

October 1, 2010


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First United Methodist Church • 501 West Main • Ardmore, Oklahoma 73401

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## The Way I “Seay” It

Did you know that this is National Recovery Month? Recovery ministries have become an important part of the life of our church. Large and small groups meet every week to provide support and encouragement for people dealing with all kinds of life issues. Experts describe “recovery” as “the development of new meaning and purpose allowing people to grow beyond what keeps them from a better life.” We can recover from addiction. We can recover from personal loss and sadness. We can recover from anything that controls us.

In recognition of National Recovery Month and with great appreciation for our church’s Celebrate Recovery ministry, I offer the following insights written this month by OSU professor and recovery expert Margaret White, a United Methodist in Tulsa:

 **You don’t recover by stopping drugs, ignoring loss, etc. You recover by creating a new life that allows you to stop using, to cope or gives you the ability to control the behaviors you want to change.** If you don’t create a new life, then all the factors that brought you to seek recovery will eventually catch up with you again. You don’t have to change everything in your life. Here are the three most common things that people need to change in order to achieve recovery:

1) **Learn to avoid high-risk situations.** If you are hungry, angry, lonely, tired, frustrated, etc. then you are entering a high-risk time. Other indications of potential high-risk situations are:

- A. People who are negative in their approach to you and your situation.
- B. Places that cause negative actions by you and reactions for you.
- C. Things that remind you or encourage you to not take care of yourself.

2) **Learn to relax.** The first rule of recovery is that you must change your life. What do you need to change? People need to escape, relax, and reward themselves. These are essential coping skills for a better life. Tension and the inability to relax are the most common causes of recovery failure. Relaxation is not an optional part of recovery. It’s essential to recovery. There are many ways to relax. They range from simple techniques like going for a walk, to more structured techniques like meditation. Use any of these techniques, or any combination. But do something every day to relax, escape, reward yourself, and turn off the chatter in your mind.

3) **Be honest with yourself and others.** The expression in Alcoholics Anonymous is – nothing changes if nothing changes. If you don’t change your life, then why would this time be any different? You need to create a new life where it’s easier to be the person you want to be. You should be completely honest with the people who are your supports: your family, your doctor, your therapist, your friends, your support groups. If you can’t be completely honest with them, you won’t do well in recovery.

4) **Practice self-care.** The most important thing you can do to recover is practice self-care. Think about how your “issues” are affecting your life. For the drug addict, such outcomes become obvious rather quickly. For the depressed person, it may be harder to tell. When you don’t take care of yourself, you cannot be what you need to be for yourself and others who are important to you. The risk is relapse. When you don’t take care of yourself you create situations that are mentally and emotionally draining that make you want to escape.

I thank God for those in our church who help us offer the excellent tool of Celebrate Recovery. To learn more, contact Chris Shadle at 504-2402.

*Jessica*

## SUNDAY SERVICES

Televised from the Sanctuary at **10:50am** on Cableone, Channel 7.

Broadcast from the Sanctuary at **11:00am** on KVSQ AM 1240.

- **8:30am** McClure Chapel
- **10:50am** Sanctuary
- **11:05am** Colvert Ministry Center

Rev. Jessica Moffatt Seay, Senior Pastor





This Sunday is the **Nineteenth Sunday after Pentecost!** It is also **World Communion Sunday** when we will be celebrating Holy Communion with believers all across the world!

In the 8:30 and 10:50 worship services the closing voluntary will be "Lead On, O King Eternal" based on the hymntune LANCASHIRE (very familiar) by Henry T. Smart, 1835, and set for organ by Gregg Sewell.

In the 8:30 worship service I will sing a solo arrangement of the choir's 10:50 anthem, "One Bread, One Body," words and music by John B. Foley, arranged by Lloyd Larson.

In the 10:50 worship service the Sanctuary Choir will sing "One Bread, One Body" arranged by Lloyd Larson. The familiar tune, from the late 20<sup>th</sup> century, is by John B. Foley and is copyright © 1978, 2101 John B. Foley, S.J., and OCP.

Please read this text from Sunday's music.

### One Bread, One Body

One bread, one body, one Lord of all,  
one cup of blessing which we bless.  
And we, though many, throughout the earth,  
we are one body in this one Lord.

Gentile or Jew, servant or free,  
woman or man, no more.

Many the gifts, many the works,  
one in the Lord of all.

Grain for the fields, scattered and grown,  
gathered to one, for all.

One bread, one body and one Lord.

Shalom, *Bob*



## FUMC Blood Drive This Sunday!

October 3, 2010  
Colvert Ministry Center  
Room 117  
8:30 am — Noon



Help save lives!

### Questions?

Please contact  
Sally Reser at 580-465-5844 or  
reser@cableone.net

### Watoto Team 2011 Update

Hello First Methodist! Just wanted to keep you informed of what we are up to in preparation for our trip to Uganda scheduled for June 2011. It will be here before we know it!

