

WEEKLY CALENDAR OF MINISTRIES

AUGUST 1 - AUGUST 6

SUNDAY, August 1

- 8:30 a.m. Contemporary Service
- 9:50 a.m. Sunday School
- 11:00 a.m. Traditional Service
- 4:00 p.m. Back to School/Blessing of the Animals

MONDAY, August 2

- 7:00 a.m. Men's Prayer Breakfast

TUESDAY, August 3

- 6:00 p.m. Trustees Meeting

WEDNESDAY, August 4

- 5:00 p.m. Chancel Choir Practice
- 6:00 p.m. Praise Band Practice
- 6:00 p.m. Adult Bible Study

ST. ANDREW'S
UNITED METHODIST CHURCH
615 Main Ave. SW
Cullman, AL 35055-4729
256-734-0340
FAX 256-734-0425
staff@standrewsumc.org
Return Service Requested

We're on the web!
standrewsumc.org

We are in need of school supplies and volunteers for the Back to School Bash/Blessing of the Animals scheduled for Sunday, August 1st at 4:00 p.m. If you are able to volunteer contact Robert or Kellie. Supplies may be left in the library.

Suggested school supplies include:

- Crayola Crayons (24 count box), Crayola Washable Markers
- Elmer's Glue Sticks, Plastic School Box (standard size)
- Fiskars Scissors (dull and sharp point), Zipper pencil pouch
- #2 Wooden Pencils (Ticonderoga brand), Pink Pearl Erasers
- Spiral notebooks (wide rule), composition notebooks, pocket folders
- Loose Leaf Paper (wide and college rule), Graph Paper
- Highlighters, Post-it Notes, Avery 1" 3 ring binders
- Headphones, Earbuds, Jump Drives
- Clorox wipes, hand sanitizer, facial tissue, storage bags



The Monthly Newsletter of St. Andrew's United Methodist Church

STANDNEWS

Volume 24, Number 7

July 21, 2021

ADHD

ST. ANDREW'S STAFF

Ministers
The Entire Congregation

Senior Pastor
Robert Lancaster

Children's Director
Kellie Britton

Minister of Music
Dale Moore

Organist
Jannie Ratliff

Youth Director
David Speegle

Office Administrator
Lori Tafazoli

Preschool Director
Tiffany Johnson

OUR VISION:

Our vision is to be a worshipping, loving and witnessing church in Cullman County where disciples of Jesus Christ live out their call to ministry and are nurtured in small groups.

Our Mission:
Reach the lost,
nurture the
faithful.

I don't know if I am ADHD, but I know I suffer from attention deficit. Just this morning I have started writing this article twice and changed focus before I even began. I thought of something that took me to Facebook, that lasted about 5 mins. Next I decided while I was online I would check email, which led to looking at an online gun auction, which led to looking up the values of the guns, etc., etc., etc., If I could have stayed on task this article would have been written much earlier today. So, WHY do you care if I am attention deficit challenged. Because I suspect, you have some of the same symptoms as me. Have you ever been praying and suddenly realized your mind has wandered off? Have you ever been reading the Bible and suddenly realized you have read two pages with out paying any attention to what you were reading? Have you ever been sitting in the pew and while I, or someone else was preaching, your mind wondered to lunch, what you need to do on Monday, or something else?

The website brightonleadership.com/7-deadly-listening-sins/ says distractions are the #1 bad habit that interferes with us listening. "People speak at about 140-180 words per minute, while a listener can comprehend an average of 400 words per minute. The brain wants to fill in the blanks..." It does that by daydreaming, making list, thinking of anything other than what or who you are listening to. Even worse the world and Satan uses this desire of the brain to take our focus off Christ and put it on the world. 1 Corinthians 7:35 *I say this for your own benefit, not to lay any restraint upon you, but to promote good order and to secure your undivided devotion to the Lord.* Satan would love for us to focus on anything other than God. He has distracted the church from the mission of making disciples with worries, concerns over the future of the U.M.C. He has distracted God's army from spreading the word of God by dissention and division in churches. He has distracted God's army with the ways of the world.

It is easy to get distracted. I know of no way to totally prevent or stop distractions, if you know of a way, please contact me at BR549. Sorry, I was distracted by Heehaw. However, distractions does not automatically mean Satan, the world or distractions win. They will happen, things will invade your mind. However, when they do: realize your mind, faith, prayer has wondered. Stop what you are thinking about and focus on God. You will begin to realize how fast your attention returns to and stays on the things of God.

