

The Chimes

of East Lake United Methodist Church

July 2024
Volume 65
Issue 7

In the neighborhood for good!



When I Am Weak

I have had my struggles with the Apostle Paul, found him arrogant, and often garbled and wordy, at least in the recording of his letters. I have struggled with the strange and troubling thought that, at least, the modern-day church seems to follow Paul's thinking as much as or more than Jesus's. As I continue to study and think on it, I realize that my trouble might be that Paul and I are too much alike. We are both passionate about our calling. We get to going so fast to get the job done that we often get ahead of ourselves. And we worry about what other people think of us. We both come away limping from the struggle and hopefully wiser for the experience.

In 2 Corinthians 12: 2-10, Paul talks about how God's strength is shown through our weakness. When we acknowledge our struggles and give them to God, God can work God's power in and through us. We, particularly as Americans, have a hard time thinking about weakness. We are soon to celebrate Independence Day and we are told all of our lives to "Buck up." "Be strong." "Big kids don't cry." "Never let them see you sweat." "Act like you know it, even when you don't." But as Christians, one of the first and probably hardest things we do is acknowledge our dependence on God.

Even the best and brightest of us can't do everything. But some of us keep trying as though we could if we worked at it hard enough. Perhaps the better thing is to share the work with others who excel at the things with which you struggle. I am notoriously bad at math and technology. I imagine that is due to a mental block and not spending enough time respectively, but luckily there are others I know to whom these things come easy. When we acknowledge our weakness, perhaps God will show us a better way. Perhaps God will bring someone alongside to help us. Perhaps God will use our experience to help others in their struggles.

I imagine I have shared many times my experience in the Girl's Athletic Club in Junior High School. I was exceedingly bad at all things sports related, but at the end of the year I was awarded the Best Teacher Award. My teachers said it was because people thought, "If Sally can do it, then anybody can." We are not in this alone and we are not to rely on our own strength or merit. That does not mean that we should not try and give it our best, but it does mean we should see who else might help us in our endeavor, and ultimately it reminds us to rely on God who is our strength.

Peace,

Sally

... from Leslie

Hey there!

I guess summer is in full swing, and that means our seasonal opportunities for discipleship growth are finally HERE!

- The Creeds class with Sally starts on Wednesday, July 3. This is a fantastic opportunity for you to learn a little more about why we do what we do in worship and what it means for you.
- The Prayerful Meditation class with Jamie Grimes and Doreen Duley starts on Sunday, July 7. This is a fantastic opportunity for you to learn about and practice some new ways to connect with God.
- On the last Sundays of July and August (7/28 and 8/25) at 6pm, we are gathering in the Chapel for Prayer Services. More details soon, but know that this will be a powerful, meaningful, life-giving time to pray together!
- Next month, we will have another quarterly Mental Health Initiative workshop! Our own Melinda Adkins and beloved Maggie Gibson are sharing with us about school-related wellness on Saturday, August 10. Email me for more information or to RSVP!
- Our Food Co-op group continues as usual, and this month we are especially in need of toilet paper. If you think about grabbing extra toilet paper when you're at the store this week and drop it off at church, we will be glad to share it with this wonderful group.

Love and Peace,

Leslie

Keep your face to the sun and you will never see the shadows.

- Helen Keller



*Welcome.
Robert!*

It is with great thanksgiving and excitement that we welcome Dr. Robert Milledge to membership in East Lake UMC. Robert has been an active part of our church family for quite awhile, having been on the last four Hinton teams we have sent (since 2022), to say nothing about his starting "Lunch with Our Neighbors" on the third Sunday of each month. Robert has a true servant's heart, and we are so thankful that he has decided to make ELUMC his church home. Please say a word of welcome next time you see him!

So many new and ongoing opportunities for the summer and beyond! See page 4 for more reminders!

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Ms. Laila Sears, Children's Ministries
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July Birthdays

	1	2	3	4	5	6 *Jason Hay
7	8	9	10 *Carol Hay	11	12	13
14	15	16	17	18 *Woni Lawrence *Shelly Ann McDonald	19	20
21	22	23	24 *Melinda Adkins *Connie Stone	25	26	27
28	29	30	31			

SUPER SENIORS

Hi, friends!

