



Messenger

St. Mark's
United Methodist Church
1902 Vance Jackson San Antonio, TX 78213
210-344-8393

Things to Remember:

- † February 12 & 26 - Children's Church
- † Matter of Balance Classes starting Wednesday, February 15th from 10:00 - 11:00 AM in the Fellowship Hall
- † Monday, February 20th - Finance Meeting @ 6:30 PM and Administrative Council @ 7:00 PM in the Fellowship Hall
- † Thursday, February 23rd - San Antonio Mobile Food Bank
- † Wednesday Praise @ 6:30 PM in the Fellowship Hall
- † **Luke 6:30-31** Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. Do to others as you would have them do to you. (NIV)

Food Pantry Report

Here is a report of what your generosity has done during the Fourth Quarter of 2016 regarding the activities of the St. Mark's Food Pantry.

During that time you donated 313 pounds of food to fill our Pantry shelves. You also donated \$251.42 in the "Noisy Offering." With your cash donations we ordered food from the San Antonio Food Pantry, where we can purchase much of what we use for just 15¢ a pound. And during those three months, we gave bags of food to 59 families. We calculate that the average family is comprised of three people, so we were able to provide food for 177 individuals to assist them for about three days during a time of crisis in their lives.

Thank you, St. Mark's, for your giving heart!



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

SERVING THE CHURCH

<u>Sunday School</u>	12/25	1/1	1/8	1/15	1/22
Children	NA	NA	0	0	0
Youth	NA	NA	3	2	3
Adults	NA	NA	20	17	24
Total SS	NA	NA	23	19	27
<u>Worship</u>					
Sunday *Christmas Eve	*93/45	61	56	61	71
Wednesday Service	NA	15	25	24	

FEBRUARY USHERS

Daniel Wilke, Zachary Wilke, Carl Swatzell

Altar Flower Calendar Openings



February 12	2 Openings
February 19	2 Openings
February 26	2 Openings
March 5	2 Openings
March 12	2 Openings
March 19	1 Opening
April 2	1 Opening
April 9	1 Opening

February Liturgists

February 5	Ann Brown
February 12	Susan Phibin
February 19	Joanne Green
February 26	Dorothy Mace



Apportionments - Q & A

Q: What are apportionments?

A: We stretch our resources through our distinctly United Methodist apportionment system of giving that financially underwrites United Methodist ministry and mission beyond the local church.

Apportionments is the term we use to describe the portion that each congregation contributes to the annual conference and general church operating budgets. Apportionments are one outward and visible sign of the connection within the United Methodist Church. This type of giving allows us to work toward our goal of making disciples of Jesus Christ for the transformation of the world and, like all giving to the church, is a way of sharing our blessings.

The 2012 United Methodist Book of Discipline talks about the World Service Fund and conference benevolences as being "basic in the financial program of the United Methodist Church. ...Payment in full of these apportionments by local churches and annual conferences is the first benevolent responsibility of the Church." Conference benevolences "represent the minimum needs for mission and ministry in the annual conference."

Q: What does it mean to "tith"?

A: The Bible talks about giving a "tith," or 10 percent. Proverbs 3:9-10a encourages us to "Honor the Lord with your substance and with the first fruits of all your produce; then your barns will be filled with plenty."

And in Malachi 3:10 we read, "Bring the full tith into the storehouse, so that there may be food in my house, and thus put me to the test, says the Lord of hosts; see if I will not open the windows of heaven for you and pour down for you an overflowing blessing."

Q: Who determines apportionment amounts?

A: The General Conference establishes budgets for the denomination's general funds. These are divided among annual conferences, based on a specific formula. Each conference, using its own approved formula, divides these fund requests, along with conference administrative and benevolence fund requests, among local churches.

Looking for a Handyman?
Johnny Mendoza
210-765-1869





From Our Pastor. . .

As I have been looking at what my life might be like after June, I have been more and more seeking to discern God's will for me in this next chapter of my life. Of course, I have a regular spiritual practice and prayer life, and I spend time each day both speaking to God and listening for God's voice throughout the day. However, as I embark on a countdown to retirement, I know that there are many things that I need to get in place; financial matters, signing up for medicare, getting insurance needs taken care of, etc. I also know that my general life is going to be different. For the first time in my adult life, I will not be going to work every day! Wow! I can't even begin to imagine what that might look like...I know that I'm going to be involved in some volunteer work, like volunteering as a chaplain in the hospital; also, I want to look at volunteering at other projects and organizations that are dear to my heart; and, of course, I want to spend some time traveling with Ann, visiting family and friends that we don't always get to see. But...what else?

