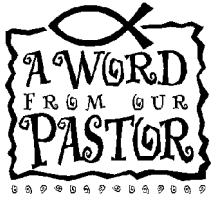


# THE MESSENGER

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

FEBRUARY, 2018



Don't blink! February is our shortest month and it will be over before we know it. As I write, I am making a quick trip to Pennsylvania. I will be back before you knew I was gone, but I am off to help celebrate my step-grandmother's 100<sup>th</sup> birthday! Grandma June is in a Nursing Home, but still active. For most of my life, we have had our birthday parties together, as she is late January and I am early February. For years my grandparents were winter folk here in Florida and so I have never had to go to Pennsylvania to mark her birthday and to be honest, if it wasn't 100, I would be staying home! Still, since I will be back before you read this, it is silly even to mention it except I couldn't think of anything else to write about. Thank you for all of the love you have shared since we have been here. Time is going by so quickly that it is easy to let things go and think, I will do that later. Do it today, if at all possible or put it on the calendar and take care of it soonest!

Blessings,

Don

**VALENTINE COOKIES/GIFTS FOR SHUT-INS** will be delivered beginning February 14. 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.



UMW will sponsor a Mission Study on Saturday, February 17 from 9:30 a.m.-Noon. We will learn about the Red Bird Missionary Conference in Kentucky, the Oklahoma Missionary Conference and the Alaska Missionary Conference. All are invited - men, women and teens. If you are bringing a child who will need nursery care, please notify Cynthia Yoder at (863) 532-0557 by Sunday, February 11.

## VALENTINE DINNER

Tuesday, February 13 - 6:00 p.m.

Menu: Steak, Potatoes, Vegetable, Rolls,  
Dessert

Cost: \$15.00 Per Person

Hosts: United Methodist Men

Nursery Available

Proceeds to benefit Youth Mission Trip



Thanks to your generous contributions, we were able to finish the year with a small surplus going into 2018. We paid all bills, 100% of our Conference Apportionments and only owe \$75,000 on the new parsonage after the sale of the old home. We expect a few additional expenses for repair and maintenance on the Sanctuary, as well as some improvements for security during this year. Please continue your support!



UMW is beginning a Days for Girls Project. Days for Girls has reached over 640,000 women and girls in 100+ countries with Feminine Hygiene Kits, each of which will last a girl or woman 2-3 years. This translates into over 115 million days of education and opportunity that would otherwise be lost without sustainable hygiene solutions. We have formed a group to make these kits. Please notify Cynthia Yoder, Opal Wolff or Anna Lou Wilson, if interested.



Small Groups for adults will resume on February 11 at 5:00 p.m. The groups are scheduled to be led by Al Young, "Moses" by Adam Hamilton and Gail Minor will lead "Bible Trivia" (the answers will be shown to you). There will be no meal served.

The United Methodist Men prepared the breakfast fundraiser for Henderson Settlement and will sponsor the Valentine Dinner on February 13. The January program was presented by Ed Bobbitt on growing up in South Carolina and the February program will be Sharon Suits on a recent dive trip. The UMM voted to donate \$500 to the Parsonage Fund, \$100 to Real Life Children's Ranch and \$500 to Big Lake Missions to help with the purchase of a vehicle. Please join us on the 3<sup>rd</sup> Monday at 6:30 p.m. for dinner and program.



The next Membership Class will be held on Sundays, March 4<sup>th</sup> and 11<sup>th</sup> from 9:45-10:30 a.m. in Room 18. This is for anyone wishing to know more about United Methodism and our church in particular. 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.



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

February 6, 5:45 p.m. - Executive Committee

February 6, 7:00 p.m. - Esther Circle

February 14, 1:30 p.m. - Ruth Circle

February 15, 1:30 p.m. - Lydia Circle

February 17, 9:30 a.m.-Noon - Mission Study

**SPECIAL VISITOR:** On December 29 we had a special visitor to the church. Richard Myer, son of Rev. M.E. Myer (1939-1942), stopped by to see his old "home". Richard left Okeechobee when he was 6 years old, but still remembered the parsonage, annex, Sanctuary, the Raulerson house and the Parrish sisters. He retired from the Navy and currently lives in Oregon. Having recently lost his wife, he was visiting relatives in Orlando and drove down to see the church.

