



Ingleside United Methodist Church

Open Door

P.O. Box 688 Ingleside, Texas 78362 Phone: 361-776-2820 Fax: 361-776-0876 November 2011

Amen & Amen

- Shelley Frey & Cindy Habluetzel for the start up of the Children-Youth choir.
- Carol Longbotham and helpers for their weekly support with Mother's Day Out.
- Gayle Goble (Financial Secretary) & Rita Hardy (Treasurer) for volunteering their time.

**Daylight Savings
Time Ends
Sun, Nov. 6, 2011**



**Don't forget to
set your clocks
back**

**Open Hearts
Open Minds
Open Doors**

The people of the
United Methodist Church

Community Thanksgiving

Aransas Pass/Ingleside Ministerial Alliance
Community Thanksgiving Service

**7:00 p.m. Tuesday,
November 22, 2011**

service will be hosted at the
Ingleside United Methodist Church

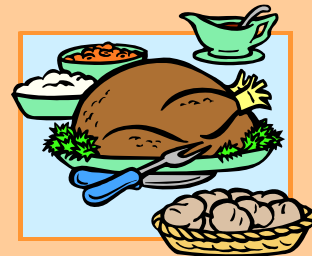


COME ONE, COME ALL!

*****FREE*****

Community Thanksgiving Dinner

Thanksgiving Day
Thurs., Nov. 24, 2011
11:00 a.m. - 1:00 p.m.



Ingleside United Methodist Church
2572 Church Street, Ingleside, TX
(across from the H.E.B.)

Call 776-2820 for home delivery!

From Our Missionary in Costa Rica



Dear All at Ingleside UMC,

Just a note to say “thank you” once more for your continued support of me as a GBGM-UMC Missionary assigned to the Universidad Biblica Latinoamericana in San Jose, Costa Rica. GBGM has received your Covenant Support gift of \$300.00 8/1/11 and \$300.00 on 8/29/11.

The picture above is of me with some of our foreign students who live on UBL campus from 8 months to 2 years as they complete their studies in either Biblical or Theological Sciences to obtain their Associates, Bachelor, or Master degree. When studies are complete, they return to their home countries throughout the Caribbean and Latin America to serve the Lord as pastors or laity in congregations or community projects. I am so fortunate to be here and to know each of these individuals as they are in their preparations to better serve the Lord.

My love and prayers with you all.

Bendiciones,

**Becky Harrell, UMC Missionary, Advance 15141Z
General Board of Global Ministries**

22 de octubre 2011

At a cross-road! That is the phrase on my heart for the past few days and I have been trying to understand “why”?

In the beginning I assumed it must have been because of my daily encounters with others as I drive the unusual streets of Costa Rica, where the only police traffic control is on major highways and thoroughfares. That is not the case on the interior city streets where I drive. The flow of rush hour traffic is purely in the hands of those on the road. The department of transportation recently changed a much used intersection so that all traffic would flow more smoothly. The result of the painted streets and green lights with arrows indicating where you are allowed to go is not working. “Custom” has taken over. The taxi driver who always turns left at the light is now ‘told’ by the signals you may only turn right or go forward. He turns left and avoids the additional 2 block drive. Then the masses follow. The reasoning behind a no left turn is to protect children crossing the street on the way to and from school. But the taxi drivers concern, as well as all who followed him, was most likely shortening their trip to work or home. At the cross-road a decision was made but who did it serve?

Jesus came to a cross-road, and spent much time in prayer to the Father of us all to “may this cup be taken from me, yet not as I will, but as you will. (Matt. 26:39)”. He could have certainly made the decision to “go left” but instead trusted the calling of the Father and it has served humanity for eternity, offering more than the protection of children crossing that street...an eternal road that leads to the throne of Heaven. “Custom” was thrown out for the sake of others.

What cross-road are you at in this moment? We all have those decisions to make. Jesus made the decision for you and for me. Many times we make our decisions based on what we want or need and forget “the children in the crosswalk”. The choice may take you little longer to get to the desired destination and you may have to continue in the process of learning patience along the way, but the result will certainly serve others as well as yourself.

