



# FIRST NEWS

“Helping people grow to love Jesus and each other.”



Dear FUMC Heath,

It is good to be back. Jennifer, the girls, and I had a wonderful time away. It was literally a blast. We traveled to the beach in Florida and to see friends in Fayetteville, but most of all we spent time as a family eating, playing, and resting. It sounds like a vacation, but it was really a sabbatical. The word sabbatical means “of the sabbath,” and the Lord said to “remember the sabbath and keep it holy.”

And during this time of sabbath I discovered what John Eldridge calls the “utter relief of holiness.” Sabbath is not about taking some time off or getting away; it is about following the pattern laid out when God created the heavens and the earth. It is not about keeping a rule, but keeping time with Jesus’ encouragement: “**What good would it do to**

**get everything you want and lose your soul?”** (Matthew 13:35). Sabbath is not an event, it is a lifestyle.

My first Sunday back, instead of a sermon, I shared a testimony of our sabbatical. If you missed it you can watch it [here](#). I invited all of us to join me in the sabbath life, and share a resource my friend J.D. wrote (coincidentally we started our sabbaticals together on a silent retreat at a monastery). You can download a free copy of the PDF by clicking [here](#), or pick up a copy at the church Welcome Table.

Thank you to the Board and the church for the gift of our sabbatical, the staff for all their work filling in the gaps, and to Reid, Lee, David, and Derrel for bringing the Word and Sacraments during worship. We are eternally grateful, and look forward to the year ahead in work, prayer, and sabbath with you.

Love and Peace in Christ,



## OUTREACH

**H.A.T.S.** (Heath Area Terrific Seniors)

**August 7, 1:00pm**

**Special Guest & Fabulous Bingo & Prizes!**

Despite having ALS, Clint Townsend has written a book using only his eyes while looking at a computer screen. Please come and meet this amazing man. Books will be available for purchase.



**We will still have BINGO!!**

Heath Area Terrific Seniors is a group that meets the first Wednesday of each month for fun and fellowship.

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## Genesis Center

The Genesis Center provides homes for both women and their children in a Christian based environment. FUMC Health supports this center through donations, financial giving, and time spent working in the warehouse or in the center. If you want more information on how you can serve this organization, please contact Barbara Rohde at 713-594-2800. She would be happy to work with you in any capacity.



**Gently used donations are always welcome. You can drop items at the church , or take them directly to the Genesis Center. (2675 TX 34, Kaufman, TX).**

**Monetary donations are ALWAYS appreciated!**

## DISCIPLESHIP

### WALK TO EMMAUS

**Women's Walk 278**

**11-7 - 11-10 at Sabine Creek**

**Men's Walk 277**

**9-26 - 9-29 at Lake Lavon**



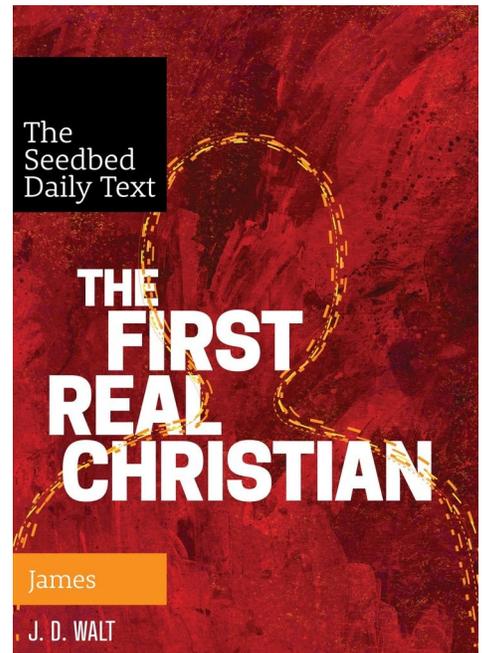
The Walk to Emmaus is a spiritual renewal program intended to strengthen the local church through the development of Christian disciples and leaders. The program's approach seriously considers the model of Christ's servanthood and encourages Christ's disciples to act in ways appropriate to being "a servant of all." For information about Emmaus Walks please call Barbara Rohde at 713-595-2800 or [robbarrohde@aol.com](mailto:robbarrohde@aol.com).

