



# Church News

## PINEHURST UNITED METHODIST CHURCH



### Services

SUNDAY

8:30 AM & 11:00 AM

SUNDAY SCHOOL CLASSES

9:45 AM

CHILDREN'S CHURCH

11:00 AM

INSIDE	PAGE
Birthdays	3
Music Search	3
Meals on Wheels	3
Women's Ministries	4
Calendar	5
Attendance	6
Pinehurst Men	7
Friendship Circle	7
Stewardship	8
News from Our Nurse	9
Church Office/Staff Info	back cover

### got info?

If you have information you would like to have included in either our monthly newsletter or Sunday bulletin, you may send them by email to: [pumc@pinehurst.net](mailto:pumc@pinehurst.net).

In order to get the newsletter to you in a timely manner, we need to have your information no later than the **18th of each month**. Announcements for the Sunday bulletin should be sent no later than **Wednesday**.

Our thanks to all who have given their time, thoughts and energy to keeping those who attend our church informed of its activities.

### The Pastor's Pen

What do you make of the changing landscape in the Arab world? What do uprisings in Tunisia, Egypt, Bahrain, Libya, Yemen, and elsewhere portend? I have few answers, but I do have a few thoughts.

First, 25 years ago, I thought the USSR was a permanent fixture in the world's geopolitical landscape. Then 20 years ago the morning news heralded the fall of the Berlin Wall, the dismantling of the Soviet Empire, the liberation of Estonia, Latvia, Romania, Ukraine, Armenia, etc. In the vacuum caused by such change, a new opportunity was given for the sharing of the Gospel. The United Methodist Church, which had a presence in Russia prior to 1917, was able to return. The North Carolina Conference of the United Methodist Church was invited into a partnership with the Armenian Christian Church.

I wonder if the change in the Arab world might have opportunity for the church in mission.

Second, Daniel and Isaiah both remind us that nations and their leaders are temporary. Isaiah in the beautiful 40th chapter uses two metaphors, dust on a scale and drop in a bucket. As significant as nations and leaders seem to us, they are all temporary. In the midst of change, Daniel urges us to remember that God ultimately rules over all human affairs.

Third, when change occurs, we do well to pray. Pray for vulnerable people. Pray for leaders who will love justice and equity. Pray for other nations, all of which serve self interest, to be genuinely benevolent.

Fourth, remember the Church. At one time much of the present Arab world had a Christian witness. The great Christian scholar and saint, Augustine, came from modern day Tunisia. The letters of Ephesians and Colossians in the New Testament went to churches in Turkey. The Christians in Iraq trace their ancestry back to the first Apostles. While the Church is small and oppressed in much of the Arab world, it is there, and they are our brothers and sisters in the faith.

I do not know what these events portend, more democracy? More radicalism? God knows! Yet these are the times in which we live. May the Lord hear our prayers, and may the Lord assist us to be faithful.



Of this church I was made a minister according to the stewardship from God bestowed on me for your benefit, so that I might fully carry out the preaching of the word of God, that is the mystery which has been hidden from the past ages and generations, but has now been manifested to His saints, to whom God willed to make known what is the riches of the glory of this mystery among the Gentiles which is Christ in

you the hope of glory. We proclaim him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. For this purpose also I labor, striving according to his power, which mightily works within me. Colossians 1:25-29 emphasis added. (NASV)

With God's help, at Pinehurst United Methodist Church, we will seek to present all persons complete in Christ that they may fully be those through whom Christ lives and works in the world. By the working of the Holy Spirit, we seek Jesus Christ in us and Jesus Christ through us in everything we do that God alone be glorified as we fulfill his plan and purpose for us.

To be complete in Christ is to be everything God purposes for us to be as individual Christians and as a congregation.

