

THE MESSENGER

FIRST UNITED METHODIST CHURCH
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OCTOBER, 2016



The United Methodist Women invite everyone 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 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, 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.

Small Groups for adults and Rainbows for children will resume Sunday, October 2 at 5:00 p.m. The adult groups are scheduled to be led by Sharon Suits, "Christianity and World Religions" and Ruth Yeilding will lead "Five Things God Uses to Grow Your Faith." (There will be no meal for those attending the adult groups)



YOU ARE WHEN YOU EAT (Part I): When we eat may be as important as what we eat. It seems that our bodies are primed to process food most efficiently when it's eaten during the daylight hours. We now recognize that our biology responds differently to calories consumed at different times of the day. That means eating the same calories at night instead of during the daylight may cause you to gain weight.

At the Salk Institute for Biological Studies in La Jolla, California a research team has found that mice that eat only during active hours (the equivalent of daytime for humans) are drastically healthier and thinner than mice that eat the same amount of food scattered over 24 hrs. When the snack around the clock mice are only allowed to eat during the daytime, their diabetes and fatty liver disease improves and their cholesterol levels and inflammation markers diminish. Therefore it's likely we can reduce the severity of disease just by changing when people eat.

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.





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

- October 1, 9:30 a.m. - District Annual Meeting, First UMC, Boca Raton
- October 4, 5:45 p.m. - Executive Committee
- October 4, 7:00 p.m. - Esther Circle
- October 12, 1:30 p.m. - Ruth Circle
- October 13, 1:00 p.m. - Lydia Circle
- October 16, 11:15 a.m. - Unit Meeting



The pumpkins for the youth's Pumpkin Patch will be arriving on Saturday, October 8 around 12:30 p.m. Volunteers are needed to help unload the truck.

Covered Dish Luncheon



The United Methodist Women cordially invite everyone (men and teens as well as women) to our Quarterly Gathering and Luncheon on Sunday, October 16, from 11:15 a.m.-1:00 p.m. Leah Suarez will share about Our Village Okeechobee. There will be a very brief business meeting first to elect officers and vote on the budget for 2017. Bring a covered dish to share at lunch and join us for a time of fellowship and learning. If you are bringing a child who will need nursery care, please notify Cynthia Yoder at 357-2103 by Sunday, October 9.



placed in the Fellowship Hall underneath the Giving Tree. Thank you for always showing such kindness to those in need.

- 2nd - Lisa Harrison, Glenn Davis
- 3rd - Elizabeth Stanley, Becky Wolf
- 5th - Trey Price, Tyler Rhodes, James Bush
- 7th - Jack Wolff, Jennifer Hawthorne, David Blankenbaker
- 8th - Gary Rucks, Genia Arbogast, John Boak, Brent Simmons
- 9th - Arthur Sienes
- 10th - Nannette Richie
- 11th - Brent Rucks, Gene Rhodes, Loris Asmussen
- 12th - Gary Sperry
- 13th - Cathy Kline, Kyle Smith, Beulah Morse
- 14th - Jane Frey, Renee Bishop
- 16th - Andrea Childs, Glenna Rucks
- 19th - Dora Coen, Roxanne Barnes, Wesley Bishop
- 22nd - Leah Suarez
- 23rd - Eric Walker, Jane Ehrhart, Laura Medina
- 24th - Barbara Eve, Florence Oake
- 25th - Suzanne Hoover, M/M Gil Culbreth, Jr., Vance Shirley, Robert Lampi
- 26th - Mark Tenniswood, Bailey Regan
- 27th - Bruce Watford
- 28th - Gregory Straight, Karson Fowler
- 29th - Anna McBee, Rev. Bruce Simpson, Sharon Suits
- 31st - Kenny Bass, M/M Tom Mix

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

GIVING TREES - During the month of October, the Community Life Committee invites you to support the Hamrick House. We are working to streamline future requests from community agencies and are asking for a TOP FIVE LIST. For Hospice we will be asking for donations of: Coffee (decaf and regular); Creamer; Sugar packets; Artificial Sweetener; Coffee cups. These items can be

