FUMC Newsletter

NOVEMBER 2016

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Pastor's Corner

Hello Church!

Over the past few weeks, we have been exploring God's generosity together on Sunday mornings. I believe this is such an important time for each of us to prayerfully reflect upon God's generosity in our lives and ask how God is calling us to respond. You might be familiar with "stewardship campaigns" and wondering why we're using "generosity" instead. Simply put: *Stewardship is about how we spend. Generosity is about our need to give.*

I want to experience the freedom offered by God to live into the generosity that He has shared with me, and I want that for you too! We are going to continue exploring what that looks like, and I hope you and your family are prayerfully considering how you might respond this year.

In a couple of weeks, your family will receive an estimate of giving card in the mail. We have intentionally waited to begin the 2017 budgeting process until after those commitments come in, so we can be sure we are stewarding the resources entrusted to us at First United Methodist Church with excellence. I hope that you will bring your estimate of giving cards to worship on November 14, as we will bring our gifts to The Lord that day in prayer and thanksgiving! If you have any questions about living into the generosity we are blessed with, or what it looks like to live into giving the first 10% of your household income, I'd be honored to talk and pray with you. May God bless you as you discern how to respond to the incredible generosity God has poured into your lives! It's an honor to be your pastor.

Blessings,
Pastor Matt

New Resource for You!

First United Methodist Church will soon offer Electronic Fund Transfer! This is a great tool to assist you in participating financially in the life of First UMC. On or about the 7th of every month, First UMC will draft your bank account for the amount you desire without any fees to you! You'll have the chance to return your signed card stating that you want to participate, just be sure to include a voided check to ensure proper processing. Our family will be participating, and I hope yours will consider it too!

Pastor Matt

Christmas Decorations

We will be decorating the church for Christmas on **November 21 & 22 @ 9 a.m.**
This is a major undertaking and we need your help in getting the trees out and set up and the sanctuary decked out for the Christmas Holidays.

Altar Flowers for November are given by:

November 6

Tom and Tammy Lester, Trey, Tori and Tara
In Memory of Donald L. Holub

Kenneth, Doreen, and Travis Fink
In Memory of William John Schulze

Rusty, Melissa, Haley, and Braden Clampit
In Memory of Our Loved Ones

November 13

Elenore Ehrig
In Memory of Hugo Ehrig

Mike, Sarah, J. T., Wade and Will Miller
In Memory of John W. Miller

November 20

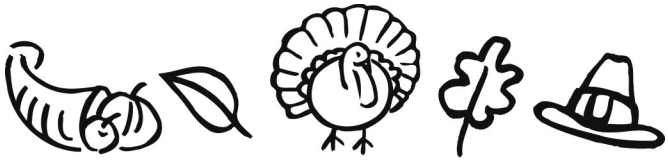
Bill & Juanita Blundell
In Memory of Connie Blundell Riley

November 27

Cara Nell and John Decker
In Memory of Olga and Wilfred Baron,
Emma and William Baron, Sr.,
Esther and Oscar Baron,
Esther and Oscar Ehrig, Sr.,
Hilda and Martha Baron,
Frances and William Baron, Jr.,
and Martha and Adolph "Jack" Baron

Happy House Preschool
November Upcoming Events:

November 16th –Book Orders Due
November 16th –Class Thanksgiving Parties
November 21st – School Thanksgiving Holiday
November 23rd –School Thanksgiving Holiday
Happy Thanksgiving Everyone!



Earth Angels

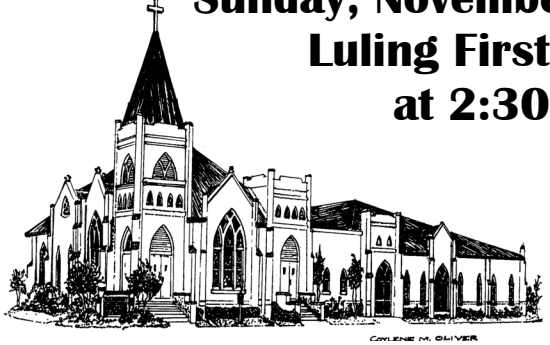
During the October meeting, members received some useful information. We received Clue #2 for our mystery quilt project and can now begin to sew; however, we still don't have any clue as to the final design. Our program included directions and a sample of how to make and apply a flange binding. Several quilts have also been distributed to those in need of being "wrapped in God's love".

Women who are interested in quilting make up our group called Earth Angels. Meetings are held at 6:00 PM on the second Tuesday of each month, in the FUMC Fellowship Center. A typical meeting involves an inspirational reading followed by the mentioning of persons who may be in need of prayers or a quilt. Members also learn from interesting programs, share ideas, show quilts they have made, and engage in quilting projects. Fellowship and sharing play a major role in Earth Angels. Feel free to visit our next meeting on November 8, 2016; we'd love to have you.

