

Grace and peace to you, friends in Christ!

One of my favorite times to be at the beach is in the fall. It's less crowded, and the water is still warm. I always pack one particular book with me in my beach bag: *How to Read a North Carolina Beach* by Orrin H. Pilkey. The book describes different types of waves, kinds of sand, and variations in sand dunes. Just as the title provides, the book tells you how to "read" the beach. When we see an odd bubble in the sand or wonder about a kind of shell or even want to know about a shipwreck offshore, this book gives us clues so we can understand what we're seeing.

The beginning of bible studies and covenant groups is another favorite fall occurrence. I love that each year, we get the chance to explore our faith. In a way, these gatherings of friends in Christ end up being a course in "How to Read Your Soul." Bible studies and covenant groups differ in their agendas for each gathering, but the goal of bible studies and covenant groups should be the same: to help us understand who God has created us to be and to discern how we live in light of that understanding. I don't attend and teach bible study year after year only to educate myself about scripture. I love bible study because when I read the bible with friends in Christ, I learn new things about myself and about these friends. I love covenant groups because when we spend time together in holy conversation, our faith is stretched and anchored.

*How does one read
one's soul?*

How does one read one's soul? In some ways, it can be a lot like reading a North Carolina beach. External forces shape our souls just as waves and wind shape a beach. How do you respond when metaphorical waves and wind batter you? Life creeps and crawls under the surface of the sand. What life is there to be found deep inside of you that you have yet to explore? An abundance of flora and fauna call the beach and dunes their habitat. How does the fruit of the Spirit spring up from you? The coast in North Carolina is ever-changing with new inlets being cut and beach sands shifting. How has your faith changed and shifted over the years?

There are still spots available in our fall book and bible studies. Go to www.hbumc.org/formation to sign up. Several people send me messages each year about wanting to form new covenant groups. If you are interested in being part of a covenant group, send me an email at mwhite@hbumc.org. Perhaps this will be the year that you begin a course in "How to Read Your Soul."

Yes, we can go to the beach and just sit with a book and our sunscreen and never really examine what interesting things surround us. But, no, we can't be Christian believers who never really examine the depths of our own souls! Why lead an unexamined life when Jesus calls us to more? Jesus told us to love God with every inch of our hearts, strength, soul, and mind. This fall, how will you begin to read your soul?

Your sister in Christ,
Pastor Molly



Creation Care Tips

Did you know that just by using a lid to cover a pot on the stove top, you can reduce your energy use by up to two-thirds? It also allows you to heat food faster, saving you both time and effort.

Simultaneously preparing more than one food in the same pot is another easy way to save time and energy. For example, while you're boiling pasta you can easily steam some fresh vegetables over the top of the pan.

Paper products account for about a 1/3 of the waste commonly found in landfills. Sponges, washcloths, and towels are cheaper, reusable, and take up less space than paper towels. And when they get dirty, they're easily disinfected by boiling them in hot water. No waste necessary!

Before there were chemical-laden cleaning products on grocery store shelves, people used natural things to clean. Lemons have AMAZING antibacterial qualities and will leave your kitchen smelling fresh as a spring morning. Even tough stains on kitchen countertops can be removed by simply leaving lemon juice on the stain for a few minutes, and then wiping it away with a wet cloth.

When you're not using them for compost, used coffee grounds are an easy, greener alternative to poisonous pest repellents. Just sprinkle some grounds around any areas of the home that are prone to ants and you'll get rid of a pesky problem without inhaling toxic fumes.

Look for upcoming tips and activities to care deeply for the world around you in publications, or contact Ruth Bryan to work with the evolving group: rhb465@bellsouth.net. Learn more about the UMC's efforts at umccreationcare.org.

Virtual Blessing of the Animals!

This year, we'll be celebrating the feast day of St. Francis by blessing our beloved animals. We'll gather for a virtual worship service on the evening of Sunday, October 4, and hear a story about St. Francis and his famous love of all of God's creatures. Then, we'll bless your beloved animal friends! But to bless your animals, we'll need a picture of you with your animal! Please upload one picture of you with the animal you'd like us to bless to the following location:

www.dropbox.com/request/1SUudHRDB4zO60j343M

Pictures must be received no later than September 28!!!

2020 CENSUS

If you haven't been counted yet, you can do it online at:

my2020census.gov

or call 844-330-2020 BEFORE the September 30th deadline.

3 Ways to Vote

Vote in-person on November 3.

Early in-person voting: Vote at any early voting site in your county from October 15-31. The last several days tend to be busy.

Vote by Mail (also known as Absentee Voting): Any registered NC voter can vote by mail - no excuses needed. It's a two-step process: request and return a ballot.

