

*Pastor Ponderings - April 2019*  
*Wondering Where God is Working (& How)*

Dear Friends,

I don't know if you are aware of it or not, but Lent is the busiest season of the year for pastors. I have found myself some days completely overwhelmed with the items on my "to do" list. And yet, during the oddest moments, I have been reminded of the everlasting newness of life that God grants us.

The birds singing overhead as I stepped outside...

The love of my clergy colleagues as we met for Rio Texas Clergy Convocation in San Antonio this week...

The tremendous gift of being in the right place to give a young man in need new socks and shoes as he walked in barefoot from the rain...and then to connect him with Pastor Gene Moon of the Sinton Churches Aligned to give him a night off the streets from your gifts...

The voices of our church women practicing for Easter...

The appreciation of a member in the hospital for bringing Holy Communion and holding his hand in prayer...

The enthusiasm of Confirmands as they struggle faithfully to express what they believe and write their own class Creed...

The laughter of a child as he delights in bubbles and sunshine and bedtime prayers with Granna...

The continued prayers of the faithful who join me in praying, Lord, open our eyes to your plans, and send us into our world of Sinton to serve and show what it looks like to be Christ's disciples...

Join me for the next 2 Lenten Sermons of "It's Simple." Resurrection is Coming!

In Jesus Joy & Justice,

Pastor Beth

*Rev. Beth Peterson*

## **GREETINGS FROM THE WESLEY NURSE**

If you watch any media at all, you are aware about the impact sleep (or the lack of it!) has on our health. It affects just about every system in our body so it is important to pay attention to. Besides our hormones and immune system, sleep affects our brain health therefore affecting our memory, attention, problem solving, and creativity.

As we age, we tend to have a shift in our sleep pattern. It is common for us to get sleepier earlier in the evening, resulting in older adults getting up earlier in the morning. Changes in sleep patterns can lead to problems such as sleep apnea. Sleep apnea increases amyloid which is a protein associated with Alzheimer's disease.

So what can we do to improve our sleep naturally? Here are some tips:

- Try to go to sleep and get up at the same time, even on the weekends.
- Don't spend too much time in bed, go there only when you are sleepy
- Environment matters so the room should be dark and quiet. Use a sleep mask and have white noise going in the background if necessary.
- Avoid television, reading, or working while in bed. Doing these things send confusing messages to the brain that it is time be awake.
- Naps may seem like a good idea when you are tired, but they can be disruptive to night time sleep. Nap less than 30 minutes and not after 3:00 p.m.
- Watch stimulant intake 4-6 hours prior to bedtime. That includes coffee, tea, cola, chocolate, and cigarettes.
- Though alcohol may initially make you drowsy, it can have a rebound affect that cause you to wake up in the middle of the night.
- Electronic devices and a huge disruptor of sleep! Try to limit LED screen time to at least an hour before going to bed.
- Rituals are extremely helpful in preparing to bedtime. A hot bath 1-2 hours prior to sleep helps the body begin to relax. Stretching exercises or some sort of mindfulness activity can also help the body prepare for sleep. Some people can relax with chamomile tea or by smelling lavender.
- If you do wake up in the middle of the night and you can't fall back asleep, get up and do something that will make you sleepy like reading a no-stimulating book.



Psalm 4:8 When I go to bed, I sleep in peace, because, Lord, you keep me safe.

**GRACE & PEACE!** Kerry, Wesley Nurse



## ATTENDANCE & OFFERING

### MARCH 2019

Mar 3:	Worship - 34 Sunday School-20 Total Offering: \$3,164
Mar 10:	Worship - 24 Sunday School-11 Total Offering: \$ 878.00
Mar 17:	Worship - 33 Sunday School-18 Total Offering: \$ 1,960
Mar 24:	Worship - 37 Sunday School- 18 Total Offering: \$2,276
Mar31:	Worship - 25 Sunday School- 17 Total Offering: \$1,735

## Opportunities for Service

<b>Lay Readers:</b>	<b>Hospitality Refreshments:</b>
4/7 Becky Stalcup	4/7 Kay Drawe
4/14 Sandra Coates	4/14 OPEN
4/21 Dana Allen	4/21 OPEN
4/28 Denise Cluiss	4/28 OPEN

**Greeter for April:** Ron & Lynn Houser

### Money Counters for 2019:

Contact Bonnie Hartung for more information.  
Sandra Coates, Anna Franklin & Bonnie Hartung



