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## Pastor's Ponderings

### Summer Spiritual Discipline: Soul-Care Practice

Dear Wesley church families, kids, youth, and friends,

Greetings in the name of our Lord Jesus Christ who is the truth, life, and way to eternal and pray that this Summer is a relaxing and renewing time for each one of you. It is good that God provided us with different seasons of life so that we can cherish both our work and rest. Let this Summer be a time for us to renew our spiritual disciplines. Bishop Sue of the Virginia Annual Conference of the UMC challenged us during the Annual Conference by urging us to get back to spiritual disciplines.

How about starting this Summer with prayer as a soul care practice?

Philippians 4: 4-7 (CEB)

4 "Be glad in the Lord always! Again, I say, be glad! 5 Let your gentleness show in your treatment of all people. The Lord is Near. 6 Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. 7 Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus."



I believe that when we pray joy becomes so natural in us and it will manifest in our being and treatment of others. When we pray our anxieties may not rule us rather thanksgiving may overflow in us. When we pray, despite all unsettling crises of life, God's peace will be a constant companion in and through us. Prayer keeps us in secure love and grace of God. Christ fills our hearts and minds so, prayer is a tool to remove our insecurity, fears, and doubts of God's ever-forgiving, accepting mercy.



Mother Teresa said, *"Souls of prayer are souls of deep silence. That is why we must accustom ourselves to the deep stillness of the soul. God is the friend of silence. See how nature, the trees, the flowers, the grass grow in deep silence. See how the stars, the moon, and the Sun move in silence. The more we receive in our silent prayer, the more we give in our active life....*

*Jesus is waiting for us in the silence. It is there that he speaks to our souls."* Let us care for our souls by making prayer an instinct and habitual, compulsive behavior.

My prayers for each one of you as you grow in prayer life during this Summer.

Blessings and Peace! May Triune God be with you!

**Rev. Dr. Archana Samuel, Pastor Wesley UMC**



## True Spirit Bluegrass Gospel Band

True Spirit will be making their annual appearance at Wesley on **Sunday, July 21st at 6 PM.**

As has been the tradition in recent years, an ice cream social will follow their performance. Wesley members are asked to bring ice cream toppings for the event even if you won't be attending the event.



Please support these events by attending and by helping spread the word in your workplace and in your communities.

A love offering will be taken to support their ministry. In addition, they will have CDs and other merchandise available.

For additional information, contact Charlie Morris at 757-897-7715.

## From Our Music Director~Jerry Sowers

Harmony House will not meet this summer. It will resume in September with an Open Mic Event.

The Choir will be singing on the first Sunday of July and August taking a break the other Sundays of July and August. Special Music is needed for those Sundays. There is a signup sheet outside the Choir Room. Contact Jerry Sowers for questions.



Generous donations for the performer and snacks are appreciated.

## Tidewater Friends of Acoustic Music Presents:

**Troy Breslow**

**July 26, 2024 at 7 PM**

Virginia-based singer/songwriter Troy Breslow is steadily making a name for himself with honest lyrics, accomplished guitar playing, and a deep-rooted rhythm that just doesn't quit. Troy is proving his presence in roots music when sharing stages with musical contemporaries Chris Knight, Daniel Donato, and Don Flemons. "Shines as a storyteller" Jeff Maisey, VEER Magazine "Makes you sit up and take notice" Mike Aiken, Grammy Nominated Roots Artist.





## Flower Calendar Sign ups available

Following are open dates on the Flower Calendar. If you would like to provide flowers for worship, please sign up or email/call the church office and I will sign you up.

July—7, 14, 28  
 August—18  
 September—1, 22  
 October—6  
 November—3, 10, 17  
 December—29



Cost is \$46.00 each.