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Do you remember the first real Christian you ever met? There's a quality about these kinds of people.' They step up, put their money where their mouth is, and do the Word of God. Their lives beckon the followers of Jesus to stop phoning it in.

James was like this, a true agent of awakening. His life and words operate like a reverse snooze bar. As we start to drift into sleep, his words offer a wake-up call.

Through this Daily Text discipleship resource, James will implore us day after day to become real Christians. There are many people all around us who have been hurt by hypocrisy and who will only be healed by seeing the genuine article. Widows, orphans, and so many caught in the cruelty of inescapable poverty wake up every day with hopes of meeting their first real Christian. Jesus has all their numbers, and James has ours. He's looking for more friends like us. Let's join him and add to his tribe of the first real Christians.



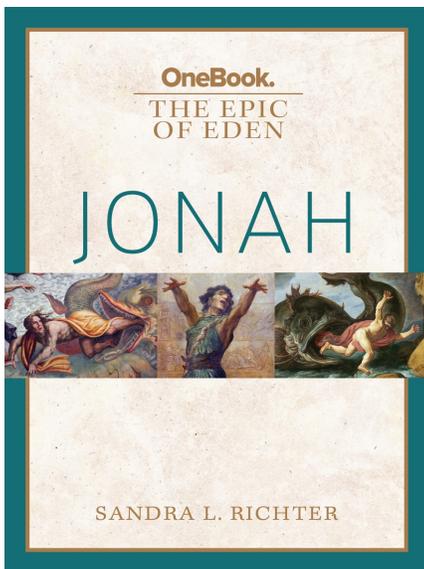
**Join us Wednesdays for supper and a discussion and prayer time as we study the book of James! The Seedbed Daily Text series is a simple and short daily devotional that we'll use to guide our time together. Books are \$10 and will be available the first night.**

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This fall Pastor Omar will preach a sermon series on the book of Jonah, and we are excited to offer a corresponding seven-week study from Sandy Richter called ***The Epic of Jonah***.

When most people think about the book of Jonah, they think about a children's story. Others think about a story they've heard so many times there could not possibly be anything new to learn from it. Well strap in, because this study is designed to prove all those assumptions wrong!

In the book of Jonah we find a professional holy man, a lifer in the faith who is about to have the God he thinks he understands challenge him with an assignment that he can hardly get his brain around. In *The Epic of Jonah*, Dr. Sandra Richter takes us on a journey through Jonah's life that leads us all to the place where we realize that our God is way bigger than we thought. Not only will we learn everything we ever wanted to know about the brutal Assyrians of Nineveh, ancient seafaring ships, and large aquatic creatures, but we will also be challenged with the same message that confronted Jonah. Are we willing to let God be God, to move us out of our comfort zones, and embrace a calling that might just take us to the edges of the world we know?



**Books are \$15.** Laura Fisher will lead one study on **Wednesday mornings at 10:30 beginning September 11th**. If you would like to use this curriculum for your Sunday School class or to start another Bible study group, please email Pastor Omar at [omar@fumcheath.org](mailto:omar@fumcheath.org).

## MUSIC MINISTRIES



It's time for choir(s) to get back to work!

Chancel Choir Rehearsals begin August 14 at 7p  
Bell Choir Rehearsals begin August 12 at 6pm  
Flute Rehearsals begin August 14 at 6pm  
Christmas Cantata Rehearsals begin in September.

Come join us and "Make a Joyful Noise!"

### Choir Rehearsal Schedule:

**Bell Choir** (Bells' Angels)  
Monday's at 6:00pm  
**Flute Choir** (Grace Notes)  
Wednesdays at 6:00pm  
**Chancel Choir**  
Wednesday's at 7:00pm

For more information about  
Music Ministries, please contact Keum  
Hwang at [worship@fumcheath.org](mailto:worship@fumcheath.org)

## CHILDREN AND YOUTH MINISTRIES



**Wednesday Night's  
are back this Fall for  
both kids AND  
adults!**

5:30pm – 6:00pm : FREE Supper  
6:00pm – 7:00pm : Kid and Adult Classes

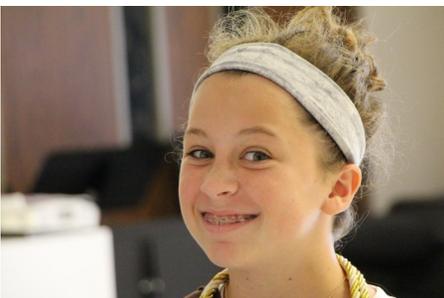
Kids will continue with the Trackers curriculum as we begin learning about the New Testament.