We have over 36 people representing over 10 churches with deposits in and ready to go for next summer! Over half the team is from our church including several youth and our wonderful pastor, Jessica. We are very excited for what God is doing to and through us. We covet your prayers. Our fund raising will continue throughout the year as we work toward a lab and health education facility to be constructed next to the Watoto Good Sheppard Clinic funded during our last visit.

What a tremendous response to our "Birdies for Africa" golf tournament! Thank you for all of the support!

Tuesday, October 5, 7:00 pm at Crystalrock Cathedral is an event you just don't want to miss. Our team is sponsoring Watoto's production of **Restore Tour: Child Soldier No More**. This stage production focuses on the chronicles of the child soldier and the greater community in Northern Uganda.

Designed to share a story of courage and restoration from this region with the rest of the world. The production will give audiences the opportunity to meet the people, hear their stories and share in their new-found freedom, dignity, and hope. Set to the backdrop of vibrant music, dance, drama and multimedia, this highly poignant live production will have a global impact as people come to grips with the realities of what has taken place. You will have a truly life-changing experience. Due to the serious nature of the topic, it may not be appropriate for children under 10. Come help us pack the house! You won't regret it. God Bless You!

Mike Carnahan & the Watoto Team 2011

# CHURCH CALENDAR

## Sunday, October 3

8:30 am Worship / Chapel  
8:30 am Blood Drive  
9:45 am Sunday School  
10:34 am Power-Up  
10:50 am Worship / Sanctuary  
11:05 am EPIC  
4:00 pm CR Step Study – Women  
4:30 pm S.P.A.R.K.  
6:00 pm Jr. & Sr. High Youth

## Monday, October 4

7:45 am Preschool  
9:00 am Children's Day Out  
9:30 am Body Recall  
1:00 pm Clothes Closet Opens  
1:00 pm Casper Cards  
5:30 pm Handbell rehearsal  
6:00 pm Stephen Ministry Training  
6:00 pm Beth Moore Bible Study  
6:30 pm Disciple 4

## Tuesday, October 5

Rio Bravo Mexico Mission Trip starts  
7:45 am Preschool  
12:00 pm Noon Prayer  
5:00 pm Oasis Rehearsal  
5:00 pm SPR Committee Meeting  
6:00 pm Worship Ministry

## Wednesday, October 6

7:45 am Preschool  
9:00 am Children's Day Out  
9:00 am Clothes Closet Opens  
9:30 am Body Recall  
10:30 am Moms Praying  
3:00 pm Dance for Preschool  
6:00 pm Mid-Week Youth  
6:15 pm IGNITE  
6:15 pm Oasis Worship / CMC  
7:00 pm Celebrate Recovery  
7:15 pm Sanctuary Choir Rehearsal  
7:30 pm Sr High Small Groups & homes

## Thursday, October 7

7:45 am Preschool  
8:30 am C Sara Crisis Workshop  
9:00 am Precept Bible Study  
12:15 pm Precept Bible Study  
12:30 pm Mah-jong  
6:30 pm CR Step Study – Men  
6:30 pm Financial Peace  
6:30 pm Divorce Care  
7:00 pm Women's Emmaus Walk

## Friday, October 8

7:45 am Preschool  
9:30 am Body Recall

## DATES TO REMEMBER

Sept 30 - Oct 3 Men's Emmaus Walk  
October 3 Blood Drive  
October 7-10 Women's Emmaus Walk  
October 5-11 Mexico Mission Trip

## 19 Go to Emmaus

The Men's Walk to Emmaus began on Thursday, September 30, and will continue through Sunday, October 3. Those men from FUMC include Chris Hopper, John Dobson, Richard Darner, Sam Donica, Nick Morris, Scott Ownbey, Dennis Tolbert, and Justin Eubanks.

The Women's Walk to Emmaus will be next Thursday-Sunday, October 7-10. Those women from FUMC include Amy Hopper, Bebe Lodes, Sonya Morris, Laurie Newman, Megan Ownbey, Lianna Scholz, Whitney Stedman, Terri Tolbert, Jacey Eubanks, Pat Padberg, and Joy Gaddis.

These men and women will take Holy Communion once daily, hear 15 lay and clergy talks on spiritual life, eat 3 country-style, all-you-can-eat meals daily, sing rousing praise hymns and old hymns of the faith, participate in several special services (including a service at lakeside), and literally have the time of their lives.

The lay directors for the men's and women's Walks, respectively, are Alan Carpenter and Amy Wallis. The spiritual directors are, respectively, Rev. Tony Caro (Ardmore FUMC associate pastor) and Rev. Guy Ames (Ardmore District Superintendent).

Pray for the pilgrims, as well as many other team members from FUMC and elsewhere, as they embark upon their Walk to Emmaus.



### Stephen Ministry

"I cannot see what you see or feel what you feel if I stand here facing you. I've got to go to where you are, and face the way you are facing. I've got to look at your world through your eyes. If some obstacle is a mountain to you, I'm being brutal if I say: 'Ah! It's really only a little molehill.' Unless I see a mountain, I haven't really heard you!" James E. Sullivan, in *The Good Listener*.