Contact person, Sylvia Krisnow

## COUNTER SCHEDULE JULY/AUGUST

### July

7—Pat Fitzgerald/Marsha Ames  
 14—Marsha Ames/Clyde Gumbert  
 21—Clyde Gumbert/Zach Eitzen  
 28—Zach Eitzen/Debbie Andersen

### August

4—Debbie Andersen/Amy Stanley  
 11—Stephanie Eitzen/Renee Arnold  
 18—Renee Arnold/Amy Stanley  
 25—Stephanie Eitzen/Pat Fitzgerald

Contact Amy Stanley for questions or any changes.



## Chair Yoga

Tuesdays and Thursdays  
 9:30 AM

Fellowship Hall

Contact person, Pat Fitzgerald

## 2nd Quarter Financial Statements

The Second Quarter Giving Statements will be on the Information Counter next to the Sanctuary July 7-28. You can see your giving statements online at <https://onrealm.org/WesleyUnitedMet/SignIn> or pick yours up at the Church.

If you want me to mail or email your statement to you, just let me know.

Kathann Montague, Financial Secretary, 757-722-8744, [kdm8989@cox.net](mailto:kdm8989@cox.net)

## Summer Reading Library



There is a "Summer Reading Library" stand for children and adults in the hallway at the entrance of the church. Please take, enjoy and return at any time.

## 4<sup>th</sup> of July Breakfast

*On Sunday, June 30th*, at 9:00 AM, we will have a breakfast in the fellowship hall prior to the 10:00 AM Worship Service.

**Please bring a breakfast item to share.**



**INDEPENDENCE DAY**



## Electronic Sign Fundraiser

There was much positive feedback following the presentation about Wesley's Faith & Vision journey and the proposed project of replacing our 25+ year-old sign with an electronic sign. A new sign will allow the church to inform hundreds of people that pass by our church each day of the mission and activities here at Wesley. We are off to a great start the first two weeks having seen many gifts for a total of \$20,620 dollars. Praise be to God!

The projected cost for a new sign is \$38,000 with the original goal set by the Leadership Board at \$26,000. We thought a campaign based on the 26 letters of the alphabet would be a fun way to measure progress toward our message board. We plan to apply for a grant through the Virginia UM Conference, but do not know the amount we may be given. With that said, we would like to make our final goal the complete cost of the sign - \$38,000. As we go through the year, there will be many opportunities for working toward and raising funds for this project. As we start the campaign, if you are led to give, please designate all donations to "ES 24". This will allow our financial secretary to keep track of progress toward our final goal.

## Online Giving

**There are several online/digital ways to give an offering here at Wesley:**

1. To send a one-time gift: text "BLESSINGS" to 73256.  
*Please consider covering the 3% service fee with your offering.*
2. To give online, visit [www.hamptonwesley.org](http://www.hamptonwesley.org) and click on the "Give" tab.

To sign up for no service charge online recurring offerings, contact Kathann Montague, Financial Secretary, [kdm8989@cox.net](mailto:kdm8989@cox.net), to get directions for Bill Pay connections.



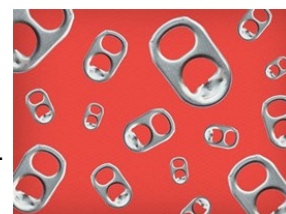
## Red Cross Blood Drive



Red Cross Blood Drive will be held on Monday, July 8th, 1:00-6:00 PM, Fellowship Hall. Please donate if you can. Help is also needed to greet donors as they arrive. There is a sign-up sheet on the bulletin board. You can also email or call the church office.—Chris and Anne Companion

## Can Tab Collection

Dear Wesley Family—Sadly, as of 31 December of this year, I am abandoning the collection of can tabs. All the recycling companies are not paying the higher price for these tabs. While this was still good for our church, as I am still paying \$10 per pound collected and brought into our church, we can no longer continue this program.



This endeavor was two-fold; the money for the church and the funds from the tab sales benefitting the Hampton Woman's Club. These funds were placed into the charitable contribution account for the amounts of donations to various Hampton charitable organizations.

