

In a Nutshell

August 15, 2025

As people who live in the light of the resurrection, we are called to live an embodied faith as the body of Christ. The great mystic, Evelyn Underhill, offers a helpful way to consider how we might faithfully respond to the goodness of God around us with a form of reflective prayer. We see how in the New Testament there is often a portrayal of tension in dualism between two orders with our time on this earth and the reality of God's eternal kingdom. It might seem like these two orders create a challenge like a pendulum, swinging between this world and the next, our decisions pulled toward one or the other as if we must choose either/or.

Underhill invites us instead to engage the three God-given faculties of our humanity as a way of living in this world and serving God. She shares three faculties for faithful living, Consider the thinking faculty, the feeling faculty, and the acting faculty. When we have taken a personality test or explored the Enneagram, we know that each of us is uniquely wired with particular strengths and gifts to glorify the Lord. Yet in the life of embodied faith, all three faculties of mind, heart, and will are meant to work together as we grow and are centered in Christ.

This embodied way of living requires prayerful self-awareness. Each day, we can pause to ask: Where are my thoughts, my feelings, and my actions today, O Lord? How are they distant from you and how are you drawing me near? Where are you calling me to repent and seek your saving grace? In doing so, we live fully embodied lives, with our thoughts, feelings, and actions reflecting the goodness of God in this world God has created, stewarding the lives God has given us to glorify our Savior, Jesus Christ.

- Pastor Laura

NEW AND IMPORTANT INFORMATION

Young Adult Bible Study

Starting this Sunday August 17th, a new bible study is starting in Lauren's office or in a modular if the a/c is still not working. Study may be starting a little after 9:30am. Hope to see people there.

~Daniel Johnson

Backpack Blessing Sunday

We invite our students of all ages to bring their backpacks to church on Sunday August 24th. We'll take a moment in the service to bless the backpacks (and especially their owners!) as they embark on a new school year journey.

5th Sunday SongFest Returns in August

On Sunday, August 31st, we will have another 5th Sunday SongFest with songs requested by you! I still have all of your previous requests, so if you have requested a song, this may be your lucky day! The song request sheets are on the music stand outside the choir room or you may contact Leigh McFalls at 919-818-3317 or leighmcfalls@gmail.com to help you find the song you're looking for.

OCIM Update

They are in desperate need of canned vegetables, fruit, green beans, green peas, pork & beans and/or baked beans, beef stew, mayonnaise, crackers, and rice. Thank you to all who have donated money as well as the actual cans of food and veggies.

Looking forward to seeing what we can bring on August 31. Thank you all so much for your participation.

Calling all cooks!

Our Sunday night dinners begin soon! Please take a moment to sign-up for one meal. We strongly encourage our Sunday School classes and other groups within the church to share a week together. This year, we have a predetermined menu for each week, with recipe suggestions offered, but feel free to use your own recipes if you prefer. Suggested donations for dinner are \$5/plate or \$20/family. All funds will go to the Sunday Night Meal Fund which will help offset the cost of providing the meal. [Sign up here.](#)

Lauren's Baby Shower




[Link to the gift registry](#)



Seeds of Faith

Please let us know if you can help! The OCP is needing volunteers if you are able. Let Lauren know!

A colorful poster for a 'Back to School Bash' event. The background is light blue with a yellow sunburst in the center. The title 'BACK TO SCHOOL BASH' is written in a playful, bold font. To the left of the sunburst, a pink starburst contains the date 'AUG 16'. To the right, a red starburst contains the word 'FREE'. Below the title, there is an illustration of two children in a blue canoe on water. To the right of the canoe, text lists activities: 'Say goodbye to summer and hello to fall with a day of free family fun, including SWIMMING, CANOEING, ZIPLINE, SCHOOL SUPPLY GIVEAWAYS AND MORE!'. Below this, it says 'hosted by SEEDS OF FAITH & ORANGE COOPERATIVE PARISH' and '10am-4pm at Chestnut Ridge Camp and Retreat Center'. A QR code is shown with the text 'RSVP here!'. At the bottom, a small paragraph explains that Seeds of Faith is a ministry of Camp Chestnut Ridge and Orange Cooperative Parish, and the event is offered free of charge by a grant from Lilly Foundation Inc. A small green plant logo with the text 'seeds of faith' is in the bottom right corner.


BACK TO SCHOOL BASH

AUG 16 **FREE**


Say goodbye to summer and hello to fall with a day of free family fun, including **SWIMMING, CANOEING, ZIPLINE, SCHOOL SUPPLY GIVEAWAYS AND MORE!**

hosted by **SEEDS OF FAITH & ORANGE COOPERATIVE PARISH**

10am-4pm at
Chestnut Ridge
Camp and Retreat Center

RSVP here! 

