



# First Methodist Church OF CONOVER

The Weekly Newsletter of First Methodist Church Conover

June 10, 2025

Jess was in church on Sunday. He was singing praises to God, earnestly listening to God's Word, and friendly with folks after the service. But later that day he was driving with some friends to a restaurant, and he got frustrated when a driver cut him off. Jess crowded the guy's bumper and muttered complaints about how rude this driver was. He made sarcastic comments about that driver being a jerk.

Tammy was in her midweek women's Bible study. They were talking about loving one another and how hard it is to be good listeners. She prayed with the other women to be more compassionate. Then at dinner that night, her husband was preoccupied with some work problems. He didn't notice Tammy's new haircut, nor did he bother to help prepare dinner, much less thank her for it. She reacted by calling him selfish and gave him the silent treatment the rest of the night.

What's going on? Why wasn't Jess still praising God as he was driving? Why didn't Tammy forgive her husband and show him compassion like she had prayed to do?

## ***I Do What I Don't Want to Do!***

Writing to the Romans, the Apostle Paul described this problem of acting in ways that contradict what we say we believe to be best. ***"For what I do is not the good I want to do; no, the evil I do not want to do - this I keep on doing"*** (Romans 7:19). In short, Paul was saying, *I do what I don't want to do!*

Jess and Tammy can relate. Perhaps you can too? Most of us can. All of us have some degree of a "sanctification gap" that we struggle with. Only Jesus lived with no inconsistency in his life! He believed what was true and He lived up to it perfectly. We, however, have sinned and fall short of God's glory.

Each of us needs to ask ourselves, *"How does this truth manifest itself in me?"* How am I not living like Jesus would live, if He were me? In my daily life, am I being governed by the Spirit of Jesus or by my own needs or desires? And when I mess up, how can I make things right?

The larger our sanctification gap (*that gap between what want to do as Christians and what we actually do*), the more we miss out on God's peace, the more we hurt the people around us, and the more our witness undermines our ministry. But Paul discovered the secret.



Because the Spirit of God who raised Jesus lived in Paul also, he came to rely on Christ's power and was able to put to death the misdeeds of his body. He talks about this in Romans 8. That allowed him to be led by the Spirit. The source of all Paul accomplished wasn't his natural human abilities but the Holy Spirit working within him. Under the power of the Holy Spirit, God was able to use Paul to change the world.

Do you believe your life could look more like the Spirit-empowered life of Romans 8 than the contradictory life of Romans 7? It can! It begins by constantly living under God's power and direction, seeking His will in all things and relying on His grace in all that we say or do. We can learn to live from the invisible resources of God's Kingdom rather than our imperfect personal efforts.

Join me as we try each day to live more and more under the desire, plan and power of Christ.

Grace and Peace,

*Pastor John*

# \*PRAYERS, PRAISES AND NEEDS\*

## ***Let Us Pray...***

As an ongoing part of our Nurturing Ministry, we are asking all members of our church to pray for six specific families. Each week we will list a different group of six families as we work our way through our church roll. The families for this week are:

Phyllis Watson, Joy Watts,  
James Weaver, Jonathan Weaver,  
Robert Weaver, Cliff & Debbie Wike.



## **IN/OUT OF HOSPITAL**

Bruce Cloninger at Wake Forest Baptist MC

## **GREETERS for June 15**

8:45am - Susan (Long) Sigmon  
11:00am - Beth Boston

## **June 22**

8:45am - Marsha & David Phillips  
11:00am - Sandy Loftin

If you would like to greet your church family on Sunday mornings, please contact Nancy Wall at (704) 325-0330.

## **NURSERY VOLUNTEERS**

### **June 15**

8:45am - Erin Moritz  
11:00am - Donna Mull

### **June 22**

8:45am - Beth Travis  
11:00am - Abella Barnabas

### **June 29**

8:45am - Beverly Swithenbank  
11:00am - Diane Howard

## **UPPER ROOMS**



The July / Aug. "Upper Room" devotional books are available for pick-up. They are located on the sofa table outside the Conference Room and upstairs by the water fountain. You can read the same daily devotional that is in the book each day by going online to this website:

<http://www.upperroom.org/devotional/>



## **Grief Support Program**

### **Save the Date! – June 23 at 6:00-7:30 pm**

Annette Walker, member of First Methodist and Director of Grief Services at Carolina Caring, will be offering a program she calls "Grief 101" for us. This program, which will be held Monday, June 23 at 6pm, is aimed at helping people who have suffered a loss, but the information is good for all of us as we support loved ones in grief or prepare our own hearts for future grief.

