



# The Circuit Rider

January 2020

You are cordially invited to join us in all of our events and activities each and every week. Activities are open to all, not just members. Come on in, be with us, there's God's work to be done with your help.



## Cadence of a Deep Call: A Call to Make Lofty New Year's Resolutions

What is your new year's resolution? Some of you may not have any. Some people want to lose weight, exercise more, read more books, pray more, spend more time with family, etc. I cannot remember when it was that I stopped making new year's resolution any more.

That does not mean that I have lost interest in improving my personal well being and my professional calling as a preacher. Instead, I am more excited about what God will do for my family, friends, church families, neighbors, and the whole world.

King Solomon is one of the wisest persons who has ever lived on earth. He is also believed to have been the richest person in human history. But there was something missing in his soul. This is his confession: "Everything under sun is vanity, like chasing after the wind (Eccl.1:14). The pleasure that he had sought, the projects and the business achievements that he had made, the political power that he had gained turned out to be meaningless and futile to him! All of the energy and time that he had spent to earn this power, pleasures, wealth and recognition were nothing to him. So, he confessed that everything under the sun is vanity: "There is nothing better for people under the sun than to eat and drink and enjoy themselves." (Eccl. 8:14)

However, somehow, this cynic encountered God. Through this spiritual experience his whole attitude toward life changed. Solomon no longer believed that the wise person and the foolish meet a common fate. Therefore, he came to a new sense of personal responsibilities. He gave a solemn warning to all of us: "Remember your Creator in the days of youth, before the days of trouble come, and the year draw near when you will say, 'I have no pleasure in them...For God will bring every deed into judgment, including every secret thing whether good or evil'" (Eccl. 12:1, 14).



### Camp United Methodist Church

4807 Main Street  
Shallotte, NC 28459  
(910) 754-4840  
[cumc.office@atmc.net](mailto:cumc.office@atmc.net)

### Sunday Services

8:30 AM Praise & Worship  
9:45 AM Sunday School  
11:00 AM Traditional

**Camp United Methodist Church is a community of faith whose mission is to seek and to serve God by praying, preaching and teaching the Gospel, making disciples and serving others.**

New Year's Prayer.....	2	Member Profile/New Member.....	6
Message from Pastor Alex.....	3	Grief/Missions/Volunteers.....	7
Music.....	4	Praise+Worship/UMM.....	8
Children+Youth/SALT/Recipe.....	5	Birthdays+Anniversaries.....	9
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Is your new year's resolution lofty enough to get sweat on it? Have you included God in your resolution? One of my wonderful friends, Fred Lawrence, told me that without Christ we don't have anything. With Christ we have everything.

In His Name,  
Preacher Won

## New Year's Prayer

Heavenly Father,  
For this coming year just one request  
I bring.  
I do not pray for happiness or any  
earthly thing.  
I do not ask to understand the way  
you lead me;  
But this I ask—teach me to do the  
thing that pleases You.  
I want to know Your guiding voice,  
to walk with you each day.

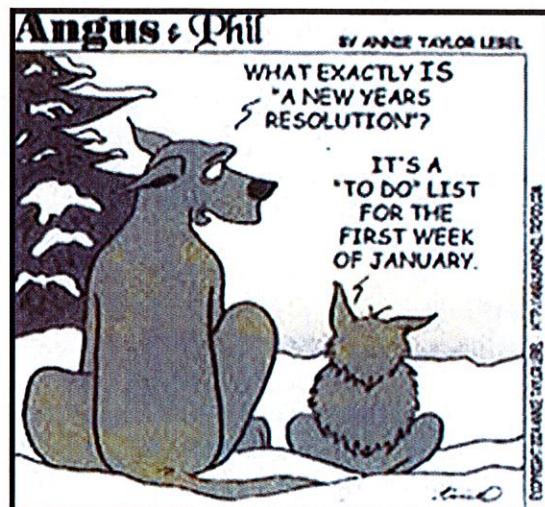
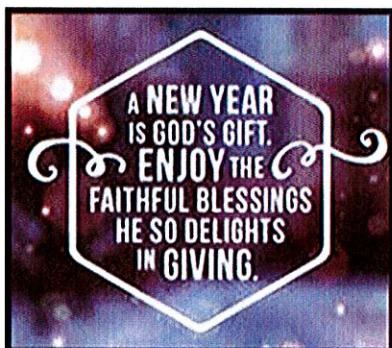
Heavenly Father,  
Make me swift to hear and ready to  
obey;  
And thus the year I now begin  
A happy year will be,  
If I am seeking just to do the thing  
that pleases You.

