

SEEING RED

OVERCOMING HANGRY

JOHN 6:52-59

REV. SHERRI REYNOLDS

Changing Lives by Sharing Christ, Making Disciples, Serving People, and Giving Hope

Sermon Notes: April 30 & May 3, 2026

Overcoming Hangry- John 6:52-59

Ever heard of the expression, hangry? *Hangry* is when we become so hungry that we get easily angered. We become ill-tempered when we have an empty stomach. Did you know there is also soul *hanger*? We become ill-tempered when we are spiritually hungry or spiritually thirsty. When we are ravenous in our soul, it impacts our attitude and the way which we navigate the world. Jesus offers the cure for soul hangry, “Unless you eat the flesh of the son of man or drink his blood then you will have no life in you.” (John 6:52-59)

Jesus was not literally speaking of eating flesh or drinking blood, but he is speaking about taking in His teachings. When we ingest Jesus, we change. As we take in Jesus, we find nourishment for a weary soul and quenching for a parched spirit. By doing this, we know peace, seeing less red (in terms of anger) and more red (in the teachings of Jesus).

Just a thought, as we attempt to navigate this divided world.
Rev. Sherri

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Worship Opportunities

Thursday Worship 5:30 pm

Sunday Morning* Celebration, 9 am

Traditions 11 am *In-Person and Livestream or On Demand @ www.fumcgadsden.org/media

ACOLYTES
May 3: Sarah Echols, Luke Barnes, Brooks Bone
May 10: Clementine & Rhett Hilburn

Tech Team Schedule

May 3

Celebration: Sheila Freeman, Brad Barnes

Traditions: Rob Reynolds, Sheila Freeman

May 10

Celebration: Mark Condra, Bill Haller, Carmen McKiven

Traditions: Davis Varner, Neil Mullin, Brad Barnes

JOIN US THIS SUMMER AT GFUMC!
WWW.FUMCGADSDEN.ORG/CHILDREN
256-543-8200



I CAN DO ALL THINGS THROUGH HIM WHO STRENGTHENS ME.
PHILIPPIANS 4:13, NRSV

VBS JUNE 8-11
AGES 3K-5TH GRADE COMPLETED

FIND US ON FACEBOOK!
WWW.FACEBOOK.COM/GROUPS/GFUMCCHILDRENSMINISTRY

**Join us for the Annual Church Picnic @ 5 pm,
Wednesday, May 6, at Nocalula Falls Kiwanis Pavilion.
See page 7 for more details.**

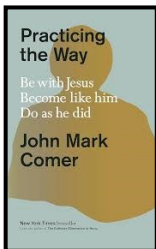
Everyone is invited!

Wednesday morning Bible study will resume in August.

**Wonderful Wednesday Activities, Bible Studies & Small
Groups for all ages will resume in August.**

*Watch the summer calendar for special events and activities for
children and youth!*

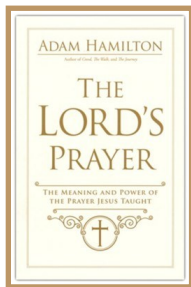
Transitions 10 am, Room 209



The Adventure Continues! Room 209! You are Invited!

Practicing the Way by John Mark Comer—The disciples spent 3 years being apprentices to Jesus. They watched His every move and hung on every word. They were with Him 24/7. As a result, they, over time, became more and more like Him and began to do many of the things He did. With the Spirit's help, with John Mark Comer as our guide, and with each other as encouragers, we too can learn to walk in Jesus' steps.

Join Rev. Dawson Harmon for this new small group study! Everyone is welcome!



Pathfinders/Seekers 10 am, Room 208

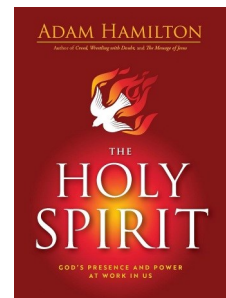
The Lord's Prayer: The Meaning & Power of the Prayer by Adam Hamilton

Most Christians know the Lord's Prayer by heart. We pray it often, at different times and in different settings. We remember it as the prayer that Jesus taught his disciples. But do we really understand and appreciate the meaning and power of its words, what we ask of God each time we pray it?

