

# THE TIE THAT BINDS

Rocky Mount United Methodist Church  
35 North Main Street, Rocky Mount, VA 24151  
Phone: 540-483-5338 Fax: 540-484-1698

E-mail: [admin@rm-umc.org](mailto:admin@rm-umc.org)

Website: [www.rm-umc.org](http://www.rm-umc.org)

Our Mission: "To Know Jesus and Share His Love"



Will Waller, Pastor

September 2017



## Sontag School Nutrition Project

(Phyllis Lavinder,  
Coordinator)

The new school year has begun and a new challenge for our priorities has arisen. Just think, when you have a meal at a fast food restaurant, how much do you spend \$7, \$8 or more? What do you get for your money? A cheeseburger, fries and a Coke? An eight piece chicken nuggets, fries and a drink?

Our mission for the Sontag School Nutrition Program is to provide two nutritious meals for a student for the weekend. Our meals and bags of food include 2 breakfasts, 2 lunches, 2 fruit juice servings, 2 fruit cups and snacks all for \$5.00 per child per week.

Our meals might include 1 Chef Boyardee serving, 1 can chicken noodle soup, 2 packs of oatmeal, 2 nutrition bars, 2 fruit juice, 2 fruit cups, a pack of peanuts, a pack of nabs, and a pack of cheese crackers. Our menu usually is built around these foods but can vary according to availability at the local Sam's Club. Buying in bulk saves a lot.

I want to thank everyone who has volunteered this year and last year. We have jobs in these categories Shopper, Bagger, Helper, Delivery, Counselor, and those who pray for our mission. Everyone is vital to the mission of helping hungry children.

This year we are sponsoring 15 students every week. That is \$300 per

month or more. As you attend worship this week, please consider putting a few dollars in the offering for the Sontag Nutrition Program. A happy home life is what contributes to our wonderful Rocky Mount community; we don't want hungry children in our community.



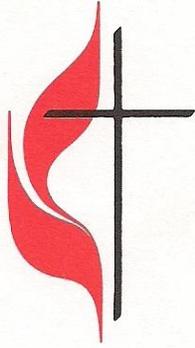
Bring Someone to Worship Sunday

Do you have a friend that's looking for a church home? Have you heard recently statements similar to these: "I don't know how I'm going to make it through." "Yep, just moved into the area." "Things have changed so much recently in my life." If you have, that person may be the very person you should invite to worship. Whenever life changes, people look for answers and relationships that are strong and secure. These are exactly the types of relationships you'll find at RMUMC. So call your friend and invite them to worship on September 24. It'll be Bring Someone to Worship Sunday. You'll be glad, and they'll be gladder, that you did.



CHURCH  
OFFICE HOURS

Office Hours Changing: In July, Church Council approved new hours for Valerie Latimer. She will now be working 9:00 a.m.-4:00 p.m. Monday-Friday. Take note!



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*To Know Jesus And To Share His Love*

Dear RMUMC,

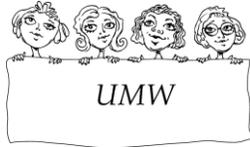
Recently, I got out of my car at the top of the Carilion Roanoke Memorial Hospital parking deck and began walking to see a member in the hospital. As I was moving toward the stairwell, on my right I heard what sounded like a jackhammer in the vicinity of Franklin Road, closer to the center of town. As I continued to walk, then I heard the same sound to my left, closer to Mill Mountain, a few seconds delayed from the first. Each time the jackhammer sounded to my right, a subsequent jackhammer answered to my left.

These were reverberations, sounds bouncing back and forth. Reverberations happen when a sound wave hits an immovable object and shoots the sound in many directions. Reverb can have negative connotations - parroting an answer without understanding the underlying meaning to it; an annoying sister who sits next to you in the backseat of your parent's station wagon repeating everything you say on a long drive; someone mocking you by twisting your words in a way that don't get to the original context. Reverberating the sound isn't always a good thing - it can be a sign of unoriginality and a lack of desire to understand one another.

