

The Messenger
November 2023



First Methodist Church of Zephyrhills
38635 Fifth Avenue
Zephyrhills, FL 33542
813-782-5645
www.FUMCzhills.org

With Gratitude and Love

Thank you for the generous gift you gave me for Pastor Appreciation Month! It is truly a blessing and privilege for me to serve First Methodist during this transitional time in its history.

The gratitude and love that your financial gift demonstrated to me is reciprocated in my feelings towards YOU. I love you, and thank God for this church family!

*In Christ,
Pastor Steve*

Wednesday Night Refuel Last session for this Fall, November 8th!

Classes begin at 6:45 p.m. - 7:45 p.m.

Dinner is served at 5:45 p.m. - 6:30 p.m.

**Meals are \$10 for family or
\$5 for individual**

Come grow with us!

**“Refuel” will return mid-January 2024
More details to come.**





Young at Heart!
Seniors' Luncheon
Thursday, November 16
11:30a.m.-1:00p.m.
in Cooper Hall

**Come join us for an “Old fashioned” Thanksgiving,
with turkey, dressing, mashed potatoes,
gravy and cranberry salad.
Bring your mom’s favorite side dish.**

It will be a wonderful time of special fellowship!





Mission Focus for November Zephyrhills High School ABC Assistance Program

Zephyrhills High School ABC Assistance Program is our focus for the month of November. In our community there are children who attend school without adequate clothing, shoes that don't fit and eat only the food served to them during the school day.

Many live in homes with no electricity, running water, and/or inadequate plumbing and some are homeless. Through community support, this program provides basic essential items for students such as food, hygiene products, clothing, school supplies and other needs; thus, enhancing the possibility for their success in school and for a brighter future.

The ABC program hosts several food drives throughout the year to fill food boxes and hosts a Christmas Angel Tree to provide Christmas gifts for those students in need.

Please support these local teens with your prayers and donations. Remember to mark your contribution "ZHS ABC".

Thank you for your prayers and support.

Save the date for
Saturday, November 18th.
A church-wide work day
is being planned for Fall clean-up & repairs.
Look for more details to come in the
weekly *e-Blast* and bulletin!



Our next Emmaus meeting is in November and has moved from Saturday the 4th to Saturday the 11th at 9:00 a.m.

A "Gathering" Renewal meeting will be on November 4th with a meal catered by Sonny's.

Doors open at 8:30 a.m. The event runs from 9:00 a.m. to 1:00 p.m.

Note Meeting location:

First Presbyterian Church

355 South Florida Ave.

Bartow, FL

During this festive season please remember
our Food Pantry with a donation





United Women in Faith

Thank you to everyone who attended our
"Autumn Gathering" fund raiser
this past October the 28th.

"Autumn Gathering"
2023





What Is a Stephen Minister?

**Stephen Ministers are laypeople—
Christian men and women—
trained to provide one-to-one care to people experiencing a
difficult time in life, such as grief, divorce, job loss, chronic or
terminal illness, relocation, or separation due to military
deployment.**

**Stephen Ministers come from all walks of life. Their
commonality? A passion for bringing Christ's love and care
to people during a time of need.**

**If you should find yourself in a difficult time of life, please
know we have trained Stephen Ministers who are here to
walk with you through this place.**

Please call David Hill at 410-409-9132.



AFTER IDALIA – BOOK DONATION DRIVE to support Cedar Key Library

The coastal community of Cedar Key suffered major damage early Wednesday morning, August 30 when Hurricane Idalia made landfall as a Cat 3 storm just 60 miles north.

Businesses and community services are slowly being rebuilt by tenacious and resilient community members and volunteers. Storm surge did major damage to the Cedar Key Library which may take months to rebuild back to its normal services.

In the meantime, Thomas Gale will be collecting donations of GENTLY USED hardback and trade size paperbacks (no mass market paperbacks) to help restock their shelves and replace books lost in the storm.

All subjects accepted. Fiction is always preferred. Please no textbooks, old library books, or ones in poor condition. Book collection will continue until the library is ready to receive them.

