

CONNECTOR

BUILDING RELATIONSHIPS

MAKING CONNECTIONS

GROWING TOGETHER

Dear Friends,

*"And he said to them, 'Come away by yourselves to a desolate place and rest a while.' For many were coming and going, and they had no leisure even to eat." ***

The holidays are upon us and much time is spent challenging ourselves to serve, to help, to give, and to provide. While planning for our families and friends, attending events, and bearing a seemingly never-ending to-do list, we ask ourselves and each other to also assist those who do not have and/or cannot do.

There is much in the media and casual conversation on the topic of "self-care." What is self-care? A manicure? A massage? Taking that extra 20 minutes to nap and rest? Yes. These examples can be forms of self-care. However, humans are so much more than temporary commercialized methods of reprieve. We serve ourselves and others in many forms: physical, psychological, emotional, social, professional, environmental, spiritual, and financial. We must care for our collective well-being. We have been given stewardship over the blessing that is being alive and being able to grow and overcome the stressors we will inevitably encounter. I define self-care as how I would treat and shape the life of my best friend.

This best friend came to visit me. I had prepared three nutritious, home-cooked meals per day, snacks and I even brought out the "good" coffee cups. I had time set aside for them to rest, do their work, travel, and enjoy fun activities and open times in the schedule to explore what they would prefer to do. The oil had been changed on my car and I filled up the gas tank. Upon reflection, I realized I do not do this for myself; I questioned how much happier I would be and how much more enjoyable I might find life if I treated myself this well.

*"Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?"*** We are commanded to care for ourselves and our bodies as the gifts they are. We were never directed to hurt, abuse, or neglect anyone; including ourselves. It is an act of conviction to trust that God will provide the time, the resources, and the people to complete everything that needs to be done; it is not our job to do everything. It is said that you cannot serve from an empty vessel. If you are going to show up for others, it is best to show up as the greatest version you can be. Doing this can be as simple as inspecting your life for places of stress or neglect and loving yourself enough to do what you can to relieve that. For example, if mornings are stressful and you find yourself rushing, perhaps pre-packing your lunch, laying out your clothes, and going to bed a little earlier can be an acts of self-care and self-love.

You will find examples of self-care in red on this month's calendar. I encourage you to attempt to examine your life and how you might better love and care for yourself. You will also find a daily prayer of gratitude. Acknowledging abundance and privilege and what we love and cherish about our lives and ourselves is sometimes the first step. I believe once you begin finding space for this critical practice, you will find that you have more to offer others and experience more joy in doing so.

It is not the will of God that you suffer. It is His will that you rely on Him through that suffering and have grace with yourself. You are so loved and cherished. Transform your faith into living acts of love and care for others and yourself.



SUMC Staff

**Mark 6:31, 1 Corinthians 3:16

Trick or Treating Safety



Halloween is beyond exciting for kids—they get to stay up late, dress up and gorge on candy. They're hyper, distracted and determined to make the most of the day (and night!), so parents (and grandparents) need to make sure they stay visible, follow the rules of the road and don't eat anything strange from their loot bag. Here are my quick tips to keep this holiday from becoming a scary one.



1. Pick the right size costume
2. Keep it bright; use bright costumes for visibility.
3. Break out the makeup; masks can obstruct vision.



Don't forget your mask!

4. Test out face paint before Halloween to make sure your child doesn't have a skin reaction.
5. Choose non-flammable fabrics

Jack-o'-lanterns often have real candles inside, so opt for costumes with 100-percent synthetic fabrics like nylon, polyester and acrylic and avoid loose capes and glittery fabric, which tends to be more flammable. And to cut the risk, light up your own pumpkin with a battery-powered tea light or LED "candle."



6. Get your glow on
Light your kids up with glow sticks, bike lights clipped onto costumes and reflective tape. And give them a flashlight, or carry one with you.
7. Take the tiny trick-or-treaters; keep kiddos with you!
8. Go as a group
9. Choose homes to trick or treat at wisely; stay cautious, stay safe.
10. Stay on the step!
11. Follow the rules of the road
12. Ask for help; report suspicious or dangerous behavior.
13. Check it all out; only eat individually packed foods.