*Anonymous*

## RESOLUTION IDEAS

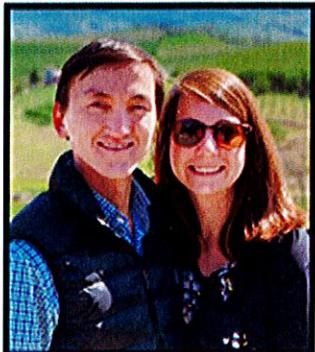
1. Don't gossip.
2. Finish your meals.
3. Make time for others.
4. Choose the 'more humble' purchase.
5. Meet the poor 'in the flesh'.
6. Stop judging others.
7. Befriend those who disagree.
8. Make commitments, such as marriage.
9. Make it a habit to 'ask the Lord'.
10. Be happy.

THE POPE FRANCIS LIST



*“Though we cannot think alike, may we not love alike? May we not be of one heart, though we are not of one opinion? Without all doubt, we may.” - John Wesley*

Greetings Camp UMC,



Pastor Parker & Mallory

I graduated from Duke Divinity School (M. Div. 2018) and served as the senior pastor at Daniels Memorial UMC for my first appointment (2018-2019). Prior to seminary, I attended Baylor University (B.A. Religion & Biblical Studies) where I met my wife Mallory. Mallory is a licensed clinical social worker currently working at a community mental health clinic as a therapist for families and children.

The church should be a place where all people are welcome.

I cannot wait to get started at Camp UMC and to learn your stories. Send me an email - [alex.parker@nccumc.org](mailto:alex.parker@nccumc.org) - to set up a meeting. I strongly believe that discipleship happens best in face-to-face relationships. People are created to be in community with God and with each other. At the heart of the gospel is the message from Jesus to love God and to love people.

I am an avid sports fan especially when it comes to college football and college basketball; Sic 'Em Bears & Go Blue Devils! I enjoy activities like running, tennis, general fitness, and leading an active lifestyle as part of caring for the body. Mallory and I are the proud owners of a female greyhound, Zoey, who is spoiled rotten. Mallory and I would classify ourselves as “foodies”; lingo for people who love finding those “hole-in-the-wall” places or the best local cuisine. Another favorite thing for us is traveling. We have been blessed to travel many places together including Italy and Montana in 2019.

I moved around quite a bit growing up living in various places up and down the East Coast including North Carolina, South Carolina, Florida, Georgia, New York, and Texas. However, I was born in Russia and was adopted at the age of 2 years old (you will hear more about this when I narrate my call story). In my [adoptive] family I am the youngest of three children. My eldest sibling, Ryan, also lives in North Carolina and my sister, Courtney, lives in Atlanta, Georgia. My parents, Bruce & Vickie, currently reside in Hilton Head, South Carolina. I grew up in the United Methodist Church and I am honored to serve as a United Methodist clergyperson today. I am excited to serve you and alongside you as your associate pastor.

- Pastor Alex Parker



## MUSIC NOTES



What a blessing our choirs gave us when they led worship on December 8<sup>th</sup> at the eleven o'clock service. From the beginning with the bells, with the sweet sounds of the children and with the end of the powerful "Walk in the Light!," our choristers sang and rang from their hearts! What a gift that they brought to us on the second Sunday of Advent!! MANY THANKS to all the members of the choirs for their loyalty and dedication in preparing for this special Sunday! We are SO blessed with the talent in our church!



The Kid Singers singing performing "Away in a Manger"



Camp Bell Choir and Camp Adult Choir

So why are YOU waiting to join our choir at Camp?! We will welcome you with open arms and will promise you that you will even have FUN at choir practice. Can't beat that!! SO plan now to be at our first choir practice in 2020!

## SCOTLAND TRIP FOR AUGUST, 2021

Come join the Wards on this outstanding trip to Scotland, including the Royal Edinburgh Military Tattoo and the Scottish Highlands. Discount for early sign-up in January, 2020. For more information, please contact Wes or Betsy.



