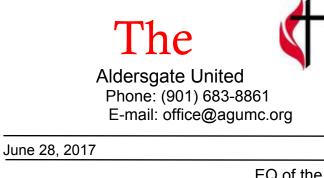
OUR PRAYERS

Our Ministers Our Leaders Our Children & Y Our College Stuc Our Police Dept. Our City	Our M Outh Our H Ients Our M Our F	hurch linistry Teams lomebound lissionaries ire Dept. lilitary			
Home	ebound and As				
Martha Allen Ray Escue Doris Hight Ted Lewis Emmett Smith	Betty Ray	Carolyn Escue Earl Galloway Wayne Lawrence Bernice Shelby r Martha Wallace			
Hospice Care		al Prayers for			
Mildred Hight		ster victims			
At Home		igrants remaining kidnapped			
Marcelle Farrow Becky Pennington Shanon Groves Peggy Brightwell Clover Lauth					
OUR	PRESENCE -	June 25			
	Sunday School Worship	42 67			
0	UR GIFTS - J				
Offering		\$ 1,815			
Month to	Date	\$ 8.148			
YTD		\$ 66,660			
OUR SERVICE - July 2 GreetersGerry Gaines Mireya Ramos					
Liturgis	t An	drew Baker			
ScriptureAndrew Baker Byron Gudiel, Jr.					
Children's Time Perri Mathis					
Lock-upTom Lockhart					
OUR WITNESS July Scripture Readers 9 Renee Little 16 Faith Gbeneneh					



Flame Methodist Church

Fax: (901) 683-1374 Website: www.agumc.org

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THE FLAME is Please contact y

Volume 62 Issue 26

EQ of the Heart

by Rebekah Simon-Peter

When I teach emotional intelligence or EQ, I empower people to communicate in ways that bring out the best in those who frustrate them the most. But studies show that emotional intelligence goes much deeper than what we say or don't say. It's more fundamental than how we hold our bodies or what we telegraph with our faces. It turns out that EQ is coded into our cells and hardwired into our bodies. Our hearts are at the center of this.

This is good news for churches. It gives us yet one more way to help people connect the life of faith with faith in life. And to expand the loving, peaceable Kingdom of God!

Scripture tells us that we are wonderfully and fearfully made. A sense of wonder and awe is woven into our very beings. Science is now revealing that the heart is at the center of this wonder and awe. HeartMath Institute has been studying the heart and its rhythms for decades. It turns out that the rhythm the heart beats is directly correlated to positive or negative feelings. Negative feelings like frustration, anxiety, irritation and anger are correlated with ragged or jagged rhythms. Positive feelings like peace, contentment, compassion and joy are correlated with smooth, ordered, coherent rhythms. The more coherent the heart rhythms, the more coherent the messages that are sent to the brain, the nervous systems and every other cell in the body. Coherent heart rhythms lead to clear thinking, unexpected problem solving and improved health.

A heart full of love and compassion, joy and peace has measurable impacts beyond that. Our hearts have a large electromagnetic field around them. Our hearts radiate distinct energies to the people, and pets, around us. They pick up on these vibrations, which in turn, affects their heart's coherence. There is even evidence that our own individual coherence can impact the electromagnetic fields of the earth. That our love can encircle the globe and create a peace that others can tap into. The bottom line is this: It all starts within our own hearts. Maybe that's what Jesus meant when he said the kingdom of God is within.

Loving God, neighbor and especially our own selves makes a difference. And it's never been more important. This love impacts our spiritual well-being, our physical health, our key relationships. It also impacts our neighborhoods, our societies and the creation itself. It contributes to a positive resiliency in the collective consciousness of the world. It creates coherence in times of chaos.

This is really good news for people of faith. Here's what it means: The prayers we pray, the love we radiate, and the intentions we form have a real and lasting impact. The actions we take that are grounded in love and compassion multiply. The kindness we show to one another creates a measureable good. Let us not grow weary in well-doing, church. Let us craft bold visions of compassion and care that make manifest the love in our hearts. The Kingdom is near indeed.

Scriptures Readings:

Genesis 22:1-14 Romans 6:12-23 Psalm 13 Matthew 10:40-42



23 Rebeca Ernst

30 Judy Stanley

Methodist Church Aldersgate United Methodi 4459 Willow Road Memphis, TN 38117-6917 the Gate Kristen Boggs Melissa Cole John Hight Jeff Irwin **Bill McClain** Lou Ella Morris

OUR PRAYERS (con't) Jim Brazile Brenda Brazile Miriam Davis Jaunav Davis Corella Edwards Gordillo Family Diane Harrison Kay Hudak Patty Hudak Dennis LeClear Ursula Lewis Jesse McClerkin Teresa McMullin **Richard Morris** Joe Moselev Karen Mosley Boyd Pilkinton Ruth Pilkinton Moira Pomije Wade Reeves Stephanie Roberts Janet Snow David Weaver Brad Weaver Shannon Weaver Charlie Whitaker Margie Williamson

