



# THE SPIRE

BELLE MEADE UNITED METHODIST CHURCH

MAY 8, 2013



## Letting Go

BY MARK ACKER

We spend a good bit of time in life in an “acquiring” mode. We work hard to buy nice cars, a big house, and lots of stuff. Many of us have bought houses with extra storage for all that we stuff we will never, or rarely, use.

Over the past couple of years, I’ve watched my 89-year-old mother let go of much of her “stuff.” She has graciously allowed life to become simpler – first by moving to a two room “apartment” at a senior center, and then moving to live with my sister. She has kept what is important and meaningful to her, and sold or given away other things.

Watching my mom go through this has inspired me to begin to try to simplify my life. I recently sold my house (complete with a separate storage shed), and moved to a much smaller condo. I have been forced to get rid of furniture, boxes and boxes of books, and lots of my “stuff.” This process of “pruning” has impacted me financially, emotionally and spiritually.

“Pruning” is important to the life of trees and plants. It is only through getting rid of the old branches that new life can begin. And so it is with life.

Getting rid of physical “stuff” has given me the momentum to lose a good bit of weight, and to work at getting rid of some emotional stuff as well.

The most important part of this time, however, has been the growth in my spiritual life. Through this time, I have begun to ask myself the question “What do I need to get rid of, or let go of, so that I can more fully live a life that reflects the grace and love of God?”

Sometimes, I have answered this question with the awareness that I need to let go of anger, frustration, or the need to be in complete control. Most often, I have recognized that I need to let go of fear, which author Donald Miller describes as a “manipulative emotion that can trick us into living a boring life.” Dealing with these realizations has helped me to experience a stronger understanding of God’s love, and God’s will for my life.

In Hebrews 12:1, we read: *“Among this great cloud of witnesses, let us remove all that hinders us and run the race that has been laid for us.”* God encourages us to let go of “stuff” and to get on with living life as the gift that it is.

What can you let go of so that you are free to live a life that reflects the grace and love of God? It is an answer, I suspect, that will make a huge difference in your life.



## Prayer Vigil for Our Capital Campaign

We will hold a Prayer Vigil on Saturday, May 18<sup>th</sup> from 8:00 AM until 5:00 PM. This will be a day of prayer for our church, its leaders, missions, and the upcoming Capital Campaign. You may come to the Chapel and pray as long as you wish, anytime during the day. There will also be prayer stations set-up throughout the church and grounds weather permitting. Please make plans to come by the church on this day of prayer.

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## Belle Meade Serving at Loaves and Fishes

Belle Meade's turn to help serve a meal at Loaves and Fishes rolls around in the months that have 5 Mondays. Our next opportunity will be July 29<sup>th</sup>. Loaves and Fishes, an ecumenical charity service for individuals who are homeless and near homeless, is located at Holy Name Catholic Church. Please contact Monk Baird at 269-9519 to volunteer or for any questions.



## 10 More Caring Companions Needed

We are excited about our new ministry through which our home bound members and those living in nursing homes and rehab facilities receive care and support through a relationship with members of our church family. **We are looking for 10 more people to join this growing ministry.** You will be connected with an individual or couple to visit, send cards and make phone calls. You will be amazed at the blessings you receive from reaching out and sharing God's love in this way. Please contact Kristin at the church (615-352-6210) to receive a name and all the information you need to begin this relational ministry of care.

## J.O.Y. (Just Older Youth) Lunch May 16<sup>th</sup>

Join us for the next J.O.Y. lunch on Thursday, May 16<sup>th</sup> at 11:15 AM. Debbie Dale Mason, Chief Community Development Officer for the Nashville Chamber of Commerce will be our guest. Dr. Garrett Harper, Vice President of Research for the Chamber of Commerce will also be here. Come and join the conversation as we take a look back at how far Nashville has come. To make a reservation for lunch, call the church at 352-6210 or sign up at the front desk.

## Wednesday Night Together

The menu for Wednesday, May 15<sup>th</sup> is: lasagne - beef & veggie; green salad; garlic bread; dessert; and kid's table. Supper is served beginning at 5:00 PM and programming begins at 6:15 PM.

To make a reservation for dinner, call the church at 352-6210 or sign up at the front desk in the lobby. Stay after supper for 6:15 PM programs that include: Men's Bible Study; Prayer Shawl/Knitting Group; Pastor's Bible Study; and Youth Bible Study. Since Children's choirs have completed their year, children are invited to participate in supervised play or be a part of Painting Prayer with parents.

## Wednesday Night Together Schedule

Wednesday Night Supper - May 22

Menu: Pulled Pork; Grits and Greens; Cucumber Salad; Green Salad; Dessert; Kid's Table

Pot Luck Supper - May 29

Pot Luck Supper - June 12

Pot Luck Supper July 10

Wednesday Night Supper - August 14

## Painting Prayer Moved to Wednesday, May 15<sup>th</sup>

This Painting Prayer is for all ages so bring the whole family! The next painting prayer will meet Wednesday, May 15<sup>th</sup> at 6:00 PM in Room 216. Everyone is welcome to come! You will have your choice of painting size/surface. \$15-\$25. Please let Carrie know if you plan to come so she can be prepared with materials. ([carrieduborg@gmail.com](mailto:carrieduborg@gmail.com) or 289-2343)

## Gift for Jeff McCormick

Some have asked about a going-away gift for Jeff McCormick, our Director of Youth Ministries. If you'd like to contribute, you may place your gift in the offering plate or bring it by the church. Please be sure to designate the gift for Jeff.

And mark your calendar for Sunday, May 19<sup>th</sup>, Jeff's last day. There will be a reception in the Fellowship Hall to honor him during the Sunday School hour. Please pray for Jeff and our church as we seek new leadership for our youth and Youth Ministries.

## Memorial Gifts

Gifts were made in memory of Joe Lena Collins to the Memorial Fund by Doris Solesby, Betty McAlister, and Yulanda and Marshall Brown and by Helen Hoffelt to the Music Fund.

## In Honor

A gift was made to the Youth Missions Fund by the Shepherd's Class in honor of the marriage of J. P. Barfield and Jennifer Mullen.

# Prayer Concerns

The church prayer list cannot be included on our website due to privacy issues. You can find the list in the church bulletin or in the e-mail newsletter.

If you would like to receive the newsletter by e-mail please contact the church office at 352-6210 or sign up at the church website, [www.bellemeadeumc.org](http://www.bellemeadeumc.org), under the newsletter and events page.

## Book Club Discussion Begins May 14

Do you ever have difficulty finding the right words to say to God? Do you long for a deeper, more meaningful prayer life? Join us in reading and discussing our next book: *Finding Your Voice in the Psalms: An Invitation to Honest Prayer*. We will meet from 12:15 - 1:15 PM, beginning May 14. Sign up at the front desk in the administrative lobby or by contacting Kristin Clark-Banks at [kristin@bellemeadeumc.org](mailto:kristin@bellemeadeumc.org) or 352-6210.



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## Altar Flowers

If you would like to honor or remember someone with an altar flower dedication, contact Betty McAlister at [jbmac5960@gmail.com](mailto:jbmac5960@gmail.com) or 352-4102.

## WORSHIP THIS SUNDAY

### 8:30 AM - Worship in the Chapel

Sermon: Tom Gildemeister  
Music by BMUMC acoustic ensemble

### 8:45 AM - Holy Communion in the Sanctuary

A 15-minute time of communion with prayers and liturgy.

### 10:30 AM - Worship in the Sanctuary

Sermon: Tom Gildemeister  
Music: Belle Meade Choir and Instrumentalists

9:15 AM - 10:15 AM Sunday School for all ages