: FLOORS BEING CLEANED (NO ACTIVITIES SCHEDULED)
- JULY 7<sup>TH</sup> - 10<sup>TH</sup>: MUSIC CAMP
- JULY 20<sup>TH</sup> - PROMOTION SUNDAY
- JULY 27<sup>TH</sup> - BLESSING OF THE BACKPACKS
- JULY 29<sup>TH</sup> - CARD MINISTRY 10:00 AM (PENNEL ROOM)
- AUGUST 1<sup>ST</sup> - PRESCHOOL OPEN HOUSE
- AUGUST 13<sup>TH</sup> - WEDNESDAY NIGHT SUPPER BEGINS
- AUGUST 24<sup>TH</sup> - YOUTH BACK TO SCHOOL CELEBRATION

Mark  
YOUR  
Calendar



July

HAPPY BIRTHDAY

August

6	Kate Brulte	Aaron Works
	Joseph Stallings	18 Austin McNeill
8	Marleigh Bennett	Lauren Anne Day
9	Randy Stallings	19 Emma Rowell
		Katherine Gaskins
10	Georgia Vickers	
		Charlotte Fussell
11	Brooks Barbaree	
12	Chip Guinn	21 Joey Vickers
	Andrew Taft	Denise Miller
	Jack Cunningham	Brownie Clark
15	Sherrill Watts	22 Connor Gurley
	Louise Vickers	23 Zach Fussell
16	Melissa Fletcher	24 Jessica Clemmer
	Duke Day	28 Waverly Larkey
	Ruth Anne Day	Amelia Larkey
	Alicia Anne Day	30 Robert Campbell
	Grayson Roberts	31 Kim Mayo
17	Barbara Abercrombie	
	Mary Ann Dudley	



1	Karen Suttles	14 Christopher Brown
2	Drew Bagwell	15 Bryan Clements
	Trey Meeks	16 Connie Davis
4	Marlene Balder	17 Nanette Richey
	Chris Goodwill	18 Gavin Suttles
	Cindy Vaughn	19 Patti Vick
	Irene Blackwelder	Chris Tuten
	Russell Rowell	20 Betty Royal
7	Ethan Vaughn	Mark Jones
8	Vickie Lott	21 Kim Carter
	Carman Walker	Brady Eastin
9	Wally Colwell	Madeleine Tuten
10	Mark Miller	23 Laurence Day
11	Sloane Cliett	24 Carol Baglin
	Michelle Clements	25 Laura Taft
	Maggie Medders	26 Raymond Baglin
12	Kirk Farrar	27 Sue Miller
	Samantha Ray	29 Phil Nation
13	Katie Herrington	30 Tommy Greene



# Prayer Concerns

The Dent Family  
Carey Roberts  
Brandon Anderson  
Family Of Dawn Roberts  
Judy Gartside  
Alice Day  
Tracy Lott  
Judy Wommack  
Family of Jack Lindsey  
Kelly Hutto  
James Waylon Smith  
Briggs Kirkland  
Wilbert Smith  
Shirley Smith Ring  
Tammy Carter  
Johnny Graham  
Patti Vick  
Terry Fesperman  
Cathy Wilcox  
Amy Hines  
Jimmy Davis  
Jim Ashley  
Audrey Smith Byrd  
Hub Daniel  
Pat Daniel  
Vernon Eckleberry  
David Handley  
Gary Huckaby  
Leila Morgan  
Barbie Myers  
Leanne Peach  
Victoria Riner  
Farid Salem  
Dennis Yawn

## Prayer Requests

As a faith community, we're here to share in each others' experiences and lift each other in prayer. Whatever you're facing – whether it's a cause for joy, a challenge weighing you down, or a particular intention you're holding close to your heart – we want to join you in prayer.

Please email your prayer requests to:  
shantae.douglasfirst@outlook.com,  
katelynn.douglasfirst@outlook.com,  
or scan this QR code



rightnow MEDIA

Our church's Bible study library is now digital and gigantic.

Over 20,000 discipleship videos for kids, youth, and adults.



Get free access

Scan the QR Code to create a free account!



android chromecast iPhone & iPad Roku TV fireTV  
www.rightnowmedia.org

## Joel Dent

DEEPEST SYMPATHY to all members of the Dent Family in the recent death of Annelle Dent McDuffee, 91. A service celebrating her life was held in Savannah on Friday, June 20 and burial in Bonaventure Cemetery. Annelle served as secretary during the ministries of both Re. Frank Robertson and Rev. McCoy Johnson. "All members of the Dent Family express their deepest gratitude for the Christian influence that this congregation has had upon our four generations." In Christ,  
Rev. Dr. Joel and Joyce Dent

## HELP US KEEP IN TOUCH!

WE'RE UPDATING OUR CHURCH DIRECTORY AND WOULD LOVE YOUR HELP!