I will have a final update on this program in January of next year. I thank all of you in helping bring extra funds into our treasury—Vicky Moyer



## Henderson Settlement Christmas Mission 2023

We are so very appreciative for the gifts and monetary donations that we received last year for Henderson. We had a total of 12 churches that participated and a few individuals. Those churches included: Zion UMC (Seaford), Phoebus UMC (Hampton), Old Church (Mattaponi), Woodland UMC (Smithfield), Andrew Chapel UMC (Montross), Trinity UMC (Smithfield), Wesley UMC (Hampton), Beulah/St. Paul UMC (Matthews), Benn's UMC (Smithfield), Uzzell UMC (Smithfield), Parkview UMC (Newport News) and Bethany UMC (Smithfield).

With the gifts you donated we were able to help provide toys, pajamas, coats, hats, scarves, blankets and towel sets to a total of 130 families with 260 children ages 0-18 years old. Although the parents were very thankful for the variety of toys that were available, they were also very excited to receive the "no charge" items which were the coats, blankets, towel sets, pajamas, hats, gloves and scarves that YOU provided as well. (The pajamas were especially a big hit!)

Because of your donations, we were also able to give the Henderson Thrift shop a \$500 donation to purchase toys for resale at a lower price. We also made a \$500 donation to the Henderson Food Pantry. They were planning to provide boxes for Christmas that included the makings for a complete dinner, along with other vegetables. Here is a link that will take you to a video that Henderson created to show their appreciation for your donations. We hope you will view this video and share it with your congregation. Henderson Christmas 2023 Thank You.

Della and I thank you again for all you do to make this mission possible. We are preparing our letter for this year's Henderson Christmas Mission project that will explain what we will be collecting, and the dates needed. It will look a little different than in the past. When we reached out to Henderson this year, they asked that we collect a few different items. So please be looking for our letter to arrive soon. God be with you, and we look forward to seeing what God has in store for us this year!

