

# MEADOWBROOK MESSENGER

A PUBLICATION OF MEADOWBROOK UNITED METHODIST CHURCH

Monthly Newsletter

[www.mbrookumc.org](http://www.mbrookumc.org)

August 28, 2018

## Communion Offering Supports

### *Christian Education Sunday*

Every year as our children return to school, United Methodists observe a Christian Education Sunday Offering. This special Annual Conference-sponsored offering strengthens programs of Christian nurture (e.g., Sunday school, confirmation classes, Vacation Bible School, retreats and camp) by supporting training for and participation by both clergy and lay persons. What an opportunity to celebrate the people throughout the Central Texas Conference who make the time to share Christ's love with people of all ages!

As we survey a world troubled by conflict, terror, poverty and natural disaster, God's image often is absent or distorted. We turn to leaders within the Church to ask "Where is God in the midst of pain and turmoil?" One role of Christian education is to teach and affirm that God is concerned with and involved in all of life. Christian Education Sunday "calls the Church as the people of God to be open to growth and learning as disciples

of Jesus Christ."

Our witness is fortified by exposure to various types of Christian education; and it is through Christian education that people and communities of faith are invited to be transformed as they are inspired and challenged to grow and serve as Christian disciples. Please prayerfully consider a communion-rail offering for Christian Education Sunday, and know that you ultimately will be strengthening the faith and understanding of a brother or sister in Christ. Together, we really do make a difference.



Outreach Committee



## *Ginger's Jewels*

I can't help noticing that almost everyone is dealing with significant challenges these days. People are in transition, moving through illness, facing financial insecurity or a host of other tough issues. On top of that, we are exposed to a daily onslaught of information about our country and the world that is hard to handle. The other day I was listening to the news on the radio in my car and I heard a report on a story that just nearly broke me. It was the worst thing I've ever heard. It won't bless you to hear it from me, so I won't tell it, but the point is that a whole lot of us may be one news story or one more life circumstance away from despair.

What do we do as followers of Jesus Christ when everything becomes TOO MUCH - too much darkness, too much division, too much pain, too much for us to handle?

First, basic self care. When you are feeling overwhelmed, remember the 3 keys to healthy coping - sleep, healthy eating and some exercise. Every study out there shows how critical these 3 are for our mental and emotional health. Finding time to take a walk (experts recommend 30 minutes a day) and ensuring that you are sleeping

at least 7 hours can change your life. Eating nourishing foods instead of easy junk impacts our brain function. I'm personally working on all 3 of these. When I get busy, exercise falls off the schedule and I find myself grabbing for convenience foods, both of which make it harder to get good sleep. To be the best stewards of our bodies and our lives, we have to prioritize our body's needs.

I wish we could rethink sabbath as a mandate from God. For most Christians, going to church on Sunday constitutes sabbath observance. I look at my Jewish friends who stop all work and other activities from sundown on Friday until sundown on Saturday and I am amazed and jealous. My family is in constant motion and we use Saturday to run errands and attend to other obligations. Sabbath is one of the Big Ten - a commandment! God wasn't just making a helpful suggestion. We are called to set aside an entire day for rest and family time, with a focus on connecting with God through our meals and worship. Taking time to quietly sit in the presence of God could make all the difference, but we have to be intentional about it.

Whether you can manage a full day of true sabbath, perhaps you could fast from social media and news for at least one full day each week? I'm seeing more people say that this is a critical part of their self care.

*(continued on page 3)*

# Prayer ❖ Presence ❖ Gifts ❖ Service ❖ Witness

## Church Members

Trish Christensen	Joyce Fry	Grace Johnston
Billie Beth Moore	Maria Romero	Ray Ross
Elaine Shumate	Penny Tanner	John Zacheus

## Home and Care Centers

Dortha DeManche	Ruth Grimm	Mary Hightower
Jim Horton	Pat Kuhler	Hester Landers
Mary Reynolds	Doris Thomas	

