

FIRST NEWS



**San Saba
First United Methodist Church**

March 2012

**San Saba
First United Methodist
Church
204 W. Brown
325-372-3120
www.sansabafirstumc.com**

Debby Lake, Pastor

**We bid you welcome
In the name of
Our Lord Jesus Christ.
Pray with us,
Sing with us, rejoice
with us**

**Sunday School 9:00 a.m.
First Worship 10:00 a.m.**



**Ministers:
Entire Congregation**

**Pianist/Organist:
Nettie Oma Carpenter**

**Choir Director:
Tracey Thomas**

**Church Secretary:
Debbie Uli**

**Custodian:
Mario Mendiola**

From the Pastor's Study.....

A number of years ago, at Notre Dame University, a group of three hundred students set out to put themselves in the *Guinness Book of Records* by playing a longer and larger game of musical chairs than the one then listed as the record holder. It was a festive, fun-filled occasion. One student in the midst of the hilarity cried out, "We're going to make our mark!"



Behind the fun and whimsy of these students trying to make their mark is the deeper need we all have – to feel that in some way the time and effort we have put in during our lifespan will leave some kind of mark.

A former editor of a prominent magazine was sharing some reflections on his retirement a year earlier. He said his first thought had been, "They won't be able to find anyone to do what I was doing." He soon found out he was wrong. His next thought was, "They won't be able to find anyone to do what I was doing as well as I was doing it." He soon found out that he was wrong about that too. His third thought was, "What I was doing wasn't worth doing."

Is there any point at which you can identify with that former editor? Are there ever moments when you wonder about the impact your life has made and about how long it will be felt?

I recently had an opportunity to visit with some folks from the church where I did my internship while in seminary. As has happened on more than one similar occasion, they brought up something about my ministry or relationship to them that had not made a big impression on me. Often, as I reflect on that time in my pastoral life, the things that stand out in my mind as *big* are not the things others remember. I might think of the growth in worship or Sunday school attendance, but their reflection is about some little courtesy or helping hand that was extended to them.

No matter how significant it may seem at the moment, most of what we do and accomplish is temporary and passing. The one exception to that seems to be those moments when we reach out in love and concern to others. When we love, we are tapping into something that transcends time – perhaps we are participating in the eternal.

On Jesus' last journey with his disciples as they were heading toward Jerusalem, James and John came forward and made a bold request: "*Let one of us sit at your right and the other one at your left in your glory.*"

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Prayer Concerns



F.L. Kalmus
The Family of Jean Sowers
Thelma Millican and Family
Nelda Weatherby
Margaret Haug (recovery)
Jeannette and Jeff Toole and Family
Charlotte Spence and Family
Sam Tisdale
Weldon Faught (recovery)
Debbie Pullen
John and Joycelyn McRorery
Jeannie Falcones (cancer, friends of the Belks)
Lylah (Stephanie and Chase's daughter/running tests)
The family of Linda Mixon
Layton Sanford (recovery)
Nelda Edgmon
Lee Ragsdale
Bettye McLaughlin's sister Jane
Zolly Jones
David and Barbara Gilger
James and Pat Reavis
Katie Andreas (continuing prayer)
Thelma Millican (nursing home)
Gordan Hall (prostate cancer)
Kathren Wolfe (Martha Schanhals)
Margaret Ann Seiders (Celia Bell's Mom)
Landon Yarbrough (procedures)
Connie Raesner Perry
Pete and Sue Hemenway (friends of Trish Warren)
Mark Owens (safety)
Mitchell, Johna, Madison and Matthew Moss

Our City, Our Nation, Our Church.

In Our Military

Alex Dove,
Eric Booker,
Jay Dewitt,
Matthew Barrier,
Ralph Kintzen(home),
Cory Clendennen(home),
Jay Huggins (home),
Matthew Phinney (home),
Andrew Reynolds,
John Paul Dretke.

Please Pray for Our Troops,
All Our Military Men and Women

Jesus gave an answer that turned around, forever, the wisdom of the world. *"You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve ..."*

Ralph Waldo Emerson said, "The great moments in life are not birth and death, or any of the big events we read about in a book. Rather the great moments are the high moments of illumination on some quiet afternoon, at the turn of the road or the opening of a door, when a new insight breaks through the mind. From there on life moves in a new direction."

I believe that is a true word about life. The great moments are moments of insight when something becomes clear, moments when we gain a new understanding about ourselves or about life. I believe, in the final analysis, that we make our greatest mark when we are not even thinking about doing that, in those special moments when we are focused on the needs of others.