Staff

Rev. Matt Pennington, Senior Pastor
Willa Keck, Children's Ministry Director
Felicia Cantu, Office Manager
Rosemary Hindman, Business Manager
Janelle Lester, Wesley Nurse
Craig Aamot, Music Minister
Christina Menking, Organist
Bill Meadows, Pianist
Sandra Jandt, Happy House Director
Rosannah Green, Attendance
Lupe Longoria, Custodian

Church Cluster Conference
Sunday, November 13
Luling First UMC
at 2:30 p.m.



The Meaning of Life

The greatest thing is to give thanks for everything. He who has learned this knows what it means to live. He has penetrated the whole mystery of life: giving thanks for everything.

—Albert Schweitzer

Thank You

Dear First United Methodist Church,

I want to extend a huge "Thank You" to everyone at FUMC Gonzales for the supplies you provided to the Gonzales Elementary School Nurse's Office. I had the opportunity to visit with Janelle Lester and Willa Keck; both are wonderful ladies in the ministry.

Your supply gift is already being used. Again, thank you for your giving hearts.

Frances Downs, BSN, RN
Gonzales Elementary

Book Club News

Most readers enjoy a mystery and one that is set in a interesting place with historical insights is especially welcomed. Our October selection The Lake House by Kate Morton was just such a find. Set in England soon after World War I on a country estate of a wealthy family, the book is centered around the disappearance of a child. The author examined family allegiances and intrigues, meanings of love, and the after-effects of war in ways that kept the reader engaged.

After the discussion of The Lake House, the group spent time suggesting, discussing, and choosing books for the next six months. For a list of those books, please call me at 672-9307. Also, plan to attend our November meeting which will be on the third Thursday since our usual meeting day on the fourth Thursday is Thanksgiving Day. We meet at 9:30 in the church library and everyone is welcome!

Reading is a blessing that should be included as you give thanks this year. Never in the history of the world have there been so many opportunities to read in so many formats...hard cover, paperback, electronic. Take your pick! The person who does not read has no advantage of the person cannot read.

Martha Jo Whitt

United Methodist Women News
Don't Forget the Gift Tree

In January, when we deliver gifts of the socks, underwear and warm-up pants to East Avenue the nurse is always so excited. There are so many children that need these essential undergarments to stay in school.

So once again, we will have a dedication of the "Gift Tree" in the Narthex on **November 27th at 10:25am** between services.

This year we have been asked for donations of underwear, and warm-up pants for **children** at **Gonzales Primary and East Avenue.** Donations will be accepted from November 27 through Sunday, Dec. 11th. Please help us collect **boys and girls items**, **children's sizes up to size 8**. **A special request was made for Boys' underwear ! Thank you!**

STATISTICAL REPORT SEPTEMBER, 2016

DATE	8:30	10:45	TOTAL	SS	OFFERINGS
4	110	124	234	81	$ 8,400.31
11	136	165	301	76	$ 18,103.75
18	91	157	248	65	$ 8,725.14
25	114	148	262	88	$ 7,659.70
TOTALS:	**451**	**594**	**1045**	**310**	**$ 43,614.75**
AVERAGES:	***113***	***149***	***261***	***76***	

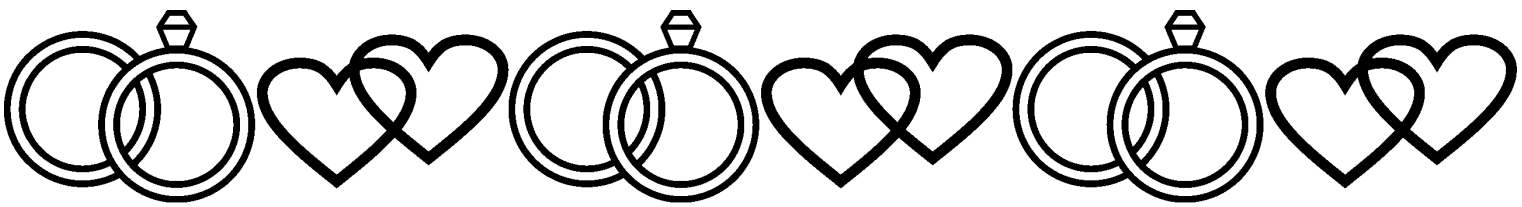
TOTAL EXPENSES FOR THE MONTH: $ 41,413.80
NET GAIN OR LOSS FOR THE MONTH: $ 1,475.10
APPORTIONMENTS PAID TO DATE: 75%

