



From the Pastor

Monsters really do exist! And they lurk everywhere! They come in different sizes; go by different names; and appear in every aspect of our lives. But they all have one thing in common – fear. Monsters scare us!

Hurricane Florence was described as a “monster” by North Carolina Governor Roy Cooper, who said, “*This storm is a monster. It’s big and it’s vicious.*”¹ Unfortunately, he was right. And many of us responded with a mix of preparedness and fear. Our world is filled with natural disaster “monsters”, like: tornados, flooding, earthquakes, forest fires, blizzards... And now is a time to respond with help and hope.

But not all monsters are as big as hurricanes. Some you can’t even see with the naked eye. Some are microscopic – like the monster of cancer. This “*group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body*” have scared more people than we know; and many people that we know personally. “*Over 100 types of cancers affect humans.*”² They go by different names that only doctors can pronounce – but it’s still cancer.

And cancer is not the only medical monster we fear; there is: heart failure, flu, diabetes, shingles, pneumonia, Alzheimer’s... All you have to do is listen to all the commercials on TV for the all medications or vaccines you need to “*ask your doctor about.*”

Some monsters are social, like: bullying, domestic abuse, sexual harassment, prejudice, poverty, homelessness...

Some monsters are global, like terrorism, human trafficking, slavery, wars...

All monsters become personal the closer we get to them.

One of the biggest monsters we all face is self-generated fear. We can talk ourselves into being afraid of almost anything. Job described his own fear quite vividly: “*Am I the sea, or the monster of the deep, that you put me under guard? When I think my bed will comfort me and my couch will ease my complaint, even then you frighten me with dreams and terrify me with visions...I despise my life...let me alone...*” (Job 7:12-16)

The bad news is that there are monsters. The good news is that Jesus Christ has conquered them all. Jesus said, “*In this world you will have trouble (i.e. “monsters”). But take heart! I have overcome the world.*” (John 16:33)

The ultimate monster that affects all humans is sin. And that’s a monster that should scare you to death – because if you die in your sin you die forever! But the good news is that Jesus has conquered our sin! The Bible says that “*Jesus Christ, the Righteous One...is the atoning sacrifice for our sins, and not only for our, but for the sins of the whole world.*” (1 John 2:1-2)

Do we still have to face monsters? Yes.
Do we have to be afraid of them? No.
Jesus said, “*Do not let your hearts be troubled and do not be afraid.*” (John 14:27).

*Grace & Peace,
Jack*

¹ John Bacon and Doyle Rice, USA TODAY; Published 7:46 a.m. ET, Sept. 11, 2018
https://www.usatoday.com/story/news/nation/2018/09/11/hurricane-florence-category-5-north-carolina-south-carolina/1264377002/?utm_source=The+Daily+Article&utm_campaign=32d06e5740-EMAIL_CAMPAIGN_2018_07_06_02_04_COPY_01&utm_medium=email&utm_term=0_51f776a552-32d06e5740-273500165&mc_cid=32d06e5740&mc_eid=c6c2acea09

² “*Defining Cancer*”. National Cancer Institute. Retrieved 28 March 2018.



News you can Use. . .

CHARGE CONFERENCE this year will be held as a cluster with Bethel, Charity, Knotts Island, Sandbridge, and Tabernacle churches. The meeting will be held on **Monday, October 1, at Tabernacle UMC, at 7 p.m.** We will begin in the sanctuary with worship and Holy Communion. Then our District Superintendent, Wayne Snead, will conduct the annual business of each church and celebrate our joint ministries. All are invited to attend.

Trunk or Treat – Saturday, October 27, 3:30 p.m.
Fall Festival, Trunk or Treat, Crock Pot Cook Off
(see details this page)

Colonial Dinner – Saturday, November 17, 4-7 p.m.
Spread the word! All are welcome! (see details this page)



Hanging of the Greens (decorating for Christmas) on **Sunday, November 25**, following the 11:00 a.m. worship service. Lunch will be provided for all who stay to help. It's more fun if we all do it together.

Tabernacle continues to support the **PiN Ministry's** outreach to the local homeless community. You can serve a hot meal on any Sunday afternoon, donate clothing or other necessities, serve breakfast to recovering addicts or prepare bag lunches. We will be preparing bag lunches on **November 17th at 10 a.m.** in the fellowship hall.



TRUNK OR TREAT AND FALL FESTIVAL!
SATURDAY, OCTOBER 27,
3:30 P.M.

Invite your friends and neighbors!

3:30 p.m.:

- **Fall Festival**
- Petting Zoo
- Firetruck
- Fall crafts
- Coloring contest
- Cupcake Walk
- Relay Games
- Photo Booth

4:00:

- **Trunk Decorating Contest**
- **Costume Contest** (non-scary costumes and trunk designs please)
- **Trunk Or Treat** (decorate your trunk and have treats available for the little ones)
- **Crock Pot Cook Off** following (bring your favorite crock pot dish – win a prize!)



