



# THE MESSENGER

September 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.

**T**HY WORD IS A LAMP UNTO MY FEET AND A LIGHT UNTO MY PATH.

-PSALM 119: 105



## New Bibles will be Presented to Third Graders

**Sunday, September 10**

September 10th will be a special day at FUMC for third graders, their families, and the entire church family. It is a blessing each year to honor third graders by presenting new Bibles to them during the worship services. This year that will happen on Sunday, September 10th. Parents of third graders are asked to email Lee

Ann Clemons at [laclemons@mcfirst.com](mailto:laclemons@mcfirst.com) to let her know which service (8:30, 9:00, or 11:00 am) their child will be attending that Sunday. It will be our joy to give him/her a new Bible to light their path!

To help these third graders get started "digging into" their new Bibles we invite them to join Patty Summers for an eight week "Learning About Your Bible" Class beginning Sunday, September 17th. The children will gather at 9:45 am with the class starting promptly at 10:00 am.



## THIRD GRADERS' BIBLE PRESENTATION

- Sunday, September 10<sup>th</sup>
- During the 9 & 11 Worship Services

For more information, contact Lee Ann Clemons at [laclemons@mcfirst.com](mailto:laclemons@mcfirst.com)



## Pastor's Perspective

Have you ever ridden on a ferry? I have ridden on several. Some years ago, on a trip up north, I rode on two different ferries. One was the ferry that provided transport for you and your car to Washington Island, where I attended a preaching conference. The other was a pedestrian ferry that took you to Mackinac Island, MI. There are no automobiles allowed on Mackinac Island, only bicycles and horses – along with everything horses leave behind!

A boat is an image utilized to describe the church. Some sanctuaries are designed from the inside to resemble an upside down boat. A church is what ferries you or carries you throughout this earthly life to the life to come. It provides support, sustenance and safety when the storms of life are raging. Charles Tindley composed a hymn in 1906, titled *Stand By Me*.

*When the storms of life are raging, stand by me;  
when the storms of life are raging, stand by me.  
When the world is tossing me, like a ship upon the sea,  
thou who rulest wind and water, stand by me.*



Senior Pastor,  
Ricky Sanderford

(continued on last page)

# Children's Ministry

## 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

## WOW

(Word On Wednesday)

**Resumes on September 6th**

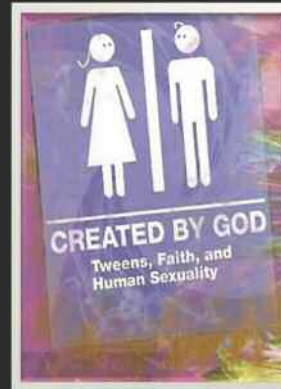
Every Wednesday children (3 years old through 5th graders) are invited to an afternoon of fun at FUMC! Through games, music, art and MORE the children will learn about God's promises lived out in the stories of the Bible and promised to us for TODAY. There is a gathering playtime from 3:30-4:00, followed by the bible lesson activities from 4:00-5:00, and choir for Kinder through 5th graders from 5:00-5:30 pm. Call Lee Ann, 686-3784, if you have any questions.

## Created By God

### Human Sexuality Class for 5th and 6th graders

There is still time to register for Godly Play through the Children's Ministry page at [fumcmcallen.com](http://fumcmcallen.com) or by contacting Lee Ann Clemons at [laclemons@mcfirst.com](mailto: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, so register ASAP. Call Lee Ann, 686-3784, if you have any questions.



For 5<sup>th</sup> & 6<sup>th</sup> graders

Friday, September 8<sup>th</sup>

5:45 – 9PM

& Saturday, Sept. 9<sup>th</sup>

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](http://FUMCmcallen.com) by August 18th



## Choir for Kids is BACK!

All K through 8th graders are welcome!

Every Wednesday 5:00-5:30 pm

Beginning Sept. 6th

Room 211

Led by Alissa and Bo Shirah

The Kids' Choir will be singing on October 11th during the 11:00 am worship service.

