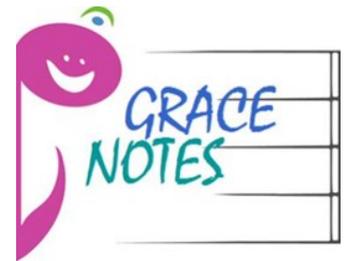




Timothy, my dear son, be strong through the grace that God gives you in Jesus Christ.

~ 2 Timothy 2:1



The title of this column is *Grace Notes*. There's a reason for that, and it has its roots in music, but it goes deeper than that. In written music, notes are the same size. They have different pitches and different rhythms and even different shapes. Some are all black, some have little tails on them some have dots next to them, some have stems, some are hollow with stems, and some are hollow with no stems – sort of like an oval just lying there on the staff. All of those notes, written together in proper order and proper sequence, bring a song to life for someone who can read music. All of the notations are predictable and steady – there are no surprises as long as each note is played the way it is written. People who love order usually love music. It has a pattern and it is predictable – until you see a grace note.

Grace notes are extra notes added as an embellishment to the music, not essential to the harmony or melody. They come unbidden, and in odd places. They just appear out of nowhere, it seems, smaller than the other notes, and completely out of place on the staff. Grace notes provide some playfulness and something a little out of the ordinary. They don't interfere with the melody; they just provide something unexpected and beautiful.

Grace notes are not so different from God's grace. Grace also comes unexpectedly, and it provides beauty in the midst of our journey. Grace doesn't disrupt our journey; it only adds to it, giving us something beautiful when we least expect it. In Paul's second letter to Timothy, Paul tells him to be strong through the grace that God gives through Jesus Christ. Most of us don't really think of grace as making us strong; instead we think of it as a gift that makes us feel loved. Grace is certainly an expression of God's love, but it also provides strength for us. When we recognize it as a gift waiting for us around the next corner, lifting us up, and giving us a breath of the Holy Spirit as we walk along the path, we can receive immeasurable strength to continue on the journey – whatever it is and wherever it takes us.

Grace is not something that only God gives. Mere humans can offer grace as well. 1 John 4:16 says, "We love because God loved us first." We can offer grace to others because we have received grace from God. What if we all decided to offer grace by looking for other peoples' good intentions? What if, instead of dwelling on weaknesses, we started recognizing peoples' strengths? What if we all became like those playful composers who leave little gifts of grace notes on the staff? What if we left small gifts of love on the path to provide strength for our brothers and sisters? I have received strength from those who have encouraged me and nurtured through their gifts of grace – throughout my life. I'm sure all of you have too.



Hope Circle

We meet on the 2nd Sunday of each month at 4:00 P.M. in the Gathering Room. We would love to have you join us. For more information contact Tiffany Klaerner at 347-6034.



During these tough economic times the need is great, and we continue to assist families with their utility bills. If you feel moved to help with this important ministry or if you want to know more about the UMM, please contact Pat Reardon at 347-0275.

The United Methodist Men will hold their monthly breakfast on *2nd Wednesday of each month at 7:00 A.M.* in the Social Hall. Coffee will be ready at 6:45 A.M., so come early and join us for good food and good fellowship!

Staff Email Addresses

Please make changes to your contact list.

Maureen Shanks	officemgr@fumcmason.org
Julia Jordan	secretary@fumcmason.org
Rhett Vacek	rhettvacek@gmail.com
Tiffany Stidham	steadysteps@fumcmason.org

UPCOMING EVENTS

Sunday, October 4
WORLD COMMUNION SUNDAY

Sunday, October 11
Children's Sabbath &
Steady Steps Fundraiser

Sunday, October 25
Laity Sunday

October 22-25
Women's Walk to Emmaus.
Please contact the office for more details.

Sunday, November 1
All Saints Day
Prayer Shawl/Loose Change Offering
Daylight Saving Time ends

Thursday, November 5
5:30 P.M. CHURCH CONFERENCE



DO NOT FORGET TO TURN

BACK YOUR CLOCKS

SUNDAY, NOVEMBER 1st, 2015.



Prayer Requests

Prayer requests may be made by writing them on the prayer request card and placing it in the offering plate or by calling the Church Office.

Please pray for our members and loved ones who are homebound and/or residing in nursing homes.

Mary Beam, Odessa Dannheim, Carolyn Smith, Terry Smith, Charlene Schuessler, Marilyn Kahan, John Earl, Jr., Art Davis, Audry Collins, Tommie Lou Luckenbach, Connie Stockbridge, Danny Karen and Danny Lee McCleery, Jesse Cavaness, Carrol & Libby Hahn, Morgan Johnson, Carolyn Toepfich, Dominic Pachula, Wyatt Carr, Sue Forestello, Rolly Lumpkins, John & Susan Ceynowa, Wayne Jordan, Bud Stover, the Family of Ann Ricks, th Family of Charlene Nash, For the marriage of Gary & Sheryl Grote, For the marriage of Dean & Nikki Stringer, For the baptism of Blixen Hofmann.

