

THE MESSENGER

FIRST UNITED METHODIST CHURCH
200 NW 2ND Street
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DECEMBER, 2016



On Sunday, December 18 our choir will present their Christmas Cantata during both worship services which will be held at 9:00 and 11:00 a.m.

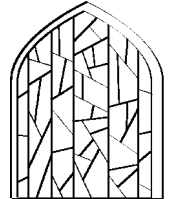
Our Christmas Eve Candlelight Services will be held at 5:00 p.m. (Contemporary) and 7:00 p.m. (Traditional).



You are invited to go caroling with the choir on Wednesday, December 21. 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.

BACK BY POPULAR DEMAND: The Christmas card exchange box will be located in the Fellowship Hall on the table near the coffee. Please sort your outgoing cards alphabetically when placing them in the box. **EVERYONE** please check the box for cards addressed to you and your family. Any cards not claimed by Sunday, January 1 will be donated to a charitable organization.

The stained glass company will begin work the first week in December (moved up from February). We have paid the deposit for work to begin, but will need the remainder of the funds soon. We are about \$40,000 from our goal. Please help us reach this goal so we will not have to borrow the funds.



The UMM thank everyone for the wonderful support of their chicken dinner. They had one of the most successful in many years with over 400 dinners served, and with a profit of about \$2,300. Thank you very much! The November meeting featured the interpretative dance team from Real Life Children's Ranch and was very inspiring. We appreciate the children and staff from RLCR attending. The UMM will not meet in December.

ON SUNDAY, DECEMBER 25 WE WILL HAVE ONLY ONE WORSHIP SERVICE AT 10:00 A.M.

Due to logistical challenges, the Children's Christmas program and the annual Christmas Dinner have been cancelled.



New Parsonage

The Parsonage Study Committee's recommendation to build a new parsonage was approved at the Church Conference. The home will be built in Eagle Point and will meet all the Conference guidelines. We will apply to the United Methodist Florida Foundation for a loan to finance mortgage, will sell the old parsonage, and apply those funds to the mortgage. We hope to have the new parsonage ready in time for our new pastor to move into in June 2017.

We have finished the year in good financial condition and thank the congregation for your faithful support. We will report our final Apportionment payment amount in the next month's newsletter, but hope to be in the 70-80% range. As you can see from the projects we have ongoing (window repair and parsonage) we will need your continued support to remain financially sound. Please prayerfully consider your giving in 2017.



HISTORICAL MARKER - Our church was named to the National Register of Historic Places as part of our centennial celebration in 2015. We have purchased a historical marker to recognize this accomplishment. It has been installed in front of the church near the church sign. Thanks to Bruce and CW Simpson, Murrah Elmore and Dave Blankenbaker for installing the marker.

- 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, M/M Larry White
- 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, Jennifer Gagliano
- 18th - Earl Williamson
- 19th - Marcia Crane
- 21st - M/M Bennett Yeilding
- 22nd - Eleanor Milke, Georgia Gerren
- 23rd - Kim Taylor, George Clement
- 26th - M/M Jack Wolff, M/M Joe Ostavitz
- 28th - Rita Rucks, Bert Culbreth, Willard Suits
- 29th - Rodney Rucks, Jim Barnhart
- 30th - Eric Wibbels, Dave Buddenhagen, Kathryn VanBeek, Joe Suarez
- 31st - Jeff Price, Buck Watford, Peggy Lampi



IT'S YARD SALE TIME! As you clean and decorate for the holidays, please reserve your unwanted items for our annual Yard Sale to benefit Summer Camp Scholarships. We are planning the sale for Saturday, February 4 and items can be brought to Room 24 on Sundays and during normal business hours. Please call Nancy Vaughan, 763-4021, if you have larger items (furniture, etc) that need to be picked up, will need assistance unloading items or for more information.



**FROM PARISH NURSE
DIANA SAUM, RN:** The holidays are a wonderful time of the year, but they frequently cause increased stress. One way to handle this stress is deep breathing.

When we are under stress, our muscles tighten, our heart beats faster, our blood pressure rises and our breathing quickens. Our breathing is automatically controlled by the brain. We don't even think about it. We can control this stress response by taking deep breaths.

First, exhale. Then stop breathing for 10 seconds and then take in a deep breath. You feel your lungs get smaller and then get bigger. Many of us do not breathe as deep as we should. Shallow breathing limits the diaphragm's range of motion. The lowest portion of your lungs do not get their full share of oxygenated air. This can make you feel short of breath.

Deep abdominal breathing in contrast encourages a full exchange of incoming oxygen for outgoing carbon dioxide. This type of breathing slows the heart beat and can lower or stabilize blood pressure.

Surprisingly, deep breathing does not come natural to us. Practice taking deep breaths. Position yourself comfortably; take a normal breath. Now, take a slow deep breath. The air coming in your nose should move downward into your lower belly. Let your abdomen fully expand. Now breathe out through your mouth or nose. Deep breathing makes you feel relaxed. Enjoy your holidays!

PUZZLE

The greatest gift

Gift-giving is a fun Christmas tradition. What very special gift has God given to you?

Directions: Write the words from each puzzle piece on the matching blank piece of the gift-shaped puzzle.

life in but the our Lord.

Romans 6:23, NIV gift of God

For the of sin is

Christ Jesus wages death,

is eternal

Answer: For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 6:23, NIV