



# Tower Notes

## August 2011



Sunday Services: 8:30 and 11:00 am.  
Sunday School at 9:45 am

### August Events

- 8/03 Voices of Youth in Winchester  
Braddock Street UMC at 7pm  
8/06 Dinner and a Movie  
8/21 Fellowship Coffee Hour

### Upcoming Events

9/9,10 & 11 Annual UMW Book Sale

*“Do not be conformed to this world, but be transformed.”*

*Romans 12:2*

On our recent mission trip to Tennessee, our team was asked by one of the staff members of A.S.P., “Is the situation of poverty hopeless?”

At first, the question stunned us. Of course poverty is hopeless, the poor have always been and will always be with us. The complexity of social, political and cultural influences that contribute to poverty are beyond any human capacity to understand or address. So why do we go on missions to try and help poor people?

Our group concluded that while the situation of poverty may be unavoidable, it is not without hope. The hope of the poor does not lie in the fixing of houses or the alleviation of economic hardship. Hope is found in the promise of relationship.

We spent time with the poor.

We shared meals with the poor.

We Witnessed to our faith in Jesus Christ with the poor.

We found hope in our common experience of God’s grace in our lives and our connection as God’s children.

God’s grace in Jesus Christ is the answer to hopelessness. Hopelessness is found in big cities as well as mountain hollers. It is found in the homes of the affluent as well as the needy. Meeting the physical needs of the poor is how Christ calls us into oneness with all God’s children. The mission of the Gospel is to combat hopelessness.

Grace & Peace,  
Gary



***Please pray for our infirmed and shut-ins....***



Helen Seekford, Elmer Foster, John Scott, John Smith, Carrie Baker, Myrna Mason, Pete Ricci, Nancy Peeler, Herbert McCall, Allison Green, Debbie Llewellyn, Sweeney Shiflett, Bill Barton, Bonnie Johnston, Francis McFall, Evelyn Norfolk, Helen Shiflett, Howard Ryon and Rachael Harrington.

Let us also remember the families of Richard Cornwell, Christopher Dunford and Virginia Lockhart .

Special prayers go out to our missionaries, Clara Biswas in Cambodia and Ann Kolbe in VIM Cambodia,

Special prayers for our service men and women: Aaron Tuten, Lindsey Tuten, Jeffrey Green, Tim McLaughlin, Chris Lamb, Mary Kate Shannon and Arnold Williams III.



*The family of Thomas L. Howard would like to thank you all so very much for your many acts of loving kindness during the illness and loss of our loved one, "Tommy". Having a wonderful extended family like you has helped us get*

*through this difficult time.*

*Even though Tommy was a Baptist, you always made him feel welcomed and at home in our Methodist Church. I cannot tell you how much that meant to both of us.*

*Our family is so appreciative of the way Tommy was honored at his "special" service in the Church's beautiful sanctuary, along with the lovely reception that followed in the Fellowship Hall, with our wonderful church family and friends by our side.*

*We thank you all from the bottom of our hearts for all your support.*

*God Bless you ~*

*Betty Sue and family*

**FREE BLOOD  
PRESSURE SCREENINGS!!**



Come get your blood pressure checked on the 3rd Sunday each month after the 1st service in the Annex of the Church. This is a free service provided to all of our congregation members.

***To look around is to be distressed.***

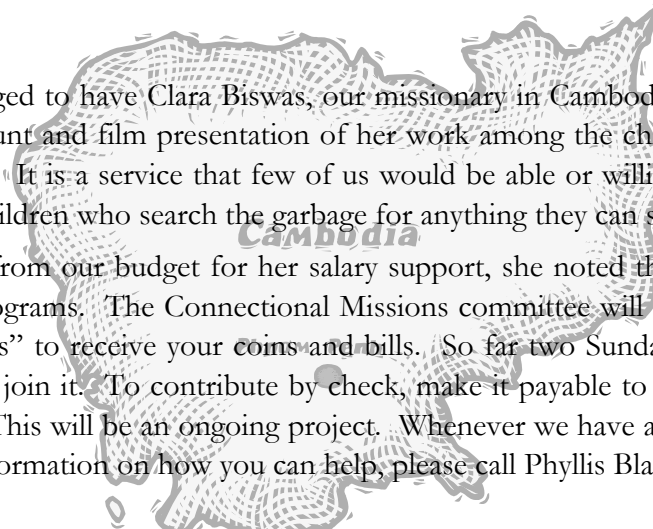
***To look within is to be depressed.***

