



First United Methodist Church  
516 Kellogg Ave.  
Ames, Iowa 50010  
515-232-2750  
[www.fumcomes.org](http://www.fumcomes.org)  
9:30 July 23, 2017

## IT IS OK TO SAY...I AM NOT OK!

**THE GATHERING:** *This week in our prayers for the world let us remember especially the people of Belize, Guatemala, Honduras, and Mexico .*

### OPENING VOLUNTARIES

“Spires Through the Trees”

E. A. Hovdesvan

“Siyahamba” (Zulu melody)

arr: Jane Holstein

“Beautiful Savior”

David Cherwien

*As this music is offered as prayer, let us be sensitive to the Holy Spirit who prepares and opens us to connect with God in Christ today.*

### GREETING, SHARING NEWS OF THE CHURCH ALIVE

Welcome, members, friends & visitors - please fill in the ritual of friendship pad, pass it to your neighbor, and then return it to its starting place. If you are new and would like more information, please indicate on the friendship pad and also stop at the Welcome Center in the narthex to pick up a Welcome packet.

### PASSING OF THE PEACE OF CHRIST

### CALL TO WORSHIP

Come, enter into this sacred space.

Come, enter into God’s warm embrace.

Come, be held in this community of grace,  
for ALL are welcomed here.

**Praise be to God! Glory, hallelujah!**

### HYMN

No. 2051

“I Was There To Hear our Borning Cry”

### A TIME WITH OUR CHILDREN

### ANTHEM

“Make Me a Servant”

Kelly Willard

Duet: Karen Fowser/Amy Grunhovi

### SCRIPTURE LESSON

Romans 8:12-25

## **WITNESS TO THE WORD**

“The Christian Life: Be Spirit Filled”

Rev. Cephas Davis

## **A MOMENT OF DISCIPLESHIP**

Tim and Ann Thomas

## **OFFERING OF OUR TITHES AND GIFTS**

**OFFERTORY** “Lord, I Want to Be a Christian” arr: Matthew H. Cori

## **OFFERTORY RESPONSE**

No. 95 “Praise God, from Whom All Blessings Flow”

## **PRAYER OF DEDICATION**

**God of grace and glory, we know the transformation that comes from living in a loving relationship with you. We will be agents of change, bearers of your transforming love to the world. Accept these gifts today in the spirit of our devotion to Jesus Christ. Amen.**

## **A TIME FOR HEALING**

(read and led by some of our Stephen Ministers)

Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another, so that you may be healed.

(James 5:14-16a)

Divine Healer, touch my memory so I may see your holy work in my life and in the world: the easing of pain, the healing of memories, the recovery from wounds. With loud alleluias or quiet thanks, may I praise you.

---Silence for reflection---

Loving God, with the light of Christ as my guides, take me through this day and help me to see the sins of which I am ashamed.

---Silence for reflection---

Holy and Compassionate God, reconcile, renew, and restore me by your grace, that I may rest in peace.

---Silence for reflection---

**By the mercy of God, we are united with Jesus Christ, and in Christ we are forgiven and made whole. We rely on God’s love and live to serve our Creator. Amen.**

Let us continue in prayer:

O God, the giver of health and salvation, we give thanks for the gift of this anointing oil.

Pour out your Holy Spirit on all of us and on this gift that those who in faith and repentance receive this anointing may be made whole, through Jesus Christ our Lord. **Amen.**

At this point YOU are invited to come forward to receive the Laying on of Hands and the Anointing with Oil

Quiet music will be played and the entire congregation is invited into a "season of prayer" for all who come forward, as well as praying for the needs of the whole world this day.

## **A RITUAL FOR COMMISSIONING OUR ASP MISSION TEAM**

### **DISMISSAL WITH BLESSING**

**HYMN**

No. 2184

"Sent Forth in Jesus' Name"

### **CLOSING VOLUNTARY**

"Shout to the Lord"

arr: John Carter

*Let us be aware this musical offering is a statement of faith to send us from worship into service. Please be respectful of those who choose to remain to listen.*

### **LEAVING FOR SERVICE**

#### **ATTENTION ASP CREW.....**

We will have our final meeting on Monday July 24th - 6:00 pm in the High School Youth Room.

This is a Mandatory meeting so that we can make sure we have everything needed and to go over the itinerary for the trip.

Please let me know if you will not be able to attend.

Thanks!

Ken & Kathy Van Pelt



**APPALACHIAN  
SERVICE  
PROJECT**

## DISCIPLESHIP MINISTRIES

Pastor Cephas will be offering a one hour seminar after services today, Sunday, July 23<sup>rd</sup>, in the Multi-Purpose Room from 11:00-12:00 as part of the discipleship ministries.