In my sermon on March 20, I strongly urged us to understand that relationships are a primary means for becoming complete in Christ. Small groups are essential, and programs are a means to relationships. Strategic relationships may be described by the following questions:

- a. Who is my Lord? Have I surrendered my life by faith to Jesus Christ as Savior and Lord?
- b. Who is my Paul? From whom am I learning the faith?
- c. Who is my Barnabas? Who are my encouragers coming alongside me in my faith?
- d. Who is my Timothy? Into whose life am I contributing as a guide and mentor?
- e. Where is my Antioch? With whom do I worship? To what group am I accountable?
- f. Where is my Macedonia? Who is the target for my outreaching ministry in name of Christ?

There is a type of life that anybody can live. There is another type of life that is grace enabled in which one lives fully in God's purpose and promise. The grace enabled life consists of a trio of constituent parts. First, there is what God does through the Holy Spirit to introduce us to Jesus and to form Christlikeness in us. Second, there is personal response and surrender to grace, repentance of sin, faith in Christ, personal discipline and practices to open oneself to grace. Third, there is the Body of Christ, the members of which share in grace-filled relationships with us and one another.

**LENTEN OBSERVANCES:**

ASH WEDNESDAY, March 9, 5:45-6:30 p.m., we will share in an imposition of ashes service. This simple service marks the beginning of Lent. All are invited, including children. We look forward to your presence.

The following Wednesdays from March 16 through April 13 include LENTEN SUPPERS. We will share in a short

communion and prayer service at 5:15. After the service, at 5:45, we will share a simple meal. Everything should conclude by 6:15 p.m. in order to allow the choir time to be ready for their practice.

HOLY WEEK concludes the Lenten season. Maundy Thursday, April 21, at 7:00 we will recall the institution of the Last Supper. Good Friday considers the day of Jesus' crucifixion. Our service will be 7:30 p.m. Holy Saturday, April 23, includes time with the children including an Easter Egg hunt. The time will be announced later.



LENT is a season reminding us to contemplate carefully the life and suffering of our Savior Jesus Christ. As he lived a life of self-denial and love, we seek to cultivate the same type of life. This we do, on the one hand, by seeking to bring our unruly desires, emotions, and appetites under discipline. We were made to be servants of the Lord. Yet often times our service is frustrated because we cannot bring some habits and practices under control. In Lent we seek to learn to live as those in whom the Spirit of God has more sway than do our many desires and passions.

St. Augustine wrote in the City of God that there are only two alternatives. One may please Christ to the denying of self, or please self to the denying of Christ. To give something up in Lent is to learn how to deny oneself in order to please Christ.

But the other side of self-denial is love. As preoccupation with oneself and one's own desires diminishes, our love for Christ and for others is free to grow. Consequently it makes sense not only to give something up during this season but also to add on practices of love. If one gives up soft drinks, the money saved could go to support a child from an impoverished area of the world. If one gives up watching television, the time saved could go to visiting the sick or volunteering in serving through a local ministry.

In addition to practices of abstinence and corresponding practices of love, Lent is a time for devotional reflection. Take time daily to pray and to read the Bible. Be frequent in worship, and be present on the first Sundays of the month for communion. Join a Sunday School class or one of the weekly studies. Come to the Lenten suppers. Worship in each of the Holy Week services.

Our purpose in Lent is not just to do nice religious things. Our purpose is become more and more the people Christ desires us to be. As we engage in self-denial, in acts of love, and in acts of devotion, we are opening ourselves more fully to the grace of God in Jesus Christ which shapes and transforms our lives. May God grant us help to keep a good Lenten season.





