

**SEPTEMBER 2017**

## Corinth United Methodist Church

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Church office open Monday—Thursday from 8:00 a.m.— 2:30 p.m. & Friday 8:00 a.m.—Noon

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Web site: [www.corinthumchurch.org](http://www.corinthumchurch.org)

### SEPTEMBER SERIES – “MY GOD IS A ROCK”

**September 3 – “Solid Rock”**

*The LORD is my solid rock, my fortress, my rescuer. My God is my rock— I take refuge in him! God is my shield, my salvation’s strength, my place of safety. - Psalm 18*

**September 10 – “Lead Me to the Rock”**

*When my heart is weak, I cry out to you from the very ends of the earth. Lead me to the rock that is higher than I am. - Psalm 61*

**September 17 – “Shelter of the Rock”**

*Because he will shelter me in his own dwelling during troubling times; he will hide me in a secret place in his own tent; he will set me up high, safe on a rock. - Psalm 27*

**September 24 – “My Rock and My Redeemer”**

*Let the words of my mouth and the meditations of my heart be pleasing to you, LORD, my rock and my redeemer. - Psalm 19*



**Rise**<sup>SM</sup>  
**AGAINST HUNGER**  
food · community · sustainability

**RISE AGAINST HUNGER**  
**(STOP HUNGER NOW)**

**SATURDAY, OCTOBER 7,**  
**AT 9:00 A.M.**

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**RICHMOND AREA BISHOP**

The Bishop Sharma D. Lewis

**DISTRICT SUPERINTENDENT**

The Rev. Dr. Peter Moon

**PASTOR**

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Katherine Poarch

**ADMINISTRATIVE COUNCIL CHAIR**

Frances LaTouche

**OUTREACH MINISTRIES CHAIR**

J.B. Byers

**CHURCH STAFF**

*Administrative Assistant*

Sue Buck

*Parish Nurse*

Pat Davis

*Director of Music Ministries*

Diana Covington Greer

*Nursery Attendant*

Beverly Guidt

*Director of Children and Family Ministries*

Charlotte Strom

**Website: [corinthumchurch.org](http://corinthumchurch.org)**

***ENOUGH: DISCOVERING JOY THROUGH  
SIMPLICITY AND GENEROSITY***

Stress. Anxiety. Fear. These words capture well the state of mind of many of us in America today. We have witnessed dramatic market losses, the collapse of the world's largest insurance company, and many bankruptcies and mergers. Every day seems to bring another piece of economic uncertainty.

A recent survey found that over three in four Americans are stressed about the economy and their personal finances. Half were worried about providing for their family's basic needs. Over half of respondents reported feeling angry and irritable, and reported lying awake at night worried about this. The report concludes that, *"The declining state of the nation's economy is taking a physical and emotional toll on people nationwide."*

**Beginning October 1**, we will share in a sermon series entitled **Enough: Discovering Joy Through Simplicity and Generosity**. Our nation experienced what many have described as the "American Nightmare." Increased consumer debt, declines in savings, lower income growth, and a volatile stock market were all a part of our economic insecurity. We have lived in a society that tells us "you deserve it now," whether or not we can afford it or really even need it.

All of us have struggled with these issues at one time or another. They are important issues that we cannot ignore. This is why, over four weeks, we will be having a church wide study and worship emphasis called **Enough: Discovering Joy Through Simplicity and Generosity**. During this time we will explore what the Bible teaches us about financial management through corporate worship and small group study. We'll hear expert advice and stories about what others have learned by working through financial challenges. Each week we will provide you with some practical tools you can use to assess your financial situation and develop a financial plan with a biblical foundation.

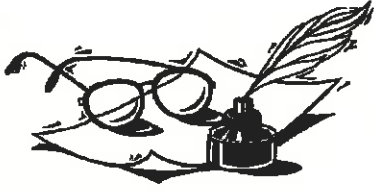
At the conclusion of the emphasis, we will have the opportunity to make personal commitments of our offerings to God through our church in the coming year. We will consecrate these commitments in the worship service on two consecutive Sundays (see the schedule that follows).

I hope you will join us during October as we look at how we can manage our financial resources and truly experience simplicity, generosity, and joy.