14. Be alert for allergens.
15. Brush up. Don't skip the teeth-brushing routine!
Sticky candies are cavities waiting to happen.



*Adapted from Today's Parent; author: Joelene Huber.

Faith in Action

J T I A K S K O F Z N E F H A
T H J C A E A K G D F V A E Z
R E T Y T R S F O E C Z I A C
A L I N C V S K D D O L T H R
N P T E O I U W S I M O H G I
S M H P M C R O H C P V I I U
F A E H M E A R A A A E N F H
O N W O U C N K N T S E A T N
R I I P N J C M D I S H C Q A
M F T E I X E A S O I P T H D
A E H G T S R N I N O D I K C
T S T M Y E C S E G N V O N V
I T I M Y R C H S H U I N G K
O L M Y E V J I V K R Y L N R
N B E C C E J P K L U C J C Z

Transformation	TitleWithTime	Workmanship	Dedication
FaithInAction	GodsHands	Community	Assurance
Service	Serve	Compassion	Manifest
Hope	Help	Gift	Love



How to Serve the Lord in Mission in Your Daily Life.

Schertz United Methodist Women extend an open invitation to all the ladies of the church and your friends to join us October 6th in room 106. Fellowship Potluck begins 6:30pm. Meeting begins at 7:00pm followed by a program by Nancy King called "How to Serve the Lord in Mission in Your Daily Life". Please come enjoy this Christian event growing together.



For information about Schertz United Methodist Church, please call the office at 210.658.3202 or visit our website at schertzumc.com.

SUNDAY SCHEDULE IN PERSON & ONLINE

9:00 AM
Traditional Service

10:15 AM
Sunday School

11:15 AM
Praise Service

5:30 PM
Connections

Communion is served on the first Sunday of the month.

"Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God!"

Hebrews 13:16



Download the Schertz UMC App!



OCTOBER 2021



Sunday Schedule
 9:00 AM - Traditional Service
 10:15 AM - Sunday School
 11:15 AM - Praise Service
 12:45 PM - Youth Group
 (7th-12th Grades)
 5:30 PM - Connections Service



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:00am Round Tuits 7:00pm AA Meeting <i>Get outside into nature.</i>	2 7:00am Men's Bible Study <i>Get your body moving.</i>
3 6:30pm Men's Purity Group <i>Breathe in, and breathe out.</i>	4 6:30pm Connections Praise Team <i>Read a book.</i>	5 7:00pm AA Group <i>Practice positive self-talk.</i>	6 6:00pm Praise Team Practice 6:30pm UMW Potluck Meeting & Program 6:30pm Pastor's Bible Study <i>Pray.</i>	7 9:00am Ladies Bible Study 10:00am Thursday Morning Bible Study 11:00am Mesquite Magnolias 7:00pm Chancel Choir Practice 7:00pm AA Group 7:30pm Alanon <i>Drink water!</i>	8 10:00am Round Tuits 7:00pm AA Meeting <i>Cook a nourishing meal.</i>	9 7:00am Men's Bible Study 10:00am- Vendor Fair & Food Truck Event <i>Call a friend.</i>
10 6:30pm Men's Purity Group <i>Volunteer.</i>	11 6:30pm Finance Team Meeting 6:30pm Connections Praise Team <i>Make a list of all the wonderful things about you.</i>	12 7:00pm AA Group <i>Reach out to someone you haven't spoken to in a while.</i>	13 6:00pm Praise Team Practice 6:30pm Pastor's Bible Study <i>Reflect on your day.</i>	14 9:00am Ladies Bible Study 10:00am Thursday Morning Bible Study 11:00am Mesquite Magnolias 7:00pm Chancel Choir Practice 7:00pm AA Group 7:30pm Alanon <i>Read scripture.</i>	15 10:00am Round Tuits 7:00pm AA Meeting <i>Practice daily gratitude.</i>	16 7:00am Men's Bible Study 9:00am- Alanon District Meeting 4:00pm <i>Create a short list, then check off those goals!</i>
17 6:30pm Men's Purity Group <i>Compliment someone.</i>	18 6:30pm Connections Praise Team <i>Sing your favorite song.</i>	19 7:00pm AA Group <i>Try a new food.</i>	20 6:00pm Praise Team Practice 6:30pm Pastor's Bible Study <i>Challenge yourself to learn something new.</i>	21 9:00am Ladies Bible Study 10:00am Thursday Morning Bible Study 11:00am Mesquite Magnolias 7:00pm Chancel Choir Practice 7:00pm AA Group 7:30pm Alanon <i>Listen to music.</i>	22 10:00am Round Tuits 7:00pm AA Meeting <i>Do something to help someone else.</i>	23 7:00am Men's Bible Study <i>Get dressed up.</i>
24 6:30pm Men's Purity Group 3:00pm- Halloween Festival 5:00pm 6:30pm Men's Purity Group <i>Wear a costume.</i>	25 12:00pm Diamond Club 6:30pm Connections Praise Team <i>Avoid all negative speech... all day.</i>	26 7:00pm AA Group <i>Dance to your favorite song.</i>	27 6:00pm Praise Team Practice 6:30pm Pastor's Bible Study 7:00pm UMM Potluck Meeting & Program <i>Take a relaxing bath.</i>	28 9:00am Ladies Bible Study 10:00am Thursday Morning Bible Study 11:00am Mesquite Magnolias 7:00pm Chancel Choir Practice 7:00pm AA Group 7:30pm Alanon <i>Watch a movie.</i>	29 10:00am Round Tuits 7:00pm AA Meeting <i>Turn off your phone/electronics for 1 hour.</i>	30 7:00am Men's Bible Study <i>Go to bed 30 minutes early.</i>
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Daily Prayer

