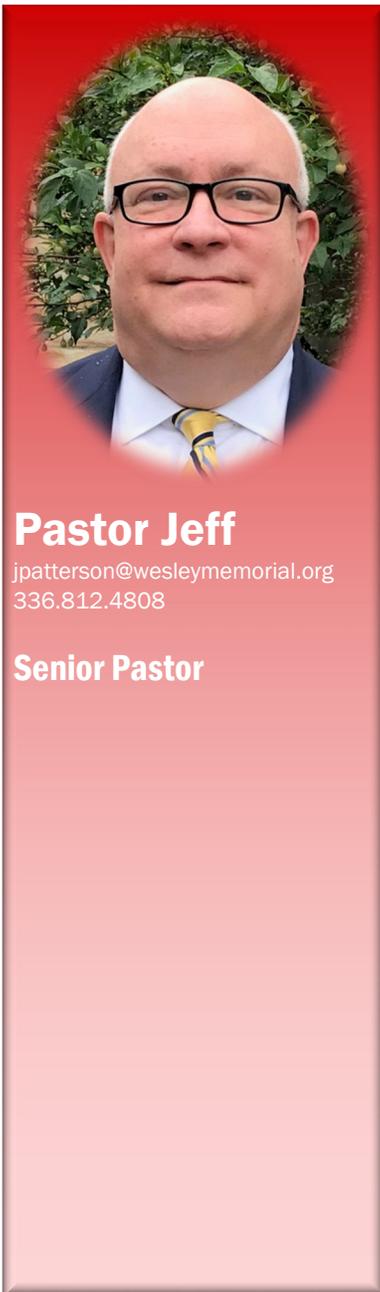


# T H E HEART ♥ BEAT

A monthly newsletter of Wesley Memorial United Methodist Church  
1225 Chestnut Drive • High Point, North Carolina • 27262  
336.884.2204 • [www.wesleymemorial.org](http://www.wesleymemorial.org)

**January**  
Vol. 28/No. 1



**Pastor Jeff**

[jpatterson@wesleymemorial.org](mailto:jpatterson@wesleymemorial.org)  
336.812.4808

**Senior Pastor**

## 2019 Was A Very Good Year

Wow! That is the word that comes to mind as I reflect on 2019. It is great to be part of a congregation that is busy changing the world. We are making a difference in our community. Our ministries are changing people's lives. People are finding connections to Christ. Many are experiencing the comfort and challenge of a growing faith.

When I think back over 2019, I'm filled with gratitude for the many ways that the Holy Spirit is breathing new life into our congregation. Vibrant Sunday morning worship services, a Wednesday Vespers that places prayer at the center of our church's life, the construction of a Prayer Labyrinth (thanks to Mariana and Nido Qubein) that draws the community to prayer, partnerships with many local missions, mission trips, the sponsoring of 90 children through Compassion International, the proliferation of Bible studies and small group opportunities, caring ministries like our Sanctuary Counseling Center and Stephen Ministry, sermon series that seek to apply the Word of God to our lives (hundreds of people are listening to our podcasts!), are all expressions of the ways that Christ is being manifested in our midst. Our children and student ministries are investing in the lives of young people. We continue to grow our ministry with senior adults who represent one of the fastest growing age groups in our society. (Thanks to a very generous anonymous donor, we have a new bus that is wheelchair accessible.) We are finishing our





work on a new administrative structure that will improve communication and make us more proactive in meeting needs as they arise.

Some of God's greatest work is often subtle. As a pastor, I have noticed the increase of spiritual conversation and people's willingness to talk about their faith. People's spiritual growth and passion for following Jesus Christ is increasing. People's desire to submit to Christ as Lord is breathing new life into marriages and families. Many traditional churches in our society are struggling to survive, so their focus is on survival. We are an exception. Churches that focus on survival won't survive. The vision must be more compelling for God to bless. Our dreams call forth the favor of God. Twenty-three new people joined our congregation in December. I think that I know why. People are sensing the work of the Spirit in our midst.

The year 2019 was a very good year. I'm excited to see how God works through our congregation in 2020. **Will you join us in the exciting life of faith? Will you be part of God's renewing work?** May we never hinder God's work but constantly find the joy of faithful living.

