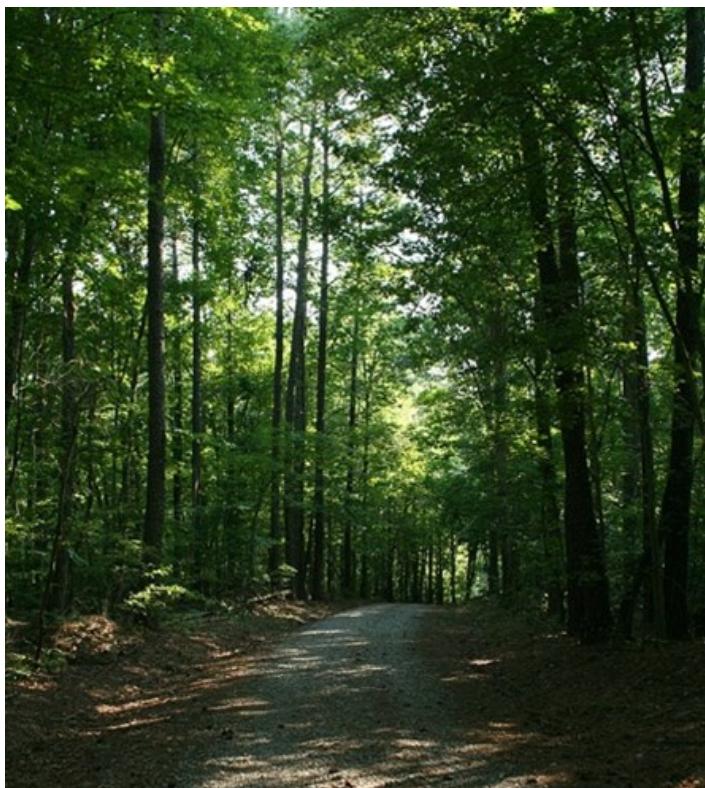


July 18, 2022

## From Pastor Dawson



*"Solitude is not yet prayer; it is a way into prayer.  
Solitude is a door.*

*When you open the door of solitude,  
you may find another door behind it.*

*That is the door of silence.*

*Silence, too, is an environment for prayer.*

-Doors into Prayer, Emilie Griffin, "Solitude and Silence"

I have a confession to make, though it won't be particularly shocking to those of y'all who know me well at this point. I loathe alone time. When I took the Meyers-Briggs at the start of my undergrad psychology degree, I scored 98.9% extroverted. I am hard-wired as a people person, so cultivating a habit of solitude has never come easily or naturally to me.

More than anything else though, I can't stand absolute, still quiet. Growing up in a household with three teenage boys, you don't get a lot of practice with silence.

Because of that, forming a discipline of solitude and silence for prayer has been a long journey for me. It took me quite a long time to find a way to step into silence with God in such a way that I could hold my attention on God and not on the thousands of other distractions that came flying my way.

My current practice of prayerful solitude and silence actually came about as a complete accident. As part of a class assignment at Duke, we were instructed to prepare a sermon in any place that wasn't either our church, Duke Divinity, or our homes. I did the assignment while I walked through Duke Forest alone, with my phone's voice recorder running. I found that the combination of silence, solitude, nature and movement freed my brain up to talk to God in a way that felt honest and authentic for me.

Solitude and silence are a rare commodity that is absolutely vital for our prayer lives, as Pastor David reminded us a few weeks ago.

Finding solitude and silence requires us to lean into prayerful experimentation. Prayer is, at its core, the cultivation of attention towards God and relationship with God and there's no one size fits all model for that.

My challenge to you this coming week is to experiment with different types of silence and solitude this week, and try praying into each one. Make a list of seven places in your life where you are regularly alone and in a quiet environment, and each day choose one of those places to step into prayer. How does praying over your early morning coffee feel different than praying through your commute? Do you hear God better on an evening walk or in the calm before sleep?

Try something new in your prayer life this week. Something uncomfortable, something different. It may change your whole prayer life.

