



THE MESSENGER

August 2017

First United Methodist Church of McAllen

4200 N. McColl Road
McAllen, Texas 78504

956-686-3784
Fax 956-664-0204

www.FUMCMcAllen.com

Weekday Office Hours
Monday - Thursday
8:30 - 4:30
Friday 8:30 - Noon

Worship at First Church

Service Information

8:30 Traditional Worship
9:00 Contemporary Worship
11:00 Traditional Worship
9:45 Sunday School

Nursery provided at all services.

Newsletter & Sunday Sermons

Our FUMC newsletter, The Messenger, and our weekly 9 & 11 a.m. sermons, are available on the website, www.fumcmcallen.com.

You can read current or past issues of the *Messenger* and listen to the sermons. You can also follow us on Facebook.

You may also use the website to update your contact information. You will find this link on the home page. Your help in keeping our records current and up-to-date is very much appreciated.

Any changes in your life? Married? Moved? Or Moving?

Please let us know so we can make changes on our mail out data base.



Back to School CELEBRATION!

Sunday, August 20th at 6 p.m.



Fish Fry & Assembly of Teachers' Classroom Supply Boxes

As we know, many students do not come to class in the first week with all supplies needed. Therefore, many teachers must personally purchase some of the school supplies that these children are lacking. They must also purchase certain things that might assist them in their teaching with a very small budget each is given the first of the year.

We are collecting very specific items for these boxes or funds to help purchase them. If you would rather give a financial donation for purchase, please feel free to do so. It is our goal to do one box for each grade level in at least two elementary schools. These items will be supplemental and meant to fill in where there are gaps in supplies in the classrooms.

On August 20th, EVERYONE is invited to join us for a BACK TO SCHOOL CELEBRATION! We will have a fish fry AND assemble and bless the boxes! Chuck and Julie Crowsey are busy fishing for the fish and rounding up the fish frying crew. Delicious side dishes will be prepared and all are invited to bring a dessert of your choice to share.

The list of specific items for our Teachers' Classroom Supply Boxes is below. Other items requested will be purchased with donated funds.

Needed items are:

Pencils (boxes of 24)
Antibacterial Soap (30 oz pump btls)
Kleenex (boxes)
Composition Books (wide ruled)
Dividers (5 tab)
Glue Sticks (smaller size)
Colored Pencils (box of 12)
Chalk (box of white)
Expo Markers (box of 8 colored)
Index Cards (white, packs of 100)
12 x 18 Heavy Duty Construction Paper
Package of Assorted Colors (package of 50)



Pastor's Perspective - MOMENTS OF GRACE

Earlier in July I preached a sermon called The Heart of Listening based on Jesus parable of the sower in Matthew 13. The definition of listening includes effort to hear, paying attention, giving heed and understanding. In the parable, the fertile soil that produces good fruit is the heart that hears and understands (Mt 13:23).

In my sermon, we explored the idea of being an active listener. An active listener is one who makes an intentional effort to focus on the other, pay attention to what is shared and works to understand what is shared. A fundamental human desire is to communicate with our creator God – to hear a word from God. People want to know “What is God’s will for my life?” and “What is God saying to me?”

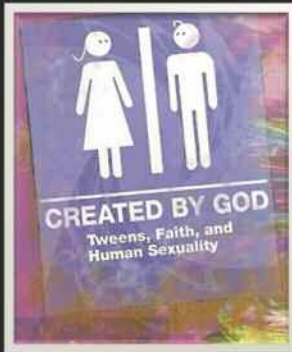
I shared a method I have utilized for years that has helped me become a more effective active listener to God. I’ve had several requests for this method so here it is in writing.



Senior Pastor,
Ricky Sanderford

(continued on last page)

Children's Ministry



For 5th & 6th graders

Friday, September 8th

5:45 – 9PM

& Saturday, Sept. 9th

9AM – 4:00PM

Fee - \$40.00

FUMC Social Room

**Parents are required to participate on Friday, 5:45-7:15PM & Saturday, 3-4PM*

Register at FUMCmcallen.com by August 18th

Created By God Human Sexuality Class For 5th and 6th graders

Following a request by several parents, we are offering another Created By God human sexuality class this coming September for entering 5th and 6th graders. We are happy that J'Nevelyn Lloyd is able to lead the class again and invite all families of 5th and 6th graders to take advantage of this special class, open to the entire community. It offers parents and their children opportunities to learn, grow, and celebrate the fact that we have each been wonderfully created by God and are called to responsible living.