## Baby Banquet 2017

All families with babies born between October 12, 2015 and NOW are invited to the Baby Banquet, a special luncheon following the 11:00 worship service. We want to honor you and the wonderful blessing you and your children are to the FUMC McAllen family. Please contact Lee Ann Clemons at [laclemons@mcfirst.com](mailto:laclemons@mcfirst.com) or 956-686-3784, to let us know that you will be coming.



## Parenting Classes - Led by Maria Luisa Salcines

If you are feeling frustrated and a little overwhelmed then you are a parent. Parenting is an emotional job and whenever the heart is involved it is more difficult to see things clearly. Come learn a few tips that will make your life easier. You will understand why

children misbehave, and what you can do when they don't want to cooperate.

Workshops will be taught by Maria Luisa Salcines a freelance writer, and certified parent educator with The International Network for Children and Families in Redirecting Children's Behavior and Redirecting for a Cooperative Classroom. There is no charge for the classes, and childcare will be available. All parents are invited!

The dates and class topics are as follows:

October 12, 2017	How to Turn Terrible Two, Three, Four into a Great Time
October 19, 2017	"Stop Crying..." How to Handle Your Child's Feelings
October 26, 2017	Balancing Love and Discipline Go Hand in Hand
November 2, 2017	Make Self-Care a Priority





## September Communion Offering

Our September Communion Offering will go to the 7th Annual "Serve Our Schools (S.O.S.) event." First UMC will partner with El Divino Redentor and St Mark UMC's of McAllen to sponsor S.O.S. in our community! This event will be held on a Saturday in September or October. We will be announcing the date when approved by the schools and churches. The Communion offering will help pay for the event and supplies. We will be partnering with Seguin and Alvarez Elementary Schools. We hope you will plan to join us, that Saturday! First UMC will host volunteers at Seguin, and El Divino Redentor will host at Alvarez Elementary.

S.O.S is another opportunity for us to "go out" and serve in our community and invite others to join us! To be the church OUTSIDE our walls! This will be a day to help the McAllen ISD schools get off to a good start in the new school year. We need volunteers who are willing to take part in this half-day service event, helping with multiple projects. We need all types of volunteers, not only gardening, landscaping, etc., but in other capacities as well, such as planning, organizing, preparing, registering people and passing out t-shirts, snacks, etc on the morning of the event. Every little bit of time and energy makes a huge difference!

We will have Registration Forms at the entrances of the Church in the next few weeks. Let us know if you can join us. You can turn your form at the church office, e-mail or call Susan Hellums at the church. Encourage others to sign-up and join us! Please prayerfully consider both your gift to the Communion Offering and your gift of service on the "Serve Our School" Day! This is an important community event impacting our church, schools and community!



*All women and girls in 9th grade and older are invited to four evenings of...*

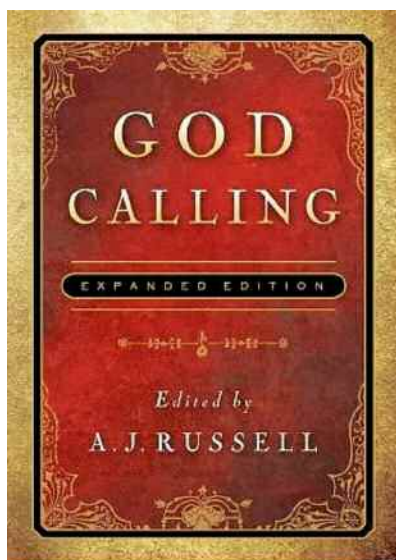


**Thursdays, 6-7:00p.m.** | **SEPT. 7, 14, 21 & 28**  
For women of all ages and girls in 9th grade and older

Dance instructor Ashlee Henderson Goodson will lead us in a great time of line dancing in the Social Room. Childcare will be available. Bring a friend!



On September 21, following the Line Dancing class, we will assemble the Better Than a Backpack Care Kits for College Kids. Come join us as we send some TLC to the college kids of our church family!