Grace and Peace,  
Dawson

## Help the Being Boaz small group support Oak City Cares and USCRI by July 30

Please deliver donated items to The Bucket at HBUMC (room 250) no later than the Friday before July 30 or deliver to the home of Janet Gruchacz at 1909 Sunset Drive for our Oak City Cares breakfast drive, and diapers of all sizes for our refugee friends being served by USCRI.

Find a full list of needs at [hbumc.org/signups](http://hbumc.org/signups).

## UMW Scholarship: Apply by July 31

Are you interested in a scholarship opportunity? Each year, the Hayes Barton UMW offers one \$1000 scholarship to an HBUMC woman member who is a college sophomore or above. This scholarship is paid directly to the learning institution of the recipient's choice; deadline to apply is July 31.

Find the application at [hbumc.org/signups](http://hbumc.org/signups) and direct any questions to Andrea Mace at [andimace@aol.com](mailto:andimace@aol.com) or Charlene Hay at [cnhay1125@gmail.com](mailto:cnhay1125@gmail.com).

## Wait, Is This Racist? - Starts August 4

Have you ever asked yourself this question? Have you ever thought, I want to show up as an anti-racist person in my community, but I'm not sure how? This study is for you!

United Methodist leaders in our area will be offering an online learning opportunity, **beginning on August 4th**, based on the book, *Wait, Is this Racist? A Guide to Becoming an Anti-Racist Church*. Bryana Clover, one of the book's authors, along with the Rev. Amanda Rigby, one of the pastors from The Peak UMC in Apex, will be leading the study. Their hope is that these gatherings will go "beyond-a-book-study," equipping individuals and teams from various churches with an action plan for further work around anti-racism. It will take place on Zoom for ten consecutive Thursdays, 12-1 pm. We would like to register as a group, so please reach out to Pastor Laura ([lfinedford@hbumc.org](mailto:lfinedford@hbumc.org)) by email if you would like to participate.

Registration costs:

\$60/person

\$50/person for groups of 4 people

\$40/person for groups of 5+ people

plus the cost of the book.

## August 14th: 'Generosity in All Seasons' Panel Discussion at 10am

Jesus once said to his disciples, "It is better to give than receive." But what exactly does generosity look like during different seasons of your life? Join us on Sunday, August 14th, at 10am in Holroyd Hall for a panel discussion and church-wide conversation as we discuss how we can model generosity from our very first days here on earth, until our very last.

## Youth News and Events



Take the survey at:

<https://docs.google.com/forms/d/e/1FAIpQLScYsgxN2XR78XEgq6sK10-zWi7-19Jsx9blQWKsX5PgOuF5eQ/viewform>





## One-and-Done Book Study: Thursday, August 4

*The Least of Us: True Tales of America and Hope in the Time of Fentanyl and Meth* by Sam Quinones

Sam Quinones is the author of the wonderful book *Dreamland* about the opioid epidemic that we read together a couple of years ago. His new book telling stories across the country about the synthetic drug epidemic is just as good!

We'll gather with Pastor Molly in person on Thursday, August 4, from 7-9pm to discuss the book. You can pick up the book at Quail Ridge or borrow a copy from the HBUMC Library. Sign up at [www.hbumc.org/formation](http://www.hbumc.org/formation)

## One-and-Done Book Study: Wednesday, August 10

*Change the World: Recovering the Message and Mission of Jesus* by Mike Slaughter

The Outreach committee is hosting a book study of *Change the World* by Mike Slaughter on Wednesdays, August 10 and 24, from 7-8pm in Room 322. This book explores our roles as disciples and what that means in our relationships with the larger community around us. John Thomas and Pastor Matt Ashburn will provide a list of study questions as we explore what Hayes Barton can do to address the needs of our larger Raleigh community. Sign up at [www.hbumc.org/formation](http://www.hbumc.org/formation)



### Gardening Opportunity

Sign up to harvest, tend, and water the Southeast Raleigh Elementary School community garden on Tuesday, Thursday, and/or Saturday mornings! All ages welcome as we provide produce for our neighbors. Sign up to help at [www.hbumc.org/signups](http://www.hbumc.org/signups).