## Church Friends and Family

Kevin Boyd (Friend of Ron & Elaine Shumate)  
 Nancy Carr (Daughter of Marjorie Williams)  
 Raymond Carr (Son-in-law of Marjorie Williams)  
 Anita Casburn (Mother of Tracy Casburn)  
 Tom Cassady (Friend of Mark Miller & Frank Ramirez)  
 Katie Daniel (Daughter of Laura Daniel)  
 Hugh Davidson (Father of Elaine Davidson)  
 Susie Doan (Friend of Debbie Martin)  
 Bobby Easter (Friend of Kay Hofer)  
 Curtis Flower (Cousin of Janet Moore)  
 Christina Garner (Daughter of Wanda Hayat)  
 Deke Gray (Relative of Joy Guthrie)  
 Stella Hales (Great-niece of Laura Williamson)  
 Fred Hinegardner (Brother Of Lois Bogusch)  
 Thomas Hurlbut (Nephew of Kay Hofer)  
 Margaret Joyce (Friend of Sharon Conger)  
 Diana M. (Friend of Trish McDaniel)  
 Rita McDaniel (Mother of Rick McDaniel)  
 Andy Parker (Father of Kylie Reynold's friend)  
 Allen Peloquin (Son-in-law of Llano Carlisle)  
 Edward Ramirez (Brother of Frank Ramirez)  
 Gloria Ramirez (Mother of Frank Ramirez)  
 Cara Reed (Cousin of Craig Maxwell)  
 Eugene Semana (Nephew of Mary-margaret Belota)  
 Hannah Stout (Granddaughter of Mary Stout)  
 Charlie Tremayne (Nephew of Ron & Elaine Shumate)  
 Robert Walters (Cousin of Billie Beth Moore)  
 Roy Watson (Father of Ginger Watson)  
 Chuck Weeth (Friend of Elaine Davidson)

**Our prayers and sympathy** are extended to Billie Horton and her family on the death of her brother-in-law, Ervin McKay, who passed away August 20 in Memphis.

Dear Meadowbrook Friends,

Thank you for your kindness and sympathy at a time when it was deeply appreciated. Whether your expression came as a call, card, e-mail or text, an offer of food, a donation, a hug or a prayer to our Heavenly Father, each act of kindness touched our hearts at this time of loss.

May God bless you for your thoughtfulness,

Jim and Dana Nance

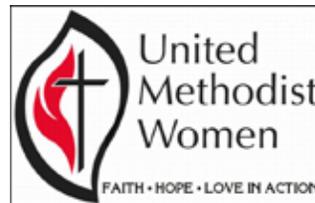
## August 2018

### Average Presence

Sunday School.....	52
Morning Worship.....	71

### June Giving

Budget.....	\$20,800
Communion.....	\$205
\$\$'s for Missions.....	\$717
Noisy Offering (Adopt A School) .....	\$199
Outreach.....	\$173
Second Century.....	\$8,950



### UMW News

After our long, hot summer which is almost over, it's time to get back together for our UMW meetings. In September we will meet on Tuesday, the 11th, beginning with refreshments in the Parlor at 10:00 a.m. We will be joined by members of Poly UMW for our time of fellowship and our study, "Faith and Money".

The Poly women will also be with us in October when Brenda Wier will lead us for "A Conversation about A Way Forward for the United Methodist Church." We will welcome the Poly women again in November for the second part of our study. You will notice that we have switched the order of our meeting topics, because Brenda could only be with us in October.

We are looking forward to UMW Sunday on September 23rd. Our speaker will be Pam Phinney, Conference Director of Lay Servant Ministries.

### UMW Outreach Project for September

small lotions for the Parkview Nursing Home and school supplies for Meadowbrook Elementary.

A great big THANK YOU to everyone who donated to the large collection of school items that have already been delivered to Meadowbrook Elementary and Eastside Ministries.

The Executive Committee will meet at 9:15 a.m. in the Wesleyan classroom. (Please try to be on time so we can take care of business in a timely manner. Thanks.)

