

The Tripletter

FOR THE MONTH OF AUGUST 2011

HEALTH MINISTRY/PARISH NURSE NOTES

"As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God." Psalm 42:1 NLT

How much water did you drink today? Yesterday? When the heat index gets above 100 degrees, you should increase the amount of water you are drinking. Normally you should drink eight 8-ounce glasses of water every day. A survey by Rockefeller University discovered that about a third of those who responded drank the recommended amount and nearly 10% drank none at all. This is cause for concern because water is essential to your good health. Your body is made up of 96% water and to keep all systems functioning optimally, it is important to maintain that percentage. For example, drinking water prevents symptoms such as fatigue, dry skin, headaches and constipation. Severe dehydration can affect blood pressure, circulation, digestion, kidney function and even your joints.

In hot weather, you can lose fluids at a rate of a quart or more per hour, so drinking water is important to replace what is lost through perspiration, urination, breathing, and other body processes. If you must be in the heat, drinking water will prevent cramping, nausea, and heat exhaustion. If you exercise, drink a glass of water about 20 minutes before the activity and at least a half a glass every 15-20 minutes during the activity. Since many fruits are 80-95% water, they are another source of fluid replacement.

Dehydration is often signaled first by hunger or fatigue rather than by thirst, so don't wait to take your fill. In the same way, don't forget to thirst after God. The verse above shows that our physical need is equal to our spiritual need. God satisfies our physical thirst with water and our spiritual thirst with his Word. (Seasons of Wholeness – IPNRC)

"Created by God" for rising 5th and 6th graders: Registration deadline for this awesome program is August 3, 2011. We need to know how many participants in order to purchase the student books. A minimum of 8-10 are needed for us to offer an effective retreat.

BP Screening: Sunday, August 28

Nurse Heather: RN Heather White is on site every Tuesday from 5:30pm to 7:30pm. She can assist you with management of weight loss, fitness, BP, diabetes and other health areas. Join her in a group setting or individual.

Flu vaccine clinic: Saturday, September 17th from 9am to 1pm. Maxim Health will be providing the service again. They accept Medicare and some other insurance. The vaccine will be free for those not covered.

Cheryl Bernhardt

Special Announcements

THE LAKE NORMAN DISTRICT ANNUAL MEETING..... of United Methodist Women will meet August 27th at 10:00 am at Davidson UMC in Davidson, NC. Guest speaker is Mrs. Jennifer Davis, WNCC Discipleship Ministries. The theme is "Staying Connected" and will reflect on the many mission oriented connections we have as UM Women. We will be lead by the talented and gifted Minister of Music, Rev. Kevin Turner, also music featured by a ladies group "Les Belles" of Davidson UMC. If you plan to go, contact your circle chairperson before August 1st.

ANNIVERSARIES

01 Tommy & Renee Blackwelder
05 Wayne & Susan Parker
06 Earl & Carolyn Crisco
07 Grier & Vicki Tolbert
07 Eric & Angie Harrison
08 Claude & Susie Davis
10 Ken & Norma Cloaninger
12 Scott & Jackie Kurtz
16 Bill & Lynda Malcolm
18 Don & Kathy Edwards
22 Willie & Jennifer Sturgis
25 Gene & Wanda Corriher
25 Greg & Barbara Murdock
29 Kevin & Lisa Nash

CONGRATULATIONS TO: Stacey Just and Larry Sengewalt, Jr. who were married on Saturday, July 9th; Cathy Howard & Allen Siepel who were married on Saturday, July 30th.

BABY SHOWER: You are invited to attend a baby shower for Lee & Christina Bernhardt on Saturday, August 20th from 2-4 pm. They are having a baby girl and are registered at Target and Babies-R-Us.

WE'RE NOT SAYING GOODBYE..... Just so-long until we meet again. Of course, this pertains to Sara Moser, our Duke Intern with whom we have been blessed to have among us for the last two summers. Her last Sunday to preach will be August 7th and then she will return to Durham to finish her studies at Duke. Sara has become one of our family and will be sorely missed with her bright smile and wonderful messages. Sara, we pray for you.

PASTOR'S NOTES

Thomas Wolfe, perhaps North Carolina's foremost author, is best known for the phrase, "You can't go home again." Over the next few months, I'll have the chance to test the validity of that statement as I prepare to preach Homecoming services for two of my former pastoral appointments. One will have already happened by the time you read this. That will be at Prospect UMC in Monroe, the church I served before coming to be with you. The other will be in early October at Fair Grove UMC in Rockingham County, where I served as a student pastor.

