



Messenger

St. Mark's United Methodist Church

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

Things to Remember:

- † November 6, FALL BACK!!
(Remember to set your clocks back 1 hour!!)
- † November 6, All Saints Sunday
- † Prayer Vigil - Saturday, November 12th
- † Commitment Sunday Pot-luck, November 13th
- † Children's Church - Sundays - November 13 & 27
- † Tuesday, November 15th - Mobile Food Pantry 8:00 AM
- † Monday, November 28th - 6:30 PM Finance, 7:00 PM Admin Council
- † F-TROOP - Sunday, November 27th @ 6:00 PM
- † Wednesdays @ 6:30 - Praise Communion Service

All Saints Sunday November 6, 2016

On Sunday, November 6th, the bell will toll, a candle will be lit, and the life of these saints who have gone on before us in this past year will be remembered:

- Charles E. Brown
- Janet Brown
- Louis Carney
- Evelyn Dullnig
- Reverend Don Jones
- Bea Kunkel
- Gloria Reedy
- Russell Schertz
- Doris Sinclair
- Antonio Mendoza Triana



Serving / Altar Flowers / Liturgists	2	Notes & Notices	7
Stewardship / Commitment Sunday	3	More Notes & Notices	8
Message from the Pastor	4	Bean Counters	9
Calendar	5	Scouts / UMW	10
Diabetes Awareness Month	6	Prayers, Birthdays, F-Troop	11



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

SERVING THE CHURCH

<u>Sunday School</u>	9/25	10/2	10/9	10/16	10/23
Children	0	2	0	3	0
Youth	1	4	2	3	4
Adults	20	21	27	22	19
Total SS	21	27	29	28	23
<u>Worship</u>					
Sunday	46	68	62	71	52
Wednesday Service	20	30	24	23	



NOVEMBER USHERS

- † **Tom Jack**
- † **Bob Bailly**
- † **Bob Mace**

Altar Flowers

Only 2 more available dates this year!!
Watch for Poinsettia order forms coming in November!!

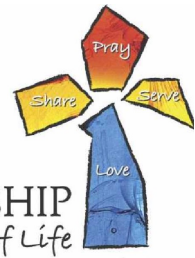
November 13	2 Openings
November 27	1 Opening



November Liturgists

November 6	Susan Philbin
November 13	Cynthia Ramirez
November 20	Eddie Rodriguez
November 27	John Williams

What Does it mean to "tithe"?



STEWARDSHIP
A Way of Life

The Bible talks about giving a "tithe", 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 tithe 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."

TOGETHER, WE DO MORE!

COMMITMENT SUNDAY November 13, 2016

Don't forget our commitment Sunday is coming up quickly! Our Prayer Vigil will be Saturday, November 12, 2016. Please pray about our church's future and how we can continue God's plan for us.

Don't forget to fill out your Commitment Card and bring it to our Sunday, November 13th worship! Our luncheon will follow. The Yams Class is providing pork roast and dressing, and the Prices will bring dessert. Please bring a vegetable or salad to add to our meal and plan to stay afterwards for this great time of fellowship together.

St. Mark's United Methodist Church

Commitment Card 2017

1902 Vance Jackson
San Antonio, TX 78213

email:

Phone: 210-344-8393
Fax: 210-344-



STEWARDSHIP
A Way of Life

Today's Date	
Name	
Address	
City/State./Zip	
Phone (home)	
Phone (cell)	
Email	
Weekly	\$ _____ for 52 weeks
Monthly	\$ _____ for 12 months
Total	\$ _____ over a one year period



From Our Pastor. . .

