

THE MESSENGER

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

MAY, 2016



The annual NATIONAL DAY OF PRAYER ceremony sponsored by the Okeechobee Ministerial Association will be held on Thursday, May 5 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!

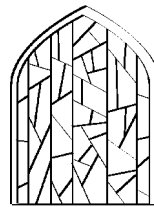
We are asking the church to help support the expenses for our youth's mission trip to Charleston, SC from July 16-24. The goal is \$2,500. This year we will be doing various mission activities. Help us help others in Jesus' name this summer. Thank you for your support.



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

May 3, 5:45 p.m. - Executive Committee
May 3, 7:00 p.m. - Esther Circle
May 11, 1:30 p.m. - Ruth Circle
May 19, 1:00 p.m. - Lydia Circle

THE SPECIAL FIFTH SUNDAY OFFERING FOR THE FLORIDA UNITED METHODIST CHILDREN'S HOME WILL BE MAY 29.



STAINED GLASS WINDOWS

Several of the small stained glass windows around the side of the Sanctuary have significant damage to the wood frames. With the wonderful restoration of the Ascending Christ window, the Trustees have approved the same artisans to repair the five small windows on the east side. The windows will be removed, new frames constructed, stained glass cleaned and repaired, and windows reinstalled. The Finance Committee set a goal of \$80,000 to add to the \$11,000 remaining in the fund to reach the \$90,000 needed to accomplish this task. Please consider a donation to the Stained Glass Fund.

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.





The UMM will present two scholarships to our graduating seniors on May 19. After discussion, the UMM will provide a Mother's

Day breakfast on Sunday, May 8 for the entire church. This year the breakfast will feature a lighter menu for those who will be having lunch after church with family. The program for the April meeting was presented by Andrea Dominguez, Biological Scientist with the Florida Fish and Wildlife Conservation Commission. Andrea spoke on the new fishing regulations that go into effect July 1.

Many factors can increase your risk for falls. Some have to do with your physical condition; others come from the environment. There is much you can do to reduce risks of both kinds of falls.



From Parish Nurse
Diana Saum, RN

Consider strength and balance training. Focus on exercises that use the muscle groups required for the things you do in real life - getting out of a chair, climbing stairs or reaching a high shelf, for example.

Activities like yoga or tai chi improve balance and coordination as well as core strength. Many of the movements done in these activities, lunging, stepping, turning and reaching, are similar to the movements we need to remain independent.

Health related problems can increase our risk of falls - pain medications, poor vision, foot problems, lighting, or side effects of medication. Talk to your doctor about pain medicine that won't increase your chance of falls. Have your vision checked every year. Remove throw rugs as much as possible and if you must have throw rugs be sure they have a rubber backing. Wear comfortable, supportive shoes, avoid high heels. If you have neuropathy, use a waling stick. Be sure all areas in your home are well lit. Use night lights to mark hallways and the bathroom. Install grab bars in the bathroom, by the bath and shower. Remove obstacles and hazards in halls and paths in your home.



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

- 6th - Maryann Harris
- 8th - Wanda Burnham
- 9th - M/M Al Young
- 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
- 31st - Jake Strelman

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