God Bless, Della Carrico & Linda West

Video: <https://drive.google.com/file/d/1pHbkKh5LmL5zrz9GDzvvKnHCCzXuHqOP/view>





Appointments 2024-2025	
<p>Stony Grove: Michael P. Russell (2) FL</p> <p>Union (TNS)</p> <p>HOPEWELL</p> <p>First: Michael B. Tolbert (1) FL</p> <p>Wesley: Ralfia R. Teague (2)</p> <p>LUNENBURG</p> <p>Kenilworth: Kip M. Ray (4) OF</p> <p>Pleasantville: Ralph L. Moore (2) LM</p> <p>Victoria: Gita De Jena (1) FL</p> <p>MECKLENBURG</p> <p>Canterbury: Michael D. Blythe Jr. (2) OF</p> <p>Easters: Judy R. Jenson (4) S/G</p> <p>North Mecklenburg: Michael D. Blythe Jr. (8) OF</p> <p>Salem: Brian</p> <p>Providence-Triety: Steve Witz (2) SY</p> <p>Providence: Trinity</p> <p>Salem: Catherine P. Berry (1) S/Y</p> <p>South Hill: Charles R. Stacy (2)</p> <p>West Mecklenburg: Jacob E. Thomason (1) FL</p> <p>Epiphany: Faith, Friendship</p> <p>NOTTOWAY</p> <p>Cranshaw: Steven C. Snodgrass (1) PE</p> <p>Grace Co-Op Parish: Denise B. Watkins (1) FL</p> <p>Crane: Maria Chapel</p> <p>East Holloway: Randall L. Bailey (7) FL</p> <p>Butterwood: Grace, Rocky Hill</p> <p>Rockaway-Lunenburg: Eric A. Potter (2) FL</p> <p>Leland Hill: Saint Mark's, Thrift Chapel</p> <p>St. John's: Dan E. Walker (8) FL</p> <p>PETERSBURG</p> <p>Gathering at Washington St: Audrey D. Smith (4) FL</p> <p>St. Mark's (TNS)</p> <p>PETERSBURG CITY</p> <p>Trinity (TNS)</p> <p>Washington Street: Audrey D. Smith (1) FL</p> <p>PRINCE EDWARD</p> <p>Farmville: Susan H. Thomas (5)</p> <p>Mechanic: Debra D. (2) SY</p> <p>Prospect: Ruth Perry (2) SY</p> <p>Oliver Branch, Prospect: Synops</p> <p>PRINCE GEORGE</p> <p>Prince George: Benjamin H. Taylor III (1) FL</p> <p>Naville: Salem</p>	<p>Stony Grove Cooperative Parish: James H. Fry (1) FL</p> <p>Standford: Gary</p> <p>Sycamore: Stephen K. Lee (1)</p> <p>Trinity: Tammy A. Cox (2) FL</p> <p>SOUTHAMPTON</p> <p>Bykins: R. Keith Jordan (3) FL</p> <p>Bykins: Patricia</p> <p>Deerfield: Michael E. Baughman (2) FL</p> <p>Grace Memorial: Deborah F. Baughman (1) FL</p> <p>High Street: Wayne C. Moore (2)</p> <p>Newman: Michael E. Baughman (2) FL</p> <p>SUFFOLK</p> <p>Main Street: Richard L. Meier Jr. (7)</p> <p>Oxford: Virginia Crocker (2) SY</p> <p>Providence: Lisa S. Meyers (8) FL</p> <p>SUFFOLK CITY</p> <p>Roddy Hooker: Deborah F. Baughman (1) FL</p> <p>SURRY</p> <p>Bury: Gary Elms (2) SY</p> <p>Carline: Carl Grove, Surry</p> <p>SUSSEX</p> <p>Concord: Carrie D. Muffit (3) PE</p> <p>Fort Grove: (TNS)</p> <p>Leland: Albert M. O'Brien Jr. (1) FL</p> <p>Sharon: Tammy A. Cox (5) FL</p> <p>Wheatfield: Glenn P. Riggs (9) PE</p> <p>Wheatfield: Bryan L. Carper (1) FL</p> <p>EXTENSION &amp; OTHER APPOINTMENTS</p> <p>Timothy A. Beck — Director of Vision and Vitality</p> <p>Joshua K. Biskup (4) OF — Dr. of Brock</p> <p>Experiences, Longwood Univ. (Farmville)</p> <p>Lynette N. Bailey (2) OF — Beth David</p> <p>(Farmville): Gilbert M. Eiler (8) FL — Chapel</p> <p>Prince George Fire &amp; EMS (Prince George)</p> <p>Justin A. Hicks (2) OF — Campus Minister of</p> <p>Longwood-Hampden-Sydney Wesley Foundation</p> <p>(Jamestown)</p> <p>Anthony J. Hurley (4) FL — Chaplain, US Army</p> <p>Fort Lee</p> <p>Robert C. Moore (2) FL — Chaplain, Shenandoah</p> <p>Spring Grove Hospital Center (Chapel Hill)</p> <p>Ted B. Perkins — Chaplain, VA Medical Center Dr.</p> <p>T. McKinnon Shea Jr. — Assistant Vice President, High Point U. (Farmville)</p>

We are excited to announce that Rev. Dr. Archana Samuel will be continuing at Wesley!

Pictures from Virginia Annual Conference 2024



Above: Adopt-A-Spot with Jack Rezabek

Top: Men's Bible Study. Below: Metal Detector Club/Jack Rezabek





Mary Levin Bible Study and UWF Salad Supper held at Carol Hale's home on June 5th.