But as I walked atop that parking structure, I couldn't help but think of all the times in the Bible that reverb was a positive. Reading through the Bible this year, recently I've been in the midst of the major prophets (Isaiah, Jeremiah and Ezekiel). One of their charges by God was to be the mouthpiece of heaven, reverberating the message to the people that the Lord was unhappy with the people's sinfulness and was calling them to repent and live a righteous life. If the prophets were to change that message somehow, they would no longer be reverbing but creating their own message. It would have been a faulty one if it didn't come from the Lofty One.

We have an opportunity to reverb heaven in our daily lives. How do we do it? We learn Scripture so to know the heart of God. And, we reverb heaven by being immovable when Satan seeks to deceive us to portray our own message. Becoming as rock solid as Mill Mountain demands us asking the Lord to make solid our grounding and make firm our hold on Him. And when we do, we send out to the world the message that we will not be moved and that we will always reverb heaven's message of faith, hope and love.

In Christ,  
Pastor Will



**United Methodist Women**

(Linda Walters, President)

There is no meeting in September. Our next meeting will be Monday, October 2 in the Assembly Room at which time Nacasha Davis of the Family Resource Center will be our speaker.

The RMUMW offers a variety of programs, musical, testimonial, and informational presented by local and district speakers after our business meetings. We welcome all those, members and non-members, who are interested in any of these programs to attend at any time.

The UMW continues to collect Labels for Education, soda can tabs and canceled stamps. The box for these collections is in the hall to the left of the Narthex on the windowsill near the mailboxes.

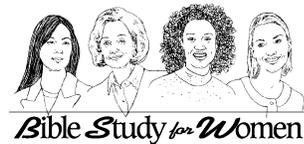
Our #1 goal for 2017 continues to be increasing membership. We welcome all women of the church to join us the first Monday of each month at 10:00 a.m. in the Assembly Room. If you cannot attend daytime meetings, but would like to be involved, Linda will be happy to communicate all meeting and project information to you by e-mail. We are willing to explore the possibility of an evening or Sunday afternoon meeting for those who work during the week as well. Please contact Linda Walters (540-346-2004, lindaw@shentel.net) or any other United Methodist woman if you are interested or have questions.

“Don’t worry about failures. Worry about the chances you miss when you don’t even try.”  
—Jack Canfield



**Thank You, Church Families**

On Sunday, July 30 families met for an after-worship potluck luncheon and Chrismon workshop in the fellowship hall. What a success it was! We now have 40 new Chrismons for our church tree this Advent and Christmas season. Thank you to all who attended and made these beautiful Chrismons! And don’t forget to look for the one you made when the tree is up!



All women of the church are invited to the Ladies Bible Study that begins September 12. We will be studying “David: Seeking a Heart Like His” by Beth Moore. We will meet 9:30-11:30 a.m., in the Assembly Room (Redeemer’s SS Classroom). Books will cost \$16 per person. Please notify Linda Walters (540-346-2004; lindaw@shentel.net) or Peggy Hodges (540-263-2470; [peggyjhodges@hotmail.com](mailto:peggyjhodges@hotmail.com)) as soon as possible if you plan to participate so we can order books. Invite your friends and family to come too!



**United Methodist Men**

(Mark Newbill, President)

The United Methodist Men will resume their monthly breakfast meetings on September 17 at 9:00 a.m. We encourage all men in the church to attend.



## Run for God

(Tracy Jenkins, Coordinator)

If you like to walk, run or would like to try your first 5K, please join us on Wednesday evenings from 5:30-6:30 p.m.! We will have a devotion, some guest speakers occasionally, prayer and then our run and/or walk. It is a great time of fellowship! Please come and invite friends! All are welcome!

## Charge Conference

Charge Conference will be on Sunday, November 19. Please mark your calendars!



### **SERVING LUNCH AT STEPPING STONE SOUP KITCHEN**

On Tuesday, September 26 and Thursday, September 28, our church is in charge of serving lunch at **Stepping Stone Soup Kitchen**. Please sign-up on the sheet posted on the bulletin board located at the steps going down to the preschool. Thanks!



