

# Messenger

## St. Mark's United Methodist Church

1902 Vance Jackson San Antonio, TX 78213 210-344-8393

### **Things to Remember:**

- † Staff Meeting, Monday Aug 6 @ 1:00 pm
- † Trustee's Meeting, Thursday Aug 9 @ 7:00 pm
- † Children's Church, Sunday Aug 12 @ 10:45 am
- † Children's Message, Sunday Aug 19 @ 10:45 am
- † Finance Meeting, Monday Aug 20 @ 6:30 pm
- † Admin Council, Monday Aug 20 @ 7:00 pm
- † Children's Church, Sunday Aug 26 @ 10:45 am
- † Praise & Bible Study will resume Wednesday, Aug 22

"Above all sing spiritually. Have an eye to God in every word you sing. Aim at pleasing Him more than yourself, or any other creature."

~ John Wesley

# BACK-TO-SCHOOL SUPPLY DRIVE

St. Mark's UMC is supporting
Arnold Elementary School once again
with supplies and uniforms.

Monetary and supply donations will be collected July 29 - August 9.

Thanks for your participation!





Ushers / Flowers / Liturgists	2	Notes, Food Pantry, Garden	7
Stewardship	3	Thanks, Bunco	8
Pastor's Message	4	Healthy Tips	9
Calendar (August)	5	Bean Counters	10
Children, School Supplies List	6	Prayers / Birthdays / Anniversary	11



Follow us on Facebook! http://www.facebook.com/pages/St-Marks-United-Methodist-Church/217072428313881?ref=hl



SUNDAY SCHOOL	6/17/2018	6/24/2018	7/1/2018	7/8/2018	7/15/2018
Youth	6	4	5	5	3
Adults	15	14	16	16	15
Total SS	21	18	21	21	18
WORSHIP					
Sunday	53	47	56	45	50
Wednesday Night	4		July 4th Holiday	Suspended resume	will August 22



Tom Jack, Bob Bailly, Bob Mace, Braden Somerville



### **Altar Flower Calendar Openings**

August 12 - 2 openings

August 26 - 2 openings

(Arrangement can be donated for only \$30.)



August 12 - Lillian Herrera

August 26 - Brianne Somerville



August 5 Leticia Mercado

August 12 Joanne Green

August 19 Dorothy Mace

August 26 Melinda Molina

### With Your Help The United Methodist Church is Making a Difference

RETIRED VETERAN TRAVELS WESTERN U. S. MAKING DELIVERIES FOR UMCOR DEPOT.

There's no grandiose story about how Steve Matthews came to be the road warrior that he is – traveling through the deserts, mountains and coastline of the western United States – to deliver supplies and relief kits to the United Methodist Committee on Relief Salt Lake City Depot.

He's just a retired guy from Albany, Oregon, who happened to have a truck.

"I don't want to know how much money I've spent," Matthews said. "I don't want to know how many miles I've put on my truck."

After retiring seven years ago having spent time in the Marines and as a millwright, Matthews was on his own and attending Coburg United Methodist Church outside of Eugene. Perhaps sensing Matthews' desire to find a hobby postretirement, his pastor, now retired Rev. Gary Powell, invited him to make a trip to the Salt Lake City UMCOR Depot with a team from the church – and to bring his truck.

"He was able-bodied and retired," Powell said. "I really saw that he had a passion for this mission trip. I never imagined that it would become a hobby/avocation/ministry of his."

Matthews jokes that Powell "forced" him to make that first trip. But it was clear, both to Powell and Matthews, that he was hooked. Matthews said he was blown away by the generosity of the volunteers and the way UMCOR is structured so that donations go directly to the people in need – not program administrators.

He knew he wanted to do more, so he worked with Donna Waltman, <u>Oregon-Idaho Conference</u> UMCOR Depot liaison, and began volunteering to pick up UMCOR kits – be it hygiene, cleaning or school – at various locations across the Conference.

Brian Diggs, coordinator of the Salt Lake City Depot, said he and Matthews hit it off right away during his first trip and a friendship was formed.

Diggs said the depot is always in need of volunteers willing to make runs to pick up supplies at various hubs throughout the



west, but it was Matthews who volunteered to drive more than just the roads of Oregon and Idaho.

