



# "The Messenger"



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FROM VERONICA,

## An Independent History

BBQ. Hotdogs. Lemonade. Fireworks. Red, White & Blue. Patriotism. Celebration.

At least one of these subjects, if not all, will be prevalent during some point of your Independence Day celebration. For us staff members, our most notable sign of the holiday is having the chance to spend it with friends and family with well needed time off.

For most of us, Independence Day is marked and remembered by three main events: the Boston Tea Party, the adoption of the Declaration of Independence, and the ultimate secession from the British government. With these three events we have a lot of important information; we have the who (Americans vs British), the what (need for independence), the when (1773-1776), the where (New England colonies), and the how (rebellion, warfare, and politics). But do we really know the why?

General education and knowledge of the events that unfolded from 1773 to 1776 tells of the generic unease the American Colonies felt toward the British government. High taxes, unjust militia, and new laws are said to have been the breaking point for colonists to form their own society. While this is most certainly true, *why* did the colonists feel this way? In truth, they could've handled all of these changes had the British government treated them as equals. The American quest for "Independence" truly stems from the need and the want to feel included and accepted as an extension of the British society. When such acceptance was not freely or readily given, they formed their own society in pursuit of this dream.

So, what's my point?

In 2019, I got the incredible opportunity to study abroad for six months in Norwich, England. Before this, I was the baby of my family; coasting through life with rose-colored glasses. My family was very protective - shielding me from the dangers of the world by sheltering means. I was uncultured, unworldly, and dependent ... and, in truth, I was content to be so. I was happy in the bubble my family had created for me. Unfortunately, looking back on my lack of social skills, I feel this protection isolated me from my peers because I couldn't relate to their struggles, thoughts, and actions.

Travelling to England was a first in many ways: First time on a plane, first time overseas, first time on an underground train. I did it all alone and I was terrified. I had no one but myself to rely on for getting around one of the biggest cities in the world (London), paying my way for the next 6 months, and pushing myself out of my comfort zone to study, eat right, and socialize. I went through fear, depression, anger, elation, and confusion every day from January to June, but the final emotion made it all worth it: confidence.

To this day, my mom says that she didn't get the same kid back when I came home. I became self-assured, confident, outgoing, and *independent*. Dealing with my struggles of culture shock, being 4,000 miles away from my family and comfort zone, and living in an "outsiders are not allowed" town, I now have a point of relation to those who have gone through similar situations. I've seen and experienced a world that still struggles with "acceptance".

So, this Independence Day, remember the *reason* for the day. We didn't secede for exclusionary reasons, but rather the want for *inclusion*. In a society that still struggles with this concept today, be the person that takes that crucial first step. Open your heart and mind to allow for new thoughts, people, and opportunities. Eat BBQ with a stranger; watch fireworks in a different city. Acceptance starts and ends with *YOU*.

# Your Voice Needs to Be Heard!



You are invited to join our Chancel choir! NO experience necessary. Choir rehearsal/voice lessons will be offered Monday afternoons, beginning July 8, from 2 - 3:30pm, and evening classes on Mondays from 6:30 - 8pm. Summertime is a WONDERFUL time to become involved in Groce's UMC Music Program.

Please contact Joel Matthews, Music Director, at 828.290.8780 or via email: [joelbmatthews1955@gmail.com](mailto:joelbmatthews1955@gmail.com)

I look forward to registering you in our Music Program. (Music and materials will be provided.)

~ Submitted by Joel Matthews



## Ice Cream Social



The Nurture Committee cordially invites you to their Ice Cream Social! Join in on **Sunday, August 4, at 3:30pm** at our picnic tables to enjoy a refreshing treat in the heart of summer.

If you have an ambitious and competitive nature, bring an Ice Cream maker (or your best homemade ice cream) to be judged in an eating contest! Prizes will be awarded for 1st, 2nd, and 3rd places. Store bought ice cream will be available to eat for all of those who do not wish to compete.

Guaranteed to be fun for the whole family, you don't want to miss this!

~ Submitted by Pam Rogalski (Nurture Chair)



## Walk Up Praise & Prayer

Come as you are! Bring a chair and join us on the first Mondays of the month (weather permitting) as we gather on the front lawn under the trees to give our blessings and lift up prayers of concern; for we know that wherever two or more are gathered in His name, Jesus is there.

We will plan to start around 9:15am and stay as long as the spirit leads.

Well behaved four-legged friends are welcome.

~ Submitted by Rocky Redd

### Address Change

Alice Barkstrom  
55 Piney Mountain Dr.  
APT 325  
Asheville, NC, 28805

### Plant Donations

Sandra Justus is looking for "Natural Fern" donations for the church lawn. If your property grows any natural ferns or if you would simply like to donate a store bought one, please contact Sandra Justus.