LOOKING AHEAD

Sun. 7/2	10:15a Sunday School 11:30a Worship
Mon. 7/3	12 Noon Newsletter Deadline
Tue. 7/4	Happy 4th of July Offices Closed
Wed. 7/5	6:45p Choir Rehearsal
Thu. 7/6	9:00a Asbury Food Pantry
Fri. 7/7	Offices Closed
Sat. 7/8	No Activities
Sun. 7/9	10:15a Sunday School 11:30a Worship



MUSIC OF THE SEASON A Patriotic Pops Concert

...will be presented by members of the Memphis Symphony Orchestra and the 2nd Presbyterian Chancel Choir on June 29th at 7:30p, at the Levitt Shell, 1928 Poplar Ave. Included will be such favorites as "Battle Hymn of the Republic" and Stars and Stripes Forever". The evening will conclude with a fireworks display, so plan to stick around to the very end!

A Star Spangled Celebration at Shelby Farms Park

Saturday, July 1st, from noon to 10 pm you will enjoy live music and family friendly activities at Shelby Farms Park, 6903 Great View Dr. North. Tickets are available on site for \$12 per person or the "Me+3" price of \$10.00 ea. for 4 tickets. Children 9 and under are free. The Laser Light Spectacular will begin at 9 p.m. accompanied by the Memphis Wind Symphony.

Free July 4th Concert

All Saints Episcopal Church invites you to a program of works by Sousa, Bernstein, Sowash, Waller, Mandat and more, performed on piano, flute, clarinet and organ, on Tuesday, July 4, at 3:00 p.m. The concert is free with donations accepted, at All Saints, 1508 White Station Rd., 685-3333. An Apple Pie reception will follow.



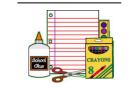
— ADVANCE NOTICE — A TRUSTEE'S MEETING

...is coming up on Monday, July 17, at 7 p.m. Please mark your calendars now!

RHYTHM U ARTS CAMP

...at Second Presbyterian, 4055 Poplar Ave., is July 17-21, from 9 am to 1 pm. Do your kids have a flair for the dramatic, an eye for the arts or an ear for music? Rhythm U will provide a chance for them to develop their creativity and skills and have fun in the process.

This camp is for children entering 2nd—6th grades. The cost for the week is \$50 per child, including a pizza lunch on Friday and a camp t-shirt. Please send a sack lunch Monday –Thursday. You may register online at <u>www.2pc.org/rhythmu</u> or call 2nd Pres at 901-454-0034.



SCHOOL SUPPLIES FOR WILLOW OAKS ELEMENTARY

Along with the suggested items, if you would prefer to purchase a 'pre-pack' for grades K-5, they are \$53 per pack. Pre-Packs were introduced last year and contain all that is needed for students to begin classes. Please make checks out to Aldersgate for all or any part of the cost and note Willow Oaks in the memo line.

Of course, we will be happy to receive the other items:

Undies for Girls .74 oz. Glue Sticks 8 ct. Crayola Crayons Back Packs Hand Sanitizer with pump Large Boxes Facial Tissue Poly Brad and Pocket Folders (any color) Notebook Filler Paper-Wide Ruled-200 count D'Nealian Tablets– Wide Ruled, Blue Baseline



Candle Burning

The Candle Burning Program is one facet of missions giving supported by our United Methodist Women and a wonderful way to honor special people in your life or to celebrate a special occasion like a birthday, anniversary, graduation or other momentous event. Each and every one will be lifted in prayer and remembered on UMW/UMM Sunday in our bulletin insert in September. Forms are available on the tables outside the Sanctuary or use the one below. Please give your gifts and names of those honored (\$5 minimum per name/ event, please) to Mary Robbins or the church office and make checks out to Aldersgate **UMW.** Your participation will help improve the lives of women, children and youth around the world.

Annual Day Preparation

Annual Day 2017 is not until September 30, at First UMC in Murray, KY, BUT, lots of Christmas items are needed to sell in the Gift Shop. Handmade ornaments, wreaths, jewelry, gift baskets, homemade goodies — whatever each Unit can donate. Please remember to price all items.

CANDLE BURNING GIFTS TO UMW MISSIONS

Please complete this form, enclose payment, and give to Mary Robbins or the church office. (A minimum gift of \$5 per name/event, please). Make checks out to Aldersgate UMW.

Given by_____

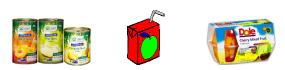
In honor of_____

In memory of _____

In celebration of _____



GET YOUR FREE COOKBOOKS! We have many cookbooks still on hand. Come look them over!



FOOD PANTRY FOR JULY Canned Fruit Fruit Juice Fruit Cups Cash is also welcome. Thank you. (Make checks out to Aldersgate and note 'food pantry' in the memo line.)



PLEASE NOTE The church offices will be closed on Tuesday, July 4, in observance of Independence Day.



