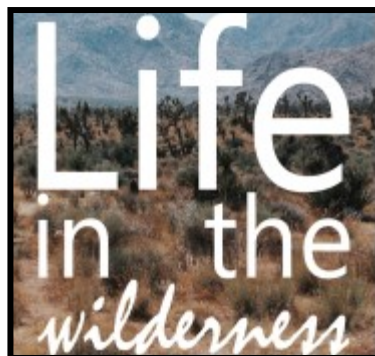




The Circuit Rider



September 2020



Life in the wilderness is best done in small discipleship groups.

I have experienced the grace of God helping me in my times of wilderness. When I was in the wilderness exploring what this call to ministry was going to look like for my family and me. I had a small group of disciples surround me with love, support and good questions. When I was navigating the constantly changing terrain of raising two amazing boys. I had a small covenant group of disciples surrounding me with prayer, scripture, and support. When my eyes were beginning to open up to the wild painful landscape that racism doesn't just include my personal bias, it also includes systems that we all participate in that puts power behind those biases which continue today to hold people down. In the midst of this, I had a small group of disciples helping me see how the Spirit was guiding me in this wilderness that I might experience healing and following Christ in resisting this evil.

Jesus himself began turning the world right side up through his life, death and resurrection and inviting a small group of 12 disciples to share life together. As Jesus ascended into heaven the Spirit came down empowering these disciples and others to experience and share the good news. From the 12 disciples and through the centuries from small house churches to John Wesley's class meetings that sustained a revival movement around the world, a small group discipleship has been a means for people to participate in the life transforming grace of God. Life in the Wilderness is best is best done in the

Camp United Methodist Church

4807 Main Street
Shallotte, NC 28459
(910) 754-4840
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**

Prayer/Environment.....	2	Outreach.....	6
Small Groups.....	3	Trustees.....	7
John Wesley.....	4	Covid-19/Other.....	8
Children+Youth.....	5	Birthdays+Anniversaries.....	9
Calendar.....	10		

Life in Wilderness (cont,)

company of small groups of disciples. A group will help you to be authentic helping each other listen to Christ's Spirit moving in us, around us, and through us. A group encourage each other to drink deep from the means of grace (worship, scripture, prayer, sacraments) as we wander in the wilderness together. This wilderness season we are experiencing together is the time for us as a whole church to join together in small groups. We are beginning now to offer new small discipleship opportunities with more to come. I invite you to find a group or start one. For details check out the small group tab on our website www.campumc.org. If you need help finding a group, want support starting a group or have questions talk to Pastor Alex. It has been my experience that life in the wilderness is best done in the company of a small group of disciples.

Peace in Christ,

Pastor Steve

PRAYER POSTED ON FACEBOOK

With a sad heart, but with a heart that will not stop hoping and praying, and with faith in the Heavenly Father, today I kneel in prayer.

Dear God, I'm asking You to put peace in the hearts of those who are filled with hate for this country and our president. I pray all plans to destroy this country will fail.

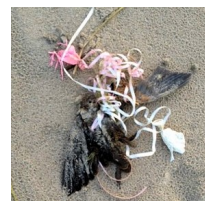
I pray for the recovery of the patients with Covid-19 and for protection for those who have not yet suffered the infection. I ask you God for help to find what will end Covid-19.

I ask for the Holy Spirit to guide all people toward You and toward peace. And for the ones who don't know you LORD, I pray that they will open their hearts and let you come in to their hearts.

Thank you for all the blessings you have given my family and me. Keep us safe from harm and danger, sickness and disease and keep us mentally, emotionally, physically, and spiritually well.

Lord I continue to pray that we become one nation, under God, indivisible with liberty and justice for all. Give us the opportunity and the courage to teach others more about You and to love them where they are.

Bless and protect our police officers and military men and women. Take care of them and watch over them as we pray for the United States of America. AMEN!!!