In His Spirit,
Debby

You are Invited to
Women's Social
Monday, March 26th
10 a.m.
Church Parlor

Me, Myself & Lies

There is a wonderful turnout for the morning class of "Me, Myself and Lies" led by Jennifer Rothschild via video. Members of our class are Elsie Millican, Debbie Pullen, Bette Wilson, Wahnee Stallings, Kathy Gage, Ann McElroy, Cherry Kay Lange, Vickie Stevenson, Nettie Oma Carpenter, Lesa Schulze, Lisa Larremore, Jeanne Owen, Frances Hibler, Linda Parks, Barbara Gilger, Millie Burnham and Patricia Warren. Jennifer is reminding us through His Word to focus on faith built on scripture rather than fact when circumstances pull us down. That made me think of the hymn, "God Will Take Care of You". Thank you, Jesus!



Submitted by Trish Warren

Cindy Hawkins' Broccoli Salad

Salad Ingredients

2 large heads broccoli, cut into bite-sized pieces
1-2 c. sunflower seeds
1 can black olives-whole, halved or sliced
1 large can mandarin oranges
red or green seedless grapes-whole or halved
red or green onion – chopped
8 strips bacon, cooked crisp and chopped

**add other favorites: red, orange or yellow bell peppers-chopped or thin sliced, cauliflower, cucumber, etc.

Mix broccoli, sunflower seeds, black olives, mandarin oranges,

Dressing Ingredients

¼ c. grapeseed, olive, or pecan oil (use your favorite)
¼ c. honey
¼ c. apple cider vinegar (I use Braggs raw-unfiltered)
1 tsp salt (I use Louisiana Cajun)
¼ tsp white pepper

**This is my basic salad dressing. You can adjust to get the flavor you want adding chopped jalapenos, mustard or raspberries, etc.

Mix until well blended.



The Newest addition
to the Josh Thomas family.

Levi Stone Thomas

Born: February 21, 2012

Time: 1:09 p.m.

Weight: 7lbs 4oz,

Height: 19 inches

Grandparents: Mike & Tracey Thomas



Dear Church Family,

Words cannot express the appreciation we have for everyone's love that was expressed through the Baby Shower! It was amazing and we received so many wonderful things! We are so grateful to have such a loving and supportive church family. We are truly blessed! Thank you again for helping us celebrate the anxiously awaited arrival of our daughter!

With love and appreciation,

The Smith Family,

Joe Pete, Danna and Daylon

Aerobic Exercise Key to Banning Belly Fat

Looking to get rid of that spare tire or paunch? Then it's time to get your heart pumping. A recent study in the American Journal of Physiology found that aerobic activity burned 67 percent more calories than resistance training (such as weight lifting). The eight-month Duke University Medical Center study followed 196 overweight, inactive adults who either performed aerobic exercises equivalent to jogging 12 miles a week or did 3 sets of eight to 12 weight-lifting repetitions, three times a week. The researchers discovered that aerobic exercise greatly reduced liver fat and deep-lying abdominal fat (called visceral fat) which increases the risk of heart disease, diabetes and certain types of cancer. The aerobic activity improved insulin resistance, triglyceride levels and liver enzymes-risky factors for disease-while the resistance training didn't. Your best bet? Aim for a balanced exercise regimen that incorporates weight training, which can improve your strength and build lean muscle, and exercise.

This information on the benefits of aerobic walking was submitted by Bettye McLaughlin who has led the Aerobic Walking Class at FUMC for several years now. It is open to men as well as women and meets for 45 minutes on Monday for a 3 mile walk (15 minute miles); Tuesday for one hour for 4 miles and on Friday for 1 hour and 15 minutes for 5 miles. A total of 3 hours per week. Dress is casual: jeans, shorts or whatever is loose and comfortable. Just be sure to wear good sturdy walking shoes with absorbent cotton socks. Come and join us in Fellowship Hall for walking and talking.



Left to Right: Lots of luscious foods was brought to the Valentine's Day Covered Dish Luncheon.
A pretty new bench at our back door.
Raley Kirk at Danna & Joe Pete Smith's baby shower.

Our Church Family

**Faith Weaver Friends
Wednesday's
Jan. 18th—April 11th
3:45 to 5 p.m,**

**The 7th & 8th Grade
Girls
Bible Study
Begins January 10th
5:00 to 6:30 p.m.
Upstairs Sunday School
Room**

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Sunday

March 11th

**Church Council
Meeting**

12:30

Church Parlor.