I thought that you might perhaps be interested in one of the methods that I use in my prayer time as I seek God's guidance and direction. This method is loosely based on St. Ignatius of Loyola known as the examen of conscience. Basically, it is a time spent asking God to review our day with us. This method usually involves reviewing our day by asking God to look at our day with us. What does God show us about how the day went? What was important to God from your day? Talk to God about your day. I spend about 15 minutes (as few as 5 and as many as 30) doing this before going to bed. Then, upon arising the next day when I have some alone time, I reflect on how yesterday went and what I am asking God to help me do as I begin a new day. Are there amends that I need to make? Action that I need to take? Who should I see or talk to? What needs to be turned over to God to be sorted out in God's time and way? As Jesus points out, if we seek the Holy Spirit's guidance, we will find it. What a wonderful gift! Often I have found that maybe the best thing I can do about a situation is to do nothing at all except wait on the Lord to act; He always does.

The times that we are living in are full of change, transition and confusion. We must seek God's presence and purpose if we are to live the lives of faith to which we are called. Our church, as we are all aware, is undergoing fundamental change; not just in pastoral leadership but in our surrounding community, our financial situation, and our core constituency in our congregation. Without God's guidance, we will surely be lost and unable to deal with these challenges. We do, thankfully, have God's guidance! We just need to seek it, follow it and trust that God will be with us in all the challenges and changes that we are facing. "Do not fear, for I am with you, do not be afraid for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand." Isaiah 41:10 Thank you, Heavenly Father! And, thank you, Jesus!

God bless you,

Jay

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																					
<table border="1" style="margin: auto; border-collapse: collapse;"> <caption>Jan 2017</caption> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S	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					<table border="1" style="margin: auto; border-collapse: collapse;"> <caption>Mar 2017</caption> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>		S	M	T	W	T	F	S				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		<p style="color: red; font-size: 24pt; margin: 0;">1</p> <p>6:30 PM Praise Service (FH)</p> <p>7:00 PM Boy Scouts (SH)</p>	<p style="color: red; font-size: 24pt; margin: 0;">2</p> <p>10:00 AM Exercise (FH)</p>	<p style="color: red; font-size: 24pt; margin: 0;">3</p> <p>Office Closed</p>	<p style="color: red; font-size: 24pt; margin: 0;">4</p> <p>8:00 AM Saturday Morning Reunion</p>
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Sudden Cardiac Arrest Or Heart Attack: Know The Difference

(NAPS)—A little knowledge can be a lifesaving thing. Too often, people use “sudden cardiac arrest” and “heart attack” interchangeably, but they shouldn’t.

A heart attack is when blood flow to the heart is blocked and sudden cardiac arrest is when the heart malfunctions and suddenly stops beating unexpectedly. A heart attack is a “circulation” problem and sudden cardiac arrest is an “electrical” problem. Here are a few more facts it may be healthy to know:

What is a Heart Attack?

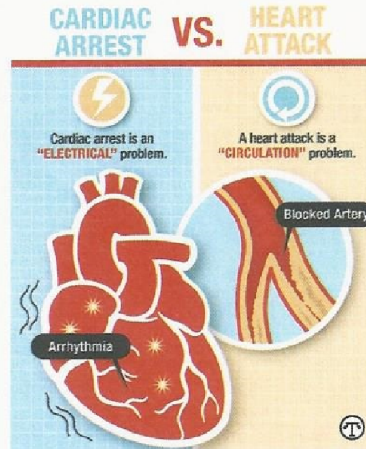
A heart attack occurs when a blocked artery keeps oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die. The longer a person goes without treatment, the greater the damage. Symptoms of a heart attack may be immediate and intense. More often, though, symptoms start slowly and persist for hours, days or even weeks before the heart attack. The heart usually does not stop beating during a heart attack. Symptoms can differ in men and women.

What is Cardiac Arrest?

Sudden cardiac arrest often occurs without warning. It’s triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot send blood to the brain, lungs and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

What is the link?

These two distinct heart conditions are linked. Sudden cardiac arrest can occur after a heart attack or during recovery. Heart attacks increase the risk for sudden cardiac arrest. Most heart attacks do not lead to sudden cardiac arrest but when sudden cardiac arrest occurs, heart attack is a common cause. Other heart conditions may also disrupt the heart’s rhythm and lead to sudden cardiac arrest. These include a thickened heart muscle (cardiomyopathy), heart failure, and arrhythmias, particularly ventricular fibrillation and long QT syndrome.