# MARCH BIRTHDAYS

Date	Name
1	Kevin Robinson
3	Jon Riddle
3	George Hancock
4	Ann Mills
4	Laura Duffy
7	Kary Clark
7	Nathan Hill – 6 yrs.
8	Tom Fletcher
9	Eileen Ritz
10	Linda Caldwell
11	Vera McClive
13	Sonny Upole
15	Charlotte Jordan
16	Lois Gerkin
16	Carolyn Shaffer
17	Jerri Banks
20	Marion Weathers
21	Helen Moeser
21	Stephen Makie
21	Stephen Makie Jr. – 4 yrs.
22	George Tucker
22	Allen Bingham
22	Jonathan Brooks
24	Bob Mason
24	Rachel Lester – 14 yrs.
25	Marie Getty
25	Jack Lockhart
25	Audrey Upole Chacon
29	Bill Parris
29	Sadie Jane Robinson – 10 yrs.
30	Tony Price
30	Adam Cummings – 16 yrs.
31	Roger Carter
31	Sandy Salinero
31	Andrew Wilkins
31	Emily Christaldi – 18 yrs.

## UPDATE FROM THE MUSIC SEARCH COMMITTEE

Because of the newsletter deadline, this is being written about ten (10) days before you are reading it. Thus, it may not be up to date information by the time it is being read.

The search committee has agreed on a group of finalists. At this point our assumption is that two candidates will be chosen to come to Pinehurst for an interview/audition.

The candidates who come for an interview/audition will meet with the search committee, conduct a choir rehearsal and demonstrate their abilities at the organ and piano. They will also have a one on one meeting with Pastor Banks. The pastor and the music director need to determine that their theological stance and their understanding of the place of music in the worship are compatible and that they can work together effectively. While compatibility between staff members is important, we need to remember in the United Methodist system of pastoral appointment, a professional music person may serve a congregation over the tenure of more than one pastor and so compatibility with the congregation and the congregation's understanding of its ministry is important as well. The candidates will also meet with the Committee on Staff-Parish Relations.

The Committee on Staff Parish Relations is responsible for determining the conditions of employment: compensation package, continuing education expectations, vacations, as well as assistance in moving expenses, starting date, etc.

Again, we remind the members of our congregation that these candidates are all presently employed, and it will take some time for them to phase out of their current positions and make the move to the Pinehurst area. Therefore, it is unlikely that we will have a new music director before Easter.

## MEALS ON WHEELS OF THE SANDHILLS

Meals on Wheels of the Sandhills enters its fifth year as a PUMC Mission. Their objective is to provide a hot, nutritious and diet specific mid-day meal, Monday through Friday, (including weekday holidays) to homebound recipients who are unable to prepare a meal or do not have someone to prepare a meal for them. They perform their services in the towns of Aberdeen, Pinebluff, Pinehurst and Southern Pines.

With more than 130 active, caring volunteers, they deliver noontime meals to approximately 100 recipients 260 days a year. The volunteers donate their time and use of their personal vehicles to deliver the meals.

Meals are provided to all in need of their service (without a waiting list) regardless of whether or not they can pay the nominal charge of \$2.00 per meal. Their collection rate of payment for meals has averaged 45-50 percent.

Meals on Wheels Service enable many of the elderly in our communities to remain in their homes, without giving up their independence and moving into a care facility.

Since relatives of some recipients live outside the community, the daily contact by Meal on Wheels also provides a "life line".

Should you be interested in performing volunteer work for Meal on Wheels, please contact Rebecca Listrom at 692-0384.

"A generous man will himself be blessed for he shares his food with the poor". (Proverbs 22:9)



# Women's Ministries at PUMC

*UMW is about nurturing women, youth, and children.*

## OPPORTUNITIES FOR WOMEN AT PUMC

Come & participate in any of these activities:

**Aurora Circle:** Quilting/banner making, 2nd Mon.,  
9:30 AM. Contact Judy Forster, 215-9977

**Evening Circle:** 4th Monday, 7:00 PM, Call: Dee  
Johnson, 215-8104; child care available

**Friendship Circle:** 3rd Wed. afternoons, 1:00 PM,  
Contact Pam Martin, 400-5138

**Ladies' Bible Fellowship:** Thurs. 9:30 AM, Seven Lakes.  
Call Dorothy Werkmeister 400-5050

**Knitting Group:** Tuesdays, 1:30 PM  
Contact Dita Mc Gaughey, 673-4716

**Card Ministry:** Send congregational greeting cards  
Contact Dita Mc Gaughey, 673-4716

**UMW activities:** Contact Beverly Bizzell, 692-1777

## TWO NEW BIBLE STUDIES

Join the Evening Circle on Monday, March 28th at 7:00 PM. to share in their new study, "Proverbs—Uncommon Sense". Or, attend the Ladies Bible Fellowship at West Side Community Center at Seven Lakes West, starting March 17th, at 9 AM and become involved in their new study "Pursuing More of Jesus". A third choice is the Friendship Circle's continuing study on "When God Speaks", on March 16th at 1:00. Along with these studies, you will enjoy fellowship with new friends. Please come!

## NEWS U CAN USE

Are you receiving UMW's *news u can use* in your E mails? This bi-monthly communication tool, created by Carla Jones, will inform and inspire you with PUMC women's activities, concerns, and items of interest. To be placed on her E mail list, contact Carla at pinewildcarla@gmail.com. If you don't use E mail, hard copies are available in the narthex.

## E-PRAYER CHAIN

Contact Nancy Bowling at nbow@nc.rr.com, with your prayer requests. Also, contact her if you would like to be a prayer warrior.

## WORLD DAY OF PRAYER: HOW MANY LOAVES HAVE YOU?

Join other friends for this worldwide day of celebration at Brownson Presbyterian Church, Southern Pines, on Friday, March 4th, at 10:00 AM. There will be great fellowship, music and prayer, with lunch following. No reservations needed. You can find out more about it on www.wdpusa.org.

## TABS, LABELS, RAISINS, & CRACKERS

Bring you beverage tabs – for the Ronald McDonald House; Campbell Soup labels – for Methodist University, Fayetteville; peanut butter cracker packs for the Snak Pack Pals (seniors); and miniature boxes of raisins – for Back Pack Pals. Thanks!

## BROWNIES & COOKIES & GOODIES, OH MY!

The annual United Methodist Men's BBQ will take place on Friday, **April 15th** and PUMC women are able to offer our help by providing home baked brownies AND cookies to serve with their dinners. (The choice of cookies with the dinners is new this year.) During that event, the women hold a bake sale, and up to this point it has been our only fund raiser. So won't you put on your aprons and bake, bake, bake? You have over a month to decide on your most decadent contribution(s). For the bake sale all goodies are appreciated. Items will need to be dropped off by Thursday afternoon, April 14th. In addition to baking won't you please sign up (in the narthex) to help for 2 hours that day? Thank you in advance.

## DISTRICT NEWS

The District UMW annual spiritual enrichment event, District Day Apart, will be held on Saturday, March 26, at the Center UMC, Sanford, from 9 til 1. The featured speaker will be Norma Smith, Jonesboro UMC, a dynamic lay speaker and volunteer supervisor coordinator for Wake County's Habitat. There will be music & refreshments. We will car pool. Use the sign up sheet in the narthex by 3/23.

## SOUP ANYONE?

PUMC women gathered Tuesday evening, Feb. 15th, to enjoy a Chicks 'N Chili supper together at the second UMW & CEO (that's Chicks Eating Out) event. Cans of soup were brought to give to the Coalition. The women enthusiastically listened to Page Memorial UMC's Carolyn Gourley share her passion about their newly created **Soup Kitchen**, established to provide free lunches for area folks in need. Their congregation volunteers each Monday. PUMC volunteers help out on the second and fourth Tuesdays of each month; while other congregations help out on other days. In addition to a meal, Christian friendship is extended in the form of conversation, clothing, job info and more. If you would like to help out, please contact Joan Secrest at joan.secrest@nc.rr.com or 420-2280. Men are very welcome to help too - just ask Gary Secrest or Frank Ray all about it!