***To look up is to be blessed.***

***Mission News...***

In June we were privileged to have Clara Biswas, our missionary in Cambodia as our guest speaker in church. Many were moved by her account and film presentation of her work among the children who live in and around the garbage dump in Phnom Penh. It is a service that few of us would be able or willing to perform, working in the intense heat and humidity with children who search the garbage for anything they can sell for a few pennies.

While we send money from our budget for her salary support, she noted that often she does not have sufficient funds to carry our her programs. The Connectional Missions committee will be placing jars around the church marked "Clara Biswas Programs" to receive your coins and bills. So far two Sunday School classes are participating and other classes are invited to join it. To contribute by check, make it payable to FRUMC and write "Clara Biswas Programs" in the memo area. This will be an ongoing project. Whenever we have accumulated \$50 or more it will be forwarded to her. For more information on how you can help, please call Phyllis Blankenship at 635-8613.



## Opportunities and Outreach

### What can I do?

#### My Brother's Table

Help cook, host, and/or clean up on the 3rd Thursday of each month at the Front Royal Presbyterian Church. Check in church office or with Jean Brown at 631-9185.

#### C-Cap Sundays

On the first Sunday of each month, collect and donate paper products for community pantry.

The third Sunday of each month, collect and donate non-perishable food items for community

#### Mission Box

The **July** Mission Box

Offering was sent to **St. Luke's Clinic.**

The **August** Mission Offering will be donated to the

**Red Bird Missionary Conference.**

#### *UMW Circle Meetings.....*

**\*\*DEBORAHS, NAOMIS AND MARTHAS ARE ON VACATION UNTIL SEPTEMBER\*\***

**8/3 Sarahs at 10 am in the Fellowship Hall with Jo Dickinson**

**All circles welcome new friends.**



#### *Pastor's Bible Study*

*The Pastor's Bible Study continues to meet in the LFK Room on Sunday evenings at 6 pm. Everyone is welcome. Please bring your Bible. The study text is announced in the Sunday Bulletin. The book of Revelation will be our text throughout July and August.*

## Goin' Green...

**Going Green? Eat Local!** Enjoy the Front Royal Farmer's Market! Located behind the gazebo on Main Street, the market is open on Thursdays and Saturdays from June through October. On Thursdays they are open from 3pm to 7pm and Saturday hours are from 9am to 1pm. The vendors offer a wide variety of vegetables, fruits, and berries, with eggs, honey, candles, cookies, herbs, jams, jellies, bread, sausage available for purchase. Several artisans also participate. Head on down to the market and enjoy some of our wonderful valley summer produce!

### EBS FUN FEST

On Saturday, October 8th, EBS will again host the Kid's Fun Fest on the grounds of EWM Elementary during the Festival of Leaves. Last year, this was a wonderful outreach and visibility event that reached well over 500 children who participated. Last year, 11 FRUMC families donated a total of \$1445 to help with this fundraiser and others volunteered their time. The EBS family is so grateful and hopes this year will surpass 2010! If you are able to volunteer or donate, please call Beth Waller at 540-671-6145 or [bethwaller@mrisc.com](mailto:bethwaller@mrisc.com). Areas of need are: penny prizes, gift cards for raffle prizes, gently used stuffed animals for prizes and VOLUNTEERS. Beth's goal is to again find 10 families to donate \$100 each to cover the projected expenses for the day. Activities will include two bounce houses and dozens of games for kids of all ages, so please mark your calendars for October 8th from 11-5! The EBS mission thanks you for your support!



