

METRO UMC MESSENGER



AUGUST 21, 2024

ABOUT US

VISION STATEMENT

*Transforming the World
through Jesus Christ*

MISSION STATEMENT

*Passionate Christians Making
Disciples of Jesus Christ*



MESSAGE FROM THE PASTOR

Dear Friends,

Greetings! This week our focus is on spiritual gifts. If we look at 1 Corinthians 12, we see that our spiritual gifts are like parts of the body. Every part belongs and has a reason for being in the body. Every part needs the other parts. Our individual spiritual gifts collectively serve a purpose in the body of Metropolitan as a whole.

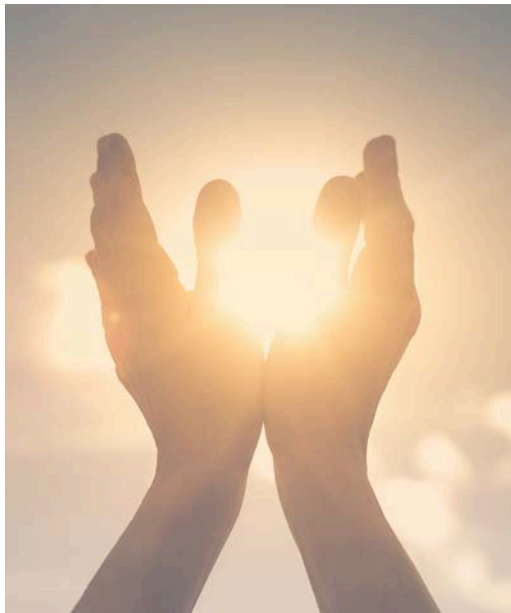
How do you discover the gifts God has given you through faith? 1) You spend time praying to the One that gave you the gift. Like an apprentice who asks the master craftsman how to use a tool, your prayerful questions will lead you to God's plans for why He has given you the gift. The Giver of the gift is the best guide to show you how to use it. 2) You study the Bible. God has revealed his purposes for your spiritual gifts in the Bible. Go to the Bible first, then, read what others have written about the gifts. 3) You ask those who know you the best. Since your spiritual gift is intended to be lived out in the community, those who know you best can help you discover how God has gifted you for service. Listen to what others in your community of faith say about how you function as a follower of Jesus. 4) Serve! The best way to learn how God has gifted you to serve as a member of the body of Christ is to serve. Start with what you are asked to do and see what makes your heart beat fast or what comes easiest to you.

Often times we think God always asks us to do what we can't do and what we don't want to do. It makes more sense that we do what we love to do for God, it may be the very thing He gifted us to do all along for him.

God has placed a gift under the tree for you to open. Who do you know that would have a gift for him or her and not open? You know you wouldn't. Now is the time for you to begin to unwrap the gift that God has uniquely designed for you.

Pastor Faye





Spiritual Gifts

*according
to the BIBLE --*

a special divine empowerment

1 Corinthians 12:4-6
1 Peter 4:11

to be used within the context of the Body of Christ

1 Corinthians 12:7
Ephesians 4:12
1 Peter 4:10

bestowed on each believer

1 Corinthians 12:7, 18
1 Peter 4:10

by the Holy Spirit

1 Corinthians 12:7-9, 11

to accomplish a given ministry God's way

1 Corinthians 12:4-6

according to His grace and discernment

Romans 12:3-6
1 Peter 4:10

SPIRITUAL GIFTS *Take An Inventory*

CLICK HERE

To access the Spiritual Gifts Inventory and the Spiritual Gifts Explanation, please visit Metropolitan's website at metroumcindianhead.com under Links and Surveys or scan the QR codes below.

SPIRITUAL GIFTS INVENTORY



SPIRITUAL GIFTS EXPLANATION



PROTECT YOURSELF FROM SCAMS



Scams are schemes that use misinformation and scare tactics to obtain your personal, financial and other important information. They can happen over the phone, email, by mail—and even in person.

Christlike Ways to Respond to Dishonesty and Scams

Every year, at an annual credit union members' meeting, one of the board members ends the meeting, by saying, "Everyday, someone is trying to separate you from your money." Although there are a number of individuals and organizations with good intentions, there are just as many without. We can make good decisions to avoid the consequences of their actions. Protecting yourself from being scammed can be done, while still embodying Christlike compassion. These Christlike strategies, rooted in scripture, can help you to balance compassion with caution, ensuring that you can assist those in need without falling prey to scams.

