



Aldersgate United Methodist Church
5767 Sellger Drive
Norfolk, Virginia 23502-5239



The Aldersgate Experience

Making Disciples of Jesus Christ

July, 2024

Vol. 27 Issue 7



Interested?

*Join Us Each Sunday morning at
11 AM for Worship*

For our July newsletter, I thought it would be interesting to explore where the idea of volunteering began.

The history of volunteering began in America during the 1700's.

Early accounts of volunteerism in America started along with the urban centers that developed in the colonies. The first volunteer firehouse was started in Philadelphia by Benjamin Franklin in 1736. During this time, volunteerism was rooted in bettering the community and faith-based charity work.

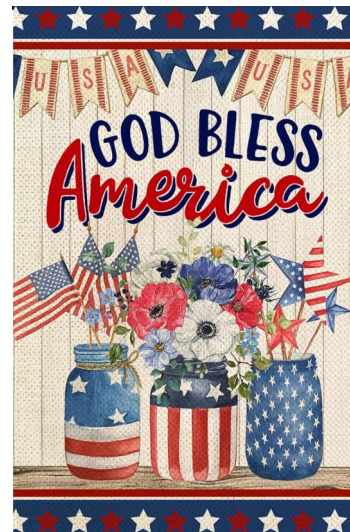
The Revolutionary War was the first major volunteer recruitment effort in our nation's history. As the country recruited soldiers to join the army, everyday civilians also banded together to raise funds and boycott British goods.

Throughout the country, volunteerism expanded beyond faith and the church and into patriotism. Volunteering was a way for ordinary people to demonstrate love for their country and support war efforts.

In today's world volunteers are needed more than ever. What is a volunteer? Several dictionaries say "It is an individual or group who offer their time and service free of charge for the betterment of something"

Throughout the Methodist church volunteers are a vital part of many of the missions and ministries. Without volunteers a lot of things the organization does would not occur. Throughout this newsletter we will explore some of the Global ministries along with state and our own local opportunities.

J.R.



**Have a safe and
Happy
4th of July
from
The church staff**

The Aldersgate Experience

**Aldersgate United Methodist Church
"Making Disciples of Jesus Christ"**

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**Bishop.....Rev. Susan Hauptert-Johnson
District Superintendent...Rev. F. Elizabeth Givens
Pastor..... Rev. Melody A. Duncan
Minister of Music..... Dr. Christina Pinkston
Church Secretary..... Joyce Russo**

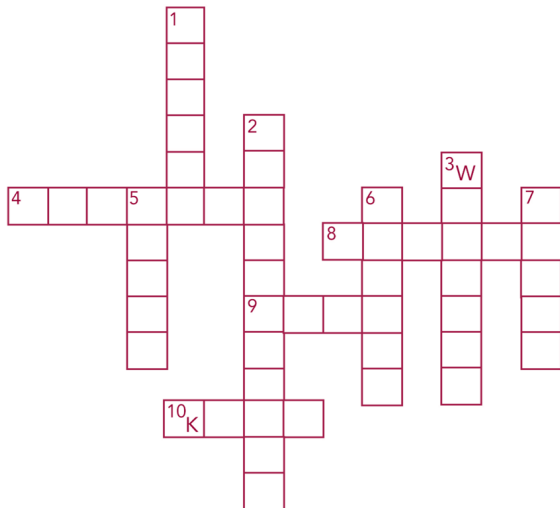
**Office Hours.....9 AM--1PM—Monday-Thursday
Worship Service/Kid Zone...11 AM
Choir Rehearsals— 6 PM Wednesdays**



THE WONDER OF STARS

The heavens display evidence of God's great power.
What else does the Bible say about the sky?

Directions: Use the clues and Bible references (all NIV) to complete the crossword.



DOWN

1. The sun, moon and stars do this to God. (Psalm 148:3)
2. God made these as numerous as the stars. (Genesis 26:4)
3. Don't do this to the stars and sky. (Deuteronomy 4:19)
5. What do the heavens declare? (Psalm 19:1)
7. When we're pure, we do this like the stars. (Philippians 2:15)

ACROSS

4. The heavens are the work of these. (Psalm 8:3)
8. On what day did God create the stars? (Genesis 1:14-19)
9. God calls each star by this. (Isaiah 40:26)
10. A star announced the arrival of him. (Matthew 2:2)

Answers: DOWN: 1. praise, 2. descendants, 3. worship, 5. glory, 6. govern, 7. shine, 8. fingers, 9. fingers, 10. king



Coastal Virginia
DISTRICT

Welcome

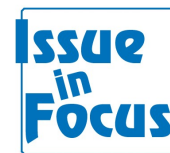
This month we welcome a new District Superintendent to the Coastal Virginia District.