## Happy Birthday to Everyone Born in September

Every time someone joins the Birthday Club by making a donation to the church in an amount that equals one's age, the contribution helps satisfy Meadowbrook's commitment to Connectional Giving. (For those of you relatively new to the Methodist Church, these are the dollars apportioned to local churches by the Central Texas Conference and distributed throughout the Methodist Connection to cover programming and operational costs of the General Church. In years past these dollars were called "Apportionments," but that term was changed a few years ago to "Connectional Giving.")

### September Birthdays

9/04	Nancy Kline	9/17	Earnest Sims
9/05	Rick McDaniel	9/19	Gabriel Arnst
9/07	Will Wier	9/23	Denise Prough
9/07	Grace Johnston	9/27	Janelle Harvison
9/10	Peggy Blanton	9/28	Joyce Fry
9/12	Saida Villanueva	9/29	Jim McCombs
9/15	Jean Dyer	9/30	Hester Landers

If you were born in September, it's time for you to send in your check for 2018 membership in this special club of MUMC members (and friends). Should you want to keep your actual age a secret, you may choose to "round up" your donation to an even \$100. Your generosity will be greatly appreciated and will help a lot in responding to our targeted Connectional Giving amount.

And don't forget to send a birthday card to one or more friend(s) on the September Birthdays list below. Perhaps it will remind him/her to join the Club!

What a great group of celebrants! HAPPY BIRTHDAY, EVERYBODY! (By the way, it's not too late for anyone born January through August to send in a donation and become a member of the 2018 Birthday Club. You must know that late donations are great donations, too, and will be extremely helpful toward this fund raising campaign. Please consider this "second mile" giving opportunity in recognition of your own birthday during a previous month.)

*(continued from page 1)*

Being continually angry or upset over things we really can't control takes a huge toll on our spirits. The Apostle Paul knew this, and in Philippians he urged, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." (Philippians 4:8) It does our spirits good to focus our minds on higher things that build us up, rather than on those things that break us down.

To be instruments of Jesus Christ, we have some basic maintenance to do. If you play guitar, you have to tune it. We need to keep ourselves in tune to be instruments for the Spirit. Please attend to your self-care; I will too. We need each other, and Christ needs us. I give you permission to take care of your own precious self. You are a beloved child of God, worthy of tender care. Be gentle with yourself.

## Troop 12

Troop 12 Boy Scout Emmanuel Jackson (left) took an informational tour of a CareFlite helicopter that landed at the Eastside YMCA on Saturday, August 25th for a Scout Rally.



The rally introduced prospective Scouts to the thrills of scaling a 20-foot Climbing Wall and swinging across a rope bridge.

The rally also kicked off the fall program for Troop 12, boys 11 to 18 who meet from 7 to 8:30 p.m. Mondays, and Pack 12, boys 6 to 10 who meet 6:30 to 8 p.m. Thursdays at the Scout

Hut south of Meadowbrook UMC, 3900 Meadowbrook Drive. Contact Paul Rodman, 817-903-0000 or Ron Golightly, 817-535-3407 for more information.

## Covenant Class News - Room 221

It's Back to School time...but not for all of us (Hooray!). However, we have begun a new study of Daniel, led by our own Jim Nance. We've had two sessions and there are four more to go. Jim has put together a very interesting study to go along with a movie titled "The Book of Daniel," which was released a few years ago.

Following this series, Jim is going to lead a two-week discussion of some of the social issues facing the United Methodist Church. I hope you will make every effort to be in class and contribute to this discussion.

The Lesson and Snack schedule for the next few weeks is as follows:

DATE	SNACKS	LESSON/TEACHER
September 2	Wood	Jim Nance - Book of Daniel
September 9	Belota	Jim Nance - Book of Daniel
September 16	Casburn	Jim Nance - Social Issues
September 23	Cotellese	Jim Nance - SI within UMC
September 30	Estes	Jim Nance - SI within UMC

Please keep each other, as well as our entire church and community, in your prayers! See you in class!

~ Mary-margaret Belota

## Koinonia Class News - Room 202

In August, Koinonians finished a section of our comparative gospel study of events in Jesus' life told only by John, then switched to events told only by Luke. We'll continue on September 2 with Luke's account in 10:17-24 of the 72 messengers sent out by Jesus.

