

August
2014



First United Methodist Church Mason, Texas



Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near. ~Hebrews 10:23-25~



Accountability to others is a basic human need. Being accountable to someone else helps build and maintain community; it helps us stay in touch with our inner compass; it creates order and stability in an increasingly disorderly and chaotic world; and it helps build healthy relationships. Having a Christian accountability partner is particularly important for anyone whose inner compass is the direct link to God through Jesus Christ. Being accountable through Christ carries with it the promise of staying close, not because of geographic proximity or shared cultural experiences, but because of God's abiding love for those engaged in the accountability process, and because of the Christian love that binds them all together. Staying bound together with someone else through God's love - sharing hurts and sorrows, joys and celebrations, seeking counsel from each other, and asking for and receiving prayer on behalf of self and others - is good for those people who share in the partnership. I call such people Spiritual Friends.

Although I have several Spiritual Friends, there is one who has been in my life for over 40 years. And although our friendship started out as most friendships do - with shared experiences, moving in the same social circles, having children the same ages, geographic proximity - we only became Spiritual Friends when we allowed God to enter into the friendship covenant with us. And through the years, not even various moves or distances have been able to sever that relationship. Miles are not an obstacle for those who include God in their accountability circle.

Since the earliest days of the Church - even before people called themselves Christians - those who followed Jesus Christ were accountable to each other. Christians have always existed in community. John Wesley knew the strength of Christian accountability. His societies and bands were designed to keep the people called Methodists engaged in holy conversation. The walk to Emmaus employs some of the same practices through reunion groups and monthly gatherings of the larger community. Christianity cannot exist without believers being accountable to each other in the name of Jesus Christ.

We are accountable through Bible studies, corporate worship, intimate retreats, mission activities, prayer circles, and a myriad of other spiritual practices. There is a sense of "letting the other down" when you know he or she is waiting for you, or counting on you to take part in the relationship. And there is the sense of "missing out" when you fail to be accountable to the group. Human beings were created to live in community. It's part and parcel of who we are. The Trinity itself is communal - Father, Son, Holy Spirit.

About 10 years ago, I spent several days in Ft. Smith, AR at a Benedictine monastery. I was struck by the way the sisters came to chapel at the appointed time each day. At first, I was confused during the worship, and unable to follow along. After that, I found myself thinking, "How can they engage in this mind-numbing worship day after day?" Then I came to the realization that (1) they were praying on behalf of a world that neither knew nor cared, and (2) they were accountable to God and each other by their mere presence each day. Each sister sat in the same place every day, and they all looked to make sure everyone was present each day. If someone wasn't there, they checked on her after the time of worship was over. Their practice of Christian accountability transcended their own needs and desires, it became a means of service on behalf of a hurting and broken world, and it held them together as Christian community, teaching them to be faithful to each other as God is faithful to us. Not only did they expect to meet each other as they gathered for worship, they also expected to meet God in the process.

(Continued on Page 2)

Worship Times

Sunday

8:30 A.M. w/ Holy Communion
10:50 A.M. Holy Communion on
1st Sunday of the month
Sunday School 9:45 A.M.



Year to date as of July 25, 2014
Budget \$ 219,814.35
Offering \$203,568.79

Budget for 2014 - \$387,540.00
Weekly Budget - \$7,452.70



July Attendance

July 6	162
July 13	176
July 20	176

Upcoming Events

- July 28-31 - Vacation Bible School at St. Paul Lutheran Church
- August 12 - Back To School Distribution
- August 24 - Promotion Sunday & Teacher Appreciation
- September 14 - 3rd Grade Bible Presentation
- September 25-28 - Men's Emmaus Walk @ Mt. Wesley
- September 27 - Fall Festival of Churches
- October 23-26 - Women's Emmaus Walk @ Mt. Wesley

(Continued from Page 1)

Christian accountability, living in community with Spiritual Friends, is instrumental in the daily walk of those who know Jesus Christ as Savior. We are not strong enough to walk through a broken world alone, nor are we meant to be. God has given us the great gift of his Son, and of each other. We have received the great gift of Christian community held together by Father, Son, and Holy Spirit. Pray together, meet together, worship together. It's who we are.

In Christ,

Colleen



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

Your biggest ally is water. It's your lifeline to so many aspects of your health. If you are dehydrated, your metabolism slows down. Slow metabolism makes it almost impossible to lose weight. Therefore, anyone desiring to lose weight should drink at least 8 glasses of water a day (if you are measuring, that's one 8 ounce glass of water per hour). Your body has a difficult time differentiating between hunger & thirst making it easy to get mixed signals making it easier to overeat. Research has shown that drinking 1 to 2 glasses of water upon rising in the morning & before meals can help raise your metabolism, feel less hungry, consume fewer calories & ultimately lose weight. Eating water based foods like soups, vegetables & low calorie milk & other dairy products can also help reduce calorie intake. Drinking adequate water is more important for obese people, as they need more water to metabolize their excess fat. Did you know that water is also you ally in the aging process? The author of Reverse Aging, Dr. Sang Whang, says that part of the aging process is basically the accumulation of acidic waste in the body. The burning of nutrients in the body produces acidic waste that needs to be eliminated. We eliminate these wastes through urination & perspiration. When you don't drink enough water, you cannot get rid of the waste matter & it accumulates in the body, causing all kinds of degenerative diseases. And speaking of perspiration...water is necessary in the body's heat regulatory system. The body releases sweat as a means of cooling the body & regulating the body temperature. If you do not drink adequate water, reserves in the skin dry up leaving the skin flaky & dry. Did you know that adequate water is necessary in preventing some wrinkling of the skin? Drinking enough water also gives the skin a healthy color, prevents dry skin problems & helps the skin to repair itself when damaged. The ultimate stage of skin dehydration is called scleroderma, which in its early stages can be reversed if water intake is increased! Chat with you later-Ann Scarth, RN, Wesley Nurse, 347-5983

