



# THE MESSENGER

November 2017

## 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.



## THANKSGIVING OPPORTUNITIES to SERVE

### *"First Fruits" Thanksgiving Baskets*

Sunday, November 5th the Communion Offering will go toward our Annual **"First Fruits" Thanksgiving Baskets.**

- **October 29th through November 19th** we will have our Annual **"First Fruits" Thanksgiving Basket** collection. This is a tradition of our church family. We hope to collect enough to fill at least 155 boxes with your "first fruits" for families in need. Instructions for the collection are available on flyers and collection bags located around the church or in this newsletter (see list on back).
- **Sunday, November 19th at 1:30 p.m.**, join us as we come together to sort, assemble, bless and deliver some of these "First Fruits" Thanksgiving Baskets!
- **Monday, November 20th at 4:30 p.m.**, the remainder of our "First Fruits" Baskets will be distributed to our Food Pantry families. That week we will also deliver boxes to some of the families of those in need in the surrounding community.

**If you have any questions please call Susan Hellums at the church or e-mail at [shellums@mcfirst.com](mailto:shellums@mcfirst.com).**

*"We also assume responsibility for bringing to the house of the Lord each year the first fruits of our crops and of every fruit tree." Nehemiah 10:35*

## Pastor's Perspective

November brings with it many things to look forward to. The harshness of the weather wanes. Some look forward to getting out in the south Texas brush after the buck of their dreams. Some celebrate the seasonal ending of Daylight Saving Time on the first Sunday of the month. Others view November as the gateway to the month of December with Advent and Christmas traditions.

Most people connect November with Thanksgiving. It's time for family, food and a football frenzy! While it is good to focus on giving thanks for all our blessings, I've always thought Thanksgiving at its best is a reminder to give thanks each day. The holiday shines as an example to live with and show gratitude every day. Each day we enjoy God's gift of life and blessing. Each day should be one to express our thanks.

All Saints day occurs the first Sunday of November. We remember with thanks all those that are part of the church family who have transitioned to the church triumphant over the past year. All Saints Day serves as a reminder that one day we will be remembered and our name will be offered up to God as part of worship. Our future is secure in the love and grace of God. We can look forward to the future, not with fear and timidity, but with hope and confidence. This is a great reason for thanksgiving and praise!

I ask for your continued prayers for God's wisdom and guidance as the sanctuary moves closer to completion in a few months. How we practice hospitality and how we help people grow in their discipleship are two important ministries we want to do with excellence. Have an idea that would enhance these two ministries? Let us know. See you in worship and around the community.

Grace and peace, Ricky



Senior Pastor,  
Ricky Sanderford

## Building Update

Work is continuing at feverish pace on the new sanctuary and office space. The brick masons are busy placing what will total over 100,000 bricks while on the inside workers are busy installing air condition ducts, electrical wiring and attaching dry wall. We are also expecting a final drawing to review for the stained glass window within the next couple weeks. These are truly exciting times in the life of FUMC!



# Children's Ministry

**Children...Loving and Praising  
and Serving God  
through FUMC McAllen**

**Word On Wednesday**  
**WOW**  
Resumes Sept. 6<sup>th</sup>  
3:30-5:30 pm  
Bible Lessons, Fun Snacks, Music, Games, and MORE!  
For children 3 years old through 5th graders by Sept. 1, 2017.  
For more information, contact Lee Ann Clemons, laaclemo@fmcfirst.com

## Coming Up in November.

- **RAK (Random Acts of Kindness) Bags** – On Wednesday, Nov. 1, during WOW the children will assemble bags of healthy snacks and water to be given to those in need of nourishment and kindness. All are invited to go to the church office to pick up one to give to someone in need.
- On Nov. 15th all children are invited to join the **Children's Choir** in spreading good cheer to our friends at Bridges Assisted Living Center. We will meet at church at the regular time, then travel to Bridges at 4:45 pm to sing and visit with the residents at 5:00 pm. We will be back to the church by 5:45 pm.

## Love One Another

Last month the  
WOW kids put  
together goody bags  
filled with crayons,  
stickers, playdo and

LOTS of LOVE for the children at FUMC Rockport affected by the recent hurricanes. They loved them! Blessings!



## Bible Verse Memorizing Project

Learning Bible verses and putting them to memory is a great thing. Help children to memorize God's word and they will reap the benefits forever AND get to "purchase" a toy from the Bible Verse Memory Store in December. The following verses are two the WOW kids are learning. All children are encouraged to join in this fun and meaningful project. All Bible verses given during Time for Children on Sundays are also included. Find Lee Ann Clemons on Sunday mornings or Wednesday afternoons to recite the verses and receive the "coin" to spend on treats in December.

