



Friday, May 16, 2025

Let's Get Started!

As Pastor Laura prepares for her renewal leave, our congregation is also preparing for renewal. One of the ways we plan to kick off our renewal is what we're calling Saturday School, an intergenerational series of engaging workshops taking place on several Saturday mornings throughout the summer.

On May 31st, from 10 to noon, art coach Kate Thomas will lead us in an interactive workshop called "Finding Your Creative Spark." If you've ever said, "Well, I'm not creative," Kate will offer ways to be present, curious, and connect with God, the original creator. She has been leading workshops and one-on-one coaching to help people find artful self-expression. Oh, and there will be breakfast.

TO REGISTER, please email Pam Kessler at kesslerpamela@gmail.com.

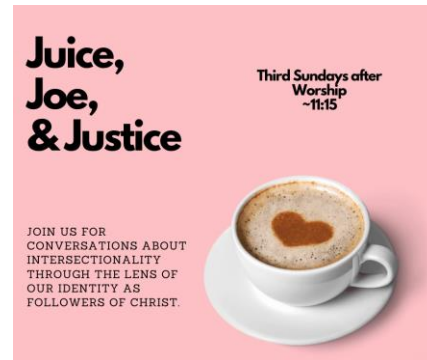
We're hoping to carry the lessons from Saturday School into the Sunday morning worship throughout the summer. So after the Saturday School: Finding Your Creative Spark on May 31, we will carry forth sharing into worship on Sunday, June 1st. This will include a variety of stories about different types of creativity, some ways to keep our hands busy so our minds can listen, and a little bit of re-learning how to be playful. Expect to see some very different things at church this summer!

News & Events

Juice, Joe, & Justice

Sunday, May 18

Juice, Joe, and Justice (JJ&J) will be held following worship on Sunday, May 18, in room 206 ("the Youth Room"). We invite everyone to participate as we continue our monthly discussions about how our own identity and experiences may impact how we expand our love for all our neighbors. This month, we will explore the unexpected and sudden changes in employment status and fears about the future that have been experienced by members of Faith and their neighbors. Other circumstances can also cause trauma that is physically and emotionally harmful, with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being. Rev. Matt Norvell will share some of his insight as a hospital chaplain about developing skills to practice self-care and self-regulation.



The following materials will help you to prepare for our conversation on Sunday - but please come even if you cannot make space for the following resources:

Trauma-Informed Care

- [What is Trauma-Informed Care?](#) from the Buffalo Center for Social Research

Trauma-Informed Self-Care

- [Four Tips for Trauma-Informed Self-Care](#)
- [Trauma-Informed Ministry: Self-Care Practices](#) (YouTube video)

Renewal Groups: Belonging in Community with Our Neighbors

As we approach the time of congregational renewal during which Pastor Laura will be away on her own time of renewal, we are thinking about new and creative ways to be the church. Small groups are an important way for us to come together to step out of our comfort zone a bit, try something new, nurture each other's spiritual growth, and deepen our sense of community. We are planning a congregation-wide book study on *The Art of Neighboring* (with a discussion guide) and would appreciate your input as we begin to plan the groups. **Which group are you in?**

Please complete the [survey](#) by May 24, 2025. Thank you!

[Access the Survey](#)

Faith 101

Beginning June 1

We invite anyone who may be new to our church, or to the United Methodist denomination, to participate in a class that will give an overview of basic United Methodist beliefs and practices. Additionally, it will explore the Wesleyan understanding of our growth in God's love and grace with the time-tested practices of spiritual discipline. To guide us along the journey, the class will use "A Disciple's Path: Deepening Your Relationship with Christ and the Church," which offers both a workbook and a companion reader.

This class will meet each Sunday in June, beginning June 1, following worship from 11:15 a.m. to 1:00 p.m. in room 203. The teachers include Rev. Bonnie and John Campbell, Pastor Laura Norvell, Jane Rall, and Janelle Veazey. Please register for this class by completing [this form](#). Once registered, you will need to purchase the workbook and companion reader (one set per household) for a total of \$25.00 by contacting [Valerie](#) at the Faith office.

Opportunities to Serve

Get Involved with Faith!

We commit to serve as members of Faith. Here are some ways you can serve in the weeks to come:

Fellowship Hosts

We need people to host Fellowship Time in **May and June**, following Sunday worship. We regularly have 40-60 folks connecting with each other and visitors downstairs. Hosts provide sweet or savory treats and everything else can be found in the kitchen: coffee, lemonade, tea, etc. If you would like to host a Sunday, contact the office at office@FaithWorksHere.com or [use our Signup Genius link](#).