Balloons & the Environment

Balloons, including biodegradable, are great for celebrations, but once they get loose, balloons can pose a threat to many animals. Biodegradable balloons can take up to four years to decompose.

Birds, turtles and other animals commonly mistake balloons for food which can harm or even kill them. Many animals can also become entangled in balloon strings, which can strangle them or hurt their feet and hands.

Even though balloons of any kind and their attached strings are not recyclable, we can help protect both marine life and wildlife by placing them in our trash receptacles.



What are the 5 most deadly trash items in the ocean? (Answer on page.9.)

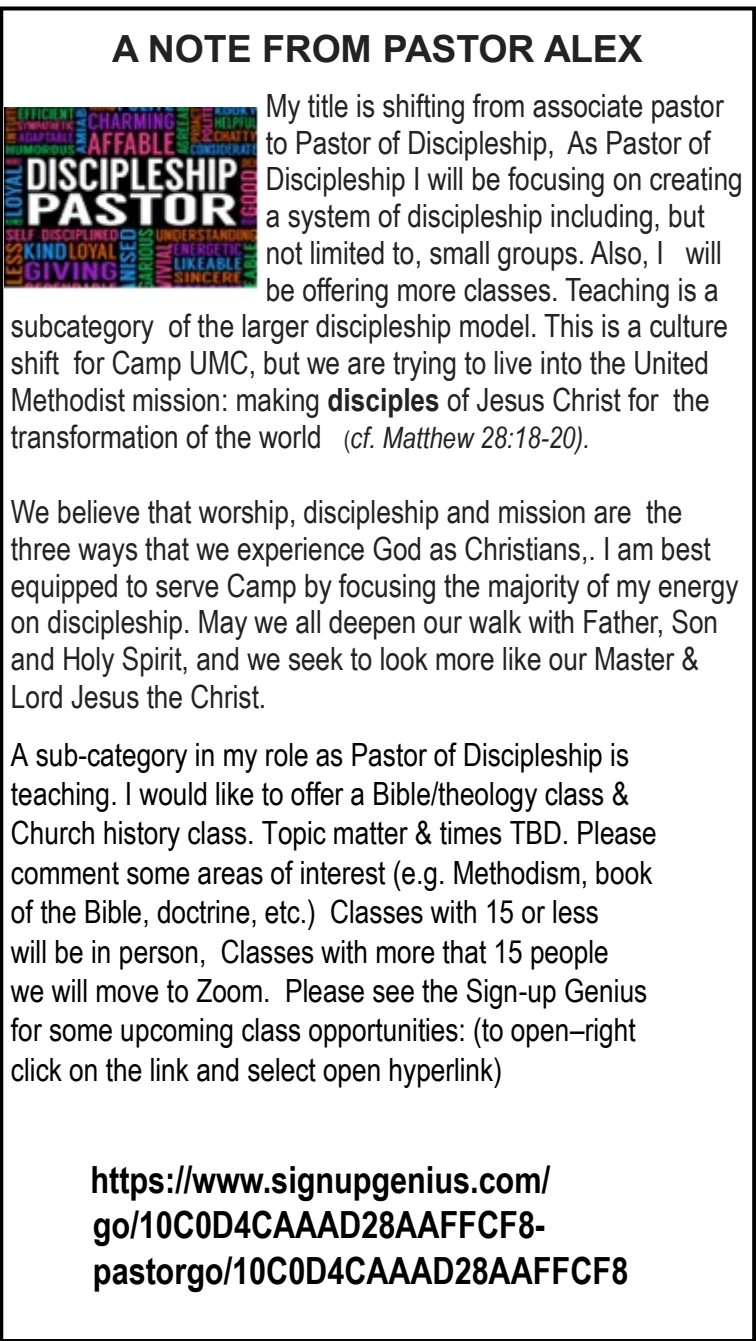
"It is, surely, our responsibility to do everything within our power to create a planet that provides a home not just for us, but for all life on Earth."

