

Sunday Worship Services

9:00am Contemporary Praise & Worship

10:00am Sunday School

11:00am Traditional Service for Contemporary People

AUGUST NEWSLETTER

Hospitality Table

Looking for an opportunity to serve others?
The Hospitality Table is available.
There will be a sign up sheet by the church office for those interested.

Men's Covenant Discipleship Group

Mondays, 5:15am
Fellowship Hall

VUMC 411

lead by Pastor Mark

Orientation class for those new to Van UMC. Topics will include introduction Christian faith, Methodism, Van UMC. This class is great for those new to Van UMC and those interested in joining the church. Will be held during Sunday School in the Fellowship Hall.

SUMMER EVENTS

August 1st: UMW Annual Salad Supper


August 13th: UMM Breakfast

August 24th: YOUTH Back to School Kickoff

Communication Team

If you can help with Graphic Design or Powerpoint or Worship Media

Please contact the office
van_umc@yahoo.com

 Van UMC
326 W. Main Street
PO Box 1919
Van, Texas 75790

Van United Methodist Church Newsletter

van_umc@yahoo.com
903-963-5563

Invite Grow Serve
GOD FILLED SPIRIT FED JESUS LED

Prayer * Scripture * Unity

Van United Methodist Church

August 2016

vision proposed by council 4/2015

News in the Pews

**Following Jesus—
the Light of
the World**



More fun at Vacation Bible School

Save Quest
VBS
Special Needs



YOUTH
Our week at Special VBS

First Monday Prayer Walk: the Monday Morning Prayer Group will be walking through our church, asking God's blessings on every part of it, from 9:30 'til 10:30 the first Monday of every month. All are invited to join us!

Wedding Shower
honoring
Deanna Hunt and Michael Terry
August 14, 2016 1:30 - 3:00
At the home of David and Jill Dutton
Registered at Bed Bath & Beyond, Sears, & Target
Like to go in on a gift contact Pat Hargrave, 903-360-2754

Prayer Chain: The telephone prayer chain will continue as usual. In addition to that, we will begin to send urgent prayer requests by email. There is such power in prayer, this will give an opportunity for more of us to be in prayer, and will unify us. If you are not receiving calls or emails, and would like to, please call the church office.

AUGUST COMMITTEE MEETINGS
Church Council:
Sunday, August 7th, 12:15pm
Finance Committee:
Wednesday August 17th, 6:00pm

House Warming
For Linda Hardwick
When: Sunday, August 14th, 2:00 to 3:30 (Come & go)
Where: Her new home, 2270 FM 314, Ben Wheeler
Registered: Bed Bath & Beyond, JC Penney (under bridal)

I am looking for a Caregiver or Sitter position.
Sitter: conversation, reading, open to the needs of the individual.
Caregiver: light housekeeping, laundry, light meals, transportation, open to the needs of the individual. If you know of someone that needs my help, I can start immediately.
Debbie L. Richardson 903-283-0852

VOLUNTEERS NEEDED IN NURSERY
For both services and Sunday School

Collecting in August School Supplies
for
Van ISD
Please place in tub in foyer

FINANCE COMMITTEE REPORT
VUMC GENERAL FUND JULY 27, 2016

Budgeted Revenue General Fund	\$260,325
Total Budgeted Revenue Received YTD	156,616
Budgeted Expenses General Fund	\$269,043
Designated 2015 Revenue (reduce expenditures)	(\$17,274)
Net Expenditures	\$251,769
Total budgeted Expenses Paid General Fund YTD	\$155,160

Family Life Center Fund

Budgeted Revenue Family Life Center	\$ 600
Total Revenue Received YTD	\$ 35,140
Budgeted Expenses Family Life Center	\$ 1,800
Total Expenses Paid FLC YTD	\$ 35,565
**Family Life Center Balance as of 05/16/2016	\$ -

APPORTIONMENTS

2016 Conference Apportionment	\$ 29,017
2016 Conference District Apportionment	\$ 7,841
2016 Conference Apportionments Paid YTD	\$2,293
Balance Due for 2016 Conference Report	\$26,724
2016 District Apportionment	\$ 3,072
2016 District Apportionment Paid YTD	\$3,072
Balance due for 2016 District Apportionment	\$ -0-

*Submitted by: Norma McCarty,
VUMC Finance Chairman*

YOGA classes

Would you like to improve your flexibility, posture, and balance? Strengthen your bones and increase your muscle strength? Join us for a beginner's yoga class on Tuesdays and Fridays at 10 a.m. for an hour long class.

Worried that you can't do all the floor exercises? Not to worry. A "chair yoga" class will be offered on Tuesdays and Fridays at 11:15 as well. The poses will be from a sitting position or using a chair for balance. These classes will be 45 minutes long. Get moving and come join us.

The classes will be held here at Van United Methodist Church in the Fellowship Hall. The first class is FREE. Additional classes will be \$5/class. Wear comfortable clothing and bring a yoga mat if you have one.

Our Prayers Go Out To....

Steve Huffines	Carson Keller	Vibrant Church Initiative
Jim Corley	Polly McCarty	Debbie Branch
Sandra Durio	Kathy McCarty	Kelly Valentine
Jack Valentine	Elva Connelly	



Men & Women serving in the Military & in harms way & their families

Korea....

Eddie Olson

Our Friends in Nursing Facilities...

Joyce Staton	Nettie Swinney	Pam Jacobs	Pav Evans	Wanda Haines
Brenda Reeves	Glenda Thompson	Glinda Raulston	Enid Hopper	

Our Home Bound Friends...

Gay Powell Pat Ice

Notes from Nanci

I am tired. We have been packing and downsizing since May. I have relived the past sixty years as I have fingered pictures of family memories long yellowed albums. Old children's memorabilia, my professional library, and many boxes of music from long ago performances have been downsized and sent to family. In addition to the physical tearing apart of each room and its "surprises" hidden in corners, it has been an emotional roller coaster. We have disposed of enough of our physical possessions to furnish another full house.

Saying good bye to friends here has felt like my soul has been ripped apart. Yet we must be clear eyed that our decision to move is the "next right step" in God's plan for us. Albeit fraught with doubt and anxiety. I can now understand why making a major move is considered one of the major life stressors; it is right up there with divorce, death of a loved one, birth of a child.

The stress is rooted in how we handle change. We are all comfort seekers in some form or another. But we face change on a daily basis - planned and unplanned. Sociologists tell us that successful living and successful aging depends on our ability to live with our knees flexed. To transcend fear and embrace the future. I am trying.

The Bible is full of reassurance that He is with us as we journey through His will for us. These verses have become more meaningful as I traverse this current transition.

"Fear not I am with you; do not be dismayed for I am your God. I will strengthen you and help you. I will uphold you with My right hand." Isaiah 41:10

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:10 and 11

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33

A few tips on dealing with change.

- NOTICE** that you are in transition. Work towards acceptance.
- PRACTICE** the Serenity Prayer
- BE GRATEFUL;** change as a learning opportunity. Practice finding things to be thankful for.
- CHOOSE** your thoughts and attitudes about your situation. Negative thoughts paralyze the process.
- RELAX** or Learn how to relax. Exercise or learn about breathing exercises.
- CONNECT** with those who can help and support you through the change.
- PRAY** as a child. Bring your anxieties to God as our Father and Protector.

Now if I can just practice what I have preached all will be well. Van has given me a deep sense of "HOME" that I doubt I will find again in this life. Thanks to all of you who have shown us such love and good will over these past ten years. Words can't describe what Van Methodist has meant to me.

If the spirit moves you I can be contacted at nevanw1@gmail.com

Blessings