*"You must love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength, and love your neighbor as yourself."* Matthew 22: 37-39

*"I know the plans I have in mind for you, declares the Lord; they are plans for peace, not disaster, to give you a future filled with hope."* Jeremiah 29:11

**Save these dates!.....**

Jesus, The Best Ever Gift!  
**The Sugar Plum Workshop**  
Sat., Dec. 9<sup>TH</sup>  
10 a.m. – 2 p.m.  
Reservations:  
laaclemo@fmcfirst.com or call 686-3784  
\$15.00 child (scholarships are available)

All children, 3 years old through 5th grade, are invited to gather to celebrate Jesus, the best ever gift, at the Sugar plum Workshop. Children will hear all about the story of the first Christmas straight from the mouths of Mary, Joseph, the shepherds, and the magi and make special gifts to give to others.

## Children's Ministry Christmas Musical

**Wed., Dec. 13<sup>th</sup>**  
**Musical begins at 6PM**

Followed by Dinner  
children-\$3, teens/adults-\$5,  
& \$15 max per family  
Please bring a Christmas dessert to share.  
Call 686-3784 for reservations.



The Children's Choir is already busy learning *The Red-Letter Christmas* musical to be presented on December 13th along with dinner and homemade Christmas desserts. It is not too late to be a part of the musical! All children in Kindergarten through 8th grade are invited to join in this exciting annual celebration of Jesus' birth.

## Parenting Classes

led by Maria Luisa Salcines



**5 Weeks Beginning October 12th**  
Thursdays, 10:00 a.m. in Room 202  
Childcare will be available in Room 208

Maria Salcines' parenting classes continue for two more weeks in November. Take advantage of this opportunity to gain encouragement and learn some very worthwhile parenting tips.

**Nov. 2, 2017**  
**Make Self-Care a Priority**

**Nov. 9, 2017**  
**How to Help Your Family Stay Positive**



## FUMC McAllen 2017 Baby Banquet

Families with children born during the last two years gathered for a time of fellowship at this year's Baby Banquet. We thank these families for coming together to help us celebrate and thank God for the blessings that they and their little ones bring to FUMC McAllen.

Thank you, also, to Sarah Meyer, Debra Ramirez, Lindsay Runnels, and Patty Summers for helping to make the luncheon so awesome!



Baby Noah Stout and Family



Little James Morales and Family



Baby Amelie Foy-DiSanza & Family



Baby Marco Garza and Family



Baby Tripp Richards and Family



### Thanksgiving Luncheon

Come and join Fred, Virginia, Roger and Debra  
at the Thanksgiving Day Luncheon  
Thursday, November 23  
12:00 noon in the Social Room.

Please bring a salad, vegetable, or dessert to share.  
Call the church office to make reservations. 686-3784.

### Tamar's Tapestry, Opportunities to Help

Tamar's Tapestry is the 1st crisis care facility in the Rio Grande Valley for victims rescued out of the human trafficking industry. In conversation with Tracy Hughes, Founder/Director of the non-profit facility, FUMC members are invited to help by providing items that are needed:

Household cleaning supplies, napkins, toilet paper, paper towels, NEW yoga mats, NEW hand weights, NEW washing machine, NEW dryer (call Mary Ann).

Items can be left in the large wooden box by the back south entrance door. Monetary donations and checks made out to "Tamar's Tapestry" are also welcomed. For more information, call Mary Ann Garza, 713-828-4130.





## **FUMC McAllen Youth Ministry** **Having Breakfast**

Is breakfast really the most important meal of the day? That can be debatable, but soul food should not be! Our bodies and minds can withstand so much pressure and/or extreme changes that life may bring our way. Yet, our souls are so fragile and require so much dedication; they require plenty of nourishment. I am talking about drenching and feeding our souls as much as possible and as often as possible with the Word of God. In my humble opinion, that is the key to a healthy soul; souls that yearn to be constantly fed. Our Youth Ministry has decided not just to meet on Wednesday and Sunday Nights, but also to meet at least once a week for breakfast. On Wednesday mornings, middle school students gather at 7:00AM at Chick-Fil-A, and on Thursdays, the senior high students also gather at 7:00AM at Starbucks for breakfast, soul food, and prayer. Our youth look forward to this and always show up. In fact, our Edinburg youth were feeling a bit left out and so we will alternate and include them. But what is most impressive about me going to Edinburg, is that McAllen Senior High Students made no excuses, it was student led, without me to pray and feed their soul! I am very proud of our youth as they continue to grow!