MPD CITIZEN POLICE ACADEMY 2017

Enroll now to participate in the Memphis Police Department's Citizen Police Academy which will begin September 5, 2017. Take advantage of a fascinating opportunity to become a valued partner with the MPD by becoming a distinguished graduate of this worthwhile law enforcement educational awareness program. Enrollment is open to all citizens for this 9 week training program. The deadline to enroll is August 18, 2017. Applications are available in the church office.

Alders	gate UMC				Jul	y 2017
SUNDAY	MONDAY	TUESDAY		THURSDAY	FRIDAY	SATURDAY
Pastor: The Rev. Dr. Virginia Jone Associate Min: The Rev. Dr. Goy Choir Director: Lisa Hughes Organist: Lana Solomon Pianist: Lynn Coffman	es Finzel o De la Cruz				4459 Willow Road Memphis, TN 38117 Phone: 901-683-8861 Fax: 901-683-1374 Email: office@agumc.org	1 12p-10p Star Spangled Celebration at Shelby Farms Park with live music. Light show at 9pm
2 10:15a Sunday School 11:30a Worship Service	3 Noon News Deadline	4 Independence Day Happy 4th of July Offices Closed 7:25p Germantown Fireworks Extravaganza	5 6:45p Choir rehearsal 🔊	6 9-12 Food Pantry at Asbury	7 Offices Closed	8
9 10:15a Church School 11:30a Worship Service	10 Noon News Deadline	11	12 6:45p Choir rehearsal	13 9-12 Food Pantry at Asbury 11:00a Golden Cross Key Women	14 Offices Closed	15
16 10:15a Church School 11:30a Worship Service	17 Noon News Deadline	18	19 6:45p Choir rehearsal	20 9-12 Food Pantry at Asbury 6:00p UM Men @ Asbury	21 11:30a Young at Heart @ Asbury Offices Closed	22
 23 10:15a Church School 11:30a Worship Service 5:00p The Finchers in Concert 6:00p Refreshments in the Fellow-ship Hall 	24 Noon News Deadline	25	26 6:45p Choir rehearsal	27 9-12 Food Pantry at Asbury	28 Offices Closed 8:00a Registration for Mission u <u>UMW 'Mission u'</u> First	29 UMC Jackson, TN
9:30a Fellowship Time sponsored by Barry & Perri Mathis10:30a Combined Sunday School11:30a Worship Service	31 Breakfast for Willow Oaks Teachers Noon News Deadline	August 1 Please Note 7:00p Church Council				



Happy Birthday

July

			July	26	Emmett	& Pam Parrish
'	3	Jimmy Lee				
		Ed Stanley John Wilburn				
	4	Glenn Little Wayne Quarles			ASSISTI	NG IN JULY
	5	Stanley Gallimore	Gree	eters		Serry Gaines
	7	Becky Elkins			Ν	/lireya Ramos
	13	Barbara Scheirer	LiturgistLana Solomon			
	16	Andrew Baker	Scrit	oture		2 Andrew Baker
	17	Leslie Bond Oscar Bonilla	Con			Byron Gudiel, Jr.
	23	Elizabeth Williams				9 Renee Little
	24	Harley Bond				16 Faith Gbeneneh 23 Rebeca Ernst
	26	Matthew Lopez Tom Lockhart				30 Judy Stanley
	20 27	Chet Wilson	Child	dron'e T	imo	2 Perri Mathis
	26	Steven Craft	Child		IIIIE	9 Andrew Baker
	20	Glenda Drewery				16 Perri Mathis
	29	Elizabeth Hernandez				23 Lana Solomon
		Dean Tutor				30 Perri Mathis
			Lock	k-up		Tom Lockhart



Happy Anniversary







FOOD PANTRY FOR JULY

Canned Fruit

Fruit Cups

Cash is also welcome.

Fruit Juice

Cash is used to purchase food by the pound, at a great discount. Please make checks out to Aldersgate and note 'Food Pantry' in the memo line.

Thank you!



Supplies for Willow Oaks

We will be collecting school supplies for Willow Oaks Elementary School through August 13th. Please place your gifts in the big, red backpack near the office.

Along with the suggested items, if you would prefer to purchase a 'pre-pack' for grades K-5, they are \$53 per pack. You may pay in full or any part of the \$53. Pre-Packs were introduced last year and contain all that is needed for students to begin class.

Please make checks out to Aldersgate and put 'school supplies' or 'Willow Oaks' in the memo line.

Suggested Items:

Undies for Girls	Undies for Boys				
.74 oz. Glue Sticks	Belts for Boys				
8 ct. Crayola Crayons 24 ct.	Crayola Crayons				
Ticonderoga #2 pencils	Hand Sanitizer with pump				
Back Packs	Large Boxes Facial Tissue				
Poly Brad and Pocket Folders (any color)					
Notebook Filler Paper-Wide Ruled-200 count					
D'Nealian Tablets– Wide Ruled, Blue Baseline					
Standard 1 Subject, Wide Ruled, 70 Count Notebooks					
Thanks for your help!					



Please help us keep our records current. If there are any omissions or errors, please call the church office, 683-8861, or email office@agumc.org