

FAN Monthly Update

Greetings Everyone:

For the month of September our FAN goals will focus on setting goals for physical activity and healthy eating. Healthy eating and physical activity can decrease your risk for cardiovascular disease. Cardiovascular disease refers to the group of diseases of the heart and its pathways that includes: heart disease, stroke, angina (chest pain), congestive heart failure, birth defects, and hardened arteries. Heart disease is the most common cardiovascular disease.

Healthy eating and your heart: Eat less fat, especially saturated fat, which comes from animal products like meat, lard, and dairy and eggs because fat can impact your level of cholesterol. When the cholesterol level in the blood is high, it is likely to stick to the walls of the heart arteries. This build up can block blood flow and oxygen to the heart and the heart is not able to work properly and this can cause chest pain or lead to a heart attack.

Physical activity and your heart: Better lifestyle habits lower the risk for stroke, heart attack, and other heart diseases. Being active is beneficial for your blood pressure, blood glucose (sugar), blood lipids (cholesterol), and the health of your blood vessels. Remember to get at least 150 minutes of moderate intensity physical activity each week. Manage your body weight through physical activity which is one important piece of the puzzle to keeping a healthy weight.

Congregation FAN Activity:

1. Set **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**ime-oriented (SMART) goals.
2. Track how many fruits and vegetables you eat (goal- 2 cups of fruit and 3 cups of vegetables daily)
3. Track your minutes of physical activity each day (goal -150 minutes of moderate-intensity per week or 3-10 minute walks daily)

Remember: Focus on short term goals for long term success. Little by little we get better and stronger. Stick with daily goals and improve your health. Short goals can be met faster which can mean more rewards for your hard work.

With faith you "can do all things through Christ, who strengthens" you. Philippians 4:13 (NKJV)

Veronica Deas, FAN Coordinator

FBUMC Mission Statement: The mission of Francis Burns United Methodist Church is to glorify God, to spread the Good News of Jesus Christ and to make Christian disciples through worship and praise, nurture, outreach and witness.

FBUMC Vision Statement: The vision of Francis Burns United Methodist Church is to be in covenant with God and to connect with God's people through ministries that meet human needs.

Happy Birthday

- | | |
|-------------------------|----------------------------|
| 02 Kelvin Moble | 20 Inez Benjamin |
| 02 Linda J. Jamison | 21 Sarah Gass |
| 03 Marcella Forrest | 21 Albert Humphrey |
| 04 Marion Brisbon | 21 Felicia Roberson |
| 04 Althea Scott | 21 Adriene Williams |
| 06 Kevin Sprouts | 22 Gertrude Bryant |
| 06 Ayana White | 22 India Jeffries |
| 08 Gerthina Mixon-Darby | 23 Corey Daniel Spann |
| 08 Dana Tucker | 23 Caitlin Gabrielle Spann |
| 09 Pauline Davis | 24 Zachary Black |
| 09 Sidney Parson | 25 Keenan Wideman |
| 11 Brandon Beatty | 26 Sarah Caldwell |
| 12 Jerome Gibson | 27 Lynn Harris |
| 14 Abigail Forrest | 27 Mary Griffin |
| 15 Justice Smalls | 28 Sherry Thomas |
| 16 Louie Dicks | 29 Odessa Canty |
| 16 Candance Doby | 30 Bessie Jenkins |
| 17 Crystal Harrison | 30 Rudy Myers |
| 18 DeAndre Brabham, Jr. | 30 Tyrone Payne |
| 18 Rodney Gunn, Sr. | 30 Ollie Benners |
| 19 Roberta Brooker | |

Happy Anniversary

- 4 September - James and Marie Brisbon
- 13 September - DeAndre and Dell Brabham, Sr.
- 19 September - Samuel and Cheryl McDonald
- 20 September - Marquis and Trayvonnia Benjamin
- 21 September - Christopher and Stella Chisholm
- 25 September - Rodney and Denise Watkins

To update your birthday or anniversary information, contact Inez Benjamin at 736-1008 or email ibeejamming@bellsouth.net



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Burns Connection

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Fall Revival "Embracing the Spirit"



Are we afraid of what the spirit may do through us? Do we find it more comfortable to keep God at arm's length only to focus on our behavior rather than our hearts? Are we afraid that God might call us

to step out of our comfort zone or do we fear what others might think if we truly embrace the spirit? 1st Corinthians 6:19-20 tells us that our bodies are temples of the Holy Spirit within us, from God. We are not our own, for we were bought with a price.

"Embracing the Spirit," is the theme for The Francis Burns United Methodist Church Fall Revival, which will be held September 11th -13th. Rev. Dr. Stephen Love, Greenwood District Superintendent, will be our guest Revivalist. Service will start each night at 7:00pm. We are inviting all to join us each night.