At first Diggs hesitantly asked Matthews if he could travel outside of Oregon, and he was more than willing. Soon Matthews was getting calls to head to Seattle, Albuquerque, Sacramento, San Diego, Phoenix and everywhere in between.

"He's been a great help to us," Diggs said of Matthews. "He's the only one doing this right now (in the western region). People have really come to depend on him."

Matthews passion for this work only seems to keep growing.

"The Methodists in every church I visit, they're just amazing," Matthews said.

It's really the churches making the kits and the volunteers who come to the UMCOR depot who deserve the credit, in his eyes.

"It's about the people," he said. "I thank them for all the work they do."

Kristen Caldwell, UMCOR

One of six churchwide Special Sundays with offerings of The United Methodist Church, <u>UMCOR Sunday</u> calls United Methodists to share the goodness of life with those who hurt. Your gifts to UMCOR Sunday lay the foundation for the United Methodist Committee on Relief (UMCOR) to share God's love with communities everywhere. The special offering underwrites UMCOR's "costs of doing business." This helps UMCOR to keep the promise that 100 percent of any gift to a specific UMCOR project will go toward that project, not administrative costs. <u>www.umcgiving.org</u>

## From Rev. Maria Soto's Desk

August 2018



Congratulations to all the graduates! You did it! Graduation is an exciting time. We praise you for your efforts, and send good wishes too, for a future filled with happiness.

I hope that all of you are enjoying the summer! To those who are getting ready to go back to school or college, enjoy the last few days you have before beginning this school year. Proverbs 1:8-9 says; 

My child, listen when your father corrects you. Don't neglect your mother's instruction. 
What you learn from them will crown you with grace and be a chain of honor around your neck.

### Back to School Blessing

Dear Heavenly Father,

For all the children returning to school, send your Holy Spirit as their guide and protector.

Keep them free from danger and unnecessary harm. Put our sons and daughters in the right place, at the right time, to receive your grace. Let them learn and grow strong. May the presence of your Spirit fill their hearts. Help us to mature as parents and caregivers.

Bless every family, oh Lord.

We entrust our children to you, dear God. Since from the beginning, they are yours to keep.

In the name of the greatest Son of all, Jesus Christ. Amen.



To

Psalm 24:1 says; <sup>1</sup> "The earth is the LORD's, and everything in it. The world and all its people belong to him."

The whole world belongs to God, its inhabitants also. He made it, and he is its sole Owner and Master. The earth is full of God; He is active in our world. Let us discern where God's grace is present and moving in our community and in every human being we encounter. We belong to God. He is with us.

Peace be with you. Rev. Maria R. Solo

Pastor Soto will be attending courses required by the Conference this summer. Courses are held at SMU (Dallas) July 29 - August 4; August 12 -18. Please keep her in your prayers.