Questions please contact galeforceart@gmail.com

Church Campus and Facilities Maintenance Request Process

If you are participating in a ministry event or activity on campus and notice a campus or facilities problem that needs addressed, please let your ministry leader know. If it's not an emergency, the ministry leader will fill out a Work Order form (available online or in the church office) so the problem can be addressed.

If it's an emergency problem (water leak, etc.) and it happens during regular church office hours of Mondays through Thursdays 9:00am – 2:00pm, the ministry leader will let the office staff know as soon as possible so they can address it.

If the emergency problem happens outside of regular church office hours, all ministry leaders have a telephone number so they can reach the on-call Trustee to handle the emergency.

We appreciate your assistance in helping us stay on top of campus and facilities maintenance!



**Fun was had by all at our 1st annual
“Pumpkin Carving and Chili cook-off
this past October 21st!**

**Thank you to all who participated
and those who brought their special chili recipes!**







Children's Church 9:30 and 11:00 a.m. services!

During our 9:30 a.m. contemporary worship services each Sunday, children age 6 through 5th grade will be dismissed to Children's Church approximately midway through the worship service. There will be someone in the front right corner of the Sanctuary to take the children to our newly renovated Children's Church room, across from our Nursery (through Cooper Hall).

Parents can pick them up after the worship service. Children - infant through 5-years-old will continue to be welcomed into our Nursery during the entire hour of worship.

Questions? Wanna help with children's ministries? Contact our Interim Director of Children's Ministries Karen Ezra at childrensdir@fumczhills.org.

Calling All Youth and Children Actors!

We are looking for youth and children who would be excited to take part in a small play to be performed at both services on December 10th. There are speaking and non-speaking parts.

Of course, there will be Mary, Joseph, the Shepherds, and many other roles to fill!

Come and join in this seasonal fun!

Please email Karen Ezra at childrensdir@fumczhills.org for more information.



Youth Ministry

**The second Sunday of the month
Come grow in Faith and Friendship and Fun!**

**4:00 to 5:30 p.m.
in Cooper Hall
Youth Room,
Second floor
(Grade 6 thru 12)
Join us!**



PARISH NURSE MINISTRY TEAM/November 2023

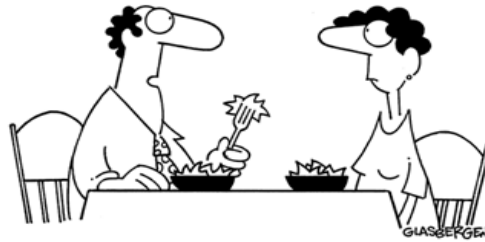
The next blood pressure screening and rechecks will be

November 19th, in Cooper Hall, from 10:30am -11am

Check the Bulletin Board in Cooper Hall for Health Info and Tips

NOVEMBER IS AMERICAN DIABETES MONTH

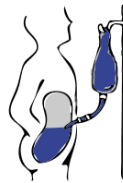
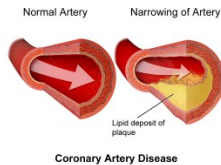
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www.glasbergen.com



"My doctor says I'm a Type 8 diabetic...that's a Type 2 with four times more excuses for not exercising."



The rate of new cases of diagnosed diabetes in the United States has begun to fall, but the numbers are still very high. More than 29 million Americans are living with diabetes, and 86 million are living with prediabetes, a serious health condition that increases a person's risk of type 2 diabetes and other chronic diseases.



STROKE



Public Health Problem

People with diabetes either don't make enough insulin (type 1 diabetes, autoimmune disorder) or can't use insulin properly (type 2 diabetes). Insulin allows blood sugar (glucose) to enter cells, where it can be used for energy. When the body doesn't have enough insulin or can't use it effectively, blood sugar builds up in the blood. **High blood sugar levels can lead to heart disease, stroke, blindness, kidney failure, and amputation of toes, feet, or legs.**

Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes, and type 1 diabetes accounts for about 5%. The health and economic costs for both are enormous:

Diabetes was the **seventh leading cause of death in the United States**

Diabetes is the leading cause of kidney failure, lower-limb amputations, and adult-onset blindness.