**Stephen Ministers are trained to be good listeners**



*Call one of our Ministers below:*

Lee Miller..... 465-5855  
Pam Plesher..... 504-0890  
Louise Daniels..... 465-5958  
Joy Pfau ..... 277-9331  
Janice Weaver ..... 220-7922

## Join us for Body Recall!

### Body Recall Class

*A Lifetime Fitness Concept*

Fall Session Registration

Monday, October 4

9:30 AM

Colvert Ministry Center



Don't waste your walk!

Learn how to make the most of your efforts.

# FOCUS ON FOLKS

**In the Hospital (or recently dismissed from the hospital):**

Keith Frank  
Marie Morrison

**Loaves & Fishes for September:**  
Applesauce – 14-16oz cans

### Sympathy:

Our thoughts & our prayers are with Jared Chastain & his family with the passing of his father, Jason Chastain on Monday, Sept 20. His funeral services were held at the Harvey Douglass Chapel on Friday, Sept 24.

Our thoughts & prayers are with Irene Ayers and her family with the passing of her son-in-law, Kevin Hunt this past week. His funeral services were held at Christ Community Church on Thursday, Sept 23.

### Memorials:

In memory of **Pattie Dean**, a contribution to the Sanctuary Guild has been received from Mark & Cathy Melton.

In memory of **Anna Jo Belch**, a contribution to the Communion Fund has been received from Avon & DeMaurice Barber.

In memory of **Betty Burris**, a contribution to the Memorial Fund has been received from FUMC Wesley Class.

In memory of **Bret Johnston**, a contribution to Celebrate Recovery has been received from Joan Luton.

In memory of **Billie McC Carson**, a contribution to the Memorial Fund has been received from Ron & Addie Downing.

In memory of **Anna Jo Belch**, a contribution to the CMC Trust Fund has been received from Maytha Mead.

In memory of **Anna Jo Belch**, a contribution to the Choir has been received from the Cora Carlock Class.

In memory of **Bret Johnston**, a contribution to the Colvert Ministry Center has been received from Harry & Donna Spring.

In memory of **Don Lemmon**, a contribution to the Memorial Fund has been received from Patricia Lukehart.

## First United Methodist Church

501 West Main  
Ardmore, Oklahoma 73401

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Do you have SMALL TOYS (Happy Meal type) that could be given to children in Mexico who could use a little encouragement? We will be taking them in October and need your donations! Please call Jerri Ann Fick at 222-5666 for pick up. Or drop them off at the First United Methodist Church at 501 W Main in Ardmore. Thank you!



## CHILDREN'S MINISTRY ANNOUNCEMENTS

### Questions?

Amy Hopper, Children's Ministry Director  
223-5390 ext 325 or [children@fumcardmore.com](mailto:children@fumcardmore.com)

### Sunday Morning Live:

Our Sunday mornings are a great time for your kids to have fellowship, fun and a fantastic time with our Lord! We start with Sunday school which we like to call **Plug In**. Join us this Sunday October 3rd to **Plug In** to the bible story! The bible story for this week is *Nehemiah hears about the wall* from Nehemiah chapter 1. We will begin learning about our virtue of the month INITIATIVE. We will learn that INITIATIVE is seeing what needs to be done and doing it. The memory verse for this month is from Philippians 2:4 "None of you should look out just for your own good. You should also look out for the good of others." We will learn the bottom line this week; When there is a job to be done, first you have to see it.

This week there will be no **Power Up** (children's church) on Sunday October 3rd. Please pick your children up in the fellowship hall after Sunday school. Please join us in the Sanctuary for communion.

### Ignite:

Do you want fun? Do you want worship? Do you want a place to come together as a family? Well, we have the place for you called **IGNITE**. We will start with pizza at 5:45 in the CMC. Your whole family can eat for just \$5. Then off to **IGNITE** in CMC room 115 for an awesome family experience. We would love to see your family this week on Wednesday October 6th to start learning all about INITIATIVE.

### S.P.A.R.K.:

Our new program **S.P.A.R.K.** has been a huge success! Come see what we are all about on Sunday October 3rd from 4:30-6:00 in the fellowship hall. We will learn scripture by using our bible skills. We will praise our Lord through music. We will practice our acting for our church-wide performances.

### S.P.A.R.K. Performance:

We will have our first **S.P.A.R.K.** performance this Sunday October 3rd. If you have been attending S.P.A.R.K. and you are a 3rd-5th grade kid this performance is for you! Our older **S.P.A.R.K.** kids will be singing in both worship services. We will start at the traditional service where we will sing after the gathering. Then we will walk across the street to the EPIC service where we will sing after the first song. If you are a parent of a 3rd-5th grade **S.P.A.R.K.** kid please help us escort your children safely across the street. Come see our kids show off what **S.P.A.R.K.** is all about!