****Parents are required to participate on Friday, 5:45-7:15 and Saturday, 3:00-4:00 p.m.***

The fee for the event is \$40.00, covering the cost of both student and parent books, meals and snacks, supplies, and leadership. Register for the class through the Children's Ministry page at fumcmcallen.com or by contacting Lee Ann Clemons at laclemons@mcfirst.com. The deadline for registration is Monday, August 28, unless the class fills before that date. Space is limited to 25 children for the class. Call Lee Ann, 686-3784, if you have any questions.



FUMC Day School

We had a "RAWRing" good time with our themed Summer Fun Days. Whether we "Blasted Off to Space" or acted like monkeys at the Zoo, soon we will wave goodbye to summer as we go on our final exploration to the deep blue sea. Thank you for playing along with us at FUMC Day School. We look forward to seeing you soon!

As we get ready to roll into our 2017-2018 school year, in our freshly painted rooms with cool new toys, come turn your ABC's into Alpha-Bots and experiment in our science centers. There are still a few spots available, so come join our FUMC family where....
"All Great Things Start Small"

956-668-9009



**WOW - Word On Wednesday
for Children 3 years old
through 5th graders
(as of September 1, 2017)**

**Resumes Wednesday, September 6th
3:30 – 5:30 pm**



**Children's Ministry
Planning Meeting
Thursday, August 3rd
at 12:00 noon**

All who Love God, are interested in Sharing Jesus with children and helping them Grow in Faith, are invited to join us for a Children's Ministry Planning Meeting in Room 202 on Thursday, August 3rd at 12:00 noon. Childcare will be available. Lunch will be provided for adults and children.

FUMC McAllen Youth Ministry Summer Fun

We are into the middle of the summer and the Youth Ministry is not slowing down. In July we participated in Youth Week which involved A LOT of running, swimming, singing, dancing and jumping - you would have thought it was America's Got Talent. Day 1 involved swimming hosted by Weslaco FUMC, Day 2 Ninja Warrior Obstacle course @ El Mesias in Mission, Day 3 Amazing Race @ the McAllen Convention Center hosted by McAllen FUMC, and Day 4 worship by 'All For Him' praise and worship band @ El Buen Pastor Edinburg. The week's purpose was to prepare for our next adventure of the summer: Sacramento, NM.

While the youth had a blast at all of these events and had the opportunity to be in fellowship with the campers in their district, it also was a time to prepare our hearts and our minds for what God had to share with us up on the mountain. The youth was ecstatic for all the fun that was to come from the camp. Though, I think they were surprised how the camp moved them, bettered them as Christians and gave them a new perspective on life. Please continue to pray for the youth to make the most of this experience and for guidance for the upcoming school year.

Next on our to-do list of Youth events are Beach Bash, Praise & Craze and our Back-to-School lock-in for Jr. High students. Beach Bash is a time to re-group with the youth in our district @ SPI to remember what we learned and what to do with that knowledge. Praise & Craze is a week long day camp for youth hosted @ McAllen FUMC. There are a lot of fun games, food, destinations and sermons prepared for that week! I am always looking for parent volunteers who can shuttle kids back and forth from destination to destination so if interested please let me know! Our Back-to-School lock-in is the Friday before school starts and is a time for the youth to hangout with their friends all night long, eat junk food, play games and watch movies. Keep us in your prayers as we continue with all these events - the Youth Ministry NEVER stops. Blessings!



August Communion Offering "IN HIS STEPS" Shoe Bank of McAllen

In August of 1993, this church began a ministry called "In His Steps" Shoe Bank of McAllen. It is now beginning its 25th year. This program is designed to provide children in need and enrolled in the McAllen Independent School District, with a pair of properly fitting shoes appropriate for school. This program has been very successful over the years providing shoes to between 400-700 children in McAllen each School Year.