Fast action can save lives: It’s a good idea to know what to do if someone experiences a heart attack or cardiac arrest.

What to do: Heart Attack

Even if you’re not sure it’s a heart attack, don’t wait more than five minutes to call 9-1-1 or other emergency response number. Every minute matters. It’s best to call EMS to get to the emergency room right away. Emergency medical services staff can begin treatment when they arrive—up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance may get faster treatment at the hospital, too.

What to do:

Sudden Cardiac Arrest

Cardiac arrest is reversible in most victims if it’s treated within a few minutes. First, call 9-1-1 for emergency medical services. Then use an automated external defibrillator (AED) if one is available. Begin CPR immediately and continue until professional emergency medical services arrive. If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED.

Sudden cardiac arrest is a leading cause of death—nearly 360,000 out-of-hospital cardiac arrests occur annually in the United States. By performing immediate CPR, you can double or even triple a victim’s chance of survival.

Learn More

You can find further information about how to help save a life with CPR at www.heart.org/CPR.

Healthy Ideas

Fast action can save lives. It’s a good idea to know what to do if someone experiences a heart attack or cardiac arrest. You can learn how to help save a life at www.heart.org/CPR.

A little knowledge can be a life-saving thing. /// Sudden Cardiac Arrest Or Heart Attack—Know The Difference

NOTES AND NOTICES

Defensive Driving



DEFENSIVE DRIVING FOR SENIOR ADULTS (55+)

Are there any senior adults (age 55+) out there who would like to improve their skills at driving a car? The last time St. Mark's hosted such a defensive driving class was in November 2012, so your insurance rate that had been reduced due to the driving instruction has now expired. Patti Austin is assessing whether there is an interest for such an instructional, four-hour class, to be held at St. Mark's sometime in the near future. If you are interested, please see Patti at church and let her know what day and time work best for you. Or you can call the church office to leave your information. Remember, not only will you learn new strategies for keeping out of trouble on the road but a portion of your car insurance will be reduced for the next three years. Deadline for contacting Patti Austin to express your interest is February 5.

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



Don't forget our Noisy Offering the last Sunday of every month!



Thanks to all the volunteers who helped with our Mobile Food Pantry in December! We served 155 families. This would not be possible without all of you!!

Thanks!

Community Garden News

Hello from the Dellview Community Garden, located on the grounds of St Marks, directly behind Lovely Lane Hall. While things look a little bleak right now, we have high hopes for a productive spring of planting and harvesting. Our members are comprised of people from St Mark's , as well as several residents of our neighborhood. We are currently looking for two or three more people who would like to try their hand (or green thumbs) at growing organic vegetables and herbs. If you, or someone you know would like more information, please contact me at 210-724-5442.

Happy gardening!
Melinda Molina
Garden Steward



What is this *Bus Stop Ministry*?

Since November, Lillian Herrera and I have been interacting with a group of students that attend Whittier Middle School. As they wait for the bus to take them to school at 8:15, we arrive every Thursday at 7:30 to talk to them, listen to them, and yes, feed them! We have registered over 20 kids, but the number that shows up each week averages between 12 and 15.

These kids are fun, respectful, and very appreciative of the treats we bring them. We had our first activity in the gym during Christmas break, and are planning a second activity during Spring Break in March. We are slowly building relationships with these precious children of God.

We remain mindful that this is not our ministry, nor is it even St Mark's ministry, it belongs to the Lord, and He is blessing it abundantly. We ask that you keep the students, their families, and their school in prayer. If there is anyone out there with a heart for middle school kids, you are welcome to join us whenever you are able.

To God be the Glory,

Melinda

SOUNDS FROM THE BEANCOUNTERS

The following provides the financial overview for the month of December.

Operating Cash balance at 11/30/2016	8,156
Non-Designated Contributions - December	15,029
Operating Expenses:	
Council on Ministries	610
Special Mission Giving	200
Mission Giving	15,380
Administration Expense	404
Trustees	2,999
Pastor's Compensation	5,071
Lay Personnel Compensation	6,963
	<u>31,627</u>
Other Income/(Expense)	<u>8,952</u>
Operating Cash balance at 12/31/2016	<u>510</u>

Comments:

December contributions were \$1,239 lower than budgeted and \$12,200 lower than December 2015. For the total year, receipts are \$358 less than budgeted and \$19,467 less than 2015. This does not include Other Income which was \$67,000 less than budgeted and \$17,836 lower than 2015.

