

THE MESSENGER

FIRST UNITED METHODIST CHURCH
200 NW 2ND Street
Okeechobee, Florida 34972-4174
Phone (863) 763-4021
www.fumcokee.com

JANUARY, 2017



Come to breakfast on
January 8
8:30-10:30 a.m.

Enjoy eggs, bacon, grits, biscuits, sausage gravy, fresh fruit cup, orange juice, coffee and milk.

Donation:	Adults & Teens	\$ 7.00
	Children 6-12	\$ 3.00
	Family Maximum	\$15.00

Prepared by the United Methodist Men
Sponsored by Global Life Committee
to benefit Henderson Settlement

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

January 3, 5:45 p.m. - Executive Committee

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

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

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

January 21, 9:30 a.m.-2:00 p.m. - District Membership/Leadership Day - FUMC, Okeechobee



 We were able to pay 100% of our Conference apportionments due to a very special gift we received. We also finished the year with a positive balance to give us a little "cushion" going into 2017. The Finance Committee thanks each of you for your wonderful support this past year!

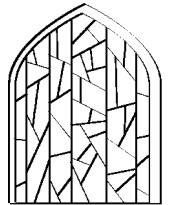


It's that time again...time to re-evaluate those things you might not need anymore and donate them to the annual Yard Sale to benefit summer camp scholarships. The sale is Saturday, February 4. Items can be brought to the church on

Sundays and during normal business hours (Room 24). For information and assistance with larger items, please contact Nancy Fletcher, 763-4021.

STAINED GLASS WINDOWS

In conjunction with the Sanctuary repairs, work has begun on the five small stained glass windows on the east wall. Conrad Pickel Studio has removed the glass for cleaning and restoration and will begin removal of the frames in February. Thanks to Lonnie Kirsch for painting the lovely landscape scenes on the plywood to dress up the windows. We are still seeking your donations to the stained glass fund to help pay for these repairs.



SANCTUARY REPAIRS - The mold repairs have been completed in the Sanctuary and we were able to return in time for the Cantata and Christmas services. Penrod Construction did a wonderful job reinstalling the drywall, repairing the damaged wood and painting the area to blend in very nicely. Everyone was really glad to be able to once again worship in our beautiful Sanctuary.

The Global Life Committee's Giving Trees for January will be for CROS (Christians Reaching Out to Society) Ministries. Items being asked for will be canned meats, canned fruit, canned or packaged soups, canned tomato sauce, dry rice, dry or canned beans, gently used clothing, baby diapers, adult diapers and travel items like shampoo, tooth brushes, toothpaste, soap, deodorant, razors or lotion. CROS Ministries is an interfaith ministry serving Palm Beach County and the Treasure Coast. CROS is 38 years old. They are part of our Atlantic Central District and Florida Conference.



New Parsonage

We have submitted the loan application to the Florida United Methodist Foundation and hope to have a reply very soon. As soon as the loan is approved, construction will begin on the new home in Eagle Point. The project will cost \$235,000 and we will offset with the sale of old parsonage. A capital campaign to fund loan payments will be held after the New Year.

FROM PARISH NURSE
DIANA SAUM, RN: Many foods contain carbohydrates (“carbs”). Carbohydrates resemble a chain with multiple links. When they enter our gut, the links in the chain are separated by digestion. Table sugar is a simple chain: just two links, easily separated. It’s the single links that mainly are absorbed into our blood. The most common is called glucose. When your doctor measures your blood sugar, glucose is what is being measured.



Any food, say a slice of an orange, contains calories. But those calories add to our weight, and influence whether we might develop diabetes, only if they are efficiently broken down into single links—glucose—and then are absorbed into our body.

Our intestines contain trillions of bacteria of different types. Some types are very good at breaking up carbohydrates into glucose; other

types are not. If you’re a person with lots of the first type of bacteria living inside you, every slice of orange you eat will lead to more calories getting into your blood.

The recent study presents evidence indicating that artificial sweeteners may encourage the growth of the types of bacteria that generate more glucose—and, hence, lead us to absorb more calories. In other words, while the sweeteners don’t contain calories, they may cause us to absorb more calories.

-Dr. Komaroff in Treasure Coast News



- 2nd - Sheila Brown
- 4th - Beth Lehman, Ronda Watt, Carley Ostavitz, Keith Poole
- 5th - Jordan Bolen
- 6th - Diane Thrift
- 8th - Taylor Rathbun
- 10th - Dawn Radebaugh
- 11th - Martha Watford
- 13th - Rosetta Gunsalus
- 16th - Alice Tyson, Jodie Jones
- 19th - Walter Taylor
- 20th - Fred Walker
- 21st - Dowling Watford, Jr., Irene Angel
- 22nd - Kelsey Burnham, Ayden Wyatt, Diana Saum, Annarose Hill
- 23rd - Joe Wolf
- 24th - Joshua Rivera, Margaret C. Smith
- 25th - Richard Kersey
- 27th - Peregrino Ragamat, Bennett Yeilding
- 28th - Raye Marie Deusinger, Gerald Newcomer
- 29th - Millie Blesy
- 30th - Linda Bodine, Mariettes Sienes
- 31st - Christine Bishop, Stu Beebe

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

MARK YOUR CALENDARS: Vacation Bible School June 12-16 (Super Hero Theme); Summer Camp, July 10-15