



55 Plus on the Go

We will visit New Orleans and Southern Louisiana May 17 thru 21. To be recognized at the World War II Museum will be a WWII Veteran (our own Jack Hambrick) and two Rosie the Riveters (from Columbus). Many other attractions and tours are planned. It's not too late to join us as there is still room for more!

There will be no activities during the summer but plans for the fall include touring the Monastery in Conyers with lunch at the Blue Willow in September and everyone's all-time favorite apple trip in October.



TAKE TIME TO PRAY

Thursday, May 6, is the National Day of Prayer. Our church will be open to all in the community to come and pray. It has been a long time since we had a "prayer vigil."

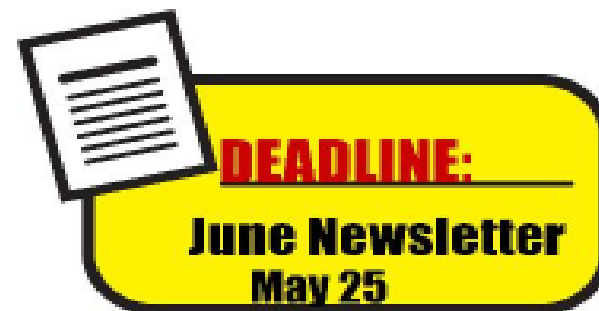
Let's take this opportunity to pray together.

The sanctuary will be open from 7AM to 7PM that day.

Come by – just as you are – in business attire or in shorts! Coffee and light refreshments will be available throughout the day in the Conference Room.

Encourage family and friends to join you.

Sandy Springs United Methodist Church
86 Mount Vernon Highway, NE
Sandy Springs, GA 30328



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The Dipper

Grace

Recently a pastor friend passed along the following spiritual practices, so I wish to share them with you.

The Inward means of Grace

1. Meditation: I will meditate this week on God's Word, His wonders, and His Love. Psalm 119:27
2. Prayer: I will spend ___ minutes every day in serious prayer. Phil 4:6-7
3. Fasting: I will fast ___ days a month for spiritual power. Mark 9:28-29
4. Study: I will study God's Word or devotional material every day. Rom.12:2

The Outward Means of Grace

1. Solitude: I will spend ___ hours a week alone with God. Mark 1:35
2. Simplicity: I will create ways to be a good steward for God in my daily life. 2 Cor 9:11
3. Submission: I will do something this week- not for my needs- but for God. Luke 9:23
4. Service: I will help someone in the name of Jesus. 1 John 3:16-18

The Community Means of Grace

1. Confession: I will seek out trusted Christian friends who can hold me accountable. James 5:6
2. Guidance: I will seek classes/groups that help me grow in faith. Hebrews 10:24-25
3. Celebration: I will rejoice and be glad this week for what God has done for me. Nehemiah 8:10
4. Worship: I will lift up the Lord in wonder and praise. Psalm 84:2

No matter what you may be facing in your personal life these days, I truly believe that the above practices will benefit and bring blessing. While our church continues to seek out what God's will and direction may be for the future, these practices will help us focus and prepare for God' dynamic ministry in our midst. Don't wait...begin practicing these twelve today!

Ken



Mother-Daughter-Friend Banquet

Think PINK this year in preparing for our UMW Mother, Daughter, and Special Friends 2010 Banquet. Show your pink spirit by decorating a pink hat—prizes will be given for the most creative. The entertainment will be presented by Spalding Drive Charter School's Show Choir. This choir, made up of 4th and 5th grade students, will perform a Motown Review/songs from the 70's. The talented chef, Sandra Bottoms, will cater the dinner. It will be an outstanding evening.

Date: Monday, May 10
Time: 6:00 p.m.

Place: SSUMC Fellowship Hall

Tickets: \$15 adults; \$10 children age 9 and under

Ticket Chairman: Katy Bailey (770-953-3034)

Tickets will be available in the narthex before and after Sunday Worship Services. The last day for ticket sales will be May 5.

More UMW NEWS

May 5, 10:00 a.m. – UMW Board Meeting, Conference Room
May 9, 11:00 a.m.- Worship Service, Baby Memberships
May 10, 6:00 p.m. – Mother-Daughter-Friend Banquet, Fellowship Hall
May 26, 10:00 a.m. Circle 2 - Hitson Parlor
Circle 5 - Member's home
Circle 6 - Conference Room

UMCOR Releases Final Katrina Funds

By Linda Unger, United Methodist News Service
NASHVILLE, Tenn.—After nearly five years of relief and recovery work in Gulf Coast states affected by Hurricanes Katrina and Rita, the United Methodist Committee on Relief (UMCOR) has released its final disbursement of funds for the recovery effort.

