

September
2013



First United Methodist Church Mason, Texas



This is borrowed from Garrison Keillor. It brought a smile to my face and actually made me engage in a little bit of holy pride!

We make fun of Methodists for their blandness, their excessive calm, their fear of giving offense, their lack of speed, and also for their secret fondness for macaroni and cheese. But nobody sings like them. If you were to ask an audience in New York

City, a relatively Methodist-less place, to sing along on the chorus of "Michael Row the Boat Ashore," they will look daggers at you as if you had asked them to strip to their underwear. But if you do this among Methodists, they'd smile and row that boat ashore and up on the beach! And down the road! Many Methodists are bred from childhood to sing in four-part harmony, a talent that comes from sitting on the lap of someone singing alto or tenor or bass and hearing the harmonic intervals by putting your little head against that person's rib cage. It's natural for Methodists to sing in harmony. They are too modest to be soloists, too worldly to sing in unison. When you're singing in the key of C and you slide into the A7th and D7th chords, all two hundred of you, it's an emotionally fulfilling moment. By joining in harmony, they somehow promise that they will not forsake each other.

I do believe this: People, these Methodists, who love to sing in four-part harmony, are the sort of people you can call up when you're in deep distress.

If you're dying, they will comfort you.

If you are lonely, they'll talk to you.

And if you are hungry, they'll give you tuna salad.

Methodists believe in prayer, but would practically die if asked to pray out loud.

Methodists like to sing, except when confronted with a new hymn or a hymn with more than four stanzas.

Methodists believe their pastors will visit them in the hospital, even if they don't notify them that they are there.

Methodists usually follow the official liturgy and will feel it is their way of suffering for their sins.

Methodists believe in miracles and even expect miracles, especially during their stewardship programs or when passing the plate.

Methodists think that the Bible forbids them from crossing the aisle while passing the peace.

Methodists drink coffee as if it were the Third Sacrament.

Methodists feel guilty for not staying to clean up after their own wedding reception in the Fellowship Hall.

Methodists are willing to pay up to one dollar for a meal at the church.

Methodists still serve Jell-O in the proper liturgical color of the season and think that peas in a tuna casserole add too much color.

Methodists believe that it is OK to poke fun at themselves and never take themselves too seriously.

You know you are a Methodist when:

It's 100 degrees, with 90% humidity, and you still have coffee after the service.

You hear something funny during the sermon and smile as loudly as you can.

Donuts are a line item in the church budget, just like coffee.

When you watch a Star Wars movie and they say, "May the Force be with you," you respond, "and also with you."

And lastly, it takes ten minutes to say good - bye !

Blessings to you in the name of Jesus Christ, and "May the Lord be with you."

Colleen

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.



Budget for 2013—\$371,403.08

Weekly Budget —\$7,142.37

Year to date offering as of

August 31, 2013

2013 Budget.....\$247,602.04

2013 Offering.....\$235,869.01

August Attendance

Aug 4 171

Aug 11 151

Aug 18 162

Aug 25 206

September Acolytes

TBA

September Lay Readers

8:30 A.M.

9/1-David Scarth

9/8-Judy Cordes

9/15 & 9/22 & 9/29-TBA

10:50 A.M.

TBA

September Ushers

8:30 A.M. -Willie Lyles

10:50 A.M.-TBA



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 (347-0275). The United Methodist Men will hold their monthly breakfast on *Wednesday, September 11th 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.

New Horizons Circle meets the 2nd Tuesday of each month at 10:00 A.M. in the Gathering Room.



United Methodist Women

Chairperson: Linda Reichenau
325-347-5589

Hope Circle meets the 2nd Sunday of each month at 4:00 P.M. in the Gathering Room. contact Tiffany Klaerner at 347-6034 for more information.

Missions News by Judy Branch, Missions Co-Chair

The Back To School Clothing Drive was a huge success. We helped approximately 106 children.

