



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

A Message from Erik

The Gift of Unity



Dear Church,

This fall, like many of you, I'll be caught up in the excitement of football season. At every game, each player brings with them their own set of skills in order to compete. But here's the truth: no quarterback wins the game without a line to protect him, no running back gets far without good blocking, and no defense succeeds unless everyone plays their part. A single star can shine, but a team wins the game.

That's the power of unity.

Scripture says it this way in Ecclesiastes 4:9-10: *"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up the other."*

Jesus understood this better than anyone. When He began His ministry, He could have chosen to walk alone. But instead, He called twelve disciples—fishermen, tax collectors, ordinary men—to walk beside Him, learn from Him, and share in His mission

to walk beside Him, learn from Him, and share in His mission. Together, this small band carried the Good News that changed the world. Even after His resurrection, Jesus sent His followers out two by two (Mark 6:7), knowing that together they would be stronger, braver, and more faithful.

The Apostle Paul reminds us that the Church is like a body: *"Now you are the body of Christ, and individually members of it"* (1 Corinthians 12:27). Each of us has a different role, but when we bring those various roles together, the whole body thrives.

Christian unity is not just about being on the same team—it's about letting Christ bring us together for a purpose far greater than just ourselves. Just as Jesus multiplied the loaves and fishes, God multiplies what we bring when we offer it together.

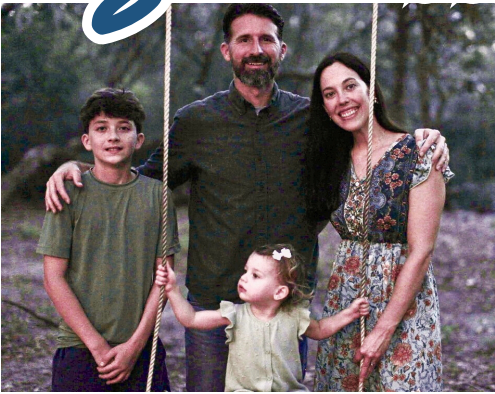
So, the next time you watch a game, or read the Gospels, or gather in worship, remember this: we are at our best when we walk side by side in the Spirit. That's the gift of unity—when Christ binds us together for something far greater than we could ever accomplish alone.

With gratitude and grace,

Rev. Dr. Erik Mays
Senior Pastor

Children's Place Preschool

BACK TO School



Brandy Coughlin

CHILDREN'S PLACE PRESCHOOL DIRECTOR

I am the director of the preschool and have had the privilege of being part of the preschool team for nearly four years, Starting at the front desk, then serving as Assistant Director, and now leading as Director, the journey has given me a strong understanding of how our program runs and how to best support our children, families, and staff.

I have more than 20 years of experience working with children, and I've always been passionate about creating an environment where every child feels safe, heard, and valued as an individual. I believe deeply in being an advocate for children and helping them build a strong foundation for the future.

Children's Place Preschool was recently re-accredited by NAEYC (National Association for the Education of Young Children). NAEYC accreditation is a rigorous process that signifies a commitment to the highest standards in early childhood education. Less than 10% of early childhood programs in the US hold this distinction. I am incredibly proud of our dedicated teachers, who share my passion for providing high-quality childcare and education.

My husband and I live in Gulf Breeze with our two children, Graham and Sienna. As a family, we love camping, hiking, and spending time outdoors. We've been members of Gulf Breeze United Methodist Church since 2018, which is why this preschool ministry is so close to my heart. I'm dedicated to seeing it thrive and be the very best it can be for our community.

SERMON Series



Teach Us to Pray

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.

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

Coming Up in Worship

SEPTEMBER 21

Living Stones
1 Peter 2:2-10

SEPTEMBER 28

Jump Out
Matthew 14:22-33

Coming in October



OVERFLOW:

Living Generously from a Heart
Full of God's Grace



MINISTRY EXPO

SUNDAY. SEPT 21.

Following all services

LOOKING FOR A PLACE TO PLUG IN?

COME AND LEARN HOW YOU CAN SHARE
YOUR SPECIAL GIFTS AND PASSION FOR
SERVICE IN OUR CHURCH AND COMMUNITY.

Worship and Music

The Music Ministry is at the heart of worship drawing us into God's word.

Hospitality

Sharing a warm smile and yummy snacks our ushers, greeters and hospitality team make all feel welcome.

Congregational Care

Reaching out to our church family and the community to offer compassion, encouragement and support in many ways. Congregation care offers...

Prayer Shawl Ministry

Flower Ministry

Flower Delivery Drivers

Card Ministry

Memorial Reception Team

Cookie Ministry

Stephen Ministry--lay congregation members are trained to provide one-to-one care to those experiencing a difficult time in life.