The children for whom this program benefit must: (1) be from a low income/poverty level family, (2) be currently enrolled in an MISD school (any grade), and (3) have not received a pair of shoes within the last year from the "In His Steps" Shoe Bank of McAllen.

If a child is in need of a pair of shoes and meets the above criteria, a written referral is made by the school counselor or nurse. The referral is taken to a Hope Family Health Clinic in McAllen, who issues a Voucher. The Voucher is then taken to one of the two Shoe Carnivals in McAllen where it is honored for up to \$25.00 for a new pair of shoes of the child's choice. No other purchases may be made with the Voucher. Shoe Carnival then bills First UMC for the amount of the shoes purchased. FUMC pays the bill from funds available.

Over the years, we have received assistance with funding from different sources. Each year, we have received assistance from the McAllen Community Development Block Grant program. However, funding from the block grants are diminishing. We have been given a \$6,000 grant this year which is less than we normally receive. We have been told there may be less in coming years. We have received a very generous \$10,000 donation from Security Service Federal Savings and Loan, which will help to carry this ministry into the future. We still need your support and prayers for this ministry. Remember, 100% of funds donated go to purchasing the shoes!

Because of your generosity, last School Year we were able to assist over 375 children in need with a pair of new school shoes. A team from our church makes the appropriate copies and does reports to take care of this grant!

It has always been the hope of our church family that providing a child in need with a pair of properly fitting shoes for school would benefit the child, the child's family and our community by encouraging his/her continued and uninterrupted education, which may otherwise be hindered by going without.

Our August Communion Offering will go directly to purchasing a pair of shoes for a child in need, here in McAllen. We hope you join us for Worship and Communion and that you will prayerfully consider how you might help with our ministry to provide shoes for children in need.

"To this you were called, because Christ suffered for you, leaving an example, that you should follow in His steps." 1 Peter 2:21

Thank you to all who gave their time, energy and love to help children grow in faith through Vacation Bible School and M & M (Missions and Music) Camp this summer! We thank God for you and for His awesome presence as we share His word and love with others.

M & M (Missions and Music) Camp



Vacation Bible School



Next Summer Service Event for Women

Saturday, August 5th in the Koinonia Room

10:00-11:30 am

All women are invited to join us as we gather to learn about Tamar's Tapestry, a ministry which seeks to respond to the needs of women in the Rio Grande Valley who have been affected by the human trafficking trade. Their goal is to provide a care facility meeting both short term and long term care needs for women rescued from this tragedy. There are over 300 women a year rescued out of brothels and stash houses in the RGV. Tamar's Tapestry aims to build a coalition of partners locally to meet the many needs of the trafficked women. Join us on August 5th in the Koinonia Room to learn about this special ministry and how we can serve them in the future. Coffee and light breakfast snacks will be provided. Childcare will be available.



Men's Group Planning Session

Wednesday, August 16th

6:00 – 7:00 pm

Room 202

All men are encouraged to gather for a time to make plans for fall opportunities for fellowship, service and study.

CHURCH FAMILY

Our Sympathy to...

Our sympathy is with **KayLynn Nicol and family** following the death of **her husband Bill**, on Friday, June 23rd. A Celebration of Life was held in Weslaco on Thursday, June 29th. KayLynn's address is 2040 Umar, McAllen, TX 78504.

Peggyleigh McCook & Seneca following the death of Peggyleigh's father and Sececa's grandfather, **Howard McCook** on Monday, June 26. The McCook's address is 8821 N Ware Rd, McAllen, TX 78504.

Paul & Marilyn Moffitt following the death of **Carolyn Nelson**, Paul's sister on July 3rd in San Antonio. The Moffitt's address is 1500 W. Harvey Dr., McAllen, TX 78501.

Roland Pecina, our Facilities Manager following the death of his mother **Rebecca Pecina** on Wednesday, July 5th. Roland's address is 226 East Bell, Pharr, TX 78577.

