



June 23, 2022 ★ 6:00 pm ★ Wald Park



The Notes is a weekly publication highlighting the ministries of Vestavia Hills United Methodist Church. If you have information you would like to highlight, please contact Emily Forsythe at [eforsythe@vhumc.org](mailto:eforsythe@vhumc.org). Deadline for information is Monday at noon.



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### Join VHUMC at I Love America Night

Come join the fun with our Vestavia Hills community as VHUMC again participates in this big, fun community celebration at Wald Park next Thursday, June 23, from 6:00 – 8:00 pm. Serve in the VHUMC Kids Area with inflatables, slides, corn hole, and more. Visit vendors, enjoy free food, music, and see a huge fireworks show at the end. Please use this registration link to sign up for a time slot you or your kids (high school or older) and friends can work. We'll be helping kids on and off inflatables, so this can be a workout. We also need van drivers to help transport from remote locations into Wald Park. To do this, you must be VHUMC van certified so please email Suzanne ([sstrammell@vhumc.org](mailto:sstrammell@vhumc.org)), if you can help or want to be certified.

### 8:30 Worship Snacks

Please join us in the Parlor for cheese biscuits, sweet rolls, coffee, and juice before the 8:30 worship service. Bring the kids and enjoy meeting the ushers and others involved in this service, from 7:45-8:25 am on Sunday mornings.

### Altar Flowers

The flowers on the altar Sunday, June 12, were in loving memory of Clark Amos's birthday, son, and brother to John, Cathie, Morgan, and Whitney Amos.

### Jesus and the Qur'an

Did you know Jesus' name is mentioned more times than Muhammad in the Qur'an? Do you wonder what the Islamic belief is about Jesus? Why is Jesus' name the only one referenced as "holy"? Come learn about James, the brother of Jesus, and the Islamic beliefs of Jesus. This is a two week study on Wednesday nights, from 6:00 – 7:00 pm, July 13 and 20. It will be led by a guest speaker, Dr. Alan Paul.

### Barons Family Fun Night

VHUMC's Family Ministries and Thrive Student Ministries is hosting a Family Fun Night at the Birmingham Barons game on Wednesday, July 6! There will be a VHUMC section at the Home Run Porch of Regions Field for families to hang out, eat, and hopefully catch a home run ball! This event is FREE, but space is limited so register your family today! Transportation from the church to the stadium will be available with preference given to Thrive students without a ride. Registration includes a ticket to the game and dinner. We hope to see you out at the ballpark for a night of food, fellowship, and home runs!

### Mom's Support Group at VHUMC

We are pleased to welcome a Mom's Support Group, open to all new or existing moms needing support. Hosted by Brookwood Baptist Women's Medical Center, there are 2-3 professionals on site to help with lactation consulting, weight checks, and any other questions or concerns moms may have. It is FREE to attend, downstairs in the Lighthouse (Room 147) every Thursday, 10:00 am – 3:00 pm. For more information, contact Kaye Dahle of Brookwood's Lactation Dept (877-1978).

### New June Yoga Series

FLO Yoga (for ladies only) with Nancy Mosley will meet on Tuesdays, June 21 and 28. (No class June 14 due to VBC).

- 8:30 am Gentle FLO: for those who want to try a no-impact way to feel good through gentle stretching and strengthening postures. This class is held upstairs in the Lighthouse, Room 247.
- 4:00 pm Active FLO: for those already practicing who want a little more challenge while stretching and strengthening. This class is held across from The Cafe in Room 117.

**CARELINE: 205-822-9336**  
**WEEKEND OR AFTER-HOUR HEALTH**  
**EMERGENCIES: 205-914-3121**

*VHUMC will not publish the names and/or concerns of persons known by VHUMC to be minors (18 years of age or younger) without the permission of said minor's legal guardian.*

## Prayer Requests

Cammie Atkins  
Mike Harper  
Helen Ryland  
Oren Babb  
Mary Anne Hooper  
Diane Sausen  
Ruth Bartow  
Ann Howard  
Sandra Sims  
Lodema Bean  
Alan Kaufman  
Sally Stanley  
Judy Billmeier  
Joy Langley  
Julia Stowe  
Jean Burford  
Lee McKinnon  
John Taylor  
Julie Carroll  
Sue Malone  
Betty Thompson  
Brenda Correll  
Ed McTyre  
Jim Thompson  
Jamie DeMarco  
Jean Morton

John Watkins  
Ron Dennis  
Emily Phillips  
Vicki Watkins  
Will Grove  
Marion Phillips  
Jay Wells  
Elizabeth Hamby  
Joan Rasberry  
Dan Wise  
Frances Hardwick  
Bob Ramsbacher

### GLOBAL PRAYER REQUEST

- All of the Health Industry Workers
- All of our First Responders
- All who are struggling in these challenging times

We also continue to offer prayers of healing and comfort for all of the families impacted with the coronavirus. *In an effort to keep the prayer request list current, names will be listed for two weeks unless we are otherwise notified. Thank you. Please let us know of your immediate family members serving in the military. Contact VHUMC (769.0109) with prayer request information.*

## Resources

	<b>Actual</b>	<b>Variance</b>
Donations last week	\$54,300	-\$13,237
<b>July 2021 - April 2022</b>		
Donations	\$3,643,425	+\$278,921
Other Income	\$115,494	-\$7,171
Total Income	\$3,758,919	+\$271,750

(+) Better or (-) worse for the church than our budget  
\* Includes COA, Summer Days, VDS, and Vestavia Dance

First timers, please arrive ten minutes early. Classes are \$5 each and can be paid per class. Cash/Checks are accepted (checks written to VHUMC). Bring a yoga mat and a large towel or small blanket - there are mats, blocks, and straps available to borrow. As you continue to attend class it's suggested to purchase your own mat. If you have any questions, feel free to call or text Nancy (478-4917).