HAPPY BIRTHDAY

11/1	Nila Ehrig
11/2	Sandra Atkinson
	Stephen Lucas
	Kim Davis
11/3	Hope Mills
	Daniel Seale
	Krissy Jo Hodges
	Jordan Williams
11/4	Jenice Benedict
	Sutton McMahon
11/5	Lea Ann Wyant
	Michael Oakes
11/6	J.T. Miller
	Chelsea Schellenberg
	James Massey
11/7	Josephine Mercer
	Sandra Gorden
	Mike Yoakum
11/8	Hensley Hurt
	McKenzie Hodges
11/9	Norma Fink
	Harold Wilson
11/10	Mary Martha Ehrig
11/11	Joan Griffin
11/12	Stephanie Fritz
	Michaela Malatek
11/13	Clayton Wilkerson
11/14	Amy Thibodeaux
	Trenton Wilkerson
11/15	Taylor Malatek
	Ellen Denman
	Tori Lester
	Mitchell Hardcastle
	Slone Gibson
11/16	Juanita Blundell
	Sydney Clack
11/17	Arva Nell Needham
11/18	Amy Lipke
	Molly Barnick
11/19	Clayton Gacke
11/21	Dick Goss
	Kenneth Mosher
	Darrell McLain
11/22	Justin Pope
	Amanda Ramirez
	Anna Seale
11/23	Bradley Bakken
11/24	Eric Connor
11/25	Bonnie Hyman
	Krystal Dreyer
	Ann Reeves
11/26	Houston Munson
11/27	Bailey Bivins
	Kayte Swiful
11/28	Betty Schroeder
	Dana Hamilton
11/29	Ross Gottwald
	Mallory Clack
11/30	Stephen Seale

NOVEMBER ANNIVERSARIES

11/1	**Dale & Sherri Schellenberg**
11/2	**Houston & Maggie Keck**
11/7	**Louis & Laura Wolting**
11/12	**Bobby & Bethanie LaTourette**
11/21	**Kevin & Stacey Dawson**
11/22	**Jason & Stacy Fogle**
11/23	**Harold & Charlotte Wilson**
11/24	**Pal & Bethel Lester**
	Taylor & Blaine Davis
11/25	**Joe Britt & Rosemary Hindman**



Please contact Felicia at the church office, 672-8521, if your information is missing or incorrect.

NOVEMBER WORSHIP ASSISTANTS

November 6, 2016	8:30 A.M. SERVICE	10:45 SERVICE	
	Cole Boothe	Weston Ruddock	**ACOLYTES**
	Mogan Boothe	Macy Sample	
	Ancel Atkinson	Weldon Holub	(cross)
	Emmitt Currie (Lead)	Pal Lester (Lead)	**USHERS**
	Greg Sengelmann	David Bird	
	Steve Taylor	Jeffery Braune	
	John Whitt	Mike Davis	
	Martha Jo Whitt	Bitsy Henderson	
	Bill Keck	J. Lynn Barnick	**LITURGIST**
	Willa Keck	Willa Keck	**CHILDREN'S SERMON**

November 11, 2016	8:30 A.M. SERVICE	10:45 SERVICE	
	Brody Borrer	Parker Storey	**ACOLYTES**
	Hadley Borrer	Kylee Watson	
	Jaylen Johnson	Ashtyn Kardosz	(cross)
	Emmitt Currie (Lead)	Pal Lester (Lead)	**USHERS**
	Billy Boothe	Jim Benedict	
	Sue Boothe	Jenice Benedict	
	Jimmy Borrer	Bobby Morgan	
	Erwin Ckodre	Ray Neitsch	
	Emily Neuse	Dick Goss	**LITURGIST**
	Lisa Gindler	Lisa Gindler	**CHILDREN'S SERMON**

November 20, 2016	8:30 A.M. SERVICE	10:45 SERVICE	
	Mallory Clack	Baron DuBose	**ACOLYTES**
	Braden Clampit	Morgan Farrar	
	Josie Stowers	Sadie Morgan	(cross)
	Emmitt Currie (Lead)	Pal Lester (Lead)	**USHERS**
	Bill DeBerry	Leslie Ploeger	
	Dena Fritz	Mary Tomas	
	Herman Grauke	Justin Pope	
	Joe Britt Hindman	Kelly Allen	
	Maydell Pankey	Lisa Gindler	**LITURGIST**
	Commie Hisey	Commie Hisey	**CHILDREN'S SERMON**

November 27, 2016	8:30 A.M. SERVICE	10:45 SERVICE	
	Layton Ervin	Henry Georgiou	**ACOLYTES**
	Vance Lucas	Sophie Georgiou	
	Natalie Tenberg	Peyton Ruddock	(cross)
	Emmitt Currie (Lead)	Pal Lester (Lead)	**USHERS**
	Kenneth Fink	Eldon Farek	
	Commie Hisey	Dick Goss	
	John Lucas	Shirley Goss	
	Ronnie Menking	Greg Griffin	
	Amanda Smith	Cheryl Meadows	**LITURGIST**
	Kristi Mercer	Kristi Mercer	**CHILDREN'S SERMON**

If you are unable to serve on the date scheduled, please contact the church office, 672-8521.