This month we are back to Bingo! On Tuesday, July 9, at 10 a.m., we'll meet in the office conference room for a Bingo bonanza! (Did you know that bonanza is defined as an "event that creates a sudden increase in wealth, good fortune, or profits"? Don't know about wealth, but you'll definitely win something!)

We had a great time at the Bingo fundraiser on June 28, but I didn't see many of YOU there. So, this is a make-up event for those who missed the Martha Mosley one. Hope to see all of you there! Call and make sure one of our regulars is coming—or invite a friend or two. Ask someone in our congregation, or outside it, to join you!

Jane P.

FRIDAY NIGHT FELLOWSHIP

It's been a minute since we've had an event, but never fear—this month we're meeting for some unusual fun and entertainment.

This month, Woni Lawrence will lead us in playing Singo. Singo is a musical spin on Bingo. Instead of listening for a number, players are listening to their favorite music. Each player receives a Singo game card printed with the titles of popular songs. While Singo plays song clips, players can sing along and mark matching song titles on their cards. The first player to mark five songs in a row and to shout "Singo" wins the round. Sounds like fun, doesn't it?

For food, think cool. Bring a salad and/or a cool/cold dessert.

This will be our last gathering until November, so let's have a great turnout for Singo on Friday, July 26, at 6 p.m. in the Diner.

“Keep on praying for the saints . . .”

Ephesians 6:18

Please pray for the members of our church family who have been in the hospital, who have recently had surgery, are scheduled for surgery, or who otherwise need our prayers:

- Nancy Anderson** **Alma Boggan**
- Karen Brice** **Kevin Rutledge**
- Gary Sandridge**

Thanks . . .

To all those who sent me cards and messages and called me after my recent foot surgery. Thanks also to those who helped me out with meals and errands: Carol Hay, Jane Walker, and Jane Phares. Special thanks to Carol Elrod for taking me to appointments and to the hospital for the surgery, and to Susie Knedlik for taking me to lunch and helping me get home afterwards. I really appreciate all the kindness shown.

Thanks and love to all,

Karen Brice

Service of
Prayer

Sundays, July 28 and August 25
6pm in the East Lake UMC Chapel



THE CREEDS:
WHAT WE BELIEVE AND WHY

No prior knowledge or experience required! Beginners and newcomers welcome!



WEDNESDAYS IN JULY AND AUGUST
6PM IN THE MEETING ROOM
LED BY REV. SALLY ALLOCCA

Each Sunday in worship, we join our voices and together proclaim powerful statements about who God is, who we are, and how we are invited to live in relation to God and one another. Sometimes, these creeds can be *challenging, intimidating, or difficult to understand.*

This Summer, you're invited to go back to the basics and learn about the various tools we use to express our faith like the Apostle's Creed (9am) and the United Church of Canada Creed (11am).

*What are we claiming when we say these things?
Why do these words matter?
Why is it important to profess our faith?*

Questions? (205) 836-3201 or elumccomm@gmail.com



New Sunday School group this Summer!

prayerful
meditation

Sundays in July and August | 10am in the Meeting Room | Nursery available

breathing, guided imagery, self-compassion...

This class is about using meditation as a form of prayer. The type of meditation we will use is called mindfulness meditation, inviting participants to focus their attention on something specific for a few moments and be open to God's presence. Self-compassion is an important component of our meditation practice, and so everyone is welcome to do it at their own pace. **No prior knowledge or training in meditation is needed.** It is easy to learn and easy to do, and we will use **multiple techniques** so that each participant can use whichever ones they prefer if they practice on their own, outside of class (which is encouraged but not required). **While each session will focus on a different technique and participants do not have to attend every session to follow along, attendance at the first introductory session (July 7) is highly encouraged as we set the stage for our journey together.**

*“Be a student daily,
Never a master.
You must keep moving forward,
& never stop learning.”*

~Misty Inspiration

Lectionary Readings for July

I keep your word close, in my heart, so that I won't sin against you.
Psalm 119:11 (CEB)

Sunday, July 7 – Seventh Sunday after Pentecost

2 Samuel 5:1-5, 9-10
Psalm 48

2 Corinthians 12:2-10
Mark 6:1-13

Sunday, July 14 – Eighth Sunday after Pentecost

2 Samuel 6:1-5, 12b:19
Psalm 24

Ephesians 1:3-14
Mark 6:14-29

Sunday, July 21 – Ninth Sunday after Pentecost

2 Samuel 7:1-14a
Psalm 89:20-37, 45b

Ephesians 2:11-12
Mark 6:30-34, 53-56

Sunday, July 28 – Tenth Sunday after Pentecost

2 Samuel 11:1-15
Psalm 14

Ephesians 3:14-21
John 6:1-21

... from your Lay Leader

As usual, my article is the last piece of *The Chimes* that I do, so with every other page filled, here I am. Sometimes, my mind is filled with things to write about, but sometimes, I am waiting for something to happen so I can write about it. That's where I find myself this month. The calendar just isn't working out right for me!