With Confidence in Christ,

**Pastor Jeff**



**New Year Sermon Series  
Sundays January 5 -26**

January 5  
**Finding Joy In: Trials**  
Matthew 2:1-12

January 19  
**Finding Joy In:  
The Midst of Anxiety**  
Psalm 40:1-11

January 12  
**Finding Joy In:  
Your Christian Witness**  
Acts 10:34-43

January 26  
**Finding Joy In: Fear**  
Psalm 27: 1,4-9

Sunday Worship Times

**8:30 am**  
Traditional  
Chapel

**9:45 am**  
Contemporary  
Fellowship Hall

**11:00 am**  
Traditional  
Sanctuary

Beginning Wednesday  
January 8th @ 6:45pm

RICA MCROY

*wildfire*

A STUDY ON LIFE IN  
THE HOLY SPIRIT

**WOMEN'S BIBLE STUDY**

Led by  
Lisa Johnston

To register, email [ksuda@wesley memorial.org](mailto:ksuda@wesley memorial.org) or call 336-884-2204 by Jan. 3rd.  
Cost is \$20 per person. Location: Media Center  
Need childcare? Pre-register at  
[wesley memorial.org/childcare](http://wesley memorial.org/childcare) by January 6th

**INTERCESSORY  
PRAYER**



**Tuesdays  
4:00 pm  
Conference  
Room #2**

## January. Sigh.

Christmas is over, maybe we have some debt left over from the holidays and the weather can be overcast and a bit gloomy at times. I recently read that “Seasonal Affective Disorder” (which has the appropriate acronym of SAD) is an actual thing, considering that our bodies are susceptible to the changes in weather. Researchers have even determined that the “saddest days of the year” are sometime around January 21-24.

Sheesh.

Mark your calendars.

Before I go full Eeyore on you, let’s be clear: our faith in Christ is not dependent on our circumstances. Because of Christ in our lives, we can “learn to be content with whatever we have” as the apostle Paul writes in Philippians 4:11. What if we start 2020 with JOY and not gloom, praise and not sorrow? Because of Christ in our lives, we have more than enough.

Psalms 16:11 tells us that **“In your presence there is fullness of joy; in your right hand are pleasures forevermore.”** Notice the psalmist doesn’t use the word fullness of “happiness”. Happiness is dependent on the ups and downs of our lives. Joy is the fruit of realizing the riches we have in Christ, that in Him we have a foundational assurance of God’s unfailing promises in His word.

**How can we access the joy of God?** What does the Bible have to tell us about joy as we start this new year? How can we grow in God’s presence and discover more of His joy? Jeff, Melissa and I are excited to take this joyful journey with you as we seek answers to these questions. We hope you will join us for our new sermon series of “Finding Joy” this month and that you will invite a friend or neighbor with you.

Christ in US!



**2020—Men’s Bible Study Continues**

**Starts Wednesday, January 8**  
**6:45—8:00 pm**

**Led by the Reverend Clark Chilton**  
**Conference Room #3**

**QUESTIONS?**  
**email: [mbankscochrane@gmail.com](mailto:mbankscochrane@gmail.com)**

**NINE ATTRIBUTES OF A MAN**  
A SMALL GROUP STUDY FOR MEN

VINCE MILLER



### Pastor Clark

[cchilton@weslymemorial.org](mailto:cchilton@weslymemorial.org)  
336.812.4813

**Associate Pastor of  
Contemporary Worship  
& Evangelism**

**Missed  
a sermon?  
Want to  
hear it again?**



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Memorial  
Podcast"  
in iTunes or  
Google Play  
stores**



## Pastor Melissa

mlowe@wesleymemorial.org  
336.812.4815

**Associate Pastor of  
Congregational Care &  
Missions**

Book Club 10:30 am • Lunch & Program 11:45 am

Tuesday  
January  
21

**LIVE** *alive*  
Serving Adults 55+

**Reservations 336.884.2204** (by 1/17)

## #Lists

How many times do you approach a new year and begin making lists? A list of new year resolutions, a list of home repairs that need to be made, a list of birthdays to be sure to remember, a list of grocery items to be purchased like a new calendar, a list of thank you cards to write for Christmas gifts received...and on and on the lists may go. Personally, if I am not careful before the first week of the new year has even completed, I have written enough “new” lists to wear myself out! Some of you as you are reading this may be thinking, “I have no idea what she is talking about! But for those other “list makers” out there – this one’s for you.

This year rather than pile on more “to do” items at the beginning of the new year, I feel challenged to take a moment of time to reflect in gratitude upon the year 2019.

For I am learning that through expressing gratitude I discover joy, contentment, strength, endurance, freedom, and beauty.