People who have one or more of the following risk factors should talk to their doctor about getting their Blood sugar tested:

Being overweight.

Having a family history of type 2 diabetes.

Being physically active less than 3 times a week.

Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds.

A FASTING BLOOD SUGAR OF LESS THAN 100 IS CONSIDERED NORMAL ANYTHING OVER THAT AFTER 2 SEPARATE TESTS IS PREDIABETES OR DIABETES

Diabetes Complications

Heart disease and stroke: People with diabetes are twice as likely to have heart disease or a stroke as people without diabetes—and at an earlier age.

Blindness and other eye problems: Diabetic retinopathy (damage to blood vessels in the retina), cataracts (clouding of the lens), and glaucoma (increase in fluid pressure in the eye) can all result in vision loss.

Kidney disease: High blood sugar levels can damage the kidneys long before a person has symptoms. Kidney damage can cause chronic kidney disease, which can lead to kidney failure.

Amputations: Diabetes damages blood vessels and nerves, particularly in the feet, and can lead to serious, hard-to-treat infections. Amputation is sometimes necessary to stop the spread of infection.

Prediabetes: Opportunity for Change

More than a third of American adults—around 86 million—have prediabetes, and 90% of them don't know it. With prediabetes, blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. People with prediabetes have an increased risk of type 2 diabetes, heart disease, and stroke.



<http://www.diabetes.org/>



1 Corinthians 6:19-20

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

Through Christ, Druann Briggs RN Parish Nurse Ministry Coordinator 813-420-7919



Newsletter November 2023 - Project Others

Project Others is looking forward to Distribution Day the first week of December. We extend the opportunity to all of our congregation to help collect items for our homemade Christmas stocking project and the assemblage of health kits for the homeless.

Health Kit items include:

1 Hand Towel
1 Washcloth
Travel size: soap, shampoo & conditioner
1 medium comb
Toothpaste
1 new, packaged toothbrush
Disposable razor

Stocking Stuffer Examples:

Small toys
Small reading books (Bible stories)
Thin coloring books (Biblical ones are great)
Small boxes crayons (16 or 24 count)
Jump Ropes
Small rubber balls
Action figures
Cars & Trucks
Small stuffed animals
Small Dolls

REMEMBER ALL ITEMS NEED TO FIT IN
A 5" WIDE STOCKING!

There will be a box in Cooper Hall during October & November for your donations. Donations may be left on Fridays between 8 & 11 am in Cooper Hall or at the church office (Mon – Thurs 9-2).
All donations will be a blessing to those receiving.

**SUNDAY, NOVEMBER 26, 2023 WILL BE THE
LAST DAY FOR COLLECTIONS.**

Thanks to all of you for helping!
The Project Others Team



Pray for our Military

Proudly Serving Our Country

Budurka, Michael, Staff SGT, US Army, Hawaii, grandson of Bob and Barb Stankiewicz

Clark, Matthew, 1ST LT. Army, Ft. Drum, N.Y., Grandson of Jack & Louise Smith

Daniels, Clay, Major, US Army, Ft. Bragg, Grandson of Ed Fisher

Hill, Nathaniel, Colorado National Guard, Son of David Hill

Hunter Hollaway, Army National Guard, Great Nephew of Lori Hollaway

Hurley, Luka, MSGT., Grandson of Gordon & Norma Hurley (Omaha, NE)

Monteira, Jared U.S. Coast Guard, Grandson of Debbie Huffert

Lenz, Alexander, MM3, Navy, Norfolk, Va., Grandson of Richard & Linda Bice

Mueller, Hannah, US Army, Fort Sill, Oklahoma, Daughter of Lorraine & Tom Mueller

Noel, Tim, MSSGT., Air National Guard, Japan, Son-in-Law of Ann Crawford

Parks, Andrew, Senior Airman, US Air Force, Tucson, AZ, grandson of Bob and Barb Stankiewicz

Shoup, Justin, Deployed

Tindall, Tyler, US Army Specialist, Texas, Grandson of Ed Fisher

Wagner, Jeff, CAPT., USAF, Colorado, Nephew of Elton & Pat Wagner

White, Darrel, 1ST SGT. Army, Texas, Nephew of Gerald & Virginia Swank

Williams, Andrew, Lt. COL. USAF, grandson of Bob & Barbara Williams

Truthseekers'

The Truthseekers' Sunday School Class has started a new 8-week study on Colossians by Louie Giglio.