In His Grace,
Robert

WE COVENANT WITH GOD THROUGH . . . OUR PRAYERS

Health and Healing: Freddie and Kathy Byrd, Carolyn Eller, Jan Foust, Eddie Hart, David Hays, Drue Hightower, Elaine Key, Ralph Sellers, Loretta Smith

Homebound, Nursing Home or Assisted Living

Rose Akers, Erma Barnett, Pat Cleghorn, Peggy Doss, Margaret Gill, Louie Harbison, Elwanda Houston, Peggy Laseter, Eulala McCain, Jo Ann McMillan, John & Connie New, Rhonda Oakley, Rheva Patton, Jeanell Raney, Jean Sellers, Imogene Turner, Edna Wade, Don Wiggins, Norma Wrenn

Active Military

Tim Anderson, Justin Bloom, Michael Cavanaugh, Sam Cretser, Landon Elliott, James Heard, Austin Hubbard, Josh Laspin, Chris Leon, Grant Pinkley, Malcolm Riker, Angelo Rossi, Tony Ruehl, Jonathan Ryan, Josh Ryan, Mark Smith, Matthew Steele, Dylan Tindale, Kevin White, Doreann Wiley

AUGUST SERVANTS

8:30 a.m. Worship

Altar: Dianne Herfurth
Take Up Offering: Anna Calvert and Kay Philips
Hand out Bulletins: Ann Rogers and Helen Fisher
Attendance Sheets: Miriam Adams and Peggy Burgess

Sunday, August 1

Security: Fred Ponder
Set up Chairs: Kay & Mickey Phillips
Honeybees: Virginia Pritchard
Communion Servers: Billy and Judy Bonds, Helen Fisher

11:00 a.m. Worship

Altar: Hilda Aldridge
Head Usher: Bill Ruehl
Ushers: Sandra Britton, Frances Cooper, Gary Turner and Greg Wrenn
Attendance Sheets: Wendell and Marie Copeland
Straighten Pew Racks: Marilyn Bell

Sunday, August 1

Communion Servers: Larry and Sandra Britton, Hazel Ruehl
Honeybees: Sandra Britton

Prayer Chain Contact:

Lori Tafazoli: 256-509-4985 (cell)
 tafazoli@juno.com
 256-734-0340 (church office)*

*You can leave a message on the church office phone and it will be emailed to me.

OUR ATTENDANCE

	June 27	July 4	July 11	July 18
8:30 a.m. Worship	57	62	52	66
11:00 a.m. Worship	72	55	71	71
On-line Worship	40	13	50	71
Sunday School	67	66	82	82

Youth Food Pantry Needs

Our current food pantry levels are getting low. Please consider donating to the youth food pantry. Suggested items:

- Peanut butter and jelly
- Canned soup, fruit, vegetables, beans
- Canned stews and soups
- Canned fish, chicken and meat
- Pasta, pasta sauce, macaroni and cheese
- Rice, cereal, crackers, granola bars
- Powered milk

I would recommend pop top cans if possible many homeless do not have can openers.

Upcoming Meetings & Events

Back to School/Blessing of Animals

Sunday, August 1 at 4:00 p.m.

Trustees Meeting

Tuesday, August 3 at 6:00 p.m.

Preschool Open House

Sunday, August 8 at 2:00 p.m.

Friendship Circle

Tuesday, August 10 at 1:00 p.m.

Emmaus

Tuesday, August 17 at 6:00 p.m.

Traveling Saints

Thursday, August 19 at 10:00 a.m.

Stephen Ministry Supervision

Monday, August 23 at 6:00 p.m.

Newsletter Folding

Wednesday, August 25 at 9:30 a.m.



American Red Cross

BLOOD DRIVE

Save the Date
 Thursday, November 4
 12 p.m. - 4:00 p.m.



St. Andrew's Little Saints
 Daycare & Preschool Open House
 Sunday, August 8
 2 p.m. - 3 p.m.

Praying Scripture

as your children go

Back-to-School

EasyTithe Text Giving

256-254-5573

Reminder we now have available the ability to give through text. Simply text the amount you want to give to the above number and you will be prompted by Easytithe on how to complete your donation.



**Save the Date: September 25th
 Going Beyond Simulcast Live with Priscilla Shirer**

Ladies, save the date!!! We are looking at hosting another simulcast event featuring Priscilla Shirer. This will be a morning event, cost will be \$20 per person for registration and we will all bring our favorite brunch items to share. More info will be coming about our schedule and registration soon. Mark your calendar and invite your friends to join us for a great morning of faith, fellowship, food and fun!!! Please contact Miriam Adams or Denise Nails if you are interested in attending.

Friday, September 11

8:00 a.m. - 2:00 p.m.

Donated items may be brought in and placed in the back of the Fellowship Hall.



**Christmas Shoe Boxes
 for Honduras**

Christmas shoe boxes are in and ready to be picked up and filled for the coming Christmas season. They are located on the counter in the Fellowship Hall with a letter giving specific instructions on what to place in each box, how to fill out the manifest form on the box and the return deadline. Cost to ship each box is \$4.00 and should be placed in an envelope and attached to the OUTSIDE of the box. If writing a check please make it out to Livingston Chapel United Methodist Church. Boxes must be returned by **Monday, September 20**. Thank you for your support. If you have any questions see Lori or Kay.