

# THE MESSENGER

FIRST UNITED METHODIST CHURCH  
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OCTOBER, 2019



The United Methodist Women invite all to attend their Annual Fall Bazaar on Saturday, November 2 from 8:00 a.m. to 1:00 p.m. in the

Fellowship Hall. There will be a Simply Christmas room offering a large and beautiful selection of Christmas items and gifts and some exceptional antique pieces. Also a variety of hand-made crafts, nuts, baked goods and white elephant items. Local arts and crafts vendors will be selling their wares on the lawn. 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, and all kinds of Christmas items. Christmas items may be left in the Conference Room Sunday, October 27 through Friday, November 1. Other items may be left in Room 17 Sunday, October 27 through Thursday, October 31. All items must be brought to the church by 10:00 a.m. Friday, November 1. 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.

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



October 7, 5:45 p.m. - Executive Committee

October 7, 7:00 p.m. - Esther Circle

October 9, 1:30 p.m. - Ruth Circle

October 12, 9:30 a.m. - District Annual Meeting, First UMC, Fort Pierce

October 13, 11:15 a.m. - Unit Meeting

October 17, 1:30 p.m. - Lydia Circle

The pumpkins for the youth's Pumpkin Patch will be arriving on Saturday, October 5 at 8:00 a.m. Volunteers are needed to help unload the semi truckload!!!



A luncheon in honor of Karen VanBeek's retirement as our volunteer Handbell Choir Director, Pianist and Children's Choir Director will be held on Sunday, October 20, immediately following the morning worship service. The church will be providing the meat and dessert. The congregation is asked to bring side dishes of pasta, rice, potatoes, dressing, fresh vegetables, vegetable casseroles, fruit and salads. A basket will be available for cards or gifts. Come join us in wishing Karen a blessed retirement after over 35 years of service to our church.

**Covered  
Dish  
Luncheon**



The United Methodist Women cordially invite everyone (men as well as women) to their Quarterly Gathering and Luncheon on Sunday, October

13 from 11:15 a.m.-1:00 p.m. Judy Watts of My Aunt's House will tell us about their programs and services. Please 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 (863) 532-0557 by Sunday, October 6.

- 2<sup>nd</sup> - Lisa Harrison
- 3<sup>rd</sup> - Elizabeth Stanley, Becky Wolf
- 5<sup>th</sup> - James Bush
- 7<sup>th</sup> - Jack Wolf, David Blankenbaker
- 8<sup>th</sup> - Genia Arbogast, Brent Simmons
- 9<sup>th</sup> - Arthur Sienes
- 10<sup>th</sup> - Cathy Barber
- 11<sup>th</sup> - Brent Rucks, Gene Rhodes, Loris Asmussen, Gerry Felker
- 12<sup>th</sup> - Gary Sperry
- 13<sup>th</sup> - Beulah Morse
- 14<sup>th</sup> - Jane Frey
- 15<sup>th</sup> - Thomas Plant, Donald Miller
- 19<sup>th</sup> - Roxanne Barnes, Wesley Bishop
- 22<sup>nd</sup> - Leah Suarez
- 23<sup>rd</sup> - Jane Ehrhart
- 24<sup>th</sup> - Barbara Eve
- 25<sup>th</sup> - M/M Gil Culbreth, Jr., Vance Shirley
- 26<sup>th</sup> - Mark Tenniswood
- 28<sup>th</sup> - Gregory Straight
- 29<sup>th</sup> - Anna McBee, Rev. Bruce Simpson, Sharon Suits



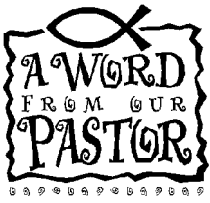
If your birthday or anniversary is incorrect or has been omitted, please call the Church Office.