I need to let everyone know that there is a new chapter getting ready to take place in my life; after 37 years of being a pastor in the United Methodist Church; I'm going to retire at this next Annual Conference. Wow! I can't hardly believe that I'm writing these words! I know that God is not through with me yet, but for lots of reasons I'm feeling His call in a new direction and I'm going to take some time to discern it. I have really enjoyed the time that I have spent working as a Chaplain at the Baptist Hospital downtown. That will come to an end in December. However, I can see several scenarios that could involve me working as a chaplain in hospice or a nursing home or the hospital or some combination thereof, perhaps in a part-time situation. That remains to be seen. Whatever I do, it will be in a different relationship with the local church than the one that I have had for 37 years. Naturally, there is some ambivalence involved in this situation. I have a sense of sadness and grief; I owe St. Mark's UMC a tremendous debt of gratitude for allowing me to be your pastor for the past 5 years. At the same time, I know that God is a God who is constantly calling us to new days and new ways, calling us to new horizons, deeper growth, deeper spirituality. I intend to avail myself of the use of some of our Conferences best Spiritual Directors as I seek to discern just how and where God is calling me to serve. This excites me! I love "living on the edge" when it comes to my faith. I remember leaving my home in Kingsville to go off to seminary in a "foreign and far-off land"; having no idea how my future would play out but determined to let God lead me and He has done that for all these many years. I believe that He still is leading me and you! He's not done with St. Mark's; I believe that this church's best years are ahead of us and the His Holy Spirit will refresh us and give us vision, vitality and vibrancy to be the church St. Mark's is called to be! So, until next Annual Conference, know that I will do everything in my power to be present as your pastor, leading as best as I can to help insure a smooth transition of pastoral leadership and congregational commitment to growth and mission and ministry. Please be in prayer for Ann and me as we go through the days and months ahead. Rest assured that we will be praying for you as well. As we continue to serve God in all ways, may the Lord bless and keep us! Adelante! (Forward!)

God bless you,

Jay

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																																
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		6:30 AM ROMEO's 10:00 AM Exercise (FH) 7:00 PM Esther Circle 7:00 PM NEISD Community Choir (FH) 7:00 PM Order of the Arrow (SH)	11:30 AM Parenting Class (LL) 12:00 PM Bible Study - Mark (YAMS) 6:30 PM Praise Service (FH) 7:00 PM Boy Scouts (SH)	10:00 AM Exercise (FH) 10:30 AM WN Education (Diabetes Overview) FH	Office Closed	8:00 AM Saturday Morning Reunion 9:00 AM ESL (LL)																																																																																																																
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November is Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.¹

A big part of managing diabetes is what you are eating. Below is a list of common terms and definition used on food labels. This list will be helpful to take with you the next time you go grocery shopping.

Conventional – Conventional foods are produced using pesticides and manmade fertilizers. This is different than organic foods. The definition of "organic" is below.

Fair-Trade – This label does not describe what is in a food or how healthy it is. Fair-Trade food was prepared by people who work in healthy and safe working conditions in ways that do not hurt the environment. Many Fair-Trade foods are also organic.

Free-range – the U.S. Department of Agriculture (USDA) allows companies to use this label if the poultry were allowed outside (and not kept in a barn or cages at all times). However, the label does not tell you how much time the animals spent outside. It also doesn't tell you what the outside area was like.

Gluten-Free – the gluten-free label helps people with Celiac disease. People with this disease have bad reactions to a protein called gluten. One easy way to remember which foods have gluten is to think of the letters "B.R.O.W." B.R.O.W. stands for barley, rye, oats, and wheat. More people have become interested in gluten-free diets in the last few years, but if you don't have a bad reaction to gluten, gluten-free products may not be the healthiest option. They can contain more calories than other foods because of the types of grains used to make them.

Healthful – many companies use this label on their products because they want their customers to think the food is healthy. However, the government does not tell companies how to use the word "healthful". For this reason, it is hard to know what it means. "Healthy" is a better word to look for, because companies who use this word must follow a set standard from the Food and Drug Administration (FDA).

Kosher – like "Fair-Trade," this label refers to how food is prepared. It does not explain what is in the food. It is usually used for foods that come from animals, such as meats, poultry, and dairy. Some meats and poultry are

not allowed in a kosher diet. Others are allowed, but the way the animals are prepared is watched by a supervisor and follows Jewish Law. Many people think kosher foods are more humane and clean, because some parts of an animal cannot be eaten on a kosher diet.