**Coastal Bend District  
Conference/Celebration  
Sunday, May 5, 2019**

**WHERE: Holiday Inn Airport and  
Conference Center**  
5549 Leopard St., Corpus Christi, TX

**TIME:** Doors open at 4:00PM  
Program begins 4:30PM  
Ending at 6:30PM

**DINNER:** Chicken Piccata, Fresh Garden Salad, Roasted  
Baby Potatoes, Fresh Green Beans, Rolls, and Tea

**COST:** Reserved Table of 10 - \$180.00  
Reserved ½ Table of 5 - \$95.00  
Individual \$19.00

**OFFERING** Will be taken for Ministries of Children and Youth

**WHO:** Everyone is Invited!

Since this is a District Conference, pastors, associate pastors, delegates, and alternates are expected to attend. *Paying for a table is a great way to appreciate your delegates and pastors.*

**DEADLINE:** April 11, 2019

Please send your church check to Coastal Bend District UMC,  
3510 Gollihar, CC, TX 78415

**This is a CELEBRATION of the  
great things  
happening in our churches!!!!**

**Send Pictures to:  
Linda Morrow  
By April 1**

Mail to: Coastal Bend District OR Email: [linda@coastalbendumc.org](mailto:linda@coastalbendumc.org)

## Memorials Received in Honor of Nina DuBose

Kathryn Wilson  
Robin Schubert  
Mr. & Mrs. Stalcup  
Mr. & Mrs. Wheeler



Community Choir Cantata

First Baptist Church

April 14<sup>th</sup> at 6 PM



VBS is right around the corner so get a jump on signing up to be a volunteer!

July 22<sup>nd</sup> thru 26<sup>th</sup>

5:30-8:30PM

If you'd like to help in any way with VBS please contact Monica Reagan or the church office.

Every now and then, a ewe will give birth to a lamb and immediately reject it. Sometimes the lamb is rejected because there are twins and the mother doesn't have enough milk, or because she is just old and tired. They call these bummer lambs. Unless the shepherd intervenes...that lamb will die.

So the shepherd will take that little one into his home and hand feed it from a bottle and keep it warm by the fire. He will wrap it up warm and hold it close enough to hear a heartbeat. When the lamb is strong, the shepherd will place it back in the field with the rest of the flock.

The most beautiful sight is when the shepherd approaches his flock in the morning and calls them out, 'Sheep, sheep, sheep!'

The first to run to him are the bummer lambs, because they know his voice.

I am so grateful that Christ calls Himself the Good Shepherd. 'He calls His own sheep by name and leads them out. After He has gathered His own flock, He walks ahead of them, and they follow Him because they know His voice.' John 10:3-4 (NLT)

We are loved because we are His.

Until the day I see Jesus face to face...I will be a bummer lamb.

**SHEILA WALSH** Published on July 30, 2015 <https://stream.org/beauty-bummer-lamb/>

Facebook: Peaceful Moments for Women



# Holy Week Happenings



**Good Friday Prayer  
Stations at FUMC**

**April 19<sup>th</sup> 10AM-2PM**

**Good Friday Worship at  
Grace Lutheran**

**April 19<sup>th</sup> 7PM**



Sinton Churches Aligned

Breakfast 7 AM

Monday, April 15<sup>th</sup>

Grace Lutheran Church

Tuesday, April 16<sup>th</sup>

Grace Fellowship Church

Wednesday, April 17<sup>th</sup>

Primera Iglesia Bautista

Thursday, April 18<sup>th</sup>

Sinton Presbyterian

Friday, April 19<sup>th</sup>

Zion Fair Baptist

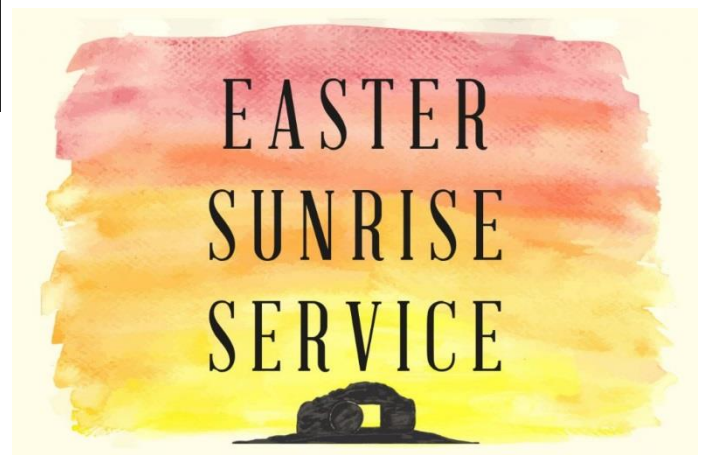


*Holy Thursday  
Joint Worship  
April 18<sup>th</sup> 7PM at  
Grace Lutheran With  
Pastor Beth  
Preaching  
& The Sinton  
Community Choir  
Performing*

