

# Sermon Themes and Scriptures

<b>Date:</b> November 6, 2016 <b>Title:</b> Following in Big Footsteps <b>Theme:</b> All Saints Sunday <b>Purpose:</b> To honor the loved ones that have gone before and left us with a valuable roadmap to Christian living. <b>Old Testament:</b> Daniel 7:1-3, 15-18 <b>New Testament:</b> Luke 6:20-31	<b>Date:</b> November 13, 2016 <b>Title:</b> Getting Close to the End <b>Theme:</b> 26 <sup>th</sup> Sunday After Pentecost...the 2 <sup>nd</sup> Sunday to the end of the Church Calendar. <b>Purpose:</b> To adopt attitudes and actions that we should live in the final days. <b>Old Testament:</b> Isaiah 65:17-25 <b>New Testament:</b> 2 Thessalonians 3:6-13
<b>Date:</b> November 20, 2016 <b>Title:</b> The King of Kings and the Lord of Lords <b>Theme:</b> Christ the King Sunday <b>Purpose:</b> To be a part of this worldwide celebration of the kingship of Christ over every earthly power. <b>Old Testament:</b> Jeremiah 23:1-6 <b>New Testament:</b> Colossians 1:15-20	<b>Date:</b> November 27, 2016 <b>Title:</b> Emmanuel is Coming, Are You Getting Ready? <b>Theme:</b> First Sunday of Advent, Year A <b>Purpose:</b> To celebrate the beginning of the new church year and prepare for Christmas. <b>Old Testament:</b> Isaiah 2:1-5 <b>New Testament:</b> Matthew 24:36-44

**Sunday's Service Information**

**Traditional Service** – For those that love that “Old Time Religion”, we have a traditional worship service that meets every Sunday at 8:30 am.

**Blended Service** – Not too bold, not too mild...just right. Our Blended service combines the best of our traditional and contemporary worship services. The Blended service is every Sunday at 10:30 am. There is also Children's Church available for kids K through 5<sup>th</sup> grade and a nursery for infants and toddlers.

## Church Contact

Phone: 305-852-2581, Fax: 305-852-4917

Email: [burtonmemorial@bellsouth.net](mailto:burtonmemorial@bellsouth.net), Pastor: [kmf\\_bmumc@bellsouth.net](mailto:kmf_bmumc@bellsouth.net)

Web Site: [www.BMUMC.net](http://www.BMUMC.net)

Office Hours: Monday – Thursday: 9:00 am to 4:00 pm. Friday – Office Closed.

## Newsletter and Bulletin Deadlines

We have a lot of ministries and events going on at Burton and it is important to get the word out regarding them. So, please remember the *deadline for getting information into the weekly bulletin is on Wednesdays. The deadline for monthly Beacon articles is the 20 of each month.* Please send all information that you want placed in the bulletin or in the Beacon to the office at [bae\\_bmumc@att.net](mailto:bae_bmumc@att.net).

*DON'T MISS  
THE DEADLINE!*

## November Birthdays:

## November Anniversaries:

<u>DAY</u>		<u>DAY</u>		<u>DAY</u>	
Maverick Gilliland	3	Sonja Lopez	13	Mary Lou & Jerry Wilkinson	12
Christopher Randolph	4	Erin Muir	18	George & Delores Leber	20
Evelyn Hardee	7	Andrea Yatrousis	18	George & Barbara Stroud	23
Coral DePauw	8	Dave Gilliland	21	Dennis & Audrey Berg	28
Lane Franz	8	Carl Catalano	26		
Richard Lancaster	8	Sylvia Murphy	27		
Allison Barry	12				

# The Beacon

a monthly newsletter publication of Burton Memorial UMC  
November 2016

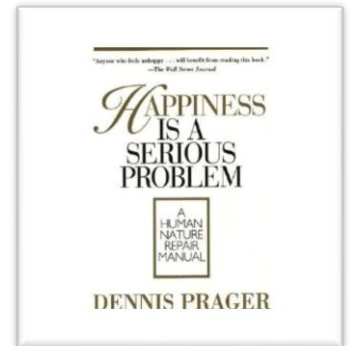


## Kerry's Korner

Gratitude is nothing less than the key to happiness.