On the 9th, we'll combine Sunday School and lunch at the Cumbies home where we'll view and discuss "Risen," a movie that tells the Resurrection story through the eyes of a high-ranking Roman soldier. We'll continue interspersing the Gospel study with church events including the Potluck Lunch on the 16th concluding the Veggie Palooza drive and United Methodist Women Sunday on the 23rd.

Continued prayers for Trish Christensen, recuperating at home from her second knee replacement surgery, and Ron Kline, in therapy for neck and back pain. Come visit our classroom, reorganized by Jane Cumbie and Trish McDaniel to house a library of study books and a less-cluttered closet minus two bags of stuffed animals donated to the county's Adoption Court. See you Sunday!

-- Martha Deller

## Wesleyan Class News - Room 112

If you haven't been able to attend class recently, please know you are missed. If you are ill, you are on our prayer list! We have missed G. Alfred Brown the last few weeks. Please let Kay Hofer know of any class members who are ill and need our prayers so the information can be put in the class news.

Mary Reynolds has moved to Ridglea Memory Care and is adjusting well. She fell recently, but is improving. Sherry Reynolds is receiving 24 hour a day care at home. Mary Hightower has been hospitalized and had a pacemaker installed; her family is deciding whether she will be able to return to Lakewood. Billie Horton's brother-in-law Ervin McKay passed away August 20. Lois Bogusch's brother Fred needs our prayers for recovery from surgery and an infection.

The combined Sing Along with members of Poly Tech and other Methodist churches on August 4th was a success, and everyone had a good time. Lois thanked class members for helping make the 4-H pancake breakfast on August 19 a success. Jim & Dana Nance offered a personal thank you for welcoming Jim Nance Senior to the Wesleyan Class and for our notes and messages of sympathy. Jim and his warm smile will be missed by all of us. The class also received a Thank You note from Ginger for her warm welcome to MUMC. Jane Maxwell has updated the Wesleyan Class member rosters, and she can provide copies if you were not here when they were handed out.

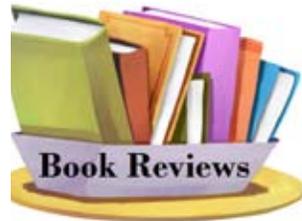
Vern requested input regarding which church doors should remain locked on Sunday because of safety issues. On August 19th, he announced that the decision of the committee was to lock the doors on the east side of the church. Mary Strom announced a "save the date" for Saturday November 24th to join the class in attending Arlington Theatre's production of "Meet Me in St. Louis". On August 12th, Kay asked if the class had considered donating some money to the capital fund to help retire the debt load. After some class discussion, the executive committee was asked to make a recommendation. On August 19th the executive committee recommended we donate \$200 which was approved by the class. Dick will promptly took care of the donation. The class also discussed where to hold the Christmas party and decided that the church was the preferred location. The Social Committee will make the catering arrangements, and the date will be December 9th, so mark your calendars. Please keep each other and our mission work in your prayers.

We are loved and blessed! -- Kay Hofer

## Meadowbrook Book Review Club

The Meadowbrook Book Review Club will meet in the Wesleyan Classroom at 10:30 a.m. on Thursday, September 27 and fourth Thursdays in October, January, February, March and April. Bring a friend and enjoy great book reviews by excellent reviewers.

Bring a sack lunch if you would like to visit afterwards. Dessert, tea & coffee will be provided. For more information please call Marjorie Williams at 817-446-7665.



## September 4th Kick Off for Meadowbrook Book Buddies

Thanks to everyone who donated backpacks and school supplies, we helped cash-strapped students at Meadowbrook Elementary and others served by Eastside Ministries start the school year with needed supplies. A few days later, we used donated money to purchase even more needed items including uniform shirts requested by Principal Suzelle Birkmire for other students.

Beginning September 4, MUMC volunteers will give Meadowbrook students another gift -- one hour a week of 1-on-1 attention for struggling readers. If you'd like to join the second year of our Book Buddies program, contact Martha Deller at 817-729-9567 or [martha.deller@yahoo.com](mailto:martha.deller@yahoo.com).



