

THE MESSENGER

FIRST UNITED METHODIST CHURCH
200 NW 2ND Street
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NOVEMBER, 2015



The United Methodist Women invite everyone to attend their Annual Fall Bazaar on Saturday, November 7 from 8:00 a.m. to 1:00 p.m. in the Fellowship Hall. You will find a variety of crafts, quilted

items, nuts, baked goods and white elephant items. Also commemorative trivets honoring our church's 100th anniversary are still available. Plan on staying for lunch. Soup, sandwiches and desserts will be available from 11:00 a.m.-1:00 p.m. Proceeds will go to mission projects local, national and abroad. Come and bring a friend!

Donations of "quality" white elephant items are needed (no clothes). Especially popular are knick-knacks, glassware, small appliances, costume jewelry, and children's toys, etc. They may be left in the Conference Room Sunday, November 1 through Thursday, November 5 or brought to the Fellowship Hall by 10:00 a.m. Friday, November 6. Donations of baked goods are also requested. Good sellers are fudge, cookies, small breads (such as banana) and brownies. Bring them to the Fellowship Hall on Friday morning or early Saturday morning. Craft donations are also most welcome. Volunteers are also needed to help sort items and set up on Friday and sell items on Bazaar day.

The Global Life Committee wishes to thank the congregation for donating items to UMCOR in September.



SMOKED CHICKEN DINNER
Sponsored by United Methodist Men

Friday, November 13
11:00 a.m.-1:00 p.m.
(Take-out Only)
4:00-6:30 p.m.
(Dine-in or Take-out)

Donation: \$8.00

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

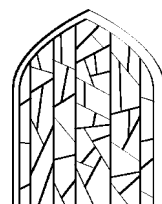
November 3, 5:45 p.m. - Exec. Committee

November 3, 7:00 p.m. - Esther Circle

November 7, 8:00 a.m.-1:00 p.m. - Bazaar

November 11, 1:30 p.m. - Ruth Circle

November 19, 1:00 p.m. - Lydia Circle



The beautiful Ascending Christ stained glass window has been reinstalled after a complete restoration by Pickel Studios of Vero Beach. The result is beautiful and the craftsmanship is outstanding. Thank you to everyone who contributed to this approximately \$90,000 project. The Trustees will now begin planning on repairing some of the smaller windows that have also suffered water damage to the wood.



Although we “survived” the slower summer months without slipping into the “red”, our balance has now become negative due to lower receipts and a few

increased expenses. We have also only been able to pay 22.5% of our Conference Apportionments. Thank you for your continued support of your church’s general fund.

The Global Life Committee will be supporting the Angel Tree project again this year on Sunday, November 22. The trees will be in the Narthex and Fellowship Hall for both services. Our suggested price for a gift is a minimum of \$25.00. We need gifts returned on November 29th and December 6th. Remember these are children of incarcerated parents right here in our own community who otherwise might not have a Christmas gift.

Remember those who are less fortunate



The committee will also be supporting the Agape’ Tree project on Sunday, November 29th. The trees will be in the Narthex and Fellowship Hall for both services. Our suggested minimum price for a gift is \$25.00. We need the gifts returned on December 6th and December 13th. We appreciate our congregation’s participation in this project for our own church children.

MEN'S FELLOWSHIP



Our Smoked Chicken Dinner will be held on November 13. Please support our semi-annual fundraiser. The

November 16, UMM meeting will be our appreciation dinner and all spouses and the UMW are invited. We will have a special program. Elections of UMM officers will also be held in November. If you would like to serve, please contact Aubrey Burnham.



- 1st - Robert Stefanov, Bryce Emley
- 2nd - Ed Bobbitt, M/M Richard Mattern, June Waite
- 5th - Karen Bishop, Cynthia Yoder
- 6th - Sharon Bishop, Joe Juday
- 7th - Robert Steiner
- 8th - Florence Noland, Savannah Simpson
- 9th - Ricky Barnes III, Roseann Stanford
- 10th - Caitlin Spangler, Tad Norman
- 11th - Melody Griffen
- 12th - Shannon Martin, Joseph Hill
- 14th - Merrie Stella, Mary Kliphouse, Patricia Chase, Wayne Brown, Connie Phillips
- 15th - M/M Charles Rucks, Ruby Crowe
- 16th - Corinna Comfort, Jordan Pearce, John Duke, Marian Smith
- 17th - Seth Louthan, Murrah Elmore
- 18th - Perry Green, M/M Noah Handley
- 19th - M/M Jim Dawson, Robbin Dawson
- 20th - Joe Gaucin, Rosemary Hill, Victoria Smith, Wesley Hill
- 27th - Vivian Wright, Melinda Hall
- 28th - Ronald Tyson, Kristin Higgins
- 29th - Katherine Ragamat, Christy Spangler, M/M Bill Coombs, Opal Wolff, Mike Radebaugh, Jack Fisher
- 30th - M/M Gary Sperry


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





FROM PARISH NURSE DIANA SAUM, RN: Salt - We need salt to live, but since most people no longer raise their own food our salt intake has greatly increased. We are told 2200-2300 mgs of salt per day is sufficient for health. Fresh products have a lower salt content than frozen products and the highest is usually in canned foods. Salt in foods is used as a leavening agent and a preservative. Please check the labels of all food you are purchasing for salt content and serving size. Different brands of the same product can differ in salt content. Jello has salt! One small box of jello has a total of 400 mgs, which is okay if you're only having a small serving. I love Campbell's soup. How many of you have finished a can of chicken noodle, tomato, etc. in one day. Don't forget to add (salty) crackers. One can of cream of mushroom soup is 2175 mgs. How many of us make it with milk. Milk has salt. One cup of cream of mushroom soup with milk has 1076 mgs of salt. What about vegetables? 1/2 cup fresh broccoli has 22 mgs salt. 1/2 cup raw onion has 2 mgs salt. Bread, milk, some fruits, even coffee has salt in it.

The Special Fifth Sunday Offering for the Florida United Methodist Children's Home will be November 29. Your FLUMCH provides a safe, loving environment where children can grown and learn. The Home relies on Fifth Sunday offerings in all Florida Conference United Methodist Churches to provide funds for a variety of activities and services for the children. If you give a Memorial or 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.

With all my heart

This Thanksgiving – and every day – let's thank our heavenly Father for all he has done.

Directions: Write the capital letters in order on the lines below to complete Psalm 9:1, NIV.

I	a	W	I	d	L	d	L	G	e
I	f	V	g	h	E	c	T	H	y
A	a	g	N	K	c	m	S	n	T
h	O	q	Y	O	b	U	c	L	O
p	R	e	D	W	a	I	T	H	A
h	L	L	t	M	b	Y	d	H	E
A	R	b	T	d	I	W	I	f	L
g	L	T	E	b	L	c	L	O	j
F	z	A	L	y	L	Y	O	g	U
R	W	d	O	N	t	D	E	f	R
F	U	s	L	D	f	E	E	D	S

“ _____

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PSALM 9:1, NIV

Answer: "I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds." Psalm 9:1, NIV