So I'll write anyway about something I've never experienced and won't experience until next week. The United Methodist Southeastern Jurisdictional Conference will take place next week, July 10-12, at Lake Junaluska, North Carolina. Sally and I were invited by Mark "Bruno" Hughes and Melinda Adkins to ride along with them to this United Methodist Conference and Retreat Center in the Blue Ridge Mountains and attend what promises to be an historic conference for our church (I use that meaning ELUMC). Astonishingly, Sally has never been to Junaluska, and I've only been once, when I was a child too young to remember much about it. Neither of us has been to a jurisdictional conference.


But back to what makes it an historic one. Some of you have probably heard that our current bishop, Deborah Wallace-Padgett, is moving on from North Alabama, having spent the maximum number of years that a bishop can spend here. Therefore, we will be getting a new bishop at this conference. I'm not sure, but there has also been talk of realigning our annual conferences, so that perhaps we are joined with Alabama/West Florida or North Georgia, or maybe even somewhere else. I imagine we will learn about this at this jurisdictional conference as well.

We will leave on Tuesday and return on Friday. We ask for your prayers as we travel and as we seek to learn.

Cheering for you,

Jane Phares

The Bell Tower Players bring back Shakespeare for the summer



The Bell Tower Players present

**THE MERRY
WIVES
OF WINDSOR**

Written by William Shakespeare
Directed by Andrew Duxbury

Aug. 16 & 23 at 7:30
Aug. 17, 18, 24, 25 at 2:30

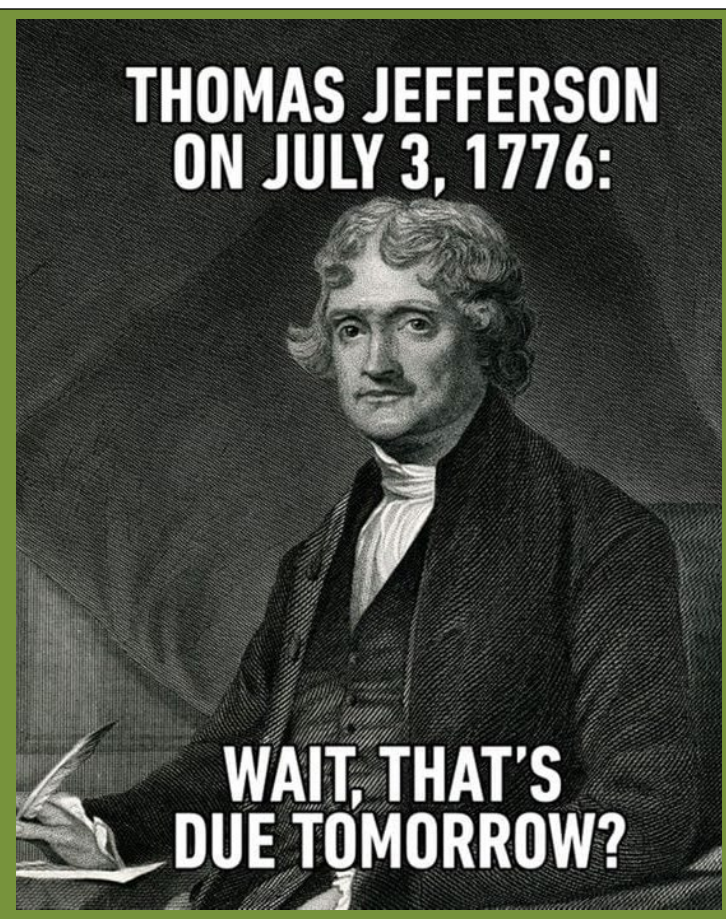
East Lake United Methodist Church • 7753 1st Ave S
Parking and entrance on corner of 78th St & 2nd Ave S
Tickets: <https://btpelumc.booktix.com> • Cash/Check only at the door

Ongoing Opportunities

In addition to the new classes and studies for the summer, the following opportunities are ongoing, and you are welcome to join anytime.

