

## The Act of Meekness

*'But as for you, man of God, shun all this; pursue righteousness, godliness, faith, love, endurance, gentleness (meekness). '*

1 Timothy 6:11

It's good for us to see the virtues that God gives us as people who are flawed, people who make mistakes, and people who sin. And all of us have walked from a life that, at times, has been contrary to God. When I think about these particular verses, let's remind ourselves, particularly in verse 11. Oh, people, flee these things. And you probably ask, well, flee from what? Paul talks about the strife, the envy, the railings, the perverse disputing of men who suppress the truth.

The godly things are not envy and strife, disputes, but the godly things are righteousness, godliness, faith, love, patience, and gentleness, of which I will call meekness. And for us, the reality is that we're all striving to be more like God as we walk with Jesus. And we will not always get it right. I haven't always gotten it right. But that pursuit of righteousness is the pursuit of godliness. And in so many ways, these virtues are rooted in our faith. Faith produces righteousness. It produces godliness. It produces love. It produces patience. It produces meekness. Embodying meekness is not to say that it's a devaluing of oneself, but it's a gentleness. It's a proper place of introspection and taking stock of who we are. Meekness is not aggressive in its motives.

It's not violent in its pursuits. It's a gentleness that comes with meekness, and all these things embody who Jesus is. Jesus is a meek God. Meekness is not a weakness. Meekness is a virtue, and God is present and powerful, and righteous, and meek at the same time. Our faith in so many ways is the anchor by which we follow all these things. Our pursuit of righteousness is exactly that. We want to reflect God's character in our lives. Godliness flows out of our desire to be more likened to what God has purposed for us to be as God's image bearers.

Rev. Daniel Parham

## NEW AND IMPORTANT INFORMATION

### Covenant Council meeting

The next meeting will be held on Monday, July 28<sup>th</sup> at 6:30pm.

### **Estate Sale – In Memory of Charles & Ruby Tilley**

We invite you to join us for an estate sale at the home of Charles and Ruby Tilley, located at **2701 Little River Church Road, Hurdle Mills**, on **Friday, July 25<sup>th</sup> from 2:00 - 7:00 PM** and **Saturday, July 26<sup>th</sup> from 8:00 AM - 2:00 PM**.

A wide variety of items will be available, including:

- **Household goods:** glassware, kitchenware, decorative pieces, and a collection of Miss Ruby's hats. Some items are vintage/antique.
- **Furniture:** select pieces from throughout the home
- **Outdoor items:** tools, lawn equipment, and patio furniture

**Church family are welcome and encouraged to schedule an early visit** prior to the public sale. To arrange a visit, please call or text Wesley at **919-749-0173**.

**25% of the proceeds will be donated to the OCIM Samaritan Relief Fund.**

Wesley & Sonja Tilley

### **Mary Martha Busy Ladies**

Next meeting will be Wednesday, August 13 at 11:00am. This meeting will be catered. Debbie needs a headcount by August 7th. Please contact her at 919-971-5227 and let her know if you plan to attend.

### **OCIM Update**

They are in desperate need of canned vegetables, fruit, pork & beans and/or baked beans, beef stew, mayonnaise, crackers, and rice.

For the months of June and July Walnut Grove UMC contributed 663 lbs. of canned goods and garden products. 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.

### **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.

### **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](mailto:jbuspolhamusii@gmail.com). Please prayerfully consider joining us and mark your calendars below:

**August 7 -9**, LTRG08, Columbus Co, NC - (Leland Disaster Center, Zion UMC Parsonage, Leland, NC)  
- open to ERT and non ERT members

**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

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



A vibrant poster for a 'Back to School Bash' event. The background is a light blue sky with a large yellow sun in the center. Colorful triangular bunting hangs across the top. The event title 'BACK TO SCHOOL BASH' is prominently displayed in the center, with 'BACK TO' in a smaller font above 'SCHOOL', and 'BASH' in a black oval below it. To the left of the title, a pink starburst contains the date 'AUG 16'. To the right, an orange starburst contains the word 'FREE'. Below the title, an illustration shows a man and a woman in a blue inflatable boat on water, both wearing life jackets and holding paddles. To the right of the boat, text describes the event as a day of free family fun including swimming, canoeing, ziplining, school supply giveaways, and more. The event is hosted by 'SEEDS OF FAITH & ORANGE COOPERATIVE PARISH'. The time and location are listed as '10am-4pm at Chestnut Ridge Camp and Retreat Center'. A QR code for RSVP is provided in a purple starburst, with the text 'RSVP here!' next to it. At the bottom left, a paragraph explains that Seeds of Faith is a ministry of Camp Chestnut Ridge and Orange Cooperative Parish, aimed at supporting parents and caregivers in passing on their faith. It provides the website [campchestnutridge.org/seedsofffaith](http://campchestnutridge.org/seedsofffaith) and notes that the event is free of charge, funded by a grant from Lilly Foundation Inc. At the bottom right, there is a small green seedling icon and the text 'seeds of faith'.

