

# FUMC



## MINISTRY & SMALL GROUP OPPORTUNITIES

### COVID edition

“JUST ASK” how you can get  
involved today

# TABLE OF CONTENTS

- \* Music ministries
- \* Children & Youth
- \* Serve Ministries
- \* Adult Ministries
- \* Small Groups & Mission teams
- \* Staff listing
- \* Pastors letter

# Rating System

To assist you with finding something that fits within your comfort zone, or even if you'd like to try something new, we've provided this rating system for health precaution awareness.

1 No contact, can potentially be done from home

2 Limited contact with precautions

3 Limited contact with precautions, more public/congregation interaction required

# Music Ministries

## Media Crew (1&2)

contact Kenny Smith [kennysmith@fumcva.org](mailto:kennysmith@fumcva.org) or 540-903-0406

- Help design & implement ads, videos and social media
- Take pictures & work with communications team to promote FUMC
- Media-management projects



[This Photo](#)

## Slide Team (1&2)

Contact David Kirven or Abby Seymour  
[music@fumcva.org](mailto:music@fumcva.org) or [abbyseymour@fumcva.org](mailto:abbyseymour@fumcva.org)



- Participate in sound check rehearsal (on Sunday morning)
- Using our slide program, change the slides at the appropriate times for the congregation to follow in worship
- Assist with design and input to program (Proclaim) (TRAINING PROVIDED!)

## Youth Worship Team (3)

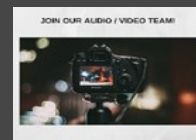
Contact [kennysmith@fumcva.org](mailto:kennysmith@fumcva.org) or 540-903-0406



- Play instruments and/or sing with this great group of Youth (6th - 12th grade)

## Audio/Visual Support Team (2)

Contact [kennysmith@fumcva.org](mailto:kennysmith@fumcva.org) or 540-903-0406



- Provide support on the sound board and / or and camera and lighting support during services and taping of services (we currently tape on a specific night of the week, schedule will be provided) TRAINING PROVIDED!!

# Children & Youth

## Children's Ministry (1 or 2)

contact Director Jillian Murray

[children@fumcva.org](mailto:children@fumcva.org) or 603-498-6686



- Help design and implement a lesson(s) for ZOOM based Sunday school, grades K –5th
- Assist Director and / or Children's Ministry Committee to put together physical materials for different special projects
- Assist director with intermittent cleaning and organizing of supplies and materials
- Post on social media for the Children's ministry, engaging content for families and kids

## Youth Ministry (1,2, or 3)

Contact Director David Carryer

[youth@fumcva.org](mailto:youth@fumcva.org)

- Help design and teach Sunday school lesson(s) for middle school or senior high classes (1 & 2)  
Materials provided!
- Assist Director with planning for special events, social and mission related (1)
- Help lead youth on mission trips (3)

# Serve Ministries

(adults and families!)

## Micah Ministries

contact Diane Cotter [dianecotter@comcast.net](mailto:dianecotter@comcast.net) or 540-845-9636

- Meal delivery to hotels for clients (3)
- Community Dinner (2nd Saturday a month) (2 & 3)  
{contact Clay Murray - [Clay@claymurray.com](mailto:Clay@claymurray.com) or 540-798-7713}
- - cook at FUMC a pre-set meal, package meal in take-away boxes  
- deliver meals to specific local hotels and pass out to Micah clients
- Micah breakfast / dinner
  - meal item contributions (1)
  - deliver of meals in the evening (3)
- Bagged Lunch program(1)  
Gerry Madigan: [Gerry.J.Madigan@gmail.com](mailto:Gerry.J.Madigan@gmail.com)
  - Provide bagged lunches for Micah Ministries once or on a rotating schedule.
  - Form or join an existing group
  - Purchase supplies
  - Assemble lunches and deliver to Micah



## Furniture Bank

Contact Bill or Sue Botts

[suebotts1@gmail.com](mailto:suebotts1@gmail.com) or 540-376-2219



This ministry helps make houses into homes by providing donated furniture and household goods. We assist at the furniture bank on Lafayette Blvd on the 2nd Saturday of the month from 8:00 am - 12:00 pm.

**SPECIAL OPPORTUNITY** - run a "COVID CLEANOUT DRIVE" in your neighborhood  
contact us for specific needs and drop-off times!!