Living Waters 10 am, Room 116 Rev. Ken Casey

The Holy Spirit-God's Presence and Power at Work in Us by Adam Hamilton

Explore what Scripture teaches about God's Spirit—from the Hebrew Bible through Jesus' promises in the Gospels, the powerful Pentecost experience in Acts, and the rich teachings found in the New Testament letters. This accessible study helps believers understand and experience the Holy Spirit's presence and power in their daily walk with Christ.



“Men at the Well” Thursday Mornings, 7:00 am

You are invited to join the weekly Bible study with the “Men at the Well” at the 278 Restaurant.

Contact Todd Rains, Mark Condra, Mark Casey, or any of the Men at the Well for more information.



ELC NEWS

Once again, thank you to Stephanie Isbell for coordinating our Teacher Appreciation Breakfast. We had a fun morning of food and fellowship. Sunday, May 3rd is our last day to turn in your Mother's Day Roses Sale order. All proceeds benefit the Sara Rabun Johnson scholarship fund. Donuts for Divas will be Tuesday, May 5th. We cannot wait to love on our moms, grandmoms and aunts.

Helene



Youth

Sunday School
10 am, Room 211

Wonderful Wednesday

Youth Group, 6:00 pm
Room 211 & Gym

"Let's Build a Solid Foundation!"

Matthew 7:24

Join us for the Church Picnic on May 6 @ 5 PM
Wednesday Night Activities will resume in August

Children's Ministry

Spring 2026

GFUMC CHILDREN'S CALENDAR

FEBRUARY

- 14 PARENT'S NIGHT OUT 6:00PM
- 18 Ash Wednesday

MARCH

- 21 EASTER EGG HUNT
- 27 FUN! 456 LATE-NIGHTER
- 29 PALM SUNDAY

April

- 5 EASTER Sunday
- 22 POTATOES AND BINGO

May

- 6 Church Picnic

GFUMC CHILDREN'S MINISTRY

Wonderful Wednesday

Join us for the Annual Church Picnic on Wednesday, May 6 @ 5 pm!

Sunday Mornings
Children's Church during worship,
9 am & 11 am
Sunday school @ 10 am
Need more info?
katharine@fumcgadsden.org

GAME NIGHT
GFUMC KIDS
KICKBALL GAME

WEDNESDAY
MAY 13
5:00-6:00

Join us for a fun game, we'll order pizza have have fun!

HOME RUN!

Potatoes and Bingo, 4/22



SEEING RED

LOOKING TO JESUS' TEACHINGS FOR A DIVISIVE WORLD

REV. SHERRI REYNOLDS
FIRST UMC GADSDEN
APRIL 9 - MAY 3

We live in a world where people are enraged. Even the slightest slight can send someone over the edge. Everyone seems to have an opinion on everything. Politics, religion, and social issues create division. Anxiety appears to be heightened. All this leaves us seeing red. However, in a time of division, seeing red should not just be an expression that we associate with being angry. You know, "he was so angry that he was seeing red." What if as Christians, our seeing red

leaves us with a desire to see and follow another kind of red: the teachings of Jesus? In some editions of the Bible, you will find Jesus' teachings in red font. This is otherwise known as a red-letter edition. What if when we get caught up in the divisiveness of our time, that we didn't become as angry as the world, but what if we saw the world through the teachings of Christ; those lessons from red-letter editions of the Bible? We may find that these counter-cultural teachings are a place to start as we navigate a divisive world. Join a four-week sermon series; Seeing Red: Looking to Jesus' Teachings for a Divisive World. The series begins on April 9th and will cover the topics of loving our enemies, forgiveness, judging others, and integration of Jesus' teachings. —Rev. Sherri Reynolds

- April 9 & 12 - Love Your Enemies— Matthew 5:43-48**
- April 16 & 19 - Do Not Judge— Luke 6:37-42**
- April 23 & 26 - Forgiveness— Matthew 18:21-35**
- April 30 & May 3 - Overcoming Hangry - John 6:52-59**

May Mission Focus

Striplin Elementary School—Our Adopted School

During the month of May, First UMC Gadsden will focus its mission efforts on supporting Striplin Elementary School. On April 23, the mission team hosted the final A/B Honor Roll Party of the 2025–2026 school year, celebrating an impressive 193 students.