**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/seedsofffaith](http://campchestnutridge.org/seedsofffaith). This event is offered free of charge by a grant from Lilly Foundation Inc.

 seeds of faith



## New Gaga Ball Pit for Youth and Kids!

Wondering what that strange wooden octagon is by the playground? Earlier this week, we built a gaga ball pit for our teens and older kids to enjoy! Gaga ball is like a mix between four-square and dodgeball and is a favorite activity of our teenagers. A huge thanks to Lou and Tom Rutledge, our interns Daniel and Alejandro and our youth who took on this three day project!







*Attention rising 6<sup>th</sup> graders!*

You're invited to a

# *Move-up Pool Party*

August 3<sup>rd</sup>, 4 - 7pm

8122 Wilkerson Road, Cedar Grove, NC 27231

Hotdogs and hamburgers provided.

Bring a side or dessert to share!

Parents, plan to attend. Welcome to youth group!



## **GONE FISHIN'**

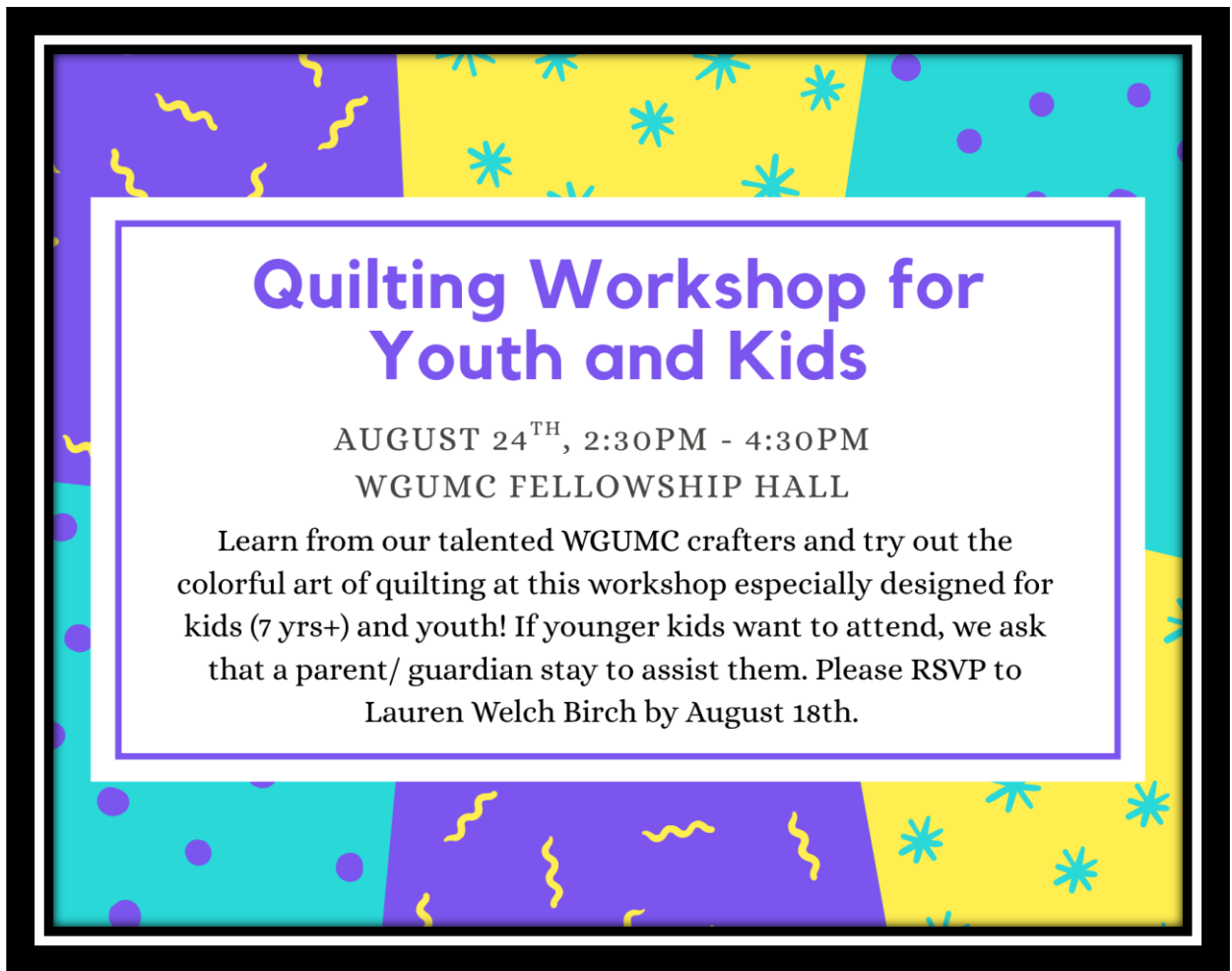
August 10th, 6 - 7:30pm

4809 Orange Grove Road  
Hillsborough, NC 27278

Bait and bug spray provided!

Bring your own picnic dinner, camping chairs  
and fishing poles. If you don't have/want to  
purchase your own poles, let Lauren know  
and we'll source some!





## Quilting Workshop for Youth and Kids

AUGUST 24<sup>TH</sup>, 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.

### **Birthday/Anniversary Taskforce**

Friends, we would love your help! We hear you! If you think you have a good sense of the church community and folks in attendance and could help us look to keep our birthday list current, we need your help! We also would like to add anniversaries to the list too as we celebrate each other's lives! This would be a short-term commitment and would be in collaboration with our summer interns, Daniel and Alejandro. Thank you for considering.

Reach out to Pastor Laura at [ldunap@nccumc.org](mailto:ldunap@nccumc.org) if you are willing to help as we try to stay up to date.

### **College Ministry Coordinator Needed**

Friends, we are in need of a college ministry coordinator for our church. If you would like to volunteer and take on this important role, please see Kara Roberts, our Fellowship Chair, or Lorraine Hines for details.

### **Free Booster Seats**

Does anyone need a booster safety child seat for their car? There are two booster seats in the Fellowship Hall if you do.