- Sir David Attenborough

SMALL GROUPS

"Christian growth happens in circles not rows." If you have been around me enough, you know that this is a big emphasis of mine. Healthy churches have healthy small groups. Camp UMC is blessed to have many small groups, but one of my goals is to strengthen existing small groups and create new spaces for new people. **If you are interested in leading a journey group and/or a different type of group, please let me know.** Check out the new website tab that has some small group options. <https://campumc.org/small-groups-2> Please consider joining one or starting one of your own. (These groups function best when they have **12 people or less**. Not in a group? Perhaps God is inviting you to join one.

Praying for each of you,
Pastor Alex



Covid Safety Taskforce met recently to develop a modified Phase Three plan. This modified plan includes a limited entry into corporate worship starting September 20. The team has looked at both the state and local pandemic metrics. Particularly in our local area and surrounding counties these indicators have recently shown signs of improving. It has improved enough that we are cautiously modifying our plan. Camp will begin with a “soft-reopening” of our Sunday worship services on a rotation. On Sunday September 20 the 11:00 a.m. service will gather to worship and then on September 27 the 8:30 a.m. services will gather for worship. Then rotate back and forth for the near term.

Peace in Christ, Pastor Steve Murphy



ABOUT JOHN WESLEY

HE WROTE ONE OF THE ALL-TIME BESTSELLING MEDICAL TEXTS.

Wesley was deeply convicted that God is concerned about our earthly life as well as our heavenly one.

To that end, he wrote a medi-

cal text for the everyday person titled *Primitive Physick*. The book detailed the current knowledge about home remedies and went through 32 editions, making it one of the most widely read books in England.

HE RODE FAR ENOUGH ON HORSEBACK TO CIRCLE THE EARTH 10 TIMES.

Wesley rode 250,000 miles! He was convinced that it was important for him personally to spread the gospel through relationships and continue to grow closer to God in those relationships. Asked if he would consider walking instead of riding, he replied, "Nay."

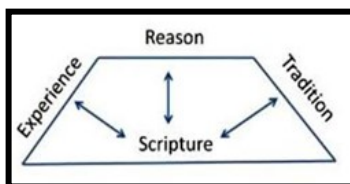
WESLEY COUNSELED PEOPLE TO "EAT A LITTLE LESS THAN YOU DESIRE."

Staying slim was far from Wesley's goal (though he did weigh in around 128 pounds). This was not the result of dieting, but rather of a practice to ensure that people were not ruled by their natural desires, but exercising control over them.

HE CHARTERED THE FIRST METHODIST CHURCH in America on February 28, 1784.

HE BELIEVED THERE WERE 4 SOURCES THAT MAN CAN USE TO UNDERSTAND GOD'S WILL.

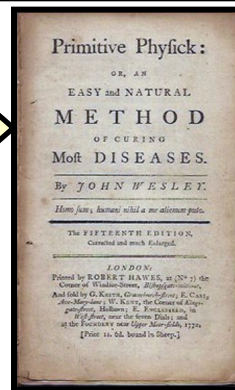
This is otherwise known as the Wesleyan Quadrilateral.



resourceumc.org

"DO ALL THE GOOD YOU CAN BY ALL THE MEANS YOU CAN IN ALL THE PLACES YOU CAN AT ALL THE TIMES YOU CAN TO ALL THE PEOPLE YOU CAN AS LONG AS EVER YOU CAN."

— JOHN WESLEY



EXCERPTS FROM WESLEY'S BOOK ON MEDICAL MATTERS

GENERAL HEALTH DIET

The great rule of eating and drinking is, to suit the quality and quantity of the food to the strength of our digestion; to take always such a sort and such a measure of

food as sits light and easy to the stomach. All pickled, or smoked, or salted food, and all high-seasoned, is unwholesome. For studious people, about eight ounces of animal food, and twelve of vegetable, in twenty-four hours, is sufficient.

