THE TEN COMMANDMENTS OF FAMILY MENTAL HEALTH

I ran across a list (I don’t know who put it together) on how a family may maintain or improve its mental health. Someone has correctly said that, as our families go, so goes our community, our nation, and our world. Read over the list out loud as a family and talk about it item by item. If your children are out of the nest, think of parents with children still at home and pass this article on to them. You might call this “The Ten Commandments of Family Mental Health”.

1. Develop a sense of humor. If you can laugh at yourself, you cannot be hurt too long.
2. Discuss openly fears and frustrations. If a counselor is needed, contact me for guidance in choosing a professional.
3. Find time for at least one weekly family council. This is an excellent time to air grievances, ask forgiveness, and make construction suggestions.
4. Spend a quiet time each day in prayer. Mention each family member by name and be aware of each one’s needs.
5. Read the Bible together daily…include a portion of the Psalms and a section of the Gospels.
6. Share a task in the home that includes another person…washing dishes, mowing and raking grass, cleaning gutters, making beds, etc. This does wonders in developing family cooperation.
7. Attend Church and Sunday School as a family. This solidarity helps to make Christian living paramount for the other six days in the week.
8. Plan for recreational needs together. Shared experiences that are fun producing give a vital cohesiveness to the family.
9. Become involved in some “magnificent obsession” outside the home. Family support of a shut-in or a child from a children’s home can keep the family from being selfishly ingrown.
10. Believe that God is surrounding each family member with his love. Let God’s ways become as natural to your family as the air you breathe.

Now, re-read this list and put an asterisk by No. 7.

Seeing you soon, I am, sincerely,
Pastor Gary

Rev. Gary Eldred
Faith United Methodist Church
7215 1st Ave West; Bradenton, FL 34209
Phone: 941-794-8067; Email: faithchurch@verizon.net; Website: www.faithchurchum.org
Trustees Corner by Karl Hasbrouck

It’s Back

If you missed it, our road sign has returned from being restored. This is the sign at the entrance to our driveway. The vinyl lettering had deteriorated to the point where the sign was almost unreadable. The restored sign should serve us well for many years to come.

Save The Date!

Saturday November 5 will be our next All Church Work Day. The hours will be 8:30 AM to 1 PM. You are invited to come when you can and leave when you need to. We’ll have indoor and (weather permitting) outdoor jobs for everyone to choose from. Our five acre campus creates more work than our two part time employees can possibly complete during their scheduled hours. More details will be included with next month’s newsletter. The Trustees are counting on those members who are able to participate in preparing our church facility for the Thanksgiving and Christmas holiday season.

Lock & Latch

A reminder to those with a responsibility for securing the church, some of the exit doors, particularly the front entrance and the doors to the portico have been found unlocked recently. Actually they are locked but they’re not latched properly, which allows anyone to open the door simply by pulling on it. The trustees are asking that you make a little extra effort after you have locked the door and are leaving the church to pull on the handle from the outside to make sure the door is both locked and latched. Your cooperation is greatly appreciated.

Contact:

If you have any questions or concerns about the church buildings, or campus please contact
Trustee Chairperson: Karl Hasbrouck at 941-718-9058.

Our Charge Conference is on Thursday, November 10th at 5:30pm here in the church sanctuary. A charge conference is when we approve church lay officers for the coming year, approve reports from committees of the church, approve the pastor’s salary package for the next year, and vote on other church administrative concerns. Reverend Candace Lewis, our new District Superintendent for our Gulf Central District, will preside over the meeting.
How Has Jesus Christ Impacted your Life?
Pastor Gary’s Personal Ministry class began on September 11th with the class being asked this question: How has Jesus Christ impacted your life? Why did he ask this particular question? Pastor Gary believes that there are opportunities every day where a Christian can share the power of the Gospel with someone. The problem regarding why this often does not happen is that we Christians are often forgetful of the specific ways in which Jesus Christ has actually touched our lives or influenced our lives. Having the opportunity to really consider this question gave the members of the class a new way to think about sharing one’s faith in God. Pastor Gary, likewise, challenged each member of the class to be ready with a specific answer to this question that could be completed in about 2 minutes. This is typically the amount of time one has in passing the time of day with an acquaintance. If you could not make this Falls’ class, be sure and let Pastor Gary know of your interest. He may plan another class next year.

