

# THE FIRST WORD

2018 - 10 First United Methodist Church – 109 West College Street – Winnsboro, SC 10 - 2018



What a fall we have been having! Between the UMW's Big Grab success, Epworth Sunday with Rev. Holler, and starting confirmation.... it's been busy but also so vibrant! Hopefully, the leaves and weather will catch up! Has anyone done any of the quintessential fall things yet? Growing up in Upstate New York, it meant for me apple picking and warm apple cider.... but I'm learning that around here it means college football, tailgating and not quite as cool as we'd like fall to feel weather.

Do not grow weary as we're gearing up for a busy October with Blessing of the Animals on Sunday October 14th at 2pm (page 3), a celebration of our history in worship on Sunday October 21st and much more. We're also recruiting liturgists (see page 3) to help lead in worship especially while I'm out on maternity leave. We're even getting ready for Advent and the Christmas season as the choir is getting Christmas music ready, the children's ministry is talking about the kids program, and a big Epiphany celebration. It's that time of year, for me at least, when the calendar tends to fly.

Speaking of time breezing by, I want to introduce you to Rev. Lex McDonald. Lex will be our interim pastor while I am out on 8-weeks of maternity leave sometime in January/February. He is tasked with Sunday morning worship and strong pastoral care. Lex is an elder on honorable location, which means he's not under appointment, but he is very well connected with the conference. He has served 9 years as a full-time pastor, as well as, pastored part time for 3 years. Lex currently works in private business in leadership development and consulting work which includes the church. Lex also works in congregational development for the conference. He leads the visioning and long-range planning for the church on assignment by Rev. Dr. Cathy Jamieson. He is a regular fill-in in many pulpits around the district. Lex grew up at Cayce UMC, and lives in Columbia, SC. He attended USC and Candler. Interestingly, his wife grew up at Epworth as her Dad was groundskeeper (Bill Patrick). She just retired after 31 years of teaching. They have 2 grown children. Lex is a Gamecock fan. You might like to know that he has no allergies and likes food! He is going to be a fun substitute and I know you will learn a lot from your 8 weeks with him.



*Rev. Lex McDonald*

*#WINNINGwithyou*

*Pastor Meg*



**TO MEMBERS OF  
OUR CHURCH  
FAMILY WITH  
BIRTHDAYS IN  
October**

**If you do not see  
your birthday on the list, please let us know!**

- Oct. 7      Betsy Boulware
- Oct. 7      Gray Brendle
- Oct. 10     Bill Bittinger
- Oct. 22     Jo Ann Futrell
- Oct. 24     Heath Caldwell
- Oct. 28     Esther Baughman

**OUR MINISTRY FOR OCTOBER**

**USHERS: Terry Melvin and Tony Barfield**

**COUNTERS:**

**Mary Jim Gunter and Patsy Black  
Sallie Kate and Donnie Laird  
Jane Hinnant and Steve McDonald  
Roy Barnett and Jim Baughman**

**Acolytes: Carson Taylor and Grant Taylor  
Owen Wilson and Sidney Wilson  
Mary Margaret Swearingen,  
Walker Blackwelder, and ILenna Derrick**

**When you can, remember to send a card, call or visit:**

**Evon Estes** The Crossings, Villa Room 240  
2300 Clemson Road Columbia, SC 29229

**David Barr**, NHC, Room 504B, 1501 E. Greenville  
Street, Anderson, SC 29621

**Win McMaster** 5301 Creedmoor Road Apt. 418  
Raleigh, NC 27612 (919)322-0355

**Doris Myfelt** 3195 Rio Dosa Drive #2103, Lexington,  
KY 40509 (859)309-9284

**Dot Yon** Goodwin House Apt. #401, 3440 S. Jefferson  
Street Falls Church, VA 22041

**Lisa Lewis Meyer** The Heritage at Lowman, PO Box 444  
White Rock, SC 29177

**Mabel Ward** 320 Seven Farm Drive, The Summit  
Place/Daniel Island, Charleston, SC 29452

*Please, remember in prayer those serving our country in  
our armed forces both at home and overseas.*



Jane Culp, Weeze Sanders, Mitzie  
Renwick, Phyllis Sweeney, Judy  
Ridgeway, Marie Wood, Lola Dove,  
Frank Martin, Brent Dorrier, Kenny Martin, Lynne  
Moore.