- Drivers with pick ups or vehicles with trailers to pick up donated furniture or to deliver furniture to those in need (3) (you may drive your own vehicle alone or with a helper)
- Helpers to deliver furniture (3)
- Transportation for Micah helpers to/from the warehouse (3)
- Clean, sort and organize at the warehouse (2)

## Serve Ministries ...continued (adults and families!)

### FUMC Food Pantry (2 or 3)

sign– up at [tinyurl.com/pantryhelp](http://tinyurl.com/pantryhelp)  
or contact Trish Vaughan [pantry@fumcva.org](mailto:pantry@fumcva.org)  
or 540-656-0905



- Curbside delivery person – hand out bags of food
- Curbside client check-in using a computer (minor training needed)
- Accept Food Deliveries - must meet truck at the church at specific times
- Help shop for the food pantry at the Food Bank, need vehicle and stock foods in pantry
- Fill bags (kids can do this too!)
- Donate(1) —larger size diapers, wipes, feminine products and toothpaste are always needed.  
Bin in Mission Control or door drop at Charlotte St. entrance.

### Angel Tree (1)

Contact Pat Blosser [ptblosser@gmail.com](mailto:ptblosser@gmail.com) or 540 907 5212



- Pick a recipient for your gift and donate a \$40 gift card to Salvation Army/Prison Fellowship organization (details coming soon—will be entirely virtual)
- Assist in getting your friends and neighbors to sponsor a child this holiday season
- Donate funds to cover excess children identified by the program

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# Adult Ministries

## Worship Service Volunteers (3)

Visit <https://tinyurl.com/fumcushers> to sign up or contact lay leaders by calling the church office 540-373-9021

- Parking lot steward
- Greeters & check -in (be comfortable with an iPad)
- Usher / Safety steward
- Chair and room set-up helpers ahead of worship (needs to come on a Friday afternoon ahead to help David Friend - Facilities Manager)

## Prayer Card & Teacher Cards (1)

Contact Janine Kutty [janinekutty@yahoo.com](mailto:janinekutty@yahoo.com)

We reach out to members and friends to provide strength, comfort, and encouragement to those on our church prayer list dealing with challenges.

- Send 3 to 4 prayer cards a week for 3 to 6 months.  
All materials (stamps, cards, addresses provided) DO AT HOME!
- Donate handmade cards. DO IN YOUR HOME!



# Adult Ministries... cont.

## What's Cookin' at FUMC videos (1)

Contact Mary McGhee-Pasternak

[betterhealth@fumcva.org](mailto:betterhealth@fumcva.org)

Do you have a heart for cooking? Would you like to share that love of cooking and good food through our FUMC community and beyond? Create your idea and we'll help it come alive!

- Create your cooking idea at your home or with a friend, video it and send it in! Or contact us for assistance on filming and we'll get you set up safely!

## Communications Team (1)

Contact Allison Xanthopoulos - Communications Coordinator

[allisonx@fumcva.org](mailto:allisonx@fumcva.org)

Do you have a bit of tech savviness ? Assist the communications coordinator with a variety of media, website and publishing projects.

- Write or edit stories and news for website and special projects (weekly or monthly commitment)
- Photographer and videographers needed for special events and/or services; or shoot a particular hands-on ministry or program
- website review and improvement suggestions in connection with coordinator and committees
- social media moderators for online worship services and events

# Small Groups & Mission Teams

Adult Sunday School classes (1) - different meeting times on Sunday mornings all via Zoom. Find a new group today!  
Contact Mary McGhee –Pasternak [betterhealth@fumcva.org](mailto:betterhealth@fumcva.org)

## Neighborhood Communion (2)

Mary McGhee –Pasternak [betterhealth@fumcva.org](mailto:betterhealth@fumcva.org)

striving to bring Holy Communion to neighborhoods in the Fredericksburg area. If you'd like to get on the rotation for this please contact

## Children's & Youth Sunday School via Zoom or in-person (1 or 2)

contact Jillian Murray [children@fumcva.org](mailto:children@fumcva.org)  
David Carryer [youth@fumcva.org](mailto:youth@fumcva.org)

## United Methodist Women (1)

Contact chapter President Jillian Levis  
[jillianlevis@gmail.com](mailto:jillianlevis@gmail.com)

We are involved in our church and community, and we support missions around the world. The stated purpose of United Methodist Women is: to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

## United Methodist Men (1)

Contact Bob LeChance - [rwlachance@verizon.net](mailto:rwlachance@verizon.net)

We declare the centrality of Christ in the lives of men and in all their relationships. The Virginia Conference United Methodist Men's Cabinet works with the local church men's groups and other

## Cub, Boy & Girl Scouts (3)

Boy Scout Team Leader - Charlie Maurer, [cmaurer504@gmail.com](mailto:cmaurer504@gmail.com)  
Cub Scout Team Leaders - Marcia and Neil Dishman, [neildishman@gmail.com](mailto:neildishman@gmail.com)  
Girl Scout Team Leader - Leigh Sutton, [hoosyshokies95@aol.com](mailto:hoosyshokies95@aol.com) and Rachael Orzechowski

# Small Groups & Mission Teams

## MOPS (Mothers of Preschoolers) (1 or 2)

Contact Coordinator Kelly Seinkowski -  
[KellyKowski@outlook.com](mailto:KellyKowski@outlook.com)



Because "better moms make a better world"! MOPS strive to develop every woman to be the best person, woman and leader in her life and community in the name of Christ.

