



The Messenger

First United Methodist Church, Quitman, Texas

April 2022

"Come expectantly seeking Jesus. Follow Him boldly. Go witness intentionally."



Mary Oliver is a Pulitzer Prize winning poet who once posed this question: *"Listen, are you breathing just a little and calling it a life?"*

For most of us, breathing is nothing more than an automatic function that keeps us alive, a steady flow that brings in vital oxygen and expels carbon dioxide. But unlike heartbeat or digestion, breath is a bodily function we can consciously control.

If you've ever taken a deep breath to keep a panic attack at bay, then you already know the wonders breathing can have on your well-being.

An average person breathes at least 20,000 times per day. We have about 50 trillion cells in our bodies that all need breath! We all probably know that blood vessels bring depleted blood from the body's extremities into the lungs, where it is revitalized and pumped back out again to the body. You may not know just how extensive the network is. Because the cells use up oxygen so quickly, every live cell has to be very close to a blood vessel; really close: about one-tenth of a millimeter (1/250th of an inch). That means that we need to have an incredibly extensive network of blood vessels inside us. In fact, if we laid all our blood vessels end to end, they would stretch 62,000 miles!

Research has shown that breathing exercises like these can have immediate effects by altering the pH of the blood, or changing blood pressure. Controlling our breath can be used as a method to train the body's reaction to stressful situations and slow the production of harmful stress hormones.

Esther Sternberg is a physician, author of several books on stress and healing, and researcher at the National Institute of Mental Health. She says rapid breathing is controlled by the sympathetic nervous system. It's part of the "fight or flight" response — the part activated by stress.

In contrast, slow, deep breathing actually stimulates the opposing parasympathetic reaction — the one that calms us down. "The relaxation response is controlled by another set of nerves — the main nerve being the Vagus nerve. Think of a car throttling down the highway at 120 miles an hour. That's the stress response, and the Vagus nerve is the brake," says Sternberg. "When you are stressed, you have your foot on the gas, pedal to the floor. When you take slow, deep breaths we engage the brake."

All of this information provides us a background for Mary Oliver's question above. What kind of breathing are we doing? Are we soaking up the majestic depth of God present in all creation? Or are we just on breathing auto-pilot?

Is it any wonder that Psalm 150 – the last Psalm and one of our readings for the first Sunday after Easter asks that every part of creation that breathes should praise the Lord?

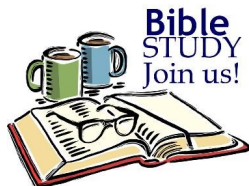
Mike

Happy Birthday

Sarah Kate Grider	04-01	Gloria Jeanne Roswell	04-21
Jhett Jackson	04-04	Ketti Bettis	04-23
Debbie Donavon	04-09	Kelly Roberts	04-23
Katie Heater	04-09	Valerie McWhorter	04-26
Debby Slabaugh	04-09	Marilyn Odum	04-27
Brenda Cates	04-11	Randal Bennett	04-27
Betty Bozeman	04-14	Darlene Blair	04-29
Jeff Walford	04-14		
Kathy Burford	04-16		
Allen Tuell	04-17		
John F. Johnson	04-20		



Beth Aikman	Jerry Nichols
Bob Asmussen	Marilyn Odom
Elaine Asmussen	Bobby Phipps
Mickey Barnett	Mary Phipps
Bert & Darlene Blair	Kay Robinson
Betty Bozeman	Gary Simpkins
Wally Bradfield	Barbara Thompson
Ann Crawford	Becki Wimp
Lynn Emmert	Mary Wimp
Bruce Grider	Ron Wimp
Mike Kostial	Keith Zimmerman
Diane Mosley	



Tuesday Morning Bible Study
FUMC Life Class
 Time: 9:30-11:00 am

USHERS THIS MONTH

April 2022

8:30 a.m.
 JoAnn Zimmerman
 Keith Zimmerman

11:00 a.m.
 Dave Simpkins
 John Stone
 Parker Simpkins
 Logan Simpkins

Financial Update (As of 3-30-22)