God is SO Good,

Becky *1 Corinthians 2:7-10*

www.beckyincostarica.org



The United Methodist Men are happy to announce the new shed for use on the Fish Fry is just about completed.

Plans are being made to provide a Fish Fry for the Susannah's Supper at a future date.

During the UMW Rummage Sale on Sat. Nov 5 the UMM will be serving taquitos, hot dogs, & drinks.

UMM Breakfast meetings are on the first Sunday of the month at 7:30 a.m. in the Fellowship Hall. All persons interested in joining the UMM



The family of Lillie McFatrige would like to thank and acknowledge all who donated in mother's memory. Thanks again for all the cards, donations, prayers, and thoughts.

~The family of Lillie McFatrige



Needs for Our Food Pantry

We are in need of canned fruit & veggies, canned meats, canned fish, canned stews, box macaroni & cheese, one pan dinners, spaghetti sauce & noodles, 1 pound bags of rice, velveeta cheese, hearty soup, and peanut butter & jelly.

Thank You!

Corpus Christi



Sunday, December 4, 2011

3:00 p.m.

First United Methodist Church
900 S, Shoreline Blvd.
Corpus Christi, Texas

Performance to be accompanied by
Members of the Corpus Christi
Symphony Orchestra

For more info: www.ccfumc.com or 361-884-0391

**Help Collect
Box Tops
Today!**



Box Tops for Education has helped America's schools earn over \$400 million since 1996. You can earn cash for your child's school by clipping Box Tops coupons from hundreds of participating products. Please help support our children and their school by clipping your Box Tops and bringing them to church with you each Sunday. There will be a barrel in the foyer for you to drop your Box Tops off each week. We have several children of IUMC and the tops will be shared between them equally.



Salvation Army Mobile Canteen

“Surviving the Night”

Upcoming dates:

Sunday, Nov. 20—Monday, Nov. 21

If you would like to help, contact
Liz Eastin (775-2790)

Changing the Conversation: Nurturing a Third Way for Congregations

by Anthony B. Robinson

For congregations--particularly congregations of the mainline Protestant tradition--the way forward has everything to do with changing the conversation....For congregations that seek such a third way, there are perhaps ten important conversations that need to be deepened and sustained in their ongoing life. These conversations are all contributions to and different takes on the overall effort to change the conversation in ways that nurture an emerging third way that moves beyond the current and tired polarization.

Continued from last month...

Conversation 6: Let's Get (Less) Organized

In too many congregations, the way the congregation is organized to do business, and the implicit idea that the best way to get people involved is to get them on a committee, is proving counterproductive. Moreover, the elaborate organizational structures of many congregations are designed more for maintenance than mission—to maintain the status quo rather than respond to new challenges. An alternative to the typical way in which congregations are organized may be gained from the field of “whole systems design,” in which a congregation is thought of less as an organization and more as a system. Unlike the organizational model that often pits one area of church life against another (“more money for music means less for social action”), a systems approach to congregational life requires that each part of the system be healthy because each part depends on every other part for the whole to work.

Conversation 7: Taking on Adaptive Challenges

I find useful the distinction leadership expert Ronald Heifetz makes between technical problems and adaptive challenges. The latter, in my view, require intrinsically spiritual work for they involve loss, risk, and the changing of hearts and minds. The former tend to a problem/solution frame, and typically experts or authorities are called upon to do the work. Once purpose is in place, congregations and their leaders need to ask, “What are the adaptive challenges upon which we need to work and make progress in order to more fully realize our purpose?” Adaptive challenges facing many congregations include learning how to do adult Christian formation, or how to work with God to make Christians, how to make the shift from board culture to ministry culture, and how to move from stewardship as meeting the budget to growing congregations of generous people.

To be continued...

“Changing the Conversation: Nurturing a Third Way for Congregations” by Anthony B. Robinson is reprinted from Alban Weekly (No. 355, May 16, 2011), with permission from the Alban Institute. Copyright © 2011 by The Alban Institute, Inc., Herndon, VA. All rights reserved. Alban Weekly is a free electronic newsletter sent once a week with timely and concise information on emerging trends and Alban’s latest resources and upcoming events. Sign up at <http://www.alban.org/weekly/>

United Methodist Women's Annual Rummage & Bake Sale

Saturday

November 5, 2011

8:00 a.m.—2:00 p.m.