## August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S M T W T 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 31	6 7 13 14 2 3 20 21 9 10 27 28 16 17	Sep 2018  T W T F S  1 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29	1:00 PM Food Pantry (FH) Pastor - SMU, Dallas	2 10:00 AM Exercise (FH) Pastor - SMU, Dallas	3 Office Closed Pastor - SMU, Dallas	4 8:00 AM Saturday Moming Reunion Pastor - SMU, Dallas
5 9:15 AM Sunday School 10:30 AM Worship 11:30 AM Choir Practice	10:00 AM Exercise (FH) 1:00 PM MS Yoga (FH) 1:00 PM Staff Meeting 7:00 PM Boy & Cub Scouts (SH)	6:30 AM ROMEO's 10:00 AM Exercise (FH) 6:30 PM KAIROS Torres Council (FH)	8 1:00 PM Food Pantry (FH)	9 10:00 AM Exercise (FH) 7:00 PM Trustees (FH) Supplies Drive Deadline	10 Office Closed	8:00 AM Saturday Moming Reunion
12 9:15AM Sunday School 10:30AM Worship 10:45AM Children's Church (CH) 11:30AM Choir Practice Pastor - SMU, Dallas	13 10:00AM Exercise (FH) 1:00 PM MS Yoga (FH) 7:00 PM Boy & Cub Scouts (SH) Pastor-SMU, Dallas	14 6:30 AM ROMEO's 10:00 AM Exercise (FH) Pastor - SMU, Dallas	15 1:00 PM Food Pantry (FH)  Pastor - SMU, Dallas	16 10:00 AM Exercise (FH) 10:00 AM New sletter Deadline 11:00 AM Nutritional Potluck (FH) Pastor - SMU, Dallas	17 Office Closed Pastor - SMU, Dallas	8:00 AM Saturday Moming Reunion 8:30 AM HOLD (FH Pastor-SMU, Dallas
9:15 AM Sunday School 10:30 AM Worship 10:45 AM Children's Message 11:30 AM Choir Practice	20 10:00AM Exercise (FH) 1:00 PM MS Yoga (FH) 6:30 PM Finance Meeting (FH) 7:00 PM Admin Council (FH) 7:00 PM Boy & Cub Scouts (SH)	21 6:30 AM ROMEO's 10:00 AM Exercise (FH)	22 1:00 PM Food Pantry (FH) 6:30 PM Praise & Bible Study (FH)	9:00 AM Newsletter Mailout (YAMS) 10:00 AM Exercise (FH)	24 Office Closed	8:00 AM Saturday Moming Reunion 5:30 PM End of Summer Ice Cream Social & Game Night (FH)
26 9:15 AM Sunday School 10:30 AM Worship 10:45 AM Children's Church (CH) 11:30 AM Choir Practice Noisy Offering	27 10:00 AM Exercise (FH) 1:00 PM MS Yoga (FH) 7:00 PM Boy & Cub Scouts (SH)	28 6:30 AM ROMEO'S 10:00 AM Exercise (FH) 6:00 PM SA Needlework Guild (FH)	29 1:00 PM Food Pantry (FH) 6:30 PM Praise & Bible Study (FH)	30 10:00 AM Exercise (FH)	31 Office Closed	

### "LET THE LITTLE CHILDREN COME TO ME"

Children at St. Mark's UMC are very much a part of our worshiping community. Here are opportunities for age-appropriate worship, Bible lessons, activities, praise music, and fun!

<u>CHILDREN'S CHURCH</u> on the second, fourth and fifth Sundays of each month at 10:45 a.m.



<u>CHILDREN'S MESSAGE</u> on the third Sunday of each month during Sunday worship. All children are invited to the front of the sanctuary for a brief, simple message (or mini sermon) keeping our younger worshipers in mind.



Can you believe the 2018-2019 school year is just around the corner? Although most students are still on summer vacation, many stores are already preparing for the upcoming school semester.

We have an opportunity again to be a blessing to the children at Arnold Elementary. If you are able to donate supplies, check the list below for items needed. If you are able to give a monetary donation, make check payable to ST. MARK'S UMC with a note indicating it's for School Supplies.

If you are unable to help with either type of donation, PLEASE pray...pray for students, parents, teachers, administrators, staff, cafeteria workers, security personnel, custodial workers, etc.



- $\Rightarrow$  1 3-ring folder
- ⇒ 6 pocket folders (various colors)
- $\Rightarrow$  1 box of crayons (16 ct)
- ⇒ 1 package of #2 pencils
- ⇒ 4 spiral notebooks (70 pages, wide ruled)
- ⇒ 1 large spiral notebook (4 part)
- $\Rightarrow$  1 bottle of school glue (8 oz)
- ⇒ 1 pair of scissors (blunt end)
- $\Rightarrow$  1 large box of tissues
- $\Rightarrow$  2 erasers (soft pink)
- ⇒ 1 package of loose-leaf notebook paper (wide ruled)
- ⇒ 1 box of colored markers

Supplies may be dropped off in the sanctuary or in the church office. A donation box will be placed in both locations. Thank you for your generous support and your prayers!

# **NOTES AND NOTICES**

### Don't forget our Food Pantry!

- ♥ Rice, Beans,
- ♥ Spaghetti, Pasta Sauce
- ▼ Macaroni & Cheese
- ♥ Cans of Tuna, Chicken, Spam
- ♥ Cans of Fruit
- ♥ Boxes or bags of Cereal
- Cans of Soup, Stew, Chili...
- Instant Mashed Potatoes
- ♥ Canned Vegetables
- Cooking Oil



Noisy Offering the last Sunday of every month! Marcos Barrientos is relatively new to St. Mark's but he is quickly getting involved with many of our service projects. You may have seen him leading children's activities during Vacation Bible School or helping distribute food bags to our neighbors through the St. Mark's Food Pantry on Wednesdays.