- 1. Discernment: Judge well.** Pray for wisdom to discern genuine needs. James 1:5 – "If any of you lacks wisdom, let him ask of God."
- 2. Setting Boundaries: Clearly define personal limits.** Establish what you can and cannot do. Proverbs 4:23 – "Above all else, guard your heart."
- 3. Verification: Confirm the truth.** Verify stories before offering help. 1 John 4:1 – "Do not believe every spirit, but test the spirits."
- 4. Community Resources: Utilize local support systems.** Direct individuals to church or community aid. Acts 2:44-45 – "They gave to anyone who had need."
- 5. Education: Learn about common scams.** Stay informed about fraudulent schemes. Hosea 4:6 – "My people are destroyed for lack of knowledge."
- 6. Accountability: Have others to help keep you responsible.** Work in pairs when helping others. Ecclesiastes 4:9-10 – "Two are better than one."
- 7. Prayer: Seek divine guidance.** Pray before making a decision about giving. Philippians 4:6 – "In every situation, by prayer and petition."
- 8. Documentation: Keep records of aid given.** Document interactions and assistance. 1 Corinthians 14:40 – "But everything should be done in a fitting and orderly way."
- 9. Empathy: Understand others' feelings.** Show compassion without compromising safety. Colossians 3:12 – "Clothe yourselves with compassion."
- 10. Counsel: Seek advice from trusted sources.** Consult with church leaders on how to help. Proverbs 11:14 – "In the multitude of counselors there is safety."
- 11. Awareness: Be alert to your surroundings.** Be mindful of suspicious behavior. 1 Peter 5:8 – "Be alert and of sober mind."
- 12. Generosity: Give wisely.** Provide support that encourages self-sufficiency. 2 Corinthians 9:7 – "God loves a cheerful giver."

13. Stewardship: Manage resources responsibly. Allocate resources where they are most impactful. Luke 16:10 – “Whoever can be trusted with very little can also be trusted with much.”

14. Love: Act out of genuine care. Ensure acts are motivated by love, not obligation. 1 Corinthians 13:4-5 – “Love is patient, love is kind.”

15. Transparency: Be open about intentions. Be clear about how you can help. 2 Corinthians 8:21 – “We are taking pains to do what is right.”

16. Non-monetary Aid: Offer help without money. Provide food, clothing, or other necessities. Acts 3:6 – “Silver and gold I do not have, but what I do have I give to you.”

17. Referral: Connect with appropriate services. Refer individuals to professional help. Matthew 25:35-36 – “I was hungry and you gave me something to eat.”

18. Listening: Give your time and attention. Listen to their stories without quick judgment. James 1:19 – “Everyone should be quick to listen.”

19. Wisdom: Apply knowledge appropriately. Use wisdom to navigate complex situations. Proverbs 2:6 – “For the Lord gives wisdom.”

20. Guarded Generosity: Protect yourself while giving. Give in ways that do not compromise your safety. Matthew 10:16 – “Be as shrewd as snakes and as innocent as doves.”

21. Respect: Treat everyone with dignity. Show respect regardless of the situation. Romans 12:10 – “Honor one another above yourselves.”

22. Community Involvement: Engage in collective action. Participate in group efforts to help those in need. Hebrews 10:24-25 – “Spur one another on toward love and good deeds.”

23. Support Networks: Create a supportive community. Develop a network for those in need. Galatians 6:2 – “Carry each other’s burdens.”

24. Forgiveness: Let go of resentment. Forgive those who may have attempted to deceive. Matthew 6:14 – “For if you forgive other people when they sin against you, your heavenly Father will also forgive you.”

While it is not an official policy, it is important to note that solicitation of money from members of the Metropolitan, either by other members or the broader community, is strictly prohibited. This practice is discouraged in order to maintain a respectful and supportive environment for everyone involved. We appreciate your understanding and cooperation in upholding this guideline to ensure the comfort and well-being of all of our members. If anyone at Metropolitan attempts to solicit money from you, please notify the church at metroumc.ofc@gmail.com.