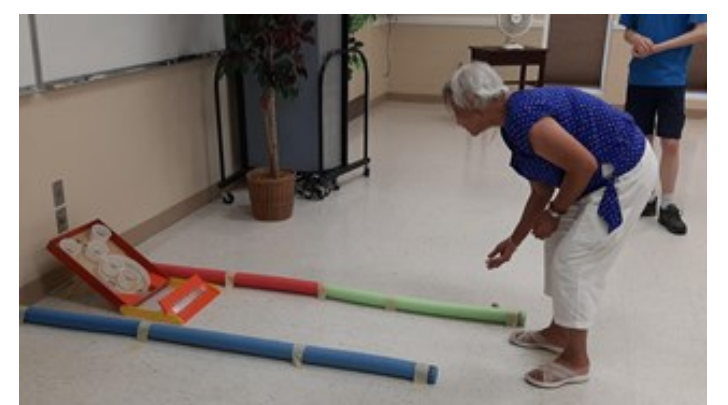
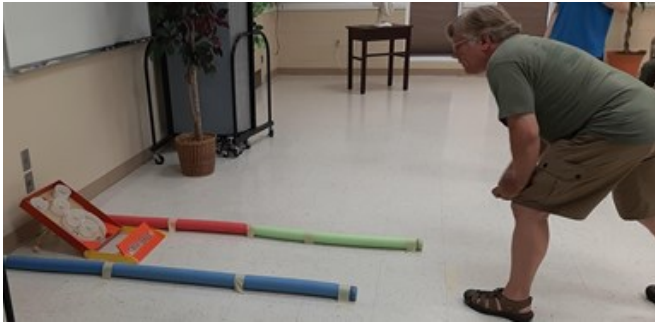




Linda Boles at  
Harmony  
House on June  
14th







Potluck  
and Game  
Night  
June 23rd



Pics from game night. Ray, Charlie, Becky and Robin playing dominoes. Pastor, Sylvia and a guest playing Jenga. Liam, John, Vicky, Pastor and Lynnette playing Skee Ball. We had great food and lots of fellowship.

## Prayer Concerns

Ariel Arus  
 Barbie Holland  
 Bill Mee  
 Braylin Lewis  
 Brenda  
 Burrell Taylor  
 Caroline  
 Carolyn Williams  
 Diane Ball  
 Freta Lamb  
 Jim McKirdy  
 Joey Radford  
 Josh Worden  
 Keith  
 Ken Johnson  
 Laurie Doucharme  
 Lisa and Sylvia  
 Lynn Jackson and family  
 Peggy Langford  
 Richard Cooper  
 Rod Turner  
 Stacey and John  
 Steve Lillya

### Glory Sightings

Jeannie Lineberry- I had a wonderful conversation with Eddie and Donna Page about our faith. I had friends visiting with me and I was able to share with them also about my faith. My friend said that she got "chicken skin" listening to me expressing my faith. Being able to talk to people about God no matter where I am is truly a blessing. Becky Morris- Charlie and I celebrated 58 years together on May 29th. I couldn't have found a more amazing partner to share my life

with. Kathann Montague- I attended the Blackbeard Festival and spent time with my daughter and granddaughter. I also got to spend time with the Gumbert family. Donna Turley- I delivered the kits for UMCOR that the United Women in Faith put together for Annual Conference. Pastor Archana- My mom came to Hampton to visit. She got to see our new home and visit the church. Jeanne Lineberry- I'm taking care of my grandchildren over the summer. They will be learning a bible verse a day. It's a blessing that they are being exposed to the bible and learning about God. Liam Thomson- My grandmother and I were on the road and saw a man help a stranger push his motorized scooter out of the way of traffic so travelers and the rider could be safe. Charlie Morris- There is a saying, "That a day without golf, it must be my wife's birthday." So, I did spend the day with Becky celebrating her birthday. David Raymond- Today is Kerry's birthday. She has been a blessing in my life for the 15 years we have been married. David Roane- We celebrated Mary Beth's birthday yesterday. Jerry Sowers- Today is Debbie Anderson's birthday. Cynthia Campbell- I had a wonderful week with my grandson. We spent time reading the bible together. He asked me how do I let God into my heart. What a blessing to have him wanting God to be a part of his life. Sylvia Krisnow- Our grandson, Josh, is up and moving after having brain surgery last week. Watching all the bumble bees in our backyard flying from clover to clover. Pastor Archana- My nephew was having a good week so my mom was able to go and spend time with my brother and his family. I am especially thankful for all of God's grace and blessings. Lynnette Scalzi- Going to our granddaughter Skylar's graduation party. Being able to visit with her friends and their families celebrating all her high school accomplishments. Pastor Archana- My nephew is visiting from Maryland. He graduated from High School this week. Lynnette Scalzi- Cynthia's sister, Sheree, is visiting and is

