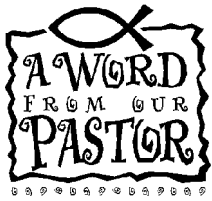


THE MESSENGER

FIRST UNITED METHODIST CHURCH
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SEPTEMBER, 2017



As I write, the Solar Eclipse has begun in Oregon and is working its way east. We won't get the full impact and by the time you read this, it will be history. My tomorrow, will lay weeks in the past by the time you read this. History is any yesterday, just as the future is every tomorrow. Many a day, we worry about tomorrow or worse, we worry about yesterday. **NO** amount of worry, grieving or even anger can change history. **IF** we are honest, we cannot do much about tomorrow. Inevitably there will be unexpected events tomorrow and therefore we can't know what they are until they arrive. So what do we do? **Live today!** Finish the Newsletter, but look around and ask yourself, what can I do today that will make a memory for tomorrow? It can be for yourself or better yet for someone else! Call a friend, write a note, do an act of kindness for someone else. Think what a difference we can make if we start looking at today as a once in a lifetime moment. It really is. The Eclipse has come and gone as we read this, but don't let the opportunities God is giving you today go by without engaging them.

Go make a difference today!

Blessings,
Don

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:



- Terry cloth hand towels
- 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



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

September 5, 5:45 p.m.

Executive Committee

September 5, 7:00 p.m. - Esther Circle

September 13, 1:30 p.m. - Ruth Circle

September 21, 1:30 p.m. - Lydia Circle

September 23, 9:30 a.m. - District Mission

Study - St. Mark's, Indialantic

September 30 - Ladies Get Acquainted

Day (Details to follow)

**Growing in Our Trust of God
A Conversation with Bishop
Carter**

Bishop Ken Carter will be hosting regional conversations this fall around the theme "Growing in Our Trust of God". Our opportunity to participate in one of these gatherings will be Tuesday, September 26 at 6:30 p.m., Community of Hope UMC, Loxahatchee. The event is open to all and there is an opportunity to submit questions for Bishop Carter prior to the event. For information on how to register and submit a question online, please contact the Church Office.



FROM PARISH NURSE DIANA SAUM, RN: Inflammation is the body's immune response to a perceived threat. It is the root of most disease. Does what we eat have an effect on

chronic inflammation? Yes, unfortunately many of the staples of the modern diet encourage inflammation. Refined carbohydrates (CHO) and processed foods such as chips, sodas, sugary breakfast cereals, luncheon meats, fried foods, red meat, candy bars, breakfast pastries, etc. are among them. Foods that combat inflammation are high in natural antioxidants and contain polyphenols, which are beneficial compounds found in plants. These include: dark leafy greens (spinach, kale, collard greens); vegetables such as cabbage and broccoli; beans which are high in fiber and antioxidants; whole grains high in fiber; protein sources high in omega 3 fatty acids (salmon, mackerel, sardines and tuna). You don't have to eliminate red meat, use it more like an occasional side dish. Lose the sunflower, canola and corn oils, chose olive oil instead. Satisfy your sweet tooth with fruit-strawberries, cherries, raspberries, blueberries, apples, etc. For a snack, swap out potato chips for a handful of almonds or walnuts.



At the August UMM's meeting, scholarship recipient Kelsey Schoonmaker was introduced and updated the men on her plans for

the future. The UMM also agreed to sponsor the Valentine Dinner which will be held on February 13th as Ash Wednesday is on the 14th. The Man Cave Renovation (formerly known as the Men's Fall Retreat) will be held October 13-14. The retreat has been changed to end on Saturday afternoon and will include a Pastor's Appreciation Golf Tournament. The UMM will offer scholarships to first time attendees or anyone needing financial assistance. See Dowling Watford for details.

On Friday, September 29th we will be hosting a family and friends game night. Bring your favorite game, your family or friends, and a snack food to share. We will provide hotdogs with the works. The fun begins at 6:00 p.m. and ends when we've had enough fun! Perhaps there is someone you've been wanting to invite to church? What a great way to have our friends meet our church family.

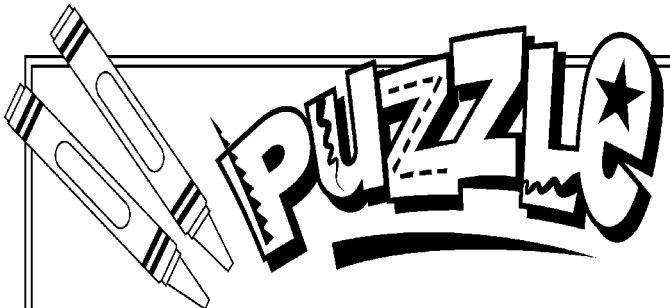




- 1st - Jeanne Enfinger, James Hall, Vicki Green
- 3rd - Betty Kelly, Betty Jones, M/M John Waite

- 4th - Stephen Lenfest, Cindy Jones
- 7th - Roxy Wyatt
- 9th - Ruth Griffen, Gary Kirsch
- 10th - Karen VanBeek, Beau Emley, Joyce Gorham
- 11th - Ida Berlew
- 12th - Phyllis McGee, Elsie Landers
- 13th - Nancy Beth Rucks
- 14th - Josh Chapman
- 15th - Matthew Gammill, Joe Spangler
- 17th - Karla Lamarie, Taylor Boatwright
- 18th - Cheri Watford
- 19th - Minta Hayford, Ed Mucherino, Nancy Fletcher, India Coons
- 20th - Merle Hendry, David Wemmer, Kimberlee Marquis
- 21st - Brooke Snyder
- 22nd - Mary Kathryn Price, Mark Broughton
- 24th - Jim Dawson, Patsy Philpot
- 25th - Gail Minor, Rick Barnes
- 26th - M/M Don Minor
- 27th - Simon VanBeek
- 29th - Jennifer James
- 30th - Kylie Shirley

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



BE HAPPY IN THE LORD

Happiness and joy are frequent themes in the Old Testament book of Psalms.

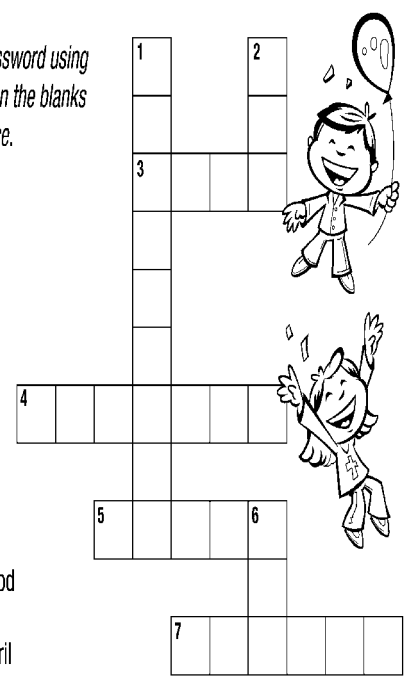
Directions: Solve the crossword using the clues below. Then fill in the blanks to complete the Bible verse.

ACROSS

- 3. A word for happy (rhymes with had)
- 4. What you do when you're very happy
- 5. A song written by David
- 7. Full of joy

DOWN

- 1. People who obey God
- 2. Our Creator
- 6. The month after April



"But may the 1. _____ be 3. _____ and
4. _____ before 2. _____; 6. _____ they
be happy and 7. _____." 5. _____ 68:3, NIV

Answers: (across) 3. glad, 4. rejoice, 5. psalm, 7. joyful; (down) 1. righteous, 2. God, 6. may
 "But may the righteous be glad and rejoice before God; may they be happy and joyful." Psalm 68:3, NIV