On May 5, teachers and faculty will be honored with a Teacher Appreciation Luncheon, featuring box lunches from Chicken Salad Chick. In addition, the Teachers of the Month and the Teacher of the Year for the 2025–2026 school year will receive certificates and gift cards in recognition of their outstanding dedication.

We are grateful for the continued support of our church family, which makes these meaningful opportunities possible. Together, we celebrate and encourage these educators who work so faithfully to serve the children of our community.



GFUMC



"By this all will know that you are my disciples, if you have love for one another." John 13:35

Ladle of Love

Fridays, 11:00am-12:00pm, at the Portico entrance.

Volunteers are needed to serve on Ladle of Love Teams. Contact the church office for more information on how you can serve.

Clothes Closet Workdays are Tuesdays before open days from 9:00-11:00 am.

Open to Public

1st & 3rd Wednesdays

May open dates are

5/6 and 5/20

9:00 am to 11:00 am

516 Broad Street Gadsden

Find out more about mission and service opportunities @

www.fumcgadsden.org/serve

Phone: 256-543-8200

Email:

fumc@fumcgadsden.org



Announcing First UMC Gadsden's Bed Build for "Sleep in Heavenly Peace"

October 17, 2026

Church family, we have an exciting opportunity to serve our community! First UMC Gadsden is hosting a Community Bed Build in partnership with Sleep in Heavenly Peace.

Our goal is to build 100 beds and raise \$25,000 so that no child in our town sleeps on the floor.

You can help by sponsoring a bed (\$250), making a donation of any amount, volunteering on Build Day, or praying for the families we serve. There are tasks for all ages to participate in the Bed Build!

Build Day is Saturday, October 17, right here at our church. Let's come together and make a difference — one bed at a time!

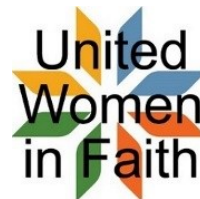
United Women in Faith

May 5– LuVerna Waid Circle meeting at 5:30 pm, Cinco de Mayo, Baja California Grill! Come and gather beginning at 5:00 pm!

May 11–UWF Luncheon at 12:00 noon.

Speaker will be Sarah Meehan, Habitat for Humanity and ReStore.

Olivia Kendrick, President Susan Copeland, Vice-President



Ladle of Love Clothes Closet

February 2026

LOL 301

Clothes Closet 397

Thanks to our Volunteers!

DO YOU KNOW?

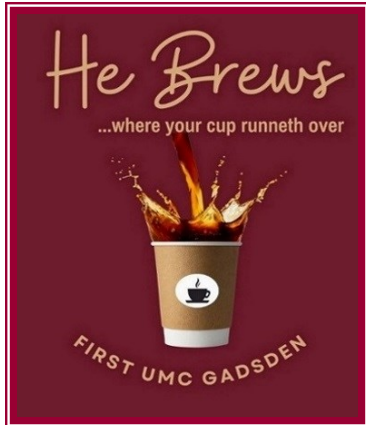
KATHLEEN HILLEY



Kathleen grew up in Pittsburgh, PA, and graduated from Peabody High School. She attended Penn State and obtained an insurance license, working for 8 years with Century Underwriters creating policies for Lloyd's of London in New York, Pennsylvania, Virginia, West Virginia, and Ohio.

Kathleen then worked for Young Insurance Agency in Shadyside, PA, for 35 years before retiring. She recently moved to Gadsden to be near her sister, Betty Chamboredon, who also attends our church.

Kathleen's hobbies include crocheting, reading romance novels, creating abstract paintings in acrylics, and crafting.



HeBrews Coffee Café, Chestnut Foyer, Sundays, 10 am
We look forward to seeing you on Sunday Morning!

Follow us on
Facebook and Instagram.



Greeters & Ushers for Worship

Sunday, May 3

Celebration: Vickie Handy & Nancy McCorkle

Traditions: Terry & Sheila Bishop; Bob & Becky Oltman

Sunday, May 10

Celebration: Steve & Kelley Roach

Traditions: Mandell & Judy Tillman; John & Margie Freeman



If you would like to serve as an Greeter/Usher, please contact Susan Swann in the church office, email: susan@fumcgadsden.org or phone: 256.543.8200.