Seeds of Faith is a ministry of Camp Chestnut Ridge and Orange Cooperative Parish that seeks to support parents and caregivers who wish to pass on their faith to their kids. Check us out at campchestnutridge.org/seedsoffaith. This event is offered free of charge by a grant from Lilly Foundation Inc.

 seeds of faith

Youth/Kids Upcoming Event

A poster for a 'Quilting Workshop for Youth and Kids'. The background is a vibrant collage of purple, yellow, and teal with patterns of stars, dots, and wavy lines. A white rectangular box with a purple border contains the event details. The title 'Quilting Workshop for Youth and Kids' is in a large, bold, purple font. Below it, the date and time 'AUGUST 24TH, 2:30PM - 4:30PM' and the location 'WGUMC FELLOWSHIP HALL' are listed. A paragraph of text describes the workshop, mentioning that it is designed for kids (7 yrs+) and youth, and that a parent/guardian should stay to assist. It also includes an RSVP deadline of August 18th to Lauren Welch Birch.

Quilting Workshop for Youth and Kids

AUGUST 24TH, 2:30PM - 4:30PM
WGUMC FELLOWSHIP HALL

Learn from our talented WGUMC crafters and try out the colorful art of quilting at this workshop especially designed for kids (7 yrs+) and youth! If younger kids want to attend, we ask that a parent/ guardian stay to assist them. Please RSVP to Lauren Welch Birch by August 18th.

Youth Yard Sale!

Get rid of those unused household items, furniture and piles of clothes gathering dust in your closet, all while supporting the work and ministry of our teenagers! Beginning **after church on August 24th through 5pm on Sept. 5th**, we are accepting donations for our youth yard sale! Please drop off items in the old parsonage garage (call the church office or text/email Lauren for details). Pre-pricing large or specialty items may also be helpful. **Please note:** all unsold donations will be taken to OCIM, Goodwill or the dump at 12:30pm Sept 6th. If you want your unsold items back, you **MUST** pick them up between 12-12:30pm on Saturday, Sept 6th.



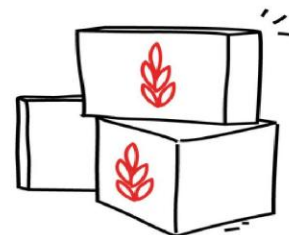
Rise Against Hunger

We will be having our next Rise Against Hunger event on September 14th from 2-4 pm. We will be packaging at least 10,000 meals in this 2-hour span, so we need at least 50 volunteers to make this event a success. Also, at 1 pm, we will need strong individuals to help with unloading the rice and setting up tables before the event. Then we will need help with clean up after the event. I apologize for making a mistake in my announcement on Sunday that we were only about \$500.00 away from our funds for sponsoring this event, we are about \$2,300.00 away from our goal. So please donate to this event if you are able. You can sign up to volunteer or to donate by scanning the QR code or following the link on the flyer above. You can find out more about this event by visiting the bulletin board in the fellowship hall or getting in touch with me, Jolinda Swiggett @ 919-302-0110 or jolindaswiggett@gmail.com. There will be more information coming about this event in the near future.



Help package
10,000 meals
to fight global hunger!

Walnut Grove UMC
Sunday, September 14th
2:00pm-4:00pm



Register & donate!



<http://events.riseagainsthunger.org/WalnutGroveUMC25>

The Longest Day - Outshine the Darkness of Alzheimer's

Tom Carr is running for his wife, Carley, who passed away last year from Alzheimer's. She was an active member of our church for many years.

https://act.alz.org/site/TR/?px=22194006&pg=personal&fr_id=18274

Opportunities and Work Days with Disaster Ministry

Deployment dates for North Corridor Early Response Team. To volunteer or if you have any questions, please contact Jim Polhamus at jbuspolhamusii@gmail.com. Please prayerfully consider joining us and mark your calendars below:

Sep 8 - 13, LTRG09, Western NC Conference UMC- (Location TBD (Spruce Pine, Asheville, Hendersonville), UNC-Wesley students to potentially join Thursday -Saturday, - open 1 ERT to 1 non ERT member, Reservation and awaiting confirmation

Oct 9 - 11, LTRG10, Columbus Co, NC - (Leland Disaster Center, Zion UMC Parsonage, Leland, NC) - open to ERT and non ERT member

Tithes and Offerings

We now have five ways to give to our ministries. If you would like your offering to be allocated towards a specific ministry, please indicate it in the memo of your check or you will be prompted on the website.

1. Give during our weekly Worship Services.
2. Mail in a check to 7215 Walnut Grove Church Road, Hurdle Mills, NC 27541.
3. Use our church [website](#). Click GIVE in the upper right corner.
4. Use our "My Church" mobile app. Click GIVE in the lower right corner.
5. Use our Vanco QR Code, which you can find on the back of the Sunday bulletins or right here in the weekly *In A Nutshell*.

Vanco QR Code

As we continually adapt to the gift of technology, Walnut Grove now has a Vanco QR code provided on the back of the bulletin and in the Nutshell for online giving. Simply hold your phone or tablet's camera over the code for the link to Vanco. You may also access the link on our website for convenient giving. Alternatively, cash or check contributions continue to be accepted through our tithes and offerings. Your generosity helps us continue serving Christ and reaching out to our community in mission and faithful witness.