Rev. F. Elizabeth Givens. Rev. (Beth) Givens is not new to this district she has been busy serving Haygood UMC as pastor for the last couple of years. We wish Rev. Givens the best of luck in her new appointment.



The Coastal Virginia District also welcomes Rev. Stephanie Parker as the new District Revitalizer. She is replacing Rev. Dr. Jason Stanley who has moved to the Richmond Conference Offices. Rev. Parker is also not new to our district. She has been the pastor at The Gathering at Scott Memorial UMC in Virginia Beach.

Welcome Ladies, looking forward to new things on the District.



Welcome New District Staff

Lay Ministry for the month

Financial Updates
and information



The Neighborhood Widows' Bible Fellowship meets in a home in the neighborhood each Thursday from 10 AM –11:30 am. We have just begun a new study “The Battlefield of the Mind” by Joyce Meyer.

As thoughts always proceed deeds, it is important that we get rid of any “stinking thinking” and learn to think as God would have us think. And yes, our group has opted to continue to meet during the summer.

If you know of a widow who would be interested in joining us please let me know. Call 757-515-8194. Please leave a voicemail if I do not answer. Joyce Thompson



“Delight yourself in the lord; and He will give you the desires of your heart.” Psalms 37:4

The Board of Global Ministries and UMCOR...



Both of these organizations are part of the Methodist church . Global Ministries connects the church in mission by equipping and transforming people and places for God’s mission around the world in over 80 countries.

“As biblically rooted and historically informed organizations, Global Ministries facilitates engagement in God’s mission. As part of the Global Ministries, the United Methodist Committee on Relief (UMCOR) is a nonprofit group dedicated to alleviating human suffering around the globe.”

UMCOR focuses on disasters that overwhelm a local community’s ability to respond, such as storms and flooding, fires, volcanoes, war and civil unrest. Partners working with UMCOR select beneficiaries based on need and vulnerability as opposed to any other category (such as gender, race or religion).

Local churches assists UMCOR by donating Conference Kits like school kits, cleaning buckets, health kits, etc. These kits are sent throughout the world. Donations are also accepted. Volunteers travel far and wide to assist with these ministries.

June 30th was Pastor Melody's last service with us. After much contemplation, prayer and family discussion she decided to retire.



She was only part of our congregation for a year but we will miss her worship style, music videos and spiritual leadership. We wish her well in her future endeavors.

The Helping Hands Group will be meeting July and August on the last Tuesday of each month. If you are looking for fellowship and serving the community as well—check this group out. This group sews and stuffs bears and surgery dolls for CHKD. The bears are also given to Newborns in Need of Tidewater. If you have any questions please see Lucinda Williams.



Vacation Bible School

August 13th, 14th, 15th...

6-8 PM



Sign Up Now—Volunteer listing is on the table in the Narthex. A variety of jobs available...just pick one.

I will be waiting to hear from you. Barbara Harrell (757-466-8761) Call me if you have any questions.

Aldersgate United Methodist Church Music Department




Did You Know ...?



Your VOICE is an INSTRUMENT.

After awakening from a nap or a long night's rest, have you ever considered why your voice sounds scratchy or "froggy" when you talk? Have you noticed that the tenor (sound) of your voice is usually lower at the start of your day than it is after you have been talking for a while? WHY? Your vocal cords need to be "warmed up" and, possibly, "tuned" BEFORE you sing or give a long talk (a lecture, a speech, or a sermon). Consider doing these warm-up exercises to "cheer up, prepare, and protect" your vocal cords safely. You might have fewer sore throats!

Say aloud and enunciate: "Distinct diction, meaningful movements, and enthusiastic engagement with my audience might prove to be charismatically captivating." (REPEAT the phrase 5 times and increase the speed as you do.) 

SPEAK CLEARLY these silly phrases in 7 seconds or less: "Momma Mia, Poppa Pia, Tommy Tia, Comma Coma, Womba Whalah, Betty Beepie, and Umu HuLu"

SING your ABCs softly 3 times:

"ABCDEFGHIJKLMNOPQRSTUVWXYZ." **SING the alphabet**

BACKWARDS: "ZYXWVUTSRQPONMLKJIHGFEDCBA" (*same melody*).

LAUGHTER will warm your vocal cords, too. **So...LAUGH FREELY at corny jokes!**

Did you hear the rumor about the butter? Never mind, I won't
SPREAD it!

I don't trust stairs. They're always UP to something!

Choir Rehearsals will resume on Wednesday,
July 31, 2024,
6:00 - 7:30 P.M., in the church's sanctuary.
All are WELCOME!

