I recently read a book that I’ll never forget. It was The Anatomy of Peace: Resolving the Heart of Conflict by the Arbinger Institute. The premise is simple: people whose hearts are at peace don’t wage war in their relationships. They don’t accept every invitation to attend a conflict. This book is sorely needed in our society, our workplace, our communities, and our families. We have forgotten how to be in relationship with people, particularly people with whom we disagree. We are creating much misery for ourselves and others.

The Anatomy of Peace is presented as an easy-to-read story. The setting is a two-day parent workshop at an Arizona-based wilderness camp (Camp Moriah) for out-of-control teenagers, but the storyline is a mere setting for an instruction manual on being people who have hearts of peace. In the narrative, the workshop facilitators are a Palestinian Arab whose father was killed by Israelis in 1948 and an Israeli Jew whose father died in the Yom Kippur War. Can you imagine two people who could more easily have warring spirits toward one another! These two men use examples from their domestic lives and the history of their region to illustrate situations in which the normal and necessary routines of daily life can become fodder for conflict. But, these two men have chosen a path away from conflict. The Anatomy of Peace helps the reader learn to identify his or her own warring heart and the ramifications of that warring heart for relationships. Practical advice for achieving a heart of peace is given. The implications of discerning and transforming a warring heart are huge. While this book was produced for the business world, the spiritual connections are obvious. God truly desires to replace our hearts of stone with hearts of flesh. The prophet Ezekiel spoke this truth to his people and us: “A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh” (36:26). We need baby skin on our hearts, not (Continued on page 2)
hard, calloused skin. Jesus repeatedly told us to love our enemies, treat everyone with respect, and watch our words. This was basic training for me growing up. But, it seems that we have quit trying to be civil. How we choose to act is often determined by how others act - and we think that is acceptable. Rage doesn’t seem only infect our road, but every aspect of our world. We know better. I am sure we want to teach our children better.

A transformed life or a transformed world is only created by transformed hearts. May we be a people living with disarmed hearts, living according to the Golden Rule, and respecting the image of God in everyone. Living out of peaceful hearts is the most practical, impactful, and joyful ways to live.

Let’s follow Jesus rather than the ways of the world; let’s show the world a different way of being human and being in relationship. The world around us desperately needs to see and hear our Christian witness.

With Confidence in Christ,

Pastor Jeff

England in 2019

with the Reverend Dr. Jeff Patterson

If you have signed up or are interested in visiting England in 2019, you are invited to attend this meeting on Saturday, October 6, 5:30 pm, in the dining room. Dr. Patterson will be talking about his upcoming trip arranged by Educational Opportunities to England on April 23. It will be a 9-day study tour visiting sites connected with John Wesley, C.S. Lewis and Winston Churchill along with some other popular sites. You may pick up brochures at the front desk. The trip is limited to 35 and presently 20 are signed up, so space is available.

Since refreshments and handouts will be provided for this meeting, please register by contacting Dr. Patterson at: jpatterson@wesleymemorial.org.
not quite right”. At this time Kay and I had not noticed any symptoms and would not for another 3 to 4 years.

These two men approached the disease quite differently. One was sullen and resentful and the other quite jovial. Luckily for us, both men remembered us to the end. Unfortunately, this is not always the case.

A lady whose husband was in the later stages of Alzheimer’s that came by our Alzheimer’s table at the Farmers Market a few weeks ago summed it up best. As she dropped a contribution into our jar, she said “this won’t help me, but maybe it’ll help someone else”. To me this says it all, we walk so that others won’t have to experience what we have.

We are grateful to the Wesley Memorial Missions Committee for backing The Walk to End Alzheimer’s and ask that you prayerfully consider a contribution to the Guilford county walk to End Alzheimer’s.
Communities Against Violence

Community Against Violence (CAV) is a collaborative effort between the Police Department and citizens of High Point who are working hard to eliminate violence. Meetings are held the 2nd Wednesday of each month at 8:30 am at the Police Department. You will get updates on what is happening in the community and be able to share ideas with other community members. When violence occurs volunteers partner with police officers and walk the affected communities, letting those neighborhoods know we care and urging them to cooperate with the police. Building bridges is so important.

