



Tidings from Mt. Pleasant

Mt. Pleasant Methodist Church
4136 Mt. Pleasant Road, Sherrills Ford, NC 28673
www.mtpmethodist.org

May 2026

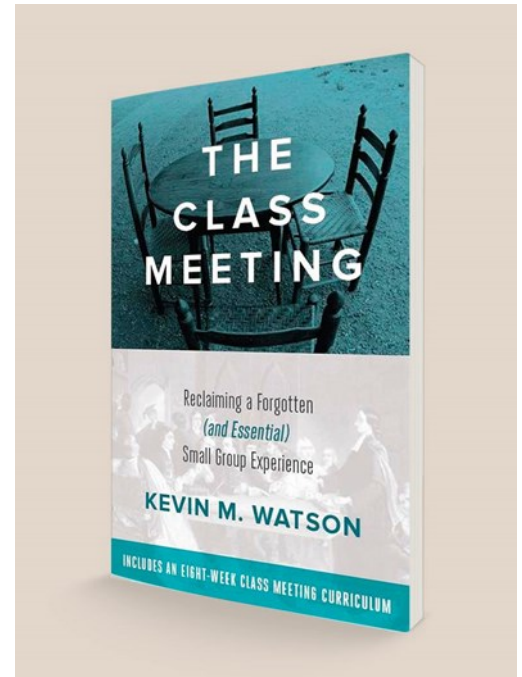
Are You Being Sanctified?

Recently, I have been reflecting on the biblical theme of sanctification. Sanctification is how God's grace makes us holy in heart and life. Holiness is the goal, and sanctification is the process. This is one of my absolute favorite promises of God: "being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." (Philippians 1:6) The Lord is faithful, and the Spirit is making us holy. Being sanctified means you no longer let sin have control over your life. As Paul puts it in Romans 6:12, "therefore do not let sin reign in your mortal body so that you obey its evil desires."

I was raised in the Lutheran church until I was about 14, and I attended a Lutheran camp south of Asheville called Lutheridge, where we sang a song called "Sanctuary." It's a simple prayer that has stuck with me. "Lord, prepare me to be a sanctuary, pure and holy, tried and true; with thanksgiving, I'll be a living sanctuary for You." This is the heart of sanctification- offering our lives fully to God in all we do. But here's the question—how does that actually happen in our everyday lives?

One of the most powerful ways I've experienced this is through the Methodist Class Meeting- what we're calling **connect groups**. I am passionate about the Class Meeting because I believe it is the best way to make disciples of Jesus Christ and help disciples live lives of holiness. These groups will create space each week to reflect on God's grace in your life and be transformed by it in community. In a connect group, you will experience three things. You will reflect on where you've seen God at work. Move from simply knowing about Jesus to being transformed by Him, and build life-giving relationships with others in our church. If you ask me, all three are reasons to give a connect group a try. I still remember my first class meeting- I had no idea what to expect. Yet, within weeks, my walk with Christ was completely transformed, and I made lasting friendships. So here's my invitation: commit to eight weeks. Take a step into deeper discipleship and see what God does. I have attached a picture of the book we will use as a church for eight weeks. It's a curriculum to get us off of curriculum. Are you willing to try something new for eight weeks?

Peace in the Risen Christ,
Pastor Kaleb



Soli Deo Gloria

MPMC Music Ministry Happenings Dawn Broom

Thank you, Church Family for your continuous support and encouragement of Mount Pleasant Methodist's music ministry. Again this month, I continue with another installment of the article, "Why singing is surprisingly good for your health." This will be the last installment; my thanks to Janet Lutz for sharing this article with me.

Every breath you take

Among those who have been shown to benefit most from singing are people with chronic respiratory conditions, something which has become a major research focus for Keir Philip, a clinical lecturer in respiratory medicine at Imperial College London. Philip cautions that singing will not cure people of these diseases, but it can serve as an effective holistic approach that complements conventional treatments.

"For some people, living with breathlessness can result in them changing the way they breathe, so that it becomes irregular and inefficient," says Philip. "Some singing-based approaches help this in terms of the muscles used, the rhythm and the depth [of breathing], which can help improve symptoms." One of his most notable studies involved taking a breathing program which had been developed through working with professional singers in the English National Opera and using it as part of a randomized controlled trial in long Covid patients. Over six weeks, the results showed that it improved their quality of life and alleviated some aspects of their breathing difficulties.

