

Grace and Peace

A Newsletter from Grace Methodist Church (*The Miracle Church*)
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[Grace Methodist Church where people gather to celebrate, serve, and grow in Christ.]



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A Message from Pastor Farmer

Hello Friends of Grace Methodist Church,

We have paid for the church building – what a great start for our church. What was thought impossible a year ago has become a reality. Fellowship is alive with joyful sounds everywhere in the building. We are surrounded by people that love God. We are enjoying our church and each other, life is Good. But there is more to this life – let's look into the future a bit. There are plans being formulated for some changes to the building, and we will be watching as it progresses.

Paying for the building is a milestone, but it is within the people that great things happen. It has been said that to build a Great Church you need to build on three Great Commands given to us by Jesus. **The first is the Great Commandment.** Love God with all you are: heart, mind, soul and strength, and love your neighbor as you love yourself. That is worship and it is primary, We need to worship – give honor and glory to our Great Triune God. This was our theme a week ago.

The second command is to care for one another. We need to care for our people by offering congregational care. On July 7, four new members will be introduced as Stephen Ministry and join our present Stephen Ministers here at Grace Methodist. These people are trained and willing to spend some time with you listening and providing care. Our sermon theme that day will be The Golden Rule, and I will be preaching from Matthew 7:7-12. Congregational care also includes our SOS group. They offer financial care for those going through a short-term crisis and help to get them back on their feet. Here we need everyone in the congregation to use their eyes and ears to identify needs and let the pastors know so we can help.

The Great Commission – the third command of Jesus for building a Great Church will come the second Sunday of July. The text will be Matthew 28:16-20. Jesus calls each of us to share the Good News with others. So now we have three building blocks for a great Church: **Worship, Congregational Care and Evangelism.**

July 7 we will also celebrate Holy Communion. We are planning to make gluten free bread available. Holy Communion is a blessed time when we realize no matter who we have been or who we are – we are all on the same level when we receive the grace of God. We are all sinners saved by His Grace.

May The God of Grace fill you all with joy and peace as you continue your walk with Him.

Grace and Peace, Pastor Bill Farmer

What is S.O.A.P Bible Study?...Sue Pagano

If you are not familiar with Jan Wise' Bible Study entitled S.O.A.P. (scripture, observation, application, prayer), Sue Pagano has submitted her verse for this week to share her thoughts and to help you understand how this Bible Study works. This is a small group of women who love to share their favorite Bible verses that they have read during the week and apply the S.O.A.P. principles to that verse. Please join us for this great Bible Study on Thursdays at 10 a.m.

Sue Pagano's submission on S.O.A.P. My SOAP verse for today would have been Psalm 16: 8- "I have set the Lord always before me; because he is at my right hand, I shall not be moved."

My **observation** is that it is easy to take my eyes off Him as I go about the week- planning for the Fourth of July family week fun, dog sitting for 3 weeks with 2 additional pups, trying to overcome any MS recurrence, listening to the debate expectations for tonight, praying for my kids' safe travels in Ecuador. But then I realize that I have set the Lord before me because in each of these endeavors I am thanking Him and asking for his blessings.

My **application** is that it is such a joy to see how much I am growing in my faith (so much so that I am done regretting that Bible study came so late in my life). Now I try to work daily to appreciate the gifts received like fruits of the spirit, discernment, and self-awareness

and keeping Him before me.

My **prayer** is Father in Heaven, thank you for never letting me go and for teaching me the importance Your holy word. Watch over Your children and help us to show Your light to others. In Jesus' name, I pray. Amen

Trivia Question: What is the most important date in the Christian calendar?

Blood Pressure 101...Karen Kline, Faith Community Nurse

Basically, Blood pressure (BP) is the measurement of the systolic and diastolic blood pressures in millimeters of mercury. Really? Needs more explanation! The Mayo Clinic explains blood pressure as being determined by two things: the amount of blood the heart pumps and how hard it is for the blood to move through the veins. The more blood the heart pumps and the narrower the arteries, the higher the blood pressure.

Systolic blood pressure: This is the top number and it measures the force the heart exerts on the walls of the arteries each time it beats.

Diastolic blood pressure: The bottom number measures the force the heart exerts on the walls of the arteries in between beats.

The American College of Cardiology and the American Heart Association divide blood pressure readings into four categories.

- *Normal or "Ideal" blood pressure: Blood pressure lower than 120/80 mmHg.
- *Elevated blood pressure. Blood pressure that ranges from 120-129 mmHg/less than 80 mmHg.
- *Stage 1 hypertension. Blood pressure that ranges from 130-139 mmHg/80-89.
- *Stage 2 hypertension. Blood pressure is 140 or more mmHg/ 90 mmHg or higher.

Blood pressure higher than 180/120 mmHg is considered a hypertension emergency or crisis. You need to call your Primary Care immediately for advice.

Primary hypertension, which is also called essential hypertension tends to develop gradually over the years... With no identifiable cause.

Secondary hypertension had an underlying cause and develops suddenly.

Since most people with high pressure do not have any symptoms with high blood pressure, it is most important to maintain regular visits to your primary health care provider where your blood pressure is taken routinely.

Sooo... Monitor your blood pressure and stay healthy, so you can continue to enjoy the experience of being part of the Miracle Church!

Stephen Ministers...Carol MacKenzie

The Stephen Ministry program is active and serving members of Grace Methodist Church. Several new Stephen Ministers will be commissioned on July 7. For more information about the Stephen Ministers' program, contact Carol MacKenzie at (352) 382-8926 or Karen Kline at (352) 382-7263.