ANNOUNCEMENTS



AUGUST

- **Thursday, August 22** at 7:00 pm (*Via Zoom*) - Liturgists Meeting
- **Monday, August 26** at 7:00 pm (*Via Zoom*) - Unified Board Meeting
- **Saturday, August 31** at 11:00 am (*In Person*) - United Methodist Men Meeting

SEPTEMBER

- **Sunday, September 1** - **COMMUNION SUNDAY**
- **Monday, September 2** - **Labor Day**
- **Tuesday, September 3** at 7:00 pm (*Via Zoom*) - Trustee Meeting
- **Wednesday, September 4** at 6:00 pm (*Via Zoom*) - Fasting & Intercessory Prayer
- **Thursday, September 5** at 7:00 pm (*Via Zoom*) - Bible Study
- **Saturday, September 7** at 10:00 am - Anniversary Choir Rehearsal
- **Sunday, September 8** - **Grandparents Day**
- **Sunday, September 8** - **NFL Team Spirit Sunday**
- **Tuesday, September 10** at 7:00 pm (*Via Zoom*) - Finance Meeting
- **Wednesday, September 11** at 6:00 pm (*Via Zoom*) - Fasting & Intercessory Prayer
- **Thursday, September 12** at 7:00 pm (*Via Zoom*) - Bible Study
- **Saturday, September 14** - BWC Restructuring Meeting
- **Wednesday, September 18** at 6:00 pm (*Via Zoom*) - Fasting & Intercessory Prayer
- **Thursday, September 19** at 7:00 pm (*Via Zoom*) - Bible Study
- **Saturday, September 21** at 10:00 am - Anniversary Choir Rehearsal
- **Sunday, September 22** at 10:00 am - 156th Church Anniversary
- **Wednesday, September 25** at 6:00 pm (*Via Zoom*) - Fasting & Intercessory Prayer
- **Thursday, September 26** at 7:00 pm (*Via Zoom*) - Bible Study
- **Saturday, September 28** at 11:00 am (*In Person*) - United Methodist Men Meeting
- **Sunday, September 29** at 11:00 am (*In Person*) - United Women in Faith
- **Monday, September 30** at 7:00 pm (*Via Zoom*) - Unified Board

BIBLE STUDY

WITH PASTOR FAYE

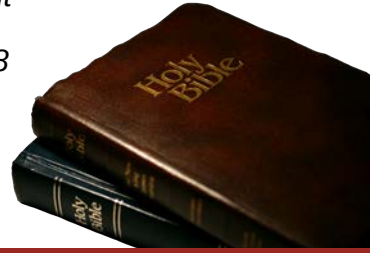
Starting September 5th

GENESIS to REVELATION

A Comprehensive Verse-by-Verse
Exploration of the Bible

To sign up and get details about
how to get the book, call
Metropolitan on (301) 375-9088

EVERY THURSDAY
7 PM - 8 PM
VIA ZOOM



156TH CHURCH ANNIVERSARY

Sunday, September 22, 2024
10:00 AM

DONATION REQUESTED: \$156.00

*Donation envelopes are available
in back of Fellowship Hall*

*Payments can be made in either a
lump sum or in installments*

Make a Joyful Noise Unto the Lord

Join Our
156th Church Anniversary Choir

Rehearsals:

Saturday, Sept. 7 & Sept. 21
10:00 am

If interested, contact Sis. Sheila Myers on (301) 326-0369.

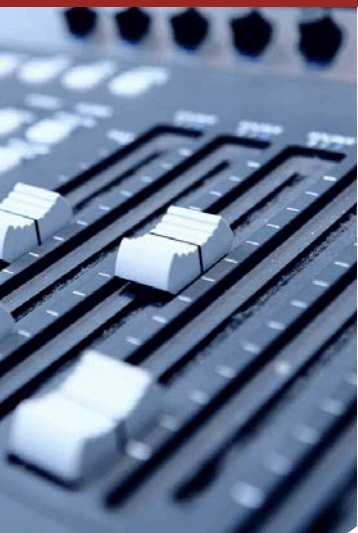


JOIN THE A/V TEAM

Do you have a passion for technology, a love for
worship, and a desire to serve?

*We invite you to join
Metropolitan's Audiovisual Team.*

See Bro. Johnny Rossettos, Jr. or
Bro. Steve Connelly or contact
Metropolitan Church at (301) 375-9088 or
metroumc.ofc@gmail.com





WEEKEND BACKPACK FOOD PROGRAM

VOLUNTEERS NEEDED!

STARTING IN OCTOBER

VOLUNTEER POSITIONS:

STOCKERS

PACKERS

DRIVERS

For more information, contact
Sis. Sheila Myers on (301) 326-0369 or see Sis. Nickki Harris

Metro UMC Community Dinner & Food Pantry Giveaway Volunteer Opportunities

Activities Include: Packing desserts and breads, prepping meats, cutting vegetables, cooking, receiving, storing and purging food products, washing dishes and general cleaning and distributing meals.