sharing her musical talents with us this morning. My granddaughter, Skylar, graduated from High School on Thursday. The wonderful opening music played by Jerry, Cynthia, and Sherree on instruments that they don't usually play. David Brookman- Wesley is stepping out in faith as a church to start a Faith Project to raise money for an Electronic Sign for Wesley to keep our community aware of all the projects we are involved in as members of our local communities and the city of Hampton. David Brookman- Burrell Taylor is back home at the Chamberlain. Jim McKirdy- Glory sightings are all around us every day. I have had my drinking under control since February 29, 2024. Kathann Montague- I attended the 75th Woodall family reunion in North Carolina. We had three more families attending than last year. We were able to fill all the tables at the venue. Carol Hale- Lillian celebrated her 20th birthday on Saturday June 25. Sherree- Seeing my sister, Cynthia, at the airport waiting to pick me up. There is nothing more special than musicians playing together. Attending our family reunion here in Virginia. Becky Morris- We are going to surprise my cousin in North Carolina for his birthday. Eddie Page- Annual Conference was a wonderful experience. The first person I saw was Donna Turley when I checked in. I was able to see some of Wesley's former pastors and friends. There was amazing music and worship. We were encouraged to out into the community- Three words "You, Go, and Now." Annual Conference was a Blessing to all who were there. Donna Turley- The Holy Spirit was at the Convention Center for Annual Conference. Pastor Archana- Bishop Tom Berlin, from the Florida Conference, gave a beautiful message





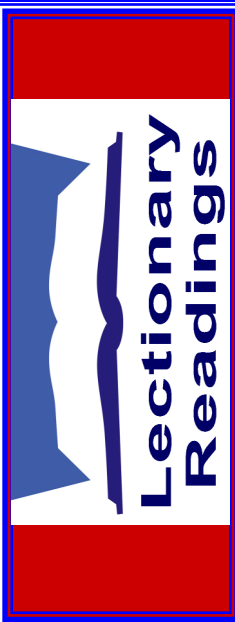
about HOPE. Bishop Sue's message said we all have grace in the UMC. I am blessed to be appointed for another year here at Wesley. Monica Sprague- We were blessed to attend my nephew Trey and Sarah's wedding. Helen Cope- I am blessed to be a part of this church and congregation. I was watering my lawn and the birds came to the water for a bath and drink. Jim McKirdy- My sobriety started on February 29 of this year. I knew I had to stop drinking so that I could start radiation. I woke up that morning and know I would not be able to drink again. I had struggled many times to stop drinking but this time I didn't struggle with drinking. Maricel and Ariel Arus-Praise that our grandson, Aedan, is graduating from high school.

### ***Other Concerns:***

Pastor Archana- Prayers for all the graduates and children over the summer. Bless all the teachers, especially those continuing to teach over the summer. Prayer for our Conference (VAUMC) and its Mission and Ministry. Bishop Sue and the Cabinet, DS of all eight Districts. Mission Rivers District, the DS Dr. Charles Bates. Various ministries and leaders at Wesley UMC. Be with all those involved, pastors, leaders and coordinators. Lord give them your encouragement and wisdom. For the Mother's Day Out and other groups gather at Wesley and for all our congregation-families, youth, and young adults. For suffering humanity, for comfort, peace, and justice for all. Loving God open our heart to Your grace and mercy. Blessings on those celebrating birthdays and anniversaries. Lord, we give You thanks for our Annual Conference. Be with our churches and congregations, their ministries and missions, the leaders of our conference and district. Lord help us to live to our full potential as children of Christ. Mary Bayless- My son and daughter-in-law have COVID. Prayers for healing and recovery. God we praise and thank you for Your immutable love. You are taking care of us each and every day. Prayers for our churches and their ministries and missions. Be with all who are preparing and will be attending Annual Conference. Prayers for all those having surgeries or are recovering from surgeries, grieving the loss of loved ones and suffering from illnesses. Amy Stanley- Prayers and travel mercies for our entire family traveling to New York for Mark's mom's Celebration of Life on Saturday.