Dear Lord, thank you for the abundance of blessings you've freely offered me. May I offer sacrifices pleasing to you. Give me the eyes to see the need and the heart to do good, sharing what I have. Help me to not hesitate, but be quick to sacrifice for another in need. Amen.





Dear Friends of RACAP,

The weather outside still says “summer”, but the calendar says it’s time for RACAP to begin planning our annual Thanksgiving and Christmas Meal Basket program. Each year we reach out to those in need and provide a food basket so they can enjoy a traditional holiday meal. Last year, with your generous help, we provided meals to 187 households at Thanksgiving and 240 households at Christmas. Funds donated on “Harvest Sunday” will be used to purchase turkeys, fresh vegetables, breads and pie shells.

Another important way friends of RACAP can help is by sponsoring one or more of our families. Through the generosity of sponsors last year, we were able to provide Christmas toys/gifts for 205 children as well as the Christmas meal. If your church, or a group in your church, would like to sponsor a family (or families), by providing the holiday meal (for Thanksgiving and/or Christmas) and/or toys for Christmas, please complete the application available in the Narthex or the church office. A RACAP representative will contact you with detail information and answer any questions you might have.

RACAP is open from 1:00 – 3:00 p.m., Monday through Friday, and we can accept donated items (food or money) during those hours. Or you may call to arrange a different time, if you cannot come during operating hours. If you have any questions, please call Lisa Loftus, RACAP’s New Program Director or Dorothy Stuart, RACAP Assistant Director and Holiday Program Coordinator at 210-658-1613.

There are many in our community who need this type of help, perhaps a family in your church. If you are aware of a family who may need assistance during the holidays, please have them visit our website at www.racap.org to submit a Thanksgiving application by October 29 and not later than November 18, 2021 to submit a Christmas only application.

Thank you for your generous support and May God continue to bless you.

DOROTHY STUART
RACAP Holiday Program Coordinator



ROUND TUILTS

Got projects to do? Want some good conversation with fellow christians? Join us for Round Tuils. This is the place we all get around to do all the little crafts or items we need to complete. Each Friday, 10:00-12:00 noon in room 106. Just come for the snacks and enjoy the conversations.

Thank you ...

The Communities in Schools at Watts Elementary has a fabulous backpack ministry that needs help! They are currently serving 8 families with 23 children. They send a backpack full of food home with those students every weekend. The cost to fund this program is about \$6.50 per child per week.