Altar Guild

Prepare the altar and communion elements for worship services.

Methodist Meals

Cooks and drivers provide a hot noon-time meal 5 days a week to over 200 home-bound in our community.

Senior Adult Ministry

Monthly luncheon, bi-monthly lunch outings and special trips all thanks to volunteer coordinators and drivers.



Children and Youth

Caring for and teaching the next generation on Sundays, week-days and special events requires lots of hands.

Joy Class

The Joy Class is a group of special needs adults led by devoted teachers and drivers who would love helpers.

Building, Grounds, & Garden Maintenance

Painting, minor repairs, weeding, and many other tasks are necessary to maintain our buildings and property.

Missions

Reaching out to share the gospel with college students and to live the gospel to the under-resourced, those with home insecurities and addictions in our community.

Wednesday Night Suppers

All are invited to our weekly dinner cooked, served and cleaned up by faithful servants.

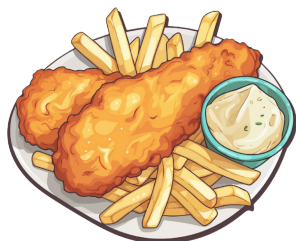
FAITH. FELLOWSHIP. FURRY FRIENDS

DISCIPLE

FAST TRACK

BECOMING DISCIPLES
THROUGH BIBLE STUDY

GRIEF SHARE



Disciple Fast Track

BEGINS THURS. SEPT 4. 9AM. LECTURE HALL

Disciple Fast Track is a comprehensive 12-week course covering the Old Testament. 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.

Grief Share

BEGINS WED. SEPT 10. 6PM. ROOM 1

GriefShare is a grief recovery support group where you can connect with others who are living through the hurt of losing a loved one and find help and healing. Led by Gail Eggimann.

Fellowship Fish Fry

WED. SEPT 24. 5PM. FELLOWSHIP HALL

It's our favorite fellowship dinner of the year! Lynn Howe's life group will fry up some of the best fish and hush puppies around. You won't want to miss it.

TAKE OUT ORDERS WILL NOT BE AVAILABLE UNTIL 6:15PM.

Blessing of the Pets

SUNDAY. OCTOBER 5. 4PM

SHORELINE PARK WELCOME CENTER

All creatures great and small will receive a blessing and St. Francis charm for their collar, cage, or bowl.

Falloween

SUNDAY, OCTOBER 26. 3-5PM

Invite your friends and neighbors to this year's fall festival with lots of trunks, bounce house, obstacle course and mountains of fun.

WHAT'S Cooking?



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

Wednesday Night Supper

Wednesday | 5-6pm

SEPTEMBER 3

Turkey Melt
Chicken & Rice Soup
Cream of Tomato Soup
Deluxe Salad Bar
Dessert

SEPTEMBER 10

Baked Ziti Pomodoro
Roasted Zucchini & Peppers
Caesar Salad w/ Grilled Chicken
Dessert

SEPTEMBER 17

Turkey Meatloaf & Tomato Sauce
Mashed Potatoes and Gravy
Roasted Broccoli w/ Parmesan
Salad Bar & Dessert



SEPTEMBER 24



Annual fellowship fish fry.
TAKE OUT WILL NOT BE
AVAILABLE UNTIL 6:15PM.

The Chef's Table!

Soup Ministry:

Whether you are gifting a meal to a friend in need, taking the night off from cooking, or feeding an ailing neighbor, every penny of profit from our chef-crafted soups goes back into the community. These recipes are fit for a fine-dining restaurant and require no more effort than to thaw and heat.

Purchase a quart today for \$15 and enjoy knowing that you are contributing to putting food on someone else's table too!

CREAM OF TOMATO:

A classic crowd-pleaser that begins with a broth of aromatic vegetables and slowly caramelized tomato, finished with cream and fresh basil.

CHICKEN AND RICE:

A traditional chicken and vegetable soup with a touch of lemon and fresh herbs to lift the soul and heal the body.

SEASONAL OFFERINGS:

Keep your eye on the newsletter and Wednesday night dinner menu for offerings such as Fall Squash Bisque, French Onion, and Gumbo so there is always something new to try!



CHILDREN'S MINISTRY

Sing and Ring

BEGINS MON SEPT 8
2:30-4:30PM
MUSIC SUITE

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

STUDENT MINISTRY

The CrossWalk

BEGINS WED SEPT 10
1:30-5:00
YOUTH BLDG

6th -8th graders meet for snacks, games and a time to grow in their relationship with Christ and one another.

SENIOR ADULTS

Sharing & Caring Luncheon

MON SEPT 8 | 11AM
FELLOWSHIP HALL

Come enjoy the music of guitarist John Wheeler and a scrumptious meal prepared by Chef Ian.