Time to start rummaging through your cupboards and closets for goodies to donate. We will receive practically anything that is in decent, working condition.

Clothes and shoes are difficult to sell unless they are in really good condition so please consider this when you try to decide whether to bring them to the Rummage Sale or not.

We will be receiving items Thursday, Nov. 3-Friday, Nov. 4 between 9:00 a.m.— 2:00 p.m. in the Fellowship Hall.

Remember the Bake Sale—we would love a variety of baked goods. These need to be delivered on Saturday morning if possible—Friday afternoon if necessary.

For more information or help, please contact Diane Hanson (776-2730) or Gayle Goble (776-

THE UMW SPOT

October Schedule:



Tuesday, November 1

10:00 a.m. UMW Susannah Circle General Meeting
Hostess— Carolyn Allen & Diane Hanson
Program—World Thank Offering
Fellowship Hall

Thursday & Friday, November 4

9:00-2:00 p.m. Receiving Rummage
Room 4, 6, & Fellowship Hall

Saturday, November 5

8:00-2:00 p.m. Annual Rummage & Bake Sale
Room 4, 6, & Fellowship Hall

Monday, November 21

7:15 p. m. UMW Response Circle
Hostess— Lois Harris
Program—Liz Eastin **Fellowship Hall**

Tuesday, November 29

10:00 a.m. Nursing Home Ministry (Banana Bingo)
Lexington Rehab and Nursing Home/Aransas Pass







ROTATIONAL OBSERVERS TRAINING

If you would like to help out one Sunday every couple months, join us as a Rotational Observer for training on November 13, 2011 at noon in the Fellowship Hall, for a light lunch. A Rotational Observer walks around the campus checking the rooms to make sure the teachers do not need any help. If a teacher has a problem, you notify the designated person who gets help. You can carry your coffee cup with you, if you wish. Come November 13th for the training and complete the background check form. See you there!

~ Ann Miller

We are doing a history project on IUMC. If you have history of IUMC, please share it with Pastor Kelli by email pastoriumc@cableone.net or by snail mail PO Box 688, Ingleside, TX 78362. Thank you!

NOVEMBER 2011

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 UMW Susannah Circle T.O.P.S. 6:00p.m. Worship Committee	2 9:00 a.m. Mother's Day Out 7:00 p.m. MYF Choir Practice	3  Quilters' Group Girl Scouts 7:00 p.m. Finance Committee Meeting	4 Conversational English	5 UMW Rummage Sale 8:00a.m.-2:00p.m. Conversational English
6  Fall Back 7:30 a.m. UMM Breakfast 1:00 p.m. Youth Council 6:00 p.m. Beg. Conv. Span.	7 Bible Study "Lost & Found" AA Meet Cub Scouts 6:00 p.m. Beginners Conversational Spanish 7:00p.m. Conv. Spanish	8 T.O.P.S. 7:00 pm Church Council	9 9:00 a.m. Mother's Day Out 7:00 p.m. MYF Choir Practice	10 Girl Scouts	11 Conversational English	12 Conversational English
13 Noon Rotational Observer Training 6:00 p.m. Beginners Conversational Spanish	14 Bible Study "Lost & Found" AA Meet Cub Scouts 6:00 p.m. Beg. Spanish 7:00p.m. Conv. Spanish	15 T.O.P.S.	16 9:00 a.m. Mother's Day Out 7:00 p.m. MYF Choir Practice	17  10:00a.m. Advent study Quilters' Group Girl Scouts 7:00p.m. Advent study	18 Conversational English	19 Conversational English 6:00.m. Dinner Group
20 5:00 p. m. "Surviving the Night" preparation for Salvation Army 6:00 p.m. Beginners Conversational Spanish	21 Bible Study "Lost & Found" AA Meet 5:00 p. m. "Surviving the Night" Salvation Army 6:00 p.m. Beg. Spanish 7:00p.m. Conv. Spanish 7:15 p.m. Response Circle	22  Community Thanksgiving Service 7:00 p.m.	23 NO MYF No Choir Practice	24  11:00-1:00 p.m. Community Thanksgiving Lunch	25 Conversational English	26 Conversational English
27 6:00 p.m. Beginners Conversational Spanish	28 Bible Study "Lost & Found" AA Meet Cub Scouts 6:00p.m. Beg. Spanish 7:00p.m. Conv. Spanish	29 10:00 a.m. UMW Nursing Home Ministry (Banana Bingo) Nursing Home A/P T.O.P.S.	30	December's  Deadline: Nov.15		December 2011 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