Watch for details coming soon!



## CHURCH FAMILY

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



**The Hernandez Family**  
**Sunday, September 24th**  
 Daniel & Bridget along with their children, Amare 11, Miguel 9, Clinton 6 and Mayer 4.

**Mayer was also baptized on Sunday, August 13, 2017**

**Dylan Wilkins**  
 was baptized on Sunday,  
 September 24, 2017

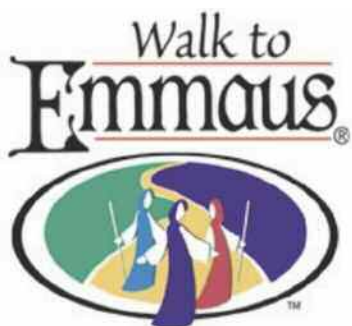
Pictured with Dylan are  
 parents, Tim and Rachel,  
 big brother Carson and  
 Rev. Ricky Sanderford



## Friends in Faith

By Diane Bleibrey

Thanks to all who requested to be a part of the Friends in Faith Prayer Ministry! Reminder if you haven't already, please do send that note anonymously to your youth to let them know someone is indeed 'standing in the gap' for them as they go through their school year. Youth face a lot of difficulties these days; we are showing them a much needed support! Blessings to you all and know I am in prayer as well for you!



## Calling All Emmaus Pilgrims!

Are you interested in participating in a reunion group? If so, please call the church office, 956-686-3784, or email Lee Ann Clemons at [laclemons@mcfirst.com](mailto:laclemons@mcfirst.com).

## Pearls of Wellness Wisdom

By Perla Rivera, RN, Wesley Nurse

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans have diabetes — that's more than 29 million people. Another 86 million adults in the United States are at high risk of developing type 2 diabetes.

### Startling South Texas facts

According to the 2013 South Texas Diabetes Initiative's Diabetes Care Project, nearly 76,000 people in the Rio Grande Valley have diabetes. For you football fans, that is enough people to fill the Texas Longhorns football stadium up to 75 percent capacity! Nearly \$720 million is spent in Cameron, Hidalgo, Starr, and Willacy counties for diabetes care every year. The Diabetes Care Project estimates \$9,480 is the average spent per person in the Rio Grande Valley for the cost of diabetes care—that's enough money to buy the average family 18 months of food. For more details about diabetes facts in South Texas, visit <http://www.diabetescareproject.org/did-you-know-that-in-south-texas.html>.

### Small changes yield big results

Being overweight, having high blood pressure and being age 45 or older increases your risk for developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk and prevent the development of the disease. Monitoring your weight, eating healthy and getting more physical activity can help prevent type 2 diabetes. For more information, visit [www.healthfinder.gov](http://www.healthfinder.gov).

*Additional Sources: 2015 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.*

**May you and your loved ones have  
 a Happy & Blessed Thanksgiving**



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)



Join Us for All Saints Worship Service

**Sunday, November 5**  
 during the 11:00 a.m. worship service

We will remember our loved ones and church members who have bid farewell in death in the last twelve months.



