



THE MESSENGER

May 2018

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
10:45 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 & 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.



First UMC, McAllen is an INSIDE-OUT Church!

April 14th, we held our annual Inside-Out event, including both Saturday and Sunday. On Saturday, we went OUT of our church walls, as a community of faith! We had over 150 serving 9 locations throughout our community! We served at Salvation Army, Hand Crank Transportation, downtown with "Water for the Thirsty," Quinta Mazatlan, Veteran's War Memorial, Habitat ReStore, UTRGV United Methodist (UM) Campus Ministry, Camp University and here at the church serving Teach for America and our college kids!

Thank you for all those that served, led and hosted our church family!

Just a couple of words of appreciation to pass along to you! "Everything your team did to help our organization (C.A.M.P. University) was so touching. We are so very thankful for your support. There are just not enough words for me to describe my appreciation. Our campus is so very blessed by the hands of Jesus that you came and shared with us. We are in awe and so very blessed to be called the friends of FUMC..." AND, from UTRGV Campus Ministries "The issue of wheelchair entrance for the



Camp University - Tree Trimming



Camp University - New Fence!

(student) center has been a major source of sadness for us, since we built the building in 1994. Over the years, students in wheelchairs have had extreme difficulty getting into our building. Some just gave up...the work of FUMC McAllen is an answer to prayers! And it looks beautiful. Thank you is insufficient to show our appreciation."

More pictures on back!

Pastor's Perspective

We are in! We are worshiping in our sanctuary. Praise God! I want to express my deepest appreciation for all the hard work and dedication by so many toward making our vision a reality. We are still checking off punch list items to bring to completion the project. We look forward to the overflow doors and stained glass installed in the near future. Thank you for your patience as we continue to tweak things to create the best possible worship atmosphere possible.

Have you invited someone to come and worship? The opening of a sanctuary is a good tool for evangelism, but it is a tool that loses its effectiveness as time passes. If you have been thinking about inviting someone to church don't let this time get away from you. Take advantage of this opportunity.

God has greatly blessed this church family and it is gratifying to see us share that blessing with so many in our community. We had a wonderful Inside-Out weekend in April. 150 of us worked out in the community on April 14 impacting the lives of hundreds of people around the Rio Grande Valley with the love and grace of God. This is only one way in which we join God out in the community as a blessing for others. May we continue in our journey of faith looking to Jesus as our guide and teacher. See you in worship and around the community.

Grace and peace, Ricky



Senior Pastor,
Ricky Sanderford

Children's Ministry

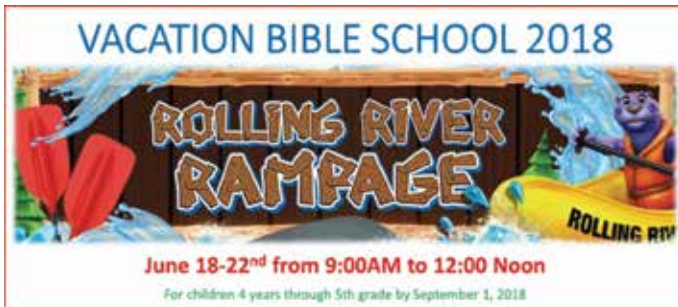


WOW – Word On Wednesday

Loving God, Sharing Jesus
and Growing in Faith!



Summer Opportunities for Kids...



Planning has begun, and we need YOU! We are so excited about the fun activities planned for this year's VBS and are looking forward to being with you as we guide the children along the "Rolling River Rampage, and experience the ride of a lifetime with God! Offer your help greeting, serving snacks, telling Bible stories, guiding the children to awesome activities. There are MANY ways for you can help during VBS. Just contact Lee Ann Clemons... she will welcome you to the VBS Team and help you find the place for YOU to serve! Register your children for VBS at fumcmcallen.com.

M & M Camp is a wonderful time for children to get together, make new friends, have fun serving out in the community, AND learn about God's Word through music. Every morning the campers go out in the community to learn about and help at places including: The Food Bank of the RGV, The Salvation Army, Bridges Assisted Living and MORE! Following a tasty lunch the children will spend the afternoons learning a musical written and directed by Alissa and Bo Shirah. The week comes to a close on Friday, the 27th at 5:45 pm with the musical presentation and dinner in the Fellowship Center. All are invited! Register for M & M Camp ASAP at fumcmcallen.com.