I am grateful for.... (*in no particular order*):

- My husband surprising me with flowers “just because”
- Our children who teach me to live life as a gift and explore each day
- All who helped us pack up, move, and unpack in our new home
- The welcome I have received here at Wesley Memorial UMC
- My parents did not get hit by the tornado that passed close by them in the fall of 2019
- Getting to see one of my nieces play basketball
- Overcoming several different physical struggles
- Sidewalk chalk covering my driveway in beautiful art
- Cards written to me speaking words of encouragement and support
- Paying the last payment on our medical debt from Esther’s birth
- Poinsettias to deliver to those who are sick, homebound, or in retirement homes
- Meeting new friends
- Watching our kids ride tricycles around the driveway
- God’s grace

During the up and downs, that you may have experienced in 2019, for what are you grateful? If you would like to share them with me, that I might rejoice with you and our gratitude grow as we share together, I invite you to email me at [mlowe@wesleymemorial.org](mailto:mlowe@wesleymemorial.org)

Happy New Year!

*Pastor Melissa*

**Thank you** to our many  
**Anthem Angels and instrument sponsors**  
**in 2019!**



If you would like to be an **Anthem Angel** or **sponsor an orchestra instrument** for special music presentations, contact Anne Carroll. Anthem Angels choose an anthem (from a list compiled by the Director of Music) in memory or honor of a loved one, teacher, pastor, friend, Sunday School teacher etc. An announcement will be placed in the bulletin on the Sunday the anthem is sung or instrument is included in worship.



**Anne Carroll**

acarroll@weselymemorial.org  
336.812.4816

**Director of  
Traditional Music**

**Christmas Tree Lighting 2019**





**Debbie Foust**

dfoust@wesleymemorial.org  
336.812.4804

**Director of  
Children's Ministries**

join our  
group +

**facebook**

Wesley Memorial Children's Ministries

# Children's Nativity 2019

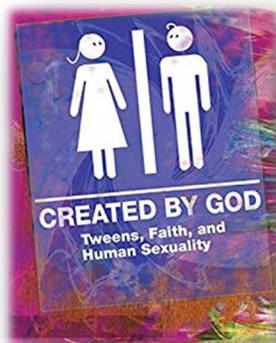


**The Winter Session of Bible Explorers** for kindergarten through second graders will begin, **Sunday, February 23-March 22 from 4:45 - 6:00 pm**. This program will run for 5 weeks. Registration will begin mid-January by contacting Kim Suda at [ksuda@wesleymemorial.org](mailto:ksuda@wesleymemorial.org).

## Created by God

for 5th graders and their parents

**Thursday, February 27 through Saturday, February 29**



Cost will be \$50 per child. This will cover book, meals (Friday dinner and Saturday lunch) and leaders. A letter with complete details and registration information will be sent to all 5th grade families in early January. **This is open to anyone in the community so feel free to invite friends.** For more information please contact Debbie Foust or Kim Suda at [ksuda@wesleymemorial.org](mailto:ksuda@wesleymemorial.org).

## Save the Dates

February 7	<b>Family Swim Night</b>	6-8:00 pm
April 3	<b>Older Kids Easter Event</b>	6-8:00 pm
April 5	<b>Easter Eggstravaganza</b>	3-5:00 pm