Military Tattoo

### January Lectors for 11:00 Service

- Jan. 5 - Jack Scarborough
- Jan. 12 - Steve Dare
- Jan. 19 - Eunice Inman
- Jan. 26 - Steve Dare

TO GOD BE THE GLORY!

Wes & Betsy  
[wesnbetsy@gmail.com](mailto:wesnbetsy@gmail.com)  
843-222-7674

## CHILDREN & YOUTH

In November, under the leadership and efforts of Debbie Donoghue, the Children and Youth ministries prepared boxes to donate to Operation Christmas Child. Although our groups worked individually, we collectively prepared over 30 boxes that were loaded into Debbie's car (pictured below) and delivered to Shallotte Presbyterian Church, the local collection site. It was a fun evening and a worthwhile cause!



On December 11th, the children went to Autumn Care and sang for the residents.

Presently, the youth are in the throes of taking finals and both ministries are gearing up for our (separate) Christmas Parties on December 18th.

We (Debbie, Chicky, Kevin & Kelly) would like to wish everyone a Very Merry Christmas and a Blessed New Year.

*Kelly Littlejohn*

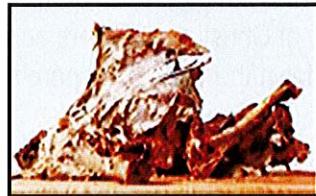
## SALT

The December meeting of SALT was held on Monday, December 16<sup>th</sup> with participants bringing hearty hors d'oeuvres to share. The evening ended with the singing of Christmas songs and the door prize give aways. Even Preacher Won blessed the group with a solo.

The next meeting of SALT will be on Monday, January 20<sup>th</sup> at 5:00 pm. Local attorney, Kim Smithwick will present a program on living wills, estate planning and other items of interest to the group.

SALT is a ministry for our 55 and over population at CAMP. Please join us.

Please contact Tamy Munns (910-754-4840), if you have any questions.



At a loss for what to do with leftover turkey. Here is a recipe the Wonderful Wednesday crowd enjoyed in November (courtesy of Francis Bryant). It is yummy!

### Turkey (or chicken) Casserole

cut up cooked turkey/chicken	stuffing
onions	celery
apple	chicken broth,
garlic salt	Italian seasoning.

Sauté diced onions, celery and apple. Mix everything together. Bake @350 for 20-30 minutes. If you would like it more moist, add more broth. [You will note that there are no amounts given so just "wing it".]

## MEMBER PROFILE



D.B., an only child, grew up in Charlotte, NC and Carol grew up in Elida OH with a brother and a sister. The two met at a disco in Cincinnati and eloped five weeks later on March 21. They have been married for 44 1/2 years and have two sons, Todd (in Durham, NC) and Dan (in Long Island, NY). They have eight grandchildren.

D.B. graduated from UNC in Chapel Hill. He majored in Biology with a minor in Chemistry. He worked as a chemist for a few years, but now enjoys his job in sales, selling food can labels. Carol attended many different colleges in the various places that she and D.B. lived and had a career in real estate as a relocation specialist.

**D.B. & Carol Grantham** Carol enjoys dancing and is still an active baton twirler. She has twirled in the Ocean Isle parade for many years. D.B. enjoys fishing and golf and plays piano and drums. He played the drums in the Camp Praise and Worship Band when it first started.

After moving to the area in 2003, they were invited to attend Camp by friends. They came on the same day Reverend Rich started. Since joining Camp, they have both become very active in the life of the church.

D.B. has served as Staff-Pastor-Parish Relations Chair, Trustee Chair, Youth Family Center Chair and been on the Church Council. In addition, he has been involved with set up for the Praise and Worship Band and Service and attends the Cornerstone Sunday school class. Most importantly, he is known as the Hugger and Greeter on Sunday mornings, where to the children's delight, he often slips them a piece of candy.

Carol has served as Church Council Chair and is currently the Worship Chair for weddings and funerals, as well as being on the Witness/Evangelism team. In addition, she helps prepare the narthex and sanctuary for the 11:00 service. Both were very involved in the conversion of the old sanctuary into the Youth Family Center.

