

THE MESSENGER

FIRST UNITED METHODIST CHURCH
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FEBRUARY, 2017



VALENTINE COOKIES/GIFTS FOR SHUT-INS will be delivered beginning February 8. Please bring homemade cookies to the Fellowship Hall by 1:30 p.m. on that day. Give your suggestions of any shut-ins who should be included to Cynthia Yoder or Opal Wolff. Volunteers to help make deliveries are needed.

SOUPer Bowl Sunday - While the nation is partying, stuffing themselves with good food, many in our town will go hungry. **OUR** children make a difference every year on that Sunday. They bring a smiling presence to the entrances of our church holding large SOUP pots. Why? Because they collect cash, cans and non-perishable food for LOCAL charities. The food collected goes to the Presbyterian Church Food Bank and the money collected goes to Big Lake Missions who feeds a hot meal to the homeless weekdays on our grounds. This is a National effort, started by children, run by children and youth. The following week the results are reported on-line and the local impact all across the country runs in the millions of dollars and tons of food. Thank you for being such a wonderful steward of what God has blessed you with.



ALL PARENTS OF YOUTH AND CHILDREN are asked to assist with the annual Yard Sale to benefit Summer Camp Scholarships on February 4. For those planning on attending summer camp, this is mandatory. Other adults and youth are encouraged to pitch in. Lives are changed at church summer camp and we appreciate all who support this spiritual and fun week. For more information, contact Nancy Vaughan Fletcher, 763-4021.

MISSION STUDY UMW will sponsor a Mission Study, "Climate Justice: A Call to Hope and Action" on Saturday, February 18 from 9:30 a.m. - Noon. This study focuses on climate change through the lens of justice. It is based on the belief that climate change is real and that all of God's creation is suffering and that those who are most economically vulnerable are disproportionately affected. We will also explore what we can do to make a difference. All are invited - men, women and teens. If you are bringing a child who will need nursery care, please notify Cynthia Yoder at 357-2103 by Sunday, February 12.

Small Groups for all including **RAINBOWS** for all God's Children will resume on Sunday, February 12 at 5:00 p.m. Please watch the Sunday bulletin for more information.





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

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

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

February 8, 1:30 p.m. - Ruth Circle

February 16, 1:30 p.m. - Lydia Circle

February 18, 9:30 a.m.-Noon - Mission Study



SUMMER CHURCH CAMP REGISTRATION RESERVATIONS ARE NOW BEING ACCEPTED.

Camps fills up quickly, especially for the week which we like to go, July 10-15. The camp

is for students who have completed the 4th grade through newly graduated seniors. Please hold your place ASAP by signing up and making your \$50 deposit. It costs \$450 per student for the week, but our fund raisers are meant to cover all but approximately \$100.

RAINBOWS FOR ALL GOD'S CHILDREN will begin on Sunday, February 12 at 5:00 p.m. and run for 7 weeks. This free program is for all children grades 1-5, but especially for those going through difficult times and includes a meal after the one hour class. The leaders are certified trained. We are now accepting applications for leaders to be trained. The commitment is for 2 hours per week (Sundays only from 5-7:00 p.m.) for 7 weeks in the winter and fall. For more information, contact Nancy Vaughan Fletcher, 763-4021.

Mark your calendars for this year's "Hero Central: Discover Your Strength in God" themed VBS June 12-16. Classes begin with dinner at 5:30 p.m. Early sign-up students receive an interactive CD. Check the bulletin board in the hallway to the Sanctuary for registration.



The church was recently the beneficiary of a gift of appreciated property. Stock which had grown in value was donated to the church. The donor gets a tax deduction for the full value of the gift and avoids taxes that would have been due if they had sold the stock. The church, which is not subject to tax, then sold the stock with no tax liability. This is a very positive way to support the church and enjoy the tax advantage. There are a number of other ways that you can benefit the church and enjoy tax advantages. We will have information regarding this topic in the months to come.



FROM PARISH NURSE DIANA SAUM, RN: Plantar fasciitis (pronounced Plan-tar-fash-ee-eye-tis) is a common cause of foot and heel pain in

adults. A common symptom of plantar fasciitis is heel pain first thing in the morning on arising.

The plantar fascia runs from the insertion site in heel along the bottom of our foot and supports your arch as the plantar fascia pulls on the heel it can become inflamed. Your body responds by laying down more bone creating a heel spur.