Multigrain – you might see this label on bread products. It means that the food was made with more than one kind of grain. However, it does not mean that the food is 100% whole wheat or whole grain. Foods with this label could include a mix of refined white flour and whole wheat. White bread that only has different grains and seeds sprinkled on top can also be labeled "multigrain." Look for breads that say "100% whole wheat" or "100% whole grain." Also, see if the first ingredient listed is whole wheat.

Natural – foods with this label do not include manmade (artificial) ingredients. However, different companies mean different things when they use this word. For example, companies can say that high fructose corn syrup comes from corn, and this makes the snacks that include it "natural". This may be true, but the snacks might have a lot of sugar and calories in them.

Organic – there are laws that tell companies how they can use this label. To call a food "organic," companies must meet standards set by the USDA. Organic foods are produced without manmade pesticides and fertilizers. Organic animal foods, such as milk or meat, come from animals that were not given hormones or drugs. However, the USDA does not say that organic foods are safer or healthier than conventional foods.

Superfood – the "superfood" label does not follow any standard. Some companies use this word to describe foods that include a lot of antioxidants and other vitamins and minerals. Some fresh fruits and vegetables are labeled as superfoods, but other produce might be just as healthy as they are. So really, all fruits and vegetables are superfoods!

For more information, please visit the American Diabetes Association's website listed below: November American Diabetes Month. (2016, October 20). Retrieved October 20, 2016, from <https://healthfinder.gov/nho/NovemberToolkit.aspx>; Reading Food Labels. (n.d.). Retrieved October 20, 2016, from <http://www.diabetes.org/mfa-recipes/tips/2016-10/reading-food-labels.html> or contact your Wesley Nurse, Charzes Flowers, RN at 210-344-8393.

NOTES AND NOTICES

The Youth are selling Christmas cards, greeting cards, wall calendars and pocket calendars!! Please check out our beautiful inventory!!



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

Don't forget our Food Pantry!

- Individual fruit cups
- Peanut butter crackers
- Granola/Breakfast bars
- Small cans of ravioli with pull-tops
- One-pound bag rice
- One-pound bag pinto beans
- Ramen Noodles (brick or cup)
- Juice (12 oz or smaller)
- Cans of Chicken or Spam
(Tuna not needed)



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

POINSETTIA ORDER FORM - 2016

In honor or in memory of a loved one



YOUR NAME: _____

In honor of: _____

AND/OR

In memory of: _____

Please place your order in the offering plate or with Patti in the church office as soon as possible or no later than **Sunday, November 20.**

Please enclose \$10.00 (cash or check) for each Poinsettia ordered and this form in the attached envelope. Make checks payable to St. Mark's United Methodist Church. Your flowers may be picked up following Christmas Eve service.

Number ordered _____

Amount paid _____

MORE NOTES AND NOTICES

Enjoy some pictures from our 2016 Blessing of the Animals! About 20 pets were blessed and everyone enjoyed our beautiful community garden!



A REPORT FROM THE FOOD PANTRY



The numbers are in for the 3rd Quarter 2016 for your donations to the St. Mark's Food Pantry and how many people we were able to feed in this time. During the past three months, you donated 296 pounds of food and \$255.46 in the Noisy Offering. With these donations and from the balance in our account, we fed 291 people who stopped by the office and asked for a sack lunch. And we fed another 68 families with larger grocery sacks with enough food to feed a family of four for three days during times of emergency or hardship.

Sue and Rob continue to purchase food from the San Antonio Food Bank and make up the bags of food. And Patti Gardner ensures those requesting food assistance meet the qualifications set forth by the San Antonio Food Bank.

Thank you for your continued generosity!



Watch for the 2016 Angel Tree program!

Names will be available by November 27th and gifts will need to be returned by December 18th.