**Topic: UMC 101, Understanding the United Methodist Church.**

This is something that we hope to offer quarterly.

## VACATION OPPORTUNITY

Is anyone planning a trip to the Orlando, Florida area before October 31st? Judy and I have a vacation package that includes a 4 day/3 night stay at the choice of Park Inn by Radisson or Vacation Village in Kissimmee. This would also include \$50.00 toward the theme park ticket of your choice. The package also includes a 2 day/2 night cruise on the SS Grand Celebration with the Bahamas Paradise Cruise Line to Freeport Grand Bahamas Island.

Judy and I are unable to take this trip at this time so we would like to offer it to our fellow members. Any free will offering of this package will be donated to the United Methodist Men's proceeds toward the sound system project. If you are interested please contact us at (515) 509-7932 or email us at [dean.8843@gmail.com](mailto:dean.8843@gmail.com).

Dean & Judy Sampson



## FUMM Annual Picnic

## UNITED METHODIST MEN ANNUAL KICKOFF PICNIC

### WHEN:

August 17, 2017 6:00 pm

### WHERE:

First United Methodist Church  
Fellowship Hall

### SPEAKER:

Paul Wierson, KHOL radio station

Food Fun and Fellowship  
All are welcome!

Call Deb 232-2750 for reservations. Tickets are \$7.50 each.  
Reservation Deadline August 14.

## Travel to the Holy Land with Pastor Fred Next January 2018

Pastor Fred is joining with Bishop Haller and her husband and others from around Iowa to tour the Holy Land on January 9-18, 2018. Educational Opportunities is the tour host/company. That company has been in service for many decades and excels at tours. The trip will leave from Des Moines on January 9 and return there at its conclusion on January 18. Tel Aviv is where we will land in Israel. We will then go on to see Caesarea by the Sea, Mount Carmel, Megiddo, and Nazareth. We will spend time around the areas of the Sea of Galilee and Jordan River. There will time spent in Jericho, Qumran, Masada, and the Dead Sea. There will be a stop in Bethlehem and then a few days in Jerusalem before returning to the USA.

The tour includes: airfare and taxes, all basic guided sightseeing, entrance fees, first class hotels and gratuities, daily buffet breakfast and dinner, deluxe motor coaches and much more. \$3,496 from Des Moines. Trip protection insurance is additional. EO will also help match you with a roommate or single rooms are at an extra price.

To register for this trip you will need to go online to [www.eo.travel](http://www.eo.travel). Or, you can call them at 1-\*00-247-0017. The tour ID is HL 18. The date # is 010918. The group # is 069. The host # (ID) is 57572. When it asks for a code of a single letter then put the letter "I". A registration fee of \$600 is required. A current valid passport will also be needed.



### KIDS ON A MISSION

Kids on a Mission, a group of young people from the community ranging in age from kindergarten through high school, will meet at FUMC July 25-27 from 9am-noon for a time to come up with wonderful ways to help others. Some from the group met at the end of April and brainstormed some ideas to get a jump start on things. Their focus once again will be children in poverty with a strong focus on education as well as helping refugees. To register, please go to [www.fumcameseevents.com](http://www.fumcameseevents.com) and click on the Register link (there is no cost but the option to donate to the group is present at registration).



ROMANS 8:16



## **SCHOOL KIT MATERIALS**

### **☐ 1 pair blunt scissors;**

Rounded tip only; No plastic scissors, please.

### **☐ 3 pads of paper**

Spiral- or top-bound pads; 150 sheets or less of loose-leaf paper can be substituted for 1 pad;

Combination of spiral, top-bound, side-bound, or loose-leaf paper is acceptable;

No composition books, please.

### **☐ 1 hand-held pencil sharpener;**

Must be at least 1 inch long and removed from package

### **☐ 1 30-centimeter ruler;**

Hard or flexible; Cartoon characters are acceptable; No advertisements please.

### **☐ 6 unsharpened pencils**

No advertisements, religious, patriotic, military, made in USA or camouflage symbols, please;

Cartoon characters are acceptable.

### **☐ 1 2-inch or larger-size eraser**

### **☐ 1 24-count box of crayons - Only 24-count boxes, please.**

### **☐ 1 14x16 inch cloth bag -** Homemade or purchased bags are both acceptable; Heavy-duty fabric only, such as denim, corduroy, drapery fabric, etc.; No advertisements, religious, patriotic, military, made in the USA or camouflage symbols, please; Closures are optional but must be buttons, snaps, or Velcro sewn in middle of opening, if used.