Advent 2016 begins on November 27th this year. Be sure to look for our Advent Daily Devotionals (which should be in the Narthex a week or so prior) so you may gain more from the Advent season. Intentional Discipleship Committee will meet on Monday, October 17th at 6:45 pm in the library.

New Members
Pastor Gary welcomed new associate members Ruth Dooley with Doris and Ken Toye on Sunday, August 28th.

We appreciate Tom Durante stepping in to help us while Brandon Kouri was on vacation.

At the Veterans Day Program on Sunday, November 13th at the 10:15 service we will honor in a special way all veterans who served between 1955 and 1975 as well as honoring those who served before 1955. We already have 15 signed up. If you have not yet given us your information, please sign up on the Let’s Connect Slip with your name, branch of service and dates served. Please RSVP to Linda Hasbrouck at 941-761-9546 or lindah.faithumc@yahoo.com.
You are invited to join the Faith United Methodist Chancel Choir!

Would you like to sing in the Choir or play in our Handbell or Handchime Choir? Everyone is welcome!

No experience is necessary and you don’t have to be able to read music. There are current members who do not read music, believe it or not! It’s easy and fun! All ages are welcome!

- Music Director Craig Ramberger invites any and all persons who are interested in singing in the choir and playing Handbells or Handchimes at Faith United Methodist Church to get in touch with him at 719-213-4552 or cramberger@comcast.net.

- Choir rehearsals are weekly on Wednesday evenings at 6:00 p.m. for Handbells, and 7:00 for Chancel Choir, in the sanctuary. The choir usually meets at 9:45 a.m. on Sunday mornings before the service for warmups and rehearsals.

- Come and add your voice and talents for the support of worship!

Research concerning the Benefits of Choral Singing:

Benefits of singing
(Centre for Health Education and Research, Canterbury Christ Church University College, Canterbury, Kent CT1 1QU, England. s.m.clift@cant.ac.uk)

Two exploratory studies are reported on the perceived benefits associated with active participation in choral singing. In the first study, 84 members of a university college choral society completed a brief questionnaire that asked whether they had benefited personally from their involvement in the choir and whether there were ways in which participation could benefit their health. A large majority of respondents agreed they had benefited socially (87%) and emotionally (75%), and 49% spiritually. Common themes expressed were:

- meeting new people
- feeling more positive
- increased control over breathing
- feeling more alert and
- feeling spiritually uplifted

With respect to health benefits, improved lung function and breathing, improved mood and stress reduction. In the second study, over respondents strongly agreed that 'singing helps to make my mood more positive', 'singing is a moving experience', 'singing makes me feel a lot happier' and 'singing is good for my soul'. Oblimin identified six dimensions of benefit associated with singing:

- benefits for well-being and relaxation,
- benefits for breathing and posture,
- social benefits,
- spiritual benefits,
- emotional benefits, and
- benefits for heart and immune system.

A second study shows Favorable Effects of Choir Singing or Listening on Secretory Immunoglobulin A, Cortisol, and Emotional State.

Other related articles:
Feel a Lot Better When I Sing by Barb Wilson in Complete Health Magazine, Summer 2003

Children’s Choir for grades K through 8 meets in the choir room immediately following the 10:15am worship service. All kids welcome!
Spaghetti Dinner Fundraiser
Friday October 14th from 5:00pm to 7:00pm
in the Faith Church Sanctuary
All are invited to enjoy this Italian dinner prepared by Faith’s Men’s Ministry
All you can eat Spaghetti with Meat Sauce, Salad, Garlic Bread & Beverage
only $7 adults and $3 children

Now that school has started and fall is just around the corner, it is time to start thinking about the coming Holidays. We would like to start early to fill the pantry for Thanksgiving. We are in need of the following.....dressing/stuffing for turkeys, green beans, corn, (no peas), cream of mushroom & cream of chicken soups, chicken noodle soup, pasta sauces, tuna fish, mac & cheese, rice and pasta sides, and cloth shopping bags. Please drop off donated items at the ‘Donation Station’ in the church narthex.

