

June 8, 2025



## Contentment

Listen to the Apostle Paul: "I've learned to be content with whatever I have." Philippians 4:11.

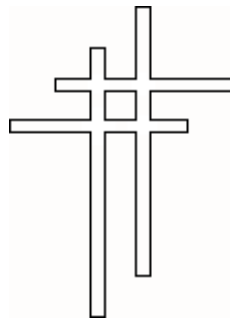
Ponder with me today the spiritual blessings that come with contentment. Contentment comes from spiritual growth. Contentment! Few people appear to have it. In the midst of all life's worries how does a person feel that inner sense of satisfaction? How do we get better rest at night and find peace and tranquility?

Experiencing the presence of the living God will help mobilize your brain's contentment chemicals so you feel content from your fingertips to your little toesies. Often in the company of the deity everything else pales by comparison – all the earthly glitter and panache of earthly joy and accomplishment, and the wealth, power and status of the world. I imagine some saw it in the eyes and on the faces of the saints – even some we've known over the years. They seem to reflect a deep inner peace, a clear light from their eyes that speaks of how they've seen into the heart of things, and the soft but sure-spoken voice of a soul who has learned to be silent in the face of eternal Wisdom. That's what you and I seek during our daily readings and devotions, and what we desire in our truest moments. So, in these days when we're at home, let's spend a little time each day being at home in the presence of God, so that all desire, fear and insecurity are calmed, and you are fully at one with yourself – and God. It will be a gift to yourself. Accept it.

Shalom,  
Jim S.

## Please Celebrate Sunday's Message

Huguenot United Methodist Church is inviting you to our Sunday Morning Worship Service. This in-person service begins at 11 a.m. Please join us and take part in our worship and praise of our Lord and Savior, Jesus Christ!



Pastor Jim Sprouse  
will provide us with the message

**"Tribal Interests or  
Ethnic Identities"**

*We hope you will join us!*

## HUMC Nursery

Our nursery caregiver, Rosalie Koch, is at church every Sunday and ready to welcome children in the nursery during worship from 10:45 a.m. until 12:15 p.m. Thank you to Wenda Singer for assisting in the nursery this week.



**Audio recordings of our HUMC Sunday Morning Worship Services** are available at [HuguenotUMC.org](http://HuguenotUMC.org) under the Worship tab. We hope you will find these recordings beneficial and will share them with your family, friends and neighbors.



## Adult Bible Study / Sunday School

Our Adult Bible Study/Sunday School class is now on summer break. We look forward to your participation in our class beginning again in September!





## United Women in Faith

The Huguenot United Women in Faith will meet on Tuesday, June 10, at 11 a.m. for our Birthday Luncheon in the Fellowship Hall. This is a yearly event on our calendar where we gather for the sharing of delicious dishes and fellowship. We would like to extend an invitation to all women of Huguenot Church to join us for this special time of fellowship!



**SAVE THE DATE!**

**Wednesday, June 11**

**Wednesday Night Fellowship**

Our June Pot Luck Fellowship Dinner is on Wednesday, June 11, at 6 p.m. Bring a dish to share and fellowship with your church family and friends.

Let's celebrate Father's Day! Bring a photo of your father and share a memory with us!

**HAPPY FATHER'S DAY!**

At the May gathering, we learned first-hand from Helen Lamberta of her Red Cross volunteer experiences. Helen mentioned that she provides 300-piece puzzles to veterans at the VA. If you are inclined to provide a puzzle or two, please bring them to our Fellowship and I will deliver them to her.



We will not meet in July and August.

Joyfully,  
Shirley Bradshaw

## Joy of Crafts

Joy of Crafts has an active partnership with From the Heart to provide comfort items to nursing homes, hospitals and shelters. At a recent sewing session, we made bibs and headbands for children in long-term care facilities, along with fleece mitts and blankets to keep dialysis patients warm, memory mats for Alzheimer's patients, and scent hearts to help NICU babies bond with their parents. It's a joy to participate in this vital local ministry. If you have any interest in sewing, knitting or crocheting for this purpose, contact Molly Sprouse at [Mollysprouse@gmail.com](mailto:Mollysprouse@gmail.com)



**DONATE FOOD HERE**



Our Blessing Box gets used frequently by those in need in our community. Many times, the box gets very low on the items needed by members of our community. Your donations can be a few non-perishable food items at a time. Every contribution is appreciated. A list of suggested items is available in the fellowship hallway door and is also posted in the Blessing Box. If all of us would donate a few items on a regular basis, we could keep the box adequately stocked.

***Please help with this outreach.  
Thank you!***



## Future Host?

We have scheduled our Coffee Fellowships for the first Sunday of each month. There is a new sign-up sheet for 2025 on the bulletin board across from the Fellowship Hall to be a future Coffee Fellowship host.