Weekly Events

• MONDAY

- 10:00 a.m. Morning Bible Study, every Monday; Room 4
- 12:00 p.m. "Lost & Found" AA Meeting, every Monday; Room 6
- 6:00 p.m. Cub Scouts, every Monday; Rooms 1A, 1B, 6 & F/Hall
- 6:00 p.m. Conv. Spanish for Beginners, every Monday; Room 4
- 7:00 p.m. Conversational Spanish, every Monday; Room 4
- 7:15 p.m. UMW Response Circle, 3rd Monday of the month; F/Hall

• TUESDAY

- 10:00 a.m. UMW Susannah Circle, 1st Tues. of the month; F/Hall
- 6:00 p.m. T.O.P.S. (Take Off Pounds Sensibly), every Tues.; Room 6

• WEDNESDAY

- 6:30 p.m. Children's Choir, every Wednesday; Room 1B
- 6:30 p.m. SonRise Singers, every Wednesday; Fellowship Hall
- 7:00 p.m. Christmas Cantata, every Wednesday; Fellowship Hall
- 7:00 p.m. Methodist Youth Fellowship, every Wednesday; Rms. 4 & 6
- 7:30 p.m. Praise Choir, every Wednesday; Sanctuary

• THURSDAY

- 9:30 a.m. Quilters' Group, 1st & 3rd Thursday of the month; F/Hall
- 5:00 p.m. Susannah's Supper, 4th Thursday of the month; F/Hall
- 5:30 p.m. Girl Scouts, every Thursday; Room 1A, 1B, 6 & F/Hall

• FRIDAY

- 5:00 p.m. Conversational English, every Friday; Room 4

• SATURDAY

- 5:00 p.m. Conversational English, every Saturday; Room 4
- 6:00 p.m. Dinner Group, 3rd Saturday of the month; F/Hall

• SUNDAY

- 6:00 p.m. Conversational Spanish for Beginners, every Sunday; Room 4

Church Office will be closed Wed Nov 23th & Thur Nov 24th.

Pat Hunt
Ann Rolls
Carla Otto
Fay Smith
Joy Moore
Jim Strader
Nat Hoover
Helen Heide
Taylor Berry
Brandon Key
David Belser
John Shaver
Millie Hurley
Jerry Storms
James Gandy
Fred Gifford
Gordon Kemp
Karen Elliott
Connor Freed
William Harris
Mary Reeves
Ivy Sherrwood
Millie Neskovich
Marshall Cooper
Cary Christenson
Ken Payne & family
Camron & Chris Cox
Military & their families

In Our Prayers

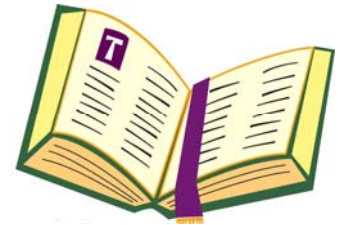


God Hears and Answers Prayers

Rain for South Texas
Those affected by:
Storms, Floods & Wild Fires
Marilyn Oakley
Preston Vickery
Lindsey Wilson
Madison Shedd
Debra Wallhead
Jimmy Mullenax
Fred Christenson
Mary White's baby girl

Larry Kirtz
Greg Smith
Jerry Wilson
Nona Maley
Lu Dahman
Chris Brown
Anita Garza
Allie Cuddle
Boyd Kinsey
Doris Sinclair
Buddy Heron
Helen Young
Roger Wright
Becky Harrell
Diane Sebek
Sue Wheaton
Larry Douglas
Harril Bowdry
Bonnie Durbin
Jeffrey Merrick
Chet Ickerson
Jennifer Emmett
Brandon Johnson
Alexandra Chircop
Larry Cunningham
Tony Ortiz & family
Emma & J.J. Parker
Michael Deyo & his daughters

