

THE MESSENGER

FIRST UNITED METHODIST CHURCH
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DECEMBER, 2014



On Sunday, December 14 our worship service times will be at 9:00 & 11:00 a.m. - during which the Chancel Choir will present their Christmas Cantata.

Our annual Covered Dish Christmas Dinner (meat will be provided) will be held on December 7 at 6:00 p.m. in the Fellowship Hall. We ask that you bring a new unwrapped gift for ages 1-12. Men bring a gift for a boy; women bring a gift for a girl.



Our Christmas Eve Candlelight Services will be held at 5:00 p.m. (Contemporary) and 7:00 p.m. (Traditional).

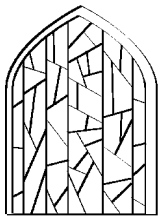
You are invited to go caroling with the choir on Monday, December 22. We will begin gathering at the church around 5:30 p.m. and leave at 5:45 p.m. If you have any questions or if you know of anyone that needs us to sing to them, please call Gail Minor at 467-0560.



The Global Life Committee will be hosting a Christmas Brunch and party on December 13th for the Angel Tree children and families that are participating in our program. These children are our neighbors, live right here in Okeechobee and they can use our support, love and prayers.

The UMM thank everyone who supported the Smoked Chicken Dinner in November. It was one of our most successful and will help replenish our scholarship fund for our graduating seniors. Look for our next chicken dinner in March. Programs at our recent meetings have been Jonathan Bean from Martha's House in October, and the Real Life Children's Ranch interpretive dance team at our November meeting that included the spouses and women. The UMM once again helped purchase turkeys and hams for the Christmas Dinner. The UMM will not meet in December, but will meet again in January, with a program by Teresa Chandler on recycling. This program is rescheduled from the UMW meeting and the women are invited to attend.





STAINED GLASS WINDOW RESTORATION

The "Ascending Christ" stained glass window is in desperate need of a complete restoration.

The wooden frame installed in 1924 holding the stained glass has deteriorated and needs immediate attention or the entire window is in danger of collapsing in a strong wind event. The Trustees have received proposals and have selected a studio with the expertise to remove the entire window, remove the stained glass, and fabricate the wooden frames. The Finance Committee has set a goal of \$100,000 to complete the repairs. A capital campaign will be necessary to raise the funds as soon as possible to prevent the necessity of borrowing the funds and immediate donations or pledges over the year are needed. Letters and pledge cards will be mailed or available from the Church Office. Thank you for your generous support of this important project.

FROM PARISH NURSE, DIANA SAUM, RN: This month I will be writing about love, passion, relationships and sex. Safe sex is necessary at any age. That said let's talk about why sex is good for us. (1) It gives you a great cardiovascular workout. (2) It reduces blood pressure and protects against heart disease. (Research shows those having sex less than once a month, compared to twice a week were 2-8 times more likely to have a fatal heart attack). (3) It enhances intimacy and strengthens your relationship. (4) It releases feel good hormones that relieve anxiety, boost mood, and promote relaxation and sleep. It promotes well being, calmness, lowers blood pressure and promotes bonding in relationships. (5) It boosts immunity. (6) It preserves your looks (those



having sex at least 3 times a week can look 10 years younger than their peers who have less sex. (7) It strengthens pelvic-floor muscles and protects against erectile dysfunction. (8) It prolongs life. God intended sex to bring us health and pleasure.



- 1st - David Straight
- 2nd - Gil Culbreth, Tim Bishop
- 3rd - Judy Mix, Pat Watkins
- 4th - Nicolas Suarez
- 5th - Kim Mucherino
- 6th - Anne Young
- 7th - Sandy Watford, Christina Wemmer
- 8th - Joe Gutierrez, Missie Barletto
- 10th - George Cooper, Joyce Taylor
- 11th - Jeff Linville, Heather Wibbels
- 12th - Dana Straight, Preston Hall
- 14th - John Mix, Janet McKinley
- 15th - Darrell Enfinger
- 16th - Carlyn Schaefer
- 17th - Joel Enfinger, Patrick Griffen, Jennifer Gagliano
- 18th - Stacey Handley, Earl Williamson
- 19th - Marcia Crane
- 21st - M/M Bennett Yeilding
- 22nd - Eleanor Milke, Larnell Merchant, Georgia Gerren
- 23rd - Kim Taylor, George Clement
- 26th - Paul Gast, M/M Jack Wolff, M/M Joe Ostavitz
- 28th - Rita Rucks, Jeannette Jones, Bert Culbreth, Samantha Gorham, Willard Suits
- 29th - Rodney Rucks, Alysa Bishop, Alvin Childs, Jim Barnhart
- 30th - Eric Wibbels, Dave Buddenhagen, Kathryn VanBeek, Joe Suarez
- 31st - Jeff Price, Buck Watford, Peggy Lampi

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