

In the Garden of Gethsemane, before Jesus goes on to be crucified, he seems defeated. He removes himself from the company of his disciples to pray one of the most moving prayers as he confesses to God, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." We read in Matthew chapter 26, "Going a little farther, he fell with his face to the ground and prayed, 'My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.'"

This is a helpful prayer for us in times of struggle, when we long for God's direction but don't see it at hand. It is helpful when we are overwhelmed, stressed, or defeated. Jesus' posture of kneeling in prayer is one of vulnerability and honesty before God. This portion Jesus is carrying feels too heavy, too much. He releases it back to God, seeking God's face in the midst of such heaviness of heart.

We may confess that we don't know how or what to pray sometimes when we walk with our Lord. In times of deep pain, frustration, or grief, may we find the gift of this prayer. This prayer reminds us that every good gift we receive is a gift from God. In every trial or tribulation, when we might feel alone or forsaken as the weight feels too heavy, may we remember God does not abandon us either.

As we go on to know the story that the night, the cup was not taken. It was shed. We know the answer to Jesus' prayer was not the removal of suffering, but that suffering and death would not have the final word.

What are the "cups" we need taken from us? What are the burdens that seem too deep to bear? Where are the places in our lives where we long for God's prevailing will to become evident? Where do we need God to resurrect goodness in powerful and mighty ways? Can we name those "cups" in our own lives and offer them to God in prayers of vulnerable confession?

We long to empty those places where life seems hard and let God fill space instead. We pray for God to help with attentiveness to the loads we carry. We lift up the cups as the pastor lifts up the chalice filling it with the weight of our stress, anxiety, fear, pain, and dread when life is heavy.

This prayer is not that our cups will never be filled with sorrow again, though that day will come when Jesus returns. Instead, we pause with the awareness that even in the midst of sorrow and distance from God's goodness, the light of our Father still shines through, filling us with enough grace to carry on.

So, beloved, if you find yourself in a space with a cup that you would need taken away, bring your full cup to God. Pour out what you have been carrying. Name the fear. Name the grief. Name the pain. Let God meet you in the places that feel too heavy to carry.

As you release what you cannot carry alone, may our loving God fill the emptied places in your lives. May God fill you with grace, fill you with peace, and fill you with hope so that even in the midst of our deepest trials, we have taste of God's goodness. With much love

NEW AND IMPORTANT INFORMATION

Looking Ahead to Sunday Worship

Scripture for Sunday: Matthew 15:10-20, 21-28

Sermon Title: *An Unlikely Powerhouse*

As we look ahead to Sunday, I encourage you to read the scripture ahead of time as part of your devotional time and preparation for Sunday. One passage of scripture can easily take us in many directions. Use the sermon title to help guide your reflections. Spend time in Lectio Divina with the scripture as part of your daily devotions. There are lots of videos on YouTube on how to participate in Lectio Divina. Here is a meditative video that is instructive to be a resource to you –

Meditative How To - Lectio Divina

August 30th -- 5th Sunday Fun

OCIM Challenge

Sunday, August 30 is our next 5th Sunday OCIM Challenge. Please help us to help our community with this very worthy cause.

Doughnuts/Coffee

Join us at 9:00am for Doughnuts/Coffee provided by the Methodist Men and then at 9:30am in the fellowship hall for one combined Sunday School class for a fun time of learning together.

5th Sunday SongFest

At the 10:30am Worship Service, we will have our 5th Sunday SongFest with songs requested by you! The song request sheets are on the music stand outside the choir room or you may contact Leigh McFalls at 919-818-3317 or leighmcfalls@gmail.com to help you find the song you need.

Thank you for all you do for Walnut Grove UMC and OCIM.



Backpack Blessing Sunday

We invite our students of all ages to bring their backpacks to church on Sunday August 23rd. We'll take a moment in the service to bless the backpacks (and especially their owners!) as they embark on a new school year journey.



Sunday Night Gatherings

It will be time to start back Sunday night fall activities before you know it! I created a survey to help us plan accordingly. Please take a few minutes to fill it out. If you have questions or comments, let me know! -Pastor Laura

Survey for Sunday Night Bible Study

Save The Date – Charge Conference -- Sunday, October 11!

Charge Conference is Sunday, October 11th at 3:00pm. Walnut Grove UMC will be hosting this year. This is open to all members of the church! Please join us as we continue to grow together in Christ!

Greetings,



Calling all Youth, Women & Men!
September 14, 2026 @ 6:00 p.m.
Fellowship Hall

Now is the time to help with Walnut Grove UMC's 2026 Operation Christmas Child Shoebox Project.

Please mark your calendars for Monday, September 14, at 6:00 p.m. as we ramp up our Shoebox Project for 2026. Calling all Youth, Women & Men! If you're interested in becoming more familiar with the shoebox packing process, please plan to join us in the Fellowship Hall that evening. Please RSVP to Jeanne Crabtree at jeanne.crabtree630@gmail.com OR text/call (919) 302-6924.