November 2016

November 2016

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	**17**	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2016

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	**7**	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 30 - Nov 5	**Oct 30**	**31**	**Nov 1** 10:00am Staff Mtg-L 11:00am Flex & Tone-FC 2:00pm WN Exercise-FC 4:30pm Committee on Lay Leadership-CO	**2** 8:30am Happy House 10:00am Bible Study-EB 1:00pm Alzheimer-Dementia 2:00pm WN Exercise-FC 3:30pm Pioneer Club 5:00pm Jr. & Sr. Youth 5:15pm Praise Band Practice-S 6:15pm Choir Practice-	**3** 9:30am Communion @ Care Centers 11:00am Flex & Tone-FC 2:00pm WN Exercise-FC	**4** 12:00pm Lunch & Learn-FC 7:00pm Private Event-S	**5** Private Event-S
Nov 6 - 12	**6** All Saints Sunday COMMUNION SUNDAY 8:30am Worship-S 9:45am Sunday School 10:45am Worship-S 1:30pm Rocky Creek Maze Trip 2:30pm Communion @ Romberg House	**7** 8:30am Happy House 2:00pm WN Exercise-FC 5:30pm Prayer Shawl-BP 6:00pm Dominoes-N 7:00pm Bible Study-EB	**8** 10:00am Staff Mtg-L 11:00am Flex & Tone-FC 12:00pm Cancer Support Group-BP 2:00pm WN Exercise-FC 5:30pm Wesleyan Circle-N 6:00pm Quilt Group-FC	**9** 8:30am Happy House 10:00am Bible Study-EB 2:00pm WN Exercise-FC 3:30pm Pioneer Club 5:00pm Jr. & Sr. Youth 5:15pm Praise Band Practice-S 6:15pm Choir Practice-CR	**10** 11:00am Flex & Tone-FC 2:00pm WN Exercise-FC 6:30pm Cub Scout Pack Meeting-FC	**11**	**12**
Nov 13 - 19	**13** 8:30am Worship-S 9:45am Sunday School 10:45am Worship-S 2:00pm Cluster Conference at FUMC Luling 4:00pm 4-H-FC	**14** 8:30am Happy House 2:00pm WN Exercise-FC 5:30pm Prayer Shawl-BP 6:00pm Dominoes-N 7:00pm Bible Study-EB	**15** 10:00am Staff Mtg-L 11:00am Flex & Tone-FC 2:00pm WN Exercise-FC	**16** 8:30am Happy House 10:00am Bible Study-EB 2:00pm WN Exercise-FC 3:30pm Pioneer Club 5:00pm Jr. & Sr. Youth 5:15pm Praise Band Practice-S 6:15pm Choir Practice-CR	**17** 9:00am 9:30am District Pastor Professionals Meeting-S & FC 11:00am Flex & Tone-CR 2:00pm WN Exercise-FC	**18**	**19**
Nov 20 - 26	**20** Grace's Baked Goods F 8:30am Worship-S 9:45am Sunday School 10:45am Worship-S	**21** 9:00am Decorate for Christmas 2:00pm WN Exercise-FC 5:30pm Prayer Shawl-BP 6:00pm Dominoes-N 7:00pm Bible Study-EB	**22** 9:00am Decorate for Christmas 10:00am Staff Mtg-L 11:00am Flex & Tone-FC 2:00pm WN Exercise-FC	**23** Office Closed	**24** Thanksgiving	**25**	**26**
Nov 27 - Dec 3	**27** 1st Sunday of Advent 8:30am Worship-S 9:45am Sunday School 10:25am Sock Tree Dedication-N 10:45am Worship-S 6:30pm Community Thanksgiving Service	**28** 8:30am Happy House 2:00pm WN Exercise-FC 5:30pm Prayer Shawl-BP 6:00pm Dominoes-N 7:00pm Bible Study-EB	**29** 11:00am Flex & Tone-FC 2:00pm WN Exercise-FC	**30** 8:30am Happy House 10:00am Bible Study-EB 2:00pm WN Exercise-FC 3:30pm Pioneer Club 5:00pm Jr. & Sr. Youth 5:15pm Praise Band Practice-S 6:15pm Choir Practice-CR	**Dec 1**	**2**	**3**

Children's Corner

Wednesday, Nov 2- **Pioneer Club** until 5:30pm.