## VBS 2019



Thanks to all the volunteers who participated in this years VBS by donating their time, talents & resources and those who transformed our church into ancient Athens. The kids (and adults) had a blast!







# TEAMeffort

YOUTH GROUP MISSION TRIPS



# End of Summer Party

## Youth

August 16

6pm-12am

Come celebrate the end of summer with dinner, games, worship and fun!

## CONGREGATIONAL CONNECTIONS

### August Birthdays

- 1—David Keane
- 6—Phil Bergerhouse
- 12—Karen Babb
- 13—John Burriss
- 14—John Hohenshelt
- 16—Richard Farrington
- 17—David Gilliland
- 18—John Keane  
Richard & Kathy Farrington
- 19—Kerry Johnson  
Sherry Snider
- 21—Eddie Lennox

### August Anniversaries

- 5—Hal & Cathy Gilley
- 6—Omar & Jenn Rikabi
- 16—Derrel & Brenda Evins
- 18—John & Carolyn Keane
- 23—David & Dana Gilliland  
Harold & Pat Mims
- 24—Brett & Cassie Thames

\*If we missed a Birthday or Anniversary, we are so SORRY!! Please email [kerri@fumcheath.org](mailto:kerri@fumcheath.org) to get it added to our list.



### PRAYERS IN THE PARLOR

Prayers in the Parlor meets the 2nd and 4th Thursday of the month to pray for the needs of our congregation, community and the world. If these "Prayer Warriors" can pray for you or a loved one, please submit your prayer request by calling the church office or call/text or email Barbara at [713-594-2800](tel:713-594-2800), [robbarrohde@aol.com](mailto:robbarrohde@aol.com).



We are in need of a Nursery Care worker on **Wednesdays from 9:30am - 12:00pm and Sundays from 9:00am - 12:00pm**. \$12.50 an hour. Must be 18 or older and complete a background check and Ministry-Safe training.

If you are interested, know someone who is, or would be willing to fill in for us now, please contact Abie Alford at [abie@fumcheath.org](mailto:abie@fumcheath.org).

## Family Pool Party to Celebrate the End of Summer and the Start of the School Year



Please RSVP to [abie@fumcheath.org](mailto:abie@fumcheath.org) no later than August 9.

**Sunday August 11**

**12-2:30pm**

**At the home of:**

**Lou & Kerry Johnson**

**1521 Bay Valley Circle**

**Heath, TX**

Lunch will be provided

Bring the whole Family!

## UPCOMING EVENTS

**August 11—Family Pool Party**

**August 12—Bell Choir Rehearsals Resume**

**August 14—Flute Choir Rehearsals Resume**

**Chancel Choir Rehearsals Resume**

**August 16—End of Summer Youth Party**

**August 18—Blessing of the Backpacks**

## STAFF

**Kerri Bergerhouse—Administration**  
kerri@fumcheath.org

**Keum (Kim) Hwang—Worship**  
worship@fumcheath.org

**Abie Alford—Youth & Children**  
abie@fumcheath.org

**Ellyn Jacobson—Director, Lil' Voyagers (MDO)**  
lilvoyagers@fumcheath.org

**Omar Rikabi—Pastor**  
omar@fumcheath.org

## CONNECT

**Web:** [fumcheath.org](http://fumcheath.org)  
**Facebook:** /fumcheath  
**Twitter:** @fumcheath  
**Email:** [info@fumcheath.org](mailto:info@fumcheath.org)  
**Phone:** 972-771-6732

**Office:**  
140 Smirl Drive  
Heath, TX 75032  
Mon-Thu 9am-3pm  
Fri 9am-12pm

May the end of summer  
be less excruciating  
for you than it is  
for teachers.

Sorry Teachers!