PLEASE SHARE YOUR NAME, BIRTHDAY, ADDRESS, AND PHONE NUMBER SO WE CAN STAY CONNECTED, CELEBRATE SPECIAL MOMENTS, AND SEND IMPORTANT UPDATES.



SUBMIT YOUR DETAILS VIA QR CODE OR  
EMAIL US AT  
KATELYNN.DOUGLASFIRST@OUTLOOK.COM

DOUGLAS FIRST METHODIST CHURCH PRESENTS OUR

### SUMMER Music CAMP

JULY 7TH-10TH  
8:45 AM - 12:30 PM  
ROBERTSON HALL  
FOR KIDS GOING INTO 4<sup>TH</sup> GRADE UP TO 12<sup>TH</sup> GRADE!  
REGISTER HERE:

Wednesday Night Suppers

RESUME ON AUGUST 13TH!

Card Ministry

July 29th  
10:00 AM  
Pennell Room



rightnow MEDIA

### Just for Kids

Everyone in our church gets FREE ACCESS to thousands of Christian videos!

Parents, scan the QR Code to create a free account!

THE METHODIST WOMEN ARE SELLING

## FROZEN SOUP & CHILI

\$5.00 PER QUART CONTAINER

LOCATED IN THE KITCHEN FREEZER

## SUMMER FOOD DRIVE

With school out, the Coffee County Food Bank needs extra support this summer. Douglas First is hosting a seasonal food drive to donate to the food bank.

We're collecting cereal, peanut butter, jelly, and canned chicken or tuna—bring a jar, or even better, a case! Donation bins will be placed throughout the church, and drop-offs can be made at the office. Need a pickup? Call Jan Adams, and we'll arrange it.

Be sure to fill out the Donor Form located at each donation bin to win!

TOP 5 DONORS WIN A FREE DFMC TSHIRT!

GIVE GENEROUSLY AND KEEP DONATIONS COMING ALL SUMMER TO HELP FEED LOCAL CHILDREN. LET'S SHOW COFFEE COUNTY HOW MUCH LOVE WE HAVE TO GIVE! WANT TO LEAD THIS PROJECT? REACH OUT TO JAN ADAMS—IT'S A GREAT LEARNING EXPERIENCE!



# *Douglas First* **METHODIST CHURCH**

➤➤➤➤➤ **JOIN OUR FAMILY**



**Sunday  
School**  
9:30 a.m.

**Primary  
Worship  
Service**  
10:30 AM



**Sunday  
Connect**  
Volunteer  
Opportunities

**Wednesday  
Nights**

Children's Choir: 5:00  
Supper: 5:30  
Bible Study: 6:15 PM



**Check out our Website**  
**WWW.DOUGLASFIRST.COM**

If you are looking for a church home, you have found one. No matter where you find yourself in life, there is a place for you at Douglas First Methodist Church, and we would be glad to have you! Seniors, young adults, youth, musicians, artists, choir, volunteers...we have ministries and activities for all age groups and areas of interest and talent. Especially noteworthy are our student ministries...our children and youth programs are on the UPSWING, and now is the time to get onboard. Our mission is Building God's Kingdom, and the Lord is welcomed and involved in everything we do here, and He is honoring our work.

If you have been waiting for an opportunity to grow closer to the Lord, please come join us here. If you have questions about any of our ministries, or have questions about our church and what we are all about, call the church office at (912) 384-4404 and our staff will put you in touch with someone who is ready to answer.

Rooted in tradition, yet in touch with the contemporary, we are sure that our church has something for everyone...come and find out!! All are welcome here...YOU are welcome here!

[www.douglasfirst.com](http://www.douglasfirst.com)

311 North Madison Ave., Douglas, Ga 31533  
912-384-4404

Sunday School classes 9:30-10:20am  
(Education Building, All age groups)  
Worship in Sanctuary is at 10:30 a.m.

Online Giving:



**Stay in touch**

[pastor.douglasfirst@gmail.com](mailto:pastor.douglasfirst@gmail.com)



[shantae.douglasfirst@outlook.com](mailto:shantae.douglasfirst@outlook.com)

[katelynn.douglasfirst@outlook.com](mailto:katelynn.douglasfirst@outlook.com)

912-384-4404