(YTD) Giving:	\$ 126,840
(YTD) Expenses:	\$ 109,154
(YTD) Budget Expenses:	\$ 110,922

Mark Your Calendars Weekly at FUMC

Sunday

8:30 a.m.	Worship Sanctuary
9:30 a.m.	Sunday School
11:00 a.m.	Worship Sanctuary
5:30 p.m.	Youth Game Night

Monday

9:00 a.m.	Line Dancing
5:15 p.m.	Bell Rehearsal

Wednesday

5:15-7:00 p.m.	WNL! For Adult, Children & Youth (Meal Provided)
7:00 p.m.	Choir Rehearsal

Thursday

9:00 a.m.	Line Dancing
5:30-7:00 p.m.	Girl Scouts meet in J.O.Y Hall

Communion Rail Offering

April
UMCOR Sunday



Dear Friends,

I'm sorry it has taken so long for me to get this note sent. I just want to try to express my appreciation, my thanks and my love for all of you. You fed us for weeks, visited us and called. With your help and God's loving care, we are doing better. Special thanks to the Covenant Class for their delicious meals.

Pastor Mike was such a blessing to Becki, before, during and after her surgery.

Again, we thank you and miss each one so much.

*God bless you,
 Mary and Ron Wimp*



April 10 – Palm Sunday
No 8:30 a.m. FUMC Service
11:00 a.m. Palm Sunday Service, J.O.Y. Hall

April 14 – Maundy Thursday Service –
Liberty UMC @ 6:00 p.m.

April 15 – Good Friday Service –
FUMC Quitman @ 6:00 p.m.

April 17 – Outdoor Easter Sunrise Service
Liberty UMC 7:30 a.m.

No 8:30 a.m. FUMC service
11:00 a.m. FUMC Easter Service, Sanctuary

WELCOME TO FUMC STAFF



Pete O'Neal
Media Coordinator

Pete joined the FUMC staff as the Media Coordinator in March 2022. He has an Associates Degree in Journalism and Radio/TV from Tyler Junior College and a BA Degree with a concentration in Filmmaking and minor in Mass Communication from Stephen F. Austin State University. He currently serves as Quitman ISD Boys Athletic Video Coordinator for Football, Basketball, and Baseball.

Pete has long been involved in our church through helping with in sound and video as well as a volunteer with our Youth Ministry. He looks forward to helping move our church media forward into the next phase.

Thank You!



A very special “thanks” is extended to the three church members who expanded and painted the sanctuary’s media work area. The updated space will soon house equipment that will greatly enhance the sanctuary’s video capabilities.

Thank you sincerely, Joe Fitzgerald, Bill McPherson, and John Seekins!

Your craftsmanship and willingness to contribute it to our church is deeply appreciated.

BELLS ARE RINGING!!!



This month I would like to feature our ringer, Marja Heinert! Marja and her husband Don have played with the bells in the past and we are excited that Marja has decided to join us again!

We can't seem to convince Don to join us as yet. Marja has played bells for years and is talented enough to play handbell solos!

We are so fortunate to have such talented people in our congregation. Marja teaches school and I hope we are a good distraction for her for a couple hours a week.

In the next few months we will be preparing a patriotic program for the first of June. We are excited about this music and look forward to sharing it with you.

'Til next month,
Becky Bradfield

CHOIR NOTES



The choir has been hard at work on our Palm Sunday worship

service. We are excited to present the beautiful music of the Lenten season. We will be joined by our children singing and waving palms and our young people, who will lead out with the narration. Come join us April 10th for this wonderful worship experience.

You may not know that our choir will once again embark on a choral trip to New York City to sing in one of the great halls of this country. Be on the lookout for a couple of fund raisers. They will be fun and filled with music and laughter!

Last, if you would like to be a part of our music and choral program, we meet each Wednesday night at 7-8:00 pm. Come bring your talent and love for the Lord!

