

The Messenger



Join us
for this
**FAMILY
EVENT**



On August 19th, EVERYONE is invited to join us for a BACK TO SCHOOL CELEBRATION! We will have a fish fry, and assemble and bless the teachers' school supply boxes! Chuck and Julie Crowsey are busy fishing for the fish and rounding up the fish frying crew. Delicious sides dishes will be prepared and all are invited to bring a dessert of your choice to share.

We are collecting very specific items (lists are at the guest services counters) for the teacher supply boxes to be assembled that evening. If you would rather give a financial donation for purchase, please feel free to do so. These items will be supplemental and meant to fill in where there are gaps in supplies in the classrooms. We hope to be able to put together enough for each grade level at two McAllen elementary schools. Mark your calendar and join us on August 19th!

Pastor's Perspective

Prayer is a growing focus in the life and ministries of First United Methodist Church in McAllen. Our 10:45am service has incorporated prayer stations into worship, our sanctuary has been equipped with cushions for our prayer kneelers, and our ongoing ministries of prayer continue. Recently, during our second set of Towards Fruitful Membership classes, which produced eighteen new members at our church, we had a great conversation about prayer.

In this conversation, we talked about how vitally important prayer is for the people of God. Not only is it our primary means of communication with God, but it is one of few ways the people of God can come together to see how God is calling to serve, love, and transform our communities.

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Worship Information

8:30 am—Traditional Worship
10:45 am—Contemporary Worship
11:00 am—Traditional Worship

Children's Ministry—Missions & Music Camp



Serving and singing,.. That's what 40 children and several adults were doing last month at M & M (Missions and Music) Camp. It was a busy, fun week as the children spent the mornings learning God's Word through the musical, Back to the Bible, written by Alisa Shirah. Each day the children enjoyed a delicious lunch prepared lovingly by Donna Gibson and her kitchen crew. The afternoons were filled with service op-

portunities, including helping at the Food Bank of the RGV, sorting and bagging toiletry items for the Sacred Heart Respite Center, hosting a fun afternoon with our C.A.M.P. University friends and singing for the residents at The Gardens at Brookridge. Thank you to all who participated and helped to make it an exciting, meaningful week for all.

"For everything there is a season, a time for every activity under heaven."
Ecclesiastes 3:1 (NLT)

Needed Items for Teacher's SUPPLIES BOXES are:

- Pencils (boxes of 24)
- Kleenex (boxes)
- Dividers (5 tab)
- Composition Books (wide ruled)
- Index Cards
(white, packs of 100)
- Glue Sticks (smaller size)
- Colored Pencils (box of 12)
- Box of 5-tab manila folders
- Expo Markers (Dry erase -
box of 8 colored)
- 9 x 12 Heavy Duty Construction
Paper, Assorted Colors
(pkgs. of 50)
- 9 x 12 Heavy Duty Construction
Paper, Bright White
(pkgs. of 50)

On Mission

August Communion Offering & Collection for Teacher's Classroom Supply Boxes



First UMC church family supports our local ISD teachers and students! We will be collecting *specific* items through the middle of August! We ask that you bring your items to the church *no later than Wednesday, August 15th* so we can make sure we have what we need to fill the boxes!



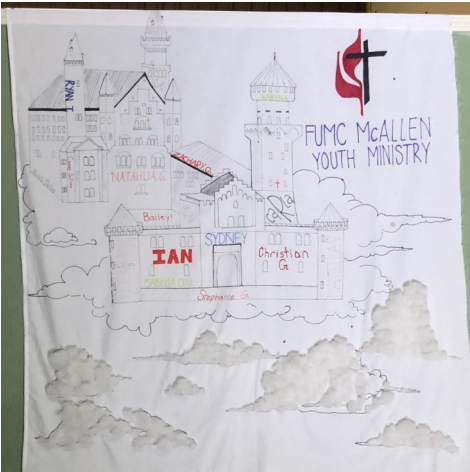
On Sunday, August 19th we will gather for a Celebration Fish Fry and assemble the boxes for two elementary schools in the McAllen ISD (7 boxes per school).