## Farmers Market

The weekly Farmers Market will take place every Wednesday through August 31, from 10:00 am – 1:00 pm. Be sure to stop by Scout Square on Highway 31 in Vestavia and pick up some fresh produce, baked goods, and more. The market is a mission of VHUMC, with funds from the market used to supply our Food Pantry with fresh fruit and vegetables.

## Mark your Calendars for Taco Mama

Mark your calendars for our next Taco Mama night on June 27. This event will benefit missions at our church. Once a quarter, VHUMC will have the opportunity to fellowship together outside the church all while helping a good cause. The last "Mission Monday" night raised over \$300 which in turn helped to pay utilities for people in need.

So come out on Monday, June 27, starting at 5:00 pm and have a fun night with your church family and help others in need at the same time. All orders including take out, gift cards, and dining-in support VHUMC missions.

## Volunteer Spotlight

This month's theme for the Year to Serve is focused around youth and planting the seeds in youth. By engaging the youth in mission opportunities and serving others, we are planting the seeds in them to continue to serve as they grow up. One volunteer exemplifies planting the seeds in youth and we are thrilled to spotlight Anna Watts.

Anna and her husband, Brant, have been married for twenty six years and have three children and Reece, a thirteen-year-old boykin spaniel. They are longtime VHUMC members and her involvement with the youth started before her children were even on the youth floor. Her three children, Whitt, 23, Wynne, 22, and Wells, 19, were always participating in something on the youth floor and their mama was volunteering right alongside them.

Her involvement started over fourteen years ago with Central Park UMC. VHUMC and Central Park UMC would host the Youth Christmas Breakfast. Anna loved serving at Central Park and has been active to this day still with our Youth Christmas Breakfast which is now the 12 Stops of Christmas, serving families in the Birmingham community. The breakfast was just one of many mission opportunities Anna volunteered with the youth. Others include ASP, Discovery, Youth Serve Week, Veteran's Day, MLK Serve Day, as well as serving as a confirmation leader and small group leader. Anna says there were so many wonderful friends that served alongside all of these events such as the Sanders, Pattons, Kimbroughs, Christies, Holstons, Meadows, Strongs, Barrentines, and Caecase families.

One thing that makes this volunteer spotlight unique is Anna is now on staff at VHUMC. She still volunteers with the food pantry and other youth events at church, but for the past eighteen months, Anna has worked in the missions office helping with the car ministry and benevolence calls. When asked about volunteering at VHUMC, Anna replied, "I am so thankful that VHUMC partners with so many mission groups. I think once you find one to volunteer for, you will find that it is not only helpful but very rewarding to build relationships with those you are helping out."

Thank you Anna for always saying yes and for always showing God's love in everything you do.

## Congregational Care

### HOSPITALS, REHAB & EXTENDED CARE

Dedo Anthony

### SYMPATHY

To Sallie & Vincent Campbell and family in the death of Vincent's son Ben Rogers, on May 30th.

To Jennifer, Alan, Ella Mae, and Sara House in the death of Jennifer's brother, Jeremy Turner of Eclectic, AL, on June 1st.

To Viviana & Carlos Rodriguez in the death of Carlos' brother, Roberto Rodriguez of Buenos Aries, Argentina, on June 3rd.

To Allison & Jeremiah Stone in the death of Allison's grandfather, Norman Putman of Oneonta, AL, on June 8th.

To VDS Assistant Administrator Delores Griggs in the death of her father, Lloyd Smith of Meridian, MS, on June 11th.

To Rick & Ashley Smith in the death of Rick's wife and Ashley's mother, Leigh Smith, on June 13th.

### CONGRATULATIONS

To Marsha Yeilding in the birth of her grandson, William Grant Yeilding, IV, on May 30th. Katie & Grant Yeilding of Smyrna, GA are the proud parents.

To Suzanne & Danny Stalnaker in the birth of their granddaughter, Alora Grey Stalnaker on June 2nd. Ellis Stalnaker & Traylee Ward of Gulf Shores, AL are the proud parents, and Judy & Barry Ellis are the paternal great grandparents.

To Margaret & Dennis Flowers in the marriage of their daughter, Laura Flowers, to Tollie Jones on June 11th in Birmingham.

To Joan & Wayne Palestini in the birth of their great granddaughter, Lilian Grace Stepp, on June 14, 2022. Kristen & Hunter Stepp of Prattville, AL are the proud parents.

To Lt. Col. Grant Harwell in his promotion to Commander of the 435th Construction & Training Squadron on June 15th at Ramstein Air Base, Germany. Janet & David Harwell are the proud parents, and Billie Kelly is Grant's maternal grandmother.

## Ongoing Outreach

### FOOD PANTRY

Food Pantry is continuing to distribute food to about 400 families with almost 200 families coming every other Wednesday. We are still purchasing from the Community Food Bank once a month and receiving two box trucks of food each time. Thank you to everyone who continues to donate to this very special ministry. Many thanks to this wonderful team of volunteers who continue to unload trucks, sort food, tray food, stack food, bag food, and distribute food!

### OAK MOUNTAIN MISSION

Oak Mountain Missions needs summer children's clothes and shoes. Adult tennis shoes are needed as well. Kitchen items such as cookware, dishes, and glasses are always needed. If you have a small kitchen table and chairs to donate, please contact Barbara Porter (531-9832). Thank you.