For this penetrating insight into gratefulness, I am grateful to Dennis Prager, author of the shrewd and perceptive "Happiness is a Serious Problem."

"There is a 'secret to happiness,'" Prager writes, "and it is gratitude. All happy people are grateful, and ungrateful people cannot be happy. We tend to think that it is being unhappy that leads people to complain, but it is truer to say that it is complaining that leads to people becoming unhappy. Become grateful and you will become a much happier person."



This is a keen observation, and it helps explain why the Judeo-Christian tradition places such emphasis on thanking God. The liturgy is filled with expressions of gratitude. "It is good to give thanks to the Lord," begins the 92nd Psalm.

**Psalm 92:1-15** <sup>NRS</sup> **Psalm 92:1** <A Psalm. A Song for the Sabbath Day.> It is good to give thanks to the LORD, to sing praises to your name, O Most High; <sup>2</sup> to declare your steadfast love in the morning, and your faithfulness by night, <sup>3</sup> to the music of the lute and the harp, to the melody of the lyre. <sup>4</sup> For you, O LORD, have made me glad by your work; at the works of your hands I sing for joy. <sup>5</sup> How great are your works, O LORD! Your thoughts are very deep! <sup>6</sup> The dullard cannot know, the stupid cannot understand this: <sup>7</sup> though the wicked sprout like grass and all evildoers flourish, they are doomed to destruction forever, <sup>8</sup> but you, O LORD, are on high forever. <sup>9</sup> For your enemies, O LORD, for your enemies shall perish; all evildoers shall be scattered. <sup>10</sup> But you have exalted my horn like that of the wild ox; you have poured over me fresh oil. <sup>11</sup> My eyes have seen the downfall of my enemies; my ears have heard the doom of my evil assailants. <sup>12</sup> The righteous flourish like the palm tree, and grow like a cedar in Lebanon. <sup>13</sup> They are planted in the house of the LORD; they flourish in the courts of our God. <sup>14</sup> In old age they still produce fruit; they are always green and full of sap, <sup>15</sup> showing that the LORD is upright; he is my rock, and there is no unrighteousness in him.

Why? Because God needs our gratitude? No, because we need it.

Learning to be thankful, whether to God or to other people, is the best vaccination against taking good fortune for granted.

And the less you take for granted, the more pleasure and joy life will bring you.

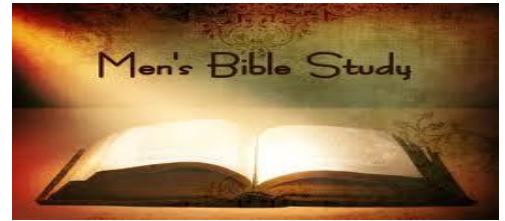
I hope you and your family & friends have a grateful Thanksgiving this year!



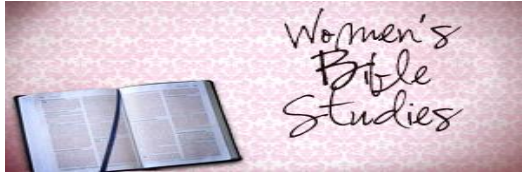
## Men's Fellowship Breakfast

*All men are invited to meet in the Burton Fellowship Center every Wednesday for fellowship and breakfast from 8:00 am to 9:00 am.*

Pastor Kerry is the facilitator and selects pertinent topics, videos, and scriptures for discussion. Opportunities are provided for prayer requests and events of interest (football, etc.). Breakfast favorites are provided by the men and/or their wives.



## Women's Bible Study



*The Women's Bible Study Group is having their initial organization and planning meeting on Wednesday, November 9, at Jo Ann Waits' house. For more information or a ride, please call Jo Ann at 305-853-9879 or Virginia Spear at 305-852-7757. All ladies are invited to attend.*

## Prayer Shawl Ministry

Join us for knitting or crocheting (learning how to) or just talking in fellowship every Thursday evening at 7:00 pm in the Joy classroom. After you have completed a shawl, it will be prayed over by the congregation and given to those that could use a reminder that God is with them and there is a church praying for them. For more information, call Virginia Spear at 305-852-7757.