## SAVE THE DATE

For four years dozens of PUMC women and friends have gathered each fall at the beautiful Caraway Conference Center in Asheboro, for an over night retreat of fun, fellowship, and faith study. Don't miss next falls' Women's Retreat because of a scheduling issue. . . mark your calendars now for the 5th annual Retreat, to be held on Saturday and Sunday, October 22 & 23, 2011. More info will come later in the year.



# MARCH CALENDAR

Date	Day	Time	Event
1	Tuesday	6:45 a.m. 1:30 p.m.	PUMC Youth Breakfast Knitting Group
2	Wednesday	9:30 a.m. 11:30 a.m. 3:45 p.m. 6:30 p.m.	Pastor's Bible Study "Young At Heart" Luncheon – Day's End Confirmation Class Adult Choir Practice
3	Thursday	10:30 a.m. 7:00 p.m.	Prayers for our Church Apprentice Class
6	Sunday	5:00 p.m. 5:00 p.m.	Children's Music Program PUMC Youth Fellowship
7	Monday	7:00 p.m.	Board of Trustees
8	Tuesday	1:30 p.m.	Knitting Group
9	Wednesday	9:30 a.m. 3:00 p.m. 3:45 p.m. 5:15 p.m. 6:30 p.m.	Pastor's Bible Study Health Ministry Meeting Confirmation Class Ash Wednesday Service Adult Choir Practice
10	Thursday	10:30 a.m. 7:00 p.m.	Prayers for our church Apprentice Class
13	Sunday	12:30 p.m. 5:00 p.m. 5:00 p.m.	J.O.Y Luncheon – Table on the Green Children's Music Program PUMC Youth Fellowship
14	Monday	9:30 a.m.	Aurora Circle Meeting
15	Tuesday	6:45 a.m. 1:30 p.m. 7:00 p.m.	PUMC Youth Breakfast Knitting Group Finance Committee Meeting
16	Wednesday	9:30 a.m. 1:00 p.m. 3:45 p.m. 5:15 p.m.	Pastor's Bible Study Friendship Circle Meeting Confirmation Class Lenten Service/with meal
17	Thursday	10:30 a.m. 7:00 p.m.	Prayers for our Church Apprentice Class
20	Sunday	5:00 p.m. 5:00 p.m.	Children's Music Program PUMC Youth Fellowship
21	Monday	7:00 p.m.	Church Council Meeting
22	Tuesday	1:30 p.m. 7:00p.m.	Knitting Group Staff Parish Meeting
23	Wednesday	9:30 a.m. 3:45 p.m. 5:15 p.m. 6:30 p.m.	Pastor's Bible Study Confirmation Class Lenten Service/with meal Adult Choir Rehearsal
24	Thursday	10:30 a.m. 5:00 p.m. 7:00 p.m. 7:00 p.m.	Prayers for our church Hospice Memorial Service Apprentice Class UM Men Barbecue Planning Meeting
26	Saturday	4:30 p.m.	Children's Story Hour and Pizza
27	Sunday	5:00 p.m. 5:00 p.m.	Children's Music Program PUMC Youth Fellowship
28	Monday	7:00 p.m.	Women's Evening Circle
29	Tuesday	1:30 p.m.	Knitting Group
30	Wednesday	9:30 a.m. 3:45 p.m. 5:15 p.m. 6:30 p.m.	Pastor's Bible Study Confirmation Class Lenten Service/with meal Adult Choir Rehearsal
31	Thursday	10:30 a.m. 7:00 p.m.	Prayers for our Church Last Apprentice Class

***Check Sunday bulletins for additional meetings and events.***

**Every Sunday:**

8:30 a.m.  
Early Worship Services

9:45 a.m.  
Sunday School Classes for all ages

11:00 a.m.  
Late Worship Services

## PUMC OFFICE STAFF

4111 Airport Road  
Pinehurst, NC 28374  
Phone: (910) 215-4559  
FAX: (910) 295-0669  
Email: pumc@pinehurst.net  
www.pinehurstumc.org

**David Banks, Pastor**  
910-215-4559  
Home 910-295-7294  
dabanks@nccumc.org

**Administrative Assistant**  
Ellen Hertlein

**Bookkeeper**  
Roberta Culver

## Office Hours:

The church office is open weekdays from 9 AM until 4:30 PM. You may catch the pastor at the church during that time, or call to set up an appointment.

