

THE MESSENGER

FIRST UNITED METHODIST CHURCH
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MAY, 2015



The annual NATIONAL DAY OF PRAYER ceremony sponsored by the Okeechobee Ministerial Association will be held on Thursday, May 7 from 12:00-1:00 p.m. on the SE side of the lawn behind the old courthouse. The Kiwanis will be

offering a free lunch. Bring a lawn chair and invite a friend!

We are asking the church to help support the expenses for our youth's mission trip to Rocky Mount, NC from June 27-July 5. The goal is \$2,000. This year we will be doing various mission activities. Help us help others in Jesus' name this summer. Thank you for your support.



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

May 5, 5:45 p.m. - Executive Committee

May 5, 7:00 p.m. - Esther Circle

May 13, 1:30 p.m. - Ruth Circle

May 21, 1:00 p.m. - Lydia Circle



The special Fifth Sunday Offering for the Florida United Methodist Children's Home will be May 31. What began as the Florida Methodist

Orphanage in 1908 has grown into a diverse and complex ministry to meet the various needs of those who come for help. Your Florida United Methodist Children's Home now includes residential care, emergency shelter care, therapeutic group care, a teen mother/baby program, specialized treatment for boys, independent living, foster care and community child care center. About 120 children live on campus in 15 cottages. Each year, on average, about 65-70% of the total funding comes from private sources. Strong church support, including Fifth Sunday offerings in all Florida Conference United Methodist Churches, enables the Home to maintain its ministry as a Christian outreach to children. If you give a Memorial of Honor gift to the Home, please note that you are a member of First, Okeechobee and your gift will count toward our goal. Thank you for remembering the children; they are depending on you.



Saturday, May 23 - 7:00 p.m.

Musical Celebration in the Sanctuary

Sunday, May 24 - 10:00 a.m.

**Special Worship Service with Guest Speaker,
Bishop Kenneth Carter**
*(A catered luncheon will be held in the Fellowship
Hall following the worship service)*



From Parish Nurse
Diana Saum, RN

Why does my nose run in cold weather? Cold air is not only cold, but also dry. The lungs are built to deal with air that is warm and moist. A main

function of your nose is to make the air you breathe warm and moist.

The heat in the blood vessels in your nose warms the air as it enters the nose. The nose then moistens the cold dry air by having its inner lining make watery mucous. It's like a like a mini steam bath with moisture running down the walls.

The colder and dryer the air, the more water and mucous your nose needs to produce. Thus your have sniffles and drips.

Your nose runs for a different reason when you have a cold. As the mucous leaves your nose, it takes the germs that are causing the cold with it. It's one of your body's defenses against infection.

With allergies, your nose runs as with a cold. Your nose is trying to eliminate, to wash away, the substances

causing the allergic reaction.

Does your nose run when you eat spicy food? The chemical capsaicin, which is found in many spicy foods, is what causes this. Taking a warm bath or shower can often produce the warm moist environment your nose needs.

(Dr. Komaroff)



- 1st - Martha Fuller, Debbie Tyson
- 2nd - Keith Platt, Marcia Wagner, Barbara Watford, Edwin Rucks
- 4th - Aubrey Burnham, Tere Beebe

- 6th - Maryann Harris
- 8th - Wanda Burnham
- 10th - Donna Lenfest
- 11th - M/M Murrah Elmore
- 12th - Jerry O'Bannon, Lucy Johnson
- 13th - M/M Brent Rucks, Anthony Metcalf
- 14th - Kathryn Briney, M/M Rick Barnes, Brittany Herndon, Billy Terrell
- 15th - Robert Berlew, M/M Marty Kearney
- 16th - Debbie Passwaters, Cody Shirley
- 17th - James Tenniswood
- 18th - Randy Burnham, M/M Peregrino Ragamat
- 19th - Dion Raulerson, Donna Kersey, M/M William L. Hendry
- 20th - Sally Wibbels, Ellen Futrell, Paulette Whipple, Mary Sperry
- 22nd - Theresa Raulerson
- 23rd - Willard Suits, Armand Coyer
- 25th - Jeff Straight
- 27th - Janet Thorr, Nancy Davis
- 28th - Jennifer Elliott, Roland Mischke
- 29th - M/M Gene Rhodes, Dennis Anderson, Shirley Matson
- 30th - Rhonda Jones

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