## PATRIOTIC PARFAIT

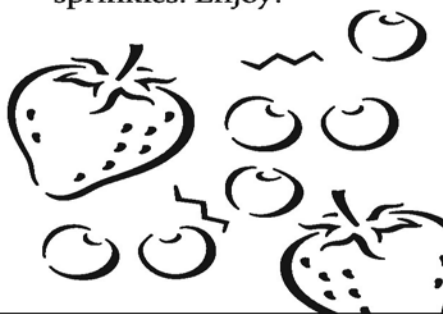
On the 4th of July, make this healthy, festive dessert to share with family and friends.

### What you need:

- Clear glasses or plastic cups
- Spoons
- Vanilla yogurt
- Cut strawberries
- Fresh blueberries
- Coconut, whipped cream, red and blue sprinkles (optional)

### What you do:

1. Place a couple of spoonfuls of vanilla yogurt at the bottom of each glass or cup.
2. Add cut strawberries to cover the yogurt layer.
3. Add more yogurt over the strawberries.
4. Add a layer of blueberries.
5. Repeat the layers until you reach the top of the glass or cup.
6. For extra fun, add coconut, whipped cream and sprinkles. Enjoy!



# Freedom in Christ

*This Independence Day, remember that our true freedom comes from faith in Jesus.*

★★★★★

**Directions:** In each set of letters, determine the pattern. Then write the letter that completes the pattern, to reveal Galatians 5:1, NIV.

ABCDEFGHIJKLMNOPQRSTUVWXYZ

F	Q	L	V	C	R	O
G	R	K	U	D	Q	P
H	S	J	T	E	P	Q
—	—	—	—	—	—	—

I	O	B	H	A	L	P	Q	K	D	W
H	P	C	G	B	M	O	R	J	C	V
G	Q	D	F	C	N	N	S	I	B	U
—	—	—	—	—	—	—	—	—	—	—

F	E	U	L	P	W	E	D	V
E	F	T	K	Q	V	F	C	U
D	G	S	J	R	U	G	B	T
—	—	—	—	—	—	—	—	—

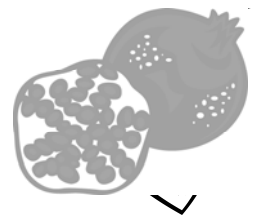
P	B	Q	R	V	C	O	H	B
Q	C	R	S	U	D	P	G	C
R	D	S	T	T	E	Q	F	D
—	—	—	—	—	—	—	—	—

Answers: It is for freedom that Christ has set us free. (Galatians 5:1, NIV)

## Christian Symbols

## POMEGRANATE

Because the pomegranate has an abundance of seeds, the fruit is used to represent hope and future life. It also symbolizes the many believers who are individual members of the universal Christian church.



## BIBLE QUIZ



Many people travel for leisure during the summer. In Bible days, travel was most often done out of necessity. Scripture records many notable journeys.

Match the people in the left-hand column with their correct travels in the right-hand column.

- A. Abraham and Sarah
- B. Mary, Jesus' mother
- C. Joseph, Mary and Jesus
- D. Apostle Paul

- 1. Traveled to visit cousin Elizabeth
- 2. Traveled from Haran to the land of Canaan
- 3. Took missionary journeys to Turkey, Macedonia and more
- 4. Traveled to Egypt to flee from King Herod

## Announcements...

The UMCOR Coffee Project links congregations with small coffee producers through the Equal Exchange organization, which pays a fair price to the growers. The great thing about this project is that you can save money and do some good at the same time. This premium product is available in a variety of roasts and grinds, as well as whole beans. Typical prices run between \$6.00 and \$8.00 for a 12 oz. bag. Tea and wonderfully rich chocolate bars are also available!