Dr. Christina Pinkston, Minister of Music

A little over 18 years ago three members of the Aldersgate family were expecting grandchildren. Barbara Hogwood, Barbara Harrell and Joyce Russo. The boys were all born within weeks of each other. This June those three boys all graduated High School. They grew up attending vbs, egg hunts and other special events at this church and will now go on to adulthood.

Mason Harrell wants to be a chef and currently works in a restaurant.

Michael Hogwood is interested in continuing his education with Civil Air Patrol a division of the USAF.

Anthony Russo will continue working toward his career as a cyber tech.

Congratulations to Mason, Michael and Anthony, their parents and very proud grandparents.



Some local groups needing volunteers...



Union Mission, Samaritan House, our schools, hospitals, Food Pantries, Pet Shelters and many more throughout our community. All do not need physical volunteers as much as collection of needed items such as linens, blankets, food, household items and such. Take a moment and check them out. You may find something you can help with. Have an idea how to help, let the pastor know.



7/2 Maria Davidson
 Jasiah Washington-Om
 7/4 Chase Dziagwa
 7/17 Saige Floyd

7/20 Mary Ellen Gillispie
 7/22 Debbie Supper

Anniversaries

We currently have no anniversaries for July. Let the office know if we missed you.



Remember in Prayer



Home: Jimmie and Carolyn Powers, Barbara Hogwood, Maria Davidson, members of our church family who are at home and still not able to attend worship in-person

Those in our church family who are in the hospital, having tests or just not feeling well.

Those who have lost family or friends.

Our Bishops and District Superintendents as they continue to make decisions through their cabinet meetings and conferences

For Peace throughout the world

If you know of others in the congregation who need to be included on this prayer list, please call the church office.

Newsletter Deadline

Monday, July 15th
 for the Aug. issue.



You do not have to wait until the deadline to submit your articles. You can email the office at any time or leave it on my desk....



Ushers

Michele Floyd, Guy Willis

Communion Servers

Guy and Diane Willis

Counters

7/7	G. Dziagwa, Jimmie Powers
7/14	D. Supper, B. Bunch
7/21	M. Hanson; G. Albertson
7/28	K. Floyd, D. Willis



Lawn Maintenance

	7/1	Team 3
	7/8	Team 1
	7/15	Team 2
	7/22	Team 3
	7/29	Team 1

Trash—Bill Bunch

New Trash and Lawn schedules available in the Narthex

Calendar Highlights

Thompson Bible Study—
 7/11, 7/18, 7/25 —10 AM

Finance and Administrative Board Mtg
 7/16 —6:30 PM

Helping Hands Mtg- 7/23—10 AM

Choir rehearsals resume 7/31—6 PM



Financial Stats for May 2024:

Income: \$12,911.88

Expenses: \$ 9,901.54

Difference: \$ 3,010.34

Remaining

Balance: \$ 2,804.10

**Year to Date Income/
Expenses:**

Income: \$ 63,604.71

Expenses: \$ 63,281.11

Difference: \$ 323.60

Dedicated Offerings:

Communion \$ 10.00

Memorials \$ 100.00



**A Message from your
Treasurer:**

During the month of May, Aldersgate did much better than in April thanks in part to the sale of our Dominion Energy stock. The stock was cashed in for \$32,403.88 with \$30,000 put into a 5 month CD at our bank and the remainder was put into the checking account to help with bills.

Thank you for your ongoing support.

Kathy Dziagwa,
Aldersgate UMC Treasurer



The Forever Volunteer



As a child and teen, my parents referred to me as the forever volunteer. As far back as I can remember I was a “joiner” I have always wanted to “help someone”. As I have gotten older I am thankful for all of the volunteer “jobs” I have had. For all of the friends I never would have met if I hadn’t stepped up.

In today’s world so many people are struggling with just everyday needs. Churches and non-profit organizations have stepped up to meet the challenges or are trying to. They can’t do it without volunteers.

From working in a church food pantry, to teaching VBS, helping out in a soup kitchen or just crocheting a baby blanket...there are many ways we can make the world a better place. I often hear “ I don’t have the time”...some of the things that we can do don’t take a lot of time. Sometimes it is as little as an hour a week. Find something you can do at home. Walk your neighbor’s pet; take their baby for a walk, offer to pick up their young child at the bus stop.



Volunteering doesn’t mean you have to spend hours upon hours at a shelter or local mission. Volunteer to be an usher, or count the offering or even greet those who enter on Sunday morning. The Methodist Church has many missions and ministries you can help with from the national level to your own church.

I no longer volunteer at my children’s schools, or for the Navy or for rescue squads or even the old Civil Defense but I sit at night and crochet a baby sweater, hat or blanket for a needy newborn or even for the rescue pet shelter. We all can do something to make things easier for all of us.

JR