

Heritage Happenings

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FROM YOUR PASTOR'S HEART ... GETTING IN RHYTHM WITH GOD!



God's got rhythm. He has built in a rhythm to life with changes and seasons. For His people, He has given us the gift of rest – in fact, a whole day to rest every week? Are you keeping

the Sabbath? Or, are you breaking yourself by breaking this command of God?

Pete Scazzerro points out that when we are busier than what God requires, we do violence to ourselves:

“There is a pervasive form of contemporary violence ... activism and overwork. The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence ... It kills the root of inner wisdom which makes work fruitful.” –Thomas Merton.

And in doing violence to ourselves, we are unable to love others in and through the love of Jesus Christ. Might you be doing more than God requires? Has it done violence to you and your relationships?



Let's be radically counter-cultural and embrace the rhythm of weekly Sabbath and daily times of contemplation with God. It will be life-enriching! We'll talk about how to do this Sunday! Can't wait to worship with you! “Honor the Sabbath day and keep it HOLY!”

Pastor Wes

MEMORIALS AND HONORARIUMS

In memory of **ARNOLD STRATTON** by:
Rita Young

In memory of **THELMA GAMBLE**
(mother of Pat Poole) by:
M/M Benton Cone (BF)
Johnnie Ruth Hammontree (FP)
M/M Bruce Johnson
M/M Joe Lloyd (FP)

In honor of **JOHNNY PARKER'S BIRTHDAY** by:
Donna Parker (FP)

In honor of **COOPER SNOWDEN, TOM SIEGEL AND MAX GARRETT** by:
A Grateful Person Whom They Helped (WA)

BF - Building Fund FP - Food Pantry
WA - Worship Arts

MISSIONARY OFFERING

If you have a birthday in August, you are invited to place an offering in our little white church on the chancel rail during the announcements this Sunday. Currently, all birthday offerings go to support the Rupp family ministering in East Asia.

DIABETES WORKSHOP

Mercy Hospital in Fort Smith believes that education is the key to helping people with diabetes to better manage the disease, feel better, and avoid complications associated with diabetes. Mercy is offering a free program at the Hennessy Education Center at Mercy Hospital on Tuesday, August 13th from 8 am - 3 pm for those individuals who have diabetes, their family members, and any interested individuals.

RECEPTION

Event:
Drop-in Welcome Reception
For: Bud Reeves,
NW District Superintendent, and
new Clergy in River Valley and
surrounding area
When: Sunday, August 4
from 2:00 pm to 3:30 pm at
First UMC, Fort Smith
200 North 15th Street

THANK YOU



Thank you to Maddie Cochran and Hallie Rackley for working hard at their lemonade stand and giving their proceeds to the Heritage Food Pantry.

TIMOTHY TEAM - LUKE

Registration deadline for Timothy Team & Tiny Tims is **THIS SUNDAY!** Registration forms are available at the computer check-in stations! Don't miss out!

BIRTHDAY LIST

A list of August birthdays is available in the Great Hall.

CLOTHES NEEDED

The Clothes Closet will be open when parents and children come for the Back-to-School Extravaganza on Monday, August 12th. We need clean, ready to wear clothing for children Kindergarten through 12th grade. Please drop off donations in the receptacle on the back porch at the clothes closet by, August 5th.

UPCOMING EVENT

Heritage is proud to announce our newest group, "The Heritage Travelers". This group will focus on fellowship as they travel to places around the area. Save the date for September 20, 2013 as they will make their first trip to Crystal Bridges in Bentonville, AR. They will travel by chartered bus, be served a nice lunch on site, and have a private tour of the museum. Cost for the trip will be in the neighborhood of \$45 per person. There will be 55 seats available on the bus. Watch your bulletin and newsletter for more information on when to sign up. All are welcomed to attend. If you have questions you may contact Vesta Everitt at 479-471-5476 or 501-230-0427.

BACKPACK SPONSORS



Sponsors are needed to support our backpack program. Thanks to you, this program has been a great success in past years. Please stop by the church office and pick up a child's name or we can fax a form to you. We ask that you purchase a backpack, a pair of inexpensive tennis shoes, socks, and underwear for the child or children you sponsor. **Backpacks are to be returned to the church office by Monday, August 5th.** If you prefer not to shop, donations will be gladly accepted to help with the purchase of backpacks, clothes, and school supplies. Just drop off your donation at the office, or put it in the offering plate in an envelope marked, "BACKPACK". If you have any questions or would like to help pack the backpacks, please contact Tara Teague at 414-5775.

HERITAGE PRESCHOOL



Enroll now for the 2013-14 school year for ages 1 year to 5 years. Stop by the Heritage Preschool office for more information or email Erin Reeves at ereeves@heritagevb.org.

PRAYER MEETING

The next River Valley First Monday Community Prayer Meeting is this Monday, August 5th from 7-8 pm at the Oaks Manor Conference Center which is located at 3909 Highway 282 in Crawford County. This is a beautiful and peaceful place. If you have not ever been there you won't want to miss this time of prayer.