At the same time, singing isn't risk free for people with underlying health conditions. Group singing was linked to a super-spreading event in the early stages of the Covid-19 pandemic, as the act of singing can emit large amounts of airborne virus. (Read more about how diseases spread as we talk and sing.) "If you have a respiratory infection, it's best to miss that week at choir practice, to avoid putting other people at risk," says Philip.

But perhaps the most remarkable benefit of singing is that it appears to play a role in helping the brain repair itself from damage. This was illustrated by the story of former US congresswoman Gabrielle Giffords, who survived being shot in the head during an assassination attempt in 2011. Over the course of many years, Giffords relearned how to walk, speak, read and write, with therapists utilizing songs from her childhood to help her regain verbal fluency.

Researchers have used similar approaches to help stroke survivors recover speech, as singing can provide the hours and hours of repetition needed to promote new connectivity between the

two brain hemispheres, which is often damaged by an acute stroke. Singing is also thought to enhance the brain's neuroplasticity, which allows it to rewire itself and create new neurological networks.

There are theories that singing may also help people suffering from cognitive decline because of the intense demands it places on the brain, requiring sustained attention and stimulating word finding and verbal memory. "There is a gradually-growing evidence base for the cognitive benefits of singing in older adults," says Teppo Särkämö, professor of neuropsychology at the University of Helsinki. "We still know little though about the potential of singing to actually slow or prevent cognitive decline as this would require large-scale studies with years of follow-up."

All the research demonstrating the powerful effects of singing – whether at a social or a neurochemical level – underlines why it is such a universal part of human life. One of his concerns, however, is that, as people spend increasing amounts of time connected to technology rather than with each other through activities like singing, relatively few people are experiencing its benefits.

"There's a lot we're discovering, particularly with rehabilitation from brain injury," he says. "The studies are just starting to emerge which are showing that singing can have these effects, even for people with significant injury. It makes sense that we can benefit so much from it because singing has always played such an enormous role in connecting communities."

As always, I encourage you to sing along on the hymns in worship. Singing not only focuses your mind on the God Who created you, it readies your heart to hear Him speak to you. Perhaps you want to experience more fulfilling and rewarding worship. Then try singing with your church family. Methinks you'll like it.

Soli Deo Gloria

"To God alone be the glory."

"Teach me Your way, Lord,
so that I can walk in Your Truth.
Make my heart focused
only on honoring Your name."
Psalm 86:11 (CEB)





The Keenagers' Planning Committee meeting is May 6 at 10:00 AM in the Harold Robinson room.

The Keenagers will have their usual table at First Thursday at Denver Methodist on May 7 at 11:30 AM.

The Keenagers are going to Blowing Rock on May 15. The van will leave from the church parking lot at 9:00AM. Anyone wishing to go should let Steve Hodge know by May 11.



PASTOR'S PICKIN'S

Come join the fun as we take the van on another adventure in dining on Thursday, May 28th! We'll be venturing back to Mooresville to the Smoke Pit (in the old Sonny's location) for some good BBQ, leaving the church at 4:30. Join Pastor Kaleb as we once again journey into a time of fun, great fellowship, and dining adventure. Please notify the church office if you plan to attend by Tuesday, May 26th if you plan to go with us. If we fill up the van, we'll also carpool! (PS: Don't forget—we'll be going by Dario's as well and everyone knows you have to have ice cream!!)

COUNT YOUR BLESSINGS.
NAME THEM **ONE BY ONE.**
COUNT YOUR **MANY BLESSINGS**
SEE WHAT **GOD** HAS DONE.



The Christian Food Pantry & Clothes Closet of Sherrills Ford is located at Hopewell Methodist Church and operates totally on donations from our community and volunteers who "man the store" and act as the board of directors. It is a 501C3 entity. Check out the web site at sffoodpantry.com for more information.