Annette's program will be based on the book, "Tear Soup," a story centered around an old and wise woman, Grandy. She has suffered a big loss in her life and so Grandy heads to the kitchen to make a special batch of Tear Soup. It is a compassionate story that validates the grieving process and its impact on you- physically, emotionally, spiritually and cognitively. Learn how Tear Soup is a recipe for healing after a loss.

Galatians 6:2 reminds us to "Carry each other's burdens, and in this way, you will fulfill the law of Christ."

# NEWS TO USE



**Ashure** The Ashure Ministry food request  
MINISTRY **for June will be cereal.** All

canned food is useful and appreciated, but cans with pop top lids are important for our homeless clients. These may be placed in the red bins in the hallway between the CFLC and Beth's office along with grocery bags.

## ATTENTION VOLUNTEERS

Mark your calendars for June 26, at 5:30! This is the time for Ashure Ministry annual Volunteer Appreciation Dinner. The event is to be held at Abernethy Laurels in their Grand Ballroom. Golf carts will be used as a shuttle service from parking lot to the facility. This is a fun evening of food, fellowship, and much laughter with the funny awards. Also, serious awards will be given. The theme this year is superheroes which is what each of you are who Volunteer. So, feel free to dress honoring your favorite superhero. Please RSVP by June 12. You may RSVP at Ashure, online, or by texting Anita Deal at 828-320-3194.

Thank you to the 12 FMCC members who volunteered at Ashure Ministry on our church designated day, June 2, 2025. YOU were the feet and hands of Jesus as 441 families received food that day. WOW!

For the month of May, our church responded to those in need with:

18 pounds of food  
10 volunteers  
159 volunteer hours

Thank you,  
Anita Deal



## PASTOR'S QUIZ

"Founded upon a rock" and "built ... upon the sand" in Matthew 7 refer to a

- a. temple.
- b. dam.
- c. house.
- d. wall.

*(The correct answer is on the back of the newsletter.)*

## STEWARDSHIP REPORT

By Our Presence June 8, 2025

Sunday School:  
113

Worship:  
8:45am Service - 151  
11:00am Service - 150  
Total 301

### God's Tithe & Our Gifts

General Fund	\$ 12,517.00
<i>(Needed weekly for budget: \$15,258)</i>	
Children's Bank	24.00
Kenya Mission Trip	200.00
Pastor's Discretionary Fund	<u>100.00</u>
<b>Total</b>	<b>\$ 12,841.00</b>



## Red, White and Blue Surprises

Would you join us in welcoming summer with some special cards or surprises for our nursing home and homebound members? Bags are placed in the commons area for you to share your love and care with the 12 members listed in the newsletter. **Deadline will be June 29.**

Then on July 1st, you are invited to go with a group to visit and deliver the bags. As a special treat, some of you might want to make some special red, white or blue goodies to take to each person. (Can't wait to see how many different things you come up with!) Package each treat individually to make sharing them easier. You would only need to bring 12 individual treats and meet in the commons area on July 1st at 1:00 to spread some summer cheer!

First Methodist Church  
410 First Avenue North  
Conover, NC 28613  
*Return Service Requested*

Non-Profit  
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## 2025 FLOWER CHART

If you would like to sign up to place flowers in the Sanctuary one Sunday in honor of or in memory of someone, please call the church office at (828) 464-4635 to schedule a date.

Please do not write your name on the flower chart but call the church office.

A slide will be shown at both services on the Sunday that you choose with the information given by you.

The following florists have a key so that they can deliver the flowers on a Saturday:

Twigs & Twine - Conover  
Newton-Conover Florist - Newton  
Blooms Greenhouse - Conover

If you wish, you may make a donation in lieu of flowers and use the silk arrangements that are available.



Answer to this week's Pastor's Quiz:  
c. house.  
(Matthew 7:24-27)

## CHURCH STAFF

Pastor	Rev. John Woods pastor@fmconover.org (828) 464-4635 (336) 480-4550 - cell 208 2nd St NE, Conover
Minister of Youth/Outreach	Jason Shoup jsgodson@yahoo.com (828) 381-1174 1409 5th St. Ct. NE, Conover
Office Administrator / Financial Secretary	Robin Mays office@fmconover.org
Coordinator of Lay Ministries	Beth Woods woods777@aol.com (336) 480-4551 - cell
Music Director/Choir	Jon Rogers jsrogers99@gmail.com (828) 244-7019
Music Director/Praise Team/ Pianist	Shannon Rogers srog101@gmail.com (828) 244-6124
Organist	Kevin Haney khaney01@gmail.com (704) 914-6510
Preschool Director	Julie Robinson (828) 466-3158 preschool@fmconover.org
Lead Nursery Worker	Pilar Tobar
Custodian	Luisa Toro Bryan
Church Office	(828) 464-4635
Website:	www.fmconover.org