If you are unable to participate during this evening, we can certainly use all donations (whether monetary to cover shipping of the shoeboxes) or donations for items to be included in the shoeboxes. Items that are needed are: No. 2 pencils, pencil sharpeners, index cards, chunky erasers, small notepads and coloring books (that will lay flat in a shoebox), kid's socks, kid's undies, bandanas, playing cards, dominos, slinkys, yo-yos, kid's flipflops, combs, brushes, wash cloths, small stuffed animals, hair bows and ribbons.

The black Operation Christmas Child Collection Box will be placed in the Fellowship Hall. If you are able to donate any items, please leave them in the Collection Box before Sept 1st.

If you have questions and/or would like to participate in the Operation Christmas Child Shoebox Project, please contact us.

Jeanne Crabtree & Kimberly Gilbert
Co-Chairs



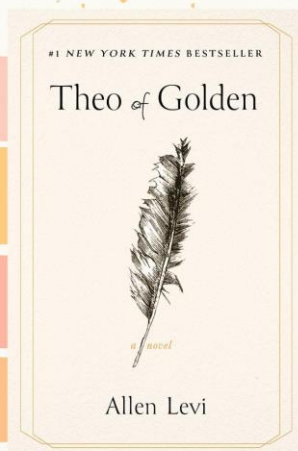
Summer READING



Theo of Golden by by Allen Levi
Meets Sun. Aug. 16 at 4pm
at Eno House -

903 Eno St. Hillsborough

Grab a copy of the book read along and join us for a book discussion in August.



Annual Mother-Child Retreat

REGISTER!

[HTTPS://WWW.ULTRACAMP.COM/INFO/SESSIONDETAIL.ASPX?](https://www.ultracamp.com/info/sessiondetail.aspx?IDCAMP=623&CAMPCODE=DLC&IDSESSION=583286)

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SEPTEMBER
11TH-13TH

THE NORTH CAROLINA UNITED WOMEN IN FAITH IS HOSTING A MOTHER/CHILD RETREAT WEEKEND AT CAMP DON LEE! THIS WEEKEND IS FULL OF FUN AND FELLOWSHIP! THERE WILL BE FAITH FORMATION SESSIONS GEARED TOWARD YOU AND YOUR CHILD. CAMP PROGRAMMING WILL INCLUDE SAILING, CANOEING, ARCHERY, CRAFTS, AND OF COURSE S'MORES!

DATE: SEPT 11-13

ARRIVAL - 5:30PM FRIDAY (PLEASE EAT DINNER BEFORE ARRIVAL)

DEPARTURE - 10AM SUNDAY (AFTER BREAKFAST AND WORSHIP)

FEES: \$132 FOR ADULTS OVER 18, \$100 FOR CHILDREN & YOUTH 6-17.



Tithes and Offerings

We now have five ways to give to our ministries. If you would like your offering to be allocated towards a specific ministry, please indicate it in the memo of your check or you will be prompted on the website.

1. Give during our weekly Worship Services.
2. Mail in a check to 7215 Walnut Grove Church Road, Hurdle Mills, NC 27541.
3. Use our church [website](#). Click **GIVE** in the upper right corner.
4. Use our "My Church" mobile app. Click GIVE in the lower right corner.
5. Use our Vanco QR Code, which you can find on the back of the Sunday bulletins or right here in the weekly *In A Nutshell*.

Vanco QR Code

As we continually adapt to the gift of technology, Walnut Grove now has a Vanco QR code provided on the back of the bulletin and in the Nutshell for online giving. Simply hold your phone or tablet's camera over the code for the link to Vanco. Your generosity helps us continue serving Christ and reaching out to our community in mission and faithful witness.



