

Morris

MEMORIAL

AUGUST 2022

A Healthy Lifestyle is So Hard

Recently I have done research to decide how I should alter my lifestyle to better take care of my body; particularly what to eat and what not to eat. I can't say that this has always been a top priority for me because I like to indulge in foods that aren't necessarily good for you, just like everyone else, because they taste so good. But once I developed a life changing illness, it became clear to me that I had to do a better job at fueling my body with the proper nutrition.

What I discovered during my research was a little confusing at first, and then it became confounding because it would require a lot of determination and what I consider as a great sacrifice; I would have to give up all those sweets, red meat, and fast foods (just to name a few.) This would also mean me being diligent in reading food labels, as well as changing the way I like to prepare certain foods. I really felt like I had to give up so much to carry out what needed done, but in the end I found that once it became a habit, it wasn't as hard as I thought and I really didn't give up anything to have better quality of life.

Our spiritual life, trying to live as a Jesus follower, is a lot like my endeavor to eat healthier. There are many things we like to do that aren't necessarily good for our spiritual life. There are things that God would rather us give up so that we might have a healthier relationship with him. It seems like we have to give up so many fun things for us to have eternal life. But this, like my research with food, is easier than we think.

God makes it so easy. Humanity is who made having a relationship with God so difficult. It is true that we should constantly read about the contents (Bible) to decide if what we are doing is healthy, and we must be diligent if we are going to live the lifestyle God created for us until it becomes habit. But once we overcome the distractions of the world, we will find that it is really very easy to live our lives according to God's will. All we have to do is put forth the effort and God will show us the way.

Do you want a better life? You may need to make some lifestyle changes. But it's up to you to seek those changes and make them.

UPCOMING EVENTS

Mondays:	10:00 a.m.	Nurture in Action
Wednesdays:	10:00 a.m.	MEC Chapel
Sundays:	9:00 a.m.	Sunday School
	10:30 a.m.	Worship Service
	2:00 p.m.	Youth

August 1 – Knit Wits
August 2 – Trustees 6:30 p.m.
August 3 – Children’s Church interest meeting
August 9 – Finance Team, 6:30 p.m.
August 10 – PPRC 6:30 p.m.
August 12 – MEC Back to School Bash at Quantum
August 15 – Knit Wits
August 23 – PPRC 6:30 p.m.

Financial Update

Needed monthly to meet our 2022 budget:	\$33,681
Received Year to Date (January 1-July 31):	\$ 211,524.33
Expenses Year to Dates (January 1-July 31):	\$ 214,024.99

Thank you for your dedicated tithes and offerings to Morris Memorial.
Your gifts are deeply appreciated.

AUGUST CELEBRATIONS

Birthdays:

Kaitlyn Hess	August 1	Marta Dean	August 14
Deborah Burdett	August 2	Ryan Anderson	August 17
Carl Fletcher	August 4	Bob Howell	August 17
Mary Townson	August 4	Mattie Thompson	August 19
Tim Pittman	August 6	Jeanne Basford	August 20
Michael Duffie	August 7	Ruby Jolliffe	August 20
Teddy Bledsoe	August 12	Chris Terpening	August 20
Ethan Hess	August 13		

Anniversaries:

Jackie & Barney Frazier	August 1	Shirley & Steve Jones	August 26
David & Sharon Byrd	August 4	Joan & Jim Waggy	August 28
Hilda & Clyde Hedrick	August 10		

If you are interested in volunteering or teaching children's classes during our worship services, we would love your help! We are holding an interest meeting on Wednesday, August 3rd at 6:30 p.m. in the conference room. We need help with our nurse through elementary school children. Please consider volunteering so that our children can have a fun, exciting space to learn on their own level. Please contact Pastor Ray if you are interested but are unable to attend the meeting.



The Nurture 'n Action team is preparing for another food drive to help support Common Grounds. Please mark your calendar for Saturday, September 24th from 10-2 pm. We will collect non-perishable items such as peanut butter, jelly, unsweetened cereal, canned fruit and vegetables, mac & cheese, soup, and pancake mix.

Common Grounds News and Needs

As you are well-aware, in the past months we have seen inflation soar. Gas prices and food prices have made it all the more difficult for those who are on fixed incomes to “make ends meet.” One Thursday in July an older, retired lady came in for help with her utility bill. She had gotten food earlier in the month but realized she needed to come for us for help with the latter. She came accompanied by her school-age granddaughter who she was keeping for a month this summer while her mother was deployed. The volunteer approached her to see what help she needed. With tears in her eyes, she said she had never had to do this before but she needed financial help with her utility bill. We reminded her that many are in a similar situation.....she is not alone. She continued, “Either I pay this bill and have no money for food or I buy food and have no money to pay this bill.” We let her know that that was the reason we were here. She said she had a bill for \$56 dollars. We told her we would pay that bill and informed her that she would not be eligible for help with utilities for another year. She was very thankful we would help now. We also let her pick out fresh vegetables and fruits, bagged Panera Breads, and some snacks for her granddaughter. While one volunteer was helping the grandmother, another volunteer was interacting with and entertaining the granddaughter who became fully engaged with her. She let her choose a little necklace and a small zipper purse and also shared a Bible story with her. Both grandmother and granddaughter left with smiles on their faces and happiness in their hearts.