- You can request a ballot online at NC State Board of Elections web site: www.ncsbe.gov
- Alternatively, a printed request form can be obtained at the same web site. It is at the bottom of the "Vote By Mail" page.
 - The printed request form can be submitted now via email (absentee@wakegov.com in Wake County) or mail. It is important to do this ASAP because there have been slow-downs in the US Postal Service.
 - It is prudent to mail the request form in by October 1. It must be received by October 27.
- NC Board of Elections has begun sending out mail-in ballots (when requested) – and again, it is important to send in your ballot ASAP. They have developed an online system whereby you can trace the status of your ballot: ncsbe.ballottrax.net
- If you request a ballot and do not receive it within about a week, contact your county board of elections (Wake County: 919-404-4040).
- The voter's and a witness' signatures and date are required on the special envelope that was sent along with the ballot. Each envelope must contain only one ballot.
- The actual ballot must be postmarked by November 3 at 5 pm. Allow at least 2 weeks for mailing. Other options:
 - You can return the sealed absentee ballot at an early voting site (October 15-31) as long as you are willing to wait in line.
 - The voter or a near relative can hand deliver the sealed ballot to the county board of elections (Wake County Board of Elections, 1200 N. New Hope Road, Raleigh).
- If you request a form, you are not obligated to vote by mail. You can still vote in person as long as you have not mailed in the ballot.



USCRI Donation Drive through 9/25

Millbrook UMC has a food bank that delivers food boxes to clients in need on Wednesdays and Saturdays. The U.S. Committee for Refugees and Immigrants (USCRI) is one agency that refers their clients to the food bank at MUMC.

The mission of USCRI is “to protect the rights and address the needs of persons in forced or voluntary migration worldwide and support their transition to a dignified life.” USCRI receives single men and women, in addition to families, from African nations, the Middle East, and the Americas. They help line up housing, healthcare, clothing, job leads, and local contacts to welcome the new neighbors. They also provide legal aid and interpreting services, in addition to educational support. Refugees are displaced persons (currently 60 million worldwide) who flee their countries of origin due to war, persecution, or natural disaster. For more information visit:

<https://refugees.org/serving-the-uprooted/services/>
U.S. Committee for Refugees and Immigrants

The food bank is looking for the following items:

- Cereal (any kind)
- Ramen
- Canned chicken
- Canned tuna
- Canned fruit
- Granola bars
- Bar Soap

If you are interested in volunteering with USCRI, they are currently looking for tutors for school age children. This can be done virtually or in person. There are also opportunities to provide ESL for the adults and students via What's App. For more information on this, you can contact Thuy Dancik at 919-334-0072 or volunteer@uscrinc.org.

In addition to volunteering, USCRI is doing a drive for used laptops. There are still students without devices trying to complete online learning. If you have a used laptop in working condition, please consider donating it.

Donations can be brought to:

- ✦ Beth Baker's home at 2234 Woodrow Dr, 27609
- ✦ John Thomas' home at 6811 Grimaldi Ct, 27612
- ✦ the Stone Street entrance at church between 9 and 5.

Grab a “Hayes Barton Worships Here” yard sign while there! Congregation members will be there to greet you from 11-12. To learn more about Hayes Barton outreach opportunities in our community, please visit:

hbumc.org/outreach

09/14/2020



Starnes Class JOY

On August 30, many of the teachers and volunteers from the Starnes Class were able to stop by and visit (at a distance) with many of the members of the class. Face masks and small treats were given to the class members. Some sang and prayed together. Everyone enjoyed seeing one another after such a long time apart, and they are eagerly waiting to be able to meet again as a class.



Family Promise Update

Family Promise has incurred unbudgeted expenses due to the pandemic -- please consider making a monetary donation, which can be done online at:

www.familypromisewake.org/donate

Our next "host" week is October 18-25. Thanks for your continued support of this ministry.



The Commissioner

Memorial Gifts Processed by September 10

In Memory of **Eddie Bagwell** by Mary Owens Fitzgerald.

In Memory of **Jimmy Ball**:

- by Harriet Habel.

- to the Pastors' Discretionary Fund by Mary Douglass and Nancy & Ned Nutt.

In Memory of **Dale Benson**:

- by R. Marks Arnold and Wilson & Jennie Hayman.

- to the Music Fund by Frank & Becky Brown, William & Patricia Bynum, Alan & Marie Byrd, Gloria & Bill Coe, Albert & Kay Dellinger, Dick & Andy Fowler, Barry & Pamela Gardner, Shelly Greer, Vicki B. Isenhour, Judy & Steve James, Cindy & Skip Jones, Charles & Wanda Leffler, Alex & Susan Morrison, Robert W. Morrison, Jr., Marshall Coleman Newton, Rod & Julie Realon, Courtney & Dan Ryon, Peggy Underwood, Terry & Beverly Wait, Scotty & Don Williams, and Rand & Yvonne Yost.