**The Week at a Glance**  
**July 23 – July 29**

**Sunday, July 23**

Family I-Cubs Outing (game time 1:08)

**Monday, July 24**

6:00 ASP meeting/HSR

**Tuesday, July 25**

Quilters

Kids on a Mission

2-7 Farm to Folk

5:30 Finance

**Wednesday, July 26**

**Thursday, July 27**

Kiwanis

5:30-8:30 Ames Quilt Guild/FH

**Friday, July 28**

5:00 Wedding rehearsal. Arant/Segin

**Saturday July 29**

ASP Departs

3:00 Arant/Segin Wedding

**5:30 SAF Worship - UMW Worship  
Weekend**

**CR-Conference Room**

**FH-Fellowship Hall**

**LIB - Library**

**MPR-Multipurpose Room**

**MSR-Middle School Room**

**HSR-High School Room**

**SCR-Staff Conference Room**

**Par - Parlor**

**ACOLYTES**

Audrey Spiess  
Carleigh Evans

**SOUND**

Doug Hill  
Pete Peterson  
Dean Swyter  
Fredrick Killian  
Mike Evans  
Calvin Evans

**GREETERS**

Jan Bortz  
Norma Downs

**NURSERY**

Eryn  
Meredith  
Clove

**VIDEO**

Marty Sankey  
Larry Vallery  
Mike Evans

**USHERS**

UMM  
Life Groups

**UTILITIES**

Dean & Lydia Girard  
Becky Jordan



**Thanks**  
FOR WORSHIPING  
WITH US

**WELCOME VISITORS**

The Welcoming and Marketing Committee at First United Methodist Church would like to thank you for visiting our church. We take pride in our beautiful church and hope you had a pleasant and welcoming experience. To thank you for

visiting our church, we would like to give you a small gift to show our appreciation for attending one of our services. Please stop by the Welcome Center located behind the sanctuary and to the left of the open stairway before or after service on **Sunday** morning. We hope you will join us again!

## **WE WELCOME YOU!**

Our Welcome Center is located in the gathering space near the elevator. Please stop by if you have questions or would like to get more information about the church. Be sure to mention if you are a first time visitor.

Nursery care is available in Room E203, in the Christian Education Unit, on Saturday nights and Sunday mornings for children under the age of 5. All of our workers are trained and screened. Items for children's worship bags are available in the gathering area.

Restrooms are located in the east hallways and by the elevator. Ushers are available at the entrances of the sanctuary to assist you with hearing devices, large print bulletins or any questions you may have. An emergency phone and defibrillator are located on the wall near the west entry.

### **First United Methodist Church Affirmation of Welcome**

As a community of the people of God, we are called to minister to all people of the world, knowing that the world is often an unloving place of alienation and brokenness. Christ calls us to reconciliation and wholeness, as we are challenged by the Gospel to be agents of healing within our society.

We stand in affirmation with the apostle Paul that in Christ "there is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female." Christ has made us one. We acknowledge that this reconciliation encompasses all within the community of faith who exhibit any and all differences in the human condition including, but not limited to: race, gender, ethnicity, age, culture, physical and mental ability, educational level, economic status, personality, marital status, sexual orientation and gender identity in response to the often hostile social climate with respect to diversity within our society and the resulting feelings of alienation from the Church, we wish to make known our caring and concern. It is for this purpose that we affirm the following:

- all persons share the sacred worth that comes from being unique individuals created by God;
- all persons are welcome within the membership of this congregation upon making affirmation of faith; and that as members of this congregation, all persons are invited and encouraged to share in the sacramental and general life of this congregation.

#### **CHURCH STAFF**

**Rev. Fred Lewis**, Senior Minister/Lead Pastor

**Rev. Cephas Davis**, Associate Pastor

**Nicole Smith**, Director of Christian Education

**Deb Benefield**, Director of Office & Communications

**Reid Cummer**, Business Manager

**Myrna Cakerice**, Organist/Director of Choirs

**Steve Pelz**, Custodian

**Matt Woodworth**, Part-time/Sunday Custodian

Go to our website: [www.fumcames.org](http://www.fumcames.org) for the latest church information. Follow us on facebook.

Church office hours:

Mon-Thurs: 8:30 am to 5:00 pm.

Friday 8:30 to 4:30

**AS ALWAYS FOR MORE INFORMATION ON ANY OF THE  
CHURCH HAPPENINGS, PLEASE CHECK THE WEBSITE:  
[WWW.FUMCAMES.ORG](http://WWW.FUMCAMES.ORG)**