As a member of the Board of Directors and on their behalf, I want to thank you as a church family for your support of this wonderful mission. There is no government funding, it's simply people helping people and without you and all others who donate goods or funds, it would not be happening. The following is just how much we impact this area of Catawba County:

In 2025 from January to March, we served 280 families or 1,076 individuals. This year from January to March, we served 298 families or 1,200 individuals. There continues to be a huge need for what we offer.

If you would like to donate goods, there is always a need for shelf stable items:

- Healthy Snacks (school will soon be out) Crackers
- Cereal Pasta Pasta Sauce Jelly
- Mac and Cheese Toilet Tissue Hygiene Items
- Cleaning Supplies Gently used seasonal clothing

Again, as a member of the Board of Directors and on their behalf, thank you for all you do.

Ann Herron





Hello Youth and Families!

Our youth have had a busy April! Thanks to all serve as acolytes and helped with the Easter Egg Hunt and helped with Family Night! We also delivered food to five local Blessing Boxes! Thanks to all in our church who put names in the Valentines Bulletin to make this mission project happen! We also had 10 youth who attended a retreat at Camp Takoa.

May is going to be faith-filled as well! We will meet on 5/3 from 4:00-6:00p.m. No Youth on 5/10/26 due to recognizing Mother's Day! Thanks to all the women in our church who pour love and kindness into us! May 17th is Graduation Sunday! On May 24th, our youth will be serving a meal at First Presbyterian Church in Newton, NC. Be on the look out for events on 5/31 and the summer! Make sure you have the Mission Trip (6/28-7/4) and VBS (7/19-7/22) on your calendars for this summer!

The Youth will be sponsoring the Mother's Day bulletin as well! The money raised from this will be used for the mission trip this summer! Good luck as you finish the school year and semester! We are praying for you!



High School Graduates

Tyler Edwards—Maiden High School
Zoey Mendiola — Bandys High School



To Our College Graduate

Elizabeth Rae Carpenter: Appalachian State University Social Work Major. Will begin work on her MSW (Masters of Social Work) beginning in July at Appalachian State



Attention All Graduating High School Seniors:

Graduation Sunday will be held at the 10:00am service on Sunday, May 17th. Congratulations and we look forward to recognizing each of you on May 17th!



Methodist Men

Next meeting: May 3rd, 7:30am in the CLC

All men of the church are invited & encouraged to attend a great breakfast & time of fellowship

Coffee is ready @ 7:00am
Breakfast @ 7:30am

Cooks for May are: Darrell Farren, Andy Reese, Chris Sherrill, Randy Stokes , and Johnny Karriker

OPERATION CHRISTMAS CHILD

Just a note to say "Thank You" for your continued support in donating items for the Shoe Boxes. Reminder this is a year-round project, each month is a different item.

This is a ministry of Samaritan's Purse that demonstrates God's love to Children worldwide.

Do you remember the joy received when you watch a child on Christmas morning opening their gifts? Imagine the thousands of children around the world that never experience this love and happiness! When receiving a shoe box they not only have that moment of joy but also learn that Jesus loves them!

Help us spread God's love and Joy!

There are several ways to contribute to this.

Pray for this and all missions

Buy items each month to fill the boxes

Donate money to assist with the Shipping Cost, each box cost \$10.00 for shipping.

Show up when we have our packing parties, this allows us to get involved with the mission but also fellowship with one another as a church family.

Our Goal is 300 plus boxes!!

WE CAN DO THIS!!

Any questions contact: Melissa White or Alice Lineberger

Love & Peace to all.....





It's hard to believe the end of the school year is upon us. Many thanks to everyone who donated time, money, and talents to make this a wonderful year for us!

The children attending **Balls Creek Elementary** next year will be touring the school on **Wednesday, April 29th**. The children attending **Sherrills Ford Elementary** next year will be touring the school on **Monday, May 4th**.

The four's class will be having their **annual Preschool Prom on Friday, May 1st** from 7:00-9:00 pm in the CLC. Mrs. Brenda and Mrs. Christi will be hosting this event. The girls will be bringing their dads, and the boys will be bringing their moms. This is such a magical night for the children to share with their parents!