SOUNDS FROM THE BEANCOUNTERS

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

Operating Cash balance at 8/31/2016	(78)
Non-Designated Contributions - September	13,428
Operating Expenses:	
Council on Ministries	505
Special Mission Giving	0
Mission Giving	495
Administration Expense	64
Trustees	11,770
Pastor's Compensation	6,740
Lay Personnel Compensation	7,455
	27,029
Other Income/(Expense)	166
Operating Cash balance at 9/30/2016	(13,513)

Comments:

September contributions were \$2,882 lower than budgeted and \$4,798 less than September 2015.

Operating expenses were \$549 favorable to the budget while \$5,621 greater than 2015. All expense categories were favorable to budget for the month with the exception of Trustee expense which was higher by \$4,902. An A/C unit had to be replaced in Lovely Lane which caused this higher expense. The Finance Committee will discuss and determine if this A/C unit can be paid for with one of our TMF accounts.

September had a cash outflow of \$13,364. The A/C unit is part of the reason for the outflow; however, lower than required contributions is the most significant factor our expenses for the month were more than twice the contributions. Our year-to-date cash outflow is \$25,705.

The Finance Committee continues to ask for your prayer as we strive to find ways to increase contributions while operating the church as economically as possible. When starting to prepare your Christmas shopping list, please include St. Mark's as a gift recipient. God bless you all!

Adopt a Scout



St. Mark's is now chartering a Cub Scout Pack 87 in addition to our Boy Scout Troop 87 and Venturing Crew 714. You now have the opportunity to sponsor one of these scouts!

- \$50 = 1 scout registration and buys 1 handbook for 1 scout
- \$100 = 1 year of registration, buys 1 Scout Handbook, and 1 uniform shirt w/neckerchief for 1 Scout
- \$150 = 1 year of registration, buys 1 Scout Handbook, 1 uniform shirt w/ neckerchief and helps with activity fees for 1 year for 1 scout

These are some ideas for sponsor levels; however, any amount is more than welcome! (Just make your check/donation to *St. Mark's* and mark it for "Scouts").



Invitation to all Women of the church

*Our annual Christmas Bunco Brunch
will be held on
Saturday, December 3rd
at 10:00 a.m.
in the Fellowship Hall*

*If you don't know how to play bunco,
come and we'll teach you!
Come join us and get in the holiday spirit!*


ST. MARK'S BUZZIN'S . . .



Bob Ailerson
 Jill Anderson
 Willie Barnes
 Connor Benjamin
 Kylee Brown
 Megan Brown
 David Cavazos
 Bucky Coley
 Esdras Cuervo
 Alice & Ben Logan
 Michael Mendoza
 Pastor Eric Miletti
 Gerald Morriss
 Jean Newman
 Ann Payette
 Cindy Payette
 Steve Reyes, Sr.

Will Schuetze
 Kirk Tomerlin
 DeVonte Williams
 Kathryn Wilson
 Darell Wright
 Ebony Lincoln
 Elinor Duff
 Roy Islas
 Toni Alvarado
 Walter Wiles
 Stella & Emma Davis
 Leija Family
 Austin King & family
 Roland Canales
 Joe Rocha
 Claire Cobb
 Joe Price

Ed Keller
 Thad Harkins
 Ross Pe'Vey
 Kim Williams
 Chasely Williams
 Family of Ben Logan
 Melissa Villanueva
 Family of Charles Brown
 Family of Rev. Frank Estrada
 Erwin Chambers
 Peggy



	1/01 Diana Shiller	11/18 Vee Davison
	11/02 Megan Brown	11/24 Charles Allen Michael McMillian
	11/06 Aaron Russo	11/29 Lois Gordon
	11/08 Joyce Codd	11/30 Kathy Wilson
	11/11 Joe Price	
	11/12 Lamar King	

Our Sincere Sympathy is extended to the families of
Gloria Reedy
Charles E. Brown



St. Mark's United Methodist Church
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 (210) 344-8393
 stmarksumc@grandecom.net


NON-PROFIT ORG.
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 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, WORKSHIP, 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