Operating expenses were \$6,229 unfavorable to the budget while \$4,968 less than 2015. All expense categories were favorable to budget for the month with the exception of Mission Giving which was \$12,286 higher due to paying our apportionments in total.

December had a cash outflow of \$7,416. Our monthly contributions continue to be lower than necessary to meet our monthly obligations. Our operating cash balance decreased to a positive \$510.

Through December, we have paid our apportionments in full.

The Finance Committee hopes the new year has started out positively for everyone. God Bless!



The Fear of Falling

Falls and Fractures
Are Preventable and
NOT a Natural Part of Age

A MATTER OF BALANCE is a class designed to help you increase your strength and balance and to decrease your fear of falling and increase your activity level.

These **FREE** Classes consist of 8 two-hour sessions.

Wednesdays
10:00AM – 12:00 PM
February 15 – April 5, 2017

St. Mark's UMC
1902 Vance Jackson Rd

For further information,
Please call: (210) 344-8393.

Wear comfortable clothes; scooters, canes or walkers are acceptable.



ST. MARK'S BUZZIN'S . . .



Bob Ailerson
 Jill Anderson
 Connor Benjamin
 Kylee Brown
 Megan Brown
 David Cavazos
 Bucky Coley
 Carol Crenwelge
 Esdras Cuervo
 David DUEwall
 Alice Logan
 Michael Mendoza
 Pastor Eric Miletti
 Gerald Morriss






Jean Newman
 Steve Reyes, Sr.
 Will Schuetze
 Kirk Tomerlin
 Kathryn Wilson
 Kerri Luker
 Carol LeSage
 Mike & Sharon Day
 Family of Ronald Wood
 Mary Sue Mahaffey
 Family of Agnes Lehmann
 Pedro Soriano
 Sylvia Gonzales
 Joe Price

Mary Linda Wamsky
 Michelle Gallegos
 Family of Marlene Kerschon
 Aryana Breed
 Beth Stewart
 Henry Rios
 Family of Myrtis Burney
 Gloria Coe
 Family of Mary Tatsch

*Our sincere sympathy is extended to the family
 of Myrtis Burney who passed away
 on January 19th.*



February 9 Greg Moss	February 22 Sarah Tencate
February 13 Mary Bailly Xavier King	February 26 Jeff Brown
February 18 Zachary Wilke	February 26 Patricia Barnes

<p>RFB </p> <p>Presents COFFEE WITH JESUS</p> <p>Uncertain Times</p> 	 <p>These are scary, stormy and uncertain times we're living in, Jesus. I worry.</p>	 <p>Rock. Fortress. Strength. Deliverer. Strong Tower. Shield. Refuge. Help. Light. Shepherd. Salvation. King. The First and the Last, Lisa.</p>	 <p>I needed that, Jesus. Thank you!</p>	 <p><wink></p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">© Radio Free Babylon</p>
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St. Mark's United Methodist Church
 1902 Vance Jackson – San Antonio, Texas 78213-4455
 (210) 344-8393
 stmarksumc@grandecom.net


NON-PROFIT ORG.
 U.S. POSTAGE
 P A I D
 SAN ANTONIO, TX
 PERMIT NO. 1632

Current Resident Or:

 |
 |

MISSION STATEMENT

- TO HELP ALL PERSONS DEVELOP AND STRENGTHEN A PERSONAL RELATIONSHIP WITH GOD THROUGH HIS SON, JESUS CHRIST
- TO NURTURE THEM IN THE CHRISTIAN FAITH THROUGH OPPORTUNITIES FOR FELLOWSHIP, WORSHIP, AND STUDY
- TO STRIVE TO IDENTIFY AND SERVE THE NEEDS OF INDIVIDUALS AND GROUPS IN OUR COMMUNITY AND TO ENCOURAGE ALL TO LIVE IN THE WORLD AS CHRISTIAN DISCIPLES



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

Website: www.stmarksumcsa.com
 Email: stmarksumc@grandecom.net
stmarkspastor@grandecom.net

OFFICE HOURS
 9:00 am—4:00 p.m. Monday—Thursday
 CLOSED on Friday

PASTOR	Rev. Jay Brown
SECRETARY	Patti Gardner
WESLEY NURSE	Charzes Flowers
CHOIR DIRECTOR	Carolyn Hahn
ORGANIST	Joseph Scutti
CUSTODIAN	Johnny Mendoza