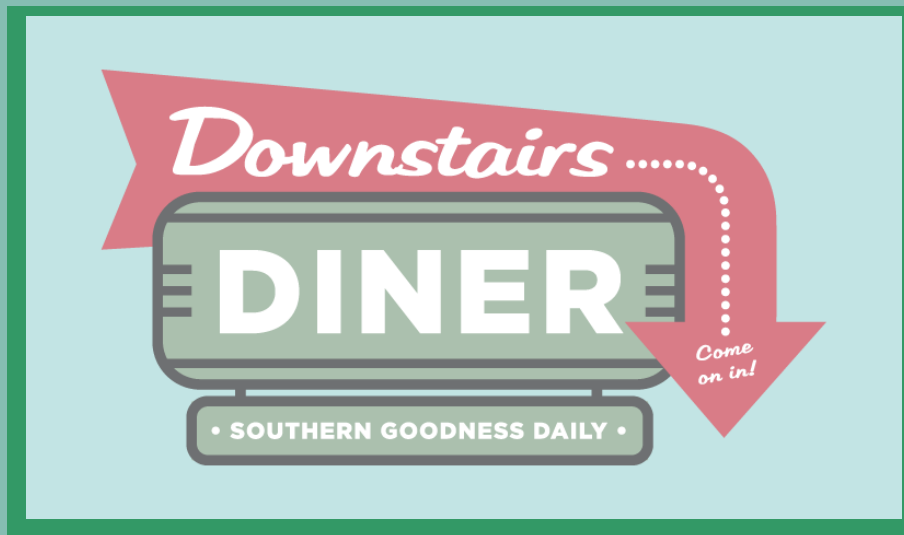
Tuesdays – Crochet/Knitting classes and fellowship time over lunch, led by **Peggy Gilman**. Learn from scratch, or if you're a seasoned crocheter or knitter, bring your project and visit with old and new friends while you work.

Thursdays at 10 a.m. – Discipleship/book study led by **Jane Phares**. At present, we are reading *Leaving Church*, by Barbara Brown Taylor. Because of holidays and other conflicts, we will not meet July 4 or 11, but we'll resume on the 18th. And as always, there will be snacks! We meet at Jane's house. Call her for directions.



**THOMAS JEFFERSON
ON JULY 3, 1776:**

**WAIT, THAT'S
DUE TOMORROW?**



DINER OFFERINGS FOR JULY 2024

Monday, July 1	Chicken tetrazzini, corn, salad
Tuesday, July 2	Baked chicken, cabbage, sweet potatoes
Wednesday, July 3	Loaded smoked sausage, French fries, coleslaw
Thursday, July 4	CLOSED FOR INDEPENDENCE DAY
Friday, July 5	Cheeseburger, baked beans, potato salad
Monday, July 8	Salisbury patty with gravy, green beans, potatoes
Tuesday, July 9	Lasagna, garden salad, corn, roll
Wednesday, July 10	Baked chicken, vegetables, rice
Thursday, July 11	Fried or baked fish, coleslaw, beans
Friday, July 12	Chicken tenders, salad, corn
Monday, July 15	Chicken sandwich, corn, tater tots
Tuesday, July 16	Taco salad, corn, Spanish rice
Wednesday, July 17	Chicken Alfredo, salad, steamed broccoli
Thursday, July 18	BBQ pork sandwich, potato salad, baked beans
Friday, July 19	Loaded baked potatoes with chicken or pork, sour cream
Monday, July 22	Turkey coldcuts, pasta salad, chips, dill pickle spears
Tuesday, July 23	Meatloaf, mashed potatoes, green bean casserole
Wednesday, July 24	Macaroni and cheese, cabbage, sweet potatoes
Thursday, July 25	Spaghetti with meat sauce, garden salad, corn
Friday, July 26	Fried chicken, green beans, rice
Monday, July 29	Cheeseburger, baked beans, potato salad
Tuesday, July 30	Taco salad, pinto beans, rice
Wednesday, July 31	Chicken salad, tomatoes, crackers, fruit