***Sunday, Nov 6* – All Saints Day, Communion Sunday** – Honor and remember our loved ones that have gone before us.

***Sunday, Nov 6* – Children & youth** help hand out poppies at the beginning of both services to honor our Veterans!

***Sunday, Nov 6* - Rocky Creek Maze Corn Maze Trip at the Chaloupka Farm & Service Project.** Fun Trip for the whole family! Meet at church @ 1:30 on St. Lawrence. Return to Gonzales between 5-6pm. **Entry Fee is donation of 4 canned goods or non-perishable food items for GCAM (Gonzales Christian Assistance Ministry-2 food items) & for LAMB (Lavaca Assistance Ministries Body-2 food items).** Bring money for additional games-corn cannon, frog hopper, duck races, & snacks. Or bring your own snacks. 1st grade & under requires parent to accompany. Van transportation is limited. **Please RSVP**. Sign up in Narthex, office or email wkeck@gvec.net or text, 857-6630. Visit Chaloupka farm at www.rockycreekmaze.com

Wednesday, Nov 9- **Pioneer Club** till 5:30pm.

Wednesday, Nov 16- **Pioneer Club** till 5:30pm.

Sunday, Nov 20 - Grace Morgan Baked Goods Fundraiser for Children in our community for gifts of toys, clothes, and shoes at Christmas!

Wednesday, Nov 23– No Pioneer Club, Happy Thanksgiving!

Monday and Tuesday, Nov 24 & 25 – Prepare the church for Christmas. Help Decorate the Sanctuary and Narthex! Call the church office, 672-8521, if you can help!

Sunday, Nov 27– 1st Sunday in Advent.

***Sunday, Nov 27*– United Methodist Women's Annual Sock Tree Dedication**. UMW asks for donations of undergarments (up to a size 8) and warm up pants (up to size 8) for children in our local schools. Meet in the Narthex at 10:25am and decorate the Christmas tree with your donations!

Wednesday, Nov 30 - Pioneer Club until 5:30pm

Thursday, Dec. 1– Help decorate a Christmas tree at the Heights Nursing Home. Watch for details.

Wednesday, Dec 7 - Pioneer Club until 5:30pm

Wednesday, Dec 7 - **Christmas Pageant practice @ 5** in Sanctuary for 8th grade and younger.

Sunday, Dec 11 – Christmas Pageant Practice in the Sanctuary @ 9:45am for all involved in pageant.

Sunday, Dec 11– Christmas Pageant at 6:00pm in the Sanctuary. More details in upcoming weeks.

Wednesday, Dec 14 – **Children & Families Christmas Craft Fair** in the Fellowship Hall at 5:15pm, All are invited! This is the last day of fall semester for Pioneer Club.

Thursday, Dec 8 or Thursday, Dec 15- Christmas Caroling to Nursing homes & Romberg house after school. Watch for more details.

Thank You!

Thank you to all those making a special donation to the Happy House Repairs in honor of your grandparents! - These gifts helped the church with Happy House repairs that were needed! Happy House Director, Sandra Jandt, and I are very grateful and appreciative of your generous donations! Thank you!

Come and Take it is over! and wouldn't have happened without your hard work! Thank you to so many workers over the 3 day weekend and for all of the donations of baked goods! All of You are a Blessing to our church and our children and youth! Thank you for supporting us!

Recently, our Staff Parish Relations Committee unanimously passed a conflict resolution protocol. This is to support and grow healthy conflict in the church, and as you can see below, comes straight from Jesus' urging on how to live together in the best way. We did not pass this to address specific issues, rather, it is our hope that it will support fruitful relationships among us all when inevitable conflict comes. I believe this is a great resource for our church, for our families and friends, and something we can put into practice into the whole of our lives.

Blessings, Pastor Matt

Conflict Resolution Protocol

The following protocol has been adopted by the Staff Parrish Relations Committee (SPRC) of First United Methodist Church. It is intended to provide Biblical instruction for resolving conflict between people who call First UMC their church home, including: frequent visitors, members, staff, and pastors.

In all things, we seek to be obedient to God's Word in Holy Scripture. We believe that Godly results only come about when we practice Biblical principles for holy living. Therefore, we will follow Jesus' instruction for conflict resolution amongst believers found in Matthew 18:15-20.