## You All Did It Again!

Once again, the members and friends of Huguenot UMC stepped up and completed a tremendous mission outreach!



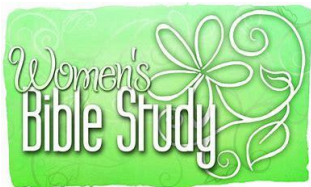
The Preschool Family Picnic was a huge success. Many thanks to all the volunteers who worked on this project. A special thanks to Ronni Wohlford for all the planning, purchasing food, and other tasks she handled for the event. The pizza, hot dogs, chips, and ice cream were very well received by the attendees. God blessed us with perfect weather. I have heard nothing but compliments and words of thanks to the church for hosting the picnic. Again, many thanks to everyone who helped with the event.

Please do not forget the Blessing Box!

-Gerry Flinchbaugh

## Women's Bible Study

All women are welcome to join the Women's Bible Study. We meet in the Fellowship Hall of the church at **10 a.m. on Thursdays**. We are using the Adult Bible Study from Cokesbury and the emphasis in this particular series is Finding Balance. This series offers Bible references and a study of the suggested references. The emphasis of the study will be Finding Balance through work, spiritual practices, rest, and celebration. These Adult Bible Studies offer a lot of truth, Bible study, and direction on better ways of living. Study booklets will be provided and a DVD will be used to enhance discussion with each lesson. If this is of interest to you, please join us.



-Sarah Coffey

## Preschool Pizza Fundraiser

Our preschool has an ongoing fundraiser with Marco's Pizza. Just use the code: **HUMCPSAF** when ordering over the phone or online and the school receives a portion from each sale all year long. Participating locations include the Marco's Pizza on Sheila Lane and on Midlothian Turnpike.



## Nursery Volunteers

There is a sign-up sheet for nursery volunteers on the church bulletin board across from the Fellowship Hall.

The protocol for volunteers: Arrive around 10:45 am and let Rosalie know you are present. You may join the worship service sitting in the back of the sanctuary. If no children arrive for care, remain in the sanctuary. Rosalie will retrieve the volunteer when children are present. This follows our Child Protection Policy requiring two people caring for children.

Please support us as we strive to offer a nursery while being fiscally responsible with our resources. Please consider volunteering for an occasional Sunday if you are able.



## First Aid or CPR?

Has anyone ever had a First Aid or CPR Class? If so, kindly reach out to Rosalie Koch.

Nursery Caregiver  
roetom@comcast.net  
cell 804-484-2086



## Happy Birthday to

Mike Kincheloe (June 7)  
Shirley Bradshaw (June 14)  
Sarah Coffey (June 14)

## Happy Anniversary to

Allen and Carol Ames (June 8)  
Chip and Beth Woodall (June 10)

If we missed your birthday or anniversary, please call, leave a note or send an email to Elaine so she can include you!



**The Anderson Family**  
**Family of Kevin Begley**  
**Karen Fornoff**  
**Ronnie French**  
**Peggy Harris**  
**LaVerne Jones**  
**Jed Knick**  
**Trudy Morris**  
**Jon Smith**  
**Linda Smith**  
**Judith Westerhouse**

In an effort to keep the prayer requests current, names posted will be removed after 30 days unless requested otherwise.



### Where the World Meets to Pray

Copies of the **May - June** edition of The Upper Room are now available on the greeting table at the front entrance. Please consider making a donation in the labeled box.

## Pentecost Sunday



### Sunday, June 7 – Pentecost Sunday

10 a.m...Adult Bible Study (FH)

11 a.m...Worship

### Tuesday, June 10

11 a.m...United Women in Faith Birthday Luncheon (FH)

### Wednesday, June 11

6 p.m...Pot Luck Fellowship Dinner

### Thursday, June 12

10 a.m...Women's Bible Study (FH)

### Friday, June 13

10 a.m...Feed the Homeless (K)

10 a.m...Library Work Session (L)

### Sunday, June 15 – Trinity Sunday

10 a.m...Adult Bible Study (FH)

11 a.m...Worship

*Happy Father's Day*

CR – Choir Room    FH – Fellowship Hall  
K – Kitchen    L – Library    PR – Puppet Room

### Newsletter News

If you have an article for the next *pulse* newsletter, please email it to Elaine by *Wednesday at 10 a.m.*

Please know that submitted articles may be edited to provide clarity and increased inclusion. This newsletter and the Sunday Bulletin are posted on the church website by Friday evening.

### Church Office Hours:

Pastor Jim is in the office on Wednesday and Thursday mornings. Elaine is in the office every Friday from 8:30 a.m. to 12:30 p.m. These hours are subject to change on occasion.

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