

THE MESSENGER

FIRST UNITED METHODIST CHURCH
200 NW 2ND Street
Okeechobee, Florida 34972-4174
Phone (863) 763-4021
www.fumcokee.com

JANUARY, 2014



Come to breakfast on
January 12
8:30-10:30 a.m.

Enjoy eggs, bacon, grits,
biscuits, sausage gravy,
fresh fruit cup, orange juice, coffee and milk.

Donation: Adults & Teens \$ 5.00
Children 6-12 \$ 3.00
Family Maximum \$15.00

Prepared by the United Methodist Men
Sponsored by Global Life Committee
to benefit Henderson Settlement

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

**January 7, 5:45 p.m. - Executive
Committee**

January 7, 7:00 p.m. - Esther Circle

January 8, 1:30 p.m. - Ruth Circle

January 16, 1:00 p.m. - Lydia Circle

**January 18, 9:30 a.m.-2:00 p.m. - District
Membership/Leadership Day**



RAINBOWS FOR CHILDREN: Children and
Parents - **CELEBRATE ME FUN DAY**, will be held
on January 11 from 2:00-4:00 p.m. at the
church. Bounce house, games, prizes, FUN,
FUN, FUN! RSVP to Nancy Vaughan, 763-4021.
Our first meeting will be 5:00 p.m. on Sunday,
January 12 in your regular meeting rooms.



**With your generous help and
our budget adjustments, we
have finished the year with a
positive balance! We were
blessed with several very generous donations for
Apportionments and have paid 57% as of the
newsletter deadline. We thank you for your
continued support of our church finances.**

The UMM thank everyone
who supported their Smoked
Chicken Dinner in November.
The proceeds will help fund
our projects and



scholarships. Look for our next chicken dinner
in March! November's UMM meeting was a
"thank you" dinner for our spouses and
featured an interpretive dance program by
some of the children from Real Life Children's
Ranch. RLCR does outstanding work with the
children in their care, and the program was very
touching. A special thank you from RLCR for
those who made monetary donations to them
after the program. The UMM will meet again on
January 20 and invite all men to join in the
fellowship.

**SAVE THE DATE: Vacation Bible School will
be held in June. A Co-director is urgently
needed to start the plans for this wonderful event
NOW. Contact Nancy Vaughan, 763-4021.**



The annual Yard Sale to benefit summer camp scholarships will be Saturday, February 1. Starting January 5 donated items can be brought to Room #24 at the church during office hours. This is a major source of our funds for scholarships and our church family is always so gracious in giving. So, as you do your spring cleaning, please remember our fund raiser. It costs almost \$400 per child for the week, but every year we see lives changed. Our children and youth would not be able to attend without your support.

CARE TEAM COMMITTEE MEMBERS NEEDED: If you are a member of the First United Methodist Church of Okeechobee and are looking for ways to get more involved, our church needs Care Team Committee Members for 2014. The Care Team Committee meets eight times a year. Please call Sheryl Yackamouih at 697-0167, and she can answer any questions you may have about the Care Team and the responsibilities of its members. Or...if you would like to attend the next meeting to get a feel for what we do, please join us in Room 21 at 4:00 p.m. on Sunday, January 26, 2014. We hope to see you there!



- 2nd - Sheila Brown
- 4th - Beth Lehman, Ronda Watt, Carley Ostavitz
- 5th - Jordan Bolen
- 6th - Diane Thrift
- 7th - Oscar Noland