SHINE (Serving Health Insurance Needs of Elders)
Trained volunteer assistance with Medicare changes and applications free of charge. Make your appointment now @ 800-963-5337. Open enrollment begins October 15th.

Finance Committee News
GOOD NEWS!!!
Do you have to take a Required Minimum Distribution from your IRA? Congress has passed a tax bill that permanently extends the Qualified Charitable Distribution provision which allows people over the age of 70 1/2 to transfer funds from their IRA directly to a charity and have it count toward their Required Minimum Distribution without increasing their Adjusted Gross Income. You cannot take a charitable deduction too, but keeping the money out of your adjusted gross income can be valuable:

1) if you do not itemize your deductions
2) if it helps avoid a higher tax bracket
3) it may reduce the amount of your social security benefits that are subject to taxes
4) if it keeps your income below the threshold for Medicare High Income Surcharge which boosts your premiums.

Ask your Financial Advisor or Tax Professional if it would benefit you to transfer part of your Required Minimum Distribution to Faith United Methodist Church.
Outreach News by Shelly Powers

Mission Market will be open on Saturday, October 29th from 9am to Noon in Room #10. Due to our successful sales, our inventory is getting low. What we are looking for are gently used household items such as linens, knick knacks, kitchen items, sporting good items and also kid’s items. What we are NOT looking for are electronics or books because they just don’t sell. Neither are we accepting furniture because it is too bulky to store and heavy to move. ??CLOTHES?? Because we have a large backlog, we are currently not taking clothes. We will let you know via e-mail when we need more. You may bring donated items to the church office Monday thru Friday from 9:00 to 12:30pm. Mission Market is also collecting canned food for Faith’s Food Pantry. Bring a non expired food item to the Mission Market sale and you will receive a coupon for 50 cents off your next $5.00 purchase. The next sale date is Saturday, October 29 from 9am–noon. Please help spread the word.

ANCHOR HOUSE at Port Manatee, collects Bibles in all languages to distribute to seafarers when they come to port. To date this year, the Outreach Committee has donated a total of 38 Bibles to this mission. On March 31, 2017 Anchor House will hold its annual fundraiser to support this mission. Price of tickets is not known at this time. They will go on sale in January and we will have more information at that time. Please save the date.

SOUTH EAST HIGH SCHOOL’s ESE (Exceptional Student Education) Dept. is collecting plastic caps from bottles/containers (e.g. soda, mayonnaise, peanut butter, laundry, etc.) which will be turned into beautiful benches for their campus. We are helping in this effort. So, please save and deposit your plastic caps in the marked bin at the Donation Station in our narthex. http://www.fox13news.com/news/local-news/121071542-story#

Remote Area Medical (RAM) will return to Manatee Technical College, 6305 State Road 70, East Bradenton, FL 34203 on Nov. 11, 12, & 13.

Donations & Volunteers needed!
Email Craig Ramberger @ cramberger@comcast.net
Garage Sale / Bake Sale to benefit Alzheimer Assoc.
Saturday, October 1st, 9am to 1pm
Brookdale Palma Sola, 450 67th Street West, Bradenton, Florida
For sale are hamburgers, hot dogs, baked goods and garage sale items. Come enjoy music, games, face painting, etc. Monetary donations gladly accepted
SEPTEMBER OUTING
On Sept. 25, about 10 kids from our Sunday School traveled to Brookdale Senior Living on 67th St. to play games and read with the residents. What a great experience for our children to bridge the gap between generations. Both young and not so young were truly blessed by this get-together. (pictures on next page)

BLESSING OF THE PETS
On Oct. 16, at 6:00 P.M. we will have our first ever Blessing of the Pets. All pets are welcome as long as they are contained by leash or carrier. I hear from a reliable source that someone is planning on bringing his pet tarantula! This is an all-church event, held outside, with a pet parade, and treats for humans and pets!

