



ASHLAND CHRISTIAN CHURCH
(Disciples of Christ)



September 2024

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Truth & Tales

Most time management books never truly live up to the words describing their aims on the back cover. Instead of finding more time to cram in even more projects and activities in an already overpacked day, the precious commodity of time runs out every 24-hour cycle. We end up feeling guilty for seemingly never having enough time to accomplish the truly needful things.

The book I saw a few months back took a rather intriguing approach. The book is titled *Four Thousand Weeks: Time Management for Mortals* by Oliver Burkeman. It works from the premise that each person has a finite number of hours, days, and weeks (hence, Four Thousand Weeks). Instead of stuffing every precious hour and day with activities, appointments, and projects, what if we took the time to smell the proverbial roses and treasure our relationships with our spouses, children, and friends? And what about building and strengthening our relationship with God?

I was reminded of Jesus' words in the Gospels when he asked his listeners, *"For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. What will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life?"* (Mark 8: 35-37)

Granted, this passage is about much more than time management. Jesus speaks about Discipleship, his invitation to all of us to *"Come and follow him."* (Matthew 4: 19).

Also, Psalm 90, believed to have been written by Moses, the man of God: *"All our days pass away under your wrath; our years end like a sigh. Even then, their span is only toil and trouble; they are soon gone, and we fly away. So, teach us to count our days to gain a wise heart."* (Psalm 90: 9-10, 12)

Isn't it odd that in our attempts to gain that elusive hour or day to achieve goals and meet arbitrary deadlines, we miss out on doing the things that matter the most?

We only have 52 weeks in a year. During this time, we can seek to gain a wise heart and grow ever so much closer in our relationship with our Creator, Savior, and Friend by making each day count. Let us commit ourselves to truly seize the day (*carpe diem*) and count our days, that we may gain a wise heart as we follow Jesus the Christ through the wilderness, and onward and upwards towards the promised land.

Hope To See You in Worship,
Pastor Bob



Bekah DeBell
Scott Wisner
Scott Weiler
John Hodges
Charlene Richeson
Jimmy LaHaye
Milton Leake
John Hodges
Floyd Moore

Prayer Scripture:

"Call unto Me, and I will answer you." (Jeremiah 33:3)



Welcome Back
Breakfast

Join us for our Welcome Back Breakfast on Sunday, September 22nd at 9:45am! The Incredibles will be serving a variety of breakfast casseroles, donuts, fruit, juice, and coffee. You're also welcome to bring any special breakfast dish you would like to share.
Everyone is invited!

The Elders' sponsored a very nice "Family Teams" luncheon on Sunday, August 25th. The teams met & selected new leaders, team names, and discussed the upcoming duties in the next few months as seen below.



FAMILY TEAMS 2024/25
(as of AUGUST 25, 2024)

"The Incredibles"	"The Sloth Go-Getters"
Team Leader: Jennifer Sydnor	Team Leaders: Kim Jacoby & Anne Littlefield
<u>Larry</u> and Sarah <u>Byrne</u> & family <u>Kathryn Hull</u> <u>Andy</u> and Karen <u>Lynne</u> & family <u>Carroll LaHave</u> <u>Billy Sydnor</u> <u>Woody</u> & Susan <u>Tucker</u> & family	<u>Barbara Boor</u> <u>Barbara</u> & Richard <u>Cameron</u> <u>Donna</u> & Steve <u>Dennehy</u> & family <u>Milton Munden</u> <u>Sandra</u> and <u>Jimmy Smith</u> <u>Stuart Jones</u> and family
CC Brooks Shannon Cameron & family Steve & Sharon Chidsey Karen Godsey & family Sid Lane Irv Kenyon Mike & Margaret Dellaripa Angus McQueen & Melissa Leecy Floyd & Teresa Moore Jennifer Sydnor and family Kathie Wilkins Erika Sasser & family Stacey Wilson & family Frances Vaughan & family Jack Shelton Richard & Terri Shelton	Bob & Annie Brooks Sandra Abernathy Lily & Brian Cameron & family Fred & Cathy Crews Alyse & Bryan Cecil & family Tim & Jessica Crews Anne Cilley Michael Holland John & Kim Jacoby Meredith & Judy Jones Scott & Martha Jones Caleb & Claire Jones Anne Littlefield Regina Long Suz Morrison Marcie & Don Moyer & family Bonnie Burgoyne

HOMEBOUND as of 8/24	
Walter & Maxine Baughan	Elsie Jennings
Pat Moore	Barbara Jones
Betty Ann Langford	