*People will stay on the prayer list one month. If after  
their four weeks you would like the person to stay on  
the prayer list, please call the church office.*

**Shoes4Water.org** The women of the church  
continue to accept shoes for this very worthwhile  
project. There is a container in the hallway behind  
the sanctuary and also under the stairwell leading to  
the children's classrooms. Be sure to tie the shoes  
together, put them in a bag or box, or simply put a  
rubberband around them. Thank you!



**Newsletter: Communication  
is key!**

We've gotten some feedback  
that emailing the newsletter  
may not be working for  
everyone. While we want to  
be frugal, it is also important  
that folks also read the  
newsletter. So, we are  
offering 2 options to make print copies available to  
you. We will have copies of the newsletter in the  
church office and near the sanctuary for you to pick  
up. We'll run a small amount at a time and restock  
as we see a need. Or, if email just isn't working for  
you, let the church office know and we will add  
your name back to the mailed copies.  
Communication is key to our ministry success and  
the newsletter is one of our greatest tools!



We will be participating in Epworth's

**Christmas! We have agreed to fill the stockings for 88 residents of Epworth. In order to keep the stockings on the same level for each cottage, we have purchased the stockings and are asking you to fill them! A sampling of the items needed to fill the stockings include:**

**Candy, Snacks, Chapstick, Hand sanitizer, Hair Ties, Nail Polish, Gloves, Wallet, DVD's, Socks, Umbrella, Deodorant, Gum, Earbuds, Mini Flashlight, Pez Candy, Beef Jerky, Card Games, Small Nerf Gun.**

**Please buy sets of 12 of everything you buy. For example, pick one thing and buy 12 of them.**

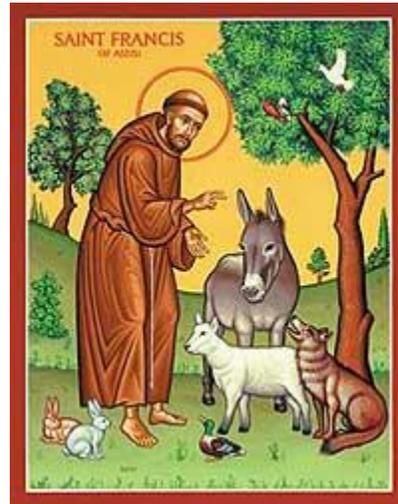
**After we receive the items, we plan to have a "stuffing party" to fill the stockings.**

**To eliminate duplicates, Laura Derrick will be coordinating this effort and will have more information in the upcoming weeks.**



## **MAINTENANCE**

**Help us in maintaining this old historical church! If you see a leak, a toilet running, the icemaker down or any type of maintenance issue, please report it to Joe Norvaro, Chair of Trustees or any other Trustee member (Donnie Laird, Justin Blackwelder, Mary Jim Gunter, Callie Bell, Paul Dove, Tricia Drake, or Doug Williams). Thank you!**



## ***Blessing of the Animals***

A Blessing of Animals witnesses to God's and the Church's love, care, and concern for creation. This special service invites us to recognize our mutual

interdependence with God's creatures and strengthens the Church's witness of stewardship of creation. We are charged with caring for animals and all of creation. This casual service is held outdoors, is short and usually filled with a few laughs as who knows what the animals might do! See you Sunday October 14th at 2:00pm.



## **Calling all Liturgists**

Do you like to read aloud or speak in front of a group? Have you ever wanted to help lead worship? Then being a

liturgist might be a great niche for you at First UMC!

Liturgists help lead worship by leading announcements, reading the call to worship, announcing hymns and leading prayers.

We are looking to create a team of liturgists at FUMC. If you are interested please let the church office know by October 11th. Our first training will be October 14 at 1:00 p.m. time in the sanctuary.

Liturgist is a one year commitment. Depending on the number of volunteers you may serve monthly or quarterly.



2018

Sunday School 10:00 am  
 Children's Music Ministry – 10:30 am  
 Worship Service – 11:00 am