We started registering families at the Food Bank in July and August, thanks to the hard work of Eva Tannehill and Ceil Worden. Then some families called the church and some just walked in. We had purchased \$200 in \$10 gift certificates for just such cases. Inevitably someone comes in saying they have registered, but we have no record of it. So, we try to take care of these families with gift certificates or other arrangements. They are also invited to take what they need from the clothing items donated.

This year Mary Freytag brought a huge amount of things from the Thrift Shop. We so appreciated that, and anything we didn't use Charles Pluenneke took back to the Thrift Shop. They will sort through things and send some things to children's homes and some will go back into their shop. Several others came in and just pitched in and helped us. Some from other churches and some from the Food Bank volunteers. It was great.

The committee took a suggestion given to us by Colleen last year and made cookies and lemonade for the families. That was a big hit. One man took a little sack home with him!

In the midst of all the action, and there was plenty of that, a homeless woman came in and asked me where the office was. She later came back and tried to find some clothes, but with no luck. Ceil took her to the Lutheran thrift shop, out to Dairy Queen for a meal, and then dropped her at the Hill Country Inn. She was hitchhiking from Kansas and heading to the Salvation Army store in Kerrville.

We received a lovely note from one young mother. That mother also brought in some outgrown clothes and a baby's bouncing seat. She said her husband had been out of work, but had just gotten a job, and she hoped she wouldn't need the help next year. But she also told us how much the clothes and shoes meant to her little family this year. (Her note is enclosed.) Many of the mothers and children came over to the check in table and thanked us for our efforts.

Jane Vargas helped us all afternoon, which was great. Jane works with a lot of these kids at school and knows most of the families. So, she served as our translator and "girl Friday". We had donated \$250 to Jane for her to buy school supplies for needy children. She also came with a lovely thank you note for Judy.



PLEASE CALL
Chuck Bearden (325 347-6162) or
Bruce Strickland (409 283-1213)
to volunteer as an Usher
or Lynn Hedges (347-0152)
to serve as Lay Reader

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



Eva Tannehill, Marilyn Kahan, Ruth Dannheim, Harriet Lange, Charlene Schuessler, Alex Grosse, Roger and Tommie Lou Luckenbach, Carolyn & Terry Smith, Yvonne Alba, Odessa Dannheim, Mary Beam, Bill & Cherilyn Haley (Bill Haley's Parents) Sophia von Stultz (Rosemary Kruckemeyer's Great-Niece) Drew & Laura Tallent, Terri Reardon, Ashley & Della Ray Osbourn, Eula Mae Martin, Johnni Rossing, Amelia Ory (Mary Polk's Mother), Chris (Nephew of Corinne and Donal Wright)

Joseph Alba (U.S. Army) Savannah, GA, Neil Shanks (USAF) RAF Mildenhall, England, 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) Korea

Children & Youth News

Loose Change Offering - The children will collect your pennies, nickels, dimes, and quarters on Sunday, September 1st. Thank you for helping us to be the hands and feet of Christ!

Vacation Bible School: VBS was a huge success! Thank you to all youth and adult volunteers! We had over 140 kids in attendance.

Youth Group: We had a great group of youth on Wednesdays this summer! We finished out the summer on August 14th with the Mystery Dinner. Fun was had by all who attended. Youth Group will begin meeting again in September on Wednesday evenings. Watch the Sunday Bulletin for more details.

Summer Lunchbox: We were blessed to have so many people provide food, make donations, and pray for this program. Thank You!

College Addresses: Please send us mailing and email addresses for our college-youth. You can email the information to funcmason@verizon.net or call the church office at (325) 347-5105.

To Everyone Who is Praying for Morgan,

Our family has been overwhelmed with the love and support we have received from everyone concerning our 5 year old granddaughter, Morgan Johnson, before, during, and after her brain surgery. We, along with our daughter Jeananne and her husband Billy, could all feel God's presence; and we made it through each day with such a peace knowing Morgan was in God's hands.

As you covered Morgan with prayer, we witnessed so many miracles that could have only come from God. Morgan has made so much progress, and has not had a seizure since April; but she still has a long way to go. We know your continued prayers and God's healing hand will soon give us a normal little girl.

