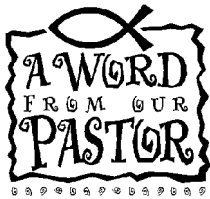


# THE MESSENGER

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SEPTEMBER, 2019



In the Sunday, August 25 edition of the Okeechobee News, I shared this part of my Irish vacation: "This summer, I visited Northern Ireland where my Hanna ancestors came from in 1834. I had high hopes that a visit to the Public Records Office of Northern Ireland is all that it would take to unlock 185 years of mystery. Unfortunately, the mystery remains, but I met with a DNA cousin with whom I have corresponded for several years. In a whirlwind afternoon, we visited farms, peat bogs and churches where the family that stayed in Ireland lived and worked. These were the same places where my people likely lived. For now, the names of my people are still lost to me, but I walked where they walked. It is a beautiful country and I felt a connection to my roots in a way that touched a deep place for me." As important as our roots may be to some of us, our branches are the only thing that can make a difference. Our children, our friends and family, including our church family. Hopefully our past inspires us, but with the days that are ours, may we seek to make a difference in the future!

Blessings,

Don

The Days for Girls Project group will meet on Monday, September 16 and Monday, September 30 at 10:00 a.m. in Room 13.

The Missions Committee offers you the opportunity to help with our September mission project. The South Elementary Hygiene Program is to provide a way for teachers at the school to have on hand whatever might be needed by a child during an emergency or if they are in obvious need. The needs for both boys and girls include: new underwear, socks, travel-size toothbrushes and toothpaste, hairbrushes, combs, deodorant and shoes for both boys and girls. Please bring donations to the Fellowship Hall. Thank you!



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

September 9, 5:45 p.m. - Executive Committee  
September 9, 7:00 p.m. - Esther Circle  
September 11, 1:30 p.m. - Ruth Circle  
September 19, 1:30 p.m. - Lydia Circle

As we come out of the summer months, our financial balance has declined with the lower attendance, vacations, etc. We thank you for your faithful giving that has helped us maintain a positive balance most of the summer. With your help, we have made payments on the apportionments and made principle payments on our parsonage loan. Our loan is now at about \$32,000 and we continue to "chip" away at it. Our 2020 budget process will be beginning soon and each program area will be submitting their requests for Finance Committee review and Church Council approval.



*On behalf of Bishop Carter you are invited to join in the worship celebration for the installation of Rev. Dionne Hammond to the office of District Superintendent to be held on Sunday, September 22 at 4:00 p.m., 1<sup>st</sup> UMC, Melbourne. Haitian food to follow! Please RSVP through our Church Office (763-4021) by September 14.*

**NEW STUDY**



On September 5, the Thursday afternoon Bible Study group will invite others to join as they begin a new study, "Women United for Change, 150 Years in Mission." The dates are September 5, 12, 26 and October 3, 10, 24 from 1:30-2:30 p.m. in Room 24. Come and join us to learn more about the women who have followed God's call to be in mission to women, children and youth. Books are available from Opal Wolff.

**SECURITY TEAM:** With the recent shootings in El Paso and Dayton, it reinforces the need for us to stay vigilant and make certain our services are safe. The Security Team continues to improve and to evaluate our procedures and our facilities. We feel we have made significant progress. During the next few months we will schedule more training and we invite anyone interested to consider joining us. Please contact the Church Office to volunteer.

**FROM PARISH NURSE DIANA SAUM, RN:** Studies have found that snacking between meals can have positive effects on your health, both physical and mental. If you're starting to feel hungry don't wait until it's hard core hungry. Have the snack. A good plan is 3 meals with 2 or 3 snacks a day. You can't add just any old snack. Chips, cookies and other simple carbohydrates (CHO) boost your blood sugar quickly which leads to sugar crashes. Instead try nuts, complex CHO's and fruits. Try a fiber rich apple. Fiber helps us lose weight, while satisfying our hunger. Eating almonds regularly can improve good HDL cholesterol levels and remove cholesterol



from the body. Snacking on protein-rich foods helps preserve your muscle mass and stamina. The body can only absorb a certain amount of protein each meal. Distributing protein throughout the day via snacking can maximize protein intake. This is especially beneficial for people that are over 60. Their bodies don't use protein as efficiently as the bodies of younger people. Smart snacks with multiple health benefits include blueberries, yogurt, cheese, fresh vegetables with hummus, hard boiled eggs and avocado to name a few.



- 1<sup>st</sup> - Jeanne Enfinger, James Hall, Vicki Green
- 3<sup>rd</sup> - M/M John Waite
- 7<sup>th</sup> - Roxy Wyatt
- 9<sup>th</sup> - Gary Kirsch
- 10<sup>th</sup> - Karen VanBeek, Joyce Gorham

- 11<sup>th</sup> - Ida Berlew
- 14<sup>th</sup> - Victoria Vaughn
- 15<sup>th</sup> - Joe Spangler
- 18<sup>th</sup> - Cheri Watford
- 19<sup>th</sup> - Minta Hayford, Ed Mucherino, Nancy Fletcher, India Coons
- 20<sup>th</sup> - Merle Hendry, David Wemmer, Kimberlee Marquis, Emily Strelman
- 21<sup>st</sup> - Brooke Snyder
- 24<sup>th</sup> - Jim Dawson
- 25<sup>th</sup> - Gail Minor, Rick Barnes
- 26<sup>th</sup> - M/M Don Minor
- 27<sup>th</sup> - Simon VanBeek
- 30<sup>th</sup> - Kylie Shirley

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