Carol likes Camp because it is family. They take care of everyone. D.B. feels it is the warmest and most welcoming church they have been a part of. "Camp UMC is an amazing place and a real beacon to the community. It is an incredible body of Christian believers and it has been our goal to make disciples of all people. Now is the time to literally break down the walls and share the gospel with ALL people."

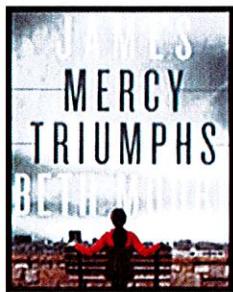
### NEW MEMBER IN DECEMBER



Jane Linnell  
1639 Carriage Place SW  
OIB, NC 23469  
240-416-1965  
jlinnell42@gmail.com

### WOMEN'S BIBLE STUDY

On January 20/21<sup>st</sup> we will begin a study on James: Mercy Triumphs by Beth Moore. There will be a Monday morning class at 10:00AM and a Tuesday evening class at 6:30PM to offer more opportunities for women interested in participating.



Each participant is responsible for getting her own workbook. Call Lynda Troutman for more information. (336) 944-7629

**Hope to see you in class.**

## The Growing Epidemic of Depression

and other Physiological Challenges

In our sinful world it's no wonder more people today are diagnosed with depression than ever before. Over 61 million Americans suffer from depression as well as other psychological challenges in their families. Do you know someone suffering?

Here are some of the signs to look for:

Anger	Self-deprecation
Irritability	Complaints of physical pain
Loss of interest-activities, friends	Sleep deprivation or sleeping too much
Withdrawal	Low energy level

Depression has been with us back through Biblical times. Even Jesus even had bouts with depression in the Garden of Gethsemane (Matthew 26:38 "My soul is deeply grieved to the point of death, remain here and keep watch with me.")

There is hope for recovery. Join us for a **free informational meeting at Camp United Methodist Church on Tuesday, January 14<sup>th</sup> from 6:30-7:30pm**. We will discuss these signs to look for and how family members can help their loved one cope and improve.

Please call Camp UMC office at 910-754-4840 to reserve a seat since seating is limited.

### LOCAL MISSIONS

**SBIC/FOOD BANK:** Our Committee donated \$350 to SBIC. All of the discount cards have been sold, which netted \$780 for the SBIC funds. Camp members donated to SBIC for Christmas dinners.

**BUILDING HOPE MINISTRY:** Our congregation collected 18 twenty-five dollar gift Cards for children of prisoners, to shop for Christmas.

**STREETREACH:** A load of lightly used men's coats was donated to Streetreach Homeless Ministry this month in addition to a donation of \$500 from our committee plus \$70 from our congregation.

**POWER WALKING MINISTRY:** Our congregation bought 87 pairs of athletic shoes for Brunswick County school children in need. The committee donated \$500 to PWM to help buy shoes for the children of our area.

**BRUNSWICK FAMILY ASSISTANCE:** Our Committee donated \$400 to help with purchasing Christmas items for the needy.

**RED CROSS BLOOD DRIVE-** Our next blood drive will be January 16, 2:00 -6:00 in the Youth and Family Center.

We thank all of you for your generosity which made our assisting these missions possible.



A replacement for a Co-Chair of the **Food Pantry** is needed. Carol Kendall, who has held this position for many years, will be retiring in April 2020,

**SBIC** is in need of people who will work on fundraising projects, especially in leadership positions.

For more information, contact Carol Kendall  
[kendcarol@gmail.com](mailto:kendcarol@gmail.com)

The **Greater Shallotte Ministerial Association** will, once again, produce a Lenten Reflections Booklet. Every church in the association has been given several days for which a devotion needs to be written. Camp Church has been assigned for 6 days. Pastor Won has signed up for the 28<sup>th</sup> of February. We need 5 more people to volunteer to write a devotion. Please prayerfully consider participating in this worthwhile project. Contact: Lynda Eagle at ([eagleoib99@gmail.com](mailto:eagleoib99@gmail.com)) before Jan. 4<sup>th</sup> and Jeanne Frederick ([beanjeeby@gmail.com](mailto:beanjeeby@gmail.com)) after the 4<sup>th</sup> for more information.

Life's most persistent and urgent question is,  
What are you doing for others?"