## VOICES OF YOUTH

Our very own Chad Hrbek and Emily Crawford are touring with the Voices of Youth, a UMC Mission celebrating its 26th summer. After traveling to the Dominican Republic, the group is touring throughout the Virginia Conference. The group will be in Winchester on August 3rd at the Braddock Street UMC. The concert will take place at 7 pm.

Mark your calendars and plan to attend.



The Fellowship Leg will be sponsoring Coffee Hour after the 8:30 Service on August 21st  
Come and enjoy delicious refreshments!



*Birthday Blessings*

## AUGUST BIRTHDAYS



*Birthday Blessings*

8/01	Peggy Meyers Elmer Foster Christina Crawford	8/13	Rose-Marie Davis June Stinson Wayne Hazelette	8/24	Don Bowman Susan Jenkins Terry Dooley Tammy Strickland
8/03	Jeff Day Shannon Campbell Virginia Rettberg	8/14	Terry Tewalt Jim Barnes Keith Maddox	8/25	Eric Rodney Ricky Oakes Tasha Hemminger
8/04	Joyce Rutherford Cary Burke	8/15	Dana Allison Kendal Dennis Pamela McInnis	8/26	Billy Maddox Jean Brown Meredith Miller
8/05	Steve Poe Jackie North Karrie Grigsby	8/16	Whitney Robinson Jason Strickland Jerry Waller	8/27	Bobbi Jo Price Ronnie Pomeroy Bill Lillard III
8/07	Scotty Berthold, Jr. Darrian Henry	8/17	Amanda Thompson Sarah Nagi	8/28	Holly Goode Francis H. McFall Wendell Hatcher
8/08	Shelly Kirby Angie Crawford Maddie Burke	8/18	Sara Affleck Ronald Myers	8/29	Karla Laycock Robert North
8/10	Richie Armstrong Ira Neff Lucy Crim	8/19	Roy Quist Katie Glascock	8/30	Ben Holbert Arnold Williams, Jr.
8/12	Sherry Totten Billy Shannon III Jim Wells Michael Bukva	8/20	Hunter Jantosciak		
		8/21	Wanda Lowther		
		8/22	Erica Ahmed		
		8/23	Bernie Stokes Pat Moats Kollette Henry		



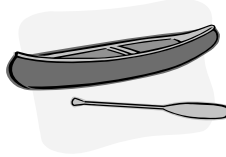
**More.****FRUMC Summer Camp Programs****FRUMC Kidz! Programs**

Tuesdays, Wednesdays and Thursdays through  
Aug 18th

9:30 am—12:30 pm, 3rd Floor, Education building  
Ages Preschool (age 4) through rising 9th graders  
To include God and Country programs and “Play Date with the Bible” program.

God and Life program for High School students began July 26th and meets at 7 pm in the Library.

Please call the church office at 635-2935  
or contact Cary Burke at [frumceducation@comcast.net](mailto:frumceducation@comcast.net) for  
more information on any of these programs.

**Youth Canoe Trip**

The youth will start off the 2011-2012 season with a Canoe Trip. Set the date - **August 21st from 3:00 - 7:00**. All youth grades 6 - 12 are welcome.

**Bring your friends! Bring your family!**

We welcome all parents and other interested adults to become a part of the adult leadership team that works with the youth. Look for more information in the bulletin closer to the trip. We will be looking for canoes to borrow .



The Bell Choirs will take a break over the summer and will resume the regular schedule in the Fall.

**Carol Choir:**

Rehearsals begin Sunday, September 11th  
at 9:00 am

**Joy Bells and Crusader Choir:**  
(3rd, 4th, 5th grades)

Rehearsals begin Wednesday, August 31st  
at 4:00 pm

**Jubilant Bells and JC's Crew:**  
(Middle and High School)

Rehearsals begin Sunday, August 28th  
at 4:30 pm

**Carillon Bells:**  
(Adults)

Rehearsals begin Wednesday, August 31st  
at 7:00 pm

**Sanctuary Choir:**  
(Adults)

Rehearsals begin Wednesday, August 31st

For more information on the trip or to lend a canoe, please call Carol Martin at 837-1849



As hard as it is to believe, Fall is coming and the church office will be getting back into full swing. We are once again appealing to you for a bit of your time once or twice a month as a volunteer in the outer office. If you have computer skills, that is great—if you have no computer skills, that is great too!