Also, if you are interested in *helping the Girl Scouts learn to knit or crochet hats for the Children's Cancer Hospital in Texas*, call Virginia Spear at 305-852-7757.

## United Methodist Women

By Edith Bricker



Greetings Sisters in Christ Jesus!

President Edna Waldorf and our members of Burton United Methodist Women would like to invite you to our November meeting. *The meeting will be held at Virginia Spear's lovely home in Tavernier on Monday, November 21, at 7:00 pm.* You needn't be a member of Burton or a full time resident to come. And, if we can give you a ride or directions, please call the church office, or call 305-852-9259 and leave a message.

*The UMW South East District Christmas Party, "Celebrating our Beloved Community", will be held at Miami Lakes United Methodist Church from 10:00 am to 1:00 pm.* For those needing information or transportation, call Edith at 305-852-9259, or email [tbric52@aol.com](mailto:tbric52@aol.com)

## Prayer Bead Ministry

The United Methodist Women have established an on-going fundraiser. We are expanding our *Tea Prayer Bead ministry by offering our handmade prayer beads for sale at a cost of \$15.00 each.* In addition to selling the beads *we are willing to teach anyone interested* in learning how to make Prayer Beads. All materials will be provided and the maker may purchase the completed set or donate them to the UMW to place into inventory for sale. We also encourage the congregation to purchase the book that inspired us all *A Bead and a Prayer by Kristen E. Vincent*. If you are interested in purchasing or learning to string your own prayer beads please call or text Kim Youngblood at 443-207-4000 or email her at [kyoungblood528@yahoo.com](mailto:kyoungblood528@yahoo.com) to make arrangements.



## **Membership and Information Class**

*On Sunday, November 13, we will have a membership and information class in the Pastor's Office at 1:30 pm.* If you would like to discover more about Burton Memorial United Methodist Church and what it means to be a member of the United Methodist Church, please just show up. If after the class, you would like to become a member of Burton Memorial United Methodist Church, we can make that happen.



## **Choir News**



Come join one of the small groups from the church. The choir is in need of some more dedicated singers. We rehearse on Wednesdays at 7:15 pm. We practice for an hour. If you are interested in making a joyful noise, please join us. We sing once a month on the fourth Sunday of the month at both services. Singing is good for the lungs and good for the soul and we have a good time doing it. We could also use a keyboard player to give us more flexibility with songs. If you know of anyone interested in volunteering to help out, please let me know.

Thanks to all the choir members who have committed their time and effort. We are a small but mighty group now, but God always provides. See you in church. If you have any questions about the choir, please call Carlene Jarboe at 301-655-0522.

## **Passionate Worship Committee Meeting**

Our next meeting of the Passionate Worship Committee will be on Monday, November 7, at 7:00 pm in the Fellowship Center. If you have an interest in making worship a meaningful experience, please join us and share your ideas. The areas of Passionate Worship Committee are: Greeters & Ushers, Acolytes, Liturgists, Music, Altar Guild, Children's Church, and Drama. Those in charge of these areas will you please put this date on your calendar. We welcome any new ideas you have that would improve the worship experience. If you have any questions or concerns, feel free to call Carlene Jarboe at 301-655-0522 or email her at [dcjarboe@gmail.com](mailto:dcjarboe@gmail.com).

## **Flower Calendar**



Would you like to sponsor the altar flowers? And enjoy them after the second service? ***Please sign up to honor, remember, or simply Praise the Glory of God. The Sign-Up Book is located on the podium in the narthex (lobby).*** Each orchid is \$20.00 to be paid in advance. It is important for the altar to be adorned each and every week so please help us by selecting a Sunday that has not been filled with two spaces. ***A maximum of two flowers*** (no exceptions please) will be purchased each Sunday, so sign up early.