**SCHEDULE OF EVENTS:**

- October 1 Faith in the Midst of Financial Crisis  
Small-Group Study Begins
- October 1 Sermon – *"When Dreams Become Nightmares"* Matthew 16:26
- October 8 Sermon – *"Wisdom and Finance"* Proverbs 21:20
- October 15 Sermon – *"Cultivating Contentment"* Luke 12:15
- October 22 Sermon – *"Defined by Generosity"* 1 Timothy 6:17-19  
Small-Group Study Ends
- October 29 Consecration Sunday 1
- November 5 Consecration Sunday 2
- November 26 Celebration Sunday – Results Celebration and Consecration of Next Year's Ministry Commitments

*FROM THE PASTOR –*



*"How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!"*

Isaiah 52:7

For several years now, we have been blessed to have Frank Belton-Brown on staff as our Youth Director. He has shared his creativity and talents in a unique way to minister to the youth in our congregation. Frank has a deep passion for the Gospel and a commitment to outreach that has resulted in our youth being involved in a wide variety of mission opportunities.

As many of you already know, Frank felt the need to step away from that role and engage in other opportunities for ministry in our midst. I know each of you share the same sense of disappointment that he will no longer be leading our youth ministry, but at the same time, are appreciative of all that he brought to our ministry.

I would encourage all of us to keep Frank in our prayers as he moves to other forms of ministry, but also to pray that the Lord will bring the right person to carry on our ministry with our youth.

On behalf of all of the members of Corinth let me just say, thank you Frank for a job well done!

Yours In Christ,

A handwritten signature in black ink that appears to read "Joe".



Mark your calendars for **Thursday, October 19** and join us this fall for our next **5 Talent Event** featuring Jacob Armstrong, focused on Evangelism.

Jacob is a native of Nashville, TN. In seminary, Jacob began dreaming of a church where people who feel disconnected from God and the church could find hope, healing, and wholeness in Jesus. In 2008, at the age of 27, Jacob and Rachel moved to Mt Juliet, TN to start Providence Church. Providence has grown into a thriving congregation with 1,600-1,700 in weekly attendance, with Mission partnerships in East Nashville, Clinton, Oklahoma and Los Cerritos, Nicaragua. Jacob is the author of seven books. Jacob and Rachel have three daughters, Mary, Lydia, and Phoebe.

Please call the church office at 737-4837 to register.

## MUSIC MINISTRIES AT CORINTH

Did you know that there are Directions for Singing on page 7 of the United Methodist Hymnal? In the Hymnal, John Wesley states the following about singing: *"Sing lustily and with good courage...sing in time...above all, sing spiritually. Have an eye to God in every word you sing...so shall your singing be such as the Lord will approve here, and reward you when he cometh in the clouds of heaven."*

Christopher Fenoglio wrote in an article for United Methodist Communication in which he explained that singing in church helps us to have better worship, better community and better health. One's voice is deeply personal and it is the main instrument that we carry with us at all times. Singing with others helps us create a bond with each other and develop friendships with other souls. Fenoglio further writes that the benefit of singing with and caring for others goes beyond church walls, as many community choirs will attest. In these days of increasingly polarized culture, music can be a common bond between peoples. I will always remember my family coming together and singing when my dad was nearing his time of passing. It was so incredibly uplifting and comforting for all of us. It became a worship experience. Studies have been conducted that show that singing is good for our health, stimulates the brain, and helps with memorization and thought processes. *"Taking part in singing and other musical activities improves certain aspects of non-verbal reasoning, literacy and working with numbers,"* added Fenoglio. These are important reasons for people of all ages to sing.

The first choir rehearsal will be **Thursday, September 7**, after Labor Day. I hope new and returning singers will be encouraged lead our worship in making joyful music to the glory of God. Singing is another way to pray, to worship, and to understand our faith. So come join the choir and let's strive to sing our faith together!

A Ukulele Session will be held after the 11:00 a.m. **Worship Service on September 17**. Bring your uke, guitar, mandolin, or banjo and play along. November 4 will be Ukefest Day at Glen Allen Cultural Arts Center. Get your tickets now! If you are an instrumentalist and would like to play for a service, please contact Diana Greer at 737-4887 or by email at [music@corinthumchurch.org](mailto:music@corinthumchurch.org). Keep on singing!

*Diana Greer*  
Director of Music Ministries

## MISSIONS UPDATE

Our meal packing date for **Rise Against Hunger** is quickly approaching on **Saturday, October 7, at 9:00 a.m.** Sign up sheets for volunteers to pack these nutritious, cost-effective meals will be placed on the Missions Table and in the Sunday School classrooms. Our event will run more smoothly if everyone signs up early! Your monetary gifts are also greatly appreciated; just place your donations in the offering plate and mark Rise Against Hunger on the envelope.