Our **End of The Year Celebration will be Friday, May 15th from 11 am – 1 pm**. This will take place on the church campus near the playground. We plan to have food trucks and Sunset Slush of Lake Norman on site. We will also have inflatable bounce house/slides, a balloon artist, and a face painting artist. All children from the preschool are invited to attend this event. **If your child is at preschool on Friday, they will need to be picked up before 11:00 am whether you plan to attend or not. The staff need to be able to help during this event and will not be responsible for your child.** This is always a fun time for families and children to finish the year together. We hope everyone can attend!

The four's class has been practicing their songs for Graduation and are sounding great! The **Graduation Program is at 7:00 pm on Wednesday, May 20th in the church sanctuary**. Only the graduating four-year-old class will be participating. Our last two days of preschool will be Monday, May 18th and Tuesday, May 19th.

There are only a few spots available for the **Summer Program**. Parents may choose which week works best for their summer schedule and pay only for that week or pay by the month. Payments for that week will be due on the first preschool day of each month. If parents pay for all the weeks in one month, they will receive a \$10.00 discount.

Parents will be receiving an email with a **survey from the preschool**. They may need to check your junk mail or spam if they don't see it. We hope they take the time to complete this survey. We value their opinion. **This helps us to remain the best preschool in the area!**

Please check out the next page—it's a way to help support the preschool and pick some yummy fresh strawberries!

We want to thank Miss Hilary, Medic Melanie, and Pastor Kaleb for another wonderful year of Stretch-n-Grow, Safety Patrol and Chapel Time. We have all enjoyed their programs and look forward to next year!

Amy Howard,
Director



Come join us for Family Night on **Wednesday, May 6th at 6:00pm** in the Christian Life Center. We will be having a covered dish/potluck meal so bring a well-filled "basket" or favorite dish and/or dessert to share as we gather for a time of great fellowship.

Methodist Women

Circle Meetings for May:

Jewel Dierwechter — May 4 at 11:00am in the Parlor

Janie Killian — May 12 at 12:00pm in the CLC





Bumble Berry Farms

You-Pick Family Farm & Market

MPP SPIRIT DAY!

SUNDAY, MAY 3rd

12:30 - 4:30pm

**Mention MPP at checkout for 10%
of your Proceeds to go to the school!**

1100 Bolton Rd, Catawba NC 28609

BumbleBerryFarmsNC.com

MP KIDS - MAY 2026

WHAT'S HAPPENING IN MAY

FAMILY GAME DAY! BUILDING OUR FOUNDATION BRICK BY BRICK

May 16th at 3pm



Join us at the Pavillion for an afternoon of family fun!

- We will discover together how we can build our foundation in Christ brick by brick.
- We will play games!
- We will share snacks!
- Invite your firends to join you!

IF YOU HAVE QUESTIONS, CONTACT ALEXIS THOMPSON FOR MORE INFORMATION



BERRY PICKING
MAY 31ST
MEET AT 3PM
BERRY PICKING, TREATS, & FELLOWSHIP

Bumble Berry Farms
Your Pick Family Farm @ Market
Cataoka, NC est. 2015

CHILDREN'S TIME

May 3rd – No Children's Time
May 10th – Bree Smith
May 17th – Alexis Thompson
May 24th – Kali Panaccione
May 31st – Alexis Thompson



CHILDREN'S CHOIR

Ages 3 through 5th Grade!
Meet in the CLC at 4pm!

May 3rd – Performance at 10am
May 10th – Mother's Day!
May 17th – VBS Meeting – No Choir
May 24th – Memorial Weekend! – No Choir
May 31st – Berry Picking!



July 19th - 22nd

If you are interested in joining our VBS team, contact Alexis Thompson or the church office.

Church wide
kickball game -
May 8th after
Family Night
Supper!

KIDS SMALL GROUPS

Sunday Mornings at 8:45am

- **NURSERY**
Infants - Toddlers
- **LOWER ELEMENTARY**
Kids ages 4 - 1st grade
- **UPPER ELEMENTARY**
Kids 2nd grade - 5th grade



Calling All Veterans

The Vets at Mt Pleasant Methodist Church are having a **Vets Coffee Call**

The **First Thursday every month** in our Youth Center (The building between the 2 Church buildings) 0800-1000 (or until the coffee runs out)

No program

No agenda

Just other Vets to talk to, complain to, or “remember when” with and it’s all FREE!