Missions News

Submitted by Judy Branch, Missions Co-Chair

It's not too late to clean out your closets and bring your "gently used items" to church for our Back to School Drive. We would like to have all items at the church by Sunday, August 10th. The families will come into the sanctuary and the social hall for their school shoes and other clothing items on Tuesday, Aug. 12th from 2-5PM. Anyone who would like to help is welcome. There will be an organization meeting on Monday, August 11th at 1 P.M. prior to the event to get things ready.



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.



PLEASE CALL
Chuck Bearden (347-6162) or
Bruce Strickland (409-283-1213)
to volunteer as an Usher
or Lynn Hedges (347-0152)
to serve as Lay Reader



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, please contact Pat Reardon at 347-0275.

The United Methodist Men will hold their monthly breakfast on *Wednesday, August 13th 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! If you want to know more about the UMM, contact Pat Reardon at 347-0275.

Children & Youth News

Loose Change Offering:

The children will collect your pennies, nickels, dimes, and quarters on Sunday, August 3. Thank you for your helping us to be the hands and feet of Christ!

Blessing of the Backpacks/Promotion Sunday/Teacher Appreciation:

Please mark your calendars for Sunday, August 24th. We will be celebrating the start of a new school year by blessing the kids' backpacks and honoring our Sunday school, Wonderful Wednesday, and public school teachers. Join us for worship and a covered dish luncheon following the late service!



5th Sunday at FUMC



Church Committee Chairpersons

Please submit your 2015 Committee budgets to the church office by September 1st. Please e-mail them to funcbiz@verizon.net

Walk to Emmaus

At

Mt. Wesley

Men's Emmaus Walk

September 25-28

Women's Emmaus Walk

October 23-26

**Applications can be picked up
in the church office.**

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



Marilyn Kahan, Charlene Schuessler, Yvonne Alba, Odessa Dannheim, Eva Tannehill, Jean Stengel, Mary Beam, Jane Hoerster, Carolyn & Terry Smith, Roy Lehmborg, Chris Roberts, Blaine Thomas, Curtis & Dusty Henderson, Pete Gandolfo, Rebecca & Ryan Schuessler, Pete Sharbo, Zac Huie, The Family of Alice Garcia, Marie Metzger, Haylie Schmidt, The Family of Sarah Brown, The Family of Cynthia Hernandez, Gerald Ross, The Family of Marnell Ruthven, The Family of Gretchen Novak, The Family of Dee Ann Smith

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

Thank You

We would like to take this time to thank our family, church family, relatives & friends for your expressions of concern for us, at the time of the loss of our daughter, Dee Ann. The floral tributes, memorials, those that assisted at the church service, the calls, cards & prayers are deeply appreciated. God has blessed us with many friends that have, and continue to get us through this difficult time.

*May God bless you,
Raymond & Patsy Brandenberger*

Steady Steps

Weekday Children's Ministry

An Early Step Toward a Godly Walk!

Hello Everyone!

Just a little bit of news from Steady Steps. We are having a wonderful summer here at the daycare with fun filled days and plenty of water time to cool off on those hot summer afternoons. We had so much fun decorating and riding on our parade float. I would like to send a special thank you to Shannon Worrell and everyone who helped us get the float ready for the parade. Steady Steps took home the top honor of best overall float!! We would also like to thank Brooke Rosberg for all her work on our fundraising raffle and cotton candy booth! All proceeds from both the raffle and the cotton candy sales are going toward our playground project. We are continuing to work toward our goal of a new playground for Steady Steps. We are so excited at the possibility of having a new outdoor space to help our children with the physical and motor skills that are so important in the early years. I would like to also send a special thank you to all of the people who have donated time and money to this project. We are so blessed to have wonderful people and a supportive church standing behind us in our efforts to improve our center. Please keep the children and our center in your prayers.

In Him,
Jennifer Row



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

- Rev. Colleen Haley.....Pastor
- Maureen Shanks.....Office Manager
- Christie Lehmborg..... Secretary
- Marilyn Kahan.....Organist/Pianist
- Art Davis.....Audio/Visual Technician
- Jennifer Row.....Steady Steps Director
- Ann Scarth.....Wesley Nurse
- Isabel Rivera.....Custodian



Office Phone: 325-347-5105 Fax Number: 325-347-5289

Email: fumcbiz@verizon.net (Office Manager)

Website: www.fumcmason.org

Office Hours: 8:30 A.M. - 5:00 P.M. Monday thru Thursday

8:30 A.M. - 12:00 Noon Friday

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)

Steady Steps Phone 325-347-0043

August 2014