This group is currently meeting on Zoom and in small groups at members homes.

## Archives & History Team (1 or 2)

Contact Margaret or Bill Mock,  
540-371-3740 [mimisenior@cox.net](mailto:mimisenior@cox.net)



Do you have a heart for FUMC History?

Care for historical artifacts.

Organize displays.

Research history questions.

Interview church members.

Organize and preserve important papers, information and photographs of historical interest.

Learn more about your church's history and help tell its rich story.

The committee meets two hours each week to plan, organize, and conduct these activities in order to preserve and share FUMC's story.

## Pastoral Letter

Dear Friends,

I am so very excited that you are taking a step to look over this “Just Ask” opportunity resource. The Covid-19 situation has caused so much disruption of our lives. Even so, the call of Jesus Christ is strong for us to continue the work of God in our world.

We have often heard when one door closes, another opens. In these times, I believe this is what is happening related to mission and ministries in our church. Due to Covid, you may not be able to engage in service or ministry in ways that are familiar, but there is probably a great opportunity awaiting somewhere for you to consider a different task of faithfulness and/or service that God has planned just for this time and just for you.

Please know that our staff and our ministry leaders love to talk about God and God's church. So, if you have questions or you simply just did not find what you are looking for in this resource, please reach out. You will bless someone in doing so, and I hope in turn you will find a blessing through making a vital connection with your strengths and calling.

May God lead you in paths of righteousness and hope during this time and always!

In Christ,

*Pastor Gina*

# Staff listing

## PASTORS

Rev. Gina Anderson-Cloud, Senior Pastor  
[Pastorgina@fumcva.org](mailto:Pastorgina@fumcva.org)

Rev. Josh Hagstrom, Associate Pastor  
[PastorJosh@fumcva.org](mailto:PastorJosh@fumcva.org)

Rev. Dr. Jim Ginther, Associate Pastor for Congregational Care  
[PastorJim@fumcva.org](mailto:PastorJim@fumcva.org)

Pastor Chelsea Morse, Associate Pastor for Micah Engagement  
and Community Care  
[Pastorchelsea@fumcva.org](mailto:Pastorchelsea@fumcva.org)

## PROGRAM STAFF

Robert Baird, Organist & Financial Administrator  
[finance@fumcva.org](mailto:finance@fumcva.org)

David Carryer, Director of Youth Ministry  
[youth@fumcva.org](mailto:youth@fumcva.org)

Kim Carryer, Assistant Director of Children's Ministry & Nursery Coordinator  
[kimcarryer@fumcva.org](mailto:kimcarryer@fumcva.org)

David Kirven, Music Director  
[music@fumcva.org](mailto:music@fumcva.org)

Abby Seymour, Director of Contemporary Worship, Children, Youth and Angel Choirs  
[abbyseymour@fumcva.org](mailto:abbyseymour@fumcva.org)

Jillian Murray, Director of Children's Ministry  
[children@fumcva.org](mailto:children@fumcva.org)

Becky Patrick, FUMC Preschool Director  
[preschool@fumcva.org](mailto:preschool@fumcva.org)

Kenny Smith, Audio/Visual Director  
[audiovisual@fumcva.org](mailto:audiovisual@fumcva.org)

Mary McGhee-Pasternak, Better Health Ministry  
[betterhealth@fumcva.org](mailto:betterhealth@fumcva.org)

## ADMINISTRATIVE STAFF

Michelle Cooper, Church & Membership Secretary  
[secretary@fumcva.org](mailto:secretary@fumcva.org)

Pam Childs, Office Manager  
[officemanager@fumcva.org](mailto:officemanager@fumcva.org)

David Friend, Facilities Manager  
[facilities@fumcva.org](mailto:facilities@fumcva.org)

Karen Watts, Preschool Assistant Director  
[karenwatts@fumcva.org](mailto:karenwatts@fumcva.org)

Allison Xanthopoulos, Communications Coordinator  
[communications@fumcva.org](mailto:communications@fumcva.org)