41ST ANNUAL COLONIAL DINNER IS COMING SOON

Be sure to mark your calendar for **Saturday, November 17th, 4-7 pm.** Please tell all your family and friends. Now is the time to start making and gathering items for the Colonial Dinner Bazaar. Homemade jams, jellies, pickles and relishes from family recipes are always popular. Put your culinary and crafty side to work. Ask your talented neighbors, family and friends to donate to the Bazaar. Plan a fun day of crafting with them to make it a special time that you will all remember. We appreciate all of the wonderful items that make our Bazaar such a success.

For information call or email Maureen Mitchell

757-719-3109 or 1moe@cox.net.





FOCUS ON THE PURPOSE

Align Your Sails



I can't change the direction of the wind, but I can adjust my sails to always reach my destination.
– Jimmy Dean

A remarkably true saying about the constant state of change that we experience in our lives says, "Everyone loves change....until it happens to them".

Change is an unavoidable factor in our lives. It is introduced into our work lives as well as our personal lives. Psychology Today states that change creates stress in our lives – even good change.

We often have the false expectation that we will not have to deal with change...so we try to deny it and to resist it. A better strategy is to embrace it – and be proactive about our response to it, rather than reactive.

There are quite a number of resources available to us on how best to cope with the stress of change. Failure to effectively cope with the stresses in our lives can negatively affect our physical and mental health, as well as our ability to experience happiness and joy in our lives.

As Christians, we are not immune to stressful change, but we do have an assurance that others do not have. We have an eternal God who is looking after us – and He can be depended upon to be **un-changing**. His love for us, His interest in us, and His involvement in our lives will **never** change. He has promised that He will never leave us nor forsake us.

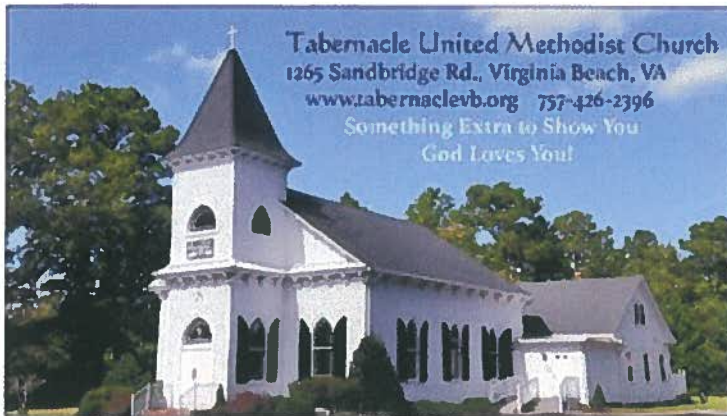
The quote from Jimmy Dean at the beginning of this article carries a lot of wisdom. There is no point in stressing about the things that we cannot control. What we **can** do, though, is focus on the things that we can control – and align them in such a way that we move in the best way possible forward in our lives.

The most important alignment we can make is to God who will never change. He is a constant that we can depend upon no matter what storm is blowing around us. That is a comfort we have as Christians. It allows us to persevere – and to have a witness to others, simply from our example in dealing with the stressful changes around us.

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. - James 1:17.

Be a Blessing,

Brent Loftis, Lay Leader



Random Acts of Kindness Outreach

Christians aspire to be kind to everyone. It is our easiest way to share the love of God. So, what if we choose to become more intentional about it. Every day, pray and look for ways to share and reach new people with the love of God through random acts of kindness.

Tabernacle Church wants to help! We have printed church *kindness* cards with the church's information and the inscription, "Something Extra to Show You God Loves You." These cards will be given to our Tabernacle family with the encouragement to use their creativity and resources to bless others.

So this is where your ideas are needed. Some ideas suggested so far are to fold a \$20 bill around the *kindness* card and slip it in a gas station pump handle or leave the *kindness* card with an extra generous tip at a restaurant or write a note card to someone you care about and include a kindness card or go rake someone's yard and leave them with a kindness card, no charge.

A great way to reach people to share Jesus with them is to serve them in the name of Christ. An act of kindness serves to open the conversation between God and people. Giving the *kindness* card will also let people know there is a church in the area that cares enough to intentionally share the love of God with them. They may visit us or your kindness may just be another reminder that God has not forgotten them.

Shine on!

Sharon Davis
Evangelism

JOIN THE CHOIR!

No experience necessary! Share your love of the Lord through music! The adult choir meets briefly after the 11:00 a.m. service on Sundays, and on Tuesday evenings at 6:30. Join in anytime! We'd love to have you.