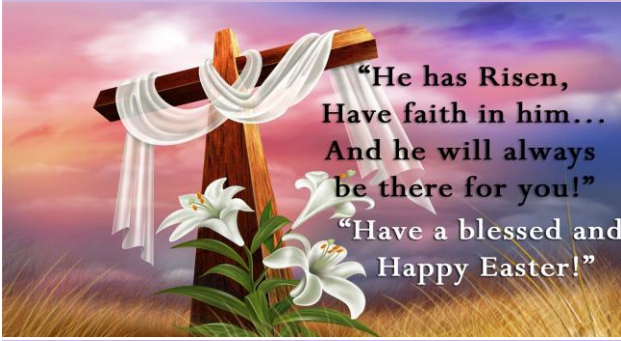
**Easter Egg Hunt**

**Sunday, April 21<sup>st</sup> at 9:15AM**

**If you'd like to donate eggs for the  
hunt speak to Monica Reagan.**



**APRIL 21<sup>ST</sup> at 6:30AM**



# April 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3 Lenten Bible Study 6:30PM Grace Lutheran Church Sinton	4	5	6
7 Communion Sunday	8 UMW 2:30PM	9	10 Lenten Bible Study 6:30PM Grace Lutheran Church Sinton	11	12	13
14 Community Choir Cantata First Baptist Sinton 6:00PM	15 SCA Breakfast 7AM Grace Lutheran	16 SCA Breakfast 7AM Grace Fellowship	17 SCA Breakfast 7AM Primera Iglesia Bautista  Lenten Bible Study 6:30PM Grace Lutheran Church	18 SCA Breakfast 7AM Sinton Presbyterian  Holy Thursday Joint Worship Service 7 PM Grace Lutheran	19 SCA Breakfast 7AM Zion Fair Baptist  Prayer Stations 10am-2pm FUMC  Worship 7 PM at Grace Lutheran	20
21 Easter Sunday Sunrise Vigil 6:30AM Egg Hunt 9:15AM	22 Easter Monday  OFFICE CLOSED	23	24	25 Sinton Lions Nite Club 25 <sup>th</sup> Anniversary- FH 8am-4pm	26	27
28	29	30 Worship Committee Meeting 3PM				

## Easter Prayer:

When everything was dark and it seemed that the sun would never shine again, your love broke through. Your love was too strong, too wide, too deep for death to hold. The sparks cast by your love dance and spread and burst forth with resurrection light. Gracious God, we praise you for the light of new life made possible through Jesus. We praise you for the light of new life that shone on the first witnesses of resurrection. We praise you for the light of new life that continues to shine in our hearts today. We pray that the Easter light of life, hope and joy, will live in us each day; and that we will be bearers of that light into the lives of others. Amen.

*Rev. Michaela Youngson, the Methodist Church of Britain.*

FIRST UNITED METHODIST  
CHURCH

P. O. Box 276  
Sinton, Texas 78387



Regular Activities

Christian Men's Fellowship: 1<sup>st</sup> Sunday, 8:30 am

Exercise Group: Monday, Tuesday, Thursday, Friday, 10:00 am

Health & Wellness Support Group: Monday, 6:15 pm

Health Committee: 2<sup>nd</sup> Wednesday, 6:30 pm

RX Program: By Appointment (Diana Jimenez, 512-470-6222)

Sunday Worship Service: Every Sunday, 10:00 am

Sunday School for Adults & Children: Every Sunday, 9:00 am

United Methodist Women: 2<sup>nd</sup> Monday, 2:30 pm

United Methodist Youth Group: Every Wednesday, 6:30 pm

Walk & Get Fit: Monday-Thursday, 5:30 pm

Wesley Counselor: Thursday, 9 am-5 pm (by appointment Erica Garcia 658-9708)

Wesley Nurse Office Hours: Monday, Wednesday, 8 am-6:30, Friday, 9 -11am