OCTOBER CAMPFIRE AND OUTDOOR MOVIE!
We had such a great time last year that we are repeating this event this year! On Saturday, Oct. 29th we will meet at 5:30 in the open field on the east side of the church. We will have a bonfire, roast hotdogs and marshmallows, play some Halloween-like games, and then at 7:00 we will start the movie. This year we will be showing “Witch’s Night Out,” a half-hour long animated film appropriate for all ages. This event was popular with all age groups last year, so mark your calendars now. Invite your friends and neighbors. All food will be provided and our giant slingshot will be ready for use! Please bring your own lawn chairs or blankets.

FIRST SUNDAY OF EACH MONTH
We are so blessed to have a large 5th-8th grade class and we are putting them to work on the first Sunday of the month. They are reading scripture and responsive reading, lighting the candles, taking communion, and helping usher. On Oct. 2, they will also join our younger children to sing a song with Nelson Applegate, their Sunday School teacher. Make sure your child signs up for his/her turn to “work” on First Sunday.

FUTURE EVENTS
In November, we are planning a date when the children can make a meal for their parents and grandparents. More on that later.

On Dec. 11th, the children will be presenting a short Christmas program during the worship service. Mark your calendars so that all our children from ages 3-14 will be here to participate.

CHRISTMAS ON SUNDAY!
This year Dec. 25th falls on a Sunday. There will be no Sunday School that day, but we will have a potluck breakfast at 8:30 A.M. and family-friendly worship service at 9:30 A.M. Celebrate Jesus’ birth with your church family. There will be regular Sunday School classes and church services on Jan. 1st.
Any questions or concerns, please contact me.
Faith Kids vs. Brookdale-Palma Sola Residents
On Sunday, Sept. 25, 2016, children and teachers from Faith UMC visited residents of Brookdale-Palma Sola retirement community and played games together.

Sunday School Teacher needed for 4th Sunday of the month. This is for a wonderful class of 5th-7th grade kids with great curriculum already in place. Please consider this small commitment to keep our Sunday School program going! E-mail Linda Hasbrouck at lindah.faithumc@yahoo.com or call 761-9546.
WE HAVE THE SPIRIT!
What do you really know about the person sitting next to you at Sunday services? Do you know them or just what you perceive them to be? Ignorance breeds intolerance and separation, but getting to know one another on a personal level enables us to learn more about ourselves and God’s people.

Yes, God loves all people. PrimeTimers do our best too, also. We are welcoming and always have fun, no matter the place, situation or challenges... happily that’s just our mindset and who we are. When we are together in true Godly fellowship, albeit at monthly events, helping others in our church or our community, or at our annual FUNdraisers, we make the most of it and have a great time doing so. Monthly PrimeTimers events are a fabulous way to get past the casual acquaintance stage and form lasting relationships with new friends and build stronger bonds with existing ones. It’s amazing the amount of things we have in common with one another, while being different in our own rights, which keeps life interesting.

THE ‘F’ WORD
‘F’ellowship is the true spirit of our monthly gatherings... exploring local hot spots is a bonus.

September’s event was held at the Cortez Kitchen (4828 119th St. W, Cortez 34215; 941.798.9404 www.thecortezkitchen.com). The menu includes appetizers from $6.99 (fried mushrooms) to a soft shell crab sandwich ($13.99), to dinners including a large steamer pot ($23.99) of steamed clams, mussels, grouper, shrimp, scallops and vegetables, cooked in garlic, butter and wine, but are known for their ‘huge’ hamburger ($8.99). Dessert is key lime pie ($5.25). They offer regular beverages (the pink lemonade was a group favorite), as well as a full bar.

Our group gave the food mixed reviews and agreed overall there are better local eateries, of which there are plenty. Some reviews were, “The fish tacos are 100% better at Bonefish Grill and the Anna Maria Beach Café.” “I had shrimp on a skewer. The back was split, but they weren’t deveined.”