BEVERAGES

Water is the wholesome of all drinks; quickens the appetite, and strengthens the digestion most. Strong, and more especially spirituous, **liquors** are a certain, though slow, poison. **Malt liquors** (except clear small beer, or small ale of due age) are exceeding hurtful to tender persons.

Coffee and tea are extremely hurtful to persons who have weak nerves.

EXERCISE

A due degree of exercise is indispensably necessary to health and long life. Walking is the best exercise for those who are able to bear it; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise.

SPECIFIC AILMENTS

Asthma

Cut an ounce of stick licorice into slices. Steep this in a quart of water, for twenty hours, and use it, when you are worse than usual, as a common drink. I have known this to give much ease.

Cough

Make a hole through a lemon and fill it with honey. Roast it, and catch the juice. Take a teaspoonful of this frequently.

Headache

Rub the head for a quarter of an hour. Or, apply to each temple the thin yellow rind of a lemon, newly pared off.

Obstructed Bowel

Apply warm flannels soaked in spirits of wine. Or, hold a live puppy constantly on the belly.

faithandleadership.com

CHILDREN

Camp Kids will resume weekly on Wednesday, September 16th. We will meet every Wednesday night for food, fellowship and fun (5:30PM-7:30PM). Camp Singers will resume in October with the intent of having a Christmas Program. Music will be provided via email for those who cannot attend, but want to participate.

Allison Hunter, Director of Children's Ministry

YOUTH

UMYF meetings will resume on Wednesday, September 16th from 5:30PM-7:30PM. Come and enjoy a snack supper, fellowship time, games and a program. We will close with prayer requests and the UMYF Benediction. These hours will be worthwhile for you to grow relationships with each other and, more importantly, with God.

Kelly Littlejohn, Director of Youth Ministry

CHILDREN & YOUTH FUN EVENT

WHEN: Saturday, September 12, 2020. Children from 10:00AM-1:00PM
Youth from 12:00PM-3:00PM
Parents from 12:00PM-1:00PM (for lunch and parent meetings)

WHO: All children and youth and their parents

WHERE: Camp UMC

WHAT: Food, fun, games and more

WHY: To kickoff the new school year!

HOW: Can **YOU** help?

We are currently accepting donations of bottled water, individual bottles of sweet tea, canned soda, Capri Suns, juice boxes, popcorn kernels and store-bought cookies. If you feel led to support our event and our weekly ministries, please bring donations to the church on Monday or Thursday meetings from 5:00PM-7:00PM. Allison will be there to accept them. **OR**, you can email (krlittlejohn@gmail.com) and she will come to your home to collect the donations.



CAMP REACHES OUT



The Red Cross blood drive on August 13th was a success. Our goal was 32 units. Forty-three (42) people came out with a total of 46 units collected. Potential lives save? **138!!**



Since January, SBIC has distributed about 82,000 pounds of food plus toiletries. We also share the love of Jesus. This is only possible through generous contributions of time and money. The number of clients increased by 23% when compared to Jan-July, 2019. Please continue to support The Lord's Food Pantry.



THE LORD'S PANTRY We have an urgent need for a person or a couple to fill Carol Kendall's position of co-managing the pantry with Marlene Mellis. Carol has been faithfully managing this position for years and has been ready to step down for over year. The position involves stocking the shelves and managing Camp's distribution of food on it's assigned Saturday. The job has many facets and training will be needed. **Interested? Want to know more?** Email Carol (kendcarol@gmail.com) for more information.

SBIC (*South Brunswick Interchurch Council*) *A volunteer is needed to fill the treasurer position* at SBIC. Please contact Mary Pritchard (maprita@aol.com) if you are interested or want more information.

CAMP TRUSTEES The Trustees need help with church safety and security. We all know that people come and go throughout the campus at various times and sometimes forget to lock the doors when they leave. Trustees are looking for volunteers to pick one evening a month to go to the church @ 9:00PM and make sure that all building doors are locked and secure. Jim Wallace is the point of contact for this effort. Please contact Jim (443 752-7982) or (coachjimwallace@gmail.com) if you can help with this much needed service.