General Instruction

- If you are upset with someone, Jesus says you must share your feelings with them before you share them with anyone else.
- Gossiping, slandering, and speaking poorly of another is expressly forbidden. It is the responsibility of the whole church to discipline a brother or sister who participates in such practices.
- If someone shares their anger/hurt with you about a third person, gently cut them off by asking, "And what did they say when you shared this directly with them?" Remind them that Jesus explicitly instructed us to follow his protocol for conflict resolution. Offer to get them a copy of this document.
- If someone is upset with a staff member or pastor and shares with you, remind them that they are to go directly to the person. If they express reservations, offer to go with them. If they still refuse – let them know that you love them, but can no longer listen to them on this issue until they are willing to follow Jesus' instruction.
- Failure to hold your tongue until speaking with the person with whom you are upset is the most likely way to spoil any chance of resolution and will likely result in a negative outcome for the slanderer.

Conflict with another member or a staff person

1. BEFORE you speak to anyone else, go directly to the person with whom you are upset. Speak to them sharing how their words/behavior makes you feel. Seek resolution and restoration of the relationship.
2. If the two of you are unable to satisfactorily resolve the conflict and restore the relationship, come together to the pastor. He/she will work to assist you in resolving the conflict and restoring the relationship. (Here the pastor serves the "elder" function of Matthew 18.)
3. If the three of you are unable to satisfactorily resolve the conflict, the pastor will invite the SPRC (in part or whole) to resolve the conflict. Their decision on the outcome shall be final. (Here the SPRC serves as the "church" function of Matthew 18.)
4. Remaining in the community will necessitate all parties abiding by the SPRC's final decision.

Conflict with a pastor

1. BEFORE you speak to anyone else, go directly to the pastor with whom you are upset. Speak to them sharing how their words/behavior makes you feel. Seek resolution and restoration of the relationship.
2. If the two of you are unable to satisfactorily resolve the conflict and restore the relationship, come together to the Chairman & two designated members of SPRC. They will work to assist you in resolving the conflict and restoring the relationship. (Here the SPRC serves the "elder" function of Matthew 18.)
3. If the three of you are unable to satisfactorily resolve the conflict, the SPRC Chair will invite the entire SPRC to resolve the conflict. Their decision on the outcome shall be final. (Here the full SPRC serves as the "church" function of Matthew 18.)
4. Remaining in the community will necessitate all parties abiding by the SPRC's final decision.

Wesley Nurse News ~ Cold vs. Flu

Dear Church Family,

During this time of year we often wonder if the upper respiratory infection we have is a cold or the flu. Unlike colds, flu can lead to complications like pneumonia, especially in the old, the young, and those with serious health issues. Viruses are transmitted by contact with objects that the infected person has touched after coughing or sneezing. Germs can be transmitted 1 day before symptoms appear and up to 5 days after getting sick. Seasonal flu is a contagious respiratory illness caused by flu viruses. In the US, flu season occurs in the fall and winter. Flu can be spread when a person with flu sneezes, coughs, or talks and droplets containing their germs land in your mouth or nose. You can also get the flu by touching a surface or object that has the flu virus on it and then touching your mouth, eyes, or nose.

Pills are often considered the first line of defense but with colds and flu, they will not help since antibiotics are for bacterial infections only and cold/flu germs are viral infections. Some think antibiotics help with symptoms but inappropriate use of medication only trains germs to become drug resistant.

People who have the flu often feel some of all of these signs/symptoms: Fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and some may have vomiting and diarrhea, though this is more prevalent in children. Complications from the flu include: bacterial pneumonia, ear and sinus infections, dehydration, and worsening of chronic health conditions. Individuals with the flu feel much better within one to two weeks. They are contagious one day before symptoms develop and five to seven days after symptoms appear according to the Centers for Disease Control.

"Don't excuse yourself by saying, 'look, we didn't know.'... He will repay all people as their actions deserve." - Prov. 24: 12

Flu vaccine protects against the flu so the single best way to prevent the flu is to get vaccinated each season. Flu shots are inactivated vaccines (containing killed virus) that are given with a needle. The regular seasonal flu shot is intramuscular, being injected into the muscle. It has been used for decades and is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions, and pregnant women. A high-dose vaccine for people 65 and older which also is intramuscular and this vaccine were first made available during the 2010-11 seasons. About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illness caused by non-influenza viruses.

Yearly flu vaccination should have begun in September, or as soon as vaccine is made available, and continue through the flu season which can last as late as May. This is because the timing and duration of flu seasons vary. The Center for Disease Control recommends that you should get a flu shot if you are between the ages of 6 months and 18 years, pregnant, have a chronic health condition (asthma, diabetes, heart (congenital heart disease, congestive heart failure, coronary heart disease) or lung disease-chronic obstructive pulmonary disease, cystic fibrosis, kidney disorders, liver disorders, weakened immune system, neurological conditions, are over 65, or live with or care for those at risk.