- to the Pastors' Discretionary Fund by Lin & Mary Ellen Jordan and Nancy & Ned Nutt.

In Memory of **Lelia Blanchard** to the Pastors' Discretionary Fund by Mary Owens Fitzgerald, Lisa & James Howell, and Henry & Mary June Jones.

In Memory of **Eleanor "Elly" Cherry**:

- by Mary Owens Fitzgerald.

- to the Special Music Fund by Mr. & Mrs. Paul Hart.

In Memory of **Louise Dail**:

- by R. Marks Arnold, Charles & Margaret Barham, Jr., Ann & Bill Collins, William & Marion Deerhake, Mary Owens Fitzgerald, Mary E. Gallagher, Wilson & Jennie Hayman, Janet Iversen, Jo Ann Moore, Andrew & Lauren Realon, Rod & Julie Realon, Nancy Scott, Joyce Stroud, and UMW Circle #8.

- to the Choir Fund by Eleanor Blackwell.

- to the Morrison Endowment Fund by Mac & Lindsay Newsom.

- to the Music Fund by Sally Bates, Frank & Becky Brown, Christina Clyburn, Gloria & Bill Coe, Joe & Patsy Donaldson, Dick & Andy Fowler, Cheryl B. Hall, HBUMC Chancel Choir, John & Claire Miller, IV & family, Robert W. Morrison, Jr., Lanier & Bill Murr, Becky Thompson, and Peggy Underwood.

- to the Pastors' Discretionary Fund by Jo Ann Bradsher, Mary Douglass, Harriet Habel, Lin & Mary Ellen Jordan, Nancy & Ned Nutt, and Kerney & Beverly Peoples.

- to the Stroud Music Endowment by Rebecca W. Johnson.

In Memory of **Thomas Doster**:

- to the Music Fund by Gloria & Bill Coe.

- to the Stroud Music Endowment Fund by Rebecca Johnson.

In Memory of **Thomas Doster**:

- to the Pastors' Discretionary Fund by Lin & Mary Ellen Jordan.

In Memory of **Freddy Johnson**:

- by Dr. & Mrs. E. Stephen Edwards, Sarah Ellington, Mary Owens Fitzgerald, Harriet Habel, and Van B. Noah, Sr.

- to St. Francis Springs by HBUMC Circle #5.

In Memory of **Dr. Richard Kane** by R. Marks Arnold.

In Memory of **Mary Knapp** by Mary Owens Fitzgerald.

In Memory of **Walter Leach** to the Pastors' Discretionary Fund by Mary Owens Fitzgerald and Henry & Mary June Jones.

In Memory of **Carol Smith**:

- by R. Marks Arnold, Mary Owens Fitzgerald, Wilson & Jennie Hayman, Nancy Scott and Joyce Stroud.

- to the Children's Music Program by William & Marion Deerhake and Sue Aldridge Perry.

- to the Growing in Love Fund by Sally Bates, William & Marilyn Jane Bierden, Frank & Becky Brown, Wesley & Janet Chesson, Jill, Paige, & Brooke Christie, Ann & Bill Collins, Mary E. Gallagher, Annette & Paul Goff, Rosemary Goff & Robert Toborg, Cheryl Burgess Hall, Janet Iversen, Karen Lange, Nancy, Bob, Debbie & John, Karl & Kristiana Lapo (the Wenatchee Lapos), Natalie & Timz Lee, Jeff Meyers, John & Claire Miller, IV, Jo Ann Moore, Lanier & Bill Murr, Andrew & Lauren Realon, Rod & Julie Realon, and Peggy Underwood.

- to the Morrison Endowment Fund by Mac & Lindsay Newsom.

- to the Music Ministry Fund by Christina Clyburn and Robert W. Morrison, Jr.

- to the Pastors' Discretionary Fund by Harriet Habel and Lin & Mary Ellen Jordan.

In Memory of **J. C. Smith** by Mary Owens Fitzgerald.

In Memory of **Ben Thompson** to the Pastors' Discretionary Fund by Kerney & Beverly Peoples.

In Memory of **Marguerite Thompson** by Sarah & Been Bradsher.

In Honor of **Those who Protect Us from COVID-19 (doctors, nurses & other first responders)** by Kerney & Beverly Peoples.

Birth

John Cabot Grew, son of Mary Catherine Benson Grew and Joe Grew, was born on September 11. Ann Safrit is a proud big sister. Ann Benson is a proud grandmother.

Congratulations

to Sarah Millsaps and Bruno Arrieta on their marriage on September 12, 2020 at Hayes Barton. Sarah is the daughter of Kim and Chuck Millsaps.