## Tuesday Noon Bible Study for Women

**Tuesdays, 12:00 noon Room 202**

**Beginning September 5th**

There is a time in our lives when we find ourselves being pulled in so many directions, caring for older parents, "being there" for our adult children, facing the challenges of everyday stresses. Through the ears and then the voices of Two Listeners, God Calling presents the wisdom of Christianity with time-tested words of counsel, comfort, encouragement and wisdom that have inspired people throughout the years. The words of the Great Friend are given daily presence in God Calling to ease and simplify the chaos and pain of our tension-wracked world. All women are invited to gather with Cynthia Murray, using God Calling as a tool for facing every day with the knowledge of God's love and grace. Be sure to bring your lunch and a friend!









## **FUMC McAllen Youth Ministry** *New School Year*

The Youth Ministry has had an amazing summer! And we have the pictures to show all the amazing experiences and bonding that occurred in a span of only three months!! They learned a bit of construction, met new friends, traveled many miles, and reached new heights too.

But now, they are preparing for the new school year; the FUMC McAllen Youth Ministry Youth Council met back in August 9th to plan and decided on new and old traditions, from Bible Studies to Breakfast Devotionals and fun events too. It is such a joy to see their willingness to serve and find ways to grow; grow closer to God and with each other. Some of our youth are even participating in planning meetings at the district level and attending retreats at the conference level. But none of this would ever be possible without the countless prayers of our church family. Our kids can feel the presence of God in all they do and have witnessed during the summer, on several occasions, 'God Sightings'.

As our kids plan and get ready for another school year, I would like to encourage our congregation to be a part of the Friends in Faith Ministry. This is a new ministry rolled out last year, and the response was truly uplifting and a blessing to all that participated in it. If you participated in it last year as an adult praying daily for a specific youth, I encourage you to please do it again. And if you were not able to be one of those adults, I plead for you to consider trying it out this year. Our youth are doing great things for and in the Kingdom of God, thus the need for prayers; prayers for protection, encouragement to continue on the right path, wise choices, doubting moments, anxious nights, peaceful friendships, and loving hearts. Your prayers are priceless in the lives of our youth and we cannot thank you enough for caring so much.

To sign up, please pick up a form from any of the tables around the church and return the form to us, in the offering plate or at the church office, by September 10th. You will be provided with a youth's name, grade, birthday, and address on Sunday, September 17th, after each Worship Service out in the Foyer.

**FRIENDS IN FAITH**

*Connecting Adults and Youth together through prayer*

Sign-ups start Sunday, Aug. 13<sup>th</sup>  
Names will be available Sunday, Sept. 17<sup>th</sup>

**TRUTH SEEKERS**

**WEDNESDAY NIGHTS**  
**5:30-7:30 PM**

*A time for Bible study, small groups & reflection in prayer*

**LIGHT SEEKERS**

**SUNDAY NIGHTS**  
**5:30-7:30 PM**

*A time for fellowship, refocus, & play!*

**BREAKFAST & DEVOTIONALS**

**Middle School Students @ Chick-Fil-A**  
**Wednesdays @ 7AM**

**Senior High Students @ Starbucks**  
**THURSDAYS @ 7AM**

## CHURCH FAMILY

### *Our Sympathy to...*

The family of **Cathy Radde** following her death on Sunday, August 6, 2017.  
Jack's address is 137 E. Whitewing, McAllen, TX 78501  
A memorial service was held on Tuesday, August 15th at Kreidlers in McAllen.

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



**Tim Voss**  
1916 Orchid Ave.  
McAllen, TX 78504



**Joan & Charles "C J" Mayberg**  
1520 Thunderbird Ave  
McAllen, TX 78504

## Blessing of the Animals

Sunday, October 1<sup>st</sup>  
5:00-6:00 p.m.  
on the Church Lawn



**All pets and families are invited!**



### FUMC Men's Group

Men gathered on Wednesday, August 16th to make plans for the fall. They will be meeting twice monthly for food, fellowship and service and invite all men to join them. Dates and times will be announced.

For more information contact Gary Clemons, 956-821-7739 or [gclemons@kw.com](mailto:gclemons@kw.com).