July 2024

Tuesday, July 2

Downstairs Diner – open 11 a.m. – 2 p.m.
 Thrift store - open 11 a.m. – 1 p.m.
 Crochet group – 12 noon (Diner)

Wednesday, July 3

Adult Bible Study – 11 a.m. (by phone)
 Downstairs Diner – open 11 a.m. – 2 p.m.
 Creeds Study – 6 p.m. (1st Floor mtg room)

Thursday, July 4

**CHURCH OFFICE, DOWNSTAIRS DINER, AND
 THRIFT STORE CLOSED FOR INDEPENDENCE DAY**

Friday, July 5

Diner and Church Office Open

Saturday, July 6

East Lake Market – 8-noon (small parking lot)
 Thrift Store – 9 a.m. – noon

Sunday, July 7

Traditional worship – 9 a.m. (Sanctuary)
 Sunday School – 10 a.m. (various classrooms)
 Alternative worship – 11 a.m. (Chapel)
 Leadership Team – 2 p.m. (Office Conf. Room)

Tuesday, July 9

Downstairs Diner – open 11 a.m. – 2 p.m.
 Thrift store - open 11 a.m. – 1 p.m.
 Senior Bingo – 10 a.m. (Office Conf. Room)
 Crochet group – 12 noon (Diner)

Wednesday, July 10

Adult Bible Study – 11 a.m. (by phone)
 Downstairs Diner – open 11 a.m. – 1 p.m.
 NO CREEDS STUDY TONIGHT

Thursday, July 11

Downstairs Diner – open 11 a.m. – 2 p.m.
 Thrift store - open 11 a.m. – 1 p.m.

Saturday, July 13

East Lake Market – 8-noon (small parking lot)
 Thrift Store – 9 a.m. – noon

Sunday, July 14

Traditional worship – 9 a.m. (Sanctuary)
 Sunday School – 10 a.m. (various classrooms)
 Alternative worship – 11 a.m. (Chapel)
 Staff-Parish Meeting – 2 p.m. (Office Conf. Rm.)

Tuesday, July 16

Downstairs Diner – open 11 a.m.-2 p.m. (cont.)

Tuesday, July 16 (continued)

Thrift store - open 11 a.m. – 1 p.m.
 Crochet group – 12 noon (Diner)
 Grief group – 5:45 p.m. (Parlor)

Wednesday, July 17

Adult Bible Study – 11 a.m. (by phone)
 Downstairs Diner – open 11 a.m. – 2 p.m.
 Creeds Study – 6 p.m. (1st Floor meeting room)

Thursday, July 18

Downstairs Diner – open 11 a.m. – 2 p.m.
 Thrift store - open 11 a.m. – 1 p.m.
 Ponder w/ the Pastor – 5:30 (True Story Brewery)

Saturday, July 20

East Lake Market – 8-noon (small parking lot)
 Thrift Store – 9 a.m. – noon

Sunday, July 21

Traditional worship – 9 a.m. (Sanctuary)
 Sunday School – 10 a.m. (various classrooms)
 Alternative worship – 11 a.m. (Chapel)
 Lunch with Our Neighbors – 12:30 p.m. until . . .

Tuesday, July 23

Downstairs Diner – open 11 a.m. – 2 p.m.
 Thrift store - open 11 a.m. – 1 p.m.
 Crochet group – 12 noon (Diner)

Wednesday, July 24

Adult Bible Study – 11 a.m. (by phone)
 Downstairs Diner – open 11 a.m. – 2 p.m.
 Creeds Study – 6 p.m. (1st Floor meeting room)

Thursday, July 25

Downstairs Diner – open 11 a.m. – 2 p.m.
 Thrift store - open 11 a.m. – 1 p.m.

Friday, July 26

Friday Night Fellowship Singo – 6 p.m. (Diner)

Saturday, July 27

East Lake Market – 8-noon (small parking lot)
 Thrift Store – 9 a.m. – noon

Sunday, July 28

Traditional worship – 9 a.m. (Sanctuary)
 Sunday School – 10 a.m. (various classrooms)
 Alternative worship – 11 a.m. (Chapel)
 Prayer Service – 6 p.m. (Chapel)

Tuesday, July 30 and Wednesday, July 31

Regular openings and activities as seen above.