Please pick up the list and help with the collection!
Other items will be purchased with donated funds.

Thank you in advance for your support and generosity!

Youth Speak

We did it! We made it to the top of the mountain for the third year in a row—(7 middle school & 7 senior high students) 8 girls, 6 boys, and 3 brave chaperones. The Sacramento Camp in New Mexico is a beautiful place with the best summer weather; lows of 57 and highs of 79! But that is not why we travel over 800 miles nonstop; we endure the bus ride because our soul gets refreshed each time we get there. There is no cell or internet service while staying there, so we enjoy nature to the fullest; sometimes it’s ducks, horses, horn toads, deer, squirrels, or even skunks. The view at the top of Point of Silence is breath taking, even at 7:30AM. We might be short of breath by the time we walk to all of our different activities and dorms, but it is all worth it! The presence of God is felt all around us, especially during worship time. All I can say is thank you for your support and prayers. And also, the kids have already started the count down before we go back again next summer!



Important Dates

Friends In Faith Ministry

Adult Sign-ups start

Sunday, August 5th

Student’s Names Distribu-
tion Starts

Sunday, August 26

Senior High Students’

Fun Day at the Beach

Wednesday, August 15th

12:45PM—10:05 PM

Back to School Celebration

Sunday, August 19th

6:00-7:30PM

Youth Ministries’

End of Summer Event

TEN2TEN

August 22

10:00AM-10:00PM

Games, Food, Worship,

Lesson, and Youth’s Back

Pack Blessing

Children’s & Youth’s Sun-

day School Classrooms

Open House

Sunday, August 26

9:45AM—10:45 AM

Please see our detailed calendar
online at www.fumcmcallen.com

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You can read current and past
issues of our newsletter, The Mes-
senger, and listen to our sermons
online at our website:
www.fumcmcallen.com

Pastor’s Perspective, cont’d

It is through prayer that we are able to hear from God how we are currently fulfilling our Great Commission; it is also how we hear where God is calling us next.

This reflects one of the most exciting possibilities with our new-est members – what is God calling us to do next? In the last year we have seen the phenomenal impact of Emily’s Meals and the tremendous growth of our women’s ministry, Woven Women. I believe God has much for us to do through this church, and the vibrant ministries that are already here have only come into exist-ence through the prayers, and obedience, of faithful Christians.

As we prepare ourselves to enter into a new season of growth and excitement as a new school year begins, let us turn to God in prayer that we will encounter God in all we do and pursue God’s plans for us in our shared ministries at First UMC McAllen.

To the Glory of God,
Pastor Robert

Perla’s Pearls of Wisdom

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.



May the Lord continue to bless you with good health this summer and may you experience His Shalom!

Summer is often equated with relaxation, travel, fun, rest and vacationing. You may have heard the saying, “I need a vacation from my vacation”. It seems that we don’t truly rest when we take time off from work or other duties/responsibilities, and that should not be the case.

We all experience stress, but not all stress is bad. Chronic, ongoing stress can increase your risk for heart dis-ease, obesity, high blood pressure and depression. Some emotional and physical signs of stress include feeling angry, worried, irritable, depressed and the inability to focus, headaches, back pain, problems sleeping, stom-ach aches, tense muscles, weight gain/loss, frequent or more serious colds as stress affects your immune sys-tem. Often times, we don’t even realize we are under stress. We have normalized busyness and stress in our society. Here are some tips to prevent or reduce stress:

1. Plan your time. Prioritize what’s most important being realistic about how long each task will take.
2. Prepare yourself for stressful or demanding events/situations.
3. Take Action and relax through deep breathing, times of rest, and relaxing activities, stretching exercises or taking a hot shower.
4. Eat healthy.
5. Talk to friends and family.
6. Get help if you need it by seeking counseling/therapy services or speaking to a spiritual leader.