We will be resuming our Stopping Hunger on Weekends (SHOW) Bags program soon. Please place your self-serve foods on the Missions Table. We'll provide more details about the numbers of children being served once Fair Oaks Elementary has the children enrolled. During last school year, we served 25 students each week.

*Charlotte Sheppard,*

### **TOWELS FOR TABBIES, TORTIS, TUXES, & A 3 LEGGED PIT BULL NAMED JACK.**

For three years, Corinth graciously has given towels to homeless cats and dogs in New Kent and Charles City.

We need your help again! Your used towels will help over 70 cats and 35 dogs in three shelters. Please place your towels in the box in the Christian Fellowship Classroom. Purrfectly lovely of you to help. Thanks!

*Gail Faucett*

## **EASTERN HENRICO FISH, INC COLLECTIONS**



**SEPTEMBER**  
Laundry Detergent

**OCTOBER**  
Beef Stew

## ***WHAT MEDICINES CAN MAKE YOUR BLOOD SUGAR SPIKE?***

If you have diabetes or high blood sugar, you probably know some of the things that cause your glucose (blood sugar) to go up. Like a meal with too many carbohydrates, or not enough exercise. But other medicines you might take to keep yourself healthy can cause a spike, too. Even for people without diabetes these medicines can make your blood sugar rise.

### **Know your Medicines**

Medicines you get with a prescription and some that you buy over the counter (OTC) can be a problem for people who need to control their blood sugar.

Prescription medicines that can raise your glucose include:

- Steroids (also called corticosteroids) They treat diseases caused by inflammation, like rheumatoid arthritis, lupus, and allergies. Common steroids include hydrocortisone and prednisone. But steroid creams (for a rash) or inhalers (for asthma) aren't a problem.
- Drugs that treat anxiety, ADHD, depression, and other mental health problems. These can include clozapine, olanzapine, risperidone, and quetiapine.
- Birth control pills
- Drugs that treat high blood pressure, such as beta-blockers and thiazide diuretics
- Statins to lower cholesterol
- Adrenaline for severe allergic reactions
- High doses of asthma medicines, or drugs that you inject for asthma treatment
- Isotretinoin for acne
- Tacrolimus, which you get after an organ transplant
- Some medicines that treat HIV and Hepatitis C
- OTC medicines that can raise your blood sugar include:
  - Pseudoephedrine, a decongestant in some cold and flu medicines
  - Cough syrup. Ask your doctor if you should take regular or sugar-free.
  - Niacin, a B vitamin

### **How do you decide what to take?**

Even though these medicines can raise your blood sugar, it doesn't mean that you should not take them if you need them. The most important thing is to work with your doctor on the right way to use them. If you have diabetes or you are watching your blood sugar, ask your doctor before you take new medicines or change any medicines, even if it's just something for a cough or cold. Just being sick can raise your blood sugar.

Make sure your doctor know all the medicines that you take. If one of them may affect your blood sugar, he may prescribe a lower dose or tell you to take the medicine for a shorter time. You may need to check your blood sugar more often while you are taking the medicine, too.

Remember to do the things you know will help keep your levels under control. Exercise, eat right, and take any diabetes medicines that you are prescribed by your doctor.

*Love the Lord your God with all your heart, and  
with all your soul, and with all your strength.  
Deuteronomy 6:5*

*I would like to thank you for your prayers for my family and me after my mother's death in May. Also thank you for all your prayers during her long illness. They helped so much and I love you all.*

*Pat Davis,  
Parish Nurse*

***SERVING IN MINISTRY***

***September 2017***

***Ushers—Captains***

September 3 Laverne Parrish  
 September 10 Kris Winter  
 September 17 Brent Williams  
 September 24 Richard Shockley

***Open/Lock Up***

Stanford Greer  
 Bill Davis

***Acolytes***

September 3 Meri Madson  
 September 10 Josh Vasquez  
 September 17 Kaylen Lange  
 September 24 Emily Strom

***Communion Stewards***

Sue Buck  
 Frances LaTouche

***Nursery***

September 3 Charlotte Strom  
 September 10 Carla Keenan  
 September 17 Emma Godwin-Jones  
 September 24 Debbie Huffines

Beverly Guidt, present each week.