SARA RABUN JOHNSON
MEMORIAL SCHOLARSHIP FUND

Mother's Day Roses Sale

With your donation of \$20 or more, a rose will be placed on the altar on Mother's Day, in honor or in memory of your loved one. All donations provide direct support for ELC families whose children would not otherwise be able to afford the program.

MAKE YOUR DONATION PAYABLE TO GFUMC AND MARK IT "SRJ SCHOLARSHIP FUND". ORDERS MUST BE RECEIVED BY SUNDAY, MAY 3.

ADDITIONAL DONATIONS TO THE FUND MAY BE GIVEN THROUGHOUT THE YEAR.



PICNIC

First UMC Gadsden

AT THE PARK

- Grilled Hamburgers & Hotdogs & Sides
- Games and Activities

FELLOWSHIP & FUN!

6 May | 5 p.m.

Kiwanis Pavilion @ Nocalula Falls Park
1500 Nocalula Rd, Gadsden, AL 35904



Early Response Team

Prepare to be part of an UMCOR Early Response Team!

Register now for an ERT Training near you.

What is an Early Response Team (ERT)?

ERTs offer a Christian witness and provide practical aid during the initial days following a disaster, helping people to be safe, sanitary, and secure until insurance and other help arrive. This ERT program consists of specialized training from the United Methodist Committee on Relief (UMCOR), including topics like disaster types, safety procedures, and how to offer emotional and spiritual care.

The work of an ERT includes tasks such as listening to survivors, tarping roofs, removing damaged belongings, cleaning out flood-damaged homes, debris removal, and other activities that help prevent further damage and make homes habitable.

- ◆ ERTs are not first responders or recovery/rebuild teams. They focus on providing a caring Christian presence and support during the early stages of a disaster.
- ◆ ERTs respond to invitations from disaster response coordinators and work within established protocols to ensure effective and coordinated assistance.
- ◆ ERTs are often self-sufficient, meaning they bring their own supplies and support, though they may coordinate with local resources as needed.
- ◆ ERTs emphasize teamwork, safety, and a positive attitude, recognizing that people are more important than the tasks at hand.

The cost of the training is \$30 and covers lunch, snacks and training materials. Bring something to write with and take notes.

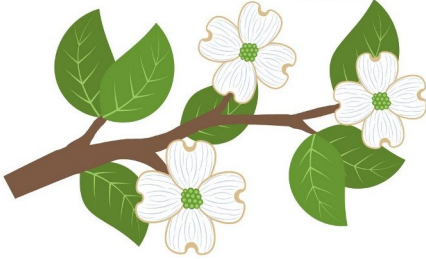
There will be a hands-on portion of the class where participants do some tarp training and ladder safety training.

Please wear comfortable clothes and appropriate footwear for the hands-on part of the class. Everyone will be required to complete a background check application, which UMCOR will pay for.

May 9th is at Arab UMC from 8-4. Please register on <https://www.umcna.org/>
The Mid Central District will pay for the first 30 registrants.



Alleluia Offering 2026



*"...The old has gone,
the new has come!"*
2 Corinthians 5:17b

Alleluia Offering 2026

With deep gratitude, we announce that the 2026 Alleluia Offering is \$42,790. That is a record-breaking amount for First United Methodist Church. Thank you for your ongoing generosity and support. Your gifts fully funded all the designated areas for Alleluia 2026 and will allow the support of vital ministries to be expanded.

If you have not contributed, but desire to do so, we are still receiving gifts. You may return your Alleluia Offering during worship (designate "Alleluia Offering"), by mail, or through secure e-giving or Venmo (Visit www.fumcgadsden.org/give for details).

This year's Alleluia Offering will fund needed lighting upgrades for the sanctuary, including steeple, and lamp post lights; invest in Children and Youth Ministry Spaces; and support technology (computer) upgrades for the church staff.

In Christ,
Rev. Sherri Reynolds, Senior Pastor



"Building A Solid Foundation" 2026 Generosity Emphasis

Information and Estimate of Giving Cards are available in the Chestnut Foyer or Online. Thank you for your Generosity.

Generosity: Ways to Give

In-person, at the offering time during worship.