Besides, who else but another Vet is going to understand??

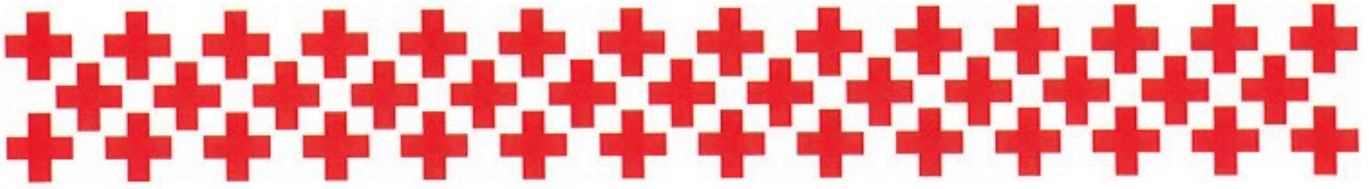
It doesn’t matter where you served or when you served. You served...so did we.

Come have a cup with us

Mt Pleasant Methodist Church
4136 Mt Pleasant Rd
Sherrills Ford, NC 28673

**Next Meeting is on Thursday,
May 7th**

American Red Cross



Every 2 seconds, someone in the U.S. needs blood.
Help save lives.

Give blood.

Blood Drive **Sherrills Ford Community** **Mt Pleasant Methodist Church**

Fellowship Hall
4136 Mt Pleasant Church Rd
Sherrills Ford, NC 28673

Wednesday, May 13, 2026
2:30 p.m. to 7:00 p.m.

To make an appointment or for more information, please call 1-800-REDCROSS (1-800-733-2767) or visit RedCrossBlood.org and enter Sponsor Code "Mt Pleasant".

**Come to give blood May 1-17 and get a \$20 eGift Card,
thanks to Amazon! See: rcblood.org/Amazon**



Scan to schedule
an appointment.

1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

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FAMILY GAME DAY!

BUILDING OUR FOUNDATION
BRICK BY BRICK

May 16th at 3pm



Join us at the Pavillion for an afternoon of family fun!

- We will discover together how we can build our foundation in Christ brick by brick.
- We will play games!
- We will share snacks!
- Invite your firends to join you!

IF YOU HAVE QUESTIONS, CONTACT ALEXIS THOMPSON FOR MORE INFORMATION





MT. PLEASANT
METHODIST CHURCH

CHILDREN'S MINISTRY TEAM TRAINING

VBS Volunteer, Safe Sanctuary
Training, and MORE!

Sunday, May 17th



What Awaits You

- Lunch!
- Rainforest Falls VBS Information
- VBS Decorations
- Safe Sanctuary Training



RSVP for our training!

★ Serving at VBS this year? We're so excited to have you!
Please make sure you've completed Safe Sanctuary training
so we can create a fun, secure space for every child.
If you have questions. please contact Alexis Thompson.