## Summer Seminary: Heresy!

### Combined Adult Sunday School

Join us for our annual combined adult Sunday School in Holroyd Hall or watch livestreamed on Facebook from the comfort of your vacation spot! This summer we'll be learning from the pastors about the truths we believe about Jesus Christ and Christian life – and why what we believe matters. No reading is required, but if you'd like to read along, pick up a copy of *Heresies and How to Avoid Them: Why It Matters What Christians Believe* by Quash and Ward, or borrow a copy from the HBUMC Library. No sign up required.

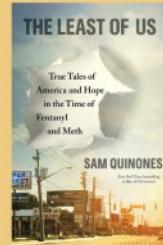
### One and Done Book Study

with Pastor Molly

Thursday, August 4

7-9pm

In person; sign up at [hbumc.org/formation](http://www.hbumc.org/formation)



THE LEAST OF US  
True Tales of America and Hope in the Time of Fentanyl and Meth  
SAM QUINONES

THE LEAST OF US: TRUE TALES OF AMERICA AND HOPE IN THE TIME OF FENTANYL AND METH

by Sam Quinones

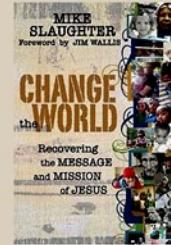
### One and Done Book Study

with Pastor Matt and John Thomas

Wednesday, August 10

7-8pm

In person; sign up at [hbumc.org/formation](http://www.hbumc.org/formation)



CHANGE THE WORLD:  
RECOVERING THE MESSAGE AND  
MISSION OF JESUS  
by Mike Slaughter

## Blessing Bags

Ms. Karen's recent children's sermon was about Blessing Bags for people in need that you might encounter. Here is a link to suggested items to include:

[www.thriftynorthwestmom.com/wp-content/uploads/2020/10/PACKING-LIST-4-2.pdf](http://www.thriftynorthwestmom.com/wp-content/uploads/2020/10/PACKING-LIST-4-2.pdf)

## KidCheck Children's Check-in!

Sign-up process:

1. Visit <https://go.kidcheck.com> or download the KidCheck app on a mobile device.
2. Select the link to create a free KidCheck account.
3. Fill in the requested fields, and agree to the terms of use.

It's that easy! If you have not registered, do so today!

Questions: Email Anna Sledge, [asledge@hbumc.org](mailto:asledge@hbumc.org)

## Appalachia Service Project 2022

Our ASP team spent a week serving residents in Carter County, TN. Associate Director of Youth Ministries Chris Varnson said, "Serving and meeting families is such a profound part of ASP, but what makes it special is that you get to do it together as a group."



UMM Pancake Breakfast  
Dine in or carry out  
Saturday, August 20  
7:30-10a  
Fellowship Hall

**Donations welcome to  
benefit local missions**



## Register Now for Virtual Racial Equity Institute Training

In 2019, HBUMC hosted training that was provided by the Racial Equity Institute (REI) and attended by about 30 HB members. REI provides training and consulting programs across the country "designed to help individuals, organizations, and communities grow their understanding and analysis of structural racism and its cultural and historic roots." REI, in collaboration with ROAR, is currently providing Phase I training sessions in a virtual format. [Phase I training](http://www.oaralliance.org/schedule), which is two full days, offers an in-depth curriculum focusing on "a historical, cultural, structural and institutional analysis of racism" and provides an opportunity for open discussion in a racially diverse group. Registration for the Phase I virtual training program is available at [www.oaralliance.org/schedule](http://www.oaralliance.org/schedule)

**Upcoming Phase 1 workshop dates are August 25-26, September 21-22, October 11-12, November 14-15, and December 1-2.** There is a fee to participate in the training, but scholarships are available upon request, as indicated on the registration site. To learn more, contact Lee Hoffman at [phoffman4@nc.rr.com](mailto:phoffman4@nc.rr.com) or 919-280-4841.