I am excited about both of these invitations. I have enjoyed my time with every church I have served, and I look forward to being with friends that I have not seen in quite some time. But, there is also a sense of uncertainty. Without a doubt, much has changed at these churches since I was last with them: they have seen births and deaths, confirmation classes and baptisms, new members and new opportunities. And, of course, they have new pastors to lead them in directions that I could not have imagined.

In addition, I have changed. Just as I found a home among them when I was a part of those congregations, Triplett is my home now, a privilege for which I am thankful.

All of this seems to stir in me a sense of the poignancy of our Methodist appointment system. It is a system I love. It is a system that I feel certain is inspired by the Holy Spirit. It is an imperfect system, filled with human foibles. But, it is a system that works, sometimes despite and sometimes because of the human participants involved, both those in the pulpits and those in the pews.

In Ecclesiastes 3, we can read the familiar words, "For everything there is a season, and a time for every matter under heaven." Anticipating the visits to these former churches, preparing the words that I will say to them on God's behalf, I am filled with a sense of seasons that have passed and seasons yet to come. I remember with tenderness those church members who have traveled on to glory . . . more now than I can count . . . and I celebrate those who found a home at the churches I served and the church I now serve. I am thankful for my successes, painfully aware of my failures, and thankful that God has called me to this ministry, not because I am worthy, but because by God's overflowing grace, He can use me anyway.

And so, please know that as I spend this wonderful time with church families from the past, I do so with appreciation for my present church family. Through these various church appointments, I have learned that as I move from church to church as the Bishop directs me, and as I carry in my heart those beloved friends I have left behind, all of you are in my heart as well. And I am thankful for this season among you, trusting God's timing in all matters under heaven, but praying that this present season may last for a long time to come.

The Lord be with you!
Bill.

PRAYER CONCERNS

Raine Angelley, Peggy Whitonis, Sandy Murray, Jim & Judy Workman, Matt McConnell, Marietta Roberts, Ralph & Donna Burch, Jerry Josey, Jr., Everett Goodman, Elizabeth Morrow, Charles Miller, Charles Kincaid, Gladys Pierce, George & Marcia Wenig, Lucille Washington, Joseph Miller, Mary Rowe, Baby Carson Spann & family, Doug Roberts (brother of Pastor Bill), Breanna Ervin, Allan Horne (brother of Lisa Roberts), Sally Jo Boggs, the family of Rufus Thompson (step father of Cathy Howard).

BIRTHDAYS

- 01 Stacey Sengewalt
- 02 L.D. Kerr
- 02 Tommy Carriker
- 03 Steve Wessel
- 03 Katherine Wiles
- 03 Katherine Nash
- 05 Donna McConnell
- 05 Melinda Brown
- 05 Amber Sloop
- 05 Bryan Sloop
- 05 Cion Kilmer
- 06 Lauren Suitt
- 06 IV Sturgis
- 08 Larry Edwards
- 08 Renee Perry
- 08 Kelley Bobbitt
- 09 Michele Ervin
- 09 Ben Smith
- 09 Autumn Towne
- 09 Mason Hipkins
- 10 Sue Wiles
- 10 Joe Miller
- 10 Ciaran Kilmer
- 11 Lori Davis
- 11 Garry Mercer
- 12 Katie Howard
- 12 Lannah Suitt
- 13 C.T. Shinn
- 13 Lynda Malcolm
- 13 Angel Hodge
- 15 Linda Ketchie
- 15 David McIntyre
- 15 Robbie Johnston
- 17 Sara Berg
- 17 Jim Murdock
- 17 Jill Overcash
- 17 Jessica Stutts
- 17 Jennifer Sturgis
- 18 Alex Edwards
- 19 Frank Nash
- 21 Tim Gabosch
- 22 Sybil Angelley
- 22 Lou Dyson
- 22 Carol Metzger
- 23 Yolanda Millsaps
- 23 Leslie Long
- 23 Brad Blevins
- 24 Amy Griffin
- 24 Hannah Ketchie
- 25 Carlos Rivera
- 25 Joseph Nash
- 26 Darrin Davis
- 27 Kevin Nash
- 27 Patrick Weeks
- 28 Everett Goodman
- 28 Gene Renegar
- 28 Carla Edwards
- 28 Lee Bernhardt
- 29 Alexis Bryant
- 29 Elaine Gunther
- 30 Brenda Pence
- 31 Carolyn Ketchie
- 31 Karen Brannen
- 31 Holli McAllister

