



August 2, 2026

Our Vision—A beacon of God's love radiating faith, hope, and joy... Everywhere!

Flowers on the altar: Lives that inspired, legacies that endure:
In loving memory of Lois, Don Sr. and Nancy Goodick from Melinda and Don Goodick.

VBS Planning Meeting - Today, August 2, 11:00 – 11:30 a.m.

There will be a final planning meeting after Worship today in the Concord Room for all who would like to help with this year's VBS program. Please see Lee Williams if you have any questions.

VACATION BIBLE SCHOOL!

August 10 – 14, 9:00 a.m. – noon

Children Ages 4 – 12



Supplies Needed:

Clear plastic 16-20 ounce water bottles (empty)

These empty bottles will be used in our VBS activities. If you have any to donate, please leave them in the **marked box in the entryway by Sunday, August 9**. Thank you!

Aldersgate Breakfast and Bible (AB&B)

The next Aldersgate Breakfast and Bible (AB&B) will take place on Thursday 20 August at 10:30 - 12:00 in the Fellowship Hall. AB&B is an opportunity to gather informally, share a meal and engage in discussion of Scripture. Put it on your calendar and plan to be there!

Blood Drive on August 8th from 9am-2pm

Please sign up if you can help this important cause. There continues to be a national shortage! Please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](https://www.RedCrossBlood.org) and search under August 8th to schedule an appointment. For more information call or email Cate Lehan or Robin Dye or the church office.

Discussion and Listening Sessions on Relocating Flags, August 16

There are strong feelings among congregants about whether to relocate the American and Methodist flags to the Fellowship Hall. We believe, in the spirit of Christian fellowship, that it would be useful to have a session to discuss and listen to each other's views and the reasoning behind them to better understand each other's perspectives. The session will include a pot-luck meal and will be held on Sunday, August 16, at 5:00 pm in the Fellowship Hall. We hope and pray that those of you with opinions will attend and be willing to actively participate in discussions at your table during the dinner, followed by a sharing of those discussions with the whole group. We pray that this discernment process, conducted with respect and love, will move the church body to a better understanding of our collective views and towards a level of closure.

New Video Monitors to Enhance Our Worship Experience

The Trustees recently acquired and installed video monitors on the front wall in the sanctuary. The monitors were purchased using income from the Endowment Fund. The worship planning and live stream/recording teams have been experimenting this summer with different ways of using the monitors during the service. (We will not be displaying the entire service, just items that may help enhance our worship experience.) We are looking for your feedback on the ways in which you find the monitors helpful or distracting; please share your thoughts with Pastor John, Bob Peterson, Val Shupe, or Peter Smyton.

Summertime Stewardship

It's hard to believe that we are more than halfway through the year! There has been so much activity and hard work, by so many servants at Aldersgate! As we journey through the summer months, please be sure to keep your church family in mind with your prayers and your pledges.

Please feel free to bring your 2026 pledged offerings when you join us on Sunday services this summer at 9:30 am. You can also send them by mail or electronic bill pay. Thank you for your faithful stewardship! For questions about bill pay through your banking institution, contact Kelly Mongiovi, our Financial Secretary at kmongiovi@aol.com, or Finance Chair, Bob Peterson, at peter.peterson@gmail.com.

Clean Sweep

Please see the signup sheet in the welcome area and consider signing up for a job or two helping to spruce up the church this summer. The jobs can be done on your time! If you don't have a key, ask Betsy in the office to borrow one or when to come. Thank you! Samples of the tasks this year include cleaning windows, vacuum pews, remove wax off the sanctuary rug, paint the office ceiling, clean out the kitchen refrigerators, and repair hymnals.

Service in the Fellowship Hall on Hot Sundays This Summer

If the sanctuary is uncomfortably hot on a Sunday morning this summer, we'll plan to hold the service in the **air-conditioned** Fellowship Hall. Our rule-of-thumb will be to hold the service in the Hall if the temperature that morning is predicted to be over 80°. Watch for an all-church email and/or One Call-Tell All notification of the venue change if time permits. In lieu of the livestream on those Sundays, a recording of the service will be uploaded later that morning.