JOYS & CONCERNS

Prayer List

- Shannon Brown, friend of Kristen Rigsbee
- Ben Lloyd, Cheryl Humphrey's father, with serious health issues
- Farmer Tillman family in the loss of their granddaughter, Lilly
- Iris Tilley, recuperating from a recent fall
- Gilbert Lee in Prince George, VA, who recently had surgery for cancer. He is Richard Lee's father
- Gene Parker, brother of Dorothy Roberts, uncle of Mike Roberts, and family of Debbie Oakley and Sue Powell
- Craig Powell, brother of Ed Powell, with health problems
- Maria Guerrero, mother in-law of Alejandro Rivas, Duke intern, as she deals with terminal illness.
- Herbert and JoAnn Cates, both with health issues. They are members of Walnut Grove UMC.
- Jerry Forrester, bilateral lung cancer
- Liz Matthews, friend of Katie Whitaker
- Debbie Langdale diagnosed with stage 5 kidney disease, waiting for transplant. Friend of John and Brooke Sherron
- Kelly Schoch, with brain cancer. She is co-worker of Erica Nading
- Will Hall, of Cedar Grove, NC with serious health issues- son of Billy Hall and Lynn Clark, nephew of Tommy Hall and Lorraine Parker, cousin of James Parker.
- Kathy Kimrey with health concerns. She is the sister-in-law of Lorraine Hines and Pam Kimrey.

Send A Card

Patty Meehan (Thinking of You), 3360 Cates Mill Road, Roxboro, NC 27574

Quilts

- Paula Gordon from St. Joseph, Michigan whose cancer has returned. Paula is a friend of Elizabeth Woodfield (a former Walnut Grove Crafter) who now resides in Texas.
- Allison Keill from Burlington, NC whose cancer has returned. She is a friend of Kaye Sutton Jones, one of our crafters.

(The prayer quilts will be at the front of the sanctuary on Sunday. You're invited to tie a knot and say a prayer before or after the service.)

Birthdays

Friday 8/15 – Debra Todd, Cynthia Gibbs

Saturday 8/16 – David Berry, Carolyn Parker

Sunday 8/17 – Bryan Phelps, Lilly Virginia

Monday 8/18 – Penny Burton, Mechelle Clayton

Tuesday 8/19 – Jean Mangum, Debbie Phelps

Wednesday 8/20 – Scott Humphrey, Rhonda Rath

Thursday 8/21 – Carson Latta

Friday 8/22 – Karin Hopkins

Saturday 8-23 – Tommy Compton, Rickey Robinson, Jr., Christie Smith, Larry Thomas
Olivia Guy, Patty Meehan

Sunday 8/24 – Rev. Laura Dunlap

If your birthday is incorrect or missing, please contact Kim at the church office at 919-732-5722 or by email at office@walnutgroveumc.org so we can update our records.

STAYING CONNECTED

[WG YouTube](#)

[WG Facebook](#)

[Website](#)

Serving in Worship

August 17th

Acolytes: Magnus Kemnitz/Isabella Conway

Greeters: Dale Smithson/Stacey Spake

Ushers: Courtney Humphrey/Jimmy Berry

Scripture: Grace Dunlap

Nursery: Cathy Boling/Lorraine Hines

Trustee Open/Close: Cheryl Humphrey

Financial Rep: Tyler Smith

August 24th

Acolytes: Anna Robinson/Kinsleigh Dillard

Greeters: Pat Beck/Margaret Anne Dow

Ushers: Fred Nading/Faith Parker

Scripture: Cheryl Humphrey

Nursery: Courtney Humphrey/Judy Butler

Trustee Open/Close: Jacob Blankenship

Financial Rep: Lou Rutledge

Mowing Schedule

August 16- Mike Parker

August 23- Clay Parker

August 30- Chuck Davis

NOTE: If you're unable to serve in your role listed above, please find someone to serve in your place and notify the church secretary of the change. This will allow us to have an updated listing to publish each week.

Upcoming Happenings

Sunday, August 17	9:30am Sunday School 10:30am Worship Service
Tuesday, August 19	7:00pm Men's Group
Wed., August 20	6:30pm Worship Band 7:00pm Worship Choir
Saturday, August 23	3:00pm Lauren's baby shower
Sunday, August 24	9:30am Sunday School 10:30am Worship Service 10:45am Children's Church 2:30 – 4:30pm – Youth/kids quilting workshop
Wed., August 27	6:30pm Worship Band 7:00pm Worship Choir
Thursday, August 28	6:30pm Harvest Festival meeting
Fri-Sat., August 29-30	Walnut Grove Crafters
Sunday, August 31	9:00am Doughnuts/Coffee for everyone!! (provided by Men's Group) 9:30am Sunday School Opening - Joint Sunday School (Adults) 10:30am 5 th Sunday SONGFEST Service
See You Sunday!!	