



# First United Methodist Church, Mason



## Grace Notes

**Where there is no vision, the people perish. ~ Proverbs 29:18**

My older sister got glasses when she was in third grade, and I was in kindergarten. It was a pretty big deal in our house. She arrived home from the doctor with the big announcement, "I'm getting glasses." We waited for some time before the new glasses arrived. When she came home wearing them, everyone oohed and ahed over her – my grandparents, my parents, the neighbors. She was the absolute center of attention. Later, when I got to be around 8 or 9, many of my friends started to get glasses too. I thought about how cool it must be to wear glasses, so I started sitting close to the television and reading in the dark. I wanted to make my eyes weak so I could get glasses too. My mother just shook her head when she saw me trying to ruin my eyes. Every time we got our eyes checked at school, I was hoping to hear the nurse say that I needed glasses, but the announcement never came. I had 20/20 vision every time. My wish did finally come true, however; I got



full time glasses when I was 48 years old. When I left the doctor's office wearing them that day, I was surprised at how clear everything was with glasses. I was unaware of how poor my vision

had become in my 40's. I had been getting by with reading glasses from the drugstore, and just didn't realize my vision wasn't as clear as it had once been.

But there's another kind of vision – the kind that can't be helped with glasses. It's the vision that allows us to see beyond where we are at any given moment. It's the kind of vision that helps us dream about the future and how that might play out in the lives of other people – our grandchildren, our community members, or people we don't even know. It's the kind of vision that allows us to stop looking at ourselves, and start looking toward the needs of others. Thomas Edison had that kind of vision. He invented the electric light bulb to help people have a safe means of light in their homes. Alexander Graham Bell had that kind of vision. He invented the telephone to help hearing impaired people hear. Their original visions became much bigger than either of them ever dreamed of!

The Church needs vision too. Our stated vision statement for the United Methodist Church is "to make disciples of Jesus Christ for the transformation of the world." It is a good vision, but not necessarily specific enough for deliberate action in a local community.

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### Calendar

**February 5**

Confirmation Meeting after the 10:50 Service

**February 6**

Gideon Bible Study starts 4:45.

**February 8**

UMM Sweet Heart Breakfast 8:00 A.M.

**February 24 – 26**

Women's Retreat at Mt. Wesley  
Guest Speaker:  
Rev. Ellen Shepard  
Music by: Colleen Haley  
*Registration coming soon!*

**March 1**

Ash Wednesday Service 6:00 PM

**Lenten Lunch Schedule - Noon**

March 1 Art @ St. Paul

March 8 Hilda @ FUMC

March 15 @ St. Paul Lutheran

March 22 @ FUMC

March 29 St. Marks @ St. Joseph

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Maybe our vision in Mason needs to be focused on the specific needs of the people beyond the drip line of our building – not only here in the county, but outside it as well. How can we, as the Body of Christ, look beyond where we are right now, and build the church outside of our own walls? There are probably as many ways to do that as there are minds to consider it.

The Church Council has recently developed a “visioning committee” to consider ways to use our resources to reach out to unserved populations, and to consider ways to build the church for future generations. We are currently in the dreaming stage of our work. We ask for prayers from all of you, and we ask for your vision as well. Henry Blackaby wrote a Bible study in 1976 called *Experiencing God*. In it, he says that the best way to reach out to others is to join

God in the work he is already doing. So many churches in and around our conference have died for lack of vision. We are far from that! But we do have a need to dream about ways we can join God in the work that is already happening here in Mason County, and in other places around the world. God has blessed us, and continues to bless us with the will, the desire, the passion, and the resources to make a difference in the lives of others. May we continue to look beyond ourselves and into the world as we consider ways to build God’s Kingdom here on Earth. May our vision reach beyond what we can see at this moment.

In Christ,  
*Colleen*



## VI AL SIGNS by Ann Scarth, R.N., Wesley Nurse

Despite what many people think, use of the salt shaker is not the main cause of too much sodium in your diet. In fact, about 75% of dietary sodium comes from eating packaged & restaurant foods, whereas only a small portion (11%) comes from salt added to food when cooking or eating. Some foods that you may eat several times a day (such as breads) can add up to a lot of sodium over the course of a day, even though an individual serving may not be high in sodium. What does that tell you? Surprisingly, some foods that don’t taste salty can be high in sodium, which is why using taste alone is not an accurate way to judge a food’s sodium content. An American Heart Association study shows that 1 of every 10 deaths in the U.S. is related to excessive salt consumption. The AHA’s recommended daily consumption of sodium is less than 1500 mg per day. This is equal to ½ teaspoon of salt. Whoa!!! Consuming less than 1500 mg of sodium or less per day will help: lower blood pressure; reduce the risk of heart disease; reduce the risk of osteoporosis & slow its progress; reduce the risk for stomach cancer; reduce the risk of stroke; reduce the risk of end-stage

