

ALL THINGS NEW

“See, I am making all things new.” Revelation 21:5

July 2013

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C.H.U.M.S.

Cahaba Heights United
Methodist Seniors

Inside this issue:

Letter from the Pastor	1
VBS Help Needed	1
Last Month	2
Mission/Volunteer Opportunities	2
This Month	3
Exercise Class/Contributions	3
Monk's Corner	4

Letter from the Pastor

“God gives life to the dead and calls into existence the things that do not exist.”

Romans 4:17

God called Abram when he was seventy-five years old. God called Abram to leave behind the life he had known to embark on a journey to a new land where, God promised, Abram would become the father of a nation destined to bless the world. “Blessed to be a blessing” is the phrase

we use to describe this promise, this covenant, between God and Abram.

Friends, you and I are descendants of Abram (later called Abraham), and we live in that same covenant. Even when we are very young, and even when we are very old, we are called to follow God, to receive the new plans that God has for our lives, and to enjoy the blessings that God gives *so that we can then bless others*.

This month, we launch our newsletter, *All Things New*, in anticipation of a year in which we will experience new things together, learn new things together, and teach all that we have learned in order to bless those around us. I hope you will join me in becoming more and more engaged in the opportunities God presents us to be made new in Him.

-Rev. Kelsey Johnson

You Can Help with VBS

Our Vacation Bible School will be held Sunday, July 14th-Thursday, July 18th. Prior to VBS, please collect any paper towel

rolls or empty water bottles and bring them to the church—the kids will use these for some of their activities. During VBS, we will need

help counting all of the change that the kids collect for Missions. If you are interested in helping, please let Kelsey know.

Last Month: Kelsey's Presentation

This past month, CHUMS met in the Fellowship Hall as Kelsey gave a presentation of her recent trip to Israel. Kelsey used (as much as possible) the chronology of the Bible to organize a Power Point presentation about the trip, sharing highlights from Tel Dan, Tel Megiddon, Galilee, Jericho, and Jerusalem. Along the way, participants were invited to look up the Bible verses where all of

these locations are mentioned. Afterwards, the group filled out a survey about what senior activities they would like to see offered at Cahaba Heights UMC. (If you did not get a survey but would like to share your opinion, please contact Kelsey.) Next, the group shared a lunch catered by O'Carr's Deli (across the street in Cahaba Village). After lunch, Kelsey answered questions

about her trip. We had lots of leftovers after the luncheon, so Freddie Huey called the Fire-house Shelter and offered them the leftover sandwiches, fruit, and salad. They gladly accepted and send their thanks to CHUMS for sharing!



Mission Opportunity: Deliver Communion

Do you have a heart for the homebound? Each month, Kelsey delivers communion to our homebound members who would like it. This not only allows them to partake of the sacrament, but also helps to keep

them connected to our community. Becoming homebound can mean feeling increasingly isolated. Our homebound members miss being able to attend worship, so receiving the same bread and juice that the rest

of the congregation partakes in helps them to still feel a part of the body of Christ. If you would like to accompany Kelsey in this ministry, please call the church office. We can use one or two volunteers per month.

Volunteer Opportunity: Fold, Fold, Fold!

Between bulletins, newsletters, and letters, our church creates and sends a lot of publications. Kelsey and Gwen create these publications, but we always need lots of help folding,

stuffing envelopes, and placing labels before we can get them into the congregation's hands. Our folding volunteers have a great time chatting and getting to know each other as they work. If

you would like for Gwen to call you when an opportunity arises to help fold, please call the church office to let her know. We appreciate any help you can give us!

This Month: Peach Park

This month our CHUMS outing will take place on a different date than usual: we will meet at the church at 10:30 am on Wednesday, July 17th to go to Chilton County, Alabama where we will have a delicious lunch at Peach Park.

Peach Park serves BBQ fare and sells products made from the South's finest peaches.

Please call the church office to let us know if you would like to come and we will arrange for enough transportation. The only



cost is your lunch and whatever products you would like to buy.

Enjoy indoor or outdoor seating, a stroll in the garden, homemade peach ice cream, a fresh fruit bar, peach cobbler, fried pies, and more! We know you will not want to miss this delicious outing at the perfect time of year for peaches! Call Gwen today at 967-0470 to let us know you will join us!

Exercise Class Begins This Month

We are fortunate to be able to offer a new exercise class through the Arthritis Foundation! This class is especially designed for those with limited or low mobility. It can help keep joints flexible and muscles strong as

well as increase energy and aid in better sleep. The class will meet twice a week and each class lasts one hour. Our first class will be July 9th at 10:00 am, and we will meet every Tuesday and Thursday at 10:00 am after that.

There is no charge for this class! Bring an exercise (yoga) mat or a towel to the first class. Please call Gwen at the church if you would like to participate so that we can have an estimate of how much space we will need.

Contributors Needed!

We would like to feature YOUR work in *All Things New*. If you have a poem, an essay, a joke, or anything else you'd like to share, please turn it in to Kelsey and we will try to find a way to include it

in the newsletter. You can either email your contribution to Kelsey.G.Johnson@gmail.com or put it in the box on Kelsey's office door. We probably won't be able to include every contri-

bution, but we hope to include as many as possible, so send in your stories and entertainment! Thanks in advance for your help— we look forward to reading your work!

Monk's Corner

We Still Need Newspapers

I was visiting my niece last night when I asked if I could borrow a newspaper.

"This is the 21st century," she said. "I don't waste money on newspapers. Here, use my iPad."

I can tell you this. That fly never knew what hit him.

A Little Bit of Innocence

One Sunday morning, the pastor noticed little Alex standing in the foyer of the church staring up at a large plaque. It was covered with names and small Canadian flags mounted on either side of it.

The six-year old had been staring at the plaque for some time, so the pastor walked up, stood beside the little boy, and said quietly, "Good morning, Alex."

"Good morning, Pastor," he replied, still focused on the plaque. "Pastor, what is this?"

The pastor replied, "Well, son, it's a memorial to all the young men and women who died in the service."

Soberly, they just stood together, staring at the large plaque. Finally, little Alex's voice, barely audible and trembling with fear asked, "Which service, the 8:00 or the 9:30?"

Return Service Requested

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