Lectionary Readings



November 6, 2011

Revelation 7:9-17
Psalm 34:1-10, 22 (UMH 769)
1 John 3:1-3
Matthew 5:1-12

November 13, 2011

Judges 4:1-7
Psalm 123 or Psalm 76 (UMH 797)
1 Thessalonians 5:1-11
Matthew 25:14-30

November 20, 2011

Ezekiel 34:11-16, 20-24
Psalm 100 (UMH 821)
Ephesians 1:15-23
Matthew 25:31-46

November 24, 2011

Deuteronomy 8:7-18
Psalm 65 (UMH 789)
2 Corinthians 9:6-15
Luke 17:11-19

November 27, 2011

Deuteronomy 8:7-18
Isaiah 64:1-9
Psalm 80:1-7, 17-19 (UMH 801)
1 Corinthians 1:3-9
Mark 13:24-37

The scripture readings in worship will likely be from this list. We encourage you to use these passages in your devotional time.

Sunday Morning Schedule



8:30 a.m. Traditional Worship
9:30 a.m. Fellowship/Coffee
9:40 a.m. Sunday School



9:40-10:30 a.m.

3yrs-1st grade: Room 1B
2nd-4th grades: Room 1A
5th-6th grades: Room 10A
7th-12th grades: Room 6
Misfits: Room 4
Good News Crew: Fellowship Hall

Nursery (under 3): Room 3

Please join us before and in the Fellowship Hall 9:30-9:40 a.m. for coffee, juice, sweets, and visiting.

Recycle old ink cartridges



Don't know what to do with your used printer ink cartridges? Just bring them to us! Our office is collecting

empty ink cartridges to be recycled.

IUMC Youth at Annual IVFD Fire Expo Oct. 15, 2011

Left to Right:
 Aaron,
 Sparky,
 Smokey,
 Jake,
 Pastor Kelli,
 Kyle,
 Lynn Woods (IUMC),
 "Little John"
 (IVFD & IUMC)



Left to Right:
 John Witt (IVFD),
 Erin,
 Jake,
 Emily,
 '3 new friends',
 Aaron,
 Pastor Kelli,
 Kyle



Look for our Trick-or-Treat for canned goods pictures in next month's newsletter!





Stewardship Thoughts



Dear Good \$ense Friends and Colleagues,

It's mid November and I was saddened when I heard from a friend that Santa Clause has already appeared in at least one of our shopping malls here in Chicago. I was sad because he'll have to spend Thanksgiving away from Mrs. Clause.

I'm not sure what caused his early arrival. Were his helpers super productive allowing him to come and spread an extra amount of early good cheer this year? Or maybe he's concerned about the competition from the host of other "special days" that have sprung up in the last decades... each requiring its own degree of gift giving. I read recently that spending for Halloween activities was #2 only to Christmas.

Well, whatever the reason I do feel sad about his extra long separation from Mrs. Clause (and the family??... I never thought about whether there are little Clauses. If there are, I wonder what they get for Christmas?!) But let's put aside thoughts of Christmas and focus on Thanksgiving and recognize, in the words of Abraham Lincoln, that:

"No human counsel hath devised nor hath any mortal hand worked out these great things [blessings]. They are the gracious gifts of the Most High God, who, while dealing with us in anger for our sins, hath nevertheless remembered mercy."

What Lincoln said about the gifts and blessings bestowed upon our country can be said about whatever blessings we individually enjoy... they are the gracious gifts of a most high and merciful God.

It's noteworthy that the gifts and blessings most frequently mentioned around the Thanksgiving table are relationships – family, friends, loved ones. Conspicuously absent from the list is all the stuff that we are so prone to spend time, effort and money pursuing. That's not surprising and is as it should be. Relationships of love – for God, others and self – was Jesus' response to the question, "Which is the greatest commandment in the law?" (Matt. 22:36-40).

There's a profound truth being revealed as we share around the Thanksgiving table – listen for it.

Be encouraged and highly motivated to give your very best efforts to your stewardship ministry. It is at the very heart of helping people live out what Jesus declared to be the first and greatest commandment.