### ***Sympathy goes to the following families:***

Chuck and Irene Lutes and family on the death of his mother.  
 Leslie Planck and family on the loss of her husband.  
 Family of Ann Hudgins on her passing at the age of 100.  
 Family of Jamie's on her passing.  
 Arus family and Magdalia on the loss of their friend/husband.  
 The Williams family on the death of their daughter. (Student of Cynthia Campbell)



#### **JULY 07 | 7th Sunday after Pentecost (Green)**

2 Samuel 5:1-5, 9-10; Psalm 48 (UMH 782);  
 2 Corinthians 12:2-10; Mark 6:1-13

#### **JULY 14 | 8th Sunday after Pentecost (Green)**

2 Samuel 6:1-5, 12b-19; Psalm 24 (UMH 755); Ephesians 1:3-14; Mark 6:14-29

#### **JULY 21 | 9th Sunday after Pentecost (Green)**

2 Samuel 7:1-14a; Psalm 89:20-37, 45b (UMH 807); Ephesians 2:11-12; Mark 6:30-34, 53-56

#### **JULY 28 | 10th Sunday after Pentecost (Green)**

2 Samuel 11:1-15; Psalm 14 (UMH 746);  
 Ephesians 3:14-21; John 6:1-21



# Birthdays and Anniversaries

1	Doug Gallaer	28	Pastor Jason Snow
	Marissa Parks	30	Megan (McKinney) Hanson
	Andrew Scalzi		
	Joseph and Amber Turek (2007)		
5	Patsy Morrison		
8	Chris/Anne Companion (2000)		
10	Linda Boyd		
19	Ezra Eitzen		
22	Mike/Pilar Evans (1988)		
	Mike/Gretchen Nelson (1995)		
23	Angela Taylor		
25	Connie Bryant		
27	Donna Ward		



ANNIVERSARIES



Left: Zack Salberry at TFAM June 28






Right: God's creatures outside out doors.



Sages meeting at McAllister's Deli in Hampton on June 26



# JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> 9:00am 4th of July Breakfast at Church 10:00am Worship Service In-person and Facebook live 7:00pm NA Recovery 	<b>1</b> 7:00pm Metal Detector Club - Fellowship Hall	<b>2</b> 9:30am Chair Yoga 6:30pm NA Meeting 7:00pm SAA Meeting - Double Classroom	<b>3</b> 6:00pm Big Book Topic Group (AA)	<b>4</b> 	<b>5</b>	<b>6</b>
<b>7</b> 9:00am Sunday School 10:00am Worship Service In-person and Facebook live 7:00pm NA Recovery Group	<b>8</b> 1:00am Red Cross Blood Drive - Fellowship Hall 	<b>9</b> 9:30am Chair Yoga 6:30pm NA Mtg 7:00pm SAA Meeting - Double Classroom	<b>10</b> 6:00pm Big Book Topic Group (AA)	<b>11</b> 9:30am Chair Yoga 6:00pm Take Off Pounds Sensibly (TOPS) Group 	<b>12</b>	<b>13</b>
<b>14</b> 9:00am Sunday School 10:00am Worship Service In-person and Facebook live 7:00pm NA Recovery Group	<b>15</b>	<b>16</b> 9:30am Chair Yoga 6:30pm NA Mtg 7:00pm SAA Meeting - DC	<b>17</b> 6:00pm Big Book Topic Group (AA)	<b>18</b> 9:30am Chair Yoga 6:00pm Take Off Pounds Sensibly (TOPS) Group	<b>19</b>	<b>20</b>
<b>21</b> 9:00am Sunday School 10:00am Worship Service In-person and Facebook live 6:00pm True Spirit Concert in the Sanctuary followed by an Ice Cream Social 7:00pm NA Recovery Group	<b>22</b> 6:00pm UWF	<b>23</b> 9:30am Chair Yoga 6:30pm NA Mtg 7:00pm SAA Meeting - Double Classroom	<b>24</b> 12:00pm Newsletter Deadline 12:30pm Sages 6:00pm Big Book Topic Group (AA)	<b>25</b> 9:30am Chair Yoga 6:00pm Take Off Pounds Sensibly (TOPS) Group	<b>26</b> 7:00pm Tidewater Friends of Acoustic Music - Troy Breslow 	<b>27</b>
<b>28</b> 9:00am Sunday School 10:00am Worship Service In-person and Facebook live 7:00pm NA Recovery Group	<b>29</b>	<b>30</b> 9:30am Chair Yoga 6:30pm NA mtg 7:00pm SAA Meeting - Double Classroom	<b>31</b> 6:00pm Big Book Topic Group (AA)	<b>1</b> Sylvia on vacation - 1-15 August 9:30am Chair Yoga 6:00pm Take Off Pounds Sensibly (TOPS) Group	<b>2</b> Sylvia on vacation - 1-15 August	<b>3</b> Sylvia on vacation - 1-15 August