***Evangelism Visitation Team***

***1st Sunday***

Pat & Bill Davis

***2nd Sunday***

Lori & Lin Johnson

***3rd Sunday***

Janet Christopher  
 Diane Samuels

***4th Sunday***

Jane & Rick Howell

***5th Sunday***

Diana & Phil Campbell

***Pew Steward***

Sheila Cooperstein

***Children's Church***

September 3 None  
 September 10 Charlotte Strom  
 September 17 None  
 September 24 Charlotte Strom

***CORINTH'S CROPPERS & CRAFTERS***



Hi Everyone! I'm back! This year has been especially tough for me. Thank you all for your patience and understanding with my cancellation events this year while dealing with family issues. This September's All-Day gathering will be **Saturday, September 23, from 10:00 a.m. – 6:00 p.m.** It will be our only gathering this year. Since it is an All-Day gathering, please bring a dish to share on the Croppers' & Crafters' buffet. Please remember to bring any drinks and/or light snacks you may need for the day. Ice is available upon request. Feel free to bring a guest. Just let me know so I can make sure enough tables are set up. Hope to see a bunch of you there!!

*Happy Scrappin' & Craftin',  
 Donna Milleker, Scrapbooking Chairperson*

**BISHOP LEWIS CHALLENGE -  
A CHRISTIAN APPROACH**

Bishop Lewis is challenging the Virginia Conference to read the Bible with her in 2017. Share this challenge with your families and invite others to join you. Here is the website for the readings: <http://backtothebible.org/reading-guide/15/1>

September 1	Ezekiel 9-12
September 2	Ezekiel 13-15
September 3	Ezekiel 16-17
September 4	Ezekiel 18-20
September 5	Ezekiel 21-22
September 6	Ezekiel 23-24
September 7	Ezekiel 25-27
September 8	Ezekiel 28-30
September 9	Ezekiel 31-33
September 10	Ezekiel 34-36
September 11	Ezekiel 37-39
September 12	Ezekiel 40-42
September 13	Ezekiel 43-45
September 14	Ezekiel 46-48
September 15	Daniel 1-3
September 16	Daniel 4-6
September 17	Daniel 7-9
September 18	Daniel 10-12
September 19	Hosea 1-7
September 20	Hosea 8-14
September 21	Joel 1-3
September 22	Amos 1-5
September 23	Amos 6-9
September 24	Obadiah-Jonah 4
September 25	Micah 1-7
September 26	Nahum 1-3
September 27	Habakkuk-Zephaniah 3
September 28	Haggai 1-2
September 29	Zechariah 1-7
September 30	Zechariah 8-14



**GRATEFUL FOR...**

- ◆ *Early wakeups*  
= children to love
- ◆ *House to clean*  
= safe place to live
- ◆ *Laundry*  
= clothes to wear
- ◆ *Dishes to wash*  
= food to eat
- ◆ *Crumbs under the table*  
= family meals
- ◆ *Grocery shopping*  
= \$ to provide food
- ◆ *Toilets to clean*  
= indoor plumbing
- ◆ *Lots of noise*  
= people in my life
- ◆ *Endless questions about homework*  
= kids brains growing
- ◆ *Sore and tired in bed*  
= I'm still alive

Amen

Author Unknown

**BIBLE QUIZ**

In memorable language in Revelation, God tells the church in Laodicea, "I am about to spit you out of my mouth," because it is metaphorically \_\_\_\_\_ (fill in the blank).

- A. too hot
- B. too cold
- C. tasteless
- D. lukewarm



Answer: D (See Revelation 3:16.)

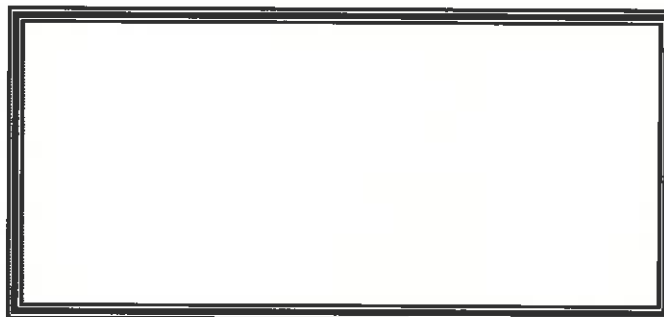


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**Corinth United  
Methodist Church**

***THE CORINTHIAN LETTER***

**September 2017**

***CORINTH'S MISSION***

***TO MAKE DISCIPLES OF JESUS CHRIST.***