"Wash and make yourselves clean. Take your evil deeds out of my sight; stop doing wrong!" - Isaiah 1:16

The best protection against colds or the flu is careful hand washing. Plain soap and water combined with rubbing your hands together are very effective to remove germs. Antibacterial soaps are common but work no better than regular soap and may even increase resistance to antibacterial chemicals. To properly wash your hands, wet you hands with warm water, lather up the soap , and rub all parts of your hands for 15-20 seconds while singing 'Jesus loves me'. Then rinse well and dry with a clean cloth. If soap and water are unavailable, an alcohol-based hand sanitizer will work just as well.

"Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord." - James 5:14

Influenza is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Most individual's recover without difficulty. For people in the high risk categories, it can have severe complications and even death. Over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the US range from a low of about 3,000 to a high of 49,000. In the US an average of over 2,000,000 people are hospitalized each year because of complications of which 36,000 will die. Flu is serious business, so protect against it. If you are ill please stay at home. Do not share your germs. Treat your symptoms by hydrating yourself, getting plenty of rest, gargling to moisten a sore throat, drinking hot liquids to relieve nasal congestion, taking a steamy shower to clear nasal passages, applying hot or cold packs to congested sinuses, and avoiding air travel. (Source: Mayo Clinic)

Your Wesley Nurse,
Janelle Lester, BSN, RN

References: Merila, N. & Slutz (2009) Seasons of Wholeness Monthly themes and programming for faith community ministry. Volume VI. International Parish Nurse Resource center; St. Louis, MO. Centers for Disease Control- www.cdc.gov.

Continued on the next page

Wesley Nurse News Continued

Announcements and Upcoming Events:

- A Lunch N' Learn will be held on November 4th at 12 pm in the Fellowship Hall of the First UMC. Gonzales Healthcare Systems will host a presentation given by our new Orthopedic Specialist/Surgeon, Dr. Gloria Box, MD, about Osteoarthritis and Cytoplasts, and her services. This program is open to the public, free of charge, and lunch will be provided. * Please RSVP to Sascha Kardosz at (830) 672-7581 ext. 1010. *
- The Dementia-Alzheimer's Caregiver Support group meets on the first Wednesday of the month. This month we will meet on November 2nd at 1 pm in the Bridal Parlor.
- The Cancer Support group will meet on the second Tuesday of the month. This month we will meet on November 8th at noon in the Bridal Parlor.
- The Walking class meets Monday – Thursday at 2 pm, in the Fellowship Hall. Please come and join in the fun, fellowship, and a good workout!
- The Flex and Tone exercise class meets on Tuesday and Thursdays at 11 am, in the Fellowship Hall. All are welcomed to join in stretching, light weight lifting and fellowship!
- Please mark your calendars for Sunday, December 11th from 8 am – 12 pm. The South Texas Blood & Tissue Center of Victoria will be here out in front of the church, for our last blood drive of the year. Please come and help save a life, by *donating blood* to those in need. Our last blood drive was such a huge success; I pray that we can continue to give selflessly and impact the lives of others.
- As most all of you are aware, my husband and I are expecting and we will be welcoming Baby Lester into our family sometime this month. I am overjoyed and very excited to welcome another precious blessing from God into our growing family. After Baby Lester's arrival, I will be out on maternity leave. If you have any needs from the Wesley Nurse while I am out, please contact the church office and they will get you in contact with someone who can help you. The Dementia-Alzheimer's Caregiver Support group, Cancer Support group, and exercise classes will all continue while I am out with the help of volunteers from our church and community. Thank you all for your love, support and understanding during this special time in my family's lives. Please pray for a safe and smooth delivery for myself and baby, and can't wait to share Baby Lester with you all!

Christmas Food Boxes

Plans are underway for the Christmas Food Box project sponsored by the Missions Committee. Last year we provided 200 boxes of food for needy families and this year we are again planning to provide 200 boxes. GCAM assists us by signing up the families and giving them a voucher to receive their box. We purchase food from the Victoria Food Bank, HEB and Wal-Mart to complete the boxes and we include a smoked chicken to provide the families with food for a holiday celebration meal. All recipients are very appreciative. This is a significant mission outreach project from our church to the community and we need your help: **PRAY** – Pray that this project will be successful and a blessing to those in need. **DONATE** – Make monetary donations to the church marked "Christmas Food Boxes". **COLLECT** - Start collecting non-perishable food items to contribute to the boxes.