COME AS YOUR SCHEDULE ALLOWS!



Looking for a ministry?
Trying to find your place at Metropolitan?

The Finance Team is need of
COUNTERS

Commitment: 1 Sunday a Month

If interested, see Sis. Diane Butler



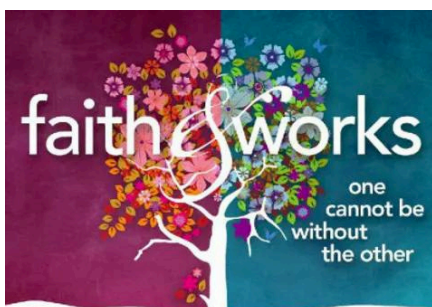
What's missing from Metropolitan's TRUSTEE Board?

U Are!

We are looking to expand our board with people who can:

- Serve as the custodian of deeds; keep legal papers and documents.
- See to the cleaning of church buildings and grounds.
- Oversee contracts and volunteer workers doing repairs, improvements and/or expansion on buildings.
- Develop a program of planned maintenance and revise it annually.
- Provide facilities that are accessible to all persons regardless of physical abilities.

See Sis. Mary Ann Stringer or contact Sis. Sheila Myers on (301) 326-0369



James 2:15-18

Trustee Ministry

21 / DAYS of FASTING & INTERCESSORY

Wednesdays 6:00 pm

Led by Sis. Ava Morton & Bro. John Countryman

Starting
September
4th

Ezra 8:23

So we fasted and petitioned our God about this, and he answered our prayer.

PUPPET MINISTRY

Can you wave your hand in the air, like you just don't care for 3-4 minutes?

The Puppet Ministry NEEDS YOU!

- Perform four times a year
- Increase church participation and engagement
- Help people connect with their faith
- Help build community within Metropolitan



Contact Sis. Sheila Myers
on (301) 326-0369

Dust Off Your Metro UMC Church Bank



Don't have one? See Sis. Diane Butler
SAVE YOUR LOOSE CHANGE FOR METROPOLITAN

Get a bank. Fill it up. Bring it back to church.
Get it back...and REPEAT

NFL TEAM SPIRIT SUNDAY

SHOW US YOUR TEAM SPIRIT!

Come dressed in your favorite team jersey or apparel the 2nd Sunday of each month.

Who do you think is going to Super Bowl LIX?
Make your prediction on the signup sheet in the back of the Fellowship Hall, starting September 8.





METROPOLITAN
UNITED METHODIST CHURCH

SUNDAY SERVICES
156TH
CHURCH
ANNIVERSARY

SUNDAY
September 22ND

10:00 AM

SUNDAY

www.metroumcindianhead.com

Guest Speaker

Rev. Dr. Bryan K. Fleet, Pastor
Huntingtown Two Point Charge

3385 Metropolitan Church Road
Indian Head, Maryland 20640
Pastor Faye A. Johnson

SERVICE **TIMES**

WORSHIP SERVICE

Sundays at 10:00 am

Join us for In-Person or Virtual Worship Services

Join us on Zoom

Connect using your smartphone, table or computer (video and audio)

Meeting ID: 961 1274 4083

Connect using your telephone (audio only)

Dial: (646) 558-8656

Meeting ID: 961 1274 4083

When prompted for the Participant ID, enter #
Then press # again to enter meeting

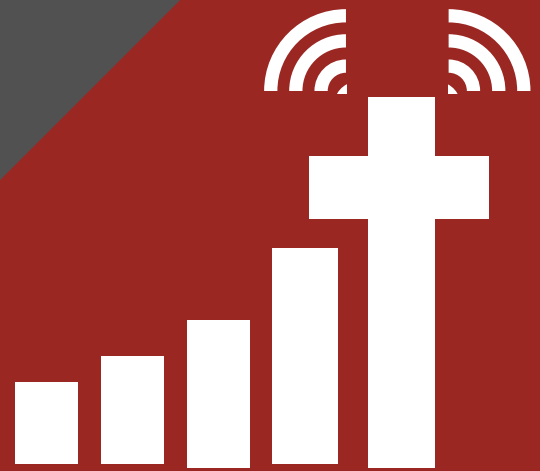
Join us on Facebook

Visit our YouTube Channel

BIBLE STUDY

Thursdays at 7:00 pm

GET **STAY** CONNECTED



CONTACT US:



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YouTube

DOWNLOAD OUR CHURCH CENTER APP

