

THE MESSENGER

FIRST UNITED METHODIST CHURCH
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SEPTEMBER, 2014



NEW MEMBERS CLASS: The next New Members Class will be held on Sundays, September 21st and September 28th following the worship service. This is for

anyone wishing to know more about United Methodism and our church in particular. Lunch will be served. Please let us know if you are interested so that we have adequate materials by contacting Opal Wolff at 763-4393 or the Church Office at 763-4021.

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:



- 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

SMALL GROUPS FOR YOUTH/ADULTS AND RAINBOWS FOR CHILDREN WILL RESUME ON OCTOBER 5 AT 5:00 P.M. WATCH FOR DETAILS IN THE SUNDAY BULLETIN.

Beginning October 5th we will be having a new class for toddlers. Yes, our little nursery ones are ready to start learning about Jesus. The class will not start until 9:15 a.m. and the children will make a seamless



transition to the Nursery at 10:00 a.m. For those parents/grandparents that are in an adult class at 8:30 a.m. the children will go to the Nursery until 9:15 a.m., have their class and return to the Nursery. **THERE IS NO NEED FOR YOU TO COME AND TRANSITION THEM.** In fact, it would be better if you did not. Two to two and a half hours of learning and care is perfect for 2's and 3's. Nancy Vaughan will be teaching the class with input from parents and nursery workers. The curriculum is exciting, fun and the core lessons are taught through music, movement and play. We are excited that we are growing our younger population.



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

- September 2, 5:45 p.m. Executive Committee
- September 2, 7:00 p.m. - Esther Circle
- September 6, 9:30 a.m. - Mission Sampler, Roseland UMC
- September 10, 1:30 p.m. - Ruth Circle
- September 18, 1:00 p.m. - Lydia Circle



The August meeting of the UMM was well attended and featured a program by Morgan Lumpkin with Golgotha Ministries. Golgotha Ministries is a transition program for men

who have completed a faith based drug and alcohol rehab program and are ready to return to the community. Many need a place to live and a job, so Golgotha provides a group home and job training through their produce co-op. The produce co-op is open to the public for fresh produce and many other items (eggs, jams, jellies and much more), and also provides for a membership program for a weekly bag of various produce. Their store is located in the building across from the City Police Station (128 NE Park St.) and is open Tuesday-Saturday. The next meeting of the UMM will be on September 15 and all men are welcome to attend.

FOOD LABEL CLAIMS THAT CAN FOOL YOU



“Multigrain” - These foods have more than one type of grain, but those grains could be refined meaning their nutritious bran and germ has been removed. Look for “whole grain” or 100% whole grain to be sure they are healthy.

“No trans fat” - Trans fats are linked to heart disease and diabetes. Food manufacturers can use “no trans fats” on the label if it has less than 0.5 grams. Bottom line: if partially hydrogenated oils or fully hydrogenated vegetable oil is in the ingredients, it has trans fats.

“No nitrates or nitrites” - These chemicals (used for preservatives in cured meats, such as bacon, bologna, ham or hot dogs) can form possible cancer causing nitrosamines. The best way to avoid nitrates and nitrites is to eat processed meat rarely.

“Reduced sodium” - To qualify for this term, a food only needs to have 25% less sodium. For example, Swanson’s regular chicken broth has 860 milligrams of sodium/cup. Reduced sodium has 570 milligrams/cup. 570 milligrams is about a quarter of the maximum daily limit. Opt for “low

sodium” food which have 140 milligrams/serving.

“Made with extra fiber” - This is not the same as “excellent source of fiber”. The fiber added is usually just one type coming from cellulose (wood pulp), inulin (chicory extract), oligosaccharides, or fructons. Natural fiber is a mix of types and all have different health benefits.



- 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, Erin Hale
- 12th - Phyllis McGee, Kathy McCann, Elsie Landers
- 13th - Nancy Beth Rucks, Dan Simmons
- 14th - Josh Chapman
- 15th - Matthew Gammill, Joe Spangler
- 16th - David Wibbels
- 17th - Karla Lamarie, Taylor Boatwright
- 18th - Cheri Watford
- 19th - Minta Hayford, Ed Mucherino, Nancy Vaughan
- 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 - Monroe Hampton, M/M Don Minor
- 27th - Simon VanBeek
- 29th - Jennifer James
- 30th - Rev. Neil Gunsalus, Kylie Shirley

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