



# THE MESSENGER

July 2016

## First United Methodist Church of McAllen

4200 N. McColl Road  
McAllen, Texas 78504

956-686-3784  
Fax 956-664-0204

[www.FUMCMcAllen.com](http://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](http://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.



## My lighthouse Music & Missions Camp

Dinner and Musical Presentation

Thursday, July 21<sup>st</sup>, at 5:45 p.m. in the Fellowship Center

\$3-Child, \$8-Teens/Adults, \$15 max per Family

RSVP through the church office, (956) 686-3784

All children in 3rd through 8th grades by September 2016 are invited to four days of growing closer to God as they come together to learn a special musical during the mornings, feast on a delicious meal at noon, then spend the afternoon reaching out to others in our community.

Jesus said we are to love God with all our heart and soul and mind and strength and love our neighbors as ourselves. He said that there is no other commandment better than those two. That's what M & M Camp is all about....loving God by praising Him through music, making new friends, sharing time with old friends, and caring for our neighbors.

Thirty to forty 3rd through 8th graders will gather at 9:30 a.m. to 3 p.m., July 18-21 to spend the mornings learning a musical, "My Lighthouse", written by Alissa Shirah and directed by her and her husband Bo Shirah. Following the morning practice the children will enjoy a delicious lunch prepared by Donna Gibson and her crew. Cost is \$20, including lunch and t-shirt.

On Monday the children will be hosting an afternoon of fun activities with C.A.M.P. (Can Achieve Maximum Potential) University. C.A.M.P. University provides opportunities for special needs young adults to continue developing life and social skills after high school. The children are looking forward to having lunch with the C.A.M.P.ers, playing games, creating art projects with them and getting to know them better.

(continued on last page)

## Pastor's Perspective

The second ever Rio Texas Annual Conference is now behind us. It was a Spirit filled conference under the direction of Bishop Robert Schnase. I want to extend a big thank you to our lay delegates who sacrificed three days to represent our church. Delegates included veterans Steve Crain and Steve Dillon along with rookies Dr. Steven Foy and Catherine DiSanza. Also, Gabi Dillon and Sydney Ramon served as youth delegates from the El Valle District. Tanya Perales served as our alternate delegate. FUMC was well represented!

A highlight of any annual conference is worship. You get 1200+ United Methodists in a room with wonderful music and preaching and your heart soars in the presence and love of God! The ordination and commissioning service on Sunday morning is especially powerful and moving. Mark your calendars now for Sunday June 11, 2017. Our Rev. Robert Perales is on track to be ordained as an elder at annual conference next year.

As I experienced worship in the role of a participant and not a leader/participant, I was reminded how needful worship is in the life of a believer. Worship not only honors and glorifies



Senior Pastor,  
Ricky Sanderford

(continued on last page)

# Children's Ministry

*Jesus said, "Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs."*

Matthew 19:14 (NRSV)

What a joy and blessing it is to have children taking part in our worship services! Acolyting (3rd, 4th, and 5th graders) and assisting during Holy Communion (kindergartners, 1st, and 2nd graders) by holding the baskets to receive the cups are two areas that children can be involved in our worship service. If your child is interested in either, please contact Lee Ann Clemons and she will set up a training session with your child.

*Ella and Lacie Payne serving God by acolyting...  
bringing the light of Jesus into our worship service*



## A quick insight from the youth at Rio Texas Annual Conference



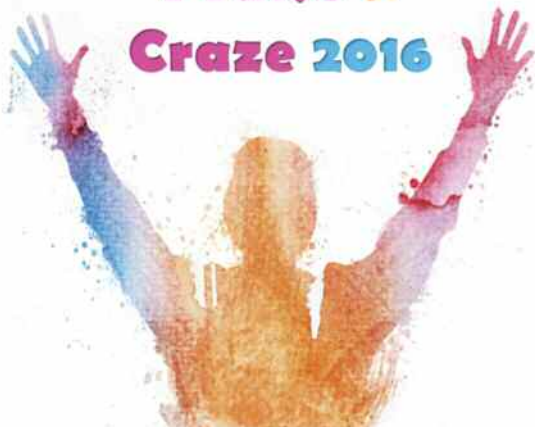
My experience at The Rio Texas conference was amazing and enlightening. I was happy that I got to be around pastors and congregation that really pushed me to speak and believed in the power of youth in our churches. I learned so much from the sermons and it showed me that just by going to church and asking questions and being involved, you can get to one of these conferences and be surrounded by the people who make these churches work. I know that just by being a part of my youth ministry, I can make a difference.