Seating is outside in an open gazebo style area and even though it’s covered, go early to find the shade, remembering as the sun sets, it shines hotly under the roofline... plan accordingly. Terry Holmes, the featured musician, played songs suited for a tropical atmosphere, but could be too loud for some in such close quarters.

October’s Event ~ Annual Costume Party FUNraiser!
Friday, October 28th ~ 6:15PM ~ ‘Anything Goes’ Theme!
Prizes, plus! $10 includes food and drink. No theme this year - anything goes!
PICTURE PERFECT

Funny to fabulous door prizes are a PrimeTimers staple. Upon winning a handcrafted shell cross, Sherrie said, “I love this! It will look absolutely beautiful in my new home.” She was a September event door prize winner, along with (front to back) Doris, Fred, Jil, Joyce, (Sherrie) Lisa and Walter.

SALTY SERVICE

Among other salty service projects, PrimeTimers host (and purchase turkeys, plus) for the ‘Kick Off The Holidays’ potluck dinner at FUMC in November. Mark your calendar for November 18th this year.

THE PARTY IS BACK!

Our motto is ‘PrimeTimers Party With A Purpose’ and that we do. To finance so many projects we have an annual October FUNraiser costume party in the Sanctuary, usually with a theme (a.k.a. pirate party), and this year’s is ‘Anything Goes!’ Cleopatra, hippie, sports fan... your choice, but remember there’s a prize for the best costume! Your $10 donation includes food and drinks, so please attend... invite others to come... and get a ticket for someone who can’t afford it, but would like to attend.

**October’s Event ~ Annual Costume Party FUNraiser!**

*Friday, October 28th ~ 6:15PM ~ ‘Anything Goes’ Theme*

Prizes, plus! $10 includes food and drink. No theme this year – anything goes!

Because of YOU & your support ~ PrimeTimers continue to do good things!
Faith Friendship Dining Center
A program of

Meals on Wheels PLUS
OF MANATEE
Serving More + Doing More + Being More

Participants enjoy the following services:
Heart healthy breakfast and lunch
Recreational activities including films, field trips, art and music
Holiday celebrations, card games, bingo, creative projects, and more
Ages 60 and up - A donation of $7.50 a day is appreciated
Please call: 941-747-4655

Faith United Methodist Church is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on Saturday, October 8, 2016. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from $149 ($139 with our member discount). All five screenings take 60-90 minutes to complete. In order to register for this event and to receive a $10 discount off any package priced above $129, please call 1-888-653-6450 or visit www.lifelinescreening.com/community-partners.

A “Blessing of the Pets” outdoor service will be held at Faith Church on Sunday, October 16th at 6:00pm. Come, bring your pet(s), as Pastor Gary blesses each pet individually and as you enjoy fellowship with other pet lovers.

Circle of Hope meets the 1st and 3rd Wednesday of the month to make prayer bracelets which are given to shut-ins and those in need. If you are available to help with this ministry, please contact Cindy Sidley at csidley@heart-n-joy.com

Ruth Circle meets the 1st Wednesday of each month at host members’ homes and welcomes all women of the church to this fellowship ministry. RSVP Linda Bellows at lyndabellows@verizon.net or call 941-779-3751.
October Celebrations

Karl Hasbrouck 10/2
Preston Crick 10/3
Genell Folz 10/8
Brandon Kouri 10/11
Mary Pyles 10/11
Brooklyn Biddlecome 10/12
Sue Bowen 10/13
George Parker 10/15
Lynda Poutre 10/22
Faith Merritt 10/23
Bunny Klein 10/24
Gary Folz 10/25
Debbie Doherty 10/27
Bill Doherty 10/27
Sandy Greenway 10/27
Sue Ralston 10/29
Chris Phillips 10/30

Anniversaries
Bob & Sue Lamastro 10/4
Bill & Helen Seagers 10/22

October Calendar is available online
@www.faithchurchum.org and church office hallway.