*-Martin Luther King, Jr.*

## PRAISE AND WORSHIP BAND

What is "praise and worship:"? Praise is an outward expression of an inner feeling, to sing, to give or to confess. Worship: The highest form of honor and respect that we can show toward God, highly intimate And personal.

**The beginning of the Camp Praise Band:** In February 2016 under the leadership of Reverend Rich and with John Donoghue, Chair of Church Council, the discussion of offering a contemporary worship service began. DB Grantham and Megan Williamson were co-chairs of the task force to explore this alternative style of worship for Camp.

The first praise and worship service was held on Sunday evening, July 2016 in the Youth and Family Center and continued once a month through December 2016. In January and February 2017 the praise and worship services moved to the main Sanctuary and in March they began praise and worship once a month on Sunday morning.

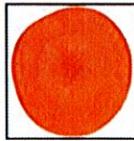
Due to the growth and power of the Holy Spirit moving through the services, Preacher Won asked the praise team to commit to weekly praise and worship services. The team joyfully made that commitment & thus Praise and Worship is every Sunday at 8:30.

The team" comes together from many different places and many different life experiences, sharing their gifts and talents to the Glory of God." Praise team members: **Keyboards:** Betsy Tusai, John Braddy; **Bass:** Ralph Kendall, Steve Sowder; **Guitars:** Gary Pope, Larry Harrelson; **Drums:** Roy Chipley; **Vocalists:** Karen Jones, Michael Lewis, Faith Gunter, Sidney Jones, Doug Lutzy; **Audio/Visuals:** Julie Chandler, Bob Hibbard; **Children's message:** Sian Chipley **Supporting Cast:** DB & Carol Grantham and many, many more.

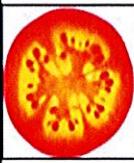
**Fun Fact:** According to Larry Harrelson the Praise band has played over 125 different songs over

Was one of your New Year's Resolutions to lose weight or live a healthier lifestyle? If so, here are some healthy foods to eat.

### God's Pharmacy— The Value of Certain Fruits and Veggies Part 1



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and science now shows that carrots greatly enhance blood flow to help



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows that tomatoes are loaded with lycopene and are, indeed, pure heart and blood food.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like

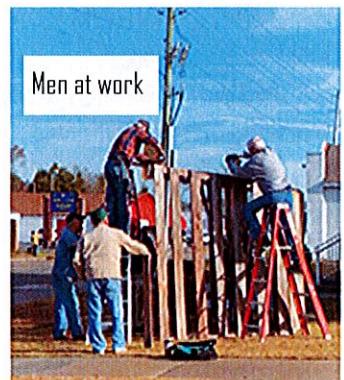
[faithandhealthconnection.org](http://faithandhealthconnection.org)  
by Dale Fletcher

## UNITED METHODIST MEN



The November meeting featured a speaker from "Madona Project" In Sierra Leone, Africa, This project's purpose is to improve the lives of mothers and children. One in 9 infants die at birth, 1 in 18 mothers die while giving birth, and the average birthweight of newborns is under 5 pounds. Mission of Hope's Rotifunk Hospital is working hard to change these numbers through its "Madonna Project".

As always, the men set up the manger for the Live Nativity

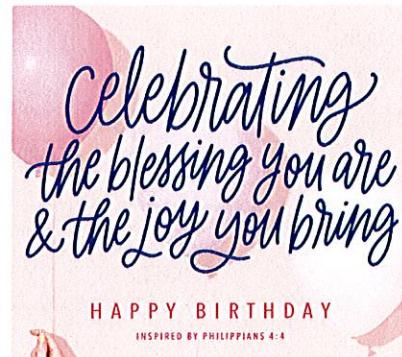


Men at work

Be on the lookout for tickets to the annual Fellowship Dinner on Jan. 27th. Bobby Williamson, local legend, will provide entertainment. World-famous Jerome's will cater the event.