## PROGRAM LEADERS

**Minister of Membership**  
Emil Johnson - 673-3832

**Minister of Administration**  
Bruce Carlson - 949-5513

**Stephen Ministry Leaders**  
Sherri Mangum / 692-5506  
Peggy Walsh / 639-3333

**Congregational Nurse**  
Shirley Baldwin, RN - 295-1577

## CHURCH COUNCIL OFFICERS

**Chairperson**  
Greg Linville — 295-4027

**Vice-Chairperson**  
Robin Cummings — 695-1590

**Lay Leaders (8:30 AM)**  
Jon & Lesa Riddle — 295-4927

**Lay Leaders (11:00 AM)**  
Peg Walsh — 639-3333

**Lay Delegates  
to Annual Conference**  
Ann & Benny Morse — 692-3794

**Finance Committee**  
Hugh Miner — 246-6489

**Pastor-Parish  
Relations Committee**  
Tony Price — 295-5248

**Board of Trustees**  
TBD

## JANUARY 2011 SUNDAY SCHOOL ATTENDANCE

Jan. 2	48
Jan 9	54
Jan 16	39
Jan 23	45
Jan 30	21

\*Not all classes reported

## JANUARY 2011 WORSHIP ATTENDANCE

DATE	EARLY	LATE	TOTAL
Jan 2	83	145	228
Jan 9	144	150	294
Jan 16	106	137	243
Jan 23	86	162	248
Jan 30	115	174	289

## STEWARDSHIP REPORT AS OF JANUARY 31, 2011

YTD Budgeted Need	\$48,794
YTD General Offering	\$48,251
YTD Expenses	\$46,319
Mortgage Balance	\$700,851

