



GULF BREEZE UNITED METHODIST CHURCH

# The Wave



WE LOVE BECAUSE  
HE FIRST LOVED US.

1 JOHN 4:19

75 Fairpoint Drive | Gulf Breeze, FL 32561 | 850-932-3594 | [gbumc.org](http://gbumc.org)  
Worship at the Water | 655 Pensacola Beach Blvd, 3rd Floor

# Festive Floats & Faith



There's a certain rhythm to February in our neck of the woods. We go from being surrounded by marching bands, bright beads, king cake, and neighbors lining the streets, to preparing for the season of Lent with ashes, prayers, and sacred words that have shaped the Christian life for generations. It's a beautiful contrast – celebration and reflection, laughter and longing, joy and depth.

Mardi Gras reminds us that joy is holy. God created us for community, for gratitude, for delight in good gifts. Sharing food, waving at parades, laughing with friends – these moments knit us together and remind us that life is meant to be received with thanksgiving.

But the season also gently nudges us forward. After the last float rolls by and the last slice of king cake is shared, Lent begins. Lent invites us to slow down, to listen more carefully to God, and to examine what truly shapes our lives.

This year, our Lenten journey will center on a new sermon series, “Believe: A Lenten Journey through the Apostles’ Creed.” Week by week, we will explore the ancient confession of faith that unites Christians across generations and denominations. These simple yet profound words – I believe in God... in Jesus Christ... in the Holy Spirit... the church... forgiveness... eternal life – are more than statements. They shape how we love, serve, forgive, and hope.

In a world filled with uncertainty, noise, and division, grounding ourselves in what we believe offers clarity and peace. Lent becomes an opportunity not to add more to our busy lives, but to return to what matters most – trusting God more deeply, loving our neighbors more faithfully, and living our faith more intentionally.

I hope you'll fully enjoy the joy of Mardi Gras this month – the color, the music, the community, the celebration. And I hope you'll also join us as we step together into a meaningful season of worship, reflection, and growth through the Believe series.

May this February lead us from celebration into deeper faith, from noise into prayer, and from routine into renewal.

Grace and peace,

A handwritten signature in black ink, appearing to read "Erik".

Dr. Erik

*Senior Pastor*



# SERMON *Series*



## BELIEVE

### A Lenten Journey through the Apostles' Creed

**Sundays - Feb 22 - April 5**

The ancient confession of faith shared by Christians across centuries and cultures is not merely words we recite, but truths that shape how we live. From trusting God the Creator, to following Jesus Christ as Lord, to being renewed by the Holy Spirit and formed as the Church, this series

invites us to deepen our faith during the reflective season of Lent.

As the journey culminates on Easter, we celebrate the hope at the heart of the Creed: the resurrection of the body and the promise of life everlasting—the faith we confess and the life we are called to live.

FEBRUARY 22

First Sunday in Lent

*"I believe in God the Father Almighty,  
maker of heaven  
and earth."*

MARCH 1

Second Sunday in Lent

*"And in Jesus Christ his only  
Son our Lord."*

MARCH 8

Third Sunday in Lent

*"Born of the Virgin Mary...  
suffered... crucified..."*

MARCH 15

Fourth Sunday in Lent

*"He rose again... is seated at  
the right hand... will come  
again to judge..."*

MARCH 22

Fifth Sunday in Lent

*"I believe in the Holy Spirit."*

MARCH 29

Palm / Passion Sunday

*"The holy catholic church... the  
forgiveness of sins."*

# FEBRUARY

*begins the season of Lent.*



## 40 Days of Prayer

**Feb 1- Feb 15**

Fill out a prayer request card for yourself or another person. They may be anyone, of any age. All requests will be held confidential.

**Feb 15**

Drop off prayer card.

**Feb 18**

Prayer requests will be placed on the altar rail on Ash Wednesday. Pick up a card to pray for someone.

**Feb 18-April 2**

Pray.



## Small and Tall MARDI GRAS BALL

**Sat. Feb 13. 6-7:30pm.  
Reception Hall**

Children from preschool thru 5<sup>th</sup> grade are invited to dress in their favorite Mardi Gras attire and choose their dance partners. (Moms, Dads, Grandmoms, Granddads, etc). It will be a special evening with plenty of yummy refreshments, fun activities and lots of dancing!



## Ash Wednesday Service

**Wed. Feb 18. 6pm.  
Sanctuary**

We will begin Lent with a service of repentance and reflection that will include the traditional imposition of ashes.