## Vital Congregation Statistics for July

### I. Finances—Church Operating Budget

Amount Brought Forward From 2016	\$15,190	
Budgeted Offerings Expected to Receive through 7/31/17		\$152,628
Actual Offerings Received through 7/31/17	\$162,795	
Budgeted Expenses Expected to Spend through 7/31/17		\$158,746
Actual Expenses Paid through 7/31/17	<\$154,765>	
Ending Balance, 7/31/17	\$23,220	

- II. Average Worship Attendance = 151  
Average Sunday School Attendance = 44



## College Students Addresses Still Needed

Our Higher Education and Campus Ministry Chairperson is Betty Dillon. Please keep Betty informed of any news concerning our college kids. She can be reached at 483-5573 (or call the church office at 483-5338). Please make sure we have your college student's new or changed address at school. Throughout the year, Betty will send your student cards. We also want to be sure to include them on the newsletter mailing list and send them a copy of the Upper Room. Good luck and have a great year!

## New Members!

On August 27, we welcomed Billy McBride by profession of faith and Tara McBride by transfer of letter from Woodlawn Baptist Church. Their son, Liam, was received as a baptized member. He was baptized at Red Valley UMC.



"I teach Sunday school.  
What's your superpower?"  
—Unknown



## **Youth News**

(Lindsey Lumley,  
Coordinator of  
Youth and Children's  
Ministries and Joshua  
Banks, Asst. Coordinator)

Hi friends,

Wow!! I cannot believe how fast this summer has flown by!! As I write this, our youth and children are well into their second week back at school. We had such a fun summer, which included attending Kingsfest, serving at the local Humane Society, making and delivering goody bags to our special needs friends from Piedmont Community Services, hiking, Vacation Bible School, and much more. We were certainly blessed to be able to spend lots of time and fellowship together!

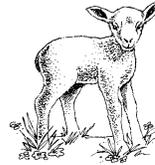
With that being said, we are really looking forward to diving into our fall schedule and enjoying all that we have coming up. We started back to our weekly youth meetings last week, and had a blast. Guest speaker Tammy Burdick did an amazing job, and we are looking forward to having more guest speakers, a game night, movie night, and much more this fall. We are also looking forward to our sixth graders joining us on Promotion Sunday and beginning to attend youth meetings and events with us. Youth meetings are at 5:30 p.m. (unless otherwise noted) every Sunday night and we would love to have you join the fun!

Speaking of events coming up this fall, parents please don't forget the deadline is September 1 to sign up for the Fall Retreat and Scaremare. Please contact me to get more information about these awesome events! They will be a blast and you will not want to miss out!

If you could be in prayer for our students and teachers as they transition into another school year, and be in prayer over

our events we have coming up. And, if you are interested in joining our youth or children's ministries, or serving as a volunteer, please get in touch with me or Josh. We would love to have you.

Blessings,  
Lindsey and Josh



## **Little Lambs in the News**

(Jan Mohler, Director)

Pastor Will and Valerie's quiet days of summer are about to end as our classroom once again will be filled with the noise of children. Ms. Rebecca and I held a parent's open house and prepared the room so all we need is the children. As I write this, there are 14 children in the four-year-old class and seven in the three-year-old class. We could use a few more students so please keep spreading the word. We can enroll children after school starts so tell everyone that it is not too late.

As usual, it will take a few weeks to get the students into the swing of things. By the end of September, they should be all settled in and ready for our first service project, which is a Trike-a-thon for St. Jude Children's Research Hospital. Anyone wishing to make a donation in honor of our Lambs can do so by handing checks made out to St. Jude Children's Hospital to Jessica Mitchell.

We are so thankful for the congregation's support of Little Lambs. Please keep us in your prayers as we begin our new school year.

Blessings,  
Jan



## **Music Notes**

(Lynn Meeks, Director of Music Ministries)

This time of year is so exciting! I have new music for all the choirs and the seasonal music has been chosen and ordered.

**Our first handbell rehearsal will be Tuesday, September 5 at 7:00 p.m.** At our first rehearsal, we'll begin with a piece to present in worship in October as well as starting some great Thanksgiving and Christmas music. Remember, I'm looking for adults, middle school, and high school students. I'm hoping for an overflow crowd!

