

THE MESSENGER

FIRST UNITED METHODIST CHURCH

200 NW 2ND Street

Okeechobee, Florida 34972-4174

Phone (863) 763-4021

www.fumcokee.com

SEPTEMBER, 2013



Prayer Walking

The annual Prayer Walks for our schools, students, teachers and administrators will run from September 3 through the end of the month. The format will change this year. More information will be in the newspaper and Sunday bulletins.

Bible at Lunch Time will resume for the fall: same time, same place, but the day of the week has changed.

Please join us on Thursdays in Room 21 from 11:30 a.m.-1:00 p.m.

The study will be "Adventures in Prayer." We will look at the prayers in the Bible, hear from the prayers of David, Jesus, the Prophets and Disciples, John Wesley, C.S. Lewis and others. We will discuss prayers of all types including healing prayers and prayers of lament. Bring your own lunch, refreshments will be served, bring a friend and join us beginning on September 5th.



NEW MEMBERS CLASS: The next New Members Class will be held on Sundays, September 29th and October 6th following the worship service. This is for anyone wishing

to know more about United Methodism and our church in particular. Lunch will be served and a nursery will be available. Please let us know if you are interested so that we have adequate materials by contacting Opal Wolff at 763-4393 or the Church Office at 763-4021.

The Better Breathers Class is a support group for people with COPD or other respiratory related issues. Better Breathers meet the first Wednesday of each month at 5:00 p.m. in Raulerson Hospital's In-Service Classroom.

Our "Last Splash" Pool Party has been scheduled for Sunday, September 1 at the Sports Complex from 4:00-7:00 p.m. BYO picnic to the pavilion closest to the pool at 4:00 p.m. and we will have the pool all to ourselves from 5:00-7:00 p.m. Everyone is welcome!



In September the Global Life Committee is collecting items for UMCOR (United Methodist Committee on Relief). UMCOR is one of the first responders to hurricanes and disasters in the U.S. as well as overseas. The items must be new. Items needed are:

- Metal nail files, fingernail clippers (no emery boards, no toenail clippers)
- Children's blunt scissors
- Small individual pencil sharpeners (no emblems)
- School bags (14"x16" tote bags)
- New baby sweaters (open in the front)
- New cloth baby diapers (cloth only - no disposables)
- New baby gowns or sleepers

The annual Pregnancy Center Gala will be October 18th, 6:30 p.m. at the ROC, with Pastor Jim Cymbala of The Brooklyn Tabernacle as the keynote speaker. Tables are now available by contacting the Pregnancy Center, 467-8748.



There will be an Acolyte Training on Sunday, September 8th after the worship service. Those wishing to be trained need to sign-up by calling the Church Office, 763-4021 so that a training manual can be assembled for each person.

Parents are the final deciding factor in who is trained because it is a commitment to being on time each Sunday the student has duty. Register and then join us at 11:15 a.m. in the Sanctuary.

A Family Fun Day of pizza, movie and games will be held on Sunday, September 15th immediately following the worship service. This replaces Kid's Day Out previously scheduled for September 20th as Miss Nancy will be out of town that Friday.



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

September 3, 5:45 p.m. Executive Committee

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

September 7, 9:30 a.m. - Mission Sampler, Asbury UMC, Vero Beach

September 9, 7:00 p.m. - Wesleyan Circle

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

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



The Okeechobee Ministerial Association will sponsor a Fifth Sunday Community Service on Sunday, September 29 at Okeechobee Presbyterian Church, 6:00 p.m.