The study began on October 29th but there are always room for more. Join us in the Truthseekers' class room located in Cooper Hall. All are welcome!

Bobbie Crosby

John 14:6 Jesus answered "I am the way, the truth, and the life. No one comes to the Father except by Me."

Project Others meets on Fridays in Cooper Hall, 8 – 11:00 a.m.

New members are always welcome.

Donations may be brought in during our work time.



Have a wonderful Thanksgiving!

Please note: the Church Office will be closed Thursday, November 23rd through the 26th and will reopen Monday, November 27th.





Attention Winter Visitors

If you are a winter visitor of our church and receive mail from us, we would appreciate your calling the church office (813) 782-5645 and letting us know when you return north for the summer and give us your summer mailing address as well as your expected date of return.

This is an attempt to keep you up-to-date as to things happening here, as well as to cut down on the amount of mail being returned.

Thank you,



Alcoholics Anonymous Meeting

Are you having trouble staying away from a drink?

Join us on Fridays at 4:00 p.m.

In the Crusader's Room

Park on 6th Avenue

Between 10th & 11th Avenue

**The only requirement for membership is
A desire to stop drinking.**

ALF AND LONG TERM CARE FACILITIES (FUMC MEMBERS)

AMERICAN HOUSE 38130 Pretty Pond Rd., Zephyrhills, FL 33540

Neal Slingerland Apt. 207

Ruth Palmer Apt. 334

Lyden & Sue Green Apt. 333

Pat Meelheim Apt 330

EDWINOLA 14235 Edwinola Way, Dade City, FL 33523

Peggy Fetch

Beulah Zeller

HEARTLAND 38220 Henry St., Zephyrhills, FL 33542

Ginger Shaeffer Room 313B

ROSECASTLE OF ZEPHYRHILLS, 37411 Eiland Blvd., Zephyrhills, FL 33542

Roberta Hubbart

WESTBROOK MANOR 6701 DAIRY Rd., Zephyrhills, FL 33542

Barbara McCarthy Room A20

ADVENT HEALTH CARE CENTER NORTH 7350 Dairy Rd., Zephyrhills, FL 33542

Shirley Force

POND'S EDGE ALF 7952 Pond's Edge Ln., Zephyrhills, FL 33540

Lou Mathews Room 3



NOVEMBER

BIRTHDAYS

1- Ilene Tacker	17- George Gano
1- John Winemiller	17- Evelyn Panzer
2- Marjorie Nelson	18- Elizabeth Boggs
3- Elizabeth Fields	18- Dylan Freiermuth
3- Jaimie Gant	19- Connie Stuby
4- Delbert Bice	22- Dawn Floyd
4- Vicki Eller	22- Barbara Williams
4- Pastor Steve Ezra	23- Jim Bringer
6- Josh Hinson Sr.	23- Thomas Gale
6- Madalon Janoski	23- Shirley Wellington
6- Jodie Obenour	26- Jesse Harmon
7- Gideon Boggs	27- Jackie Streeter
8- Adam Perez	28- Bob Shaw
8- Lucy Petersen	28- Randy Young
11- Linda Mersing	29- Natalee Mason
12- Donald Parsley	29- Katelyn McFatridge
13- Jeanette Horner	29- Mirtza Springfield
13- Marlene Swank	29- Sami Sykes
15- Judith DenHerder	30- Glennis Daniels
15- Gloria Foss	
15- Harry Howell	
16- Rhoda Frederick	
16- Todd Kramer	
16- Marilyn Pauls	

ANNIVERSARIES

7-Nov Gregory & Diane Belles
18-Nov Russell & Nancy McGinnis
27-Nov James & Sandra Wyman