- List of needed items:
- boxes of macaroni and cheese
 - individual servings of milk (shelf-stable)
 - individually wrapped single serve snacks (i.e. rice crispy treats, goldfish, fruit snacks, etc)
 - individually wrapped granola bars
 - single-serving cereal
 - canned chicken
 - plastic jars of peanut butter
 - fruit cups
 - pop-top cans of vegetables
 - pop-top cans of ready to eat items (spaghettios, chill, etc)
 - microwave popcorn
 - individually wrapped crackers (peanut butter, cheese, etc.)



Our church member, Jessie Fisher, retired as the director of RACAP.

We recognize and congratulate Jessie on a beautiful career and job well done!



Ridge Irle



Maverick Wayne Mattson



Vendor Fair & Food Truck Event



You're invited!

Schertz-Cibolo Local Vendor Extravaganza held at SUMC!
Saturday, October 9th
10:00 am - 2:00 pm



Altar Rail Offering



October offering will go to World Communion.



**FAITH
IN ACTION**



Sunday October 10 is **Faith in Action** Sunday. This is the day we close the church building and go into the community to **BE** the church. This will be a mini Faith in Action and we will hopefully have a full scale one in the spring. We will meet at the church at 8:30 am and move out to do the work of the church. There will be at least 3 home repair jobs in the neighborhood surrounding our Mission Church, Nuevo Amanecer. The choir will be either singing outside at shut in homes or doing a virtual sing on Zoom. We will be packing gifts for school workers and signing notes to them. We hope to be building a ramp and there may be some other small jobs around Nuevo Amanecer like mowing or picking up trash. We will also be meeting to bake cookies to deliver to nurses at Northeast Methodist Hospital. We hope everyone will sign up and turn out for a day of service. There will be a meal and a service at 5:30 pm to celebrate the day!

BE THE CHURCH

Protect the environment. Care for the poor.
Forgive often. Reject racism.
Fight for the powerless.
Share earthly and spiritual resources.
Embrace diversity. Love God. Enjoy this life.

What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, "Go in peace, be warmed and filled," without giving them the things needed for the body, what good is that? So also faith by itself, if it does not have works, is dead. But someone will say, "You have faith and I have works." Show me your faith apart from your works, and I will show you my faith by my works.

James 2:14-26



Sermon by Phone

Listen to Pastor Bob's weekly sermon by calling
210.519.0553
No internet needed.
A new sermon is available every Sunday.

In Case of Emergency Call Pastor Bob
210.837.0923

Senior Pastor
Rev. Bob Clark
pastorbob@schertzumc.com

Worship Leader
Sandra Lippert
slippert@schertzumc.com

Treasurer/Program Coordinator
Alice Sutherlun
asutherlun@schertzumc.com

Director of Communications
Ashley Dulin
sumcmmedia@schertzumc.com

Church Office Hours
Monday - Thursday, 9:00 AM - 3:00 PM
P: 210.658.3202 F: 210.658.1280
schertzumc.com
Email: secretary@schertzumc.com

How to Access Video Streaming

Worship services are now live-streamed on multiple platforms including Facebook, YouTube and our app. Search "Schertz UMC" in the app store on your phone to download. If you are not able to watch during the live stream, services will be recorded. The videos of the worship services and sermon recordings will be posted afterwards to the website for viewing at your own convenience.

Did you miss a Sunday and want to hear the sermon?



Now you can on schertzumc.com. You can find the archives page on the home page using the button "Browse Sermons."

Accompanist
Kimberly Spivey

Children's Ministry Coordinator
Jodi Gutierrez
jgutierrez@schertzumc.com

Grace Place Learning Center
Director
Stefani Behun
sbehun@schertzumc.com

Director of Music & Worship Arts
Leah Krenek
lkrennek@schertzumc.com

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**CHURCH
STAFF
LISTING**

GRACE PLACE

Grace Place
Learning Center
Hours: 6:30 AM - 6:00 PM
210.658.0846
graceplaceschertz.com