ALTAR GUILD You can now sign up to provide flowers for the altar. Most dates are available. Please call Sue Wells (910-640-7708) if you would like to donate flowers. We are working to be sure that the arrangements are shown during the prerecorded worship services. Thank you for blessing us with flowers.

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

Martin Luther King, Jr.



CHURCH TRUSTEES

Taken from the Book of Discipline of The United Methodist Church

“2533. Board of Trustees’ Powers and Limitations-1. Subject to the direction of the charge conference, the board of trustees shall have the supervision, oversight, and care of all real property owned by the local church and of all property and equipment acquired directly by the local church or by any society, board, class, commission, or similar organization connected therewith, provided that the board of trustees shall not violate the rights of any local church organization elsewhere granted in the *Discipline*;”

The Trustees of Camp United Methodist Church follow the regulations as set forth by the Book of Discipline, and the excerpt written above is just a small part of their responsibilities.

CAMP UNITED METHODIST CHURCH TRUSTEES ARE:

Co- Chairs, Alan Lewis and Michael Nelson;

Bonnie Tibbals, Thom Arnold, Currie Batchelor,

Larry May, Jim Wallace, Liz Boyer and Bob Winship.

Our congregation owes each trustee a debt of gratitude as they guide us through this ever-changing event in the life of the church and so much of their work is “behind the scenes”.

GOOD NEWS! The trustees met on 8/18/20 and voted to replace all of the exterior doors on the new building.

OFFICIALLY CONFIRMED (8/27/20)

Tune to ATMC Cable Channel 3 or HD Channel 910 at noon on Sundays to watch our worship service. Each week we will rotate offering the best of our contemporary and traditional worship to the community. We are excited that we will be able to offer this in order to reduce the barriers of people connecting to God through worship.



EVERYDAY THINGS PEOPLE MISS BECAUSE OF COVID-19

Hugging friends and family

Aside from being able to just see family and friends in person, many people really miss the warm embrace that comes with a greeting or goodbye between loved ones.

"I have learned that there is more power in a good strong hug than in a thousand meaningful words."

- Ann Hood

GOING OUT TO EAT

Many people are missing the experience and excitement around Sunday brunch, a weeknight dinner at an undiscovered restaurant or even strolling into your favorite neighborhood spot for a quick bite. As everyone resorts to cooking at home or ordering takeout, the idea of sitting down for a meal, prepared by chefs in a professional kitchen sounds like a dream.

GOING TO WORK

In what has felt like an eternal Sunday for some folks, there are millions of previously employed Americans who have lost jobs across a multitude of different industries that have seen a sharp decline in operations due to coronavirus. Some of us love working from home; others miss the sense of having a place to go every day. Some experts speculate that COVID-19 will change how we work in offices and lead to an increase in permanent remote work.

GROCERY SHOPPING

Finding things on the shelves. **NO HOARDING.** Short lines. Not wearing masks.



MAJOR LIFE EVENTS

Getting together to celebrate birthdays, anniversaries, births, holidays, weddings and funerals.



THE US GOVERNMENT TRIED TO USE CATS AS SPIES



"Operation Acoustic Kitty" was a secret plan to use cats as portable spying devices. However, the CIA only ever produced one Acoustic Kitty because it abandoned the project after a test with this cat went horribly wrong.

The Acoustic Kitty was a sort of feline-android hybrid—a cyborg cat.

A surgeon implanted a microphone in its ear and a radio transmitter at the base of its skull. The surgeon also wove an antenna into the cat's fur, writes science journalist Emily Anthes in *Frankenstein's Cat: Cuddling Up to Biotech's Brave New Beasts*. CIA operatives hoped they could train the cat to sit near foreign officials. That way, the cat could secretly transmit their private conversations to CIA operatives.