JOYS & CONCERNS

Prayer List

- Tom Rutledge, in the hospital with serious health issues. He is a member of our church family.
- Jean Mangum, in the hospital following a fall. She is a member of our church family.
- Rodney Overcash who is having health issues. He is Jolinda Overcash Swiggett's brother.
- Pat Beck, recovering from surgery. She is a member of our church family.
- Carol Gerbracht, recovering from surgery. She is a member of our church family.
- Herbert Cates, recovering from car accident and other health concerns. He is a member of our church family.
- JoAnn Cates with health issues. She is a member of our church family.
- Rev. Meg Hoffman, battling cancer. She's the director of Seeds of Faith at Camp Chestnut Ridge.
- John Hougom from Hurdle Mills, who is being treated for lung cancer. John is the brother of Sonja Tilley and brother-in-law of Wesley Tilley.
- Rev. Pat Sykes and Rev. Mike Sykes with health concerns
- Kathy Matthews, recovering from a fall. She is a friend of Kim McColman.
- Gene Parker who has ongoing health concerns and was recently discharged from the hospital. His wife, Kay Parker, is a member of WGIMC.
- Jaxson Bates injured in a traffic accident. He is a friend of Mary Emma Roberts.
- Scott Moore, diagnosed with leukemia. He is the brother-in-law of Emma Beckham.
- Merrill Messick, who is Beverly Huey's father and Mary Dietz, her aunt.
- Wayne Dewberry, who is facing surgery after a recent fall.
- Scott Hackler with cancer diagnosis. He is a friend of Jolinda Swiggett.
- Linwood Lovitte, who is a member of our church family.
- Jessy Privette from Wendell has been diagnosed with cancer. Jesse is the girlfriend of Jeffrey James, who is the son of Anita James and brother of Michael James.
- David Leonard having complications from surgery. He is the dad of a friend of Faith Parker.
- Leo Brooks Populorum (7 Months old), from Pittsboro, has very serious health issues. Leo is the grandson of John and Judy Guibert who are friends of Beverly Huey.
- Ben Lloyd, Cheryl Humphrey's father, with serious health issues.
- Gilbert Lee in Prince George, VA, who recently had surgery for cancer. He is Richard Lee's father
- Liz Matthews, friend of Katie Whitaker
- Kathy Kimrey with health concerns. She is the sister-in-law of Lorraine Hines and Pam Kimrey.

Prayer is powerful and we love praying for one another! If you have a request on the prayer list, we would be grateful for any updates needed. This helps us know how to continue praying and when requests may be removed or celebrated. Please let us know how we can best pray for you and your loved ones.

Send A Card

Tom and Lou Rutledge (Thinking of You), 3723 Acorn Drive, Hillsborough, NC 27278.

Quilts

Blake Thornburg from Roxboro, NC who is having serious health issues. He is a friend of Chris Berry.

Sylvia Overby from Roxboro, NC is recovering from a broken wrist and hip. She is Debby Donnelly's aunt.

(The prayer quilts will be at the front of the sanctuary on Sunday. You're invited to tie a knot and say a prayer before or after the service.)

Birthdays

Saturday 8/15 – Debra Todd, Cynthia Gibbs

Sunday 8/16 – David Berry, Carolyn Parker

Monday 8/17 – Lilly Virginia

Tuesday 8/18 – Penny Burton, Mechelle Clayton

Wednesday 8/19 – Jean Mangum

Thursday 8/20 – Rhonda Rath, Scott Humphrey

Friday 8/21 – Carson Latta

Saturday 8/22 – Karin Hopkins

If your birthday is incorrect or missing, please contact Kim at the church office at 919-732-5722 or by email at office@walnutgroveumc.org so we can update our records.

STAYING CONNECTED

[WG YouTube](#)

[WG Facebook](#)

[Website](#)

Serving in Worship

August 16th

Acolytes: Corbin Smith/Ellen Johnson

Greeters: Dan & LuAnne Bledsoe

Ushers: Dan & LuAnne Bledsoe

Scripture: Ashley Parker

Nursery: Faith Parker/Krystal Robinson

Trustee Open/Close: Cheryl Humphrey

Financial Rep: Tyler Smith

August 23rd

Acolytes: Michael Roberts/Isabella Conway

Greeters: Chris & Cathy Boling

Ushers: Fred Nading/Grayson Nading

Scripture: Kara Roberts

Nursery: Stephanie Smith/Margaret Williams

Trustee Open/Close: Johnny Clayton

Financial Rep: Rick Huey

Mowing Schedule

August 15 - Clay Parker

August 22 - Barry Walker

August 29 - Phil Hines

NOTE: If you're unable to serve in your role listed above, please find someone to serve in your place and notify Kim of the change. This will allow us to have an updated listing to publish each week.

Upcoming Events

Sunday, August 16	9:30am Sunday School 10:30am Worship Service 3:00pm SPRC meeting
Monday, August 17	6:30pm Harvest Festival meeting
Wednesday, August 19	6:30pm Worship Band 7:00pm Worship Choir
Fri-Sat., August 21-22	Walnut Grove Crafters
Sunday, August 23	9:30am Sunday School 10:30am Worship Service Back to School Sunday (bring your backpacks) 10:45am Children's Church
Wednesday, August 26	6:30pm Worship Band 7:00pm Worship Choir
Saturday, August 29	8:00am–noon Harvest Festival chicken cook day
Sunday, August 30	9:00am Doughnuts/Coffee for everyone!! (provided by Methodist Men) 9:30am Sunday School Opening/Student recognition Joint Sunday School Adults 10:30am Worship Service - 5th Sunday SongFest Time TBD Youth pool party/celebration
Monday, August 31	7:00pm Covenant Council meeting

See You Sunday!!