In March our District Training will be led by Vitality Share Groups in 6 regional gatherings. The theme will be "Strategic Partnerships" with opportunities to share with other churches. All churches are being encouraged to bring 20-30 leaders and members from each church. The date for our meeting will be March 3 at Christ By The Sea UMC, Vero Beach. Please watch the bulletins for more information.



UMW has First UMC t-shirts for sale for \$15/ea. You may also order collared shirts with church logo for \$18/ea. See them in the Fellowship Hall from 9:30-11:00 a.m. and after the 11:00 a.m. service on Sunday mornings.



**FROM PARISH NURSE DIANA SAUM, RN: Ten Super Foods -**

(1) Sweet potatoes are nutritional superstars. They are loaded with carotenoids and are a good source of potassium and fiber. (2) Mangoes - About a cup of mango supplies 100% of a day's vitamin C, 1/3 of a day's vitamin A, a decent dose of blood pressure lowering potassium, and 3 grams of fiber. (3) Plain (0%) Greek yogurt is fat free, unsweetened and high in protein. (4) Broccoli is loaded with vitamin C, carotenoids, vitamin K and folate. Steam until its bright green and just tender. (5) Wild Salmon - Fatty fish like salmon, which are rich in omega 3 fats, may help reduce the risk of heart attacks and strokes. Wild-caught salmon is more sustainable than farmed salmon. (6) Oatmeal whether it's quick, old-fashioned or steel-cut oatmeal makes a hearty whole-grain breakfast. Each ½ cup (dry) of plain rolled oats has 4 grams of fiber and roughly half is the soluble kind that helps lower cholesterol. (7) Garbanzo beans - All beans are healthy. They're rich in protein, fiber, copper, folate, iron, magnesium, potassium and zinc. Garbanzos stand out because they are so versatile - salads, vegetable stews, curries and soups. (8) Watermelon is excellent in the nutrient department. A standard serving (about 2 cups) has 1/3 of a day's vitamin A & C, a nice shot of potassium and a healthy dose of lycopene for only 90 fat-free, salt-free calories. (9) Butternut squash has lots of vitamin A & C and fiber. (10) Leafy greens like kale, collards, spinach, mustard greens and swiss chard. Leafy greens are loaded with vitamin A, C & K, folate, potassium, magnesium, calcium, iron and fiber.

**OUR ASH WEDNESDAY SERVICE WILL BE HELD ON FEBRUARY 14 AT 7:00 P.M. IN THE SANCTUARY.**



**PRINCESS PROJECT - A ministry to mentor 32 girls at Okeechobee Girls Academy. Three members have received training and visited the girls on three occasions. More volunteers are needed. Please notify Cynthia Yoder, Opal Wolff or Lonnie Kirsch, if interested.**



- 2<sup>nd</sup> - Melanie Rathbun, Don Hanna
- 4<sup>th</sup> - Joseph Hall, Brooke Ragamat
- 5<sup>th</sup> - M/M Bob Foster
- 6<sup>th</sup> - Tammy Bean
- 7<sup>th</sup> - M/M Steve Rathbun
  
- 13<sup>th</sup> - Rebecca Wyatt
- 14<sup>th</sup> - James Marquis, M/M George Carpenter, Pat Wemmer, M/M Vance Shirley
- 15<sup>th</sup> - Elaine Keller, Hannah Rucks-Zaoui
- 17<sup>th</sup> - Kerry Simmons
- 18<sup>th</sup> - Angela Mintz, Tommy Raulerson
- 19<sup>th</sup> - Ruth Yeilding, Betty Clement, Josiah Harris
- 20<sup>th</sup> - Pat Tenniswood
- 21<sup>st</sup> - Jessica Suit
- 23<sup>rd</sup> - Tammy Rhodes, M/M Keith Poole
- 24<sup>th</sup> - Justin Murphy, M/M Walter Taylor
- 25<sup>th</sup> - M/M George Cooper
- 26<sup>th</sup> - Louise Head
- 27<sup>th</sup> - Dorothy Richardson
- 28<sup>th</sup> - Alice Steiner, Karyne Brass

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