## **God's Kitchen**

As we all know, the tradition of Thursday night's God's Kitchen meals are an important service to our community that Burton performs. Many thanks to the individuals and groups that have volunteered over the last few months. ***If you would like to help out, please call the office at 305-852-2581.***



## **Nancy and Ken Mills Farewell Pot Luck Luncheon**

***On Sunday, November 6, at 12:00 pm, we will have a Farewell Pot luck Luncheon in honor of Kenny and Nancy Mills.*** Burton will be providing the meat and the cake. We are asking those who attend to bring a side dish to share. Come with your appetite and memories to share as we bid Nancy and Ken a fond farewell as they move to the New Port Richey area of Florida.



## College Ministry

by Barbara Koch, College Ministry Coordinator

We have added the following three freshmen to our list of college students for the coming year.

- Shannon Premaza – Florida SW – Edison College
- Sara Waits – Regent University
- Kayla Lynn de Vroedt – Miami Dade College

These students will receive a monthly mailing from me, encouraging them in their studies and affirming that our church members are praying for them and their success as college students. Please contact the church office if you know of any other students who would like to be included in our college ministry.



## Status of Offerings

It is important to understand that the weekly offerings through the collection plate and website are what pay the expenses of our worship services, as well as contributing to the various church ministries. Below are the offering and website collections for the past four services.

Last Four Weeks					Year to Date		
Week	Date	Offering	Plan	+ / -	Offering	Plan	+ / -
40	2-Oct	\$3,274	\$2,381	893	\$113,890	\$117,132	-3,242
41	9-Oct	\$3,048	\$2,381	667	\$116,938	\$119,513	-2,575
42	16-Oct	\$1,575	\$2,381	-806	\$118,513	\$121,893	-3,380
43	23-Oct	\$2,100	\$2,381	-281	\$120,613	\$124,274	-3,661

## Hanging of the Greens

Yes, it's time again. The congregation is invited to participate in getting the church ready for the upcoming Advent season. We will have two opportunities for participation this year. First, on Saturday, November 19 from 9:00 am -11:00 am, we will be unpacking the boxes and repairing/preparing for decorating. On Sunday, November 20, from 2:00 pm to 5:00 pm, you are invited to be a part of the decorating of the sanctuary. Come and join in on either or both events. We can promise you lots to do, tons of fun and plenty of Christmas ambiance, along with great snacks! Everyone is encouraged to participate. We look forward to seeing you there.



## Christmas Poinsettias



We are excited to again offer you an opportunity to help make our sanctuary beautiful with our poinsettias. Red poinsettias in a 10" pot are \$25.00 this year. This is for 12-20 flower average per pot. You may purchase them in memory or honor of someone or to the Glory of God. These flowers will grace our sanctuary on December 18 and December 25. We ask that you please plan to take them home on December 25 after our service. Please be a part of this wonderful ministry of flowers. Envelopes will be available soon in the bulletins so please be on the lookout. The deadline for purchase is December 4.

## Church Conference 2016

Our annual church charge conference meeting will be held on Thursday, November 17, at Matecumbe United Methodist Church, 81831 Overseas Hwy, Islamorada, FL 33036. Everyone is welcome to attend. The meeting begins at 4:00 pm followed by a 5:00 pm worship service provided by a combination of churches: Community UMC, Matecumbe UMC, and Burton Memorial UMC.

# dV8 Youth Group

Romans 12:1 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed (dV8) by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing, and perfect will.

Our youth group is open to all adolescents in grades 6 through 12. You do not have to be a member of Burton to attend and friends are always welcome. As a matter of fact, we encourage our youth to BARF at every event. (Bring a Real Friend). *Our normal dV8 events are Sundays from 5:00 pm to 7:00 pm.*



**November 6: (Operation Christmas Child Super Beach Packing Party) 2:00 pm to 5:00 pm:** Come join us for this awesome time of fun and fellowship as we pack 500 shoeboxes to be sent all over the world, bringing joy and hope to needy children. Churches and community groups are invited. We will be on the south beach of John Pennekamp State Park. You need only bring yourself and your smile. Please car pool as parking is limited. We hope to see you there! For more information, check it out on Facebook: Operation Christmas Child Super Beach Packing Party.

**November 13: (Giving Thanks) 5:00 pm to 7:00 pm:** The youth will be meeting at the parsonage to read over scriptures that address giving thanks. We will then name and pray for the things that we are thankful for.