The October Giving Trees will present items for hygiene kits supporting UMCOR's (United Methodist Committee on Relief) relief efforts primarily focusing on the hurricane damage in the Bahamas. If you wish to support this effort you can choose items listed on the Giving Trees or items making up a complete Hygiene Kit as listed below:



**Kits Contain:**

- 1 - Hand towel: 15"x25" up to 17"x27" - No kitchen, cleaning or microfiber towels
  - 1 - Washcloth - No kitchen towels
  - 1 - Comb - Sturdy; longer than 6" and no rattail or picks please
  - 1 - Nail clipper - No nail files or emery boards please
  - 1 - Bar of soap - 3oz. or larger in its original packaging (no Dove or Jergens please)
  - 1 - Adult toothbrush in its original packaging
  - 10 - Adhesive bandages - 3/4"x3" (similar to Band-aids)
  - 1 - 1-gallon re-sealable plastic bag
- All items must be new.
  - Do not wash any of the items as they will be considered as used.
  - Please remove all packaging, unless otherwise specified above.
  - All emergency kits are carefully planned to make them usable in the greatest number of situations. Due to the fact that strict rules often govern product entry into international countries, it is important that kits contain only the requested items - **NOTHING MORE.**
  - UMCOR is now purchasing toothpaste in bulk to be added to hygiene kits before shipping to ensure that the product does not expire before they are sent.



Last month we waited anxiously to see what Hurricane Dorian would do. Several churches in town closed the first Sunday in anticipation of the storm that

never did arrive. Almost every year we face the dilemma of what to do in the event of severe weather. When do we close and how do we let people know of the closure. Ever since 2004 when Charlie, Jean, Francis and Ivan threatened Bradenton, I have made it my policy that when we are under a hurricane warning, church is closed. My church in Bradenton was the only church open during Francis and I wish that I had not because it put others at risk.

In every storm that truly threatens us, there comes a point where the local Sheriff asks everyone to stay off the roads and that is usually during the hurricane warning. When we are told not to come out, there won't be services. As always, if you feel there could be danger during a hurricane watch, please don't put yourself at risk! A number of people were absent that first Sunday and the offering was down a little, but the next week, both attendance and giving recovered very nicely. Thank you!

The reason that I am writing now is that in the event of an emergency, we may not be able to get the word out and everyone should know what to expect. We still have a couple of months of the hurricane season, but hopefully we are past the worst.

Please keep praying for the Bahamas!

Blessings,

Don

Simply Christmas - As a part of this year's Bazaar, there will be a Simply Christmas room. If you have any Christmas decorations, ornaments, Christmas crafts, or any kind of Christmas item you no longer use, please donate them. Call Lonnie Kirsch at 467-0158 and she will pick them up.

FROM PARISH NURSE  
DIANA SAUM, RN: A  
Cholesterol Test: Pop quiz!  
Cholesterol is: A. Bad for you.  
B. Good for you. C. A little of  
both. The answer is C.



Surprised? Your body needs some cholesterol to build cells, digest food, make hormones and other important molecules. But when cholesterol levels get too high, that can cause problems for your blood vessels, heart and brain. Ready to learn more? Test your knowledge of cholesterol by unscrambling the missing words below.

1. High cholesterol may lead to the buildup of \_\_\_\_\_ in your blood vessels, a condition called atherosclerosis. (QALPUE)
2. Atherosclerosis raises your risk for \_\_\_\_\_ and stroke. (ATHRE TATCAK)
3. There are good and bad types of cholesterol. Low density lipoprotein (LDL) clogs arteries – so \_\_\_\_\_ levels are better. High-density lipoprotein (HDL) helps remove the bad kind – so \_\_\_\_\_ levels are better. (OWLRE, REGIHH)
4. A heart-healthy diet, regular exercise and quitting \_\_\_\_\_ may help improve your cholesterol levels. (GNSOMIK)
5. Losing extra \_\_\_\_\_ may help raise your amount of good cholesterol. (ETHGIW)
6. Eating foods high in \_\_\_\_\_ and trans fat may raise your amount of bad cholesterol. (TEASTRUDA)
7. Eating plant foods rich in \_\_\_\_\_ may help lower your amount of bad cholesterol. (BRIEF)
8. Your doctor might suggest medicines, such as \_\_\_\_\_, to help control your cholesterol. (TATSINS)
9. High cholesterol doesn't cause any \_\_\_\_\_, so you may not know you have it. But untreated, it can lead to serious complications. (STOSMMYP)
10. You should have a test to check your cholesterol \_\_\_\_\_. Talk with your doctor about how often to be tested. (RRGEUYLLA)