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>1</b>	<b>2</b>	<b>3</b> Choir Practice 7:30 pm	<b>4</b> Blessing Box Distribution 8:00 am	<b>5</b>	<b>6</b>
<b>7</b> *Wilson  Confirmation Field Trip - Noon	<b>8</b> Red Cross Blood Drive 2:00 – 7:00 pm	<b>9</b>	<b>10</b> SPRC 6:00 pm Choir Practice 7:30 pm	<b>11</b>  Deadline to sign up for Liturgist – by Noon	<b>12</b>	<b>13</b>
<b>14</b> *Taylor  Liturgist Training – 1:00 p.m.  Blessing of the Animals 2:00 pm	<b>15</b>	<b>16</b> Finance 6:00 pm	<b>17</b> Choir Practice 7:30 pm	<b>18</b> Susanna Wesley 7:00 pm	<b>19</b>	<b>20</b>
<b>21</b> *Derrick  History Sunday	<b>22</b>	<b>23</b> <i>Men's Club</i> 6:30 p.m.	<b>24</b> Administrative Council 6:00 pm Choir Practice 7:30 pm	<b>25</b> Pastor Meg to Evolve Conference	<b>26</b> Pastor Meg to Evolve Conference	<b>27</b> Pastor Meg to Evolve Conference
<b>28</b> *Blackwelder  Stewardship Sunday  Confirmation Field Trip - Noon  Pastor Meg Baby Shower 4:00 p.m.	<b>29</b>	<b>30</b> Clergy Orders 9:30 am	<b>31</b>			

\*Acolytes

Pastor's Contact Information: Email:

[lstumcpastor@gmail.com](mailto:lstumcpastor@gmail.com)

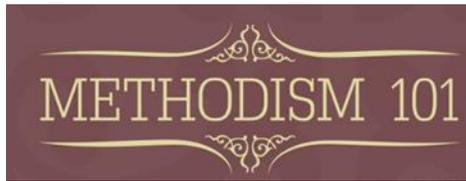
Phone: 828-442-6032

Blog: [cultivatefaith.blogspot.com](http://cultivatefaith.blogspot.com)

Pastor's Office Hours: Monday, Wednesday,

Thursday 8:00 am-12:00 pm

Tuesday, out of office for Lectionary meetings



## Meg On Methodism

### What does lectionary mean?

The lectionary or the revised common lectionary is a pre-selected collection of scripture readings from the Bible that can be used in worship, study, and theological reflection. The Revised Common Lectionary follows the liturgical year in a 3-year cycle and provides scriptural recommendations that compliment the current season of the liturgical year. There are usually 4 recommendations: an Old Testament selection, a poetry/psalms or wisdom text, a letter from the New Testament and a selection from the Gospels.

When it says on the calendar that Pastor Meg is at a lectionary meeting; this a weekly gathering of clergy who meet to discuss which of the 4 passages or pericopies (fancy word for scripture selection) they will be teaching that Sunday. Pastor Meg’s group happens to be a group of clergy women lead by Rev. Tiffany Knowlin and meets in Columbia most often at Wesley UMC on Gervais Street. “This weekly time has been a powerful asset in honing my preaching skills and providing support from other sister clergy in the midst of ministry,” says Pastor Meg.

**We aren't called  
to fill the pews  
with members;  
we are called  
to fill the world  
with disciples.**

Sally L. Senter



### Confirmation Calendar and what to expect:

#### October 7 Sunday School 10:00am-10:50am

RE:Form Lesson #2, Be prepared to get a little messy. Like seriously, wear play clothes and bring a change of clothes for worship. Baby wipes will be provided.

#### FIELD TRIP: After church-about 2:00pm

Pack a lunch and then we’ll head to our mystery location. No special clothes or prep needed.

#### October 28 Sunday School 10:00am-10:50am

RE:Form Lesson #3 Be prepared to paint. Dress accordingly. Bring a change of clothes.

#### October 28 FIELD TRIP: After church-about 3:00pm

Pack a lunch and then we’ll head out. Did you know that our early Methodist Ministers were circuit riders.this means they logged more hours on horseback than in the pulpits because they traveled all over our country spreading the gospel. So, we’re in solidarity with these brave souls we’re going horseback riding.

#### November 4 Sunday School 10:00am-10:50am

RE:Form Lesson #4 You’ll stay clean this week.

#### FIELD TRIP: After church-about 2:00pm

Pack a lunch and then we’ll head to the Baseball Diamond at Garden Street Ballfield then on to Frank and Barbara Martin’s pond.

#### November 18 Sunday School 10:00am-10:50am

Revisit Church history, church year, Lord’s Prayer, Apostle’s Creed, review church terms (vocab words) and make sure you are ready to be confirmed.

#### FIELD TRIP: After Church-about 4:00pm

Pack a lunch OR we can vote as a class to eat out. We’ll head to our Conference office and Epworth Children’s Home. We’ll have a tour at Epworth. Drivers needed.

#### December 2 Sunday School 10:00am-10:50am and it’s Confirmation Sunday

Rehearsal for 11:00am Worship as Confirmands and mentors participate in leading worship and will join the church. Cake reception for our confirmands in the fellowship hall following worship.