JOLT

Jesus Offers Love Today

JOLT Mission Trips: Our middle school students finished a weekend of hard work in Kinston, NC in August. Fifteen youth and four chaperones worked at the "Refuge" a Christian camp that provides summer camp and after-school programs for youth. Two brick stoops were meticulously built, over a mile of trails were created and spruced up, and a challenge course was installed. Thanks to everyone for your support of the mission trips this summer. It was truly a blessing to work with the youth and adults helping those in need. You are all invited to go with us next year!!



Youth Yard Sale September 22!! Thanks to all who helped with the yard sale. Proceeds from this fundraiser help support next year's mission trips.

Youth Bible Study: Join us on Wednesday nights starting September 26th! Middle and high school students worship and fellowship together each week. It is always a fun filled time with food and games and study. We will be starting with a study that finds Jesus in the book of Exodus. Bring a friend and have some fun!

Movie Nights: Starting again in **October**. We will be showing "I Can Only Imagine". Come out and enjoy a light dinner and some popcorn. Movies start at 7p.m. and dinner is served just before.



What a busy summer it turned out to be. We didn't get as many **S.P.L.A.S.H.** events as usual, but we had a great time when we met and will continue the fun into the fall. Look for emails, texts and announcements for fun fall events.



If you are interested in hosting a youth event, please let Tommy know. I am looking for help in offering our youth activities to do as a group. It does not need to be extravagant; just hanging out can be fun.

DNOW 19. Discipleship Now (DNOW) is a local retreat weekend where the youth will get to share in fellowship, mission and fun. Planning is starting for next spring. If you are interested in helping with the planning of this effort, please let Tommy know.

CHRYSALIS: Chrysalis "Flights" (for 9th through 12th graders and college-aged young adults) are three-day events. This three-day spiritual renewal time provides an opportunity for you to learn more about faith, to experience Christian love and support, and to make new faith commitments. The next flight is January 19-21 at Triple R Ranch in Chesapeake. Please contact Pastor Jack or Shannon AlMBERG if you are interested in attending this event.



HAPPY BIRTHDAY!



October

Kraft, Jessica	10/2
Powers, Seth	10/3
Colley, Trey	10/4
Heivilin, Vincent	10/4
Orr, Bill	10/4
Fisher, Kenzie	10/5
Chandler, Madison	10/5
Park, Ryan	10/5
Almberg, Tom	10/6
Bolt, Jeremy	10/6
Willett, Scott	10/6
Pool, Casey	10/7
Hall, Bob	10/7
Cayo, Mark	10/8
Cox, Austin	10/10
Shuffler, Jim	10/10
Shray, Robert	10/10
Oyler, Nancy	10/11
Foster, Martha	10/12
Wyatt, Anna	10/12
Cunningham, Stephanie	10/15
Willett, Caroline	10/15
Hardwick, Scott	10/18
Brickhouse, Logan	10/20
Riggs, Richard Jr.	10/23
Everett, Carmen	10/24
Wasson, Kathy	10/25
Bonney, Vernon	10/26
Trypuc, Allison	10/26
Schweers, Carly	10/26
Wiseman, Charlie	10/27
Peters, Hattie	10/27
Brunelle, Rob	10/28
Land, David	10/29
Early, Isaac	10/30

November

Riggs, Kim	11/2
Woodward, Brandon	11/5
Waite, Leigh Ann	11/6
Bunting, Leonard	11/6
Lussier, Shane	11/7
Norton, Megan	11/7
Lussier, Sheri	11/12
Kash, Meredith	11/12
Hester, Chris	11/13
Griffith, Kathy	11/13
Reese, Melina Rae	11/13
Byers, EmmaJean	11/15
Brickhouse, James	11/17
Morgan, Patty	11/17
Hopkins, Lauren	11/18
Brunelle, Zachary	11/19
Mowbray, Mark	11/20
Sampson, Max	11/21
Shuffler, Austan	11/21
Cyphers, Rita	11/21
Hester, Christian	11/22
Woodward, Kathryn	11/23
Cox, Raygan	11/24
Hopkins, Mark	11/26
Kash, Tristan	11/26
Raehl, Rick	11/27
Kwiatkowski, Mike	11/30



Volunteers

Ushers

October

- 7 Rick Norton & Shelby Nelson
- 14 Wes Senti & Roy Rechkemmer
- 21 Brandon Woodward & Brent Loftis
- 28 Bob Hall & Jim Shuffler

November

- 4 Scott Willett & Zach Lovelace
- 11 Mark Cayo & Scott Hardwick
- 18 Tommy Moore & Mike Garcia
- 25 Craig Zeigler & Jack Sorrells

Acolytes

October

- 7 Elisha Hester
- 14 Austin Zeigler
- 21 Charlotte Shuffler
- 28 Martha Hester

November

- 4 Nick Windsor
- 11 Elisha Hester
- 18 Austin Zeigler
- 25 Charlotte Shuffler

Children's Church Helpers

(Leader: Jill Norton)

