

# Save the Date!

SEPT 17TH	First Church Outreach at C of C 2:00-4:00
OCT 2ND	High School Beach Bible Study 5:00-6:30
OCT 5TH	Men's BBQ 11:00-2:00
OCT 6TH	Acolyte Training & Lunch 12:00
OCT 6TH	First Sunday Fellowship (FSF) 12:00
OCT 8TH	Lunch & Learn with Author Kristen Ness 11:00
OCT 13TH	Newcomers Brunch 12:00
OCT 13TH	Blessing of the Animals 3:30
OCT 20TH	3rd Grade Bible Presentation 11:00
OCT 27TH	Fall Fest 5:30-7:00

## Note from Pastor Charles

### CULTIVATING A HEALTHIER SPIRITUALITY

Your spiritual health is equally as important as your physical health. You might examine your diet and take notice of what you eat or drink that may not be healthy options. Many of us know that a diet high in fat and refined sugar might lead to a thicker waistline and higher blood cholesterol. Once we look closer at our food choices, we can make plans to make changes in what we put into our mouths.

Your spiritual choices are as important as your food choices to a healthier lifestyle. Imagine what your body might go through when you go on a starvation diet. Then imagine what your soul goes through when you're starved for spiritual nourishment.

Physical health, emotional health, and mental health are all related to our spiritual health. The principle of emotional health that is essential for spiritual health is the thesis of the book, "Emotionally Healthy Spirituality," by author Peter Scazzero. He says, "it's impossible to be spiritually mature while remaining emotionally immature." This is a book I highly recommend to your reading.

With God's help we can all experience more joy and health in this life and the life to come. Blessings for your journey toward spiritual health.

Grace and peace,

*Charles*

Pastor Charles

### WHAT'S IN THIS MONTH'S ISSUE:

- Fellowship Opportunities
- Volunteer Opportunities
- What's New at First Church



### UPCOMING SERMONS

- 9/1- "Lift Up Your Hearts"
- 9/8- "Open the Eyes of Your Heart"
- 9/15- "Of Devine Things"
- 9/22- "Servant of All"
- 9/29- "A Cup of Water"
- 10/6- "Render to God"
- 10/13- "The Great Commandment"
- 10/20- "Salvation Belongs to Our God"
- 10/27- "Oil in Your Lamps"



# Upcoming Events



## RALLY DAY 2024

Sunday, September 8th

Join the church family as we kick off the program year together!

12:00-1:00: FREE Lunch and Ministry Fair will be filled with learning about all of our different classes and ministries at First Church! Boxed lunches will be provided.

5:30-7:00: Youth and Children Sunday Night Live Party

## FIRST SUNDAY FELLOWSHIP

Beginning October 6 at 12:00 in the Prayer Garden.

Join us the first Sunday of every month for a time of fellowship after the 11:00 service. This will be a time to gather and get to know all ages of church members. Lunch will be provided for \$5 and you must RSVP through Realm or the church office

FIRST  
*Sunday*  
FELLOWSHIP

FOR MORE INFORMATION: Call the Church Office: 843-886-6610

# Upcoming Events

## MISSION TRIP



WHERE: CHIAPAS, MEXICO

WHEN: JUNE 7-14, 2025

WHO: YOUTH & ADULTS

## MISSION TRIP 2025

June 7-14, 2025

We have the opportunity to go to Chiapas, Mexico the summer of 2025 with Medical Missions, INC.

If you have questions regarding the mission trip, email: [lindamarie727@yahoo.com](mailto:lindamarie727@yahoo.com)

## INTERESTED IN VOLUNTEERING?

Bring food monthly for ECCO

Lead Wee Worship

Bring food for Youth on Sunday mornings/evenings

Usher at 9:00 or 11:00 service

Acolyte (children and adults)