"For its first official test, CIA staffers drove Acoustic Kitty to the park and tasked it with capturing the conversation of two men sitting on a bench," Anthes writes. "Instead, the cat wandered into the street, where it was promptly squashed by a taxi"—not the outcome they were expecting. The project was cancelled in 1967. The project was disclosed in 2001, when some CIA documents were declassified. from *history.com*



September Birthday's & Anniversaries



1	Karen Austin	13	Beth Bingenheimer	22	Bob Blackwell
4	Ray Bell	13	Becky Hewett	22	Stacey Ferris
5	Larry may	13	Carol Kendall	22	Betsy Ward
6	Taylor Thompson	13	Maddox Williamson	23	Barb Taylor
7	DeLana Holden	14	Cathy Landrum	24	Chandler Inions
7	Kevin Littlejohn	15	Becky Dare	24	Monnie Johnson
8	Rebecca Smith	15	Patrick Inman	24	Steve Wray
9	Eric Freeman	15	Chris Mosher	25	Marc Scharen
9	Sue Madison	16	Chad Concelmo	28	Randy Dove
9	Joseph Mainous	16	Gerald Green	28	Randy Love
9	Rebecca Sidelinger	16	William Yoder	28	Teresa Williamson
9	Bonnie Tibbals	17	Greg Cole	29	Bruce Baker
10	Derrice Combs	17	Doug Lutz	29	Bing Bingenheimer
11	Steve Dare	18	Karen Jones	29	Theresa Inman
11	Phillip Hooks	20	Karmen Smith	29	Kathleen Parker
11	Lauren Sidelinger	21	Freda Long		

Matt & Kristin Dowdy	24 (9)
Dick & Joyce Erickson	2 (53)
Hank & Fran Hecht	2 (38)
Bob & Tracy Hibbard	5 (28)
Glenn & Meleta Humbert	17 (33)
David & Kate Inman	18 (21)
Ralph & Carol Kendall	17 (32)

Ron & Eileen Markum	16 (35)
Bob & Susan Newton	16 (48)
Ron & Elaine Poston	3 (54)
Greg & Debbie Rupp	1 (30)
Harrison & Elizabeth Smith	29 (36)
Jim & Bonnie Tibbals	2 (48)
Carl & Barbara Votik	21 (35)



5 MOST DEADLY TRASH ITEMS IN THE OCEAN

- #1 Lost Fishing Gear.
- #2 Plastic Bags. ...
- #3 Plastic Eating Utensils.
- .#4 Balloons. ...
- #5 Cigarette Butts.

DATES TO REMEMBER IN SEPTEMBER

Sept. 4	CAMP'S DAY FOR THE LORD'S PANTRY
Sept. 6	PRAYER & COMMUNION 7:00AM-PARKING LOT
Sept. 7	LABOR DAY
Sept.12	CHILDREN/YOUTH/PARENT EVENT
Sept.16	CAMP KIDS & YMFC START 5:20PM-7:30PM
Sept.20	PRAYER & COMMUNION 7:00AM-PARKING LOT



REGULARLY SCHEDULED EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:30 Praise & Worship 11:00 Traditional Worship 3:00 Jail Ministry		Bulletin Deadline 9:30 Prayer Shawl/ FH			4:30-6:30 Soup Kitchen/FH	10:00 Food Pantry/ FH/BA

Additional Events Listed Below

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 1:00 Prayer Partners/YFC 4:00 Shepherd meeting/YFC	4	5 Camp's Food Pantry Day
6 7:00 Prayer & Communion	8 LABOR DAY	8	9	10 5:00 Safe Sanctuary Training/YFC	11	12 Children/Youth/ Parent Event
13	14	15	16 Camp Kids & UMYF start again	17	18	19
20 7:00 Prayer & Communion	21	22 NEWSLETTER DEADLINE	23	24	25	26
27	28	29	30			