Marcos also serves the community through many activities with the Hispanic Chamber of Commerce and through the Citizens on Patrol Program with the Dellview Area Neighborhood Association.

He is a graduate of Luther Burbank High School and San Antonio College, with an Associates Degree in Business Management. He is employed with New York Life as a Licensed Agent.

He specializes in personal financial goal setting, college funding, retirement planning, life insurance, and long term care planning.

Marcos and his wife, Samantha, live in the Dellview Area, and he can be reached at (210) 602-0557 if you need assistance in developing family financial planning and creating legacies for the future.



Our Dellview Community garden, which has both community and church participants, got off to a great start in early spring. We had different types of tomatoes, peppers, and beans, as well as black eyed peas, Swiss chard, Brussel spouts, melons and strawberries.

Some grew herbs, while others beautified the area with flowering plants!

Then the brutal heat came, as did pesky insects and way too much rain in a short period of time. Some are trying to save what they have, others looking to the fall season to start again.

Aside from providing exercise and healthy veggies, the garden is also a place to meditate, pray, and appreciate the beauty that is the Lord's creation.

Thanks to all who put in time and effort to help maintain such a peaceful corner of our St. Mark's campus.

(Melinda Molina)

"The earth is the Lord's and all that is in it, the world, and those who live in it;" Psalm 24:1



### **END OF SUMMER**

Ice Cream Social & Game Night Saturday, August 25, 2018 @ 5:30 p.m.





#### Dear St. Mark's Friends:

Thank you so very much for the prayers and cards during my recent surgery and rehab. A special thanks to **Dorothy Mace** for her visits and for being my caregiver on several occasions.

In Christian Love, Joyce Codd

A big thanks to **Bob Bailly** for stepping in to help while Johnny Mendoza took a few days off for a family vacation. Bob is always ready and willing to lend a hand to help keep our church clean. Good job, Bob!





Extending our sincerest appreciation and gratitude to **Joseph Scutti** for many years of music ministry at St. Mark's UMC. Joseph will no longer continue to serve as organist/pianist. Please keep him and the Scutti family in your prayers. Joseph, may the Lord bless you and keep you! "Make a joyful noise to the Lord, all the earth." Psalm 100:1

#### LADIES BUNCO & SALAD LUNCH (Melinda Molina)



What a fun time was had on July 7 by the women who came to play bunco and feast on a variety of salads and desserts! We saw and visited with familiar faces and welcomed a few newcomers,. What a treat! To get things started, we were treated to a witty, comical performance by a group of ladies who call themselves the Madhatters. They sang, joked, and entertained us with their talent and enthusiasm. All of the food was delicious and was beautifully set to a wonderful patriotic theme.



A heartfelt thank you to the members of the Esther Circle for putting together such a wonderful gathering of fellowship with our friends and sisters



in Christ who were all trying their best to roll sixes!

"Therefore encourage one another and build one another up, just as you are doing." 1 Thessalonians 5:11



## **New Hypertension Guidelines**

The *new* definition of hypertension has changed now classifying a blood pressure of 130/80 instead of 140/90 as being Hypertensive (High blood pressure) thereby intervening earlier with treatment.

People usually associate a heart-healthy diet with eating less sodium, or salt. But consider eating more potassium, rather than only focusing on avoiding salt.

**Potassium** can be a secret weapon when thinking of heart health, managing blood pressure and improving systems in the body.

Why potassium? Sodium seems to get all the attention, but sodium and potassium work closely together and potassium is just as important.

In a process known as the "sodium potassium pump"; a delicate balance of moving these two electrolytes back and forth, is an essential part of how our cells function. Increased perspiration can disrupt this delicate balance.

It's estimated that 90.7 percent are eating more than 2300 mg **about one teaspoon** a day of sodium per day, which is the tolerable upper limit level and what's affecting the health of so many.