In July we were presented with an exceptional gift donated by a couple in our church. It was a large framed picture of the head of Jesus Christ. Actually it was a 1000-piece puzzle they had assembled and then framed for us. It is absolutely beautiful and compelling! Feel free to stop by sometime when we are open to see it. What a great witness it will be to our families we serve (and us.) Genuine thanks to this couple for sharing their time and talents with us to witness to our Common Grounds family.

If you would like to help us this month with food, please consider bringing **CANNED BAKED BEANS, CANNED TUNA FISH, AND/OR BARS OF SOAP.** As you know we are grateful for whatever food you donate. Please place them in the woven trunk in the Narthex. If you would like to give a donation by check, please make the check out to **Morris Memorial Methodist Church** and in the bottom left-hand corner write Common Grounds. Thanks for sharing in whatever way(s) you choose! May God bless you beyond measure!

If you are interested in learning more about Common Grounds, have comments to share, or would like to volunteer with us, please contact Susan Vieweg, our Morris Memorial Common Grounds Coordinator, at (304) 344-2617 or (304) 549-6155. Thank you so much.

Morris UMC Endowment Fund

On June 20, we had a special conference in reference to the endowment fund. The conference was well attended by members of the congregation, and there were a lot of great questions. For those who couldn't attend, this article is to explain what took place.

In the last several years people were tasked with overseeing the endowment fund, and they did a great job in growing the fund. They should be commended in how they were able to grow the fund that will benefit the church in many ways for years to come. We thank them for their diligent efforts and their accomplishment on behalf of the church.

In the UM Church the Trustees Committee is the responsible party for overseeing any endowment, however, our UMC Discipline states that it is permissible to establish a permanent endowment committee to work with the Trustees in the oversight of an endowment. This requires the action of a charge conference. Unfortunately, this was not done in the past, so a special charge conference was held to establish a permanent endowment committee. Here is the new language in the endowment guidelines regarding local oversight:

Local Oversight:

The Board of Trustees of Morris Memorial United Methodist Church has entered into an agreement with Davenport & Company LLC for investment management of the fund with the provision that on recommendation of the Board of Trustees and approval of the Charge Conference said management may be changed.

The Board of Trustees shall provide local oversight of the fund through the establishment of a Permanent Endowment Fund Committee that will operate under the supervision of the Board of Trustees. This committee shall consist of the Board of Trustees President, the senior pastor, and three additional members from the local congregation. The Board of Trustees shall coordinate with the Committee on Nominations and Leadership Development to nominate the three additional members with final approval being determined by the Charge Conference. In accordance with The United Methodist Church Book of Discipline, the members of the Permanent Endowment Fund Committee shall not consist of relatives living within the same household or the current church Treasurer. The members shall be divided into three classes, each class consisting of one member, to serve a term of three years.

The Permanent Endowment Fund Committee shall maintain an appropriate public record of persons giving to the fund and/or the person memorialized by the gift, with information describing the association or previous service of such individual to the local church along with other facts of historical interest. The Permanent Endowment Fund Committee shall also maintain an appropriate record of transactions and fund statements and shall report the status of the fund to the Board of Trustees at least quarterly. Hard copies of all records and statements

associated with the fund shall be maintained at the local church office in a secure location. Any digital files used by the Permanent Endowment Fund Committee to maintain the fund shall be made accessible to the church Secretary upon request of the Board of Trustees President or senior pastor.

The amount of annual distribution available to be received from the fund shall be determined by the Permanent Endowment Fund Committee using the method described in these guidelines and shall be reported to the Board of Trustees. The Board of Trustees shall receive any distribution from the fund and direct its use as approved by the Administrative Board/Church Council. The Board of Trustees and the Permanent Endowment Fund Committee shall by promotional effort and publicity within the local church encourage giving to the fund through contributions and bequests.

Should you have any questions regarding the Morris Memorial Endowment Fund, please feel free to contact the Trustee Committee, or one on the permanent endowment committee members; Scott Bellamy, Mark Hatfield, and Bill Vieweg.

Please don't forget to bring in your back to school supplies! Along with Morris Enrichment Center, we are hosting a Back to School Bash on August 12th for local students. School supplies will be handed out and we could use your help with the following items:

- **BACKPACKS**
- **PENCILS/PENS/COLORED PENCILS**
- **LOOSE LEAF PAPER**
- **NOTEBOOKS**
- **CRAYONS**
- **MARKERS**
- **DRY ERASE MARKERS**
- **FOLDERS**
- **GLUE STICKS**
- **3 RING BINDERS**
- **SCISSORS**
- **RULERS**
- **CALCULATORS**
- **PENCIL POUCH/CASE**
- **HIGHLIGHTERS**