Our prayer throughout this revival is that God will send His anointing of the spirit, to teach us His ways and guide us in living according to His will. Embracing the Spirit allows our hearts to be filled with the love of God. It will convict, instruct, equip, strengthen, protect and enable us to grow in spiritual freedom. God needs free access to every part of us. The spirit gives us the boldness to face whatever situations we are up against. Without the spirit, there is no revelation, no comfort and no intercession in the prayers we offer without words. There would be no worshipers or witnesses in Heaven or on Earth. With the gift of the Holy Spirit, we invite new perceptions of thinking, feeling and behaving; we become like new beings.

Again, please join us September 11th -13th. Let's embrace the Spirit and be engulfed by its inextinguishable fire.

Blessings,
Evangelism Committee

Status and Role of Women

On Sunday, July 30, 2016 at 5pm, **Girl Talk** evolved into a short prayer and praise service. Women were asked to wear white. What a praise time we had as we lifted our first lady. Mrs. Deborah Friday, our sick, bereaved and our young ladies up in prayer.



Caitlyn Johnson blessed us with a praise dance of praise to God's power. Rev. Regina Henderson Moore took us to another level with her powerful prayers and exercise to open our minds

and hearts to the presence of the Spirit. Dr. Evelyn Fulmore provided our meditation moment entitled, A Consecrated Prayer Life. The word was powerful as she reminded all women of the power of the womb!



Thank God for the women of faith as we prayed, fellowshiped, danced, cried and supported each other. When you pray, awesome things can happen!



**Lectionary
September 2017**

Thirteenth Sunday after Pentecost
September 3, Exodus 3:1-15, Psalm 105:1-6, 23-26, 45b, Romans 12:9-21 Matthew 16:21-28

Fourteenth Sunday after Pentecost
September 10, Exodus 12:1-14, Psalm 149, Romans 13:8-14, Matthew 18:15-20

Fifteenth Sunday after Pentecost
September 17, Exodus 14:19-31, Exodus 15:1b-11, 20-21, Romans 14:1-12, Matthew 18:21-35

Sixteenth Sunday after Pentecost
September 24, Exodus 16:2-15, Psalm 105:1-6, 37-45, Philippians 1:21-30, Matthew 20:1-16

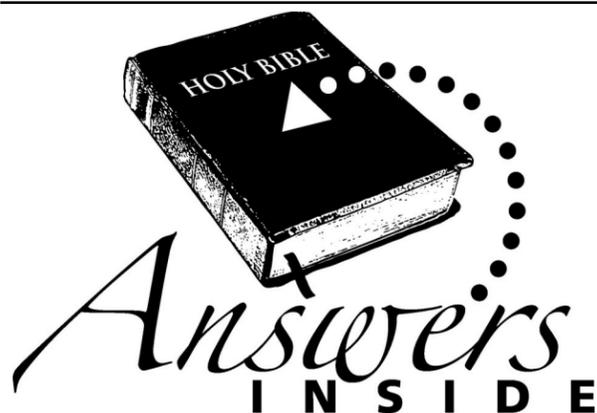
2017 Budget Information

Administrative	\$346,875.18
Council on Ministries	\$137,988.90
Committee on Finance	\$ 5,000.00
Board of Trustees	\$199,207.00
Total 2016 Budget	\$698,071.08

Weekly Amount Needed	\$13,251.37
Monthly Amount Needed	\$57,422.59

Amount Received in July \$68,566.84

Thank You



**United Methodist Men Update
Meeting
September 9th 8:00 AM
Fellowship Hall
Important Meeting. Men are
urged to attend for election of
officers**



Exodus 20:8-11 "Remember the Sabbath day by keeping it holy."

Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but [the Lord] rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy."(NIV)

This past week I was reminded by two dear friends, and wise sages, that I needed to stand still and know the Lord God is near, stop and take time for myself for rest and relaxation. These wise counselors reminded me of a day near twenty years earlier in ministry that I was confronted by a colleague with the question: "When do you take your Sabbath?" After trying unsuccessfully to avoid his persistent inquiry, he finally said to me; "it not a suggestion from God but a command." **"Remember the Sabbath day by keeping it holy."** He too, like the wise sages, probably sensed or saw that I may have or was becoming weary in well doing. He then went to his book shelf and gifted me with a new book entitled: **"Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives"** by Wayne Muller. Handing the book to me my colleague asked me to turn to page 82 and read the section entitled: "Let It Be". As the two wise sages encouraged me this week I would like to encourage us to listen to a few selected excerpts from the article "Let It Be."

"Let It Be"

There is astounding wisdom in the traditional Jewish Sabbath, that it begins precisely at sundown, whether that comes at a wintry 4:30 or late on a summer evening. Sabbath is not dependent upon our readiness to stop. We do not stop when we are finished. We do not stop when we complete our phone calls, finish our project, get through this stack of messages, or get out this report due tomorrow. We stop because it time to stop.