# MORE NEWS TO USE

## Members in Nursing Facilities

**Rev. Dixon Adams** - TerraBella Newton (Room B7)  
1088 Radio Station Road, Newton, NC 28658

**Dottie Aycock-Harris** - TerraBella Newton, (Room B1)  
1088 Radio Station Road, Newton, NC 28658  
Her husband, Ron's cell - (704) 460-4919

**James Davis** - Abernethy Laurels (Memory Care)  
Mail to: Jeanette Davis 102 Leonard Avenue, Room 210,  
Newton, NC 28658

**Margaret Kilpatrick** - Abernethy Laurels (Memory Care)  
(Room 2010) 102 Leonard Avenue, Newton, NC 28658

**Robert Matthews** - Heritage Care (Room 16)  
3430 Lester Street, Conover, NC 28613

**Rick Parker** - Catawba Valley Assisted Living (Room  
107) 4174 Shook Road, Claremont, NC 28610  
(828) 381-4988 - Rick's cell (828) 381-7328 - Linda's cell

**Gilda Pennell** - Abernethy Laurels (2103 Noble)  
102 Leonard Avenue Newton, NC 28658

**Mary Ann Simpson** - Kingston Residence (Room 214)  
904 2nd Street NE, Hickory, NC 28601

**Sybil Windsor** - TerraBella Newton (Room C1)  
1088 Radio Station Road, Newton, NC 28658

## Members at Home

**Don Hedrick** - Mailing address: PO Box 542,  
Claremont, NC 28610

Physical address: 4028 E US Hwy 70,  
Claremont, NC 28610  
His wife, Cheryl's phone (828) 381-7956

**Lee Moritz, Sr.** - 103 County Home Road,  
Conover, NC 28613  
(828) 464-3383

**Charlie Reed** - (At son Greg's house)  
4476 Red Hill Circle, Denver, NC 28037  
His wife, Rona's cell: 828-244-3450



If you know of any members that should be added to our list, please contact the church office at (828) 464-4635.

### Fundraisers for Kenya Mission Trip

- Rada Cutlery catalog sales
- June 22 - hamburger lunch eat-in or to-go
- donations



Cross Kingdom Ministries and First Methodist Church of Conover have partnered together to send a team of 10 people to Kenya in September!

Team members are: Jason and Alisha Shoup, John and Beth Woods, Ruth Brown, Lisa Johnson, Gerhardt Rheeder, Alexa Rodriguez, Tracy Parsons, and Catherine Frye. We are looking forward to bringing the Gospel to villages, along with food and Bibles, Vacation Bible School for the children, and

discipleship to the local church leadership.

We have several efforts to raise support for this exciting time of ministry. From now through June 27, we are taking orders for Rada Cutlery. Use our exclusive link to place your order:

<https://radafundraising.com?rfsn=7131642.ef0e230>

(This link is clickable on the post on the First Methodist Facebook page) OR you can reach out to our team members to browse a catalog!

On June 22 we will be serving a hamburger lunch that can be eaten on-site or taken to-go. The team will have food ready at 10am and will serve until after the 11:00 worship service is over. We will take donations for the meal.

We are also grateful for donations made toward the cost of the trip (approximately \$2,000 per person will be needed, plus the cost of ministry supplies). These donations can be made through the church office, marked "Kenya Mission Trip." In the next few weeks, our mission committee will also set up collection boxes for donation of specific items that we will be taking for distribution there. We will publish a detailed list later.

Thanks for your prayers and support!



## EVEN MORE NEWS TO USE



The date for the next "Sisters in Christ" meeting has been changed to 6/19 at 10:30. This is a group of caring ladies who send cards, gift bags, and other encouragement to our members who are going through a difficult time.

If you would like to join this group, you are welcome to attend the meeting in the Prayer Shawl room. If you have other questions or know someone who would enjoy a card or visit, please contact Kim Reed 217-552-2853 or Cindy Clark 828-302-3217.

### JOIN US FOR A TIME OF PRAYER



**6:30 Every Tuesday  
in the Parlor  
(upstairs)**

Heartfelt is a group that meets weekly for about 45 minutes to pray for our church, specific needs, and our world! If you have a prayer request or would like to share in the blessing of this ministry, please join us or contact Tommi Anderson (828) 238-5717.