BERRY PICKING

MAY 31ST

MEET AT 3PM

BERRY PICKING,
TREATS, & FELLOWSHIP

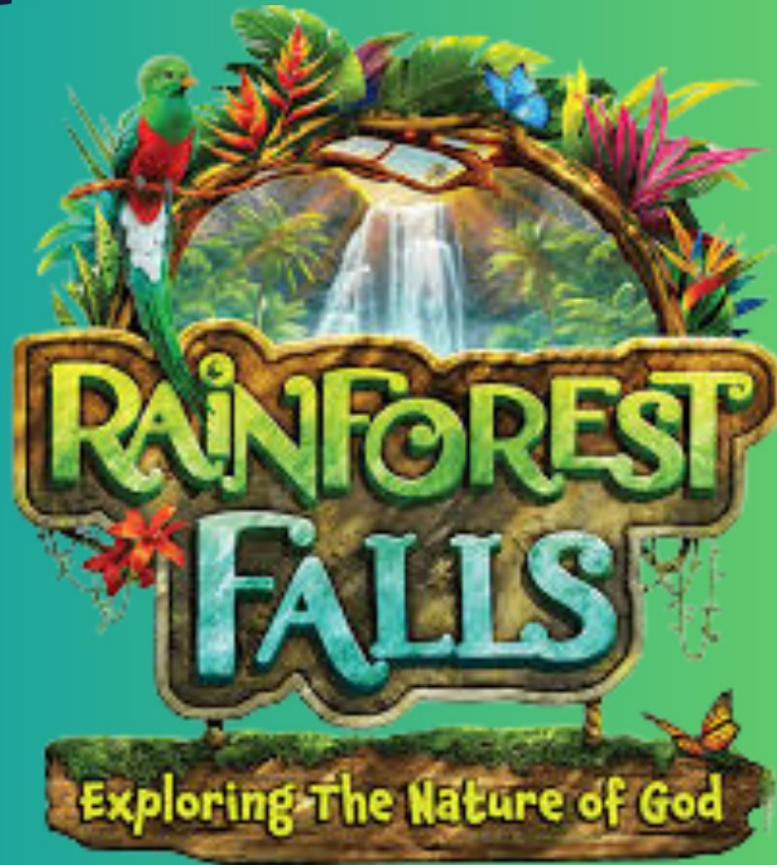
Bumble Berry Farms



You-Pick Family Farm & Market
Catawba, NC  est. 2021



MT. PLEASANT METHODIST CHURCH



Sign up for VBS!



Kick Off: July 19th @ 5-7:30pm
Hot Dog Supper at 5:00pm
July 20-22nd 9-12pm

Birthdays

May

- 2 Beth Lail
Melissa White
- 8 Christol Cline
- 9 Tyler Edwards
- 10 Brian Beardslee
Walter Beebe
Mike Helderman
Wanda Myers
- 11 Frank Edwards
Hailey Lenzen
Carol Ann Rowe
- 15 Cathy Eudy
- 16 Fred Roseman
- 17 Sharon Sigmon
- 19 Kenneth Craig
- 20 Lynn Barham
- 21 Pat Baumann
Amy Howard
- 22 Ann Campbell
Brooke Dotson
Linda Thompson
- 23 Becky Britt
- 25 Taunya Carpenter
- 26 Andy Mendiola
Jeff Myers
Terri Smyers
- 28 Avery James
Campbell
AlexisThompson
- 29 Vicky Goins
- 31 Kay Muender



Anniversaries

- 4 Brian & Marilyn
Beardslee
- 5 Eddie & Debbie White
- 10 Zach & Hailey Lenzen
- 11 David & Shana
Carpenter
- 22 Jeff & Wanda Myers
- 23 Larry & Nancy Benton
- 28 Andy & Patti Mendiola
- 31 Chuck & Susan Cranfill



Remember those in Assisted Living or Nursing Homes

- The Shaire Center of Lenoir: Pete Crump
- Hickory Village Memory Care: Marilyn Beardslee
- Abernathy Laurels: Joy Howard
- Wexford House: Deneil Caldwell

Thank you

Thank you all very much for the beautiful prayer quilt for my mother. Tracy Dick truly outdid herself and for that I am forever grateful.

Prayers are felt and appreciated daily!

Love,
The Family of Frances Bass



New address for PETE CRUMP:

Rondle Crump
The Shaire Center of Lenoir
1450 Shaire Center Dr.
Lenoir, NC 28645



Our sincere sympathy is extend to Chris & Angie Sherrill and Family at the passing of her mother, Linda Shuck on April 13th. Please keep this family in your thoughts and prayers.



If you would be willing to serve in any of these capacities, please contact the church office (704-483-3087). Most require very little time or commitment and are very important contributions in making Sunday mornings run smoothly. We appreciate those who faithfully serve week after week.