SoSA
National Hunger
Action Month

The Society of St. Andrew designates September as Hunger Action Month! Do you know that over 40 million people in the U.S. today are still hungry or food insecure? Yet in this country, we will throw away over 133 billion pounds of good food in 2024. As people of faith, it is time for us to take action – to say that this situation is unacceptable and to do something about it. Attached to your bulletin is a Daily Calendar for Prayer and Action with a scripture reading and related activity for each day in September. Your Outreach Committee asks that we each use this calendar throughout September to focus our prayers and actions on combatting hunger in this country. In addition to following the calendar activities, we are placing a soup kettle in the Narthex and welcome any monetary donations which will be sent to SoSA at the end of the month. THANKS for praying and giving to the "least of these!"



An Hour of Incredible Real-Life Stories and Spiritual Conversation
Join us on Monday September 23th at 6:30pm for our first cafe. We will have drinks, snacks, and inspiring conversation.

Our first topic will be:
"What's behind the stories of our minds".

ACC- Diaconate Schedule 2024-2025

Prepare Communion/Clean Up	Offering/Serve Communion
September 2024	
1st: Shannon Cameron	1st: Scott Jones & Jennifer Sydnor
8th: Shannon Cameron	8th: Jennifer Sydnor & Alex Sydnor
15th: Shannon Cameron	15th: Shannon Cameron & Jennifer Sydnor
22nd: Shannon Cameron	22nd: Shannon Cameron & Matt Temple
29th: Shannon Cameron	29th: Stacey Wilson & Annie Brooks
October 2024	
6th: Sarah Byrne	6th: Marcie Moyer & Annie Brooks
13th: Sarah Byrne	13th: Cathy Crews & Scott Jones
20th: Sarah Byrne	20th: Annie Brooks & Scott Jones
27th: Sarah Byrne	27th: Shannon Cameron & Matt Temple





**How Many Pages???
Book Club**

Meetings are the last Wednesday of each month at 6:00pm at Casa Herradura

MONTH	BOOK	AUTHOR
September	<u><i>The Frozen River</i></u>	Ariel Lawhon
October	<u><i>God of the Woods</i></u>	Liz Moore
November	<u><i>James</i></u>	Percival Everett

Hope to see you there!



Richard Cameron- for trimming the hedge.

The Elders and Hospitality Team- for a wonderful lunch and organizational meeting for the 2024 Family Teams.

Jennifer Sydnor- for accepting the leadership role for “The Incredibles” Family Team again!

Kim Jacoby and Anne Littlefield- for agreeing to be leaders for the “Sloth Go-Getters Family Team”.

Alex Sydnor- for training a group in the sound effects for worship.

Shannon Cameron & Kathryn Hull- for filling in for Bob while he is away on vacation.



We are looking into forming a league. After our very successful Upward basketball camp, we began thinking about starting an Upward basketball league. Our first step is to meet and discuss how we can successfully implement this and what challenges we would face. You would be welcome to join us on Monday, September 16th, at 6:30 pm at the church. It could be an exciting addition to our community ministry with children. Contact Pastor Bob for details.



**September 9th, 2024
@
7:00pm**



PROPERTY

The lawn will be aerated and overseeded on September 18th. Pray for rain. We ask that you kindly stay off the grass until further notice.



Volunteers Needed:

If anyone is interested in serving communion or helping to prepare communion and/or serving on the Worship Committee.

Please contact Shannon Cameron at (804) 822-9184 or email: smstockwell20@gmail.com

At Home Communion Visit

Would you like to receive communion at home? If so, simply call the church office (804-798-7083) and let our Administrative Assistant, Kara Murray, know. You will be contacted by Rev. Brooks, Rev. Hull or an Elder to schedule a day and time.



Please bring ONLY canned goods for the food pantry basket. There is a large plastic container in the narthex for your donations. ACES is in need of the following food items: canned beef stew, canned meats, canned fruits, peanut butter, pork & beans, and cereal.