With thanksgiving for our partnership in ministry,
Dick Towner, Executive Director
Good \$ense Stewardship Movement

~From Ed Engleking of Texas Methodist Foundation

Advent Study: CHRISTMAS IS NOT YOUR BIRTHDAY

Instead of the hype that leaves you exhausted and broke at the end of the year, experience the peace of knowing that God is truly with us, the joy of giving sacrificially, and the love of the Savior who gave everything he had for us. Pastor Mike Slaughter, through his book, CHRISTMAS IS NOT YOUR BIRTHDAY, presents a different approach to Christmas. Two classes will be offered on Thursdays from 10:00am – 11:00am and 7:00pm-8:00pm in room 4 Nov. 17th, Dec. 1th, 8th, 15th, and 22th. Everyone is invited to participate. Child care will be available. Mark your calendar now.



IMAGINE YOURSELF DEBT FREE

Class starts Thursday, January 5, 2012 at 7pm, Room 4. Plan now to attend!

CERT 2011 NOVEMBER 18th, 19th, 20th

City of Ingleside – Office of Emergency Management (OEM) provides planning, training, exercises, and educational outreach programs related to natural and manmade disasters to assist and prepare citizens, government agencies, and private/non-profit organizations prior to, during and after a local emergency or disaster.

Community Emergency Response Training (CERT) – The course is approximately 20 hours of hands-on training for individuals to learn more in-depth skills in order to be self-sufficient prior to, during and after a disaster occurs. Individuals will learn skills in team building, disaster psychology, terrorism, fire safety, disaster medical, light search and rescue and other information. The 3 day session will end with a simulated disaster exercise so participants can put their newly acquired skills to work. The CERT 2011 is Friday Nov. 18th evening, all day Saturday Nov. 19th, and Sunday Nov. 20th afternoon.

Upon completion of the 3 day session, individuals who make a commitment to Ingleside CERT will receive a backpack with initial supplies to get them started with their individual planning efforts.

FREE TO THE PUBLIC.

SEATING IS LIMITED TO 25, SO REGISTER EARLY!

**EMERGENCY PREPAREDNESS IS
EVERYONE'S RESPONSIBILITY**

How will you manage an incident
that strikes you or your family?

- ✓ Family Plan
- ✓ Communication Plan
- ✓ Shelter-in-Place
- ✓ Evacuation Plans
- ✓ Worksite Plans
- ✓ School Plans



To Register:

Please contact Shanna Owens at 361.776.7422 or
email her at sowens@inglesidetx.gov .

*Include your name, address, phone number,
and email.*

<http://www.inglesidetx.gov/EmergencyPreparedness.cfm>



Wesley Nurse

Seasons of Wholeness for November 2011- Cold vs. Flu

During this time of year we often wonder if the upper respiratory infection we have is a cold or the flu. Unlike colds, flu can lead to complications like pneumonia, especially in the old, the young, and those with serious health issues. Viruses are transmitted by contact with objects that the infected person has touched after coughing or sneezing. Germs can be transmitted 1 day before symptoms appear and up to 5 days after getting sick.

Pills are often considered the first line of defense but with colds and flu, they will not help since antibiotics are for bacterial infections only and cold/flu germs are viral infections. Some think antibiotics help with symptoms but inappropriate use of medication only trains germs to become drug resistant.

Signs and symptoms of the flu are listed below. People who have the flu often feel some of all of these signs/symptoms:

Fever or feeling feverish/chills, Cough, Sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and some may have vomiting and diarrhea, though this is more prevalent in children.

Unlike colds, flu can lead to complications like pneumonia, especially in the old, the young, and those with serious health issues.

Flu vaccine protects against the flu so the single best way to prevent the flu is to get vaccinated each season. These are two types of flu vaccines:

Flu shots—inactivated vaccines (containing killed virus) that are given with a needle. There are 3 flu shots being produced in the US market now. The regular seasonal flu shot is intramuscular, being injected into the muscle. It has been used for decades and is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions, and pregnant women. A hi-dose vaccine for people 65 and older which also is intramuscular and this vaccine were first made available during the 2010-11 seasons. An intradermal vaccine for people 18 -64 which is injected into the dermis or skin, also was made available during the 2011-12 seasons. The nasal-spray flu vaccine is a vaccine made with live, weakened flu viruses that is given as a nasal spray. The viruses in the nasal spray vaccine do not cause the flu. This is approved for use in healthy people 2-49 of age who are not pregnant. About two weeks after vaccination, antibodies develop that

protect against influenza virus infection. Flu vaccines will not protect against flu-like illness caused by non-influenza viruses.