Adult, Youth and Rainbows for All God's Children small groups will resume on Sunday, October 6 with classes at 5:00 p.m. followed by a light supper at 6:00 p.m. for a nominal cost. Registration is strongly advised. Classes are as follows:



Adults:

Experiencing God (revisited by popular demand)

Leader: Gary Kirsch

When Christians Get It Wrong

Leader: Ruth Yeilding

The Way by Adam Hamilton

Leader: Opal Wolff

Stitches and Scripture - Crochet

Leader: Lonnie Kirsch

Youth:

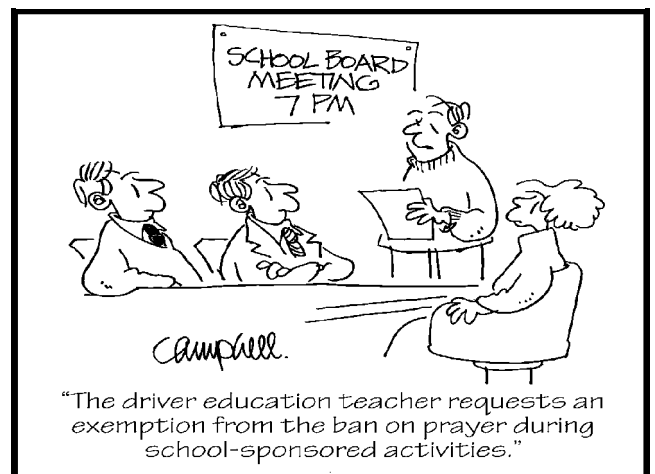
Life

Leader: Jim Dawson

Children:

Nursery 3-4

K-5th Grade & Parents - Rainbows for All God's Children





Elementary Sunday School children began the Fall Quarter studying and memorizing the Lord's Prayer. We learned how Jesus taught us that this is a "model" prayer and all of our prayers should follow that


model. Our summer sessions were a blast learning some of the stories in the Old Testament...especially the Noah's Ark relay game with blow-up animals, 2 by 2, and an alligator! We spend six weeks in each session experiencing the stories in different ways each week...music, games, science, story, computer, cooking, drama or puppetry. All elementary age children are encouraged to join us at 9:00 a.m. every Sunday. Remember that there is a 5th Sunday in September and you know what that means! Yes, September 29 is Library Day!

"Mindful Eating" as a weight loss strategy is a slower, more thoughtful way of eating. How many times have you eaten lunch or supper in front of the TV, computer, watching a movie, etc. You finish lunch/supper without noticing it. That is not mindful eating

Mindful eating includes getting rid of distractions, noticing the color, smell, flavor and texture of your food. You are fully aware of what you are eating and what is going on around you at that moment.

By slowing down your meals, mindful eating gives you the opportunity to recognize you're full before you have overeaten. That is particularly important. About 15-20 minutes after you start to eat, your body starts to send signals to your brain that you're full. Eating quickly or mindlessly a person can consume a 3000 calorie meal. So deliberately slowing down your eating and being willing to quit when you feel full can be a potent aid to weight loss.



- 
- 1st - Jeanne Enfinger, James Hall, Vicki Green
 - 3rd - Betty Kelly, Betty Jones, M/M John Waite
 - 4th - Stephen Lenfest, Cindy Jones
 - 7th - Roxy Wyatt
 - 9th - Ruth Griffen, Gary Kirsch
 - 10th - Karen VanBeek, Beau Emley, Joyce Gorham
 - 11th - Ida Berlew, Erin Hale
 - 12th - Phyllis McGee, Kathy McCann, Elsie Landers
 - 13th - Nancy Beth Rucks, Dan Simmons
 - 14th - Linda Rucks, Josh Chapman
 - 15th - Matthew Gammill, Joe Spangler
 - 16th - David Wibbels
 - 17th - Karla Lamarie
 - 18th - Cheri Watford
 - 19th - Minta Hayford, Ed Mucherino, Nancy Vaughan
 - 20th - Merle Hendry, David Wemmer, Kimberlee Marquis
 - 21st - Brooke Snyder, M/M Frank Platt
 - 22nd - Mary Kathryn Price, Mark Broughton
 - 24th - Jim Dawson, Patsy Yackamouih
 - 25th - Gail Minor, Rick Barnes
 - 26th - Monroe Hampton, M/M Don Minor
 - 27th - Simon VanBeek
 - 29th - Jennifer James
 - 30th - Rev. Neil Gunsalus, Kylie Shirley

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