



GULF BREEZE UNITED METHODIST CHURCH

The Wave



75 Fairpoint Drive | Gulf Breeze, FL 32561 | 850-932-3594 | gbumc.org
Worship at the Water | 655 Pensacola Beach Blvd, 3rd Floor

INTRODUCING “THE WAVE”

A New Way to Stay Connected

Dear Church,



Welcome to The Wave - a fresh new way for us to stay connected, inspired, and informed as a congregation each month.

Why “The Wave”? Waves are a beautiful image of movement, rhythm, and life. They remind us of the Spirit of God, always in motion, shaping and renewing. Just as a wave flows with energy and direction, so does the life of our church—gathering people, moving hearts, and sending us out into the world with purpose.

Each month, The Wave will bring you updates on upcoming events, stories from within our church family, reflections from ministry leaders, ways to serve, and opportunities to grow deeper in faith. Whether you’re a long-time member or a recent visitor, we hope that this newsletter will be another way for you to stay connected.

A limited number of print copies will be available at the church and online through our website and email list. If you have a story, event, or ministry update you’d like to share in a future issue, we’d love to hear from you.

With gratitude and grace,



Rev. Dr. Erik Mays
Senior Pastor

6 So then, just as
you received
Christ Jesus as
Lord, continue to
live your lives in
him, 7 rooted and
built up in him,
strengthened in
the faith as you
were taught, and
overflowing with
thankfulness.

COLOSSIANS 2:6-7



In this newsletter you will find:

Upcoming Events, Ministry Updates, Spotlight, Reflection & More



Teach Us to Pray

August 10,17,24,31
September 7,14

Jesus' disciples wanted to know how to pray. Ask and you shall receive. Jesus taught them a prayer we call "The Lord's Prayer." Jesus saw this prayer as an opportunity to help us connect with God and one another, and what it means to live a life of discipleship. But what is Jesus telling us through this prayer today? Throughout this series, we'll spend each Sunday exploring a line from the prayer and consider what it is God is asking of us and how this prayer can help us grow in our faith as disciples of Jesus Christ.

AUGUST 10

*Our Father, Who Art in Heaven,
Hallowed Be Thy Name*
Matthew 6:9-13, Psalm 139:7-10

AUGUST 17

Whose Will Be Done?
Matthew 6:9-10, Luke 22:41-42,
Revelation 21:1-5

AUGUST 24

Our Daily Bread
Matthew 6:9-11; John 6:30-31, 35;
James 2:15-17

AUGUST 31

Forgive...As We Forgive
Matthew 6:9-12, 14-15; Luke 23:32-34

SEPTEMBER 7

And Lead Us, Not into Temptation
Matthew 6:13, Psalm 23:3,
James 1:13-15, 1 Peter 5:8-9

SEPTEMBER 14

*For THINE Is the Kingdom, Power,
and Glory*
Matthew 6:9b-13





PACK THE PEWS

& Blessing of the Backpacks

AUGUST 10. ONE SERVICE. 10AM

On the second Sunday of August we'll all come together for a service with everything we love about worship. The choir and Journey Band will be here along with all our students and their backpacks as we pray over them and our community at the start of a new school year. Invite your teacher friends, future classmates, principals, bus drivers, and all those headed back-to-school.



Kona Ice will be here after the service so we'll all have a cool start to school.

GROWING our faith.



The Chosen: Season 5

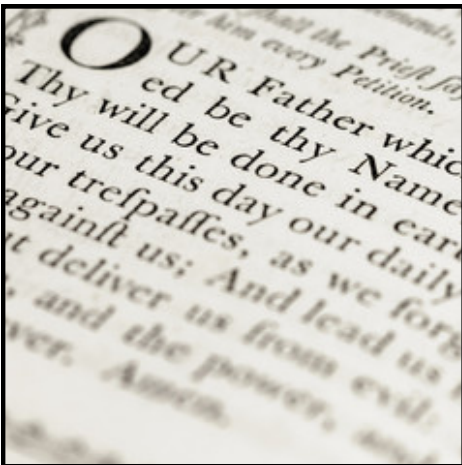
BEGINS WED. JUL. 30. 4PM. LECTURE HALL

Called "The Chosen: Last Supper, this eight-week series season depicts the events of Holy Week, leading up to Jesus's arrest in the Garden of Gethsemane. Led by Pastor Pam.