**Steven Nelson**

snelson@wesleymemorial.org  
336.812.4812

**Director of  
Student Ministries**

## Save the Dates **2020**

High School Winter Retreat: **January 24 - 26**

Spring Workshop: **March 6 - 8**

Confirmation Retreat: **March 21**

Confirmation Sunday: **March 22**

Alpha Omega Sunday: **May 17**

ManTreat: **May 30 - May 31**

Church Camp: **June 15 - 20**

WMUMC VBS: **July 20 - 23**

Mission Trip: **July 26 - August 1**

Carowinds: **August 6**

wesleymemorial.org/childcare

**reservations** | for  
CHILD  
CARE



## JoAnn Clifton

jclifton@wesleymemorial.org  
336.884.4232

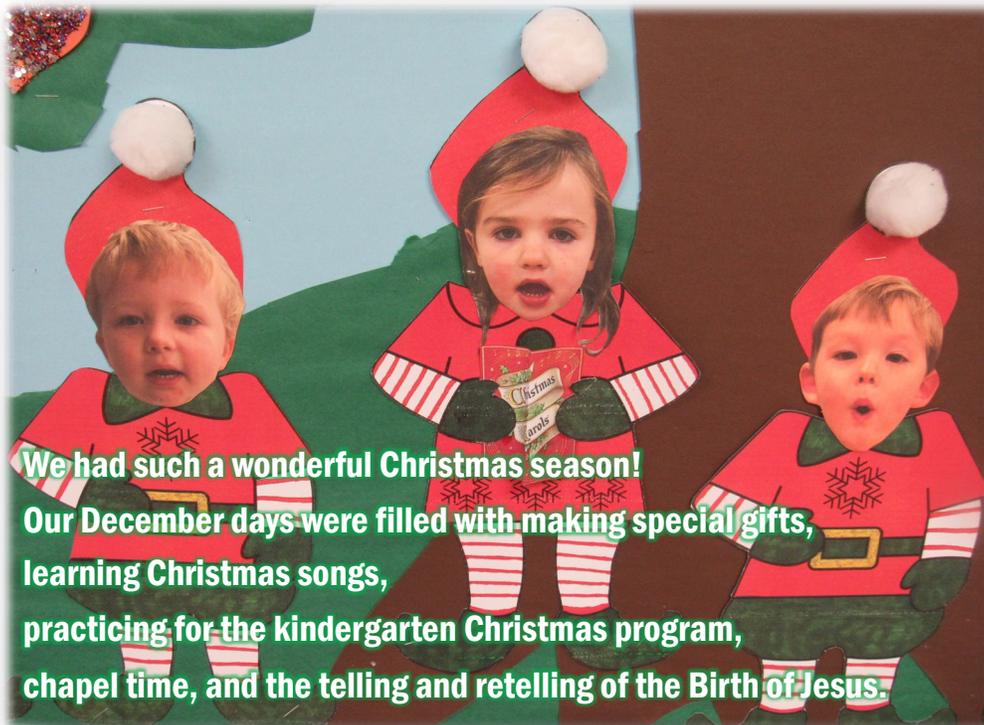
Director of  
Wesley Memorial School



## Susan Kelley

skelley@wesleymemorial.org  
336.884.4232

Associate Director of  
Wesley Memorial School



We had such a wonderful Christmas season!  
Our December days were filled with making special gifts,  
learning Christmas songs,  
practicing for the kindergarten Christmas program,  
chapel time, and the telling and retelling of the Birth of Jesus.

## Happy New Year from all of us at Wesley Memorial School!

It is time to start planning for next school year. 2020/2021 school year registration process begins with a series of open house opportunities. Mark your calendars for this opportunity to visit, ask questions, and learn more about what we have to offer your children or grandchildren. Also, we welcome you to invite your friends or neighbors to our open house events.

### Special Dates:

**Friday, January 24:** Winterfest fun specials; gymnastics, indoor soccer, and ice skating!

**Monday, January 27 5:00-8:00 pm. Chick-Fil-A School Spirit Night**

Come on out to the Main Street Chick-Fil-A for some food and fellowship with other WMS families and church members. This is a fundraiser for our school so be sure to tell them at the register or the drive thru that you are with WMS!

**Monday, February 3, 2020:** *Fall 2020 registration begins.* See JoAnn Clifton or Susan Kelley for more information.

**Friday, February 7, 2020:** 9:15 am Kindergarten open house.

**Wednesday, February 12, 2020:** 9:15 am Pre-K 4 open house.

**Friday, February 14, 2020:** 9:15 am open house all ages.

Through the years...



Wesley Memorial School



Children's Ministries



Student Ministries

## Director of Children's Ministries Search Update

In December, Jeff and the Staff Parish Relations Team contracted with Ministry Architects to help find our next Director of Children's Ministries. On December 18 and 19, Sara Bailey (with Ministry Architects) met with Debbie, Jeff, JoAnn Clifton & Susan Kelley, members of the Children's Ministries Team, and the search committee to share our hopes and dreams for moving forward. Here is a timeline Ministry Architects have designed for us:

**January 1-14:** promoting position

**January 15-31:** finding & vetting candidates

**February 9:** short list of candidates from MA

**February 16:** short list meeting with search committee

**February 17-29:** interviews

**March 1:** extend offer

Although we anticipate identifying and extending an offer in March, it is likely that the new person will start until after Easter and possibly later. Currently, we are working with Debbie (who will be with us, part-time, through the end of March) to cover Sunday School, Easter events, and even Vacation Bible School. Please keep Debbie, Ministry Architects, and our search process in your prayers.