## MINISTRY CONNECTIONS

**Altar Guild Coordinator**  
Mary Gaye Shields - 295-0392

**Head Usher (8:30 AM)**  
Jack Lockhart - 246-0505

**Head Usher (11:00 AM)**  
Joe Clendenin - 692-2538

**Youth Ministry Chairperson**  
Holly McDow - 673-2267

**Children's Ministry Chairperson-**  
Christy Lineback - 215-0132

**Sunday School Superintendent**  
TBD

**Vacation Bible School Coordinator**  
TBD

**Congregation Care Committee**  
Shirley Baldwin - 295-1577

**Fellowship Coordinator**  
Glenda Clendenin - 692-2538

**Let's Do Dinner**  
Carla Jones - 235-3821

**United Methodist Women**  
Beverly Bizzell Barnes - 692-1777

**Aurora Circle**  
Judy Forster - 215-9977

**Friendship Circle**  
Pam Martin - 400-5138

**Women's Evening Circle**  
Jeanette Schoonover - 947-2685

**Knitting Group**  
Dita McGaughy -673-4716

**United Methodist Men**  
Jim Scott - 695-1868

**Young At Heart Fellowship**  
Faith Thorpe - 692-6022

**J.O.Y. Fellowship**  
Carolyn Mosseller - 295-0825

**Mission Team Coordinators**  
Clyde & Arlene Evans - 673-4649

**Communication/Advertising**  
Janeen Driscoll - 246-5109  
Kim Gilley - 295-6317

## PINEHURST MEN HEAR LT. GENERAL WILLIAM THURMAN AT BREAKFAST MEETING

On Saturday, February 19, the Pinehurst chapter of the UMM were regaled by retired Lieutenant General Bill Thurman at a breakfast meeting. After a generous breakfast served by the cooking crew of Jim Scott, Ron Johnson, Terry McDaniel, and Tom Beveridge, president Scott introduced General Thurman to the attendees. General Thurman graduated from the Naval Academy in 1954. He became an Air Force fighter pilot and flying instructor. He flew 56 combat missions over North Vietnam and was quickly rescued after being shot down once. During his career, he was awarded the Distinguished Service Medal, the Distinguished Flying Cross, and a Bronze Star (among others). General Thurman held several leadership positions in the military including Vice Commander of the Air Force Systems Command at Andrews AFB near Washington, D.C.

While stationed at Wright-Patterson AFB, General Thurman headed the Prototype Program Office wherein the F-16, F-18, and C-17 aircraft were developed. When President Reagan reinstated the B-1B program, Bill was assigned to head that program office. According to Bill, President Reagan authorized \$20.5B for the program but warned that he would cancel the entire program if they overran the contract by even one dollar. Under Bill's leadership, and working closely with then Secretary of Defense Casper Weinberger, the program did come in about \$3B under budget.

General Thurman brought several models of aircraft and he described the features of each. He concluded by answering questions from the audience.



### *A Thank You to All Members*

We would like to offer our heartfelt thanks to all of you for your prayers, visits, cards and phone calls offered on behalf of Ken at the time of his recent illness. You truly demonstrated God's love. Thank you again for caring.

Ken and Ruth Fitzgerald

### GREETINGS FROM JEAN AND ROGER HICKS

As we continue to become settled in the Valley of the Sun, we wish to thank you for your love and prayers, especially for Jean as she awaits surgery on her torn meniscus. We've enjoyed sitting together in church as we have engaged in the Beyond First Impressions ministry. We have had opportunity to worship in a variety of church settings. We wish to express our deep gratitude for the best wishes and gifts we received at our farewell dinner and for the church's farewell love gift received a few days ago. We pray for God's distinct guidance in your search for the person/s who will take the music of PUMC to the next level.

### FRIENDSHIP CIRCLE



Friendship Circle will have their regular monthly meeting on Wednesday, March 16 at 1:00 p.m. at the church. All women of the church are invited to attend and take part in this fellowship and study group. If you have any questions, please contact Pam Martin at 400-5138.

## STEWARDSHIP

Paul D Shaffer – Stewardship Team Chair



### “Commit to Begin Building:”

#### A funding campaign for the future of Pinehurst United Methodist Church

Mid-year 2011 we expect to refinance our mortgage, just over one year earlier than we are required to do by the terms of our current 20 year amortized, 10 year call note. Using the equity we can get with a refinance combined with the proceeds from the “Commit to Begin Building” campaign, we would expect to construct an addition that will accommodate Christian education, children, youth and staff space for years to come. We expect to start construction after the conclusion of the campaign and refinance, probably in early summer. Our goal would be to see the addition completed by no later than the end of the year.

We are in the process of a multi-step approval process for such an addition. The first step was completed with unanimous approval of preliminary financial and building plans at a Church Conference on Sunday, February 6th. Upon final approval of the preliminary plan, detailed plan and finance plan by various individuals and committees, we will have a Charge Conference for final church approval. At this time, let us take a look at the outline of the “Commit to Begin Building” campaign, a vital component to launching construction of this addition. We would expect to ask each and every giving unit, families and individuals, to give prayerful thought to making a “second mile one-time” generous gift this year to assist in building this addition. The more we can collect up front, the fewer dollars we have to borrow from ourselves from our equity during the refinance noted above. In a joint article in last month’s newsletter, we used an example of how we could raise \$100,000 in such a campaign. This is not a hard number; in fact we would like to raise more but could raise less. Some have suggested that we could raise the entire amount needed, preliminarily estimated to be in the \$400,000 range.