YOUTH

Sunday, August 7

5:00 pm Hangtime
 5:30 pm Snack Supper & Program
 Sara Moser's Last Sunday

Sunday, August 14

5:00 pm Hangtime
 5:30 pm Snack Supper & Program

Sunday, August 21

Noon Hamburger/Hot Dog Luncheon & Bake Sale
 5:00 pm Hangtime
 5:30 pm Snack Supper & program

Saturday, August 27

BBQ Butt Cookin'

Sunday, August 28

5:00 pm Hangtime
 5:30 pm Snack Supper & Program
 Welcome 6th Graders

HAMBURGER/HOT DOG LUNCH & BAKE SALE

The UMY will be sponsoring the above fund raiser on Sunday, August 21st. Come enjoy some delicious grilled burgers & dogs and take a dessert home with you. All money raised goes to help fund our 2011 Fall Retreat with Tsunami Ministries.

BBQ BUTTS ON THE GRILL

It's time once again to place your order for Grillmaster Arnie Howard's delicious BBQ butts. Grilling will take place on Saturday, August 27th just in time for Labor Day. An 8 pound butt will feed up to 20 people. You also get 24 rolls to go with your BBQ. Cost is \$40. Money raised goes to youth missions and projects. Sign up now in the Narthex!

YARD SALE

The UMY will be sponsoring a Yard Sale & Community Breakfast on Saturday, September 24th. If you have items you would like to donate for the Yard Sale, please contact Linda Ketchie.

GOLDEN TRIPPERS

Thursday, August 11th at 11:30 am

The Trippers will be in the Fellowship Hall this month. We will be enjoying chicken casserole. Please bring side items and desserts. Carolyn Crisco and her dance troupe will be our entertainment.

SYMPATHY: We extend our deepest sympathy to the family of Rufus Thompson (step-father to Cathy Howard) who died on July 20th.

**KID'S MINSTRIES
 PROMOTION SUNDAY**

Sunday, August 31st

All Sunday School Classes will meet first in their classes to take role and offering and then will make their way to the Sanctuary for our promotion celebration. Please let Linda know if there has been someone with perfect attendance this year. Also, we will honor our new 3rd graders with Bibles.

HALFTIME

Registration forms will be in the Narthex for the Fall Semester of our Kid's Ministry, Halftime. Halftime will meet on the 1st and 3rd Wednesdays of each month. Ages 3—5th grade are invited for Bible Study, Games, Crafts, Music and more. Halftime kick-off will be Wednesday, September 7th. Times are 5:45 pm—7:00 pm. Supper is provided.

F.I.S.H.

(First In Serving Him)

Beginning in September, we will be starting a new kid's ministry for kids ages 3rd—5th grade. FISH will be focused on missions and discovering how we can make a difference in the world. FISH will meet one Sunday afternoon each month. Sign up sheet will be on the kid's ministry bulletin board in August. First Sunday to meet will be in the announcement sheet.

MISSIONS

Triplett has adopted a 4th grade teacher at Shepherd Elementary. The following is a list of items that she needs for her class. If you would like to help, please purchase one or more of the items on her wish list and place it under the table in the Narthex. Items needed are: Pencils, Index Cards, Loose Leaf Paper, Dry Erase Markers, Markers, Glue Sticks, Scissors, Elmers Liquid Glue, Composition Journals, Boxes of 24 crayons, boxes of 24 colored pencils, 3 ring binders (1 1/2 inch or 2 inch), Yellow Highlighters, Dividers with pockets (for 3 ring binders). Items need to be in by Sunday, August 21st. Thank you for your continued support of Triplett's missions!!

Dear Triplett Family.... Despite our best efforts, it is unavoidable that even important matters can be unintentionally overlooked. Such was the case with our July newsletter which neglected to list several recent and important losses to our church family and community. To these families and to the whole congregation, we ask you to accept our heartfelt apology.

Andy Thompson (son of Michael & Nelda Thompson; niece of Dave & Sylvia Lambert; grandson of Lucille Washington; brother of Jennie Waggoner) who died June 2nd; Shane Waters (brother of Renee Blackwelder) who died June 7th; Wayne Orbison (friend of our church and community) who died June 10th; Robin Whitman (niece of Ted Hudson) who died June 22nd.