Pearls of Wellness Wisdom

By Perla Rivera, RN, Wesley Nurse

Healthy Eating

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure. Many of our fruits and vegetables contain necessary nutrients that our body needs to function effectively. Often times, we eat more calorie-rich, nutrient-deficient foods and because our bodies are not receiving those necessary nutrients, we continue to feel hungry and unsatisfied. Research shows that many people don't eat enough fruits and vegetables.

- Fewer than 1 in 4 adults eat the recommended amount of fruits every day.
- Fewer than 1 in 7 adults eat the recommended amount of vegetables every day.

Here in the Rio Grande Valley, we have several areas that are considered food deserts according to the CDC, and we don't have to look too far. A part of South McAllen, the area south of Ware Road between Ware Road and 23rd Street is considered a food desert. The USDA defines food deserts as parts of the country that lack access to fresh fruits, vegetables and other healthful whole foods, usually found in impoverished areas. This is due to the lack of a supermarket stores or farmer's markets within a mile radius of the area. Instead, food deserts tend to have numerous convenient or drive-thru stores that provide mostly processed, high sugar, high sodium, and high fat foods which are known contributors to our nation's obesity epidemic. There are various community agencies that are part of the Working on Wellness Coalition that are working together and advocating for the creation of this access to fresh fruits and vegetables in these food desert areas. The ways that this has been accomplished is bringing farmer's markets into these areas and set-up the payment system where people can use their SNAP benefits. We are also working on obtaining refrigerators for non-profit and federally-qualified healthcare clinics where fresh fruits and vegetables can be stored and doctors can provide a food prescription referring needy families and patients so they can receive a certain quantity of these fresh fruits and vegetables. We hope that greater exposure and provision of these healthy foods can help our community improve its health. For more information, visit healthfinder.gov and americannutritionassociation.org. May the Lord continue to bless you with good health this summer!



Perla Rivera, RN, is a Wesley Nurse with Methodist Healthcare Ministries of South Texas, Inc.. Methodist Healthcare Ministries' Wesley Nurse program is a faith-based, holistic health and wellness program committed to serving the least served through education, health promotion and collaboration with individual and community in achieving improved wellness through self-empowerment. Learn more at www.mhm.org

Prayer Shawl Ministry

Meets every
4th Wednesday
of each month
in room 209
at 10:00 a.m.

Prayer Shawl Ministry

The Prayer Shawl Ministry meets the 4th Wednesday of every month from 10:00 am– 11:00 am in room #209.

The meetings are informal and a time of fellowship.

Don't worry if you don't knit or crochet, come and learn.

The shawls are given to persons who are ill, have suffered a loss, or are in the midst of crisis. Contact Mary Heimel at 607-0151

or call the church office if you are interested in being part of this wonderful ministry



Calendar of Events

First United Methodist Church
4200 N. McColl Rd. • McAllen, TX • 956-686-3784

AUGUST 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SAVE THE DATE! Sunday, October 1st • 4:30-6:00 pm At FUMC McAllen 		1 Morning Walkers Exercise Tai Chi Exercise Class Women's First Groups @ First Church, Noon Alzheimer's Support Group	2 Tai Chi Exercise Class Truth, Food & Fun Witness Band Rehearsal	3 Morning Walkers Exercise Tai Chi Exercise Class Children's Ministry Fall Planning Meeting Young Adult Group	4	5 Women's Secret Service
6 Early Traditional Service New Spirit Worship Holy Grounds Fellowship Late Traditional Service	7 Tai Chi Exercise Class	8 Morning Walkers Exercise Tai Chi Exercise Class Women's First Groups @ First Church, Noon Parkinson Support Group Alzheimer's Support Group Mid-week Spiritual Recharge	9 Tai Chi Exercise Class Witness Band Rehearsal	10 Morning Walkers Exercise Tai Chi Exercise Class Special Needs Support Group Young Adult Group	11	12
13 Early Traditional Service New Spirit Worship Holy Grounds Fellowship Late Traditional Service	14 Tai Chi Exercise Class	15 Morning Walkers Exercise Tai Chi Exercise Class Women's First Groups @ First Church, Noon Mid-week Spiritual Recharge	16 Tai Chi Exercise Class Witness Band Rehearsal Men's Group Planning Session	17 Morning Walkers Exercise Tai Chi Exercise Class Young Adult Group	18	19
pRAISE & cRAZE 2017						
20 Early Traditional Service New Spirit Worship Holy Grounds Fellowship Late Traditional Service Back to School Celebration 2017	21 Tai Chi Exercise Class Manna Food Pantry at First UMC McAllen	22 Morning Walkers Exercise Tai Chi Exercise Class Women's First Groups @ First Church, Noon Mid-week Spiritual Recharge	23 Tai Chi Exercise Class Prayer Shawl Ministry Witness Band Rehearsal	24 Morning Walkers Exercise Tai Chi Exercise Class Young Adult Group	25	26
27 Early Traditional Service New Spirit Worship Holy Grounds Fellowship Late Traditional Service	28 Tai Chi Exercise Class	29 Morning Walkers Exercise Tai Chi Exercise Class Women's First Groups @ First Church, Noon Mid-week Spiritual Recharge	30 Tai Chi Exercise Class Witness Band Rehearsal	31 Morning Walkers Exercise Tai Chi Exercise Class Young Adult Group	For calendar updates, visit fumcmmcallen.com	