Morning and afternoon shifts of 3 hours are available. We have a great time, so come and join us! If you are interested please call Ginger in the church office.

## History Corner...

In January of 1944, the Lina Forsyth Circle of the Women's Society of Christian Service was organized at our church. Named in honor of Mrs. Lina Forsyth, the mother of J. Franklin Forsyth, II and Mrs. Lesley Forsyth Bowen. (Remember J. F. Forsyth Hardware?).

Desiring to have a large part in the "Crusade for Christ" they conceived the idea of offering for sale the best recipes of its members and friends.

This booklet was dedicated to the pastor, the Rev. H. Wark Curry and his wife Elizabeth B. Curry. These recipes will be offered from time to time.

### PENNY WISE STEAK

1/2 c. fine bread crumbs

3/4 c. milk

1 1/2 lbs. beef ground

1 1/2 teaspoonfuls salt

1/2 teaspoonful pepper, onion juice

Combine crumbs and milk and let stand while meat is being prepared. Combine beef, salt, pepper, onion juice and crumbs mixture.

Broil on greased pan 6 to 10 minutes. Turn once. This is a good way to stretch meat.

Mrs. Stephen Boyd



Our church bus continues to pick up passengers for the 11:00 am Worship Service on Sundays.

If you would like to be picked up, you may call the church office or Harry Robertson at 636-6331 and we will welcome you on board. **Also, if you are a regular rider and do not plan on riding on a Sunday, please give Harry a call on Saturday**, in order that he can notify the driver.

**Susan Hrbek** is our Altar Chair for 2011. If you need assistance, please contact her at **635-7954**. The Flower Chart Calendar is located in the church office and you may sign up for any available Sunday for Altar Flowers by writing your name and phone number on the chart. If you would like an altar committee member to arrange the flowers please let Susan know. The cost is a nice arrangement with minimal expense if you desire or you may contact a local florist to prepare and deliver your arrangement. Thank you.



As you pass this little church,  
Be sure to plan a visit.  
So, when at last you're carried in,  
God won't ask "Who is it?"

## *News and Happenings...*

## UMW News...



### Circle Meetings:

**Marthas—Naomis—Deborahs** are on vacation until Sept.

**Sarahs—Wednesday, August 3rd at 10:00 AM, meeting in the Fellowship Hall**  
(Call Ginger Marlowe -635-7560 for information)

As of this writing, two of FRUMW members (Violet Carter and Marybeth Quist) are planning to attend the School of Christian Mission at Blackstone, VA. the last week of July (Marybeth's first time). Violet (635-8401) is planning to take the study on Haiti and Marybeth (636-6737) the Mission Study. Please give either one a call if you would like to invite them to your circle meeting to tell you about these two studies or as a program for the next year. As of this writing, the Fall Executive Meeting was held on **August 23** in the LFK with plans being made for our unit until the first of January.

### Coming Events:

**The Annual Book Sale** will be held on **September 9<sup>th</sup>, 10<sup>th</sup>, 11.** with Violet Carter, Chairperson (635-8401). Start saving and bring your books for the sale. Please bring your books to the Fellowship Hall on "set-up day" **September 8<sup>th</sup>**, if you can't do this please call Violet at 635-8401, and she will make other arrangements for you. We usually have great children's book as well as some DVD's, good fiction and non-fiction, etc. Come and shop and go home and read!! IF you would like to "help out" call Violet Carter.