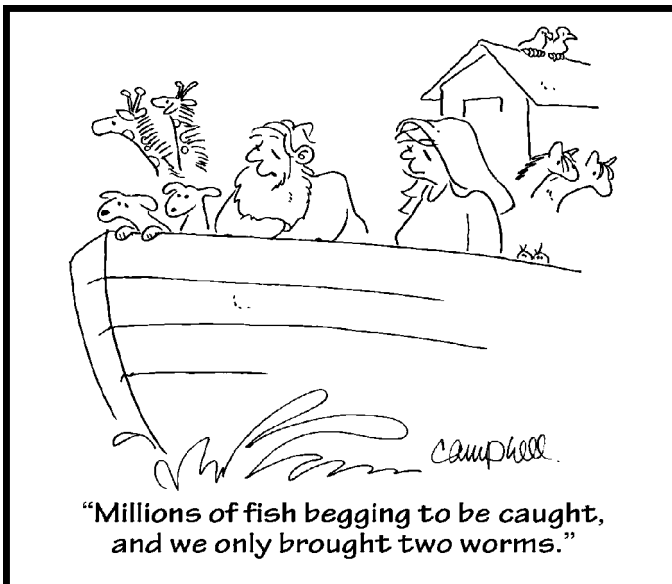
- 8th - Arthur Eve, Taylor Rathbun
- 10th - Dawn Radebaugh
- 11th - Martha Watford
- 13th - Vivian Lee, Deanna Hawthorne, Rosetta Gunsalus
- 16th - Alice Tyson, Jodie Jones
- 17th - Dustin Broughton
- 19th - Walter Taylor
- 20th - Fred Walker
- 21st - Dowling Watford, Jr., Irene Angel, Charles Snively
- 22nd - Kelsey Burnham, Ayden Wyatt, Diana Saum
- 24th - Joshua Rivera, Margaret C. Smith
- 25th - Richard Kersey
- 27th - Peregrino Ragamat, Bennett Yeilding
- 28th - Raye Marie Deusinger, Gerald Newcomer
- 30th - Linda Bodine
- 31st - Christine Bishop, Stu Beebe

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

ON SUNDAY, JANUARY 12 WE WILL RETURN TO A WORSHIP SCHEDULE OF THREE SERVICES:

- 8:00 A.M. TRADITIONAL**
- 9:30 A.M. TRADITIONAL**
- 11:00 A.M. CONTEMPORARY**

SUNDAY SCHOOL WILL BE AT 9:30 A.M.





Warren Willis Summer Camp this year will be Week #6, July 14-19. Children that are rising 4th grade through 12th are eligible. Registration is NOW OPEN and is on a first come, first served basis. Your application and \$100 non-refundable deposit holds your spot. Fund raisers will help off-set the balance of the cost. All scholarship recipients must work the fund raisers. For more information, contact Nancy Vaughan in the Church Office, 763-4021.

A boat-load of thanks to our church family for all of your love and support of our children this past year, especially for the generous gifts to our Agape' Tree children. It is always a joy for me to get to deliver these gifts every year! As the New Year dawns and I go into my 35th year of ordained ministry, I will be going to part-time. I plan to be in the office Monday through Wednesday every week and will be focusing my work on just Children's Ministry. It has been a privilege to have worked in all areas of Christian education and share in the visitation ministry, but I am really looking forward to spending more time with my family now. Your prayers and continued support for our children's ministry is much appreciated. Thank you.



FROM PARISH NURSE, DIANA SAUM, RN: Salt (continued) - 2300mg is generally accepted as the amount of salt a person needs in a day. To cut down on salt you first need to have a sense of where the salt comes from in your diet. The most sodium-heavy foods tend to be processed ones. Minimize the amount of foods that are salted, smoked or cured such as cold cuts, bacon and cheese. Also canned soups, vegetables, mixes for baked goods and prepared foods from the market tend to be high in salt. With any packaged foods check the nutrition source label for the amount of salt in the food per serving. For example - Campbell's Cream of Mushroom Soup 870 mg/serving with 2 ½ servings/can = 2175mg of salt for whole can. Replace processed foods with food made from scratch. Eat more vegetables and fruits which contain no added salt. When you eat out, if your food is being made to order, ask that it be made without salt. Using the salt shaker at the table will add a lot less salt than the restaurant does. Ask for gravies or sauces (which tend to be loaded with salt) to be served on the side. It is entirely possible to wean yourself off a taste for salt, but that's another article :-)

BIBLE QUIZ



The book of Revelation is addressed to seven churches. Which city in the United States shares the name of one of those churches?

- A. St. Paul
- B. Philadelphia
- C. Oconomowoc
- D. Orlando

Answer: B (See Revelation 3:7-13.)



SMALL GROUPS WILL RESUME ON SUNDAY, JANUARY 12 AT 5:00 P.M. PLEASE WATCH THE SUNDAY BULLETIN FOR REGISTRATION FORM.