Common causes are progressive flattening of the arch overtime, lack of flexibility in the calf muscle, change in activity levels, overuse, and weight gain. When your arch drops, the plantar fascia begins to tear away from its insertion at the heel.

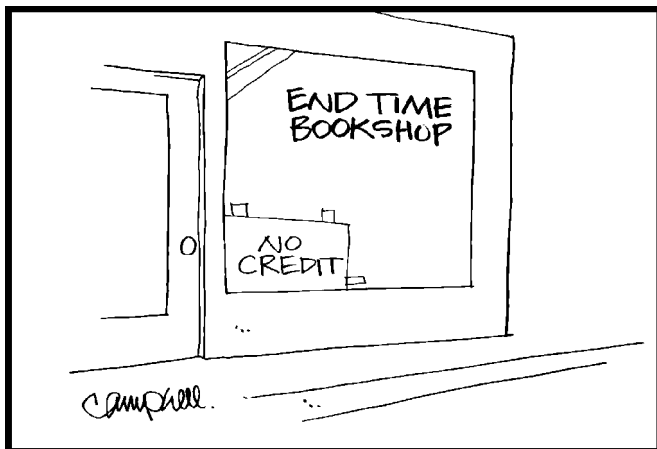
If left alone plantar fasciitis can take 6-18 mos. to heal. Treatment can help shorten recovery time. Two main concepts in treatment are: the decrease of inflammation and addressing the cause of the condition. Stretching and exercises help to lessen the pull on your heel; anti-inflammatory agents including ice and oral anti-inflammatory; night splints to prevent contraction of plantar fascia and to maintain calf flexibility; corticosteroid injections may help especially if anti-inflammatories don't work; surgery to release pressure on plantar fascia; and foot orthotics designed to correct pull on plantar fascia.




- 2nd - Melanie Rathbun
- 4th - Joseph Hall, Brooke Ragamat
- 5th - M/M Bob Foster
- 6th - Ruth Marsh, Tammy Bean
- 7th - M/M Steve Rathbun

- 9th - Mackenzie O'Bannon, Allissa Childs
- 12th - Wayne Bishop, Jr., Carmen Schaefer
- 13th - Rebecca Wyatt
- 14th - James Marquis, M/M George Carpenter, Pat Wemmer, M/M Vance Shirley
- 15th - Elaine Keller, Hannah Rucks-Zaoui
- 16th - Frances James
- 17th - Cheryl Worlow, Kerry Simmons
- 18th - Angela Mintz, Susan Rucks, Tommy Raulerson, Barbara Regan
- 19th - Benji Walker, Ruth Yeilding, Betty Clement, Josaiah Harris
- 20th - Pat Tenniswood, M/M Barney O'Steen
- 21st - Lydia Bishop, Jessica Suit
- 22nd - Darrell Ferneau
- 23rd - Tammy Rhodes, M/M Keith Poole, Marsha Chapman
- 24th - Justin Murphy, M/M Walter Taylor, Aalia Murphy, John Gammill, Elizabeth Coombs
- 25th - Sylvia Ingersoll, M/M George Cooper
- 26th - Louise Head
- 27th - Dorothy Richardson
- 28th - Alice Steiner, Karyne Brass

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



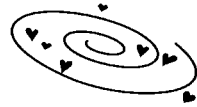
The Giving Tree for February will benefit Okeechobee Humane Society Pet Rescue. Some of their needs are: IAMS mini chunk dry puppy food or IAMS adult dry dog food, Dawn blue original dish soap, white vinegar, regular bleach (no scent), paper towels, trash bags (kitchen size and large size). They can also use old sheets, blankets and towels.



Love your neighbor as yourself

Valentine's Day is the perfect opportunity to live out God's love. How does Jesus say we should treat other people?

Directions: Find a hidden word in each sentence. For example, "the" is hidden here: (12) "It's Harry's hat he stole." The (12) means the hidden word starts on the 12th letter (ignore punctuation). Use the answers to complete Matthew 19:19, NIV.

(1) You really like ice cream! _____ 

(16) Carly has a really fat hermit crab. _____

(21) My favorite animals are moth, ermine and eels. _____

(4) "Hello, Vera!" called Joseph. _____

(11) When horses neigh, boredom reigns. _____

(17) Their daughter, Kara, sat patiently. _____

(6) "That's yours, elf!" the fairy yelled. _____

♥ "Honor _____ and _____, and _____ your _____."

Matthew 19:19, NIV

Answer: "Honor your father and mother, and love your neighbor as yourself." Matthew 19:19, NIV