Sabbath requires surrender. If we only stop when we are finished with all our work, we will never stop—because our work is never completely done. With every accomplishment there rises a new responsibility. Every swept floor invites another sweeping, every child bathed invites another bathing. When all life moves in such cycles what is ever finished? ... If we refuse to rest until we are finished, we will never rest until we die. Sabbath dissolves our artificial urgency of our days, because it *liberates us from the need to be finished.* ...

Henri Nouwen ... insisted that the noise of our lives made us deaf, unable to hear when we are called, or from which direction. He said our lives have become *absurd*—because in the word absurd we find the Latin word *surdus*, which means deaf.

See "Pastor" page 3

"Pastor" from page 2

On the other hand, Henri was fond of reminding [us] that

the word *obedient* comes from the Latin word *audire*, which means "to listen." Henri believed that a spiritual life was a pilgrimage from absurdity to obedience—from deafness to listening. If we surrender fully into Sabbath time, we can slowly move from a life filled with noisy worries that we are deaf to the gifts and blessings of life, to a life in which we can listen to God, Jesus, all ... the saints and sages and messengers who seek to guide and teach us.

The theology of progress forces us to act before we are ready. We speak before we know what to say. We respond before we feel the truth of what we know. In the process, we inadvertently create suffering, heaping imprecision upon inaccuracy, until we are buried under a mountain of misconception. But Sabbath says, Be still. Stop. There is no rush to get to the end, because we are never finished. Take time to rest, and eat, and drink, and be refreshed. And in the gentle rhythm of that refreshment, listen to the sound the heart makes as it speaks the quiet truth of what is needed. "Speak Lord, your servants are listening."
"Remember the Sabbath and Keep It Holy."

Living the Resurrection Life Daily,



James L. Friday, A Shepherding Disciple

Missions Ministry

Thank you again, Francis Burns Family, for a job well done. Thanks to you, the Missions Ministry provided 80 2-inch binders, 40 8GB thumb drives, 100+ earbuds, 72 mechanical pencils to Richland School District One and a bountiful supply of highest requested items of underwear for male and female students of Richland District Two.

Missions also contributed many high priority items on the Hannah House wish list.

Fall Coat Drive begins in October: We will again solicit outerwear for both School Districts. We will collect clean, gently used jackets, sweaters, coats, hoodies, hats, and socks. A wardrobe box will be placed in the foyer in October for donations. We will deliver items to the Districts' Lead Counselors November 27th, the Monday after Thanksgiving. Please try to donate washable items. For Homeless families and students, dry cleaning is not easily accessible or affordable. Yes, these families would also appreciate small sizes of laundry detergent. Storage space is limited and small and medium sized packages lighten the load on visits to laundromats.



Mission Studies at Mission U

Each year, United Methodist Women members prepare for faithful living and action by studying mission studies. There are three areas of mission studies offered each year - geographical, topical, and spiritual growth. These studies motivate, inform, and enrich our commitment to global ministry. This year's topics: "Living as a Covenant Community" (Spiritual Growth), "Climate Justice" (Topical Issue), and "Missionary Conferences of the US" (Geographical and Youth Study).

The South Carolina Mission U Conference was held at Spartanburg Methodist College from July 27-29, 2017. Five UMW women and youths from Francis Burns UMC attended Mission U. Those



persons were Carrie R. Murray (Pres. of Francis Burns UMW); Rebecca W. Eleazer; Dorothy H. Smith; and youths Summer Edmond and Nya Rumph. Each of the ladies gained a wealth of information which they eagerly shared at the August UMW meeting.

The youth were especially impressed with Mission U. Summer appreciated learning about people who are different from her, and that the differences do not make either way of life wrong. This was Nya's second time participating, and she thoroughly enjoyed her independent residential living experience, as well as learning to appreciate different cultures. She was exposed to Mexican food that was far different from the American food she is used to eating. The youths also participated in mission work in the nursery at Bethlehem Community Center-Spartanburg.

Collectively, the 221 UMW members in attendance held a craft sale and raised over \$2000 for the five UMW Mission Projects. A great time was had by all, and Dorothy Smith pleaded for more UMW members to attend Mission U in July 2018.

Upcoming UMW Events

- Local: Local Unit Leadership Team Meeting** – September 9, 2017, FBUMC Library, 9:30AM. FB UMW Unit Meeting, September 17, 2017, FBUMW Fellowship Hall – 4:00PM
- District: Columbia District Annual Meeting** – September 16, 2017, Washington St. UMC, Columbia, SC Registration deadline: September 8, 2017. T-Shirt order deadline: September 1, 2017
- Conference: SCCUMW Annual Meeting**, October 27 & 28, 2017, Union UMC, Irmo, SC, Registration deadline: October 13, 2017

Rhonda and Sharee Washington,
Francis Burns UMW Communications Co-Chairs