## Sympathy and Love to

- † Anne Avera and George Anderson and family on the death of her mother and his sister, Julie Holderness, on July 7. Her service was held on July 15 at Edenton Street UMC.
- † Mary Anne Lane and family on the death of her son, George "Haden" Lane, on July 4. His service was held on July 8 at Epworth UMC in Durham.
- † Beth Radulovic and family on the death of her mother, Reide Bynum, on July 10. Her service was held on July 13 at Stantonburg UMC in Stantonburg.

## Baptism

Evelyn "Evie" June Rees, daughter of Courtney & Mike Rees, sister of Lilly, was baptized on July 10 at the LightHouse service.

## Memorial Gifts Processed by July 14

### In Memory of **Judy Anderson**:

- to the Seekers' Benevolent Fund by Sally Bates, Daniel & Ellen Byrum, Pat & Joe Donaldson, Sara & Tom Graves, Mr. & Mrs. Les W. Harrison, Jennie Jarrell Hayman, Tucker & Karen Mann, Robert W. Morrison, Jr., Mr. & Mrs. Thomas B. Oxholm, Barry & Winkie Patterson, Irwin & Lucy Roberts, Norma Stidham, Bobby & Gail Veasey, and Mr. & Mrs. Richard Walz.

- to the Stroud Music Endowment Fund by Joyce Stroud.

In Honor of **Cecilia (Cece) Faedo Ashburn** to the Wee Care Fund by Mr. & Mrs. Richard Walz.

In Memory of **Dale Benson** to the Special Music Fund by Rob & Linda Grew.

### In Memory of **Tom Blalock**:

- to the Pastors' Discretionary Fund by Dave & Susan Wilson.
- to Growing in Love Fund by Mr. & Mrs. Richard Walz.
- to the Stroud Music Endowment Fund by Joyce Stroud.

In Memory of **Dr. Hoke Bullard**, Mary Jane Ellis' father, by Sara & Tom Graves.

In Memory of **Hudley Crockett**, Ken Crockett's father, by Sara & Tom Graves.

In Honor of **Jane Davis** for her many years of devotion and service to the JOY Class to the Wee Care Fund by the JOY Class.

In Honor of **Enzo Dieudonne** to the Wee Care Fund by Mr. & Mrs. Richard Walz.

In Memory of **Mary Gatton** by Sara & Tom Graves.

In Memory of **Kate Hershey** by Sara & Tom Graves.

In Memory of **Kay Howard**, Becky Brown's sister, by Pat & Joe Donaldson and Sara & Tom Graves.

In Memory of **Paul Johnson** to the Stroud Music Endowment Fund by Joyce W. Stroud.

### In Memory of **Lin Jordan**:

- by Sara & Tom Graves.
- to Growing in Love Fund by Mr. & Mrs. Richard Walz.



## Prayer Bookmarks: 07-10-22 & 07-17-22

### Deaths

Reide Bynum, mother of Beth Radulovic  
Julie Holderness, mother of Anne Avera,  
sister of George Anderson  
George "Haden" Lane, son of Mary Anne Lane

### Health Concerns

Betty Angell  
Pat Gore  
Cheryl Hall  
John Phillips  
Shirley Phillips  
Brad Stimmel  
Bill Ulmer

### Ongoing Concerns

Dianne Beattie	Jane Preiss
Dan Bowers	Jim Riggins
Dorothy Caldwell	Gladys Rose
Jerry Carter, father of Rebecca Phillips	Rhumell Ross
Malcolm Cass	Barbara Smith
Mary Lou Goodrich	Nancy Stamey
Finlay Carter Green	Mark Stamper
Sheila Lee-Carr	Theresa Stevens
Martha Lowrance	Elvey Thomas
	Georgia Webb