**FEBRUARY 2020**

**HEART♥BEAT**

**Deadline**

**Thursday, January 16**

**5:00 pm**

**[showell@wesleymemorial.org](mailto:showell@wesleymemorial.org)**

**Interdenominational Bible Study**

**STARTS**  
**Monday, January 6**  
**(10 weeks)**  
**10:30 am**  
**Circle View Room**

Led by the Reverend  
 Melissa Lowe



**Contemplative Bible Reading:**  
*Experiencing God through Scripture*

**Meditative Prayer**  
*An Ancient Christian Practice*

This group will help you find your unique tools to make a personal journey into the deeper realities of Kingdom living. Dr. Phillips is a graduate of The University of SC and has years of practice as a Professional Counselor and Teacher.

To reserve your spot, call 336.884.2204

**Charletta Phillips, Ph.D.**  
 Thursdays  
 January 9 – February 13  
 9:30 – 10:45 am  
 Conference Room 3



**Town Hall Meeting**  
 Tuesday  
 January 21  
 5:30 pm  
 Dining Hall

Topic: New Administrative Structure

Followed by **Charge Conference** at 6:30 pm  
 Circle View Room

**Friday, January 24 thru**  
**Sunday, January 26**  
 Students in Grades 9-12

Registration Deadline  
 Wednesday, January 15  
[wesleymemorial.org/students](http://wesleymemorial.org/students)

Plumtree, NC  
 Teen Valley Ranch,  
 Beech Mountain &  
 Avery County



**Cost: \$200**  
**Deposit: \$50**

Questions?  
 Steven Nelson  
 910.232.6064

Teen Valley Ranch Christian Camp & Retreat Center • 216 TVR Loop Road • Plumtree, NC 28664  
[www.tvr.org](http://www.tvr.org)



twenty      twenty

**New Sermon Series—February 2-23, 2020**



**OPEN DOOR**  
 ministries  
*high point, nc*



**OUR FATHERS**  
 TABLE

Volunteers are needed to assist in the kitchen filling food trays for diners. Three to four adults or teens are needed the 3rd Monday AND 2nd Thursday of each month from 5:30 - 7:00.

Call Myra Snider at 336.803.1403 to sign-up!



Prayer Shawl Ministry

Our Prayer Shawl Ministry has made and delivered over 2000 shawls, blankets, sweaters and other items.

You are invited to join this wonderful group on Wednesdays at 1:30 pm in the Arts & Crafts Room. Contact:

Karen Sumner, 336.883.8721  
 Linda Dale, 336.884.5121

**Summer 2020**

**Vacation Bible School**

**Monday, July 20-Thursday 23**  
**9:00am – 12:30 pm**



**For children**  
**3 years old\* – 5th grade**  
 (must turn 4 by 8.31.20)

At Rocky Railway VBS, kids discover Jesus' power can pull them through life's ups and downs. Rocky Railway is filled with incredible

Bible-learning experiences kids see, hear, touch, and even taste! Scency-Fun Gizmos™, team-building games, cool Bible songs, and tasty treats are just a few of the standout activities that help faith flow into real life.

## We Remember and Honor our Loved Ones

### In Memory of:

*Gifts received November 2019*

**Carolyn Bundy:** Corky & Judy Hustrulid, Jim & Sandra Marsh

**W. Howard Coble:** John & Louise Campbell, George & Marie Clark, Shirley Duncan, Butch & Suzie Farabow, Pat & Everette Grayson, Hoyt & Dianne Hackney, Michael & Mary Amos Krick, Jim & Sandra Marsh, Adele Byrum Novotney, Reid & Ann Parks, Gaston Penry, Vivian Penry