The Executive Committee and some UMW have been receiving questions on the status of UMW. The following is an article on a change in status of the United Methodist Women. In the **United Methodist Women News**, (Volume 4/Number 2) is an article written by Leigh Rogers who is the public relations and Web content associate for the Women's Division. She wrote that the Women's Division board of directors voted to become structurally separate from the General Board of Global Ministries (GBGM) of the United Methodist Church while remaining "missionally connected" in staff configuration and also by its board of directors at its April Meeting in Stanford Ct. The directors of GBGM also approved the proposal at their meeting this April.

Based on recommendations from the board's policy committee, the proposal to be structurally separate and missionally related to the GBGM received strong support. These recommendations came out of the previous fall 2010 meeting request to prepare two plans for consideration at the spring 2011 meeting, one outlining structural connection with the GBGM and another outlining structural separation.


The plan would bring a variety of changes in how the Women's Division relate to each other. Also, because some of the United Methodist Women's structures are describe in the Book of Discipline of the United Methodist Church some legislation will need to be brought forward to General Conference for a vote in 2012 and not be implemented officially until January 2013.

E-mail <UMWOnline.net> for a complete copy of the article or pick up a copy in the "Outer Office". You may also get a copy of future United Methodist Women News using their e-mail address.

The **Executive Committee of the FRUMW** wishes you all a good summer!

Not what we have, but what we enjoy constitutes our abundance.

# August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Dinner/Movie 5:30pm (FH) 
7	8	9	10	11	12	13
Pastors Bible Study 6 pm (LFK)	Prayer Shawl 10am (L)	Craft Day 9:30am (LFK) EBS 4:30pm (L) Connect. Miss. 7pm (L)	Sarahs 10 am (FH) KIDZ CAMP 9:30-12:30	Free Spirits 10am (L) KIDZ CAMP 9:30-12:30		
14	15	16	17	18	19	20
Pastors Bible Study 6 pm (LFK)			KIDZ CAMP 9:30-12:30			
21	22	23	24	25	26	27
Education 12:15pm (L) Coffee Hour Fellowship Pastors Bible Study 6 pm (LFK)	Worship 7pm (LFK)	Craft Day 9:30am (LFK) UMW Ex., Bd. 7pm (LFK)		Congregational Care 10am (FH)		
28	29	30	31			
Pastors Bible Study 6 pm (LFK)						

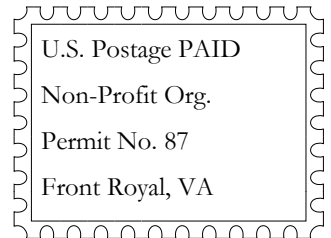
**What Are The Chances?**

“The lot is cast into the lap, but the decision is the Lord’s alone” (Proverbs 16:33) This comforting verse tells us that nothing happens by chance. Chance is arbitrary, accidental, unplanned and unpredictable, without cause or meaning. Sometimes chance appears to aptly describe the events and happenstance of life. But Genesis to Revelation declare in unison that even chance is under God’s control. Every seemingly meaningless, random and inexplicable event plays a part in the Master’s grand design. There is no luck, then. Everything has a divine purpose though we often can’t discern it. It is just a matter of faith.

## Front Royal United Methodist Church

1 West Main Street  
Front Royal, VA 22630

Phone: (540) 635-2935  
Fax: (540) 636-8516  
Web Site: [www.frumc.org](http://www.frumc.org)  
E-mail: [tovernotes@comcast.net](mailto:tovernotes@comcast.net)



### *Return Service Requested*

**Staff:**

- Gary Heaton, Pastor
- Rhonda Thompsen, Administrative Assistant
- Betsy Blauvelt, Director of Music
- Tom Bowen, 11:00 am Organist
- Delyn Celec, 8:30 am Pianist, Creative Worship
- Donna Quarton, Bookkeeper
- Barbara Robinson, Church Sexton
- Marty Shannon, Groundskeeper
- Cary Burke, Director of Education
- Jeanne Haley, Director, EBS Childcare/ Preschool

Office Hours 9:00 –4:00 pm

**Sunday Schedule:**

- Early Service 8:30 am
- Sunday School 9:45 am
- Second Service 11:00 am