**November 20: (Hanging the Greens) 2:00 pm to 5:00 pm:** From 2:00 pm to 5:00 pm, you are invited to be a part of the decorating of the sanctuary. Come and join in. We can promise you lots to do, tons of fun and plenty of Christmas ambiance, along with great snacks!



**November 23: (Act of Random Kindness preparation) 5:00 pm to 6:30 pm:** The youth will be meeting in the church kitchen to bake cookies and brownies to be delivered on Thanksgiving as our Act of Random Kindness.

**November 24: (Act of Random Kindness) 9:00 am. to 10:30 am:** The youth will be meeting at the church to pack up and deliver brownies and cookies to local police, EMTs, fire departments, hospitals, and other organizations that have to work on Thanksgiving.

**November 27: (No youth group)**

## Airsoft Games

I know that it has been a while since we have played airsoft, but don't fret. It is not gone for good. We will start our airsoft games back up for the month of December.

# CONGREGATIONAL HEALTH “THE DANIEL PLAN”

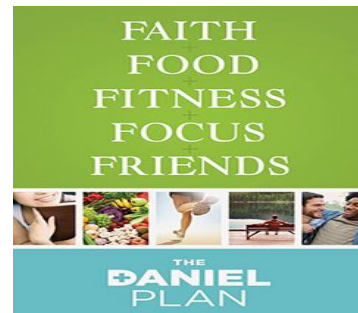
By Daniel G. Amen, MD

## TIPS TO MAINTAIN YOUR MOTIVATION



Let's face it, choosing between a donut and a diet is a matter of motivation. Want to live healthy, feel better and enjoy life, or satisfy a short-term desire to chomp on foods that are a waste and end up on your waist. To make lasting progress, you must know what's motivating you to adjust your lifestyle into a healthy one.

**Here are some tips to keep your motivation running high:**



1. **Be purpose driven.** Stay on track with your goals by writing down a purpose statement. When you see success in your mind, it is more likely to become a reality. Use the five Essentials—**Faith, Food, Fitness, Focus, and Friends** as a guideline to write what you want for yourself.
2. **Set smart goals.** Smart goals are **Specific, Measurable, Attainable, Relevant, and Time-bound**. Goals that follow these standards will help you keep your focus on what is most important.
3. **Know your motivation.** You have to know why you want to be healthy. Write it down and put it where you can see it every day. Be positive and approach it from two angles—to attain benefits, and to avoid negative consequences. Motivators might include:

*"I want to live long."*

*"I want to have great energy."*

*"I want to look great."*

*"I want to feel better."*

*"I want to have better relationships."*

*"I want to be happier and smarter for the long run."*

For Dr. Daniel Amen, **time with his family** is his motivating factor:

*"For me, I have an amazing wife, four wonderful children, and a grandson, Elias. My grandfather was one of the most important people in my whole life. I was named after him and he was my best friend growing up. I know how important grandparents can be.*

*"The day Elias was born I thought about my grandfather all day long. I WANT to be healthy to be able to love Elias like my grandfather loved me. When I really think about what's important to me, no amount of cheeseburgers, sodas, or double fudge chocolate chip brownies is worth the price of damaging my health and stealing the time I have with my family." – Dr. Daniel Amen*

**Put your failures to good use.** Changing old bad habits into a new healthy lifestyle occurs in steps. Sometimes it's two steps forward and one step back. Take advantage of your failures and learn from them. The mistakes we make can educate us on how to do something better the next time if we are paying attention. You become a success by learning what doesn't work and not doing it anymore.

**Use the power of vision.** Visualizing your goals is a good way to remind yourself of why you want to be healthy. Pictures can help you stay motivated! Put images on your computer desktop, around your home, on your smart phone, or in the visor of your car that remind you of why you want to be healthy. These pictures can be of family members, or of a time in your life when you felt good about yourself, or of a time that represents you living out your purpose.

To stay motivated you must stay focused and intentional with how you approach the goals you have set.