Thank you for being there for us and for blessing Morgan with your love & prayers. With God all things are possible.

Tommy & Joyce Durst



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

Women need to become fierce advocates for their own health. Every minute in the United States, someone's wife, mother, daughter or sister dies from a form of heart disease. And although heart disease death rates among men have declined steadily over the last 25 years, rates among women have fallen significantly less. Why? A difference in symptoms between men and women may have something to do with it.

Men and women alike can experience the well-known heart attack symptoms like gripping chest pains and breaking out in a cold sweat. But women can also have subtler, less recognizable symptoms such as pain or discomfort in the stomach, jaw, neck or back, nausea and shortness of breath. As a result, women are often unaware that what they're experiencing is a heart attack. So what happens? Women blow off the warning signs, assuming something else is the problem. To add to the problem, women's healthcare providers may misdiagnose these symptoms, and the result is that women discover their heart disease when it's too late. Men, on the other hand, seem to benefit from having more frequently participated in clinical trials, and more aggressive diagnostic testing and treatment. So is it any wonder that heart disease is the No. 1 killer of women?

Here are some staggering disparities:

- Women age 45 and younger are more likely than men to die within a year of their first heart attack.
- Only 65 percent of women said the first thing they would do if they thought they were having a heart attack was to call 9-1-1.
- Men are 2 to 3 times more likely than women to receive an implantable defibrillator for the prevention of sudden cardiac death.
- Previous studies and clinical trials have often been done with inadequate numbers of women in the study population, representing just 38 percent of subjects.

In addition, 3/4 of cardiovascular clinical trials do not report sex-specific results, making it difficult for researchers and clinicians to draw conclusions about their effects on women.

Testing, treatment, awareness and symptoms aside, none of these factors explain the entire reason why heart disease affects men and women differently. A study reported in *Circulation: Journal of the American Heart Association* may offer a clue: Researchers found that the size and pumping ability of the right side of the heart differs by gender and women. "The right ventricle pumps blood to the lungs to pick up oxygen, so all types of lung diseases — chronic obstructive pulmonary disease (COPD), pulmonary fibrosis, pulmonary hypertension, and sleep apnea — can affect the right side of the heart," said Steven Kawut, M.D., M.S. and study author. And guess what? The right ventricle is larger in men than in women. So if it loses its pumping ability or becomes weaker, heart problems are likely to ensue. Also, the blood vessel walls of the very small arteries that branch out from the coronary arteries are more likely to be damaged in women as compared to men. And doctors are still learning about the role hormones play in women's heart health.

For more information, go to the website for the American Heart Association. To read articles such as this one related to women's heart health, go to: <https://www.goredforwomen.org>

News from Steady Steps!

Steady Steps

Weekday Children's Ministry



An Early Step Toward a Godly Walk!

Things at Steady Steps are really rolling as we welcome in a new fall season. Our current enrollment is over 55 children and we have been rearranging and moving around classrooms and children in order to accommodate everyone. We are excited to announce we now have ten full time ladies working hard everyday to ensure that our children's spiritual, academic, social, emotional, and physical needs are provided for. We are really having a great time as we all get to know one another and work together to make Steady Steps an awesome place for children. We want to invite everyone to our annual fall fundraiser in October. Steady Steps will have a spaghetti lunch ready to be served immediately following the worship service on that Sunday. Stay tuned for more details! Once again, I would like to thank all of the church members for allowing us to use your facility and for all the support we have received through the years. Please continue to pray for our center, the children, and the educators.

May God Bless You All,
Jennifer



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

Rev. Colleen Haley.....Pastor
Maureen Shanks.....Office Manager
Christie Lehmborg..... Secretary
Tim Emery.....Music Director
Marilyn Kahan.....Organist/Pianist
Art Davis.....Audio/Visual Technician
Jennifer Row.....Steady Steps Director
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

Address Label Here

September 2013