About four times a year there is a Call IN for 2-time violent offenders at the City Council Chambers. These offenders are encouraged to commit to a program for life and job training skills. Many agencies make them aware of the resources available to help them, as well as the consequences of committing a third offense. It is a powerful meeting! All citizens are invited to attend and let these young people know that the community is saying “Enough is Enough” and that we care about them.

CAV will have an information meeting Thursday, September 13 at 6:30 pm at 792 N. Main (HP CAV building) to learn about the purpose, goals and history of CAV. There will be a time for you to ask questions. If you want to come for dinner notify Jim Summey at jim@hpcav.com. We need your voice and your support!

For questions contact Pat Colonna at 336 906-2265 or patcolonna@northstate.net
The Reverend Erin Beall
Associate Pastor for Adult Spiritual Formation &
Contemporary Worship
336-812-4815; ebeall@wesleymemorial.org

Mickey Efird
Dr. Mickey Efird is with us to share in a weekly Bible study. He is looking at the Torah, the foundational books of the Jewish Scripture that form what we often call “The Law.” Perhaps you’ve heard preaching and teaching about “the Law” as we’ve moved through a sermon series on Galatians this summer. Well, here’s your chance to go deeper with a renowned Biblical scholar. Join us Monday nights from 6:45-8:45 pm in the Dining Hall. This is a free event, no registration necessary. Refreshments are provided.

Welcome New Members
Robert Barrett and Billie Doris Barrett joined on September 16 at the 11:00 am service

This fall there will be celebrations of the 100th anniversary of the end of World War I (Armistice Day, 11/11) and Wesley Memorial will be taking part. We’d like to remember those of our members who served but we don’t have that list and we need your help. If you had a family member who served in that war, or any others, and you believe they were members of Wesley Memorial at the time of service, please call or email and give the information to Kay Maynard:
336.883.7236 or KayMaynard@gmail.com
A few changes will be taking place in our Sunday morning rotation Sunday School schedule...

- Sunday School lessons will begin at 9:50 to allow time at the end of class for Small Group time called “Anchor Groups”.
- We look forward to this new format and believe it will enrich the children’s Sunday school experience.

**Please try to be on time so your child will not miss out on all the activities.**

**Bible Explorers**

Sunday afternoon programs for Kindergarteners through 5th grades will begin October 14 through November 18. Registration information and brochures are available on the Elementary hall or you can contact Debbie Foust or Kim Suda at: ksuda@wesleymemorial.org

**Sunday, October 28**

4:30 - 6:30 pm

Wear your costume and come enjoy all the activities! Costume carnival, hay rides, games, music, hot dog dinner, prizes for car decorations, and of course, CANDY as you trick or treat around to each car!! Hot Dog Dinner begins at 5 pm. No reservations necessary for the meal.

You **DO** need to register if you are going to be decorating your car, SUV or van for Trunk-or-Treating.

Please contact Kim Suda at 336-812-4802 or ksuda@wesleymemorial.org

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**Questions? Contact Debbie Foust**
Student Ministries
Wednesday Nights
6:30 pm until 8:00 pm
In the Underground

Questions? Contact Jessica Nelson at jessicalotusnelson@gmail.com

Bible Studies
Women of Wesley
Bible Study
Tuesdays
9:15 am—11:00 am
The Underground

Join us for
entrusted
A Study of 1 Timothy by Beth Moore
Wednesdays, 6:30 pm, The Underground

Steven Nelson
Director of Student Ministries
336-812-4812
snelson@wesleymemorial.org

6th Grade Welcome Lock-in
Rise Against Hunger
Move Up Sunday
Weekday Workshop Conference

Once again, we will be the host site for the Weekday Workshop Conference on **November 8 and 9**. Our campus will be a buzz with early childhood educators from around the Western NC Conference. There are many volunteer positions to be filled. Please call JoAnn or Susan in the school office if you would like to help and share in the hospitality.