**Calling mature 4-year-olds through fifth graders! Join us for Wonderful Wednesday!** Come enjoy some fun songs and games as well as our Bible story and craft. I hope to see our returning friends as well as lots of new faces. See you on **September 6 at 5:00 p.m.!**

It is very important to have an accurate head count for our first meeting since we need to plan how much food and how many craft projects to prepare. **If you haven't registered your child yet, don't worry; just let me know as soon as possible that they are coming and also if you are available to volunteer. We really need more helpers!! You may call the church office (483-5338) anytime.** We're going to have a great year!

**New Members/Welcome Back Members Chancel Choir night is September 6 at 7:00 p.m.** Since some faithful members have "retired," there are still some empty seats we really need filled!!! We will begin some new pieces, start to look at our Thanksgiving music and Christmas cantata and have time for refreshments and fellowship. **If you enjoy singing, whether you have been in a choir before or not, I hope you will prayerfully consider joining us on September 6.** (This

choir is open to middle and high school students, as well as adults.) See you then!

All choirs (except Praise Choir) meet upstairs in the Music Room beside the children's Sunday School area. Adults, if you shy away from stairs, take the elevator to the fourth floor! Wonderful Wednesday parents, I would like an adult to come with your child upstairs at 5:00 p.m. and one of our volunteers will escort them downstairs to the parking lot level at 6:30 p.m.

After two years off, we will begin Praise Choir rehearsals on Sunday, September 10 at 9:15 a.m. in the sanctuary. We will be singing some dynamic blends of hymn tunes and praise songs. If you are middle school or high school age students, no longer a student, or even senior adult, we would love to have you join us!

I hope everyone has had a restful summer. I can't wait to see you in choir!

Love and Peace,  
Lynn

## **What's your calling?**



When you have a sense of calling – whether it's to be a musician, soloist, artist, in one of the technical fields or a plumber – there is something deep and enriching when you realize it isn't just a casual choice; it's a divine calling. [That's] not limited to vocational Christian service, by any means.

—Charles R. Swindoll



### **Prayer Concerns:**

Our country, those serving in our armed forces, and our church; Johnny Guilliams; Marion Higgins; Jeanette Boles; Charlie Easter; Gary Hatfield; Dennis Holland; Jennifer Tatum; Tiffanee Anderson; Jimmy Blair; Martha Williams; Iris Read; Lorrie Williams; Mark Singleton; Jennifer Cooper; Kathy Cunningham; Don Applegarth; Johnny and Patsy Smith; Patricia Perdue; and Jesse Roach.

### **Forget-Me-Nots:**

Mildred Dillon; Margaret Linkous; Eva Prillaman; Ann Robinson; and Dot Wimmer.



Please accept our heart-felt appreciation to the members of RMUMC for their prayers, donations, love and support during the long illness and death of our grandson, Gabe Valentine. The outpouring of love and concern for Gabe meant so much to us. The members of RMUMC are loving members who care so much for others. Thank you all so much.

John and Linda Lox

The staff of Sontag Elementary is very grateful for the kind donation of the 60 book bags. We'd like you to know that your thoughtfulness is truly making a difference in the lives of our children.

Respectfully,  
Melissa Newbill, Family Liaison

ROCKY MOUNT UNITED METHODIST CHURCH  
35 North Main Street  
Rocky Mount, Virginia 24151

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**Open Hearts...**

**Open Minds...**

**Open Doors...**

*The People of the United Methodist Church*

**CHURCH STAFF**

**Reverend Will Waller, Pastor**

**Lynn M. Meeks, Director of Music Ministries**

**Valerie Latimer, Administrative Assistant**

**Jennifer Ardis, Nursery Attendant**

**Jeanne Banks, Music Accompanist**

**Lindsey Lumley, Coordinator of Youth & Children's Ministries**

**Joshua Banks, Assistant Coordinator of Youth & Children's Ministries**

**(Church Office Hours: Monday-Friday, 9:00 a.m.–4:00 p.m.)**



**SUNDAY WORSHIP SCHEDULE:**

**10:00 a.m. Sunday School**

**10:55 a.m. Worship**