While **sodium-rich** sources are often in **packaged foods**, **potassium sources** are **whole foods**, often found in fruits and vegetables

Focusing on incorporating high potassium foods in a daily eating plan, while decreasing overall sodium intake can improve this important balance between these two key nutrients. Below is a list of foods that have potassium to get started.

- Avocado
- Winter squash such as acorn squash or butternut squash
- Greens such as spinach and Swiss chard
- Potatoes with the skin such as yams and Idaho potatoes
- Fish such as salmon and sardines
- Dried fruits such as apricots and prunes
- Beverages such as coconut water and carrot juice
- Legumes such as white beans, lima beans and black beans
- Fruits such as banana and grapefruit

-- Sandra Montes, Wesley Nurse



#### SOUNDS FROM THE BEANCOUNTERS

The following provides the financial overview for the month of June 2018.

Operating Cash balance at 5/31/2018		
Non-Designated Contributions - June		
Operating Expenses:		
Council on Ministries	1,443	
Special Mission Giving	0	
Mission Giving	299	
Administration Expense	0	
Trustees	5,031	
Pastor's Compensation	4,909	
Lay Personnel Compensation	6,576	
		18,258
Other Income/(Expense)		1,147
Operating Cash balance at 6/30/2018		

#### Comments:

June receipts were \$713 higher than budgeted, and \$2,534 lower than June 2017. Year-to-Date receipts are \$6,713 higher than budgeted, while trailing 2017 by \$10,883.

June operating expenses were \$3,544 less than budgeted and \$5,238 lower than June 2017. In June all expense categories are lower than budgeted other than Council on Ministries, Which incurred expenses relating to sending two members to the conference meeting in Corpus Christi. We did not make a Mission Giving payment in June other than the amount drafted by the Rio Texas Conference.

Other income in June was \$370, \$1,946 lower than budgeted. Year-to-Date other income is unfavorable \$4,304.

Our operating cash balance on June 30, 2018 was \$6,701.

It is promising to see our contributions higher than budgeted and our operating expenses less than budgeted.

The Finance Committee asks you to review your level of support to St. Mark's, and ask that you keep St. Mark's in your prayers.

God Bless you all.

## ST. MARK'S BUZZIN'S . . .



**Bob Ailerson** Alice Logan Larue Bashaw Jill Anderson Michael Mendoza Frances Mendoza Family of Corine Kennedee Bailey Eric Miletti Patty Braselton Will Schuetze Reyes Kylee Brown Kirk Tomerlin Rosalinda Cavazos Megan Brown Kathryn Wilson Pastor Maria Soto **Bucky Coley** Scutti Family Esdras Cuervo Gertrude Johns Children all over the Svlvia Gonzales Mavis world



August 7 Jim & Judy MILLER

August 19 Craig & Linda KING

NON-PROFIT ORG. U.S. POSTAGE PAID SAN ANTONIO, TX PERMIT NO. 1632

### St. Mark's United Methodist Church 1902 Vance Jackson - San Antonio, Texas 78213-4455 (210) 344-8393 stmarksumc@grandecom.net

Current Resident Or:

AND TO ENCOURAGE ALL TO LIVE IN THE WORLD AS

CHRISTIAN DISCIPLES

INDIVIDUALS AND GROUPS IN OUR COMMUNITY TO STRIVE TO IDENTIFY AND SERVE THE NEEDS OF

YOUTS GNA, 91HS

THROUGH OPPORTUNITIES FOR FELLOWSHIP, WOR-TO NURTURE THEM IN THE CHRISTIAN FAITH SON, JESUS CHRIST

PERSONAL RELATIONSHIP WITH GOD THROUGH HIS

TO HELP ALL PERSONS DEVELOP AND STRENGTHEN A

**MISSION STATEMENT** 

Sandra Montes **MESLEY NURSE** noseby screet **DRGANIST** Carolyn Hahn CHOIR DIRECTOR Lillian Herrera **SECRETARY** 

8:30 a.m. - 2:30 p.m. Monday—Thursday CLOSED on Friday

Johnny Mendoza

Rev. Maria Soto

www.stmarksumcsa.com

PHONE (210)344-8393 FAX (210)344-8397

szwarkspastor@grandecom.net etmarksumc@grandecom.net :etisdeW

**OFFICE HOURS** 

NAIGOTZUO

**AOTZA9** 

:lism3