Spring is in the air. Our church family is beginning to do more outside activities. Jantzen Bell is on the San Saba High School tennis team. He has been busy practicing and playing games. J.T. Mathis finished up basketball and has now moved on to baseball along with his dad, Scott. JT is the varsity 2nd baseman for the San Saba High School Dillos. Scott coaches the JV. Ryan is the official batboy for the varsity. Ask him about his new uniform. Casey is still playing basketball. She is on the Junior Lady Dillos. As of right now, they are undefeated. She and her team won the San Saba tournament last weekend. Ryan is done with basketball and is waiting for his baseball practices to start. Pat Belk had a wonderful birthday in San Antonio. She spent some time swimming in an outdoor pool on her birthday. Pat Reavis is enjoying having her son Mike and daughter-in-law Jo living in San Saba. They have built a new home here and have just moved in. Lesa & Ronnie Schulze are happy to report that their son-in-law Shane Dyson is starting a new job with State Farm Insurance and Mike Thomas. Although Shane and Corrie are not moving to San Saba, they expect to be seeing more of them. Several of our church family are taking the Master Gardener Class being offered by the Texas AgriLife Extension-San Saba County. Every Monday night you will find Travis Gage, Celia Bell, Debbie Millican, Don McElroy and Ann McElroy at the Civic Center learning all sorts of things. Mark & Stacy Wise were in church with the newest addition of their family, Eli Lucas. is now seven weeks old. Diana Manning is staying real busy at the hospital. Linda & Owen Parks are real proud of their grandson J.D. Barker who was named teacher of the month at San Saba Middle School. Their other grandson Justin Barker had an accident on his bicycle following his classes at A&M and ended up with a concussion. Mike & Carolyn McDowell headed to the San Angelo Stock Show so they could watch their niece and nephew show lambs at the show. Recent visitors that worshiped with us were Kristi and Luke Addington and their baby and Maggie and Ann Fry and Billy Freeland. It is always good to old friends come back and worship with us. Mindy Cantu had a busy week-end when she partied all week-end. She had 2 birthday parties and a super bowl party to go to. Addy Easterwood celebrated her 7th birthday. Wonder what her favorite present was! Misty Everett made the San Saba News & Star's front page. She and the students of the month were pictured. Our sympathy goes out to the family of Jean Sowers upon her death. Jean, a member of our church, was the Chamber of Commerce Manager for years and one of the founders of the EMS. C.K and Vickie Stevenson had quite an experience when they were headed to Fort Worth. They came very close to having a wreck. It really scared Vickie. Grant Mays is having some bloat problems with his cattle. Cattle all over the county are really enjoying the green clover but too much is not good for them. Sounds like they are just like us humans. We don't know when to quit! Genni Hamilton is working on an FCCLA contest presentation to be given at the Regional Meeting! Good luck, Gennie!

The History of the Methodist Church

The first ordained Methodist minister, and the first Protestant minister, to preach in Texas was William Stevenson, a member of the Tennessee Conference who preached at Pecan Point in what is now Red River County during an exploratory journey in the fall of 1815. When Claiborne Wright^{qv}'s family moved to Pecan Point in 1816, they became the earliest Methodist family known in Texas. The first Texas appointment of the Methodist Episcopal Church (made by the Missouri Conference in 1818) was of Stevenson to the Mount Prairie (Arkansas) and "Peecon Point" Circuit. By 1822 this circuit had sixty-six members, one of whom was the first black Methodist in Texas. McMahan's Chapel, the oldest continuing congregation in Texas, was founded as a Methodist society by James Porter Stevenson near San Augustine in 1833. The word *Texas* first appears in Methodist appointments in 1834, when the recently constituted Mississippi Conference assigned Henry Stephenson to the Texas Mission, composed of the East Texas area around San Augustine. This initial missionary activity was contrary to Spanish and Mexican regulations, which permitted only the Catholic religion in the colony. When Texas won its independence from Mexico in 1836, the door was opened wider to Protestantism. In 1837 the Missionary Society of the Methodist Episcopal Church established a mission to the state and sent seasoned ministers to the republic. Martin Ruter was appointed to serve as superintendent of the mission, with the assistance of Robert Alexander and Littleton Fowler.^{qv} Within five months Ruter reported 325 members in twenty societies, twelve local preachers, and five church buildings under construction. Strengthened by able recruits, the Texas Mission grew so rapidly that it was organized as an annual conference in 1840, with 1,878 members (1,648 white and 230 "colored") gathered in three districts, and fourteen circuits served by seventeen preachers. By the time Texas joined the Union, the state had two annual conferences reporting a total of 6,693 members (5,498 white and 1,195 black) and fifty-nine circuit riders aided by sixty-eight local preachers. During the republic, Methodism gained strength in Texas, despite harassment by hostile Indians, sporadic warfare with Mexico, epidemics of malaria, typhoid, and yellow fever, and hindrance by floods, muddy roads, and storms. Scores of camp meetings and quarterly meetings had given emotionally starved and socially isolated frontier folk a welcome opportunity for spiritual growth and fellowship. Filling the gap between preaching services, the weekly Sunday schools gathered lay members for study in areas where reading materials and groups were scarce. Noteworthy among the lay persons who lived their faith daily and kept the churches and Sunday schools alive between the visits of the circuit riders were the families of David Ayres, Josiah H. Bell, W. J. E. Heard, Alexander Thomson, Jr., and George W. Wright.^{qv} To meet the growing need for trained leaders, Texas Methodists established three institutions of higher education: Rutgersville College (founded in Rutgersville in 1840), McKenzie College (Clarksville, 1841), and Wesleyan College (San Augustine, 1843).



To be continued.....

From the Texas State Historical Commission