Mission Moment...Samaritan's Purse...Donna Farmer

Your support of Samaritan's Purse all year long is greatly appreciated. A big "thank you" for your caring response by giving \$780 to Samaritan's Purse just for the month of June. Please watch for announcements in the bulletin for projects that need help.

Answer to trivia question: Easter Sunday is the most important date in the Christian calendar as it celebrates the resurrection of Jesus Christ. The days leading up to Easter Sunday are called Holy Week, and commemorate Jesus's betrayal, arrest, trial and crucifixion on Good Friday.

Women of Worship (W.O.W)...Sharon Miller

Don't forget the W.O.W.'s mission project is to collect canceled postage stamps as a year-round project. Please place your stamps in the stamp box on the table by the Food Pantry items. W.O.W. trims the stamps and sends them to Ft. Myers where they in turn sell them to collectors and use the money they receive for Sunday School materials for third world countries and in the U.S. Also W.O.W is collecting soda pop-top tabs and you can place them in the container located at the food pantry table in our small fellowship hall.

Special Church Fundraiser...Sue Pagano...Ladies of Grace

Turn \$10 into \$1000

The September 8 concert by instrumentalist Eirinn Abu will be a fun, inspirational and beautiful time for all. **We have 100 tickets on sale for \$10 each. 10 x 100= \$1000. Proceeds will be donated to the building fund.**

There are so many easy ways to participate:

- **\$10- Buy one ticket for yourself.**
- **\$20-Two for you and a guest.**
- **Treat your entire family. Bring friends. Or donate a ticket for distribution to folks in the church neighborhood.**

Tickets are on sale every Sunday during the fellowship hour by the Ladies of Grace.

Eirinn Abu means "Ireland Forever". Jerry Doyle chose it for his stage name, honoring Irish roots. He began with the Miami Sound Machine, later found success in Nashville and recorded 8 albums of jazz/pop/Christian music. Since 2010, he and his wife Brandy have operated Music for Life Ministries to help people enjoy worship music, as well as helping

churches spread the word of God. At Grace Methodist, Eirinn will play from his collections, including “Hymns” and the newest addition called “Anthem”.



Concert by Eirinn Abu

Sunday, September 8-3pm-Grace Methodist Church of Homosassa

Tickets: \$10

Meadowcrest Bible Study...Isaiah Study...Pastor Bill Farmer

We have a great group of Bible students who meet every Friday at 10:15. On most weeks we meet at The Meadowcrest Clubhouse; however, the second Friday of the month we meet at The Crystal Oaks Clubhouse thanks to Pat Cram. On July 12, at Crystal Oaks, we will begin a new study on the book of Isaiah. Isaiah was one of the great prophets of the Old Testament. He is quoted more in the New Testament than any other prophet. He had a lot to say about the living conditions, the spiritual conditions, and life in general, but he foretold many of the New Testament events centuries before they took place. Every Christmas we hear how he foretold the coming of the Christ Child and every Easter we remember the crucifixion prediction of Isaiah 53.

I believe the Isaiah study will be a real learning experience for all of us who participate. I hope to see you in some of the classes. If you currently attend Jan Wise’s class that meets at the same time please continue to do so.

Grace and Peace,
Pastor Bill Farmer

Rummage Sale News

Grace Methodist Church’s rummage sale will be held October 25-26, 2024. Please mark your calendars and tell all your friends. Bring all donations to Fellowship Hall (in boxes please). No clothing, shoes, large appliances, TV’s, or furniture. If you have questions, please contact Priscilla or Andy Frederick at 352-212-4037.

Donation dates:

- Saturday, August 3 – 9:00 to noon
- Saturday, September 7 – 9 to noon
- Saturday, October 5 – 9 to noon

Our rummage sales last year set a very high bar for fundraising, so let’s set a goal to exceed our \$8,000 plus amount from last year.

Dates to Save

July 7 @ 10 am – Communion Sunday
July 10 @ 9 am – Grace Board Meet
July 11 @ 2 pm – Women of Worship (W.O.W)
July 21 – Ladies of Grace (LOG) @ 11:30 a.m.
August 3 – Rummage Donation Date 9 to noon
September 7 – Rummage Donation Date 9 to noon
September 8 – Eirinn Abu Concert at 3 p.m.
September 14 – First Annual Ladies' Retreat
September 29 – Blood Drive
October 5 – Rummage Donation Date 9 to noon (last date to donate)
October 25-26 – GMC Rummage Sale
December 8 – Blood Drive

Bible Studies, Prayer Groups, & Other Meetings at Grace Methodist Church

Mon 1:00 pm Memory Lane Support Group & Respite
Tues 9:00 am Weight Management Meeting (women & men)
Wed 7:00 am Men's Prayer Group at GMC followed by breakfast out
Wed 4:00 pm Choir Practice led by Katherine Cornelius and Becky Jones
Thurs 10:00 am S.O.A.P. (Scripture, Observation, Application, Prayer)...Jan Wise
Thurs 11:30 am 1:30 pm Women's Lunch Bunch Bible Study...Sharon Miller
Note.... Women of Worship (WOW) Meet once a month on the second Thursday at 2
Fri 10:00 am Bible Study led by Jan Wise (10:00-11 Prayer concerns, joys, & fellowship)
Fri 11 am -12 pm Bible Study...led by Jan Wise
Fri 10:15 am Bible study led by Pastor Farmer, Meadow Crest Clubhouse

Grace Methodist Church is a member of the