This summer our adult Bible study is on the next revolution in discipleship- *Emotionally Healthy Spirituality!* Our last lesson is *Go the Next Step to Develop a "Rule of Life."* Join us Wednesday, August 7th at 6 pm in the Fellowship Hall.

SPECIFIC HELP NEEDED

The Healthy Congregations Ministry is in need of blood glucose testing strips that are used during our monthly blood pressure and glucose screenings at Heritage. Our current supply is very, very low. We are asking if anyone has access to blood glucose test strips, for *specifically* the Ascensia Contour blood glucose meter OR the OneTouch Ultra glucose meters to please contact Debbie Bretch at rbretch@cox.net

SUMMER WORSHIP DANCE CAMP! MONDAY, AUGUST 5TH - FRIDAY, AUGUST 9TH



Heritage Worship Arts will offer the following sessions for young worshippers to train in expressive movement and dance to praise the Lord!

Kindergarten - 2nd grade 9 - 10 am
3rd - 5th grades 10 - 11 am

The classes will be led by Rachal Pendergrass and assisted by Lucy Myers. Cost for the entire camp is \$50 per child. Registration forms are available in the church office or at each computer check-in station in the children's wing.

NEW STUDY



Are you ready to grow up? This class, offered on Sunday mornings, is for those who want more. It is facilitated by Sue Barnes and is based on the *Fruit of the Spirit* by Joyce Meyer. It will challenge you to grow and to produce the Fruit of God. The class will meet each Sunday morning at 9:30 am in room 130. Join us!

PREGNANCY HELP CENTER

FSPHC is currently accepting pregnant volunteers who are interested in receiving a free ultrasound and serving as ultrasound models from now until August 8th. Contact Angie Lane at 484-5244 to schedule your appointment.

THE BEAT STUDENTS



A NIGHT OF PRAYER

Join us Wednesday, Aug. 7th from 5-8 pm for a bonfire, dinner, worship and prayer @ the Odiornes, 5300 Wornkey Bend, Rudy AR. Please get dropped off & picked up there!

PULSE AND THE BEAT UPCOMING EVENTS



Are you ready for an adventure? Grab a friend and join us, Sunday, August 4th from 5:45 - 9 pm at Heritage Church for a treasure hunt. Wear pirate attire and prepare for water...everyone walks the plank! Please no see through clothing - wear bathing suit under costume. Great prizes, food and fun!



Join us Sunday, August, 11th from 6 - 8 pm for dinner, worship and special music by Timothy Brinkman. You won't want to miss out!

PULSE STUDENTS



Beaver Lake day is Saturday, Aug. 10th from 8 am - 8 pm. Come enjoy, water skiing, tubing, swimming and more. The cost is \$5 plus dinner money. You must sign up by this Sunday, Aug. 4th in the Pulse Office.

Mission Statement: To Love and to Lead

*The Mission of Heritage United Methodist Church is to **Love** God and people passionately and to **Lead** people into a passionate relationship with Jesus Christ.*

Heritage Happenings is published weekly

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WORSHIP WITH US EVERY SUNDAY!

**8:05 AM
Awakening Service**

**9:30 AM
Traditional Service**

**11:00 AM
Contemporary Worship**

Nursery provided for all services.

**Sunday School for All Ages
9:30 & 11:00 AM**

Heritage United Methodist Church
1604 East Pointer Trail
Van Buren, AR 72956-2326

Periodical
Postage
Paid
At Van Buren,
Arkansas 72956
Permit 24448



Hospital:

Jeri Nash (HealthSouth)

Dawn Yates (Mercy)

At Home:

Margene Bules, Jim and Gerlinda Dibble,

Myron Kirksey, Carolyn Loyd, Linda

Seubold

All Military Personnel all around
the world

Nursing Home:

Jean Stratton (Legacy Lodge)

Assisted Living:

Billie Jacks (Alma Health Care)

Maxine Fahrner (Ashton Place)

Mary Coble (Crawford H & R)

Lena Mae Smith (Crawford H & R)

In Thanksgiving:

Eelco, Nicole and Kingston Beket in the
birth of their son and brother, *Sailor Grey*.

Proud Grandparents are Rick and Jane
Sanders.

August Volunteers

Ushers

8:05 am

John Poole
Buster Colbert
Jane Sanders
Rick Sanders

9:30 am

Seekers' Life Group

11:00 am

Erich Bauman
Rick Rauser
Tom Banhart
Russ Aikman

Greeters

8:05 am:

Becky and Clay Brown
Deborah Pearson

9:30 am:

Seekers' Life Group

11:00 am:

Terry Furr
Steve and Silvia Burns

Upcoming Events

Sunday, August 18:

EDUCATION APPRECIATION SUNDAY

Sunday, August 25:

FALL KICK OFF

Have an Announcement for the Bulletin or Newsletter? Email it to office@heritagevb.org.