**Mildred Gustafson**

By

Milton and Jane Hinnant

**Jane Lucas**

By

Milton and Jane Hinnant

Wanda Neese, Laura and Berkley

Bill and Margaret DuBard

Kenny and Patsy Black

Curlee McMaster Douglas Jennings Circle

Peggy Ayers

Tommy and Margaret Richardson

Don and Mary Jim Gunter

FUMC Women

Wilbur and Barbara Douglas

Jim and Esther Baughman

Bill and Shirley Bittinger

Brent Dorrier

David Allen

Frances and Roy Barnett

Eddie and Sallie Kate Watford

Brad and Sallie Williams

William G. and Betsy Stevenson

**Bobby Johnson**

By

Don and Mary Jim Gunter

William G. and Betsy Stevenson

**Martha Chapman**

By

Tommy and Margaret Richardson

**Esther Gunter**

**Dr. Daniel (Steve) Goudelock**

By

Larry and Nancy Stevenson

**Vern Amick**

**Camilla McDonald**

**Ether Walters**

**Esther Gunter**

**Frank Blair**

**Perry Bonds**

**Polly Parker**

**Perry Anne Renwick**

**Catherine Arnette**

By

Bill and Linda Haslett

**LaWanda Dove**

**Bill Davis**

By

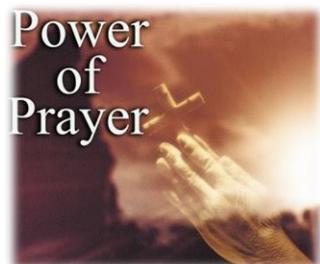
Don and Mary Jim Gunter

**Bill David**

**John Cathcart**

By

Jackie and Martha Wilkes



**Prayer chain**

One of the tasks the SPRC has asked me to tackle this fall is our congregational prayer life, specifically the prayer chain. Prayer needs will be shared through an old fashioned phone chain; a need will be called into the church office and that will initiate a phone tree. Barbara Douglas and I are carefully creating a prayer chain team; as well as a system to allow folks to opt-in (meaning give their permission)

for their prayer need to be shared. We want to protect privacy and avoid the pitfall that the prayer chain becoming a gossip tool.

The prayer chain would be used on an "as needed" basis, so not a lot of phone calls for those wishing to be on the prayer team. We are looking for folks who are serious and committed about praying for our church members and community who would like to be a part of the newly forming prayer team at First United Methodist Church Winnsboro. If you are interested in being a part of this team, please call the church office. We're not looking for a large team but once we have enough folks I will call a meeting and we'll go over logistics.

## **FIRST UMC MEN'S CLUB**

On Saturday, November 17, the First UMC Men's Club plans to sell smoked turkey breasts and hams as our annual fundraiser. As you plan your Thanksgiving meals, please remember that these goodies will be available on a pre-order basis via tickets from any member of the Men's Club. We hope to sell the smoked items for \$25 or \$30, depending on market costs at that time.

Our annual fundraisers enable us to provide contributions to such service organizations as Fairfield Salkehatchie, the Fairfield Community Food Bank, Epworth Children's Home, and other local charities, depending on perceived needs and funds raised.



**We are Roaring with Excitement!**

**A Baby Boy Is On the Way!**

Join us for a Drop In Baby Shower Honoring  
Pastor Meg and John

**Sunday, October 28, 2018 4:00 p.m – 5:30 p.m.**

First United Methodist Church Fellowship Hall

Registered at Amazon Baby Registry

<https://www.amazon.com/baby-reg/meghans-cook-january-2019-winsboro/2Q1M0C33GGNHY>



# FAN

(Faith and Nutrition)



**10 tips**  
Nutrition  
Education Series



## get the facts to feel and look better



**10 tips for men's health**

Take charge of your eating habits by choosing the types and amounts of foods you need. Make your food choices a priority and be physically active so you can be the healthy man you want to be.

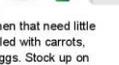
### 1 magic foods do not exist

There's no magic food or way to eat. There are some foods men need to eat such as vegetables; fruits; whole grains; protein foods like beans, eggs, or lean meats; and dairy like 1% milk. You'll get nutrients you need for good health—including magnesium, potassium, calcium, vitamin D, fiber, and protein.



### 2 if it's there, you'll eat it

Keep healthy foods in your kitchen that need little preparation. Keep your fridge filled with carrots, apples, oranges, low-fat yogurt, and eggs. Stock up on fresh, canned, or frozen vegetables and fruits, lean meats, canned beans, and tuna or salmon. Find healthier heat-and-eat options to replace heating up a frozen pizza.