Holy Communion

BEGINS WED. AUG 13. 5:45 PM. CHAPEL

Wednesday evening communion is back! Please join us for the sacrament of Holy Communion.



The Lord's Prayer

BEGINS WED. AUG 13. 6 PM. CHAPEL

Join Dr. Erik as we explore the Lord's Prayer using Adam Hamilton's book *The Lord's Prayer: The meaning and power of the prayer Jesus taught*. This six-week study will coincide with the sermon series – *Teach Us to Pray*. The book is available at The Book Place. Please call the church office to sign up or email Dr. Erik at emays@gbumc.org.

Disciple Fast Track

BEGINS THURS. SEPT 4. 9AM. LECTURE HALL

Disciple Fast Track, provides a viable option for busy people seeking comprehensive engagement of the New Testament. In this 12-week course, participants read 3-5 chapters of the Bible daily in preparation for the weekly meetings, which last approximately 75 minutes. Led by Ralph Peterson and Pastor Josh.



WHAT'S Cooking?

Welcome to The Chef's Table!

This space is where Chef Ian gives away all the little tricks of the trade that set one apart from the average home cook... These are the techniques and practices that those in the finest restaurants around utilize on a daily basis and the good news is, they aren't that hard!

'When you give a feast, invite the poor, the crippled, the lame, the blind.' -Luke 14:13

Salt Your Meat! Before grilling beef, pork or chicken, salt the meat on both sides and let it rest in the refrigerator for 2 hours. This is called 'dry-brining' and denatures (breaks-down) the tight protein strands to allow for a more tender piece of meat. Table salt is just one atom of sodium and one of chlorine (NaCl) so it is the only molecule simple enough to penetrate the meat entirely. Marinades only work because of their salt content so do what chefs do... buy good meat, salt and rest it, and keep it simple!

'Craft' Instead of 'Kraft' Add a few tablespoons of good olive oil and a few shaves of citrus zest to a cup of any mayonnaise-based dressing such as one for coleslaw or chicken salad. This adds a richness and brightness while smoothing out the dressing.

Turn Up the Brightness! Acid is equally important as salt and pepper to every dish. Whether it be a good vinegar (sherry, balsamic, apple cider...) or a squeeze of fresh citrus juice, finishing a dish with a touch of acidity will bring every other flavor to another level.

Salt is important as a flavor catalyst in that it makes an ingredient taste more like itself. **Acid** is it's sidekick as it elevates combinations of flavors like a conductor to a symphony!

Wednesday Night Supper

Wednesday | 5-6pm

AUGUST 6

Pulled Pineapple Pork
Lime & Coconut White Rice
Roasted Vegetables
Salad Bar
Dessert

AUGUST 13

Burger Night!
1/3 pound Angus Cheeseburgers
Fries
Coleslaw
Dessert

AUGUST 20

Steak Stroganoff
Caramelized Onion Gravy
Egg Noodles
Green Beans w/ Bacon
Salad Bar
Dessert

AUGUST 27

Biscuit Chicken Pot Pie
Lemon Pepper Broccoli
Yeast Rolls
Salad Bar
Dessert

Children's Ministry



Over 200 kids and 100 volunteers spent a week of their summer learning to “TRUST JESUS” at this summer’s VBS. Thanks to all who gave so graciously of their time and talents.

VOLUNTEER *Spotlight*

Vicki Brock

CHILDREN MINISTRY VOLUNTEER

Our volunteer spotlight this month is Mrs. Vicki Brock. As a member of GBUMC for 40+ years, she has served in many capacities to instruct our church's children in Christian discipleship.

Through a Bible-centered and loving approach, "Ms. Vicki" as she is lovingly known, has made the lessons of the Bible clear and understandable through the eyes of a child. Her many gifts include music, arts, crafts and setting the scene for learning about the Lord.

Each year, she recreates the tomb of Jesus so the children can have a tangible understanding of the miracle of the Resurrection. Her VBS Bible Story sets are legendary to generations of children and tailored to each summer's theme. She leads different Bible studies throughout the school year including "How to Use Your Bible" and "The Armor of God".

Her weekly Sing and Ring ensemble performs several times a year with song, handbells, percussion and puppets. Ms. Vicki also teaches Sunday School each week with lessons that speak to children and a message that they can take with them.