# **Health Information Update from your Nurture Committee:**

Shingles, is a viral infection, that is present in our bodies if we had chickenpox. Anyone that has had chickenpox May develop shingles. What causes the virus to activate and cause symptoms is unknown. Some speculation include stress.

The rash appears as blisters often on the trunk of the body. The rash affects the nerves in the region, that is the reason one experiences burning and numbness. Shingles, or herpes zoster may appear on the face, and may involve the eye. Serious symptoms such as loss of vision may occur if the eye is affected. Some people that develop shingles have long term numbness and tingling in the area from nerve damage.

Prior to 2017, in this Country, people received only one shingles vaccine and were told they were protected for life. As scientists gather more information, the reality was a new vaccine called Shingrix was introduced. This vaccine is considered 90% effective in preventing Shingles. This vaccine requires two injections. The second is two to six months after the first vaccine. If you received the first vaccine and a period of time greater than six months has elapsed you will need to check with your health care provider to determine, if you must repeat the first vaccine prior to receiving the second vaccine.

## Who should be vaccinated:

- > anyone over 50 years old
- > anyone with chronic illness may receive prior to the age of 50 years

## Who should NOT be vaccinated:

- > anyone Pregnant or Breastfeeding
- > anyone that has shingle lesions that are not resolved
- > anyone that has had a reaction to a vaccine in the past must discuss with their health care provider

The shingles vaccines are available at most all drugstores, sometimes your health care provider will offer, and most insurance cover the cost.

~ Submitted by Gail Sherman

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## **Things to Note**

**Office Closed** - the church will be closed on **Thursday, July 4**, in observance of the Independence Day Holiday.

### **For the month of July, there will NOT be:**

- Welcome Table on Thursday, July 4
- Ringing God's Praise Handbell Choir practices
- Chancel Choir practices
- Smoky Mountain Brass Band practices
- Nurture meeting

**Newsletter** - If you or your group would like to have an event or advertisement featured in the August Newsletter, please submit the name of your group along with a brief description of the event to Veronica *no later than* **Thursday, July 25. [veronicab@groceumc.org](mailto:veronicab@groceumc.org)**

# TL3 UPDATE



## **June 18th: TL3 plus the ministry teams' chairpersons (CHUMs-Chairpersons Happily United in Ministry Meeting)**

### **1. Discussions & Updates**

- a. The meeting was completely devoted to discussing the next steps since the 6/1 Shape Our Future roundtable.
- b. Next steps need to include a process that allows people to change the roundtable focus team they are involved in and for people who are not currently listed on a focus team to become involved in a team.
- c. The process for new initiatives, whether the ones from the roundtable focus teams, or other new initiatives, is no different than how we normally originate, research, vet, decide and communicate what initiatives move forward.
- d. Key strategic observations were made that what we have on paper for these initiatives are not firmly linked to growing the family of God (Fred) or bringing the younger generation into a relationship with God at Groce (Diane).
- e. Agreed that the titles and descriptions need to be written so they are strongly linked to Groce's mission statement and resonate and communicate with our church family.
- f. Important that we maintain the momentum from the high level of engagement at the roundtables by quickly communicating with the ministry teams and the roundtable focus teams about the next steps.
- g. Agreed that a letter should be mailed to the congregation describing the roundtable outcomes and next steps requesting people to contact a member of CHUMs about where they want to be involved. CHUMs would also contact any of the roundtable focus team names that they do not hear from to learn where they want to be involved.
- h. Immediate next steps:
  - I. True to coordinate a meeting of Jill, him and CHUMs for the week of 6/24
  - II. True to draft a rewrite of the First Year Initiatives list and descriptions and share with CHUMs prior to also using to obtain feedback from the 6/23 Worship & Witness team and the 6/24 Outreach team.
  - III. True to draft the letter to the congregation for review with CHUMs at their meeting the week of 6/24.
  - IV. CHUMs to meet the week of 6/24 to finalize the new First Year Initiatives list and descriptions and letter for sharing with TL3 for input prior to meeting with the Communications Team (Will and Veronica)

### **2. Next Meetings**

- a. July – no meeting
- b. August 20
- c. September 17

*~Submitted by True Morse*

# Thank You Corner

My deepest appreciation for the many prayers, cards, and loving expressions of kindness and concern for my recovery from pneumonia that had a grip on me. I am better now and also want to express my gratitude for the beautiful birthday cards when my birthday fell in the midst of all of this.

I hope to be back in the swing of things soon.