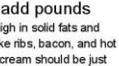
### 3 whole grains help you feel full

Make sure half your grains are whole grains. Whole grains can help give a feeling of fullness and key nutrients. Choose whole-wheat breads, pasta, and crackers; brown rice; and oatmeal instead of white bread, rice, or other refined-grain products.



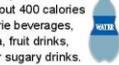
### 4 build habits that don't add pounds

Cut calories by skipping foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Cakes, cookies, candies, and ice cream should be just occasional treats. Use smaller plates to adjust the amount of food you eat.



### 5 water is your friend

Water is a better choice than many routine drink choices. Beverages can add about 400 calories a day to men's diets. So limit high-calorie beverages, including those with alcohol. Skip soda, fruit drinks, energy drinks, sports drinks, and other sugary drinks.



### 6 find out what men need to eat

Men's energy needs differ from women's needs. Find exactly *how much* and *what* foods you need, based on your height, weight, age, and physical activity level at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).

### 7 get beyond survival cooking

Start cooking more often. Try steaming vegetables, roasting a chicken, and making a tasty veggie sauce for spaghetti from scratch. Eating your own home-cooked meals allows you to control what and how much you eat.



### 8 wise-up about what's in food

Use both Nutrition Facts and ingredient labels to discover what nutrients foods and beverages contain. Cut back on foods that have sugar or fat as the first ingredient. Use SuperTracker's **Food-A-Pedia** to compare more than 8,000 foods.

### 9 sweat is not bad

Be active whenever you can. Have friends or family join you when you go for a long walk, bike, or jog. Vary activities to stay motivated. Set a goal of 2½ hours or more of moderate physical activity a week. Include strengthening your arms, legs, and core muscles at least 2 days a week. Being active just 10 minutes at a time makes a difference.



### 10 fill your plate like MyPlate

Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). MyPlate is based on the Dietary Guidelines for Americans ([www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov)).



**10 tips**  
Nutrition  
Education Series



## make better food choices



**10 tips for women's health**

Make yourself a priority and take time to care for yourself. ChooseMyPlate.gov helps you choose the types and amounts of food and beverages you need. And, make time to be physically active, so you can do the things you want to do.

### 1 find out what you need

Get personalized nutrition information based on your age, gender, height, weight, and physical activity level. **SuperTracker** provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).



### 2 enjoy your food but eat less

Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food.

### 3 strengthen your bones

Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soymilk to help strengthen bones. Be sure your morning coffee includes fat-free or low-fat milk.



### 4 make half your plate fruits and vegetables

Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.



### 5 drink water

Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

### 6 eat whole grains more often

Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.



### 7 learn what is in foods

Use both ingredient and Nutrition Facts labels to discover what various foods contain. SuperTracker's **Food-A-Pedia** makes it easy to compare nutrition information for more than 8,000 foods.

### 8 cut back on some foods

Cut calories by cutting out foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream as just occasional treats.

### 9 be a better cook

Try out healthier recipes that use less solid fat, salt, and sugar. Eat at home more often so you can control what you are eating. If you eat out, check and compare nutrition information. Choose healthier options such as baked chicken instead of fried chicken.

### 10 be active whenever you can

Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance. Don't forget to do some muscle strengthening activities twice a week.



Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider and employer.

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

DG TipSheet No. 33  
January 2014

Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider and employer.

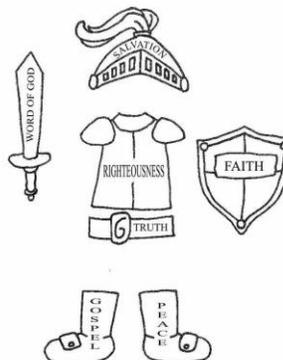
Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

DG TipSheet No. 35  
January 2014

## What's Happening Around First United Methodist Church



Thank you to our model, Mr. Eddie, for showing us the new church uniform. Put on the Armor of God. Eph. 6 10-20.





**First United Methodist Women had huge success at the Big Grab Yard Sale. One of their many donations was a \$500 check to Rev. John Holler, President of Epworth Children's Home.**



**While Rev. Dr. Holler was here, he also gave the message to the congregation and one to the children.**



**3<sup>rd</sup> Graders, Carson Taylor and ILenna Derrick receive Bibles from Pastor Meg.**

**THE FIRST WORD**

**October 2018**

First United Methodist Church of Winnsboro, South Carolina

Church Office 635-4087



*Seek God, Love All People, Change the World*