We are grateful for and have been blessed by Ms. Vicki's decades of service to Gulf Breeze United Methodist Church.

CHILDREN'S MINISTRY

Sing and Ring

MON | 2:30-4:30PM
MUSIC SUITE

1st -5th graders sing and learn to play handbells, chimes, and percussion

Blessing of the Backpacks

AUGUST 10 | 10AM

Students receive a backpack token and a blessing for their protection and wisdom in the coming year.

Third Grade Bible Presentation

AUGUST 24 | 9:30AM

Third graders receive their own Bible during the worship service. (4-5th graders without a Bible are welcome.)

STUDENT MINISTRY

The CrossWalk

WED | 1:30-4:30

6th -8th graders meet on the 2nd floor of the Youth Building.

JOY CLASS

SUN | 11AM | ROOM 1

A special ministry that serves our special-needs adults offering a place to grow in the love and knowledge of God.

ADULT MINISTRY

Verse by Verse Look at the Bible

TUES | 9AM | ROOM 2

Delve into the book of Isaiah with Rev. Pam Avery.

Men's Bible Class

WED | 9AM | ROOM 1

Join this weekly study taught by Dr. Erik Mays.

Growing Wiser Bible Study

WED | 10AM | ROOM 2

Senior adult study led by Rev. Dawn Bond.

The Chosen Season 5

WED | BEGINS JULY 30
4PM | LECTURE HALL

Rev. Pam Avery facilitates the weekly viewing of this compelling series about the life of Jesus.

The Lord's Prayer

WED | BEGINS AUG 13
6PM | CHAPEL

A study of the meaning and power of the prayer Jesus taught. Led by Dr. Erik Mays.

Disciple Fast Track

THURS | BEGINS SEPT 4
9AM | LECTURE HALL

A 12-week comprehensive look at the new Testament. Led by Ralph Peterson and Rev. Josh McLamb.

SENIOR ADULTS

Sharing & Caring Luncheon

MON AUG 11 | 11AM
FELLOWSHIP HALL

Feast on a scrumptious lunch and be amazed by the talents of "The Pensacola Magician".

Lunch Bunch

1st & 3rd WED | 11AM
GATHERING AREA

Travel with the bunch to local area eateries.

CARING MINISTRY

Card Ministry

Volunteers send cards to those who need comfort or sympathy.

Flower Delivery

MON | 10AM

Volunteers deliver flowers to the those recovering from illness or injury or needing a pick-me-up.

Memorial Receptions

Teams of volunteers host a light reception following a memorial service.

Prayer Shawls

WED | 10-11:00AM

Shawls are knitted with prayers in every stitch so the recipient is blanketed in prayer.

CHOIR & WORSHIP

Sing and Ring

MON | 2:30-4:30PM
MUSIC SUITE

Choir for 1st-5th grade

The Breeze Bells Rehearsal

MON | 5:30PM
MUSIC SUITE

Handbell choir.

The Silvertones Rehearsal

TUES | 10:30AM
MUSIC SUITE

Senior Adult Choir

Dulcimer Instrument Class

WED | 3:00PM
MUSIC SUITE

Beginner dulcimer group.

Choir Rehearsal

WED 6:00PM
MUSIC SUITE

Adult Choir

COMMUNITY GROUPS

Centering Prayer

WEDNESDAYS
1:30-4:30

Method of contemplative prayer that involves sitting in silence and using a sacred word to help focus on God.

COMMUNITY GROUPS

Qigong

MONDAYS | 9:30AM
RECEPTION HALL

Gentle mindful movement, centered on breathing.

Faithfully Fit

MONDAYS | 10:00AM
RECEPTION HALL

Class focused on core strengthening, stretching, and muscle retention.

Al-Anon

TUESDAYS | 10:00AM
ROOM 5

Group for those impacted by another person's alcoholism.

Overeaters Anonymous

TUESDAYS | 12:00PM
ROOM 3

Support for those recovering from compulsive eating and food behaviors.

Weight Watchers

TUESDAYS | 12:30
ROOM 1

The #1 doctor-recommended weight-loss program promoting healthy eating.

OUTREACH

Methodist Meals

MON-FRI

Drivers carry hot noon-time meals to the elderly and home-bound.

Bright Bridge Ministry

2ND TUES | 8:30-NOON

Volunteers prepare and serve food to the homeless.

Interfaith Ministries

Offers food, clothing and financial support for those in need in our community.