Lunch Bunch

1st & 3rd WED | 11AM
GATHERING AREA

Travel with the bunch to local area eateries.

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 | 3:45PM
LECTURE HALL

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

The Lord's Prayer

WED | 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 Old Testament. Led by Ralph Peterson and Rev. Josh McLamb.

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.

CARING MINISTRY

Grief Share

WED SEPT 10 | ROOM 1

GriefShare is a grief recovery support group where you can connect with others who are living through the hurt of losing a loved one.

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.

VOLUNTEER

Tammy Rivera

HOSPITALITY VOLUNTEER

Spotlight

Six years ago Tammy Rivera came to GBUMC seeking comfort, support and spiritual guidance after the loss of her beloved 15-year-old son Conor. She came, she stayed and God has used her many strengths and gifts to serve all of us at GBUMC.

Tammy humbly serves behind the scenes at GBUMC, usually 4-5 days of the week and gives of herself with joy and compassion. She serves with love in the image of God and is a role model of service and commitment. You may have seen her as she has done many volunteer jobs. She is currently working in the Reception Hall after Sunday services but prior to that she delivered flowers to homebound folks or she was making sausage and biscuits for Sunday services, or she was working at the information desk or she was making homemade chocolate chip cookies for the Memorial Committee or she was arranging Sanctuary flowers for delivery or she was working at the Samaritan Clinic or she was decorating the church for Christmas during the holidays. In addition, she has greeted you in the Narthex. She has a beautiful giving spirit, and we are so lucky to have her talents here at GBUMC.

Tammy has unknowingly and selflessly taught us all about the gift of Hospitality and selfless Service.



She's a loving wife to her husband Edwin, who is a local physician in our community and she's a doting mom to her 27-year old son Caleb who completed a master's degree in architecture from the University of South Florida and is furthering his graduate level studies at Duke University, completing a course of study with a Masters in Fine Arts. And of course, she is the best human Mom to her sweet doggy Copper.

Tammy is a nurse by profession. You can see that her commitment to Service is evident in every aspect of her life. Her love and passion for her fellow human beings is obvious.

It is such a pleasure to serve alongside this kind and compassionate soul. Thank you, Tammy, for being the hands and feet of Jesus. She abides in the image of God in service to others and so we recognize Tammy Rivera as the *Volunteer Spotlight for September*.

"This church has made me feel welcomed and loved and has helped me to grow in my faith in Christ"

Tammy Rivera

WELCOME *New Members*

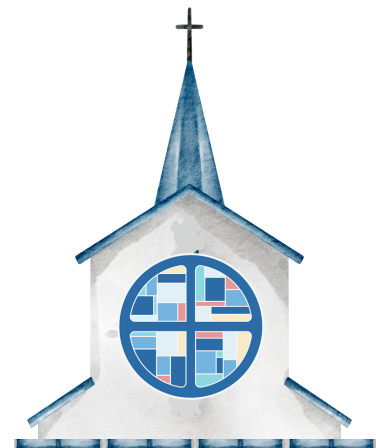
Ron & Patty Bordwell
James & Noralee Hughes
Boyd & Tona King
Margaret Tamberella

A CLOSER LOOK

SEPTEMBER 14. 10:30AM. ROOM 2

New to the church or community? Have questions about the church? Wondering how to get connected?

If you've been visiting Gulf Breeze United Methodist and are considering making this your church home, you're invited to a "Closer Look". Ask questions, learn the church's history and find your place in the life of the church? Childcare provided.



A CLOSER LOOK

OUR TEAM



SENIOR PASTOR
Rev. Dr. Erik Mays



SENIOR ASSOCIATE
PASTOR
Rev. Pam Avery



ASSOCIATE PASTOR
Rev. Josh McLamb

SARAH BENNETT	Book Place and Communications
JONATHAN CLARK	Contemporary Music Director
VIRGINIA CLARK	Director of Student Ministries and Communications Assistant
LISA CONWAY	Finance Assistant
BRANDY COUGHLIN	Children's Place Preschool Director
CLARENCE FRONTZ	Maintenance Manager
BETTE HARRIMAN	Hospitality Director
TAMMY MACDONALD	Administrative Assistant
RHONDA MERRILL	Church Administrator
KAREN MIZE	Community Health Coordinator
JIM MURDY	Maintenance Assistant
DON SNOWDEN	Traditional Music Director
IAN WHITCOMB	Chef and Kitchen Manager

TO EMAIL A STAFF MEMBER ENTER FIRST INITIAL
AND LAST NAME @gbumc.org



REV. JOSH MCLAMB

JONATHAN CLARK

Sundays at 8:30 AM

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

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](#) to become a member.

Volunteer

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

GBUMC.org/volunteer

Connect With Us



Visit GBUMC.org for more information and to give.



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