– Sydney Ramon, 10th grade, Memorial High School, El Valle District Youth Delegate

Annual Conference. This event sounds boring & lingers as unbearable. Though, it was quite the opposite. This year's 2nd Annual Rio Conference was exciting, insightful, and promoted the idea for change in the church. We learned & discussed what went on at General Conference especially the issue of same sex marriage in the church. We also voted on financial & trustees reports just to name a few. We also participated in workshops - mine was Developing Young Leaders which included how there is a declining number of young clergy in our conference & nationally as well. We also listened to seminars throughout the

three days such as Bishop Schnase's Say Yes! & Patrick Friday's 50/50 Mission Moment seminar. Most importantly we discussed how the First United Methodist Church needs to be more open to saying yes to Ministry & Missionary opportunities in order to be a successful & thriving denomination. I will take this experience as a call to take initiative to aid in the change in the First United Methodist Church as well as a new found appreciation for all that goes in to run our conference efficiently & effectively.

**Praise &  
Craze 2016**



FUMC YOUTH  
MINISTRY

**AUGUST  
1<sup>ST</sup> – 4<sup>TH</sup>**

\$75 per student

## McAllen FUMC Women

We had such a fun Bunco Game Night in June with 18 attending and lots and lots of laughter and fun visiting! So much fun that we have planned another **Bunco Game Night on August 9th, 6:30-8:30 pm** in the Social Room. All women are invited. Childcare will be available.



**McFirst Women**  
**July Book Club**  
 Led by *Dina Wilson*  
**Tuesdays at 6PM**  
**July 5, 12, 19, & 26**  
**Books - \$8.00**

\*Register online at [fumcmcallen.com](http://fumcmcallen.com) or through the church office. \*\*Childcare will be available.

Thank you to Dina Wilson for offering her leadership with the July Book Club! There is plenty of space so sign up if you haven't yet! Please read the first 13 chapters before the first class on the 5th, if your schedule permits. We will have an assortment of coffees and sweets and enjoy conversation led by Dina in the "Koinonia Room Café"!

## Upcoming Opportunities for Women....

### Dessert Auction to help raise funds for women's ministry projects

August 14th during the Back-to-School Celebration and Teacher Supply Boxes Assembly

You are invited to prepare two desserts for this event. One will be used as a dessert for the evening, and the second will be auctioned, the money raised will go to the McAllen FUMC Women's mission projects and programs. The more desserts we have the better! Be planning on what you can prepare to contribute to this special fund raiser for the women's ministry projects.

### Mission Project - Care Packages/Encouraging Notes to be sent to the college students

We will get together in late August or early September to assemble care packages and write notes of encouragement to college students. Exact dates will be decided upon later. All women are invited to join in as we share love and care to these young people in our church family.

### Painting Party

All women will enjoy an evening at Peggy Trom's home to gather, fellowship, and have fun creating "masterpiece" paintings on Friday, September 16th. The cost is \$25, which needs to be prepaid and is nonrefundable. The fee must be paid to reserve your space as that goes to the company in advance. There is limited space, 16-18, so email Peggy at [trompeggy@aol.com](mailto:trompeggy@aol.com) or Lee Ann at [laclemons@mcfirst.com](mailto:laclemons@mcfirst.com) and turn in your registration fee ASAP, if you would like to attend. There are just a few spaces left! Everyone is asked to bring a heavy snack to share.

### Mystery Trip planning is in the works!!!

Kay Sanderford has some awesome ideas for a Mystery Trip for us to take. Watch for details coming soon!

