

**Special Gifts to Zion Church  
In Honor of:  
Barbara Catoe** by Cheryl Catoe

**Special Gifts to Building Fund  
In Honor of:**

**Tommy Knight** by Mike & Diane Rape, Ralph & Beth Craig and Mary P. Knight  
**"Our Dah" aka Teresa Evans,** Love Colton, Keli, & Shawn  
**Sue Catoe & EmmaGene Wright** by Doreen Catoe

**In Memory of:  
Rosalea Wilson** by Mike and Diane Rape

**Special Gifts to Altar Cloth/Banner Fund  
In Memory of:  
Franklin** by Darlene Hallman

**Special Gifts to Tony Neal Scholarship Fund  
In Honor of:  
Steven Duell and Cierra Hartley on their birthdays** by Claudia Hartley  
**Jo Jo & Alicia** by Libby Morris  
**My grandchildren** by Carolyn Massey  
**In Loving Memory of:  
Granny Alma** by Keli, Shawn, & Colton

**Canning season is here!!** Are your knives ready for all the prep work – peeling, chopping, slicing?? If you need some new knives, don't forget UMW stock many of your favorite knives such as various paring knives, tomato slicer, other larger knives and choppers. Contact Libby Morris or Missy Snipes for anything you may need.

**Our United Methodist Women and ladies of the church provide meals in the event of a death.** In the church family. We have worked out a schedule of three groups that will take turns in a rotation to provide the food and monetary donations to help buy supplies and extra meat. If your group is providing a meal, you will be contacted for your contribution or food item. You only need to provide your monetary donation when it is your group's turn on the rotation. If you have any questions, please let Terry Robinson know. Thank you!

**The youth would like to say thank you to Michael Mills** for helping with a music presentation for the youth attending the retreat to Look Up Lodge.

**Our Sunday Evening Kids & Youth classes begin meeting on Sunday, September 9, at 5:00 pm.**

**With the new school year approaching, here is a Sunday school update:** The Toddler Classroom 2s, 3s, & 4s class is taught by Courtney & Nancy Ackerman, The Kindergarten / 1<sup>st</sup> Grade class is taught by Laura Everall, 2<sup>nd</sup> & 3<sup>rd</sup> graders class is taught by Ms Pat Threatt & Jessica Bailey, 4<sup>th</sup> -6<sup>th</sup> graders class is taught by Barbara Hall, Miriam Griffin & Diane Rape & the Youth 7<sup>th</sup> & up class is taught by Steve McDonald. We would love to have your children & youth join us during the Sunday School hour this fall!!!! **Join us for Sunday School!!!!**

**Change of Address:** Drew B. Burn has a new address of 17493 Fire Eagle Way, Eagle River, AK 99577. Please update this information in your church directory.

### Happy Birthday in September!

9/2	Linda Pardue	9/16	Drew Burn
9/4	Marie Knight		Mark Whitley
	Tammy Cooper	9/17	James Mackey
9/5	Mark Hammond	9/18	Anna Massey
9/6	Lee Waters		Adam Fields
	Ashley Curtis	9/19	Dale Jenkins
9/8	Joe East	9/20	Ryan Griffin
9/9	Kayla Yost		Josh Moree
	Cameron Middleton	9/22	Sydney Cauthen
9/10	Todd Hall	9/23	Bethany Hayes
9/12	Breanna Melvin	9/24	Riley Knox
	Carly Robinson	9/25	Angie Wood
9/13	Dennis McAteer	9/27	Lee Bradley
	Janice Bowers	9/28	Arnold Wallace
	Renee Plyler	9/29	Michael Patchus
	Bonnie Sears	9/30	Teresa Evans
9/14	Eugene Blackmon		Keli Thomas
9/16	Harris Plyler		Joseph Lester East, II
	Crystal McKenna		
	JoAnne Smith		
	Wade Adams		

### Happy Anniversary in September!

9/4	Mr. & Mrs. Billy Sweatt
9/5	Mr. & Mrs. Jimmy Parker
9/6	Mr. & Mrs. Bryan Walters
9/11	Mr. & Mrs. Tony Broughton
9/16	Mr. & Mrs. Scott Phillips
	Mr. & Mrs. Eric Everall
9/21	Mr. & Mrs. Micah Seegars
9/23	Mr. & Mrs. Tim Steen
9/29	Mr. & Mrs. Chris Curtis