Singing His Praises!
Vickie Smolek

YOUTH NEWS

April 2022

Things are moving in the Youth Ministry. We are scurrying around preparing things for this summer at the same time we are continuing to actively engage with the youth. We have many things happening from WNL to mystery trips to fundraisers to special events. Serving our students at their events outside of church makes us as busy as the youth themselves.

The first weekend of April our youth will be participating in a Disciple Now Weekend called “The WKND.” This spring D-Now is taking a look at hitting Pause. As you have probably seen or heard today’s teenagers are busier than any generation before them. Generation Multitask would be a fitting label. School, band, sports practice, volunteering, jobs, and simply spending time with family and friends all create a tremendous drain on students’ time. When they aren’t doing any of these things, they’re being bombarded by the overwhelming amount of media they have at their fingertips.

Even when they’re not busy, they’re not resting. And sadly, most aren’t stopping to spend time in meaningful communion with God. Jesus teaches us that hitting pause in the midst of our busy lives is crucial to staying connected with God. During this D-Now our youth will learn that hitting pause and spending meaningful time alone with God in prayer and Bible Study is the key to living the life that God desires them to live.

This summer, we have great opportunities for our youth to experience God in new ways. Our camp is already full. I have asked that our church be put on the waiting list in the event spots become available. I request four spots on the waiting list. If any youth want to take one of those spots get in touch with me sooner than later.

Also, our mission trip details are finally in! We will be attending BIG HOUSE at FUMC Frankston, TX July 20-24, 2022. Many of our youth have said they want to participate. Connect with myself, Jennifer, or Pete O’Neal to reserve your spot on the Mission Trip before May 1st.

Our youth are representing very well in Track and Field events as well as Softball and Baseball. It is amazing to watch their hard work show off in their individual events. You guys’ rock!! Keep up the hard work and continue to succeed at what you do!

Find out when events happen and come out to support our youth!

Joseph Goodson, Youth Ministry Coordinator



**FUMC Youth
Participating in
Track & Field
Softball
Baseball
Your hard work is
rewarded!**

**Mission Trip
BIG HOUSE at
FUMC Frankston
July 20-24, 2022**



Sunday School 9:30 a.m.

Sunday Night 5:30-7:00 p.m.

WNL: 4:30 p.m.-7:00 p.m.
5:15 p.m. Meal



Hello All!

Glad to provide some updates what's been going on in children's Ministry and about what's coming up!

The Pancake Supper was sponsored to benefit Children's Ministry this year. I am excited to announce that we had approximately \$500 donated. I am so thankful that we have so many people at both FUMC-Quitman and Liberty that

are excited to support our children.

We have started new studies in both our WNL live class and our Ignite (3rd—5th) Sunday School Class. During WNL we are studying Honor. What it is and the many ways that the Bible shows us that we need to honor others; Son and Father, Our Parents, The Environment, those in Authority and more. During our Ignite Sunday School Class we are diving into the history of the Bible, why we should believe it and what the big picture shows us and means about God. This past Sunday the kids made a timeline of major periods throughout the Bible; showing how God worked in people's lives, had a plan and is still working.

Enchanted Forest *Daddy-Daughter Dance*

We have the Daddy-Daughter Dance coming up April 8th and 9th. Monica Schiller and I have been getting together to plan the dance, get advertising going, decorations and much more. The theme this year will be Enchanted Forest. The dance will benefit the Backpack Program, sponsored by

FUMC-Quitman and the Rotary Club, which supplies children who do not have food with food to eat over the weekend. If you would like to volunteer please let us know, so that we can get you Safe Sanctuary Trained and Background Checked.

The same weekend of the Daddy-Daughter Dance we will have several Palm Sunday events. Our Music Minister, Vickie, has been working with the children on a song that they will present during the Palm Sunday Service. She has given the kids the opportunity to play instruments and share in the service Palm Sunday. So excited, have her honor children, a vital part of our congregation. We will also have an Easter Egg Hunt for Pre-K through 2nd immediately after the 11am service. Then at 4pm, we will have an Glow in the Dark Easter Egg Hunt for kids 3rd through 5th grade at 4pm the same day.