Wesley Memorial School

We had a wonderful start to our school year with 159 children! We are looking ahead to many activities for learning in October. October is our month of fire safety and exploring “God’s world in the fall.” Many of our learning activities will incorporate the changing fall leaves, pumpkins, and the farm. Oh, what wonders God gives us!

Autumn Fest!

**Friday, October 26, 9:30 am – 12:00 noon**

All our children from our littlest babies through our Kindergarten students will participate in this full morning of outdoor fun, games, art, and music highlighting our October themes. Parents, grandparents, & church members are invited to come by and help the children with their activities or simply enjoy seeing the sweet children during their activities. Our Autumn Fest stations will include:

- Blue Grass Music & Dancing
- Hayride Wagon-Pull
- Pumpkin Roll
- Deer Corn Sensory Bin
- Fall Art and Painting
- Farm Fun Snacks

We would welcome additional adult help... choose to walk alongside a class & participate in activities; or volunteer to assist at a station. Call JoAnn or Susan in the school office.
Upcoming Music & Rehearsals

JuBELLation Choir begins rehearsals on October 7 from 3:00-4:00 pm in the adult bell room. JuBELLation Choir is for students aged 6th grade-college. If you know of a student who would like to serve God and Wesley Memorial by ringing in this choir, please contact Anne Carroll. These students rehearse in 3, four-week sessions, from October-March and play in 11:00 worship on October 28, December 16 and March 17. Absolutely no previous musical experience is necessary. We always have great fun.

Chancel Bells will ring the opening voluntary on October 21 and the Wesley Handbell Choir will ring on October 28. The Chancel Choir is preparing special music for each Sunday throughout the year. Our Wesley Singers serve in the chapel every Sunday, September-April. Andrea Tulipana and Samantha Saake will sing a beautiful duet, “I Waited For The Lord” by Mendelssohn, on October 21. If you wish to serve by sharing your musical gifts please contact Anne Carroll.

Children’s Music

Parents: remember that Childrens’ Music rehearsals will begin November 4 at 9:30 am in the Gathering Space. Children in kindergarten-5th grade rehearse before Sunday School to prepare to sing for 11:00 worship on December 16. The Children’s Nativity takes place on December 16 as well, so we would love to have a large group of children sing the introit that morning. If you need a rehearsal schedule, please contact Anne Carroll.
cover
the
CITY

The Local Missions Committee will be joining the Wesley Memorial’s Student Ministries in campaign to collect at least 130 blankets for Cover the City’s Fall blanket drive. These items will be given to those of us in High Point who are without housing and provide critical protection from the elements as winter approaches. We will be looking to the congregation for assistance by requesting donations of new or gently used (clean with no holes) blankets, comforters, throws, or sleeping bags. There is no restriction on size or material. Collection will begin toward the end of October so please check the Wesley Weekly for information on drop-off instructions.

Thank you for any donations you can provide!

For questions, please contact:

David Adams at charlesdadams10@gmail.com
Jim Holcomb at jhol20@aol.com

Prayer Shawl Ministry

Our Prayer Shawl Ministry has made and delivered over 2000 shawls, blankets, sweaters and other items.

You are invited to join this wonderful group on Wednesdays at 1:30 pm in the Arts & Crafts Room. Contact

Lee Huff, 336.887.9165
Karen Sumner, 336.883.8721
Linda Dale, 336.884.5121

Weekly Email Prayer List

The email list will share recent joys, concerns, bereavements, and ministry events.
If prayer is your gift, we invite you to sign-up to receive this weekly email prayer list.

To sign-up, call Cynthia Reddick
336.884.2204

LIVE ALIVE

Tuesday October 16
Bingo 10:00 am • Book Club 10:30 am
Lunch & Program 12:00 noon

NOVEMBER

heart♥beat Deadline

Friday,
October 19, 9:00 am
showell@wesleymemorial.org
We Remember and Honor our Loved Ones

Gifts received July 2018

In Memory of:

Glenn Bitler (Father of Barbara Coughlin): Ellen Whitlock & Tim Rhodes
William A. Horney, Jr.: Gene & Mary Ann Bohi, Mr. & Mrs. Michael Drummond, Lucille Duncan, Mr. & Mrs. Keith Eichhorn, Mrs. Daphne Horney, Bart & Barbara Lassiter, Wade & Lois Markham, Karen Odom, John Peeler, Liz & Raymond Rogers, Dr. & Mrs. Ed Weller
Lou Dean Howard: Shirley Duncan
Robert (Bob) Hunt Howard: Supti Bhattacharya, Shirley Duncan, Al & Sherrill Elder, Peter, Ephy & Caroline Howard, Wade & Lois Markham, John Peeler, Eric Sanders, Jerry & Louella Stinson, Cynthia Tobin, Jerry & Kay Tucker, United Methodist Women, Harvey & Carolyn Wingo
William (Bill) Burke Mewborne, Jr.: Darlene & Nick Beard
Jean Morris (Mother of George Morris): Mr. & Mrs. Thomas Tyson, III
Bettye Chaney Packer: Norman & Anne Andrews, Gene & Mary Ann Bohi, Sandra & Jim Marsh
Thomas C. Stout: Jean Gooding, Patricia Hutchens, Debbie & Bobby Irvin, Liz Jones, Gayle Kearns, Jim & Sandra Marsh, Susan Morris, Jupy Stout, Bootsy Tucker, Dr. & Mrs. Ed Weller

In Honor of:

The Reverend Jeff Patterson: Children of Bill Horney
The Reverend Jared Stine: Children of Bill Horney

Gifts received August 2018

In Memory of:

John O. Byrd (Father of Keith Byrd): Suzie & Butch Farabow
Mary Gibson: Lynn Fellos
Robert (Bob) Hunt Howard: The Carroll Blewster Family
John Linville (Brother of Linda McCoy): Lucille Duncan, Bobbie Rasmussen
Thomas C. Stout: Mr. & Mrs. Bradley Dozier, Suzie & Butch Farabow, Mr. & Mrs. Everette Grayson, Mr. & Mrs. Herman Hunter, Sr., Mary & Tom Mason, Mr. & Mrs. William Reece, Patricia Sloan
Geneva Crowder Warren: Bob & Barbara Braswell, Chestnut Oaks Homeowner’s Association, Mr. & Mrs. Ronald Crowder
Pat Warth: Jim & Patricia Bowman, Lucille Duncan, Rev. Sandra McNiel
James Younts: Mr. & Mrs. William Reece

In Honor of:

The Reverend Barry & Judi Osborne: Pat & Everette Grayson
The Reverend Jeff Patterson: Dr. & Mrs. Paul Leeland
Board will meet Tuesday, October 2, 10:30 am in the Small Dining Room

UMW Annual Celebration at Lake Junaluska has been rescheduled to October 12-14 due to Hurricane Florence.

**The Bazaar is coming**! Saturday, November 17, 8:00 am - 3:00 pm, sponsored by Wesley Memorial UMW
You know you love it, vendors, crafts, Bake Sale, Cafe, General Store and Silent Auction.
Plan now to attend and bring a friend

Calling all Cooks of Wesley Memorial. Donated baked goods including desserts, casseroles, home canned goods, etc. are needed to make the Bake Sale portion of the UMW Bazaar a success. We would love to have donations from all groups in our church, not just UMW. Any questions? contact Glenda Miller 336-869-7529 or gmiller@northstate.net.

We’d love to have your gently used items for the General Store and Silent Auction portions of the Bazaar.
Storage space is available downstairs in Room C109.
Please label your donations for the Bazaar. Call the church and tell them you are coming with donations. Someone will meet you and unlock the door.

NO CLOTHING OR LARGE TVs

**Circle Meetings in October:**

**Angel Tree** - Wednesday, Oct 17, 5:30 pm in the Small Dining Room

**FAITH Circle** - Sunday, Oct 21, Sponsoring Blood Drive in the Dining Hall

**Circle #6** - Monday, Oct 8, 7 pm, home of Lucille Duncan, 606 Huntington Drive

**Circle #9** - Tues, Oct 16, 10:30 am in the Dining Hall

**Circle #8** and Friendship Circle will not meet