### This Week at Zion

#### Friday, August 24

8:00 am Walking Club  
5:30 pm Look Up Lodge Retreat

#### Saturday, August 25

7:00 am Men's Prayer Group

#### Sunday, August 26

10:00 am Sunday School  
11:00 am Morning Worship  
7:00 pm Council on Ministries meeting

#### Monday, August 27

8:00 am Walking Club

#### Tuesday, August 28

8:00 am Walking Club  
7:00 pm Trustees meeting

#### Wednesday, August 29

8:00 am Walking Club

#### Thursday, August 30

8:00 am Walking Club

#### Friday, August 31

8:00 am Walking Club

#### Saturday, September 1

7:00 am Men's Prayer Group

### Zion United Methodist Church

1665 Zion Road  
Lancaster SC 29720

Address Service Requested

U.S. POSTAGE  
PAID  
LANCASTER, SC 29720  
NON-PROFIT ORG.  
BULK RATE  
PERMIT NO. 17

Church Office Hours: Mon. - Thurs. 9:00AM - 1:00PM  
Church Office (803) 285-3864 Pastor cell: (859)475-8800  
Pastor's email: [lmjarrell@umcsc.org](mailto:lmjarrell@umcsc.org)  
Church Secretary email: [zionoffice@comporium.net](mailto:zionoffice@comporium.net)  
Financial Secretary email: [zionumc@comporium.net](mailto:zionumc@comporium.net)  
Visit our website: [www.zionumc.com](http://www.zionumc.com)

**Scripture Focus this week:** 1 Kings 8: (1, 6, 10-11) 22-30, 41-43, Ps. 84, Eph. 6: 10-20, John 6: 56-69. You are invited to continue to read the suggested lectionary Scripture to prepare for Sunday's sermon.

**Youth Look Up Lodge Trip Friday, August 24.** Meet at the church at 5:30 pm. If you have any questions contact Keli Thomas, 803-287-5785 or Angie Wood, 803-286-8308.

**The Council on Ministries is asked to meet on Sunday, August 26 at 7:00 pm in the Fellowship Hall.** Members are: Keli Thomas, Dianne Sweatt, Missy Snipes, Lisa Lucas, Marion Curtis, Carol Cauthen, Beth Craig, Diane Rape, Laura Everall, Earl Hinson, Myra Funderburk Terry Robinson, Kathryn Hicks & Claudia Hartley.

**The Trustees are asked to meet on Tuesday, August 28 at 7:00 pm in the Fellowship Hall.** Members are: Shawn Thomas, Max Funderburk, Rock Love, Teresa Evans, Wanda Murphy, Tim Steen, Angie Wood, Ralph Craig and Chris Massey.

**Coffee and Donut Fellowship:** Join us for biscuits, donuts, coffee, juice and milk on **Sunday, September 2 at 9:30 am** in the fellowship hall.

**We will have a church wide Clean Up Day on Saturday, September 8 beginning at 8:00 am!** Please plan to come out to help prune the shrubs and put out pine straw and spruce up the church grounds in anticipation of Homecoming! Everyone's help is greatly appreciated!!!

**The Administrative Board** is asked to meet on **Sunday, September 9.** Members are Laura Everall, Rob Wood, Dennis Hall, Keli Thomas, Rock Love, Missy Snipes, Judy Humphreys, Doreen Catoe, Susie McDonald, Hazel Robinson, Libby Morris, Lee Hall, Luke Broughton, Shawn Thomas, Michael Mills, Steve McDonald, Susan Scott, Dwayne Ray, Wendy VanDyke, Dianne Sweatt, Beth Craig, Diane Rape, Earl Hinson, Myra Funderburk, Terry Robinson, Kathryn Hicks, and Claudia Hartley.

**Parents and Children of middle schoolers (5th-8th grade)** are asked to meet in the sanctuary **Sunday, September 9,** after morning worship service to discuss upcoming activities.

**Apple Picking Trip: Thursday, September 27.** We will leave the church at 8:00 am and travel to Granddad's Apples in Hendersonville. Please eat breakfast before you come. After our stop for apples, we will have lunch at The Moose Café and then go to the Farmer's Market. Call Terry at 283-7195 to reserve a seat on the bus.