# Calendar of Events

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

# NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Daylight Savings time ends November 5th. Remember to set your clocks back 1 hour! Spring ahead, fall back!</b></p>			<b>1</b> Tai Chi Exercise Class WOW (Word On Wednesday) Children's Choir Witness Band Rehearsal Motet Choir Rehearsal	<b>2</b> Morning Walkers Exercise Tai Chi Exercise Class Disciple II Bible Study Parenting Class Young Adult Group	<b>3</b>	<b>4</b> Rummage Sale
<b>5</b> <b>All Saints Sunday</b> Early Traditional Service New Spirit Worship Holy Ground Fellowship Late Traditional Service	<b>6</b> Tai Chi Exercise Class	<b>7</b> Morning Walkers Exercise Tai Chi Exercise Class Women's First Groups @ First Church, Noon Tuesday Noon Women's Group Mid-week Spiritual Recharge	<b>8</b> Breakfast & Devotionals Tai Chi Exercise Class WOW (Word On Wednesday) Children's Choir Truth Seekers Witness Band Rehearsal Motet Choir Rehearsal	<b>9</b> Breakfast & Devotionals Morning Walkers Exercise Tai Chi Exercise Class Disciple II Bible Study Parenting Class Special Needs Support Group Young Adult Group	<b>10</b>	<b>11</b>
<b>12</b> Early Traditional Service New Spirit Worship Holy Grounds Fellowship Late Traditional Service	<b>13</b> Tai Chi Exercise Class	<b>14</b> Morning Walkers Exercise Tai Chi Exercise Class Women's First Groups @ First Church, Noon Tuesday Noon Women's Group Parkinson Support Group Alzheimer's Support Group Mid-week Spiritual Recharge	<b>15</b> Breakfast & Devotionals Tai Chi Exercise Class Prayer Shawl Ministry WOW (Word On Wednesday) WOW Kids to Bridges Truth Seekers Witness Band Rehearsal Motet Choir Rehearsal	<b>16</b> Breakfast & Devotionals Morning Walkers Exercise Tai Chi Exercise Class Disciple II Bible Study Young Adult Group	<b>17</b>	<b>18</b>
<b>19</b> Early Traditional Service New Spirit Worship Holy Grounds Fellowship Late Traditional Service Thanksgiving Baskets	<b>20</b> Tai Chi Exercise Class Manna Food Pantry at First UMC McAllen	<b>21</b> Morning Walkers Exercise Tai Chi Exercise Class Circle of Friends Women's First Groups @ First Church, Noon Tuesday Noon Women's Group Mid-week Spiritual Recharge	<b>22</b> Tai Chi Exercise Class Children's Choir Witness Band Rehearsal Motet Choir Rehearsal	<b>23</b> Thanksgiving Luncheon	<b>24</b> Church Office Closed	<b>25</b>
<b>26</b> Early Traditional Service New Spirit Worship Holy Grounds Fellowship Late Traditional Service Light Seekers	<b>27</b> Tai Chi Exercise Class	<b>28</b> Morning Walkers Exercise Tai Chi Exercise Class Women's First Groups @ First Church, Noon Tuesday Noon Women's Group Women's Advent Study Mid-week Spiritual Recharge	<b>29</b> Breakfast & Devotionals Tai Chi Exercise Class WOW (Word On Wednesday) Children's Choir Truth Seekers Witness Band Rehearsal Motet Choir Rehearsal	<b>30</b>	For calendar updates, <a href="http://fumcmmcallen.com">visit fumcmmcallen.com</a>	



## "First Fruits" Thanksgiving Collection

During the month of November we will be collecting the following items for our "First Fruits" Thanksgiving Baskets. We will distribute all food collected to less fortunate families in the McAllen and the surrounding area.

We ask for the following SPECIFIC items.

- \_\_\_ 2 lb bag Rice (long grain)
- \_\_\_ 2 lb bag Pinto Beans (dried)
- \_\_\_ 15 oz can Mixed Vegetables
- \_\_\_ 15.25 oz can Fruit Salad (chunky)
- \_\_\_ 15.4 oz can Corn (whole kernel)
- \_\_\_ 1 small plastic jar Peanut Butter
- \_\_\_ 14.5 oz can Green Beans (cut)
- \_\_\_ 29 oz can Sweet Potatoes (in light syrup)
- \_\_\_ 24 oz bottle Vegetable/Canola Oil
- \_\_\_ 2 lb bag Sugar -- 2 lb bag
- \_\_\_ 2 lb bag Flour (all purpose)
- \_\_\_ 5 oz boxes Fideo (Vermicelli)
- \_\_\_ we hope to give 3 per family
- \_\_\_ 3.1 oz (8 cubes) Knorr (or Maggi's)  
Caldo Sabor Pollo y Tomato Bouillon Cubes  
(chicken & tomato flavored bouillon)

Perishable food items and more will be bought and included according to monetary donations.

If you have specific non-perishable items to contribute, please contact Susan Hellums, at the church.

*Thank you in advance for the gift of your "FIRST FRUITS"!*



**Daylight Savings time ends  
November 5th.  
Remember to set your clocks  
back 1 hour!  
Spring ahead, fall back!**



**FIRST UNITED METHODIST CHURCH  
4200 N. MCCOLL ROAD, McALLEN  
SATURDAY, NOVEMBER 4, 2017  
8 A.M. – 3 P.M.**

FEATURING ALL KINDS OF ITEMS  
FOR SALE, INCLUDING BUT NOT LIMITED TO  
FURNITURE, DÉCOR, KITCHEN PRODUCTS,  
GLASSWARE, CLOTHING, PURSES, PAINTINGS,  
EXERCISE EQUIPMENT, AND MORE!



*\*Any benefits from this sale  
go toward the ministries of FUMC.*



Call (956) 686-3784 or visit [www.fumcmcallen.com](http://www.fumcmcallen.com) for more information.