Sympathy and Love to

- ✝ Anna Neal Blanchard and family on the death of her sister, Lelia Blanchard, on September 6. Her service was held on September 11 at Hayes Barton.
- ✝ David Leach and family on the death of his father, Walter Leach, on September 4. His service was held on September 10 at Raleigh Memorial Park.
- ✝ Kristen Welsh and family on the death of her grandfather, William "Buck" Gross, on August 29 in Baltimore, MD. His service was held on September 1.



Boys and Girls Club Drive

Thanks to our church members' generosity, members of the Being Boaz small group took two loads of food and supplies to Boys and Girls Club last week. The Boys and Girls Club's family program, serving 40-50 families, is now 24 weeks old. The first 20 weeks, they received enough donations to serve those families without additional expense. The last 3 weeks, they had to shop for \$300-350 worth of groceries out of their funds. Thanks to our members for supporting the drive and filling their pantry!



UMW Circle 1

Hayes Barton UMW Circle 1 delivered meals to the SW Raleigh police precinct last week, with a blessing by Pastor Rick.

09/14/2020

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Prayer Bookmarks: 09-06-20 & 09-13-20

Deaths

Lelia Blanchard
William "Buck" Gross, grandfather of Kristen Welsh
Walter Leach

Birth

John Cabot Grew,
son of Mary Catherine Benson Grew and Joe Grew

Wedding

Sarah Millsaps and Bruno Arrieta

Ongoing Concerns

Mark Angelo	John Phillips
Richard Birtch	Robert Earl Phyllian
Kent Burns	Jane Preiss
Jesse Chappell	David Robertson
Kim Collins	Rhumell Ross
Anissa Ferris	Barbara Smith
Mary Lou Goodrich	Nancy Stamey
David Hesmer	Phil Templeton
Finlay Carter Judy	Elvey Thomas
Margaret Lucas	Georgia Webb
Jo Ann Moore	Vickie Youngblood
Mike Peterson	

Our Church Leaders

Pastors Rick, Adam & Molly; D.S. Southern; Bishop Ward

Stephen Ministry Trainees

All Those Affected by Hurricane Laura

Our In-Crowd Members

All Those Affected by the COVID-19 Pandemic

The Commissioner

Stephen Ministry Class Update

Last week, our Stephen Minister trainees learned about



“Feelings: Yours, Mine, and Ours” and “The Art of Listening.” They explored how feelings are a gift from God and how to

help people recognize, accept, and express feelings so they can experience God’s healing and wholeness. They learned how to use a variety of active listening skills to help hurting people share what they’re going through and move toward healing. Please lift our trainees up in your prayers as they nurture their gifts and expand their knowledge to bring care to hurting people in Christ’s name.

This week, they’ll discuss “Distinctively Christian Car-



ing,” focusing on the essentials of using their Christian faith in caring for hurting people and learning practical ways to live out the reality that “The Stephen Minister is the caregiver, and God is the Curegiver.” Please pray

for our Stephen Minister trainees as they continue to enhance their caregiving skills.



Nights @ Hayes Barton video is the next best thing! Check your Wednesday email for a video link. Gather at the table for dinner, and click “play!” From one Hayes Barton family to your family, we’ll say a prayer over the meal together and provide an interesting conversation starter for your family. We’ve also planned additional spiritual formation opportunities for the family on Wednesday nights to further deepen your Hayes Barton UMC connections.

- ✦ For the family – Gather around the table for dinner so your family can watch and discuss our Wednesday Nights @ Hayes Barton video - sbaldwin@hbumc.org
- ✦ For the adults – Attend a book or bible study via Zoom with Pastor Adam or Pastor Molly – www.hbumc.org/formation
- ✦ For the youth – Middle school girls meet for bible study and mission with Lisa Coster and Suzette Acree – rcarter@hbumc.org
- ✦ For the elementary students – Ms. Laurie’s Children’s Spiritual Academy has gone virtual – lharrell@hbumc.org
- ✦ For the preschool students – Check out a weekly video with song that follows your prayer books with Ms. Karen and Ms. Blair – kskaggs@hbumc.org

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SEPTEMBER 20: 16th Sunday after Pentecost

Exodus 16:2-15
Ps. 105:1-6,37-45 or Ps. 78
Philippians 1:21-30
Matthew 20:1-16

SEPTEMBER 27: 17th Sunday after Pentecost

Exodus 17:1-7
Psalm 78:1-4, 12-16
Philippians 2:1-13
Matthew 21:23-32

WEEKEND WORSHIP ON VIMEO

Each weekend, the service will be available at noon on Saturday so that you can worship at a convenient time for you and your family.

Go to vimeo.com/hbumc to view the service, or previous archived services. For questions, contact Susan at:

919-832-6435 x1135
or sbaldwin@hbumc.org.