Please pray for our members and loved ones who are in the military.

Matt Adam (USAF), Houston Haley (USAF), Neil Shanks (USAF), Terry Simonton (USAF), Joseph Alba (U.S. Army), Matt Irwin (U.S. Army), T.J. Schovajsa (U.S. Army), Jared Hudson (USMC), Melissa Garrison-Jensen (U.S. Navy), Ferd T. Slocum III (U.S. Navy), James Vacek (U.S. Navy)

Year to date as of
September 20, 2015
Budget \$ 296,796.17
Offering \$ 270,361.57
Budget for 2015 - \$ 409,395.15
Weekly Budget - \$7,873.04



Lay Readers, Ushers & Acolytes are needed this summer. Please consider giving your time to these ministries. You can sign up in the Social Hall or call Chuck Bearden (347-6162) or Bruce Strickland (409-283-1213) to volunteer as an Usher. To serve as a Lay Reader, call Lynn Hedges (325-347-0152).

Continued from page 1

So, what if we all decided to encourage and nurture each other – not to make other people will feel good - but so that we might grow stronger in our relationship with God? What if we decided to leave little grace notes all over town – at Lowe’s, at Willow Creek and Square Plate, at the Puncherdome, in the halls at school, at any of the businesses and shops that surround the square, at the courthouse or the bank - or even in our own living rooms? What if we decided to litter the whole community with grace notes? It’s something to think about....

*In Christ,
Colleen*

Children & Youth News

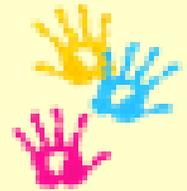
Loose Change Offering: The children will collect your pennies, nickels, dimes, and quarters on the 1st Sunday of every month. This offering is given by our youth for a mission project. Thank you for helping us to be the hands and feet of Christ.

Youth Group: Starts at 6:30 P.M. each Wednesday upstairs in the Youth Room (6th grade-High School).

Wonderful Wednesdays: Starts at 4:00 P.M. in the Social Hall (1st-5th Grade).

Children’s Sabbath & Steady Steps Fundraiser: Will be on Sunday, October 11th. Rev. Margaret Persky will be preaching.

***VOLUNTEERS NEEDED:** For Sunday School & Wonderful Wednesdays.



VITAL SIGNS by Ann Scarth, R.N., Wesley Nurse

How do I know if it’s a cold or the flu? That’s right; the season for this question is approaching. The U.S. Department of Health and Human Services, along with the National Institute of Allergy and Infectious Diseases (www.niaid.nih.gov) has published a handy little chart listing signs and symptoms of each along with suggested treatments, preventive measures, and complications that could occur. See below:

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100-102°F, occasionally higher, especially in young children); lasts 3-4 days
Headache	Rare	common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2-3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Treatment	Antihistamines, decongestants, non-steroidal anti-inflammatory medicines	Antiviral medicines-see your doctor
Prevention	Wash hands often with soap & water; avoid close contact with anyone who has a cold	Annual vaccination; antiviral medicines-see your doctor
Complications	Sinus congestion; middle ear infection; asthma	Bronchitis, pneumonia; can worsen chronic conditions; can be life-threatening. Complications more likely in the elderly, young children, pregnant women & those with chronic conditions.

SMALL KITCHEN REMODEL



Sunday, October 11th: Children's Sabbath and Steady Steps Fundraiser. Rev. Margaret Persky will be preaching.



**First United Methodist Church
P. O. Box 178
Mason, TX 76856**

Rev. Colleen Haley.....Pastor
Maureen Shanks.....Office Manager
Julia Jordan.....Secretary
Marilyn Kahan.....Organist/Pianist
Tiffany Stidham.....Steady Steps Director
Ann Scarth.....Wesley Nurse
Rhett Vacek.....A/V Tech
Rebecca Moneyhon.....Nursery
Raegan Palacio.....Nursery
Kendra Klaerner.....Nursery

**Office Phone: 325-347-5105 Fax Number: 325-347-5289
Email: officemgr@fumcmason.org (Office Manager)
Website: www.fumcmason.org**

**Steady Steps Phone: 325-347-0043
Steady Steps Email: steadysteps@fumcmason.org**

**Office Hours:
Monday thru Thursday
8:30 A.M. - 5:00 P.M.
(Lunch from 12:00 P.M.—1:00 P.M.)
Friday: 8:30 A.M. - 12:00 Noon**

**8:30 A.M. Worship Service with Holy Communion
9:45 A.M. Sunday School
10:50 A.M. Worship Service
(Holy Communion served on the first Sunday
of the month).**

October 2015

Address Label Here