2018 School Year Ending Soon IT'S OVER

For some of us this is great news, but for some of us it is coming way too soon! No matter how much planning we do, each month and each season, they sneak up on us. School years can be exhausting, overwhelming, yet amazing for our students. And that is why I love what the Friends In Faith Ministry does for our students; our church family covers them in prayer throughout the school year. I myself, a survivor of crazy and intense high school years, believe that these prayers are heard and answered by our most gracious, loving, and almighty God through His son, Jesus Christ, our Lord and Savior. "If you believe, you will receive whatever you ask for in prayer." –Matthew 21:22 Please join us for the upcoming celebration and recognition and rejoice with us!



Friends in Faith,
Please join us at this
beautiful celebration!
Please go online to
RSVP or fill out an insert.

YOU'RE INVITED
to the
FRIENDS IN FAITH
2018
REVEAL PARTY
May 6, 2018
at Noon in the Social Room



2018
Graduates'
Recognition

SUNDAY
MAY 20TH
11AM WORSHIP SERVICE



**BE A PART OF OUR
CIRCLE OF HOPE**



Madi's Circle of HOPE
Saturday, May 12th

Registration: 7AM ♥ Warm-up: 8AM ♥ Run/Walk: 8:30AM

♥ Pre-Register at www.madiscircleofhope.org



Summer Fun Days 2018

@ FUMC Day School

956-668-9009

Monday-Thursday
9:30am-1:30pm

18months-Entering 2nd Grade

****Spaces are Limited****

\$75 per week for currently enrolled students

\$85 per week for non-enrolled students

\$25 per day Drop-In rate for all students

A Non-Refundable/Non-Transferable deposit of \$35 per week is due at the time of registration to reserve your spot on the summer roster. This will be applied towards your weekly tuition.

_____	_____	Week 1	June 11-14	Little Chefs
_____	_____	Week 2	June 18-21	Pint Size Picassos
_____	_____	Week 3	June 25-28	Explore the Animal Planet
Closed: July 2-6**Happy 4th of July**				
_____	_____	Week 4	July 9-12	Unicorns/Dragons & Fairytale Friends
_____	_____	Week 5	July 16-19	Sandcastles & Seashells
_____	_____	Week 6	July 23-26	Mad Scientist
_____	_____	Week 7	July 30-Aug.2	In to the Woods We Go!

Women + Women

Women together in Christ

THANK YOU!

Thank you to Barbara Englebrecht for leading our April gatherings. All enjoyed the time of reflection and sharing as we responded to Rob Bell's thought provoking NOOMA video series. Thank you, also, to all who contributed to the Better than a Backpack Care Kits for College Kids. Through the care packages filled with yummy homemade snacks and handwritten notes of encouragement we were able to reach out and let 44 college aged students know we care and are praying for them!



Upcoming Opportunities...



Mission Service Project Breakfast

Come support the many, many young people who gather at our church to join in helping others this summer through Mission Service Project. Sign-up to help serve them breakfast one morning during the week of June 10-16 by contacting Lee Ann Clemons or Peggy Trom. Details will follow.



Ready to get away for some fun and spiritual renewal?!

A Women of Joy Conference trip to San Antonio is happening on October 5-7. There IS still room for YOU! Contact Peggy Trom or Lee Ann Clemons ASAP for more information.

Pearls of Wellness Wisdom

By Perla Rivera, RN, Wesley Nurse

May is National Physical Fitness and Sports Month and it is important to spread the word and bring awareness of the benefits of getting active. If there is anything I would like for you to remember from this article is the following phrase: Movement is life. Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. Here are just a few benefits of physical activity:

- Children and adolescents – Physical activity can improve muscular fitness, bone health, and heart health.
- Adults – Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.
- Older adults – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).
- Other benefits- Exercise can help prevent excess weight gain or help maintain weight loss. The key to weight loss is to tilt the balance using more calories than the amount you consume. Furthermore, being active increases your high-density lipoprotein (HDL), or "good" cholesterol and decreases unhealthy triglycerides keeping your blood flowing smoothly. Exercise also improves mood and promotes better sleep as well as good digestion and elimination.

Communities, health professionals, and families can work together to create opportunities for everyone to get more physical activity. The Working on Wellness Coalition and city of McAllen are working to continue to expand physical activity opportunities for community members and further create a more bikeable and walkable community. There are also various opportunities to do fitness here at FUMC McAllen, so I encourage you to check the monthly church calendar and join the exercise classes we offer. For more information regarding this topic, you can visit www.healthfinder.gov and www.mayoclinic.org. Let's continue to press on toward healthier lifestyles. Blessings!



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.



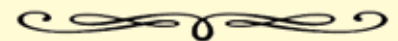
2018 Mission Service Project

First UMC has been blessed to host MSP for many years! The dates of MSP are June 10-16, 2018. This is an opportunity for high school youth to serve in God's mission in our area. This is also an opportunity for the First UMC Church Family to serve, as we host these young people and their sponsors. We hope you will prayerfully consider your gift to this ministry and mark your calendar! We will need LOTS of volunteers to serve in one of many different ways!

