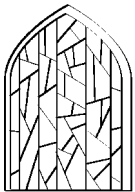


THE MESSENGER

FIRST UNITED METHODIST CHURCH
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AUGUST, 2016



STAINED GLASS FUND - We have received \$33,774 toward our \$80,000 goal to repair the five east small windows. The Trustees would like to proceed with all five windows as soon as the leak issue from the wall is resolved. Please consider donating to the Stained Glass Fund to help us preserve our beautiful Sanctuary.

ATTENTION WOMEN: Please mark your calendars for the following dates:



- August 2, 6:00 p.m. - Executive Committee - 2017 Planning
- August 10, 12:30 a.m. - UMW Lunch at Parrott Island Grill
- August 28, 11:15 a.m. - Kick-off Luncheon



We have maintained a positive balance all through the summer and thank you for your generous support. We have also paid almost 50% of our Conference Apportionments to date. We are well ahead of last year's performance. Praise God!



The Fifth Sunday Community Service sponsored by the Okeechobee Ministerial Association will be held on Sunday, July 31st at 6:00 p.m., Church of Our Savior Episcopal. The service will be a prayer vigil for the lives that have been lost in our country because of violence.

CAPS OF LOVE - Please save all types of plastic bottle caps and jar lids for the Caps of Love project. The caps and lids are recycled and the money raised provides wheelchairs for disabled children and young adults under the age of 21 in the USA. Lids included are from: water bottles, milk, juice, ketchup, salad dressings, peanut butter, coffee, medicine, shampoo, lotion, etc. Flat plastic lids from margarine, cottage cheese, sour cream and like items are also included. Leave the caps and lids in the tote box in the kitchen or in the Fellowship Hall. Volunteers are also needed to help sort the caps - usually on Monday afternoons. Watch the bulletin for dates.





BACK PAIN: Exercise is a great way to prevent repeat episodes of low back pain. By keeping your muscles strong and flexible they will be less prone to injury.

Our muscles were built to support a life of frequent physical activity - particularly a lot of walking and lifting. In today's world few of us do this, so our muscles tend to get weak and stiff. Weak muscles, especially weak back and abdominal muscles, cause or worsen many cases of low back pain. The best exercises are ones that strengthen and stretch the muscles that support your spine.

Strong abdominal or flexor muscles help people maintain an upright posture. So do strong extensor muscles, which run up and down the full length of the back. They help keep the vertebrae, the bones of your spine, straight. In addition, two long muscles that run from the lower vertebrae to the hip and the buttock muscles help support the back during walking, standing and sitting.

Stretching is important as well. Stretched muscles are less prone to injury. Stretch regularly, but do not bounce as that can cause injury. Beginners should start by holding the stretch for 5 seconds, gradually building up to around 30 seconds over time.

(Taken from article by Dr. Komaroff)

BIRTHDAYS AND ANNIVERSARIES



- 3rd - Rev/Mrs Bruce Simpson
- 4th - M/M Jim Tenniswood, Teresa Bishop, Jody Raulerson, Heaven Peacock
- 6th - Walter Brown, John Waite
- 7th - Priscilla Rhodes, Tara Threewits, Gene Gorham, M/M Jack Fisher
- 8th - Totty Davis
- 9th - Ross Enfinger, Carey Saine
- 10th - Joyce Elmore
- 12th - M/M Gene Lenfest
- 13th - Sheryl Yackamouih, Noah Handley, Carolyn Hayes
- 14th - Margaret Hamric
- 16th - Corey Krum, Stephanie Metcalf
- 17th - Rebecca Barnes
- 18th - M/M Dennis Tyson
- 19th - Kathleen Taylor, Matt Saine
- 20th - Gene Lenfest, M/M Paul Gast
- 22nd - Karen Herndon, Randi Barnes, M/M Gene Gorham
- 24th - Paula Fisher, Ashley Childs
- 25th - Patricia Jenkins, Catherine Lodge
- 27th - M/M Dowling Watford, Jr., Laverne Holbrook
- 28th - Dante' Mucherino, Al Young
- 29th - Hobert Lee
- 30th - Barbara Brown, M/M Jim Barnhart
- 31st - Jill Rucks, Richard Mattern

If your birthday or anniversary is incorrect or has been omitted, please contact the Church Office.