Our Calendar is updated daily! Please go to our website for a current calendar.

WEBSITE: <http://www.hamptonwesley.org>

# Wesley United Methodist Church

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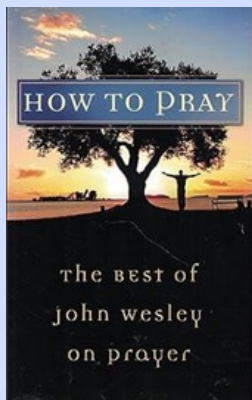
Pastor: [archanasamuel@vaumc.org](mailto:archanasamuel@vaumc.org)

WEBSITE: [HTTP://WWW.HAMPTONWESLEY.ORG](http://www.hamptonwesley.org)

## Wednesday Word

“All who desire the grace of God are to wait for it, first, in the way of prayer,” Wesley wrote. Prayer is truly, in Wesley’s words, “the most useful of all pastimes.”

Dear Wesley congregation, members, and friends,



Greetings in the name of Jesus Christ who is our teacher and friend, I am reading a small book titled HOW TO PRAY: THE BEST OF JOHN WESLEY ON PRAYER. I thought would share with you all what I am reading and learning about prayer this Summer. Prayer is a significant tool and spiritual discipline to know and grow in the love and grace of God in Jesus Christ.

So, each Wednesday you will receive one thought from this small book. John Wesley says, “O Praise God for all you have and Trust God for all you want.” This Summer I encourage all of you to take some time to read this and pray for what God is calling you and nudging you to pray for. I understand our plates are full most of the time, but it may not take more than 10 minutes to read and pray for our church and its ministry and mission. First Wednesday “What Are You Now?”

Thank you and God Bless you all in this endeavor!

With much love and prayers!

Rev. Dr. Archana Samuel

## Wesley’s Mother’s Day Out Program

Wesley’s Mother’s Day Out Program is a mission outreach program for 2 year olds to 5 years old.

We have a 2 day program (Tuesday and Thursday—\$175 monthly), a 3 day program (Monday, Wednesday, and Friday—\$225 monthly) and a 5 day (Monday-Friday—\$275 monthly) plus a \$75 nonrefundable registration fee. We have 2 classes that meet each day from 9:00-12:30 p.m. There is also a one time supply fee of \$150.

The program follows the Hampton City School System Calendar beginning on the Tuesday after Labor Day to Friday before Memorial Day.

Registration forms are available in the church office during regular office hours and on the church website. <https://www.hamptonwesley.org/home/ministries/fellowship/mothers-day-out/>

Please tell all your friends about this wonderful program!

Program director, Laurie Burt (757) 508-7196 or email at [wesleyhptmdo@gmail.com](mailto:wesleyhptmdo@gmail.com)