United Methodists and people of goodwill across the country donated more than \$64.5 million to UMCOR's recovery effort, which included cleanup, reconstruction, family-by-family problem solving and direct assistance to survivors.

The remaining funds will continue to support recovery work in Louisiana, where UMCOR has helped the conference repair or rebuild more than 9,100 homes, and in Mississippi, where it has supported the repair of some 12,320 homes. In Texas, where Hurricane Rita was strongest, UMCOR helped the conference repair or rebuild 721 homes.

UMCOR was tapped by the Federal Emergency Management Agency to administer another \$66 million in contributions from foreign governments in the Katrina Aid Today project, which helped manage 72,770 cases over 24 months. Although the final disbursement of funds has been made to the Gulf Coast, UMCOR's work is not done. "We'll continue to be involved for up to two more years," Mr. Hazelwood, an UMCOR executive, said.



Lunch Bunch for adults in their 20's - 40's:
Sunday, May 16th
Steak n' Shake.

The whole family will come this time! We will go on the third Sunday this month due to Mother's Day. We will meet immediately following the 11:00 service.



We're all busy ... Families, friends, pets, work and play take up most of the 24 hours in each day. If you find any spare time, here's how you can help us at the Hitson Memorial Activities Center.

Painting~ We are currently repainting most of the rooms in the Activities Center. We will be setting aside every Saturday starting April 24th until we complete this project!

Healthy Snacks for Summer Daycamp~ We want our day camp participants to stay fueled and energetic throughout the whole day. You can help us by donating healthy snacks to the camp! Preferred snacks would be fruit, vegetables, cheese and crackers, fruit popsicles, granola, juice and anything else that will be a healthy choice!! Please no candy, sweets, peanuts or soda! Contact Lisa, ext. 211 if you would like to help us out!

MISSION: UKRAINE

As most of you know, Miss Sandra will be leaving for Ukraine very soon. Her actual travel dates are:
Depart for Ukraine, Thursday, May 27
Return to Atlanta, Monday, July 5.

As always, she asks for your prayers. To date the \$1,045 in actual Bible Club expense has almost been covered, with only \$45 remaining. But there is also the expense of around \$850 needed in order to purchase t-shirts. (This amount does not include Miss Sandra's travel expenses.)

If you would be interested in helping to sponsor this year's clubs in any way, please respond in the next few days by making your check payable to SSUMC and indicating UKRAINE MISSION TRIP visibly on your contribution.

THANK YOU SO VERY MUCH
FOR YOUR CONTINUED SUPPORT!

GIFTS OF LOVE

(Please advise Henry Armour (404) 255-8945 of corrections/omissions)

Donation to the Feed & Seed Fund with no honoree designated:

Mr Joseph Hendrix Mr E.L. Cochran Mrs Thelma Potter
Mr & Mrs D. Runnion

Honoring Roy Olson's 80th Birthday with a donation to the Memorial Fund:

Mr & Mrs Joe Pearson Mr & Mrs Scott McCord Virginia McCahan

Honoring Carl Howell's 90th Birthday with a donation to the Memorial Fund:

Mr & Mrs Scott McCord Virginia McCahan

Honoring the Memory of Chuck Leslie with a donation to the Memorial (Foundation) Fund:

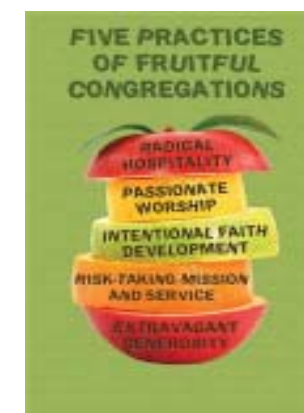
Apelles S.S. Class

Honoring the Memory of Lowell Smith with a donation to the Memorial Fund:

Mr & Mrs J.K. Pearson

Honoring the Memory of Fran Parr with a donation to the Memorial Fund:

Mrs Preston McDaniel



Radical Hospitality-Passionate Worship-International Faith Development-Risk-Taking Mission and Service-Extravagant Generosity

These are the Five Practices of vital, fruitful congregations. These ideas aren't secret or new, but they are the practices that can lead to excellence and growth in the life of our church. And they are the practices we will be focusing on for five consecutive weeks this summer.

Just imagine what can happen if everyone in our congregation will spend five weeks – just thirty five days – reading, praying, discussing, and focusing on these Five Practices. God can change individuals, entire families, and our whole church-thus changing the difference we can make in and beyond our surrounding community.

Please join us for a church-wide meeting at 7:00 PM on Tuesday, May 11th, in the Fellowship Hall. Rev. Phil Schroeder, Associate Director for Connectional Ministries for the North Georgia Conference will lead us in kicking off this major milestone.