# January

1	Beth Hunter	10	Ray Nichols	23	Jeanne Frederick
1	Phil Inman	11	Cindy Champion	23	Greg Rupp
3	Rita Bennett	11	Margaret Hardin	24	Bia Medley
3	Ashley Hooks	12	Mary Inions	24	Cheryl Mills
4	Lou Bell	12	Tammie Lewis	25	Libby Leggett
4	Tony Smith	12	Bob Winship	25	David Williams
4	Jim Wallace	13	Chris Hunter	26	Ruth Hierman
5	Tom Adams	15	Dale Calhoon	26	Luara Winship
5	Tom Arnette	16	Parker Pickard	27	Diana Oliver
5	Gene Craft	17	Beth Baker	27	Steve Sowder
5	Kate Inman	17	Eileen Markum	27	Maggie Stephens
6	Judy Arnold	17	Kurt Meissner	29	Victoria Nelson
6	Barbara Babcock	17	Trisha Poulos	30	Cindy Black
6	Laura Freeman	18	Barbara Kellett	30	Debbie Donoghue
6	John Jones	18	Felicia White	31	Sue Lide
6	Ron Poston	19	Poli Barefoot	31	Sondra McDaniel
10	Harold Bland	21	Tom Evans	31	Lisa Mintz
10	Barry Dodson	21	Patsy Thrift	31	Jerry Thrift
10	Kelly Littlejohn	22	Sarah Roemmelt	31	Nancy Williams



John & Angela Adams	2 (17)
Jay & Derrice Combs	2 (50)
Jerry & Patsy Thrift	3 (23)
Ted & Lynda Troutman	5 (40)
John & Debbie Donoghue	10 (33)
Don & Lynda Eagle	11 (61)
Larry & Julie Harrelson	11 (34)
Steve & Barb Taylor	17 (33)
Doug & Nita Campbell	24 (44)
Alan & Peggy Russ	31 (56)

## DATES TO REMEMBER IN JANUARY

January 1	New Year's Day
1	Office Closed
7-17	Holy Land Trip
9	Red Cross Blood Drive



# JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:30 Praise & Worship 9:45 Sunday School 11:00 Traditional Worship 3:00 Jail Ministry		<b>Bulletin Deadline</b> 9:00 Sewing Ministry/FH 9:30 Prayer Shawl/FH 2:00 Baskets/FH/K 5:30 Band/S	8:00 Prayer Group <b>WONDERFUL WED.</b> 5:00 Meal 5:30 Youth & Kids 5:30 Kids Singers 5:55 Adult Choir 6:00 Bible Studies 6:00 Bible Journaling 7:30 Bell Choir	10:00 Disciple 1/SC 10:30 Disciple 2/YFC 5:30 Band/S	4:30-6:30 Soup Kitchen/FH	10:00 Food Pantry/FH/BA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> New Years Day OFFICE CLOSED NO WONDERFUL WEDNESDAY	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b> Communion 1:30 Shepherding Ministry/YFC	<b>6</b> 5:00 SALT Planning / YFC 6:00 /SC Communications	<b>7</b> 6:30 Safety Team/BR	<b>8</b>	<b>9</b> 1:30 Red Cross Blood Drive/YFC 4:00 Stephen Minister/FH	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> 6:30 Joy Circle/FH 6:30 Bible Study/SC	<b>14</b> No Prayer Shawl 10:00 Susanna Wesley/FH 6:00 Trustees/BR 6:30 Depression Awareness /YFC	<b>15</b>	<b>16</b> 6:30 Leadership Meeting/FH	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> <b>Newsletter Deadline</b> 10:00 Women's Book Study/SC 5:00 SALT Activity/FH 6:00 Finance & Budget/YFC	<b>21</b> 6:15 Living Grace/TR 6:30 Women's Book Study/LB 6:30 SPPR/SC	<b>22</b> 10:00 Amazing Grace/FH	<b>23</b> 1:00 Grief Share/SC 6:30 Grief Share/TR	<b>24</b>	<b>25</b>
<b>26</b> 12:15 Shepherding Ministry Covered Dish/YFC 9:45 New Member Class/S	<b>27</b> 10:00 Women's Book Study/SC 6:30 UMM/YFC/K 6:30 Bible Study/SC	<b>28</b> 3:00 Waves of Grace/Craft Home 6:30 Family Grace/N 6:30 Living Grace/TR 6:30 Women's Book Study/LB	<b>29</b>	<b>30</b> 1:00 Grief Share/SC 6:30 Grief Share/TR	<b>31</b>	