Nursery

Faith sees the nursery as a child's first step toward a relationship with Christ. As infants and toddlers learn to trust those who take care of them, their hearts prepare to have in God, who loves and cares for them. As Faith follows *Safe Sanctuary* policies, which require two unrelated adults working with children, we are asking for volunteers to serve in the Nursery from 9:45 a.m. to 11:15 a.m. in room 210. If not already completed, volunteers will need to complete the online Safe Sanctuary training. We need volunteers for **May and June**. If you are interested, please use our [Sign Up Genius link](#) or contact the office at office@faithworkshere.com.

Sunday, May 18, 2025

Fifth Sunday of Easter

Sunday at 10:00 a.m.

Preaching: Rev. Dr. Laura Norvell

Scripture: Acts 15:1-18

Livestream Service

How do I get to the worship service on the Faith website?

There are three ways to access our worship experience on Sunday mornings through our website. [Click here](#) to learn about those options.

Last Sunday's Worship Service

[Listen and watch last Sunday's online worship service.](#) See and hear Rev. Dr. Laura Norvell from last Sunday's worship service featuring music, scripture and prayers.

Sunday School for Our Elementary and Middle School Kids

Sunday during worship

Kids gather in the sanctuary for 10:00 a.m. worship and will be dismissed following the "Children's Message" and then return to the sanctuary after the sermon. Children in K-5th grade led by Dawn Adair Johnson and Janice Jones will meet in room 203, and middle schoolers in 6th-8th grade led by Laura Basford and Bill Maas will meet in room 206. All teachers are trained, screened, loving and committed to teaching God's Word.

Children are ALWAYS welcome in worship - if your child is most comfortable staying in the pews or hanging out at the kids table up front, they are welcome throughout our worship gathering!

High School Sunday School

Sunday during worship

Sunday School for high school youth will be offered twice a month - the first and third Sunday of each month!

The youth gather in the sanctuary for 10:00 a.m. worship and are dismissed before the Children's Message. Youth return to the sanctuary following the sermon. On the first Sunday of each month, they will return in time to participate in Communion. This class is led by Kristen Wayne, Ryan Miller, and James Hedrick and meets in room 205. All teachers are trained, screened, loving and committed to teaching God's Word to our youth.

Fellowship Time

Sunday following worship

Join us following worship this Sunday as we will recognize our graduates and celebrate their accomplishments!

Youth Ministry

Sundays at 5:00 p.m.

Middle and high school youth will meet Sunday evening at 5:00 p.m. at N. Bethesda UMC, 10100 Old Georgetown Rd, for food, activities, and fun. If you have any questions, please contact [Suzanne Smedberg](#), Youth Coordinator.

Tuesday, May 20

Outreach Team

Tuesday at 7:00 p.m.

The Outreach Team meets the third Tuesday of every other month via zoom. If you have any questions, please contact Nancy Kneisly at Kneislynancy@gmail.com.

Wednesday, May 21

Small Group Led by Jane Rall

Wednesday at 11:00 a.m.

This group meets every Wednesday from 11 a.m. - noon via zoom. If you have questions or would like to join, contact Jane Rall at Janeerall@yahoo.com.

Thursday, May 22

Bells of Faith

Thursday at 6:30 p.m.

Bells of Faith rehearses every Thursday at 6:30 p.m. under the direction of Nancy Kuhn in the sanctuary.

Chancel Choir

Thursday at 7:30 p.m.

The Chancel Choir rehearses every Thursday at 7:30 p.m. under the direction of Dr. Michael Wu, Faith Music Director, in the sanctuary.

Prayer Requests

Please email your prayer requests to prayer@faithworkshere.com. Our Congregational Care Minister (CCM), Tamara James-Fish, Jim Johnston, Susan Keller, Emily Sama-Miller, Chuck Spencer, Sue Walters and Kristen Wayne will receive your request.

Prayers for Faith UMC members: Alisa Dowd and her family as her mother, Mary Calloway, passed away Saturday; Family of Jim Turner and his wife, Katie (Virginia McDowell's daughter and son-in-law) who passed away; and Terrie Tuckman.

Prayers for those dear to us: Robert Triplett (nephew of Bill and Lloydie Zaiser), Mark (Uncle of Stephanie Balian); Mona (an unhoused person in Rockville); Lisa (friend of Nancy Kneisly); Mary (colleague of Sue Ann McCarty)



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*Faith United Methodist Church
is a member of the*



Faith United Methodist Church seeks to welcome and include all people in the life of this congregation. Our building and gathering spaces are accessible to people who use wheelchairs and walkers. Large-print hymnals and Bibles, FM wireless assistive listening devices, sensory-friendly items for children, and gluten-free communion elements are available during worship. As we grow in Christ's love, Faith UMC continues to take new steps forward to help ensure that all people can participate fully in this community of faith.