If you cannot join us on Tuesday evening, feel free to come by the church and pick up a weekly prayer list (left in the Parlor each week) and pray at a time that works for you. Also, feel free to leave prayer requests in the Parlor or on the Altar in the Sanctuary.

### ***Christian Yoga/Exercise Class for All***

Karen Windham will be offering a once-a-month yoga class with Christian music and prayer. This is a guided class offering modifications and is a class that is taught "to the class." You will be using



chairs and the wall for support. You will begin to explore your capabilities; and as a result, learn strategies to adapt to external and internal stresses. You will examine your strength and balance through creative poses and shapes.

This class is open to anyone who wants to get stronger or improve balance and flexibility in a supportive environment.

For this summer, dates for this class are: June 12, July 17, and August 14. Classes will begin at 10 am in our Connor Family Life Center and will run for about 60-70 minutes to allow participants to move at their own pace. Suggested equipment that will help you get the most out of the class include: a yoga mat, beach towel, yoga blocks, and a yoga strap.

If you are interested in participating or have other questions, please contact Karen Windham at [kafawindham4@gmail.com](mailto:kafawindham4@gmail.com) or (828) 381-9551.

## STILL MORE NEWS TO USE

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**Good**  
**timers\***

**Wednesday**  
**June 18**



Drive yourself to Catawba Science Center  
(243 Third Ave NE, Hickory). Arrive 10 am.

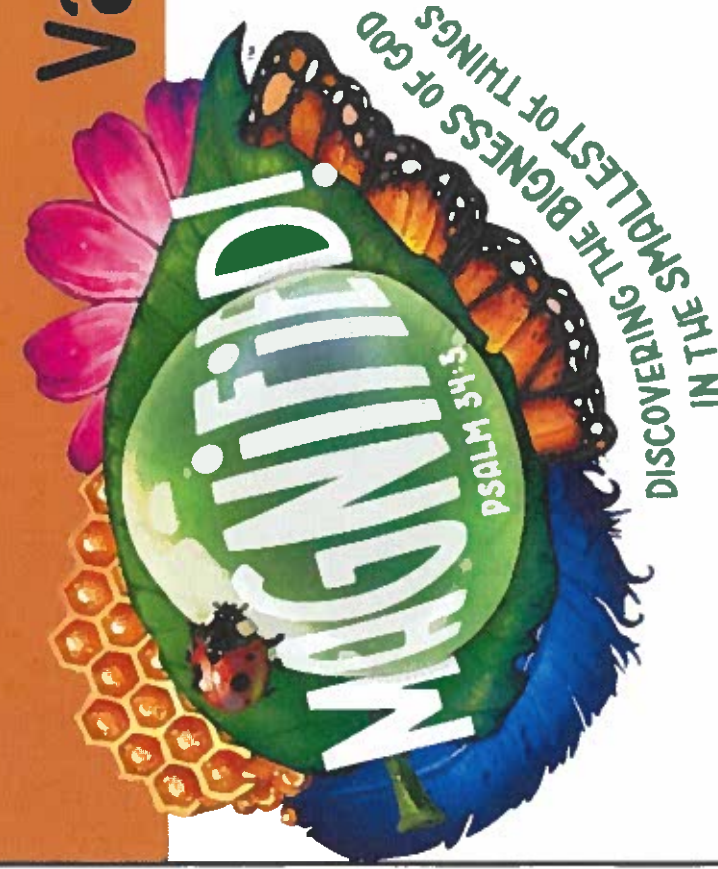
- Entry \$14 per person.
  - Benches and wheelchairs are available; bring Rollator if needed.
  - Park on the North Side (larger parking lot) and gather at the main entrance.
- 

Leave Science Center about noon; drive to  
Boxcar Grille in Claremont (3140 N Oxford St.)

- Arrive at Boxcar Grille about 12:30.
  - RSVP by Monday, 6/16 by calling Jayne Davis at 828-469-5196 so she can pre-purchase entry tickets and reserve space at the restaurant.
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\* Goodtimers is for retirees or anyone  
available during the day!

LOTS MORE NEWS TO USE



# Vacation Bible School

5:30-7:30  
**July 13, 20, 21, 22**  
at First Methodist  
Church of Conover  
(dinner included)

10am - noon  
**August 9** at  
Conover City Park  
(bring bathing suits and  
towels for splashpad!)

REGISTER NOW!

(use QR code or  
clickable link on  
Facebook or website:  
[www.fmconover.org](http://www.fmconover.org))

