

THE MESSENGER

FIRST UNITED METHODIST CHURCH
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NOVEMBER, 2016



The United Methodist Women invite you to attend their Annual Fall Bazaar on Saturday, November 5 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. 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, children's toys, etc. They may be left in the Conference Room Sunday, October 30 through Thursday, November 3 or brought to the Fellowship Hall by 10:00 a.m. Friday, November 4. 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.

SMOKED CHICKEN DINNER
Sponsored by United Methodist Men

Friday, November 18
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



Our annual Church Conference will be held on Sunday, November 20 at 3:00 p.m. Along with our regular reporting, an additional agenda item regarding a proposal to sell the current church parsonage and borrow needed funds to build a new church parsonage will be discussed and voted on. Only Professing Members (those who have joined the church) are able to vote at the Church Conference.

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

- November 1, 5:45 p.m. - Exec. Committee
- November 1, 7:00 p.m. - Esther Circle
- November 5, 8:00 a.m.-1:00 p.m. - Bazaar
- November 9, 1:30 p.m. - Ruth Circle
- November 17, 1:00 p.m. - Lydia Circle



BEGINNING SUNDAY, NOVEMBER 6 OUR WORSHIP SERVICES WILL BE HELD AT 8:30 A.M. (TRADITIONAL) AND 11:00 A.M. (BLENDED). SUNDAY SCHOOL WILL BEGIN AT 9:45 A.M.

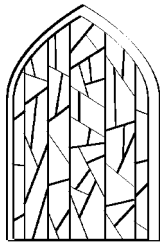
MEN'S FELLOWSHIP



The program for the September United Methodist Men's meeting was Bill Blomberg on his mushroom farming business and his position as a pastor at the Brighton Seminole Reservation. He brought samples of different types of mushrooms and explained how they are grown. The UMM prepared the meal for Jack Wolff's 90th birthday lunch and are planning a smoked chicken dinner on November 18. The November meeting will be our annual spouse dinner with program by Real Life Children's Ranch.

STAINED GLASS WINDOW

REPAIR - When the drywall was removed on the east wall of the Sanctuary to investigate the wood decay, mold was discovered. We have been dealing with our Conference insurance and finally have approval to repair. A mold removal contractor will remove the mold then air will be retested. When mold is removed, Penrod Construction will reinstall the drywall, and we will be able to return the worship service to the Sanctuary (approximately 5-6 weeks). Insurance will not cover the stained glass window repairs, so we still need to raise the funds to replace all five frames on the east wall. This repair is scheduled for February. We still need about \$43,000 to reach our goal. Please consider a donation to the Stained Glass Fund.



**REMEMBER TO TURN
YOUR CLOCKS BACK ONE
HOUR ON SATURDAY
NIGHT, NOVEMBER 5!**



- 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 - 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, Connie Phillips
- 15th - M/M Charles Rucks
- 16th - Corinna Comfort, Jordan Pearce, John Duke, Marian Smith
- 17th - Seth Louthan, Murrah Elmore
- 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
- 30th - M/M Gary Sperry

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



PART II: YOU ARE WHEN

YOU EAT - Our internal organs function differently during the day from how they do at night, these patterns are known as circadian rhythms. Research has shown that unnatural light exposure such as staying up late amid the glare of a digital screen disrupts these natural rhythms which over time can lead to illnesses.

Round-the-clock snacking may pose as much of a danger to our health as artificial light at night. Night eating has been implicated as a factor in diabetes, heart disease, cancer and learning & memory problems. Throughout evolution daytime has been for fasting. Our organs have evolved accordingly.

When you eat all the time, your insulin and glucose levels are elevated all the time. Insulin promotes growth - its constant presence in the bloodstream may give precancerous cells a boost. New research with breast cancer survivors found that recurrence was less likely if women abstained from food at least 13 hrs. at night.

In a pilot study, women were told to eat dinner as early as 6:00 p.m. and no later than 8:00 p.m. and not to eat again until 8:00 in the morning. They were to have 12 hrs. of "gut rest." This research suggests that breakfast really is the most important meal of the day. We need to embrace its original meaning "breakfast - breaking a fast." The fast needs to be 12-14 hrs. of not eating or drinking. Anything you eat after 6:00 p.m. becomes part of you.



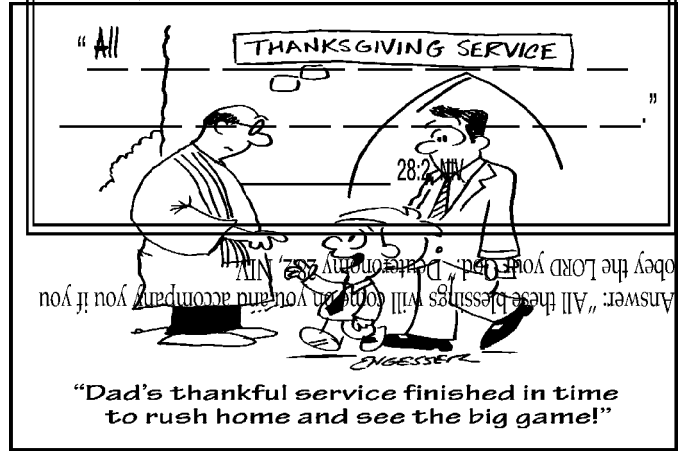
Blessings from the Lord

Throughout the Bible, God blesses his chosen people. How can we receive these gifts?

Directions: In the word search, find all the words in the box. Then write the words in the correct order on the blanks below to complete the verse.

come you these LORD if blessings you the accompany
Deuteronomy All on your obey will God you and

I	J	T	Z	Z	L	M	X	N	W	C	I	Z	Y	H
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Answer: "All these blessings will come on you and accompany you if you obey the LORD your God." Deuteronomy 28:1-2