Kids Church has been going strong! We have had attendance ranging from about 6 up to 15-20 depending on the Sunday. I have submitted a request to the Endowment Committee for risers that can be used both during Kids Church and during special events. I am hopeful they will be approved. They will be a great addition and asset to the church!



“Preach the Gospel always, when necessary use words.” - Unknown

Valerie McWhorter

Children's Ministry Coordinator

Liberty Lines

By: John Sparks

The most recent new member of Liberty United Methodist Church is Betty Head, a lady who sired six sons, including Nathan Nance. Nathan and his wife have been active members of Liberty for several years.

Betty, born in 1935 in Dallas, has lived all of her life in Texas, primarily in the Dallas area, with a short stint in west Texas. She has a life-long passion for country music and western dance. Her husband, who served in the European theater during World War 2, passed away in 1992. She also lost a second husband.

A fall this past Christmas resulted in a serious leg injury for Betty. Her recovery has been a lengthy process, but has reached a stage which permits her to return to Sunday School and Church with Nathan and Anita. Betty lives independently on the family farm located in Wood County which she shares with them.

Over their long marriage Betty and her husband not only raised six sons, but served as foster parents for nearly 100 children.



Sunday, March 20 Liberty celebrated the blessing of the new Baby Grand Piano now gracing our sanctuary. The piano was a gift to our Church by Gordon Lambert, his wife Rhonda and his father Bernie Lambert, who is a resident of Holly Lake Ranch.

Gordon and his wife Rhonda attended the dedication ceremony. Gordon purchased the instrument for his father two years ago. Bernie is an acclaimed pianist who has appeared with numerous orchestras and symphonies as a guest artist over the years. From Gordon's memory, his father has owned 9 pianos during his lifetime.



Liberty United Methodist Church
2581 Highway 154 East
Quitman, TX 75783
www.libertymc-Texas.com

8:30 a.m. Sunday School
9:30 a.m. Worship Service, Sanctuary
Tuesdays 9:30 a.m. Prayer Group

www.libertymc-texas.com

As of 3-28-22
YTD Giving: \$ 32,805.36
YTD Expenses: \$ 21,891.35



Holy Communion Offering

**One Great Hour of
Sharing**



Jerry Price 4/4
Mary Jane Young 4/12
Rhonda Taylor 4/24
Arlan Flake 4/25



John & Ann Sparks 4/20
Pat & Tommy Bingham 4/27

ADULT SUNDAY SCHOOL

Four Great Options

CLASS NAME	STUDY FOCUS	AGE CONCENTRATION	CLASS ROOM & CLASS LEADER
Covenant Class	<i>Bible Lessons & Informal Discussion</i>	<i>Couples & Singles Ranging from 40-65</i>	<i>Covenant Classroom Mary Ann Nichols</i>
Journey Class	<i>Discussion Oriented Contemporary Issues</i>	<i>Diverse Age Range</i>	<i>Adult Bible Study Classroom Keith Zimmerman</i>
Life Class	<i>Bible Study with Focus on Family</i>	<i>Mostly Young Adult Singles & Couples</i>	<i>Life Classroom Teresa Dunn</i>
Open Door Class	<i>Varied Selection of Special Topics & Bible Studies</i>	<i>Mostly Age 55 to 70+</i>	<i>Celebration Room Carol Denson</i>

Classes Meet on Sunday Mornings 9:45-10:45

First United Methodist Church

406 E. Lane Street
903.763.4127

Sanctuary Worship 8:30 a.m.
Sunday School 9:45 a.m.
Sanctuary Worship 11:00 a.m.
YouTube Delayed Recording 6:00 p.m.
FUMC Quitman

www.fumcquitman.org

Liberty United Methodist Church

2581 E. St Hwy 154
903.638.9634

Sunday School 8:30 a.m.
Worship 9:30 a.m.

www.libertymc-Texas.com

**HAVE YOU MOVED, CHANGED
YOUR PHONE NUMBER OR
EMAIL?**

If so, please contact the church office.



First United Methodist Church
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Quitman, TX 75783

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“Transforming God’s Children Into Disciples”