Online: www.fumcgadsden.org/give

Text to Give: 256-344-8464

Venmo [@FirstUMCGadsden](https://venmo.com/FirstUMCGadsden)

Mail your tithe or gift: 115 S. 5th Street, Gadsden, AL 35901



Secure Online Giving



Scan the QR Code or
Text to Give: 256-344-8464
First United Methodist Church of Gadsden

*First UMC Gadsden
is a registered charity and can receive
donations through Venmo:*

[@FirstUMCGadsden](https://venmo.com/FirstUMCGadsden)

*(Please search in Venmo under charities
or follow the link in the QR Code.)*



venmo

Download our Church App
Search First UMC-Gadsden
In the App Store for Android or iPhone.



First UMC Gadsden May 3-May 9, 2026

May 3, Sunday

9:00 am-Celebration Worship

10:00 am-10:45 am- HeBrews Coffee; Sunday School

11:00 am-Traditions

May 4, Monday

9:00 am-1:00 pm-ELC Spring Schedule

9:00 am-10:00 am-Exercise Group, Gym

2:00 pm-4:00 pm-Pickle Ball, Gym

May 5, Tuesday

9:00 am-1:00 pm-ELC Spring Schedule

5:00 pm, Yoga, Gym

5:30 pm, LuVerna Waid Circle

May 6, Wednesday

9:00 am-1:00 pm-ELC Spring Schedule

5:00 pm-7:00 pm, Church Picnic, Noccoalula Falls

May 7, Thursday

9:00 am-1:00 pm-ELC Spring Schedule

9:00 am-10:00 am-Exercise Group, Gym

5:30 pm-Thursday Worship, Sanctuary

May 8, Friday

11:00 am to 12:00 am -Ladle of Love

12:00 pm-Office Closed

ELC Mother's Day Roses Sale benefitting the Sara Rabun Johnson Scholarship Fund. Order by Sunday, May 3. See page 7 for more details.

Church Picnic at the Park
Wednesday, May 6, 5-7 pm
Kiwanis Pavilion @ Noccoalula Falls – Everyone is invited!

The pastors and congregation of First United Methodist Church of Gadsden extend Christian sympathy to Hannah McCormick, in the death of her grandmother, Bennie Sue Walker on April 27, 2026.



Save the Dates

May 10, Both Services– FUMCG

Children's Choir Singing;
 Second Grade Bibles

May 13, 9 am, ELC 4K Graduation, Sanctuary

May 17, Senior High Graduation Recognition Sunday, both worship services. *There will be a brunch for graduates and their families in the Gathering Room, between the worship services.*

May 18, 9 am, Striplin Kindergarten Graduation, Sanctuary

Immediate Prayer and Continued Prayer Concerns

Evelyn Pierson Nancy Smith
 Amy Epperson (daughter of Gene & Danna Dean)
 James Dial (infant son of Jay & Taylor)
 (grandparents Gary & Beth Dial)



The flower on the altar is placed in honor of the birth of

Holly Hooper

Born: 4/6/2026

Parents: Owen & Dylan

Great-grandmother: Joannie Leach



Honorariums & Memorials

Children's Ministry Fund

In memory of Jack Roberts, given by Marian Ford.

Birthdays

May 4 Mike Self, Trevor Martin, Ralls Pennington, Allie Pennington-Wilson,

May 5 Mollie Horton

May 6 Bethany Phillips, Ava Ray Kelley

May 7 John Ryle, Judge Shaun Malone, David Whisenant

May 8 Lindy Newman, Michael Freeman, Garnet Freeman

May 9 Collins Tackaberry

Attendance Week of Apr 26, 2026

In Person Total *189	On Line Total 352
Thursday *11	Celebration *72/162
Traditions *106/190	Worship Total 541
Adult SS*43	Children's SS *5
Youth SS*3	
Bible Study *17	Children Sun/Wed *37
Youth Sun/Wed *13	Nursery Sun/Wed *5
Potatoes & Bingo *79	

Year 2026 Week of Apr 26, 2026

General Offering Budget	\$ 13,040.00
General Offering Received	\$ 6,924.00
YTD Gen. Offering Budget	\$221,680.00
YTD Gen. Offering Rec'd	\$250,459.00



Holy Baptism

4.26.2026

*Amanda Hindsman
 Tucker Hindsman
 Lily Hindsman*



April 26, 2026

**Chris & Amanda Hindsman
 Tucker & Lily**

Denise McCarthy