**Last Week's Record**

**Prayers:** Are you praying for our church?

**Presence:**

Present for 8/19 Sunday School 81  
Present for 8/19 Morning Worship 133

**Gifts:**

Needed each week for General Operating Expenses, this includes TFLC mortgage \$5899  
Received 8/19 for General Fund \$3787.95  
Received for Building Fund \$579  
Received for Needy \$50  
Received for Tony Neal Scholarship Fund \$280  
Received for Altar Cloth/Banner Fund \$25  
Received for Community Meal \$173

**Serving Zion UMC this Sunday**

**Liturgical Color:** Green

**Flowers:** To the Glory of God

**11:00 am nursery:** volunteers needed

**Children's Church volunteers:** Laura Everall & Brooke Collins

**Ushers:** Steve Moseley, Steve Duell, David Lindsey & Richie Burn

**Worship opening and closing:** Hazel Robinson

**We would like to thank all the members of Zion UMC** for all the thoughts, prayers, calls, and kind words while I have been hospitalized. I am so thankful for this wonderful community we share! God is truly good!  
-Vernon Hallman & family

**Musings ~ Eating Well**

I'm not sure if anyone has noticed, but I like to eat. I lean usually toward those things which are not good for me: things that are fatty, greasy, sugary, and otherwise tend to cause bad things to happen to your body. As much as I try to get healthy foods into my life, I find myself drifting back to things that are not good for me. It reminds me of a video I saw recently where a man was going on a vegetable diet where he had nothing but vegetables and drank Diet Coke. The only problem was that all the vegetables were deep fried, and he had the idea that things like macaroni & cheese and potatoes were vegetables. Yeah, I hate to admit it but I'm that guy.

So, when Jesus gave the disciples this diet, you can see why they had issues with it.

*56 Those who eat my flesh and drink my blood abide in me, and I in them. 57 Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. 58 This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever." 59 He said these things while he was teaching in the synagogue at Capernaum. 60 When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" 61 But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? 62 Then what if you were to see the Son of Man ascending to where he was before? 63 It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life.(John 6:56-63)*

It's easy for us to look back and say to them, "No, wait guys. It's a metaphor for living life the way Jesus did (flesh) and being led by and abiding in the Spirit (blood)." It's really a great spiritual diet, the best you can get. I can't think of a better way to feed your spirit than to live your life in the way that Jesus did: loving people, helping them heal, and growing in maturity as a person of the Spirit. We are filled by the Spirit and the way of the Spirit is the way of life which feeds our spirits.

But we like junk food. Some people want a diet of easy emotional fixes and 'just show up' religion. Many would like faith to be unobtrusive and ask very little of us. A number would like ala carte Christianity where they pick and choose the things about faith that they like. This is essentially the spiritual fried food of existence. It is the stuff that some people fill up on between 'regular meals' and end up ruining their spiritual bodies in the process. Part of living the Christian life well is 'eating well,' it is filling ourselves with the good food of living like Jesus in the Spirit.

So, have a healthy snack. Have a meal. Make it a good one.

Pastor Michael

**Our Prayer List as of Monday**

Gene Blackmon	Virginia Horton	Bonnie Sears
Nancy Blackmon	Kyle Hudson	Horace mall
Caleb Catoe	Elizabeth "Libby"	Freda Snipes
Sue Catoe	Hunter	Karen Stares
Ada Chapman	Rick Joyner	Becky M. Steele
Linda Coker	Henry Ray Knight	Jim Thomas
Bill Dingler	Lillian McAteer	Sarah Pauline Threatt
Sophia Dixon	Linda McAteer	Mike Vick
Angie Dobson	Mary Jane McAteer	Pat Vick
Bill Dunn	Max McDonald	Robert Vick
John Elder	Phyllis Morgan	Sandra Walker
Nancy Evatt	Rusty Mosier	Ellen Walters
JoAnn Funderburk	Betty Jo Phillips	Qa'Mora Walton
Steve Ghent	Ann Powers	Randy Williams
Travis Gordon	Vicky Pickett	EmmaGene Wright
T.R. Grier	Ann Reed	Kim Yost
Bucky Hardin	Bennie Robinson	
JoAnn Hinson	Kathleen Robinson	