

# THE MESSENGER

FIRST UNITED METHODIST CHURCH  
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MAY, 2019



The annual NATIONAL DAY OF PRAYER service sponsored by the Okeechobee Ministerial Association will be held on Thursday, May 2 from 12:00-1:00 p.m. on the SE side of the lawn behind the old courthouse. The Kiwanis will be offering a free lunch. Bring a lawn chair and invite a friend!

We are asking the church to help support the expenses for our youth's mission trip to Hope, Arkansas July 6-14. The goal is \$2,500. This year we will be doing various mission activities. Help us help others in Jesus' name this summer. Thank you for your support.



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

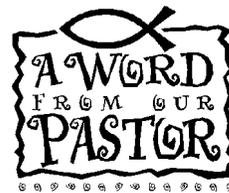


May 6, 5:45 p.m. - Executive Committee

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

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

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



On Easter Sunday, I woke at 4:45 a.m. to get ready for our Community Sunrise Service. We rode to Scott Driver Park where we had a beautiful sunrise and from there straight back to get ready for our 8:30 a.m. service. It was evening when I turned on the news and learned of the bombings in Sri Lanka. This is just the latest in attacks on people at worship around the world.

It would be easy to be fearful to attend a church after hearing such news, but in spite of the attacks around the world, attending church is very safe. Nevertheless, you may have noticed that we have someone in the lobby of the Sanctuary and one in the Fellowship Hall during worship. This is all part of our Security Team to help our peace of mind and to help make sure that you are safe in church. Please thank the volunteers who have stepped up to help keep an eye out for trouble and have had some training from the Police Dept. to be the first line of support.

We live in a crazy world that none of us saw coming and yet, it is a world filled with great compassion and love. Our hope as Christians has never been just staying safe, but loving God and our neighbor. Yes, there are problems and we worry about our children, but we must never lose hope because God will never desert us. Our hope is in Christ who died that we might be forgiven and that hope never dies!

God Bless,

Pastor Don

The Finance Committee would like to thank the congregation for their generous support. We currently have a good balance to begin the summer season. We have also made another payment on the apportionments and have now paid all of those that require full payment. Unfortunately, we had to have one of the Sanctuary a/c compressors replaced and that will be a costly repair. Hopefully the building fund will be sufficient to make that payment. Thank you again for your wonderful support.



- 1<sup>st</sup> - Martha Fuller
- 2<sup>nd</sup> - Barbara Watford
- 4<sup>th</sup> - Aubrey Burnham
- 5<sup>th</sup> - M/M William L. Hendry
- 6<sup>th</sup> - Maryann Harris
- 8<sup>th</sup> - Wanda Burnham
- 9<sup>th</sup> - M/M Al Young
- 10<sup>th</sup> - Donna Lenfest, Susan Williams
- 12<sup>th</sup> - Jerry O'Bannon
- 13<sup>th</sup> - M/M Brent Rucks, Anthony Metcalf
- 14<sup>th</sup> - M/M Rick Barnes
- 17<sup>th</sup> - James Tenniswood
- 18<sup>th</sup> - Randy Burnham, M/M Peregrino Ragamat
- 19<sup>th</sup> - Dion Raulerson, Donna Kersey
- 20<sup>th</sup> - Ellen Futrell
- 23<sup>rd</sup> - Willard Suits
- 29<sup>th</sup> - M/M Gene Rhodes, Dennis Anderson, Shirley Matson
- 31<sup>st</sup> - Jake Streelman

**SAVE THE DATES!** It's time for a new pictorial directory for our church. Photography dates have been set for October 14 & 15, 2019 and January 13, 14 & 15, 2020 so that permanent residents and winter visitors can all be included. Place the dates on your calendar and look for more information when the time draws closer.

Church Photo  
**Directory**



FROM PARISH NURSE DIANA SAUM, RN: Depression - Signs, Symptoms, Treatment. In older adults it can be more difficult to determine true depression or if something else is the cause. Some heart medications, for instance, can cause depression-like side effects. No matter the cause, getting treatment is key. People with depression are at higher risk for other health problems, as well as suicide. The major symptoms seem to be the same for any age: feeling sad, hopeless, guilty, or worthless; a loss of interest in activities you once enjoyed; changes in appetite, weight or sleep habits; fatigue, restlessness, indecisiveness or difficulty concentrating and suicidal thoughts. Younger people may say they "feel sad", where older people may say "I don't feel joy." Possible treatments: (1) Talk Therapy - Is a good first option. One common type is cognitive behavioral therapy, which teaches you to change unhelpful patterns of thinking and behaving. (2) Anti-depressants - You may be a good candidate for medication if you've tried therapy and haven't started to feel better after a few months, or if your symptoms are severe, for instance, you're eating so little that you're losing weight, you're not sleeping or you are even having delusions or hallucinations. Your doctor may recommend therapy and medication together. It can take 8-12 weeks for anti-depressants to take full effect. (3) Electroconvulsive Therapy (ECT) - If you've tried therapy and several different medications, but your depression still isn't improving sufficiently, your doctor may recommend ECT, which involves using a small electric current to stimulate the brain while under anesthesia. A 2015 study found that ECT led to an easing of symptoms for up to 80% of people. Plus there is no reason to fear the therapy. It's not at all like what people see in movies.