Summer Social Justice: Read MLK's Favorite Author with Us!

Join us to read *Jesus and the Disinherited* by Howard Thurman. This is the book Pastor Bob gifted our young people a few years ago. The UMC General Board of Church and Society frequently utilizes Thurman's writings including *Jesus and the Disinherited*, to inspire and shape its justice-rooted advocacy. Martin Luther King, Jr., carried the book in his briefcase wherever he traveled. Let's read it together and find out what the UMC and MLK found so compelling about it!

Join us August 26 from 6:00-7:00 PM in the Concord Room to discuss the book in its entirety. Let either Kim (mikdraw@aol.com; 315-368-7324) or Suzanne (shevelone@gmail.com, 617-504-0922) know if you are planning to read with us but please feel free to show up even if you don't RSVP!

Cardio Boost and Beginner Line Dance

Schedule:

Fridays - continues, August 7, (no class August 14), 21, 28, (no class September 4), September 11, 18, 25 - 1:00-1:45 pm – Cardio Boost, 2:00-3:00 pm – Beginner Line Dance

Come Join these Dance Classes starting in Fellowship Hall at Aldersgate United Methodist Church – 242 Boston Rd., Chelmsford, MA 01824. For questions contact **Heather Dinsmore** dancingmom23@gmail.com Or check with Betsy in the office.

Looking for more movement in your life? We are pleased to announce two new classes for the next few months being offered in our hall designed to help you get motivated and feel fit! A local dance instructor, Heather Dinsmore, will be offering Cardio Boost and Beginner Line Dance classes for our local community.

Cardio Boost exercise class combines cardio moves to enhance endurance and burn calories, strength training to define muscles and strengthen your core, and stretching to increase flexibility. This class begins with a warm-up and stretch, then 5 cardio boost workouts, and ends with a hand weight routine and cool down. You will get a total body workout while increasing your stamina and having fun! Participants will bring their own weights to class (2-5 lbs. is recommended).

Put on your boots and join us for Line Dancing! This lively, beginner-friendly program welcomes all skill levels. Participants will be led through classic and modern line dances with step-by-step guidance. No partner or experience is required - just come ready to have fun, get moving, and enjoy time with your community.

Each class will be \$5.00 each, payable at the beginning of class via cash, check or Venmo. No pre-registration required and must be aged 18 or older to participate. Participants must wear closed-toe shoes and comfortable clothing for each class.

Green Team News

The United Methodist church has recently started the UMC Creation Justice Movement. The mission of the UMC Creation Justice Movement is to participate with the Spirit of God in connecting and supporting groups within the United Methodist Church and beyond for the work of creation care, justice, and regeneration.

They provide monthly tips on how we can actively support creation justice and environmental ministry. Here is the link to their website:
<https://umcreationjustice.org/tips/>

Below is a list of some of the tips they posted:

Start with something. Choose one or two easy changes to make, perhaps swapping single-use water bottles for a reusable one or refusing plastic bags. Commit to your action and allow it to lead you to another “something” you can do for Earth.

Use and reuse the same natural fiber dryer balls 1,000-plus times instead of single-use, chemical-laden dryer sheets. Think of the difference for your wallet, your health, and the landfill.

For packed lunches for school, purchase foodstuffs in the largest package available and then divvy them out into reusable containers for the day. Avoid the trash of “snack size” packaging that adds to the landfill, teach your children an alternative to the throw-away culture, and empower them to do something good for the environment.

Garden Club Weekly produce

This week we delivered to the Chelmsford Food Pantry:

2 Zucchini

1 Summer Squash

2 Cucumbers

1 Sun Sugar Tomato



The Garden Club also has the congregation’s share of produce. You can find the produce on tables in the Fellowship Hall every Sunday this summer. This week’s offerings are Zucchini, Summer Squash, Cucumbers and Peaches.