We will have a list placed around the church in coming weeks for opportunities for YOU to serve! If you have questions or want to volunteer, call or email Susan Hellums at (956-648-8509) or shellums@mcfirst.com!

Thank You!

Erasmio Saenz, our church custodian, wishes to thank the FUMC church family for all the prayers and generosity following the death of his father on April 6th, 2018.



CHURCH FAMILY

First United Methodist Church was pleased to welcome the following into church membership:



Ruth Lopez along with her children Gabriella, Kerena & Robert Jr. Also pictured is her husband, Rev. Dr. Robert Lopez, El Valle District Superintendent, The Lopez family's address is 2201 E. 27th St., Mission, TX 78574



Kevin & Somer Neuhaus along with their son, Weston East Also pictured are sons Peyton Neuhaus, Quinten East, Joaquin East and Jake East The Neuhaus family lives at 4725 Mile 6 Rd., Mission, TX 78504



Calendar of Events

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

MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>For calendar updates, visit fumcmcallen.com.</p>		1 Morning Walkers Exercise Tai Chi Exercise Class Women's SEED Group Tuesday Noon Women's Group Co-ED SEED Group	2 Breakfast & Devotionals Tai Chi Exercise Class Brown Bag Bible Study WOW (Word On Wednesday) Children's Choir Truth Seekers Witness Band Rehearsal Motet Choir Rehearsal	3 Breakfast & Devotionals Morning Walkers Exercise Tai Chi Exercise Class Disciple II Bible Study Young Adult Group	4 Created By God 2018	5 Created By God 2018
		6 Early Traditional Service Holy Grounds Fellowship New Spirit Worship Late Traditional Service Friends In Faith Reveal Party 2018	7 Tai Chi Exercise Class	8 Morning Walkers Exercise Tai Chi Exercise Class Women's SEED Group Tuesday Noon Women's Group Parkinson Support Group Alzheimer's Support Group Co-ED SEED Group	9 Breakfast & Devotionals Tai Chi Exercise Class Brown Bag Bible Study WOW (Word On Wednesday) Children's Choir Truth Seekers Witness Band Rehearsal Motet Choir Rehearsal	10 Breakfast & Devotionals Morning Walkers Exercise Tai Chi Exercise Class Disciple II Bible Study Special Needs Support Group Young Adult Group
13 Early Traditional Service Holy Grounds Fellowship New Spirit Worship Late Traditional Service	14 Tai Chi Exercise Class	15 Morning Walkers Exercise Tai Chi Exercise Class Circle of Friends Women's SEED Group Tuesday Noon Women's Group Co-ED SEED Group	16 Breakfast & Devotionals Tai Chi Exercise Class Brown Bag Bible Study WOW (Word On Wednesday) Children's Choir Truth Seekers Witness Band Rehearsal Motet Choir Rehearsal	17 Breakfast & Devotionals Morning Walkers Exercise Tai Chi Exercise Class Disciple II Bible Study Young Adult Group	18	19
20 Early Traditional Service Holy Grounds Fellowship New Spirit Worship Late Traditional Service Graduate Recognition	21 Tai Chi Exercise Class Manna Food Pantry at First UMC McAllen	22 Morning Walkers Exercise Tai Chi Exercise Class Women's SEED Group Tuesday Noon Women's Group Co-ED SEED Group	23 Breakfast & Devotionals Tai Chi Exercise Class Prayer Shawl Ministry Brown Bag Bible Study Children's Choir Witness Band Rehearsal Motet Choir Rehearsal	24 Breakfast & Devotionals Morning Walkers Exercise Tai Chi Exercise Class Disciple II Bible Study 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 SEED Group Tuesday Noon Women's Group Co-ED SEED Group	30 Breakfast & Devotionals Tai Chi Exercise Class Brown Bag Bible Study Children's Choir Witness Band Rehearsal Motet Choir Rehearsal	31 Breakfast & Devotionals Morning Walkers Exercise Tai Chi Exercise Class Disciple II Bible Study Young Adult Group		



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Continued from front page...

**INSIDE
OUT**



*Above: Salvation Army
Raised Garden Crew*

Below: Habitat ReStore



Above: Veterans War Memorial

*Below: Hand Crank Transportation
Part of Crew*



Above: Quinta Mazatlan Partial Crew

*Right: UTRGV UM Campus Ministry
Part of Crew on new deck with steps and ramp
Below: UTRGV UM Campus Ministry
Confirmation Group with parents and sponsors*



*Above: Water for the Thirsty at Bus Station
Below: Loving Heart & Hand
Teach for America - part of group*

