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CONNECTED AT FAYETTEVILLE FIRST UMC

Intentional Food and Faith

Rev. Dr. Thomas Martin

Over the summer I had the chance to play around in the kitchen a bit more than usual. Leslie is the baker. I like to cook. That means I've tried some new recipes of things I've seen on cooking shows, things I've always wanted to try to cook, and old regular favorites of our family with new twists (Tacos are always good, but we had to switch it up every once in a while.).

Here are two things I've learned of importance. First, you can be a lot more efficient when you prep your ingredients. Chopping peppers, onion, zucchini and other veggies before you cook and placing them aside allows not only more time to monitor the cooking but makes clean-up easier when you aren't doing it all at once. The second is that it always helps to ask the family what they want to eat. At times I'd get an idea and start cooking without consulting everyone else. While they ate it, you could tell they wanted to be included in the process of at least knowing what they might end up eating at any given point. These two lessons led me to conclude that a great meal involves a lot of intentional work and communication.

I think there's an analogy for our faith. The more intentional we are about it, the better it can be. If we are attentive to preparing our hearts and minds for loving God and loving others, and if we ask our neighbors what their needs are, our actions could really meet them. Sure, that casserole where we just put a bunch of stuff in a pan and add condensed soup and cheese is good, but a planned "meat and three dinner" is going to be better. Being a follower of Christ is not something that happens accidentally. It takes work and effort. It takes planning.

Speaking of food, as we plan for the fall, would you [please click here](https://docs.google.com/forms/d/e/1FAIpQLSfqIoOBiH-xsYyUE6tJNsi0xxquStwEVOZwpmzzYt74uMm1pQ/viewform?usp=sf_link) and take about 5 minutes to complete this survey about food and fellowship at the church? It will help us tremendously as we plan for the future. If you need a hard copy, pick one up during the drive-thru this Wednesday. If the link doesn't work, please copy and paste this link: https://docs.google.com/forms/d/e/1FAIpQLSfqIoOBiH-xsYyUE6tJNsi0xxquStwEVOZwpmzzYt74uMm1pQ/viewform?usp=sf_link. Thank you for helping us mindfully prepare for what lies ahead.

This week @ FFUMC



Youth Kick-off September 9
5:30 to 7:30 p.m.
T-Shirts, Games, Worship, Food...
Let's kick-off the new year!



Outdoor Movie Night
September 12, 6 p.m. "The Sandlot"
Join us for distant socializing and a movie in the open green space next to Parking Lot C. UMW will provide pre-packaged snacks and desserts. Reserve a boxed pizza from Oz Pizza to enjoy with your family during the movie. (Pizzas are only offered pre-ordered by the box by September 10). [Click here to order.](#)

Did you know ... ?

- The **Drive-Thru at FFUMC** continues every Wednesday from 10 a.m. to noon. Stop by the church office porch for prayer, to drop off a donation to the church or Fayette Samaritans, or to just see a friendly face!
- Join a **mission trip** to south Georgia on October 11 - 16. Contact Rev. Dr. Thomas Martin, tmartin@fayettevillefirst.com, or Maggie Clarke, maggielclarke@comcast.net, for more information.
- The **FFUMC Chapel** is open weekdays between 12 and 1 p.m. for a time of contemplation and prayer.



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Youth ready for new year

Two small group leaders helped Hannah Vickery, youth director, pack youth care bags and then made special home visits to more than 70 youth this past week to help start the new year. Each FFUMC backpack bag contained a Fayetteville First UMC Youth branded notebook and pen and stickers of "The Foundry" youth room logo to sport on water bottles or laptops ... anywhere! An encouraging scripture card, kick-off promo, bubbles and a snack were included to keep our young people aware of the support and love that flows all the time here. The youth year officially kicks off tomorrow night, September 9, at an outdoor party near the open lawn from 5:30 to 7:30 p.m. when all are encouraged to come with a friend.