## Pearls of Wellness Wisdom

By Perla Rivera, RN, Wesley Nurse

As a follow-up to last month's article, I want to share that September is National Childhood Obesity Awareness month. One in 3 children in the United States are overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. There is hope in that childhood obesity can be prevented. We can all work together to create opportunities for kids to eat healthier and get more active. Let's make a difference for kids: spread the word about strategies for preventing childhood obesity and encourage communities, organizations, families, and individuals to get involved.

Here are some ideas to promote healthy eating in children and know that small changes go a long way:

- Keep fresh fruit within reach.
- Decrease the amount of "junk food" or sugary drinks you purchase. Remember that children will only eat or drink what is made available to them.
- Encourage them to drink more water.
- Serve reasonably sized portions for the child and respect your child's appetite. Children should not be forced to finish a plate if they are already full as that may lead to overeating as they grow up.
- Choose lean meats, low-fat milk, fresh fruits and vegetables, and high fiber, whole grain foods.
- Do not reward completion of meals with sweet rewards.
- If your child is picky, find creative ways to incorporate more fruits and vegetables within their favorite meals. I've had to do this with my firstborn and he absolutely loves my veggie-packed lasagna! The lasagna I prepare has mushrooms, onions, green bell pepper, spinach and zucchini apart from the tomato sauce and cheese. It's his favorite! It is a learning process, but I continue to work towards preparing healthy, nutrient-rich meals for my family.

Apart from teaching and encouraging healthy eating, we need to have kids be physically active for at least an hour a day. I'm a firm believer that part of creating healthier communities and preventing disease starts with teaching the younger generations. We not only have to teach and promote healthy lifestyles, but also set the example. For more information, please visit [healthfinder.gov](http://healthfinder.gov) and [www.heart.org](http://www.heart.org). Many blessings to you and your loved ones!



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)



# Calendar of Events

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

# SEPTEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For calendar updates, visit <a href="http://fumcmcallen.com">fumcmcallen.com</a>					1	2
<b>3</b> Early Traditional Service  New Spirit Worship  Holy Grounds Fellowship  Late Traditional Service	<b>4</b> Church Office Closed	<b>5</b> Morning Walkers Exercise  Tai Chi Exercise Class  Women's First Groups @ First Church, Noon  Tuesday Noon Bible Study for Women  Mid-week Spiritual Recharge	<b>6</b> Tai Chi Exercise Class  WOW (Word On Wednesday)  Brown Bag Bible Study  Truth Seekers  Witness Band Rehearsal  Motet Choir Rehearsal	<b>7</b> Breakfast & Devotionals  Morning Walkers Exercise  Tai Chi Exercise Class  Line Dancing Fun and Fitness for Women  Young Adult Group  Trunk or Treat Planning	<b>8</b>  Created By God	<b>9</b>  Created By God
<b>10</b> Early Traditional Service  New Spirit Worship  Holy Grounds Fellowship  Late Traditional Service  Third Grader Bibles Presentation  Light Seekers	<b>11</b> Tai Chi Exercise Class	<b>12</b> Morning Walkers Exercise  Tai Chi Exercise Class  Women's First Groups @ First Church, Noon  Tuesday Noon Bible Study for Women  Parkinson Support Group  Alzheimer's Support Group  Mid-week Spiritual Recharge	<b>13</b> Breakfast & Devotionals  Tai Chi Exercise Class  WOW (Word On Wednesday)  Brown Bag Bible Study  Truth Seekers  Witness Band Rehearsal  Motet Choir Rehearsal	<b>14</b> Breakfast & Devotionals  Morning Walkers Exercise  Tai Chi Exercise Class  Line Dancing Fun and Fitness for Women  Special Needs Support Group  Young Adult Group	<b>15</b>	<b>16</b>
<b>17</b> Early Traditional Service  New Spirit Worship  Holy Grounds Fellowship  Late Traditional Service  Light Seekers	<b>18</b> Tai Chi Exercise Class  Manna Food Pantry at First UMC McAllen	<b>19</b> Morning Walkers Exercise  Tai Chi Exercise Class  Circle of Friends  Women's First Groups @ First Church, Noon  Tuesday Noon Bible Study for Women  Mid-week Spiritual Recharge	<b>20</b> Breakfast & Devotionals  Tai Chi Exercise Class  WOW (Word On Wednesday)  Brown Bag Bible Study  Truth Seekers  Witness Band Rehearsal  Motet Choir Rehearsal	<b>21</b> Breakfast & Devotionals  Morning Walkers Exercise  Tai Chi Exercise Class  Line Dancing Fun and Fitness for Women  Better then a Backpack Care Kits for College Kids  Young Adult Group	<b>22</b>	<b>23</b>
<b>24</b> Early Traditional Service  New Spirit Worship  Holy Grounds Fellowship  Late Traditional Service  Light Seekers	<b>25</b> Tai Chi Exercise Class	<b>26</b> Morning Walkers Exercise  Tai Chi Exercise Class  Women's First Groups @ First Church, Noon  Tuesday Noon Bible Study for Women  Mid-week Spiritual Recharge	<b>27</b> Breakfast & Devotionals  Tai Chi Exercise Class  Prayer Shawl Ministry  WOW (Word On Wednesday)  Brown Bag Bible Study  Truth Seekers  Witness Band Rehearsal  Motet Choir Rehearsal	<b>28</b> Breakfast & Devotionals  Morning Walkers Exercise  Tai Chi Exercise Class  Line Dancing Fun and Fitness for Women  Young Adult Group	<b>29</b>	<b>30</b>