## **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**

- 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**

Iris Tilley (Thinking of You), 7820 Tilley Road, Hurdle Mills, NC 27541

## **Quilts**

Alejandro Rivas, Duke Intern, prayers for much success in his continued studies and serving others.

Rev. Daniel Parham, Duke Intern, prayers for much success in his continued studies and serving others.

(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 7/25 – Ashley Ford, Tony Rigsbee Jr.

Saturday 7/26 – Linda Clayton, Abby Lee

Sunday 7/27 – Claire Overcash, Michael Roberts

Monday 7/28 – Carley Parker

Tuesday 7/29 – Sonja Tilley, Keith Taylor

Wednesday 7/30 – Callie Smith

Thursday 7/31 – Mike Clayton, Evan Dement

Saturday 8/2 – Paul Beck, Jeff Clayton

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](mailto:office@walnutgroveumc.org) so we can update our records.

## **STAYING CONNECTED**

[WG YouTube](#)

[WG Facebook](#)

[Website](#)

## **Serving in Worship**

### **July 27th**

Acolytes: Callie Smith/Corbin Smith

Greeters: Mary Emma Roberts/Laurie Rogers

Ushers: Chris & Cathy Boling

Scripture: Brenda Berry

Nursery: Grace Dunlap/Krystal Robinson

Trustee Open/Close: Sharyn Gates

Financial Rep: Emma Beckham

### **August 3rd**

Acolytes: Eleanor Whitaker/Gracie Hall

Greeters: Krystal Robinson/Erica Smith

Ushers: Phil & Lorraine Hines

Scripture: Lorraine Parker

Nursery: Debby Donnelly/Laurie Rogers

Trustee Open/Close: Jacob Blankenship

Communion Servers: Faith Parker/Krystal Robinson

Financial Rep: Ashley James



### **Mowing Schedule**

July 26- Jimmy Berry  
August 2- Bruce Richardson  
August 9- Todd Harris  
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**

Fri-Sat., July 25-26	Walnut Grove Crafters
Sunday, July 27	9:30am Sunday School 10:30am Worship Service 10:45am Children's Church
Monday, July 28	6:30pm Covenant Council meeting
Wed., July 30	6:30pm Worship Band 7:00pm Worship Choir
Sunday, August 3	9:30am Sunday School 10:30am Worship Service 4:00-7:00pm Youth pool party
Tuesday, August 5	7:00pm Men's Group
Wed., August 6	6:30pm Worship Band 7:00pm Worship Choir
Sunday, August 10	9:30am Sunday School 10:30am Worship Service 10:45am Children's Church 6:00 – 7:30pm – Youth/kids fishing trip
Wed., August 13	11:00am Mary Martha Busy Ladies
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
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 <sup>th</sup> Sunday SONGFEST Service
See You Sunday!!	