### Deployed

William Wampler, fiancé of Ellie Dannenberg

### Our Church Leaders

Pastors David, Molly, Matt, Laura & Dawson  
D.S. Brady; Bishop Fairley

### Our In-Crowd Members

**Those grieving the over 6.36M  
who have died from COVID worldwide  
and the over 1023K in the US**

### Our Leaders at All Levels of the Government

**Pray for peace  
and a Russian withdrawal from Ukraine**

This newsletter is also available by email as a pdf, and can be found on the web at [www.hbumc.org/newsletter](http://www.hbumc.org/newsletter)

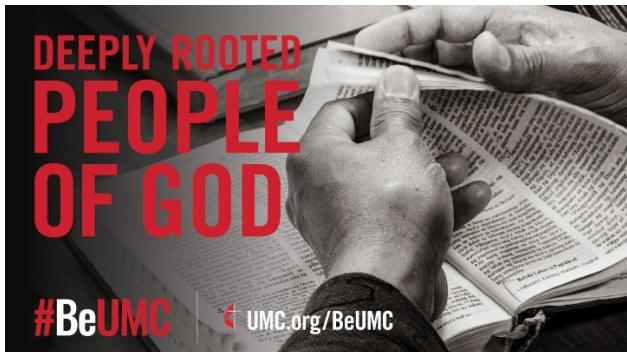
## What does it mean to you to be United Methodist? To #BeUMC?

#BeUMC honors the core values that connect the people of The United Methodist Church. No matter the challenges we face, God is with us, and we continue to have opportunities to make disciples of Jesus Christ for the transformation of the world!

It's a chance to embrace our Wesleyan heritage and envision a promising future. Every day offers a chance to live into our mission and to strive to #BeUMC.

Learn more at:

[nccumc.org/media-center/2022/06/resources-for-the-deeply-rooted-people-of-god-beumc/](http://nccumc.org/media-center/2022/06/resources-for-the-deeply-rooted-people-of-god-beumc/)



WEDNESDAY, JULY 20  
5:30-7:30

## Family Fun Night

All kids and families are welcome!  
Pizza and bag decorating for  
Southeast Raleigh Elementary  
School's community garden!

Register at [hbumc.org/signups](http://hbumc.org/signups)

## Calling All Young Adults - July 31, 10 am

Calling all young adults (if you think you're a young adult, join us!): Join us for a brainstorming gathering on Sunday, July 31st, at 10 am in the Chapel. We will discuss what it might look like to create space for young adults in our congregation to grow as disciples and to find community. If you plan to attend, please RSVP to Pastor Laura at:

[lfinedford@hbumc.org](mailto:lfinedford@hbumc.org)



The Commissioner (USPS 021732) is published every other week. Periodical postage paid at Raleigh, NC by:

### United Methodist Church

2209 Fairview Road  
Raleigh, NC 27608-2240

Ph: 919-832-6435

[www.hbumc.org](http://www.hbumc.org)

Postmaster:  
Send address changes to:  
The Commissioner, PO Box 6088,  
Raleigh, NC 27628-6088.

Publisher: Doug Gill  
dgill@hbumc.org  
919-832-6435 ext. 1126

July 18, 2022  
Vol. 21, No. 21

PERIODICALS  
POSTAGE  
PAID  
AT  
RALEIGH, NC

Hayes Barton United Methodist Church  
2209 Fairview Road  
Raleigh, NC 27608-2240

## In Person Worship

8:30/11 am Traditional  
9 am LightHouse  
(11 am service live-streamed)

Nursery care for children from birth  
to age 4 available.

Sunday School at 10 am

JULY 24

7th Sunday after Pentecost  
Pastor Molly

Hosea 1:2-10; Psalm 85  
Genesis 18:20-32; Psalm 138  
Colossians 2:6-15, (16-19)  
Luke 11:1-13

JULY 31

8th Sunday after Pentecost  
Pastor Dawson

Hosea 11:1-11; Psalm 107:1-9, 43  
Eccl. 1:2, 12-14; 2:18-23; Ps. 49:1-12  
Colossians 3:1-11  
Luke 12:13-21

AUGUST 7

9th Sunday after Pentecost  
Pastor David