Yearly flu vaccination should have begun in September, or as soon as vaccine is made available, and continue through the flu season which can last as late as May. This is because the timing and duration of flu seasons vary. The Center for Disease Control recommends that you should get a flu shot if you are between the ages of 6 months and 18 years, pregnant, have a chronic health condition (asthma, diabetes, heart (congenital heart disease, congestive heart failure, coronary heart disease) or lung disease-chronic obstructive pulmonary disease, cystic fibrosis, kidney disorders, liver disorders, weakened immune system, neurological conditions, are over 65, or live with or care for those at risk.

The best protection against colds or the flu is careful hand washing. Plain soap and water combined with rubbing your hands together are very effective to remove germs. Antibacterial soaps are common but work no better than regular soap and may even increase resistance to antibacterial chemicals. To properly wash your hands, wet your hands with warm water, lather up the soap, and rub all parts of your hands for 15-20 seconds while singing 'Jesus loves me'. Then rinse well and dry with a clean cloth. If soap and water are unavailable, an alcohol-based hand sanitizer will work just as well.

Influenza is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Most individuals recover without difficulty. For people in the high risk categories, it can have severe complications and even death. Over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the US range from a low of about 3,000 to a high of 49,000. In the US an average of over 2000,000 people are hospitalized each year because of complications of which 36,000 will die. Flu is serious business so protect against it. If you are ill please stay at home. Do not share your germs. Treat your symptoms by hydrating yourself, getting plenty of rest, gargling to moisten a sore throat, drinking hot liquids to relieve nasal congestion, taking a steamy shower to clear nasal passages, applying hot or cold packs to congested sinuses, and avoiding air travel. If you are healthy, share Jesus' love by taking the sick one the standing chicken soap or fluids and carting for the children. (Source: Mayo Clinic) Your Wesley Nurse,

~SHIRLEY R. JEFFERSON R. N.

From the Side Office:

“Praise the LORD! I will give thanks to the LORD with my whole heart,”
(Psalm 111:1a)

In November, we celebrate Thanksgiving. Growing up there was always a feast that could feed a small army and left-overs to “graze on” for the whole weekend. Of course there was also time with family, football, relaxing, and late morning Black Friday shopping. But what are we really celebrating and how do we celebrate *it*?

Out of gratitude for all the hard work of our Ingleside Volunteer Fire Department (IVFD) especially due to the high number of calls this fall, the youth group asked me ‘because you’re the chaplain and more familiar with their needs, how we can express our gratitude to them.’ The first thing we planned was we volunteered at the Annual IVFD Fire Expo for the community. Our youth and youth parents are on to something here. Acknowledging what they are grateful for and expressing it in ways that bless others.

Thanksgiving = giving thanks. As you beginning preparing for Thanksgiving and when you are gathered around the table or couches ask each other, what are you thankful for? How will you express it ways that bless others? I wonder what would it look like to ‘give thanks with our whole heart?’

Grace & Peace,
Pastor Kelli

Web page: <http://www.inglesideumc.com>
e-mail: secretaryiumc@cableone.net

Ministers:
All Members of the Congregation

Nursery Assistant:
Carolina Moreno

Janitor:
Fred Borel

Nursery Director:
Sandy Hoover

Newsletter Editor:
Sandy Hoover

Administrative Assistant:
Sandy Hoover

Mother's Day Out:
Carol Longbotham

Pastor:
Rev. Kelli Williamson

Jody Loeffler

District Superintendent:
Corpus Christi
Rev. Eradio Valverde, Jr.

John Meenaghan
Steve Roberson

George Husted
Carolyn Krebs

Bishop James Dorff
SWTX Conference Bishop:
Leo Oliver

Music Director:
Leo Oliver

Sharing Love

Building Faith



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