~ Submitted by Charlotte Dean

Nancy Donnelly wishes to thank all of the thoughtful people who made visits, sent cards, and prayed for her mom, Doris Crisp. She passed on April 20 at the age of 97.

“Mom greatly appreciated being remembered. Thank you for your kindness and love”

~ Submitted by Nancy Donnelly

The Welcome Table wants to thank our church family for the wonderful response to our request for desserts on Thursdays. Your generosity and love have made the meals exceptional, our guests really appreciate your gifts, and you make our job a lot easier. Thank you all from the bottom of our hearts!

Thank you, Maro

I would like to thank all of you, from the bottom of my heart for your many prayers, your financial support of Habitat and for partnering with me to build my new home. And because of your prayers and help, I am now a first time homeowner. May God continue to bless all of you.

Sincerely, Deborah Humphries

A heartfelt thank you for all of the prayers, cards, texts, phone calls, and food during my mother’s brief illness and passing. My family and I appreciate it!

From Tammy Peek & Family

# Birthdays & Anniversaries

07/06 Janet Parkerson	07/17 Kirsten Burdick Jane Davis
07/07 Kathy Cole Kadence Gates Allen Holden	07/19 Rachel Conway Tina Stovall
07/10 Bruce Robinson	07/23 Mary Ledbetter
07/11 Gail Baylor Kim Berlage Judy Sexton	07/24 Pat Kirschner
07/12 Janie Hill	07/25 True Morse Marge Ottofy
07/13 Eddie Taylor	07/26 Carolyn Ariail
07/15 Malinda Day	07/27 Stan Boyd
07/16 Jeremy Meadows	07/29 Jodie Hamrick Gail Rogers

07/05 Jim & Carolyn Ariail (55)
07/06 Mark & Maro Slaughter (34)
07/12 Doug & Laura Jones (44)
07/24 Jim & Nancy Creel (59)
07/25 Fred & Debbie Bailey (32) Will & Michelle Troxell (26)



# July

Take time each day to pray for members of your church family.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 7 Worship - 8:30 & 11am AGAPE - 9:45am	1 Parkin. Group - 10am Tai Chi - 1:30pm	2 Pickleball - 6pm AA Meeting - 6pm	3 Pickleball - 6pm AA Meeting - 6pm UMM@VRQ - 4pm Pickleball - 6pm AA Meeting - 6pm <b>Youth in Charleston</b>	4 <b>Independence Day</b> Office Closed UMMen - 6:30pm	5 Tailgate Market - 3 - 6pm	6
8 Guitar League - 6pm Tai Chi - 1:30pm Bev. Hills - 7pm	9 UMM@VRQ - 4pm Pickleball - 6pm AA Meeting - 6pm	10 UMM@VRQ - 4pm Pickleball - 6pm AA Meeting - 6pm	11 Isaac Group - 10:30am Tai Chi - 1:30pm Welcome Table - 5pm	12 Tailgate Market - 3 - 6pm	13	14 Worship - 8:30 & 11am AGAPE - 9:45am
15 Tai Chi - 1:30pm Miriam Circle - 3pm	16 Tableof16 - 11:30am <sup>17</sup> Sarah Circle - 4pm Pickleball - 6pm AA Meeting - 6pm	17 Isaac Group - 10:30am Tai Chi - 1:30pm PumpkinPatch - 4pm Welcome Table - 5pm	18 Isaac Group - 10:30am Tai Chi - 1:30pm Welcome Table - 5pm	19 Tailgate Market - 3 - 6pm	20	21 Worship - 8:30 & 11am AGAPE - 9:45am
22 Tai Chi - 1:30pm AA Meeting - 6pm	23 BC&E - 4pm Pickleball - 6pm AA Meeting - 6pm	24 Isaac Group - 10:30am Tai Chi - 1:30pm Welcome Table - 5pm	25 Isaac Group - 10:30am Tai Chi - 1:30pm Welcome Table - 5pm	26 Tailgate Market - 3 - 6pm	27	28 Worship - 8:30 & 11am AGAPE - 9:45am
29 Outreach - 3:30pm Tai Chi - 1:30pm	30 Pickleball - 6pm AA Meeting - 6pm	31	26	27	28	29 Outreach - 3:30pm Tai Chi - 1:30pm

**Warrior Canine Connection**  
 Mon. - Fri. from 8am - 4pm  
 \*Dates and Times are subject to change

**Bricks 4 Kidz** - The Lego Summer Camp is back! Our Bricks 4 Kidz team is ready to build this summer and will operate out of our Epworth Building. The program will run **Monday - Friday from 9am to 4pm starting on Monday, June 17 and ending on Friday, August 23.** If you would like to register a child, please go online to [bricks4kidz.com](http://bricks4kidz.com)