2024 September Calendar for Prayer and Action

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Luke 14:1, 7-14 Today congregations will celebrate Holy Communion. As you come to Christ's table, pray for those who are hungry.	2 1 Thessalonians 1:3 On this Labor Day , pray for those who are looking for work so that they might be able to feed their families.	3 Matthew 15:32-38 44 million people go hungry each day in the US. Today, ask God how you might be the answer to someone's prayer.	4 John 21:15 "The Lord is my Shepherd. I shall not want." Practice contentment today.	5 Matthew 6:22 Since 1983, SoSA has rescued and distributed 1 billion pounds of fresh, nutritious food to Americans in need.	6 Philippians 1:3-6 God of justice, forgive our greediness. Undrench our fists and awaken our hearts so we may be your generous people.	7 Deuteronomy 26:12 SoSA can provide a serving of food for 54. Save your pennies & let's see how many servings of food we can provide together.
8 John 6:12 Eat only leftovers today. 44 million hungry Americans would love to have good food to eat.	9 Psalms 82 This week, Pray for Strength for your neighbors in need.	10 Jeremiah 2:13-15 Did you know that 120 billion pounds of food goes to waste in the United States each year?	11 John 21:15 Put an amount in your coin box equivalent to what you spend on a loaf of bread.	12 1 Peter 4:7-11 SoSA is a great steward of both food and money. A \$1 donation shares 20 servings of produce!	13 Job 37:22-24 Gracious God, empower me to be the seed of change in a world that does not know that you're a God of Hope.	14 Matthew 26:35 Visit the local Farmer's market. Ask if you can have the produce that was not sold and bring it to the local food bank.
15 Luke 15:1-10 Looking for a great Bible Study? You can download SoSA's "Gleanings" Bible study free from our website.	16 John 6:5-13 Like the little boy with the 2 fish and 5 loaves of bread, pray that we might open our eyes and Share of our abundance.	17 Mark 12:41-44 Christ has no body now on earth but our bodies. Go now with me, and serve Christ this day.	18 Hebrews 13:2 Give thanks today for Jesus, the Bread of Life.	19 Proverbs 19:17 4 billion servings of nutritious food have been shared through SoSA nationwide.	20 Matthew 17:20 Holy God, whose name is not honored where the needy are not served, help us to embrace our neighbor with love.	21 Luke 12:33 Glean with SoSA, and take the produce to a local food pantry.
22 Isaiah 58:5-7 In celebration of all that God has given to you, take up a love offering for the many people that SoSA serves.	23 Jeremiah 22:3 This week, Pray for Justice for all of God's people.	24 Genesis 1:29 God has provided enough food for everyone to have enough to eat. Eat simply so others can simply eat.	25 Colossians 3:12 Enjoy a meal of beans and rice and donate a package of each to your local food pantry.	26 Acts 2:42-47 SoSA offers free devotion materials for Advent, Lent, and VBS. Order your materials today.	27 Luke 11:1-13 Change my heart, O God, let me know the hungers of my brothers and sisters so that I may reach out in love.	28 Leviticus 19:9 Go Gleaning! Don't know where? Check out our website. EndHunger.org
29 Deuteronomy 15:7 Put a gift in your coin box as a thanksgiving for the many blessings you enjoy.	30 Matthew 5:9 This week, Pray for Peace . May we all become instruments of God's Peace.			<p>Use this calendar to guide your family, friends, or group in a focused scripture reading and meaningful activity each day. Your donations and actions share healthy, nourishing food with people in greatest need throughout the United States. Thank you!</p>		

National Office — 3383 Sweet Hollow Road • Big Island • VA 24526-3054
434-299-5956 • 800-333-4597 • Email: Church@EndHunger.org • www.EndHunger.org/HAM



The International Ministry of Ashland is working with Habitat for Humanity to build a house in Ashland for an Afghan family. If you want to help with the build, please contact Lily Cameron at: LilyCameronRVA@gmail.com.

Our build days are Wednesday, September 11th & Saturday, October 12th.

We may also pick up another day at some point too so just reach out to Lily if you want to help!

VOLUNTEERS NEEDED



DO YOU HAVE AN HOUR OR TWO A WEEK TO VOLUNTEER?

WANT TO MAKE A HUGE DIFFERENCE IN SOMEONE'S LIFE BY HELPING THEM TO LEARN ENGLISH?

SIGN UP TO HELP IN OUR ESL CLASS FOR THE INTERNATIONAL MINISTRY OF ASHLAND!

<https://bit.ly/ESLFall2024>



September 5 – November 21

Tuesdays and Thursdays

9:30am–12pm

Email Fbca.esl@gmail.com

with any questions.

International Ministry of



International Disciples Depot

The Disciples Depot will re-open on September 7th at 10:00 am after a 2-month break.

We will have lots of items that have been collected through the summer. If you are interested in getting involved, please contact Carroll LaHaye.

Also, the Churches and friends have been asked for focus items as follows:

September: notebooks of any kind, spiral bound, 3-ring, composition.

October: toilet paper

November: coats of all sizes, men, women, children

December: TOYS- lots, lots, lots
Please bring your items for just the current month and place in the tote located in the Narthex