***To learn more and exercise weekly, join us at Burton Fellowship Center on Mondays from 5:30 pm to 6:30 pm. Call Debbie Premaza at 305-546-6682 for further information or if you need a ride.***

### Free Blood Pressure Checks

Monroe County Fire Rescue Department will be providing **free blood pressure checks in the Fellowship Center after the 10:30 am services.**





## **Burton CDC Performance Funding Pilot Project Year 2 (school year 2015-2016)**

October 12, 2016: The president and CEO of the Early Learning Coalition of Miami-Dade and Monroe counties, Mr. Evelio Torres, handed a “bonus” check of \$13,280 to our Director, Ms. Nilda C. Bernaldez, for having performed the highest standard of care to the children of Monroe County.

October 9, 2016: Our first “Sunday Celebration” with the Burton Memorial family started with giving blessings to the CDC staff during the 10:30 am service. ***This celebration will be held every second Sunday of each month, joined by all the CDC staff, parents, and children.***

The CDC staff are taking online classes while the children are taking their naps. ***However, we need volunteers to fill in when the staff are taking their one hour lunch. We would greatly appreciate your assistance.*** Times needed are between 10:00 am and 2:00 pm Monday through Friday. Please contact Nilda at 305-852-0250 to volunteer.

All for the glory of God!


Ms. Nilda C. Bernaldez, MM.ED

## **Thanksgiving Luncheon**

***Burton Memorial will be hosting a Thanksgiving Luncheon on Thursday, November 24, 2016 from 1:00 pm to 3:00 pm.*** This luncheon will be open to the community and provide a good meal and great fellowship for those who might not have family or friends in the area this Thanksgiving season.

***Bob Bliven will be our kitchen manager for this project, and we will need volunteers to help cook, serve, and clean.*** There will be a preparation night on Wednesday, November 23 from 7:00 pm to 9:00 pm. in the kitchen. Then there will be cooking, setting up, serving, and cleaning on November 24 starting at 10:00 am and going to 3:00 pm. If you would like to help Burton in providing this uplifting outreach to the community, please contact the church at 305-852-2581 or you can sign-up in the Narthex following the 8:30 am or 10:30 am worship service starting November 6, 2016.





**FREE!**

PRE-REGISTER  
FOR EXPEDITED CHECK-IN  
AT THE FAIR.  
CALL 305 243-4898  
5-7 PM  
November 1<sup>st</sup> & 2<sup>nd</sup>

**10TH ANNUAL  
UPPER KEYS  
HEALTH FAIR  
DOCS** | Mitchell Wolfson Sr.  
Department of Community Service

**SATURDAY, NOVEMBER 12, 2016  
9:30 AM to 2:30 PM  
in KEY LARGO at  
Key Largo School  
Mile Marker 105**


**HEALTH SERVICES**

✧ Height, Weight, Blood Pressure	✧ Women's Health Exam & Free Pap Smears
✧ Blood Glucose/Diabetes Test *	✧ Men's Health Exam
✧ Cholesterol Testing *	✧ Vision Testing
✧ Skin Cancer Screening	✧ Mental Health Screening
✧ Bone Density Tests	✧ Health Education
✧ Dental Screening	✧ Affordable Care Act/Health Insurance Enrollment

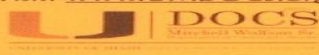
\*For GLUCOSE TESTS or CHOLESTEROL TESTS, Please DO NOT eat or drink ANYTHING except water and medications for 8 hours before the fair.

For anyone needing special assistance, please make arrangements prior to the fair by pre-registering your special need at least 1 week beforehand by calling (305) 243-4898 or emailing [docs@med.miami.edu](mailto:docs@med.miami.edu)


Questions? Visit: [www.UMDOCS.org](http://www.UMDOCS.org) or call: (305) 243-4898



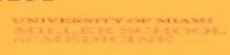
**KEYS AHEC**  
THE KEYS TO HEALTH



**DOCS**  
Department of Community Service  
UNIVERSITY OF MIAMI



**UHealth**  
UNIVERSITY OF MIAMI HEALTH SYSTEM



**UNIVERSITY OF MIAMI**  
WILLIAMS WALKER SCHOOL OF SOCIAL WORK

Please recycle after November 12, 2016