## Annual Conference Report

Steven Foy & Catherine DiSanza

As members of the FUMC McAllen delegation to the Rio Texas Conference's second annual meeting, we experienced the diversity of experience and opinion and unity of passion for missional living and social justice that characterize Methodism writ large.

Beyond standard business (voting on budget changes, filling committee positions, etc.), we enjoyed engaging teaching sessions. Former FUMC pastor and current bishop Robert Schnase presented key points from *Just Say Yes!: Unleashing People for Ministry*. Specifically, he encouraged us to avoid overly bureaucratic processes and embrace new ideas, from unconventional worship styles to risk-taking service initiatives.

Patrick Friday, director of In Mission Together of the General Board of Global Ministries, introduced us to a 50/50 mission work model, emphasizing the need to approach projects with recognition of recipient abilities, skills, and ownership of eventual outcomes.

Additional breakout workshops highlighted topics such as alleviating human suffering and developing young leaders.

Delegates from the 2016 General Conference also discussed major decisions impacting the global church. The General Conference voted to withdraw from the Religious Coalition for Reproductive Choice, rejected proposals to divest from businesses profiting from Israeli occupation of Palestinian lands and fossil fuel industries, opposed prejudicial Native American representations, and worked toward the development of a new hymnal. It delayed decisions on acceptance of same-sex marriage and ordaining of LGBT clergy, approving creation of a commission to further examine the issue. This decision prompted spirited discussion, the sharing of powerful testimonies, and peaceful protests.

Worship services highlighted the best of the conference, including a service of word and table, a service of remembrance, and a reconciling service. We celebrated clergy and laity accepting new calls in the service of commissioning and ordination and, as a delegation, took time to appreciate Rev. Dr. Sanderford and Rev. Perales in their continued leadership at FUMC.



## 2016 MISSION SERVICE PROJECT

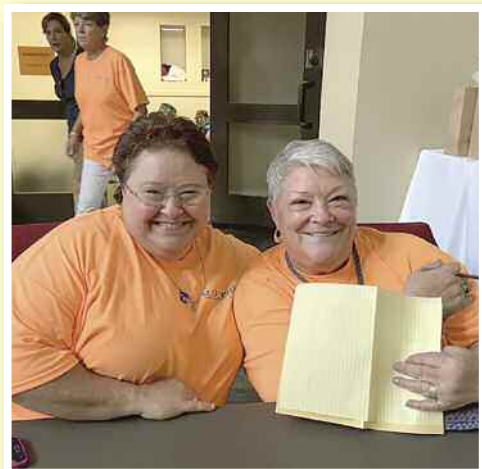
154 youth and their sponsors came to our community to serve from June 12-18. There were 15 teams and 12 mission sites. We thank all of YOU who made this possible by volunteering to serve in some way!

This endeavor could not be possible without servants such as YOU!

Blessings to all who made this week one of many blessings!  
TO GOD BE THE GLORY!









## Teacher's Classroom Supply Boxes

- July Communion Offering -



Many students do not come to class in the first week of the school year with all supplies needed. This is because of the financial burden it poses for lower income/poverty level families. The school district provides limited funds to purchase some of these items.

For teacher supplies, the teachers receive a small budget with which to purchase supplies that assist them in their teaching at the first of the year. When this is used, the teachers must purchase classroom supplies personally or simply do without. We would like to address this classroom need.

We will be collecting very specific items for these Teacher's Classroom Supply Boxes and/or funds to purchase them. The specific items and amounts will be posted at the church entrances in the next few weeks. 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. We hope that you will prayerfully consider your monetary gift to this ministry at the July 3rd Communion Offering!

AND...on August 14th in the evening, EVERYONE is invited to join us for the assembly and blessing of these boxes and a CELEBRATION DINNER!



FIRST UNITED METHODIST CHURCH, McALLEN

## Pearls of Wellness Wisdom

By Perla Rivera, RN, Wesley Nurse

### Summer Fun and Sun Safety

As we all know, summer months in Texas produce some of the hottest temperatures. It is important that as you enjoy your vacation and more time engaged in outdoor activities, you remember to protect yourself and your family.