# GROWING our faith.

## Exploring the Apostles' Creed

**Wed. Feb 18-Apr 1. 4pm. Lecture Hall**

This Lent, join Dr. Erik for a meaningful 7-week Bible study centered on the Apostles' Creed – the ancient confession of faith that has shaped Christians for centuries. Together, we'll explore what these words mean, why they still matter, and how they shape the way we live today. This study invites honest conversation, deeper understanding, and spiritual growth.

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## The Gospel of Matthew

**Begins Tues. Feb 3. 9:00 am. Room 2**

Pastor Pam will begin a new class that will look at the text verse by verse and embark on a deep study of this favorite book of scripture! The class is also available on zoom. Contact Pam at [pavery@gbumc.org](mailto:pavery@gbumc.org).



## Seeing Jesus Thru Middle Eastern Eyes

**Begins Sun. Feb 8. 4:30pm. On Zoom**

We will explore the culture in the time of Jesus and examine how His teachings were applied then and how they are relevant today. Taught by Pastor Pam on zoom only. Email [pavery@gbumc.org](mailto:pavery@gbumc.org) for link.

## Confirmation Class

**Sun. Feb 15-May 24. 10:30am-Noon. Youth Room**

Confirmation class is an opportunity for students in 6th grade and up to learn what Christians particularly, United Methodists believe about God, faith, and the church. It is a chance to ask questions and learn the truths about what it means to be a person of faith. Contact Virginia at [vclark@gbumc.org](mailto:vclark@gbumc.org).



# Moving into MARCH



## Celebration Sunday *Restored & Free*

**Sunday. March 1. 10am**

We will gather as one church to give thanks for God's faithfulness celebrating the restoration of our prism and the paying off of our mortgage. Lunch will be provided.

**ONE SERVICE. ONE CELEBRATION. ONE GRATEFUL CHURCH.**



**GRIEF SHARE NEW CLASS BEGINNING MID-MARCH**

Contact Pastor Josh at [jmclamb@gbumc.org](mailto:jmclamb@gbumc.org).



# WHAT'S *Cooking?*

"I have always been a fan of studying God's word in its varied translations. We all have our preference yet each version of the Bible speaks to us.

Studies on the etymology of the Bible are particularly interesting to me. Koine (common) Greek, was the vernacular of much of the New Testament. The word is derived from 'Koinonia', meaning 'fellowship'.

'Hospitality' in the common Greek, is 'Philoxenia' which is a combination of 'Philo' (loving or friend) and 'Xenia' protecting guests, esp. strangers. This effectively makes the translation 'The Love of (or for) Strangers'.

This concept goes beyond kindness to others. It speaks to how we are to carry ourselves as Christians. Matthew 25:40 says "As you did this for the least of these my brothers, you did it for me." For me, the culinary arts are my personal way of expressing this love.

I remind myself and encourage other Christians to live with an outstretched hand to those we come across. Our Wednesday Night Suppers offer an opportunity to reach across the table with "philoxenia" to share the love of Christ. It doesn't require an explanation of the gospel but simply welcoming words and an invitation to share your table. In this new year, let us walk with hands stretched out to bring others in.

Yours in Christ,  
Chef Ian Whitcomb

## Wednesday Night Supper

Wednesday | 5-6pm

### FEBRUARY 4

Traditional Meatloaf  
Garlic Mashed Potatoes  
Green Beans & Petit Carrots  
Salad  
Fresh Fruit & Dessert

### FEBRUARY 11

Curried Chicken  
Jasmine Rice  
Steamed Vegetables  
Homemade Flatbread  
Salad  
Fresh Fruit & Dessert

### FEBRUARY 18

Lasagna  
Parmesan Roasted Zucchini & Squash  
Garlic Bread  
Salad  
Fresh Fruit & Dessert

### FEBRUARY 25

Spaghetti w/ Basil Marinara & Meatballs  
Parmesan Roasted Squash & Zucchini  
Garlic Bread  
Salad  
Fresh Fruit & Dessert

## 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.

## STUDENT MINISTRY

### The CrossWalk

WED | 1:30-5:00PM  
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

2<sup>ND</sup> MON | 11AM  
FELLOWSHIP HALL

Come enjoy a scrumptious meal prepared by Chef Ian alongside great company.

### Lunch Bunch

1st & 3<sup>rd</sup> WED | 11AM  
GATHERING AREA

Travel with the bunch to local area eateries.