SAVE THE DATE:

SUNDAY, DECEMBER 18TH, 9:30 am, Box preparation, Fellowship Hall
MONDAY, DECEMBER 19TH, 11:00am – 1:00 pm, Box Distribution

If you have any questions or comments, please give me a call. Thank you for your help with our project.

Rosemary Hindman, Project Chairperson

Baked Goods Fundraiser on Sunday, November 20

Please join me in helping make a child's Christmas more meaningful! This will be the fifth year that you have supported me as we bring joy to children across our community. With your help and generous donations; toys, clothes, & shoes have made their way into homes with the message of God's love and hope. **Plan ahead for Thanksgiving!** Pecan pie, pumpkin pie, buttermilk pie, apple pie, Italian cream cake, chocolate cake, chocolate chip cookies, pecan pralines, caramel popcorn, candy, soups, lasagnas, casseroles and the list goes on and on. FOR SPECIAL REQUESTS, CALL MY MOM 830-857-5664.

Thank you, Grace Morgan

"Singing in the Reign"

First Annual Christmas Tea and Luncheon

Saturday, December 3, 2016

First United Methodist Church, Gonzales

Doors open at 10:30 a.m.

Luncheon at 11:30 a.m.

Entertainment at 12:30 a.m.

The First United Methodist Church – Gonzales is having it's First Annual Christmas Tea and Luncheon on December 3, 2016 for ladies only (no children under the age of 12 years) with men hopefully serving and you are invited! When you walk in, we want you to see winter and Christmas and when you leave, we want you to feel the spirit of Christmas and God's joy to fill your heart!

There will be lots of door prizes, a beautiful salad lunch, sweet dessert and live entertainment. Hot tea and/or iced water also. All this for a minimum donation of $20.00. This is a fundraiser!

The primary purpose: To raise funds for the Stockton Building.

This is open to all faiths so bring friends, family, co-workers; she doesn't have to be Methodist. It's for all ladies. Contact the church office at 830-672-8521 or Emily Neuse at 830-203-0860 or Kathleen Borrer at 830-672-3053 for tickets. You may reserve a table for eight (8) or one (1) or two (2) tickets for yourself or bring a friend. $20.00 sounds like a lot but it's a fundraiser and you get a lot for you money…door prizes, beautiful lunch and dessert, entertainment and the spirit of Christmas.

United Methodist Men, we're needing you to volunteer for this. You'll have lots of fun doing this!

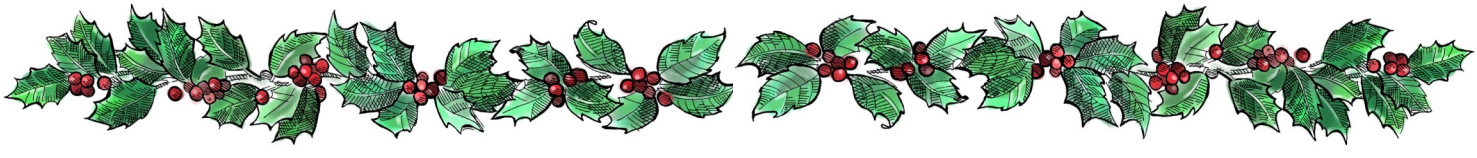
Decorating will be Friday, December 2nd from early morning until night for those who are working. This will make Saturday morning a lot easier on you. Ladies who are volunteering to arrange/host table(s) will be responsible for their tables only, seating is eight (8) ladies at each table. That means yourself and seven (7) guests. If you want more than 1 table, that would be fantastic. If you want a friend or relative to help with a table, that would be great too! If you volunteer to host a table, you are responsible for your table's Christmas decorations, china, crystal, cup and saucer or mug, linen or cloth tablecloth, and used tea bag saucer. The church is providing the flatware and napkins, hot water and iced water. After the luncheon, hostesses will be responsible for taking their dishes and crystal home to clean. This way the church will not be liable for breaking your heirlooms or everyday dishes.

Again, you may call these numbers for tickets for reservations for seats or to volunteer to host a table.....the church office at 830-672-8521 or Emily Neuse at 830-203-0860 or Kathleen Borrer at 830-672-3053.

Hostesses, an inexpensive favor for each of your guests at your table will top it off! You can find things at Family Dollar, Dollar General, Everything's a Dollar, etc. Something to remember this special Christmas at our church.

Ladies, we need approximately 9 – 10 volunteers for table decorations and setting up. Please pray about this and listen and then give Emily Neuse a call that you will be more than happy to serve as a hostess to a table.

Rejoice in the Gift of Jesus!



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