THE MESSENGER

August 2017

Pastor's Perspective *(continued from page 1)*

To become more effective as an active listener to God follow this five step counter-intuitive method:

1. GATHER YOUR TOOLS

You will need your bible and something to write on and a writing instrument.

2. GO TO A QUIET PLACE AND STILL YOUR MIND, THOUGHTS AND EMOTIONS

This world is a noisy place. We often cannot hear God over the din of the activities around us so practice Psalm 37:7, Be still before the Lord and wait for him.

3. FOCUS THE EYES OF YOUR HEART ON JESUS

Pick a book in the bible and begin to read. When a verse captures your attention stop and ask God a simple question, Lord, what are you saying to me here? Then, be quiet and still and listen. Most of the time I don't make it through but a few verses before one grabs my attention.

4. RECOGNIZE THAT MANY TIMES GOD'S VOICE IN YOUR HEART SOUNDS LIKE A FLOW OF SPONTANEOUS THOUGHTS, IMPRESSIONS OR VISIONS.

In the silent stillness of your mind, thoughts will begin to flow. Listen to them and pay attention. Allow these spontaneous thoughts to flow. For me, it usually means only few minutes.

5. WRITE AND ACT

Once the flow of thoughts and impressions slows in your mind, stop and write down your thoughts, ideas, questions, prayer concerns, visions, etc. I make just short notes, usually just enough for me to recall what was in my mind. This last step is vitally important. Studies have shown we remember less than 25% of a conversation after a day or two. We need to write down what was in our mind so we will not forget what God has said and we can go back and review and reflect (I try to do this once a week). Finally, if we remember, we can act on what we have heard from God.

This is a method that has benefited me in trying to become a better active listener to God. I invite you to give it a try and see if you begin to hear God's still, small whispered voice in your heart. See you in worship.

Grace and peace, Ricky

P.S. The steel is going up. The sanctuary is taking shape. It's exciting!

First United Methodist Church
4200 N. McColl Rd.
McAllen, TX 78504

Building Update

As you may have noticed, the first steel has been raised at the new sanctuary site! This continues to get more exciting as each day goes by and we are one step closer to our new home of worship!

The good news is that the project is on schedule at this time. There is still a lot of work to do and everyone is contributing. In recent days, groups have been meeting to make important decisions about flooring (carpet, tile, colors, etc.). Also, a meeting is scheduled with stained glass experts to help us make our new place of worship beautiful. While at about the same time, our new organ is scheduled to arrive. The current challenge we are facing is finding the right brick to match our existing facilities. As you can imagine, the original brick is no longer in production. Another challenge is making sure that we have the absolute best audio visual quality, while staying within the budget. With your prayers, your support, and God's help, all of these things will materialize and be pleasing to Him!



Join us for this FAMILY EVENT!

BACK TO
School
Celebration
August 20th
6:00-7:30 p.m.

Help sort, pray, & pour love over the
"Teacher's School Supply Boxes"

Bring a love offering and enjoy the Fish Fry for dinner!