Families worship together first Sundays

October

- 14 Megan Reese
- 21 Rachael Strong
- 28 Carmen Everett

November

- 11 Luke Moore
- 18 Lily Moore
- 25 Jeffrey Windsor

Helping Hands (Nursery)

October

- 7 Rebecca Hester
- 14 Lily Moore
- 21 Desiree Zeigler
- 28 Emery Moore

November

- 4 Eliza Willett
- 11 Sydney Lussier
- 18 Rebecca Hester
- 25 Lily Moore

Counters

October

- 7 Ann Henley & Ann Lovelace
- 14 Paul Russell & Jordan Dorsey
- 21 Ronda Loftis & Craig Zeigler
- 28 Marlane Brickhouse & Roy Rechkemmer

November

- 4 Brandon Woodward & Sue Senti
- 11 Ann Henley & Craig Zeigler
- 18 Paul Russell & Jordan Dorsey
- 25 Marlane Brickhouse & Ann Lovelace

Please notify Jamy Cassidy two weeks in advance if you cannot help on your scheduled date.



Tabernacle United Methodist Church

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 7:00 p.m. Charge Conference	2 6:30 Choir	3 5:00 Morning Prayer 6:30 p.m. Bible Study classes and Pioneer Club	4	5	6 8:00 Men's Breakfast Golden Corral
7 Worship 8:30/11:00 Sun. School 9:45	8	9 6:30 Choir	10 5:00 Morning Prayer 6:30 p.m. Bible Study classes and Pioneer Club	11	12	13
14 Worship 8:30/11:00 Sun. School 9:45	15	16 6:30 Choir 7:00 Trustees	17 5:00 Morning Prayer 6:30 p.m. Bible Study classes and Pioneer Club	18	19	20
21 Worship 8:30/11:00 Sun. School 9:45	22	23 6:30 Choir	24 5:00 Morning Prayer 6:30 p.m. Bible Study classes and Pioneer Club	25	26	27 3:30 Fall Festival, Trunk or Treat, Crock Pot Cook-off
28 Worship 8:30/11:00 Sun. School 9:45	29	30 6:30 Choir	31 5:00 Morning Prayer			



Tabernacle United Methodist Church

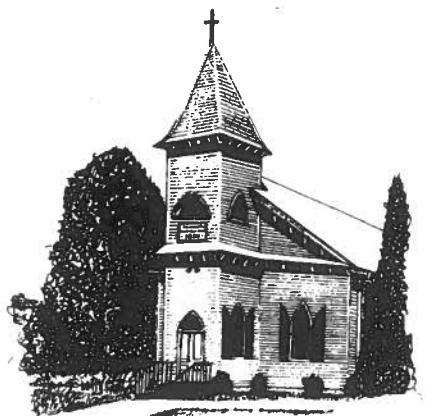
November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 8:00 Men's Breakfast Golden Corral
4 Worship 8:30/11:00 Sun. School 9:45	5	6 6:30 Choir 7:00 Council on Ministries	7 5:00 Morning Prayer 6:30 p.m. Bible Study classes and Pioneer Club	8	9	10
11 Worship 8:30/11:00 Sun. School 9:45	12	13 6:00 Finance 6:30 Choir 7:00 Admin. Board	14 5:00 Morning Prayer 6:30 p.m. Bible Study classes and Pioneer Club	15 7:00 Colonial Dinner Set-up	16	17 10:00 PiN Ministry Lunch Bag Prep 4:00-7:00 p.m. <u>Colonial Dinner</u>
18 Worship 8:30/11:00 Sun. School 9:45	19	20 6:30 Choir	21 5:00 Morning Prayer	22	23	24
25 Worship 8:30/11:00 Sun. School 9:45 12:30 Christmas Decorating	26	27 6:30 Choir	28 5:00 Morning Prayer	29	30	

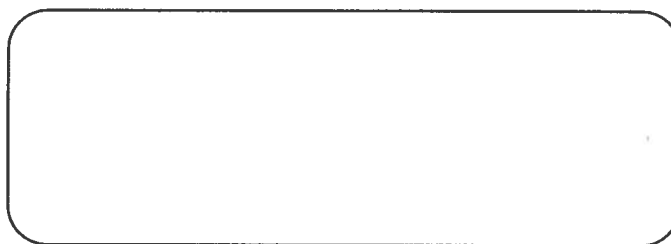
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Virginia Beach, VA 23456



This Newsletter Prepared Especially For



***Tabernacle
United Methodist Church***

*Where faith can be found
and
friends become family!*

Worship Hours

8:30am Contemporary Service
9:30am Sunday School
11:00am Traditional Service



Phone 757 . 426 . 2396

www.tabernaclevb.org