## ADULT MINISTRY

### Messiah Class

SUN | 9:30AM  
LECTURE HALL

Weekly study and discussion of scriptures. Led by class member

SUN | 4:30PM

Join Pastor Pam for a study of the Old Testament via Zoom. Email [pavery@gbumc.org](mailto:pavery@gbumc.org) for link.

### Verse by Verse Look at the Bible

TUES | 9AM | ROOM 2

This month our study of the book of Isaiah will come to a close and we will delve into the book of Matthew 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.

## 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

### 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 | 10AM-NOON

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



## CHOIR & WORSHIP

### **The Breeze Bells Rehearsal**

MON | 5:45PM  
SANCTUARY

Handbell choir.

### **The Silvertones Rehearsal**

TUES | 10:30AM  
MUSIC SUITE

Senior Adult Choir

### **Dulcimer Instrument Class**

WED | 3:00PM  
MUSIC SUITE

Group for all skill levels.

### **Choir Rehearsal**

WED 6:00PM  
MUSIC SUITE

Adult Choir

### **Taize' Service**

4TH THURS | 5:30PM  
CHAPEL

Healing service combined with Holy Communion.

## COMMUNITY GROUPS

### **Centering Prayer**

SUN 9:15AM  
WED 9AM & 5PM

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

## COMMUNITY GROUPS

### **Qigong**

MON | 9:30AM  
RECEPTION HALL

Gentle mindful movement, centered on breathing.

### **Faithfully Fit**

MON | 10:00AM  
RECEPTION HALL

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

### **Al-Anon**

TUES | 10:00AM  
ROOM 5

Group for those impacted by another person's alcoholism.

### **Overeaters Anonymous**

TUES | 12:00PM  
ROOM 3

Support for those recovering from compulsive eating and food behaviors.

### **Weight Watchers**

TUES | 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.

# Wesley Heritage Tour with Dr. Erik and Lindsey Mays



Join Dr. Erik and Lindsey Mays on a Wesley Heritage Tour, departing from Pensacola on September 9, 2026. You will see Coventry Cathedral, Epworth, Memorial Church, St. Andrews Church, Cotswolds, Stratford, Oxford, Bristol, Bath, City Road Chapel, Aldersgate Street, Buckingham Palace, and much more!

**September 9** – Depart from the USA  
**September 10** – Arrival in England and Coventry  
**September 11** – Epworth  
**September 12** – Cotswolds & Stratford  
**September 13** – Oxford  
**September 14** – Bristol & Bath  
**September 15** – Wesley's London  
**September 16** – Free Day in London  
**September 17** – Return to the USA or enjoy an extension in Ireland.



# Reaching out

## Sock Drive for the Homeless

Socks are among the most requested, but least donated items at homeless shelters. Thanks to your generosity we collected **1160 pairs of socks** for REAP (Re-Entry Alliance Pensacola.)



## Interfaith Food Pantry Needs

Canned Chili  
Chili Seasonings  
Tomato Sauce  
Diced Tomatoes  
Dry Milk Packets  
Peanut Butter Crackers  
Cheese Crackers  
Paper Towels  
Laundry Soap  
Mayo | Mustard | Ketchup



SENIOR PASTOR  
Rev. Dr. Erik Mays



SENIOR ASSOCIATE  
PASTOR  
Rev. Pam Avery



ASSOCIATE PASTOR  
Rev. Josh McLamb

## OUR TEAM

SARAH BENNETT  
MADELYN BOTT  
JONATHAN CLARK  
VIRGINIA CLARK

LISA CONWAY  
CLARENCE FRONTZ  
BETTE HARRIMAN  
TAMMY MACDONALD  
LINDSEY MAYS  
RHONDA MERRILL  
KAREN MIZE  
JIM MURDY  
JAHLEEEL ORDONEZ  
DON SNOWDEN  
IAN WHITCOMB

Book Place and Communications  
Children's Ministry Assistant  
Contemporary Music Director  
Director of Student Ministries  
and Communications Assistant  
Finance Assistant  
Maintenance Manager  
Hospitality Director  
Administrative Assistant  
Nursery Coordinator  
Church Administrator  
Community Health Coordinator  
Maintenance Assistant  
Youth Ministry Assistant  
Traditional Music Director  
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](http://GBUMC.org/volunteer)

*Connect With Us*



Visit [GBUMC.org](http://GBUMC.org) for more information and to give.



75 Fairpoint Drive | Gulf Breeze, FL 32561 | 850-932-3594 | [gbumc.org](http://gbumc.org)  
Worship at the Water | 655 Pensacola Beach Blvd, 3rd Floor