## Veggie Palooza Cometh

Veggie Palooza, Meadowbrook's 2016 fall campaign to collect potatoes and other relatively long-lasting root vegetables for Eastside Ministries, is entering its third year with a new twist. MUMC'S food drive with a catchy name will be part of Hunger Action Month, a national campaign sponsored locally by Eastside Community Assistance doing business as Eastside Ministries.

We'll cap off this year's Veggie Palooza with a potluck lunch on September 16, one of four designated "Share a Meal Sundays" on the September HUNGER ACTION calendar being distributed by ECA members. Check the agency's Facebook page or ask MUMC board members Joy Guthrie and Pastor Denise Blakely for a calendar.



**Thou Art My Sister Ministries**, founded by the Rev. Vanessa Sims to encourage Fort Worth-Dallas area women to make positive life choices to maximize their potential, will host a special program for women 55 and older from 10:00 a.m. to noon September 13 in MUMC's Fellowship Hall.

The event will include a meal, games, door prizes and a special guest speaker. The ministry, which rents office space at our church, also offers services for younger women and children. For more information, call 817-999-6825.



## One Day Mission Trip Work Day Saturday, August 25

(replacing ceiling tiles and marquee prep)

Did you look up and check out the missing ceiling tiles in the sanctuary during Sunday morning worship? What missing tiles? Instead, there was a beautiful white ceiling last Sunday with NO missing tiles! A great big "THANK YOU" goes out to the One Day Mission Trip for their most recent project of repairing the sanctuary ceiling. (Bet there are some great stories that go along with this sky-high effort.) You guys are the best!



**MEADOWBROOK**  
UNITED METHODIST CHURCH  
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FORT WORTH TX 76103-2699

ADDRESS SERVICE REQUESTED

### CLERGY TEAM

#### Pastors

Rev. Ginger Watson  
ginger271@sbcglobal.net

Rev. Denise Blakely  
dblakely@mbrookumc.org  
Associate Pastor of Community Missions

Office: 817-534-1741  
Fax: 817-534-9517  
E-mail: mumc@sbcglobal.net  
Website: www.mbrookumc.org

#### Worship Opportunities

Morning Worship 9:30 a.m.  
Sunday School 10:40 a.m.  
Rejuvenate Community Bible Study 10:00 a.m. Saturdays

Office Hours  
Monday - Thursday  
9:00 a.m. - 5:30 p.m.

### Weekly Calendar

#### Sunday

9:30 a.m. Morning Worship  
10:40 a.m. Sunday School  
2:00 p.m. Karate (CLC)  
4:00 p.m. Rejuvenate Bible Study (P)

#### Monday

12:00 p.m. Rotary (FH)  
7:00 p.m. Boy Scouts Troop 12 (SH)

#### Tuesday

#### Wednesday

10:00 a.m. E.C.M. (L)  
1:00 p.m. Prayer Shawl Ministry (P)  
2:30 p.m. Games Day (113)  
7:00 p.m. Choir Rehearsal (CR)

#### Thursday

#### Friday

6:30 p.m. Cub Scouts (SH)  
6:30 p.m. Daisy Scouts (SH)

#### Saturday

### September Calendar Dates

Tuesday.....4	Book Buddies Kicks Off
Tuesday.....11	UMW Meeting
Wednesday.....12	Carnival Planning
Thursday.....13	Thou Art My Sister program

### September Calendar Dates (continued)

Sunday.....16	Veggie Palooza & Potluck
Sunday.....23	UMW Sunday
Thursday.....27	Meadowbrook Book Club
Saturday.....29	Habitat For Humanity Build
Sunday.....30	Noisy Offering Sunday

#### It's Time!

After ten years as "Miss Communication" (as my husband affectionately calls me), it's time to turn in my name tag.

I have loved sharing the newsletter with you each month for the last several years, but now it's time to return the publication duties back to Debbie Martin.

**Dana Nance**  
Communications  
Volunteer  
(Retired)

Newsletter  
**DEADLINE**

Articles are appreciated by  
Wednesday, September 20.  
The next newsletter will be published  
September 26, 2018.