Skin cancer is the most common type of cancer in the United States and melanoma is the most dangerous kind. According to the CDC, there are 63,000 new cases and 9,000 deaths from melanoma every year. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer, but can also come from tanning booths and sun lamps. Skin cancer, however, can almost always be cured when discovered and treated early. People at highest risk are those with light-colored skin and freckles. Talk to your doctor if you find unusual moles or growths on your skin and any changes in their size, shape, color, or feel, a large number of moles (more than 50) and a family history of melanoma.

Some of the ways you can take action to prevent skin cancer involves: covering up with long sleeves and/or long pants, wearing a hat and sunglasses as the skin around your eyes is also susceptible to damage, staying in the shade between 10 a.m. and 4 p.m. as the sun's rays are strongest during this time, and using sunscreen with SPF 15 or higher, even on cloudy days, making sure to put it on 30 minutes before actually going outside. It is also important to keep newborns out of the sun as it is recommended that sunscreen be used on babies over the age of six months. Remember that sunscreen needs to be reapplied every two hours and after you swim or sweat. For more information, visit [healthfinder.gov](http://healthfinder.gov), [SkinCancer.org](http://SkinCancer.org), and [www.cdc.gov](http://www.cdc.gov).

May you and your family enjoy a fun-filled, relaxing summer! God's blessings and protection be upon you.



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](http://www.mhm.org).

### The FUMC Food Pantry is in need of your help!

If you would like to lend a hand to help in the pick-up, the set-up and or the distribution of the food pantry food, please call Carol Death at (956) 686-0103 or email her at [cdeath1@hotmail.com](mailto:cdeath1@hotmail.com).



Our food pantry is the third Monday of each month from 4 – 6:30 p.m.

We especially need someone with a truck who can pick up the food order that morning at the RGV Food Bank in Pharr and deliver to the church. There will be some lifting involved. Help us spread the word!



# Calendar of Events

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

# JULY 2016

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY                                  | SATURDAY                                |
|--|---|--|---|---|---|---|
| For calendar updates, visit <a href="http://fumcmcallen.com">fumcmcallen.com</a>   |   |  |   |   | <b>1</b><br>Vacation Bible School       | <b>2</b>                                |
| <b>3</b><br>Early Traditional Service<br>New Spirit Worship<br>Holy Grounds Fellowship<br>Late Traditional Service   | <b>4</b><br>Church Office Closed  | <b>5</b><br>Morning Walkers Exercise<br>Tai Chi Exercise Class<br>Women's First Groups @ First Church, Noon<br>Women's July Book Club  | <b>6</b><br>Tai Chi Exercise Class<br>Summer Digest<br>Witness Band Rehearsal   | <b>7</b><br>Morning Walkers Exercise<br>Tai Chi Exercise Class  | <b>8</b>                                | <b>9</b>                                |
| <b>10</b><br>Early Traditional Service<br>New Spirit Worship<br>Holy Grounds Fellowship<br>Late Traditional Service<br>"It's What We Do!"                              | <b>11</b><br>Tai Chi Exercise Class   | <b>12</b><br>Let Us Pray<br>Morning Walkers Exercise<br>Tai Chi Exercise Class<br>Women's First Groups @ First Church, Noon<br>Parkinson Support Group<br>Alzheimer's Support Group<br>Women's July Book Club  | <b>13</b><br>Tai Chi Exercise Class<br>Witness Band Rehearsal   | <b>14</b><br>Morning Walkers Exercise<br>Tai Chi Exercise Class   | <b>15</b>                               | <b>16</b>                               |
| <b>17</b><br>Sacramento, NM Summer Camp<br>Early Traditional Service<br>New Spirit Worship<br>Holy Grounds Fellowship<br>Late Traditional Service<br>Circle of Friends | <b>18</b><br>Sacramento, NM Summer Camp<br>M & M (Missions & Music) Camp for Kids<br>Tai Chi Exercise Class<br>Manna Food Pantry at First UMC McAllen | <b>19</b><br>Sacramento, NM Summer Camp<br>Morning Walkers Exercise<br>M & M (Missions & Music) Camp for Kids<br>Tai Chi Exercise Class<br>Women's First Groups @ First Church, Noon<br>Women's July Book Club | <b>20</b><br>Sacramento, NM Summer Camp<br>M & M (Missions & Music) Camp for Kids<br>Tai Chi Exercise Class<br>Witness Band Rehearsal | <b>21</b><br>Sacramento, NM Summer Camp<br>Morning Walkers Exercise<br>M & M (Missions & Music) Camp for Kids<br>Tai Chi Exercise Class | <b>22</b><br>Sacramento, NM Summer Camp | <b>23</b><br>Sacramento, NM Summer Camp |
| <b>24/31</b><br>Early Traditional Service<br>New Spirit Worship<br>Holy Grounds Fellowship<br>Late Traditional Service   | <b>25</b><br>Tai Chi Exercise Class   | <b>26</b><br>Morning Walkers Exercise<br>Tai Chi Exercise Class<br>Women's First Groups @ First Church, Noon<br>Women's July Book Club   | <b>27</b><br>Tai Chi Exercise Class<br>Prayer Shawl Ministry<br>Summer Digest<br>Witness Band Rehearsal                               | <b>28</b><br>Morning Walkers Exercise<br>Tai Chi Exercise Class   | <b>29</b>                               | <b>30</b><br>"It's What We Do!"         |