Ushers

- May 3 Jeff Little, Kenny Chester, Kevin Brady, David Carpenter
- 10 Jeff Little, , Wayne Merchant, David Carpenter, Kevin Brady
- 17 Jeff Little, Pete Lail, David Carpenter, Roger Britt
- 24 Jeff Little, David Carpenter, Rick Hubbard, Kevin Brady
- 31 Jeff Little, Brandon Cline, Kevin Brady, Kenny Chester



Greeters

- May 3 Patti & Andy Mendiola
- 10 Cathy Eudy & Barbara Sigmon
- 17 Brett & Terra Canipe
- 24 Donna Mundy & Bree Smith
- 31 Darrell Farren

Sound and AV Techs



- May 3 Drew Dotson, Brandon Cline, Kolton Buff
- 10 Drew Dotson, Brandon Cline, Kolton Buff
- 17 Drew Dotson, Brandon Cline, Kolton Buff
- 24 Drew Dotson, Brandon Cline, Kolton Buff
- 31 Drew Dotson, Brandon Cline, Kolton Buff



Children's Time

- May 3 No Children's Time—Children's Choir Performance
- 10 Bree Smith
- 17 Alexis Thompson
- 24 Kali Panaccione
- 31 Alexis Thompson

Nursery Care Givers



May
Amanda Kochosky will contact nursery care givers regarding the schedule.



Communion Stewards

- May 10 Donna Bone, Barbara Sigmon, Daisy Vaughan, Ann Herron

Acolytes

- May 3 Lily & Elliott
- 10 Wren & Katelyn
- 17 Luke
- 24 Raven
- 31 Lily & Elliott



Wednesday Music Schedule

6:15pm Bells of Praise
7:00pm Chancel Choir
8:00pm Living Stones

Sunday Schedule

8:45am Sunday School
10:00am Worship Service
4:00pm MtP Youth Group



Weekday Schedule

(Unless otherwise noted)
Preschool M-W-F 9am-1pm
T-T 9am-1pm
Study Buddies M-F 3:30pm-6pm
Girl Scouts Mon. 6:30pm
Cub Scouts Tues 6:00pm
Boy Scouts Tues 7:00pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 6:00pm Travel League Softball 7:00pm Preschool Prom	2
3 (See Sun. schedule) 7:30am Methodist Men 2:30pm Confirmation 4:00pm MtP Youth	4 11:00am JD Circle 6:00pm Small Group Travel League Softball 6:30pm Girl Scouts	5 9:30am Preschool Board 6:00pm Church League Softball Cub Scouts 7:00pm Boy Scouts	6 (See Wed. Music Schedule) 10:00am Keenagers Planning 4:00pm Travel League Softball 6:00pm Family Night 6:30 Church Kickball Game	7 8:00am Vets Coffee Call 11:00am Keenagers' 1st Thursday Lunch 6:00pm Church League Softball	8 6:00pm Travel League Softball	9 8:00am Pavilion Reserved— Private Event
10 (See Sun. schedule) 2:30pm Confirmation <i>Happy Mothers Day</i>	11 10:00am Preschool Chapel 6:00pm Small Group Travel League Softball 6:30pm Girl Scouts	12 10:00am Preschool Chapel 12:00pm Janie Killian Circle 6:00pm Church League Softball Cub Scouts 7:00pm Boy Scouts	13 (See Wed. Music Schedule) 2:30pm Spring Blood Drive 6:00pm Travel League Softball BE A HERO... SAVE THREE LIVES!	14 6:00pm Church League Softball 7:00pm Trustees	15 11:00am Preschool End of Year Celebration (Campus Blocked) 6:00pm Travel League Softball	16 9:00am Women's Bible Study 3:00pm Family Game Day (Campus Blocked)
17 (See Sun. Schedule) Graduation Sunday 2:30pm Confirmation 	18 6:00on Small Group Travel League Softball 6:30pm Girl Scouts	19 6:00pm Cub Scout Graduation Church League Softball Boy Scouts Last Day of Preschool	20 (See Wed. Music Schedule) 6:00pm Travel League Softball 7:00pm Preschool Graduation	21 6:00pm Church League Softball 6:30pm Admin Board	22 6:00pm Travel League Softball	23 8:00am CLC Reserved Private Event
24 (See Sun. schedule) 8:45am Confirmation Class	25 OFFICE CLOSED 	26 6:00pm Church League Softball 7:00pm Boy Scouts	27 (See Wed. Music Schedule) 6:00pm Travel League Softball	28 4:30pm Pastor's Pickin's 6:00pm Church League Softball	29 6:00pm Travel League Softball	30
31 (See Sun. schedule) 4:00pm MtP Youth						