# THE MESSENGER

September 2017

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

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

As I was riding the ferry to Washington Island, two things struck me that relate to being part of the church. One, I made the decision to ride the ferry, no one forced me. No one forces you to join a church; it is your choice to do so. I chose to ride the ferry because I desired to go to a conference on preaching. It may be possible for one to enjoy the life to come without the church, but it is not God's plan. God's plan and desire is for our journey in this life to be in relationship with other Christians in a church. People miss many blessings choosing not to be part of a Christian community, but it is a personal choice.

Second, riding the ferry is not cheap. It cost \$45 to take the ferry to Washington Island. Living your life as part of Christian community is free, but it is not cheap. Grace is free, but it is never cheap. The grace God extended to all people in Jesus Christ was costly. It cost the sacrifice of God's son. It does not cost to join the church; you do not pay dues as you do when you join a club, but the opportunity to share God's resources you control is there. Those resources include your time, energy, talent and finances. The purpose of sharing is not primarily for the survival of the church, but for you to say thank you and to grow closer to God. God does not call you to do anything God has not already done or experienced.

How are you involved in the life of FUMC? Are you sharing your God given resources in a way that honors God? If you want to be more involved in the church family, speak with one of the staff or me. There is a place for you to serve and give. See you in worship.

Grace and peace, Ricky

P.S. The sanctuary is being raised up at a good pace! Praise God! Just a reminder that the mission of the church is not primarily about bricks and mortar, but about God and people. The mission is first about building and making disciples, not buildings. An 8-week sermon series on Building Christians will begin on September 10. Both Robert and I will be preaching the same theme and scripture each week at all three worship services.

## Building Update

Have you ever wondered what 205 tons of steel looks like? Well, stop by and check out the construction of our new sanctuary to find out! The steel structure is almost complete and the roofing phase will begin shortly. The stained glass committee has begun its work and has engaged Whitworth Stained Glass in New Braunfels to help create a unique stained glass for the sanctuary. We are blessed to have several very talented and creative artists in our congregation to help guide us through this critical process. We pray that their work will lead to a stained glass window that will be an inspiration and blessing to all who worship at FUMC.



Come join us at FUMC's Jars of Clays Sporting Clays Shoot at La Coma Ranch on Saturday, October 14. Shooting starts at 9am with prizes and a silent auction. A BBQ lunch will be served after the shoot.

Team price is \$500 for a Four Person team with options for team sponsorships. Shooters of all ages are welcome during this morning of fellowship and friendship. La Coma Ranch is just 13 miles north of Edinburg on Hwy 281. Come join us!

## WANTED:

Seeking donations for our silent auction at  
"Jars of Clay Shoot"  
on Saturday, October 14, 2017.

Please contact Marge Bentsen at 956-631-1313 or leave items at the church office by Tuesday, October 10th.  
Bring your "Best" for our Success!