**Debbie Hill (Daughter of Devona Hill):** Devona Hill

**Leo Hill:** Devona Hill

**Arnold Koonce (Father of Martha Redmond):** Jim & Sandra Marsh, Raymond & Liz Rogers

**Vann York:** John & Louise Campbell

### In Honor of:

*Gifts received November 2019*

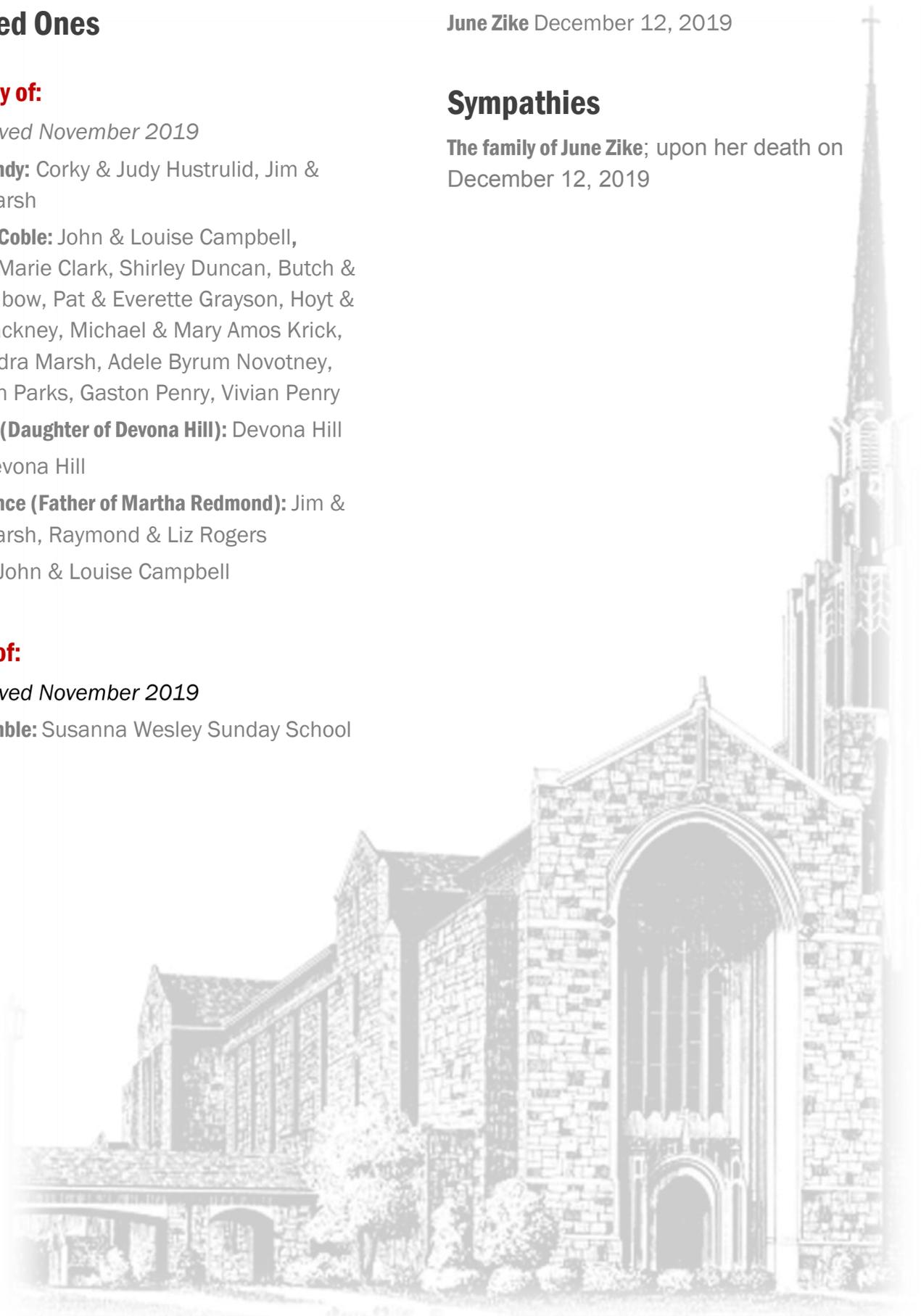
**Joseph Gamble:** Susanna Wesley Sunday School Class

## In Memoriam

**June Zike** December 12, 2019

## Sympathies

**The family of June Zike;** upon her death on December 12, 2019





# United Methodist Women

FAITH • HOPE • LOVE IN ACTION

UMW Board will meet **Monday, January 6, 10:30 am** in the Small Dining Room

UMW Sunday is **February 2.**

Circle 6 is serving The Father's Table at Open Door Ministries the third Monday of each month.

Angel Tree Circle helped to provide gifts and a party for 78 children involved in The High Point Jail Ministry on December 14. Thank you to Wesley Memorial and the many contributors who helped make this a fun day for the children and their families.

Proceeds from the 2019 UMW Carolina Christmas Bazaar totaled \$16,600. This money will be distributed to 20 local ministries. Your support made this event a success.

### January Circle Meetings:

**Circle #6** - Monday, January 13, 7 pm at the Erwin-Lambeth Showroom, 525 N. Wrenn Street. Program is the Pledge Service.

**Circle #8** - Monday, January 13, 10:30 am at Allen and James Interiors, 1100 N. Main Street. Program is "Paying It Forward" by Tom Ullman.

**Circle #9** - Tuesday, January 21, 10:30 am in the Dining Hall.

**Angel Tree** and **Friendship Circles** will not meet.

**HEARTBEAT**  
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