renal failure; & slow the development of atherosclerosis. Let’s focus on just blood pressure. Since blood pressure normally rises with age, limiting your sodium intake becomes even more important each year. Sodium attracts water, & a high-sodium diet draws water into the bloodstream, which can increase the volume of blood & subsequently your blood pressure. The good news is that eating less sodium can help lower blood pressure, which in turn, can help reduce your risk of developing certain serious medical conditions. It’s sort of a domino effect. By the way, the words “salt” & “sodium” are often used interchangeably, but they do not mean the same thing. Salt (also known by its chemical name, sodium chloride) is a crystal-like compound that is abundant in nature & is used to flavor & preserve food. Sodium is a mineral, & one of the chemical elements found in salt. Take the challenge, begin reading food labels for sodium content, & record how much sodium you think you consume each day. You might surprise yourself. Let me know what you find!



## Prayer Request



***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, Art Davis, Mary Eastes, Audrey Collins, Pam Cavaness, Kelly Loftice, all First Responders, James Kelly Schmidt, Robert & Claudia Heath, and the family of Jacey Smathers*

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

*Matt Adam (USAF), Houston Haley (USAF), Neil Shanks (USAF), Joseph Alba (U.S. Army), T.J. Schovajsa (U.S. Army), Jared Hudson (USMC), Melissa Garrison-Jensen (U.S. Navy),*

## Steady Steps

Weekday Children's Ministry

**An Early Step Toward a Godly Walk!**

**Steady Steps Annual Fundraiser will be held on  
Saturday, April 22, 2017  
More information coming soon!**

### Children & Youth

**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.

**K4J 1st–5th Grade:** Meets on Wednesdays in the Social Hall 4:00 P.M. to 5:00 P.M. Please call the office for more information.

**YOUTH GROUP:** Youth Group meets on Wed., at 6:30 P.M. We need volunteers to prepare meals for the youth group. Sign-up sheet is in the Social Hall. Contact Chas Wallendorf for more information  
325-347-7133

### Lenten Lunch Schedule

**Luncheons will start at Noon**

**March 1 @ St. Paul Lutheran**

**March 8 @ FUMC**

**March 15 @ St. Paul Lutheran**

**March 22 @ FUMC**

**March 29 @ St. Joseph**

**April 5 @ River of Life**

### Budget

Year to date as of January 31, 2017

Budget \_\_\_\_\_ \$ 35,536.07

Offering \_\_\_\_\_ \$ 40,393.08

Budget for 2017 - \$ 426,432.70

Weekly Budget - \$8,200.63

\*complete financial statements available on request  
\*\$100,800.00 in a one time special donation not included in the budget contributions.



# NURSERY CARE

Available at all services.

**Ages newborn – 3 years of age.**

## Women's Retreat

### **2017 FUMC Women's Retreat**

**Feb. 24-26 at Mt. Wesley.**



**Guest Speaker: Rev. Dr. Ellen Shepard**

**Music by: Colleen Haley.**

**It is not too late. We are still taking registration forms for the Women's Retreat.**

**Registration forms are available in the church office. Cost is \$170**

## UMM & UMW Information



**Breakfast-Fellowship-Devotional**  
**We Share, We Give, We Serve, We Love, We Grow! Come join us and enjoy our fellowship!**

Mission: To help men grow in Christ so others may know Christ. The United Methodist Men hold their monthly breakfast on the 2nd Wed. of each month at 7:00 A.M. in the Social Hall. Coffee will be ready at 6:30 A.M., so come early and join us for good food and fellowship! If you want to know more about the UMM, please contact Chuck Bearden at 347-6162



**Hope Circle New Meeting Time:**  
Our meetings are on the 1st Tuesday of the month at 4:00 P.M, in the chapel. We would love to have you join us. For more information contact Tiffany Klaerner at 347-6034.



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

Rev. Colleen Haley.....Pastor  
Maureen Shanks.....Office Manager  
Marilyn Kahan.....Organist/Pianist  
Stephanie Martinez.....Steady Steps Director  
Ann Scarth.....Wesley Nurse  
Rhett Vacek.....A/V Tech

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

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**Website: www.fumcmason.org**

**Steady Steps Phone: 325-347-0043**

**Steady Steps Email: steadysteps@fumcmason.org**

**Office Hours: Monday - Thursday**  
**8:30 A.M. - 12:00 P.M. and 1:00 P.M. - 5:00 P.M.**