How would such a campaign work? When we are assured that we can and will move forward, we would start the campaign with a letter to all congregational members announcing the kick off, restate the purpose and outline the campaign steps. We would expect the campaign to last about 8 weeks. As an example, we could kick off the campaign during the last week in March and conclude on Sunday, May 15th. During the third week of April we could have a church wide evening meeting (a potluck sounds good, we all like food) to discuss the campaign progress, answer questions, talk about the construction plans, etc. Before that meeting, we would mail the kick-off letter as noted above. We would follow that letter with a “Commit to Begin the Building” response card and a return envelope. We would ask for a one-time contribution to be paid over one to four equal payments, all during this year.

We would expect status reports during worship services, along with bulletin inserts and email updates at least twice a month. We would design a progress chart to be displayed next to the building plans in the Narthex. Commitment payments could be made in one to four payments, all made no later than Sunday, November 6th. We would know by the close (middle of May) what to expect from the “Commit to Begin Building” campaign. This is a preliminary look at the campaign with final details and dates to follow.

How much can I give? As stated in the article last month, we would hope that our congregation would be excited about and generous with their giving. We stated last month that we expected, on average, 100 families giving \$1000 seemed very reasonable and doable. We do know that there are some who can and would give more and some, for good reason, would give less. Any and all giving will be appreciated and everyone giving something essential.

On a final note, from the beginning of this year, any gift noted as “Building” or “Promised Land” will be designated to go toward this planned addition. If you have any questions or comments about this proposed campaign, please call Paul Shaffer, (910) 295-3804.

# News From “Our Nurse”

## How Carbohydrates Fit Into Your Diet

When it comes to weight loss, carbohydrates get a bad rap. Many people believe that to lose weight you need to go on a low carbohydrate diet. This is largely due to a large number of low carbohydrate diet books on the market. All carbohydrates are not bad but some are better than others. Carbohydrates have a place in a healthy diet because our bodies need them to function.

Most carbohydrates occur naturally in plant based foods such as grains. The most common sources of naturally occurring carbohydrates are fruits, vegetables, beans, nuts, and grains.

There are three types of carbohydrates:

- Sugar.** This is the simplest form of carbohydrates that is in fruits, vegetables and milk products.
- Starch.** Starch is made of sugar units that bond together. Starch occurs naturally in vegetables, grains, and cooked dried beans and peas.
- Fiber.** Fiber is also sugar units bonded together. Foods naturally rich in fiber are whole grains, fruits and vegetables as well as cooked dry beans and peas.

Carbohydrates have a vital role in a person’s health. Our bodies use carbohydrates as its main source of fuel. Sugar and starches are broken down during digestion into simple sugar known as glucose. Glucose enters the cells of our body with the help of insulin. Some of the glucose is used for normal activities and the rest is stored in the liver, muscles, and other cells for later use or converted to fat if not needed.

Research has shown that a diet with plenty of vegetables, fruits, and whole grains can help control your weight by helping you feel full with fewer calories.

Choose your carbohydrates wisely because not all carbohydrates are created equal. For a healthy diet choose:

- Baked sweet potato instead of white potato for higher fiber
- Brown rice or pasta instead of white rice or pasta
- Whole grain bread and cereal instead of white bread or processed grains
- Low fat milk products instead of whole milk products
- Incorporate beans and legumes into your diet regularly
- Limit the amount of added sugar and processed foods in your diet

The moral is to choose wisely and remember that if you take in more calories than you expend you will gain weight. If you expend more calories that you take in you will lose weight. Therefore eat healthy and exercise daily.



PINEHURST  
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*This newsletter is sent  
with a blessing and a prayer to:*

### Contact Information



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#### **Office Hours:**

The church office is open weekdays from 9:00 AM until 4:30 PM. Feel free to stop by for a visit. You may catch the pastor at the church during that time, or you can call to set up a time and place that is convenient for you.