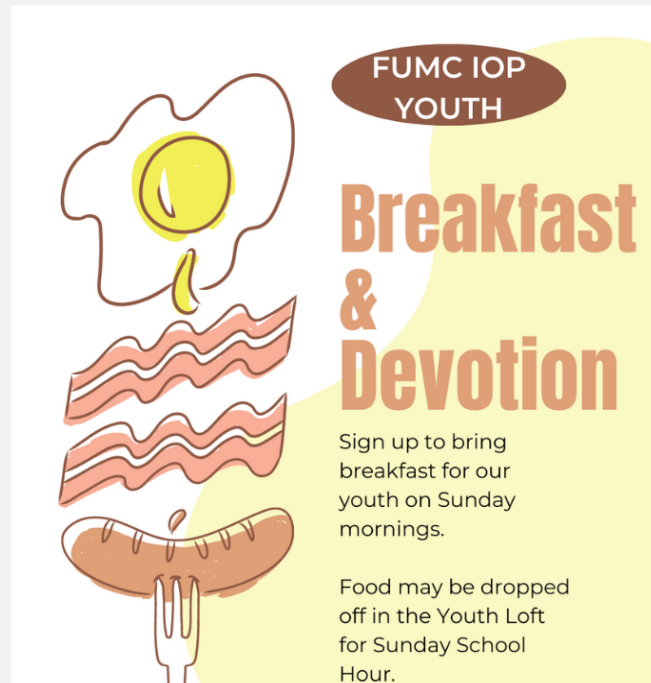
First Friends setup / cleanup

Outreach at CofC with Jen (Tuesdays 2:00-4:00pm)

VOLUNTEER  
  
HELP EACH OTHER



# Reoccurring Events



## YOUTH BREAKFAST AND DEVOTION

Sundays at 10:00am in the Youth Loft

6th-12th grade Youth are invited for a time of devotion, food, and fellowship during the Sunday School hour each week.

## CHILDREN & YOUTH SUNDAY NIGHT LIVE

Kids: Sundays at 4:00-5:30pm  
Drop off in Youth Loft  
Pickup in Fellowship Hall

Youth: Sundays at 5:30-7:00pm  
Drop off in Fellowship Hall  
Pickup in Youth Loft

This is a time for children and youth to explore God's word through play and recreation.



FOR MORE INFORMATION: Call the Church Office: 843-886-6610

# Upcoming Events



## LUNCH & LEARN

Monthly Lunch Gathering  
October 8th at 11:00am in the Fellowship Hall.

Come one, come all as we gather to learn from guest speakers and share a meal. This is open to everyone so bring your friends!

Kristen Ness, local author of "At Loggerheads," will be our first guest speaker.

RSVP to Jen in the church office

## NEWCOMER BRUNCH

October 13th, at 12:00pm in the Fellowship Hall

Interested in joining First Church or looking for ways to get involved? Join us for a casual orientation and fellowship with other newcomers!

Contact Jen at the church office for questions



FOR MORE INFORMATION: Call the Church Office: 843-886-6610



# Upcoming Events

## 3rd Grade Bible Presentation



Sunday, October 20th  
at 11:00 Service

3rd graders and their families are invited to come to the 11:00 service to receive their Bible from FUMC IOP

## THIRD GRADE BIBLES

11:00 service

Join us for this special service for First Church's third graders. These Bibles help them grow closer to God and develop their faith.

Contact Courtney in the church office to include your child.

## FALL FEST

October 27th, 5:30-7:00pm in the church yard.

Dinner provided! Please consider providing a trunk or golf cart, as well as a festival game. Donations of candy can be brought to the church office.

Contact Courtney in the church office to volunteer



FOR MORE INFORMATION: Call the Church Office: 843-886-6610

# Upcoming Events

FIRST UNITED METHODIST CHURCH ISLE OF PALMS

## Blessing of the Animals



## BLESSING OF THE ANIMALS

Sunday, October 13 at 3:30pm

Church and Community-wide event to honor or remember a special pet. Taking place in the church yard and all pets will be on a leash or in a carrier.

## MAHJONG

October 17th, at 6:00pm in the Fellowship Hall

Learn to play at the beginner level from seasoned Mahjong instructor. Fun for all ages! First Church will be hosting periodic game nights for members and friends.

RSVP to Jen at the church office.



FOR MORE INFORMATION: Call the Church Office: 843-886-6610