Triplett United Methodist Church
 838 Mazeppa Rd.
 Mooresville, North Carolina 28115
 Church Office 704-663-4619
 Day Care 704-663-1102

Non-Profit Org.
 US Permit #14
 Mount Ulla, NC 28125

RETURN SERVICE REQUESTED

GREETERS

07 Grace Cole & Vicki Tolbert
 14 Bruce & Shari Dilday
 21 Whit & Tina Gibson
 28 Don & Tammy Ross

ACOLYTES

07 Dominic & Adrian Rivera
 14 Abigail Kurtz, Lydia Mercer
 21 David Brannen, Hunter Barnette
 28 Zach Conjeiko, Isaac Mink

NURSERY SCHEDULE

07 Shari & Siarra Dilday
 14 Eric & Lisa Oliphant
 21 Tina & Katie Gibson
 28 Susan Overcash & Beth Webster

CHILDREN'S CHURCH SCHEDULE

07 Jackie Kurtz, Tracie Buck, Jacob Oliphant, Siarra Dilday
 14 Linda Ketchie, Mason Freeman, Christopher Mercer
 21 Nancy Helms, Julie Weeks, Kayla Freeman, Bobby Miller
 28 Linda Ketchie, Katie Gibson, Caitlin Mercer

AUGUST 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 ASP Mission Team Spaghetti Dinner ASP Spaghetti Luncheon Blood Pressure Checks No Children's Choir & Bells 8:45 AM Informal Worship 10:00 AM Church School 11:00 AM Traditional Worship 5:00 PM UMY 7:00 PM Contemporary Worship	1	2 6:30 AM Prayer Team 10:00 AM Staff Meeting 5:30 PM RN on site 6:30 PM Zumba Classes	3 6:00 PM WNL 7:00 PM Adult Choir 8:15 PM Adult Handbells	4 6:30 PM Zumba Classes 7:00 PM Trustees	5	6 10:00 AM Grief Support Group
7 8:45 AM Informal Worship 10:00 AM Church School 11:00 AM Traditional Worship 4:00 PM Halftime Meeting 5:00 PM UMY 7:00 PM Contemporary Worship	8 7:00 PM Education Meeting	9 6:30 AM Prayer Team 10:00 AM Staff Meeting 5:30 PM RN on site 6:30 PM Zumba Classes 7:00 PM Finance Committee	10 6:00 PM Wednesday Night Live 7:00 PM Adult Choir 8:15 PM Adult Handbells	11 11:30 AM Golden Trippers 1:00 PM Sunshine Visitors 6:30 PM Zumba Classes 7:00 PM Created by God Parent's Session	12 4:00 PM Created by God Children's Session	13 9:00 AM Created by God Children's & Parent's Session
14 8:45 AM Informal Worship 10:00 AM Church School 11:00 AM Traditional Worship 5:00 PM UMY 7:00 PM Contemporary Worship	15	16 6:30 AM Prayer Team 10:00 AM Staff Meeting 5:30 PM RN on site 6:30 PM Zumba Classes 7:00 PM Administrative Council	17 6:00 PM WNL 7:00 PM Adult Choir 8:15 PM Adult Handbells	18 6:30 PM 30 Something Circle 6:30 PM Zumba Classes	19	20 2:00 PM Bernhardt Baby Shower
21 Newsletter Deadline Youth Hamburger/Hot Dog/Bake Sale Fund Raiser 7:30 AM UM Men Breakfast 8:45 AM Informal Worship 10:00 AM Church School 11:00 AM Traditional Worship 5:00 PM UMY 7:00 PM Contemporary Worship	22	23 6:30 AM Prayer Team 10:00 AM Staff Meeting 5:30 PM RN on site 6:30 PM Zumba Classes	24 6:00 PM Wednesday Night Live 7:00 PM Adult Choir 8:15 PM Adult Handbells	25 6:30 PM Zumba Classes	26	27 Arnie's BBQ Cookin' 10:00 AM UMW Lake Norman District Annual Meeting
28 Blood Pressure Checks 8:45 AM Informal Worship 10:00 AM Church School 11:00 AM Traditional Worship/ Promotion Sunday 5:00 PM UMY 7:00 PM Contemporary Worship	29	30 6:30 AM Prayer Team 10:00 AM Staff Meeting 5:30 PM RN on site 6:30 PM Zumba Classes	31 6:00 PM WNL 7:00 PM Adult Choir 8:15 PM Adult Handbells	1 6:30 PM Zumba Classes 7:00 PM Adult Choir 7:00 PM Trustees	2	3