

THE MESSENGER

FIRST UNITED METHODIST CHURCH

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NOVEMBER, 2013



The United Methodist Women invite you to attend their Annual Fall Bazaar on Saturday, November 2 from 8:00 a.m. to 1:00 p.m. in the Fellowship Hall. You will find a variety of crafts, quilted items, nuts, baked goods, white elephant items and a Silent Auction. 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, candles and candle holders, small appliances, costume jewelry, and children's toys, etc. 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.

ON SUNDAY, NOVEMBER 3 WE WILL BEGIN A SCHEDULE OF TWO WORSHIP SERVICES:

8:00 a.m. Traditional

11:00 a.m. Blended

Henderson Settlement in the Red Bird Missionary Conference in Kentucky is still collecting Campbell Soup UPC codes to obtain a second new minivan. Please save all UPC codes from all Campbell Soup products including soups, Franco-American, Pepperidge Farm, Swanson Broth, Prego Sauces, V8 juices, BIC and Pop Secret. Put them in the folder on the first bulletin board to your left in the hallway as you leave the Sanctuary. There is a complete list of the UPC codes needed in that folder. This is an easy way for everyone to BE IN MISSION.



SMOKED CHICKEN DINNER
Sponsored by United Methodist Men



Friday, November 15
11:00 a.m.-1:00 p.m.
(Take-out Only)
4:00-6:30 p.m.
(Dine-in or Take-out)

Food donations will be received through November 24 to assist Big Lake Missions Thanksgiving Dinner project. The Angel Tree, which provides Christmas gifts to children of a parent in prison and the Agape Tree, which provides needed items for our own church children, will be placed in the Narthex, November 24. These two trees will have a total of 43 to 48 children's names and needs.





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

- November 2, 8:00 a.m.-1:00 p.m. - Bazaar
November 2, 9:30 a.m. - Conference Annual Meeting - Lakeland
November 5, 5:45 p.m. - Exec. Committee
November 5, 7:00 p.m. - Esther Circle
November 11, 7:00 p.m. - Wesleyan Circle
November 13, 1:30 p.m. - Ruth Circle
November 21, 2:00 p.m. - Lydia Circle

FROM PARISH NURSE, DIANA SAUM, RN: Tart cherry juice for arthritis pain contains natural compounds that have anti-inflammatory activity and can ease pain (osteoarthritis and cartilage - from Peoplespharmacy.com, August, 2013). The tart or sour cherry is also known as the pie cherry, Montmor Envy cherry or Balaton cherry. These are different than sweet cherries, ie: Bing, Ranier and Lambert cherries. Cherries have a high concentration of compounds called anthocyanins 1 & 2 - these are antioxidants. Tart cherries may have similar effects on properties as Cox-2 inhibitors, such as Celebrex. Why tart vs. sweet cherries? Tart has a higher concentration of the phenolics and anthocyanins than sweet cherries, plus less sugar. Tart cherry juice can be purchased at most groceries. One 8 oz. glass = 100 cherries, however processing or cooking may remove some of the benefits from the juice. One serving of dried tart cherries is about ½ cup. It works for each individual differently.



- 1st - Robert Stefanov, Bryce Emley
2nd - Ed Bobbitt, M/M Richard Mattern, June Waite
3rd - Cameron Davis
4th - Carol Grosvenor
5th - Karen Bishop, Cynthia Yoder
6th - Sharon Bishop
7th - M/M Raymond Frey, Robert Steiner
8th - Florence Noland, Savannah Simpson
9th - Ricky Barnes III
10th - Caitlin Spangler, Tad Norman
11th - Melody Griffen
12th - Shannon Martin, Joseph Hill
14th - Merrie Stella, Mary Kliphouse, Patricia Chase, Wayne Brown, Connie Phillips
15th - M/M Charles Rucks, Ruby Crowe
16th - Corinna Comfort, Jordan Pearce, John Duke, Marian Smith
17th - Seth Louthan, Murrah Elmore
18th - Perry Green, M/M Noah Handley
19th - Rickie Hobson, M/M Jim Dawson, Robbin Dawson
20th - Joe Gaucin, Rosemary Hill, Victoria Smith
22nd - Brenda Close
23rd - Rebecca Newcomer, M/M Chris Gorham, Tony Richie
24th - Lois Wentz
25th - Joyce Rucks
26th - Leslie Ethen
27th - Vivian Wright, Melinda Hall
28th - Lemoyne Ezell, Ronald Tyson, Kristin Higgins
29th - Katherine Ragamat, Christy Spangler, M/M Bill Coombs, Opal Wolff, Mike Radebaugh, Jack Fisher
30th - M/M Gary Sperry

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