# THE MESSENGER

July 2016

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

## Music & Missions Camp *(continued from page 1)*

The M & M Camp kids have an opportunity to learn about organizations and programs in our community which work to serve people who are in need. The Rio Grande Food Bank and the Salvation Army are two places they will visit and get to serve at during the week. They will also spend time with the residents at Bridges Assisted Living Center in Edinburg, sharing songs from their musical with them and spreading good cheer.

The children will celebrate the week of missions and music on Thursday evening, July 21st, at 5:45 pm when they invite everyone for a dinner and presentation of their musical, "My Lighthouse". The cost is \$3.00 per child, \$8.00 per teens and adults, \$15 max per family. They hope all will join them in this evening culmination of a week of service, songs, and FUN! Sign-up to attend the dinner/presentation through the church office.

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

God, worship helps connect us to God, feeds our soul and strengthens us for living each day as a disciple of Jesus Christ. Think of worship in terms of nutrition, worship is critical to a healthy diet for a follower of Jesus Christ.

We experience a decline in worship attendance here from May through August as do most churches. The decline seems a bit more extreme for us because we have a good number of Winter Texans who worship here four-to-six months a year and others who spend the hot south Texas summer months in a cooler climate or at the beach! These folks have not left our church, they are just not physically here to worship. It's one of the cultural changes going on in our country, but it doesn't mean the importance of regular worship has diminished.

Worship is one of John Wesley's "means of grace." Do you find yourself worshipping fewer times per month now compared to the past? Over a period of time, the body suffers when we don't feed it properly. It's the same for our spirits and souls. How are you feeding your soul? How is your worship life?

See you in worship and around town.  
Ricky

## Come Together and Let Us Pray

"O Lord my God, I cried out to You, and You healed me" Psalm 30:2

- 2<sup>nd</sup> Tuesday  
of each month
- 10:30 a.m. or  
6:15 p.m.
- Keystone Room



McFirst  
Women  
Bunco  
Game Night

TUES  
August 9  
6:30-8:30PM

Join us in the Social Room - light snacks will be provided & childcare will be available.

## 2016 ALTAR FLOWER CALENDAR

There are still dates available on our altar flower calendar for 2016. Please help us fill these dates. The calendar is in the Church office. Just call and check out the availability. The flowers are given in memory or in honor of loved ones. Not only do the flowers add beauty to our services but also, those that are left are made into smaller arrangements and given to people during visits.