Good Samaritan Clinic

Provides limited health care to Santa Rosa County residents without health insurance.

Family Promise

Connects struggling families with local and government programs that can provide assistance, guidance and support with the goal of combating homelessness.

Embrace Florida Kids

A faith-based agency focused on providing homes, healing and hope to vulnerable children who come from families in crisis, placed in foster care at no fault of their own.

Prism Project Update



Once again, we are happy to report that we have received the necessary funds to move forward with the restoration of our sanctuary prism. From the Widow's Mite to the gift of Abram to Melchizedek, both small and large donations have come together in a beautiful chorus of giving. Through your faithful support, we are restoring God's Rainbow, a symbol of His everlasting promise, to inspire awe and hope in generations to come.

Our Board of Trustees has been working with the architect and contractors to finalize the details for the project to begin. Currently, permits are in the process of being obtained. The contractor's schedule has been set to commence construction at the beginning of November, with completion by the end of December – weather permitting.

We will continue to provide updates as they become available. Thank you for being the light that reflects His love so clearly. May this restored rainbow forever point us back to the faithfulness of our God.

Francis:

THE MAN FROM ASSISI

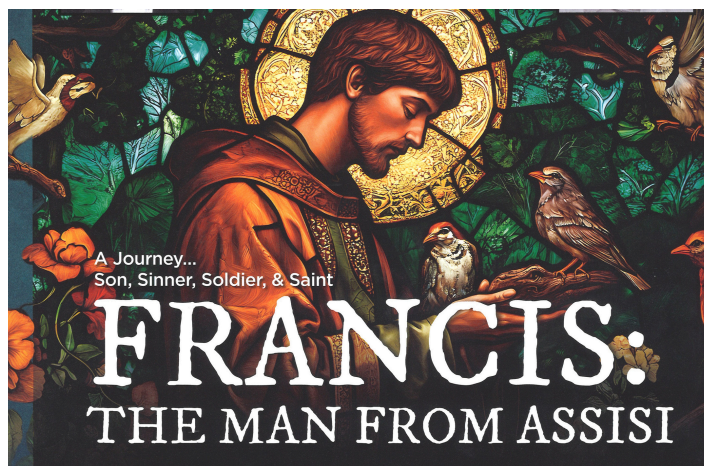
August 8 & 9. 7pm

Ashmore Auditorium,
Pensacola State College

You're invited for a staged reading of a powerful new musical portraying the life of St. Francis—a man who renounced wealth, embraced peace, and devoted his life to God.



Scan to purchase
tickets for \$15.



With a history of over 30 years of collaboration, Allen Pote, composer and co-founder of the Pensacola Children's Chorus, and Tom Long, a Cincinnati-based playwright, bring the story of St. Francis to life with a heartfelt staged reading-- no costumes, no sets, just powerful words and music.

WHERE CAN I *Serve?*

Methodist Meals Kitchen

TUES. WED OR THURS
8:30-10:30

Help prep and prepare
noon-time meals for the
home-bound.

SUN MORNING
AFTER ANY
WORSHIP SERVICE

One Sunday a month,
chop and prep food for
week-day meals.

Joy Class Drivers

SUN 9:00AM & NOON

Pick up members of the Joy
Class in Pensacola in the
morning and return them
home following their 11 AM
Sunday School Class

Children's Nursery

SUN 9:00-11:00AM

Care for children infant -
age 4.

Food Pantry Needs

Peanut Butter
Soups
Mayo
Boxed Mashed
Potatoes
Toilet Paper
Boxed Drinks

Wed Night Supper

WED 3:00-6:00PM
OR 5:00-7:00PM

Early shift to prepare and
serve dinner and late shift
will help with clean-up.

Visit GBUMC.org for more information and to give.

HOW TO...

Give

Click [here](#) to give online.

Give in person or by mail:

75 Fairpoint Dr. Gulf Breeze, FL 32561.

Become A Member Click [here](#)

Volunteer

Service in the church and community helps us grow
closer to Christ and to one another.

GBUMC.org/volunteer

Connect With Us





Sundays at 8:30 AM

PENSACOLA BEACH YACHT CLUB
655 PENSACOLA BEACH BLVD, 3RD FLOOR



REV. JOSH MCLAMB



JONATHAN CLARK



Love ● Hospitality ● Hope ● Healing

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