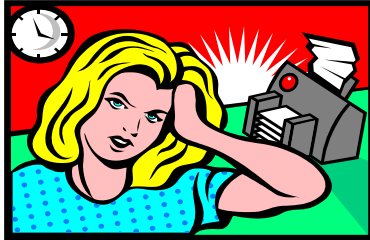




La Vernia United Methodist Church

August 2011



How Stress Affects Your Health August 8th, 6 pm in the LVUMC Family Life Building Presenters: Shelley Henderson, Sheri Taggart, and Cheryl Cardenas

Shelley Henderson is a Certified Fitness Instructor, specializing in Yoga, with 12 years experience in leading yoga classes. She currently works for the YMCA and the Spectrum Health Clubs. Yoga is a mind, body, spirit discipline with much emphasis on calming the mind while strengthening the body. Yoga has been shown to significantly lower cortisol levels, lower blood pressure and increase an overall sense of well-being through its use of breathing, focused attention and relaxation techniques. Yoga wisdom tells us that the practice of yoga balances all the systems of the body.



Sheri Taggart is a Licensed Massage Therapist and has worked in the preventative health care field for 20 years. She is also a Certified Fitness Trainer and specializes in post rehab exercise, diabetes preventative training and obesity. Massage therapy promotes general health by nourishing the skin, improving circulation of blood and lymph, relaxes muscles, improves joint mobility and immune system functions and helps promote restorative sleep. Massage is a great stress and anxiety reducer and changes the body's chemistry for the better,



Do you know what causes stress and what is going on in your body when you become stressed? Are you aware of the dangers of being stressed? Are you stressed but unsure what to do about it? This presentation will cover these topics and more. Please join us on Tuesday August 9th at 6pm at La Vernia United Methodist Church in the Family Life Building for this informative and entertaining presentation.



United Methodist Night at the Missions

Run the bases following the Game.

A portion of each ticket is being donated to support camperships for children and youth within the San Antonio District.

Look for an insert in this newsletter to sign-up.

Springfield Cardinals

VS.

San Antonio Missions

Friday, August 19th

7:05 pm



VBS and Youth Camp Gives Birth to Baby Christians

The summer has been busy with the many programs we have at La Vernia United Methodist Church. I want to highlight two because they each produced new baby Christians.

Vacation Bible School was blest and challenged by an average of ninety children from pre-k through sixth grade every morning during the week of June 20 – 25. Javier Rios was the VBS Director this year. The 90 children were led by about 20 adults and 15 youth assistants. The theme was King David and the National Treasure. Some creative volunteers built a very impressive looking castle in the sanctuary. Each day the children gathered in the sanctuary for opening and closing ceremonies which included scripture and prayer led by Pastors Cyndi and Harry. They also sang songs they learned each day led by Gabe Rios. Each class had a lead teacher with a youth assistant. They rotated from their lessons in the classroom to recreation, snacks, music and arts and crafts. On Friday there were numerous parents gathered to see the children perform in the closing ceremony. We were privileged to have not only children from our church, but from the community and 20+ from Little Bear Child Care. They gave a donation of \$150 so they could take the castle to their school. Best of all were 19 children made professions of faith in Jesus Christ as their Lord and Savior for the first time. Hallelujah!

Youth Summer Camp was once again held at Twin Oaks Ranch near Buda, Texas, July 10 – 14. There were a total of 129 youth from grades 6 – 12 along with 30+ adult sponsors. The camp sleeping facilities were full. Youth and adults came from Lavernia UMC, First UMC New Braunfels, First UMC Brady and Junction UMC. Trey Talley from Team Impact was once again our devotional speaker. The theme was “Stronger and Stronger” from Ephesians 3:16. The Joyful Noise Praise Band led worship each morning and evening, with lessons given by Trey Talley on Teen Construction Zone, his own book. Each afternoon was filled with recreation, swimming and fishing. It was hot and the active recreation resulted in a few scrapes and bruises, which kept Nurse Elaine Lewis busy. Wednesday evening was like an Emmaus Candlelight where 20+ youth made first time commitments to Jesus Christ as Lord and Savior and over 80 made rededication commitments. Thursday morning looked and sounded like an old fashion time of testimony and witnessing from youth who shared what the camp experience meant to them. Both the VBS and the Youth Camp are the results of prayer, time and dedication by Javier Rios and the number of adult sponsors who assist him in the planning and supervision of these events. Hallelujah!

SHALOM! Pastor Harry

The Second Sunday each month.....

I continue to be so amazed at our church and all the ways the people step in to help others. This has to be one of the most generous, caring congregations I have ever known! “You can’t out-give God” is the invisible motto that defines our ministry in this little section of south Texas. We are blessed – abundantly.

The Food Pantry in La Vernia is an excellent example of how our community shares with others. Families in our La Vernia region are in need. Jesus doesn’t ask us to pass judgments or hoard our blessings. He simply tells us that when we give to others in need, we are literally giving to Him.

In recent months, people have given financially to help purchase food for the Food Pantry. It has been a great help – yet it also has its own set of logistical issues. Those who serve in the Pantry month after month need some hands-on help, and so we are going to step up and actively lend a hand!

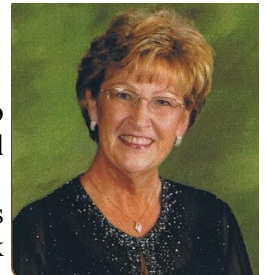
We will do all we can do to remind you of the importance of the Second Sunday of each month. That is our day to bring and share with others. Whatever canned goods, paper goods, etc. you can bring will be taken

to the Food Pantry and distributed to others throughout our area that truly need our help.

It is an honor, really. Jesus taught us how great of a privilege this is in the book of Matthew when He said - *Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink?’ The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’*
Matthew 25:37-40

What we bring is small compared to all that He gives us. We share as an offering to Christ. The families in our wonderful city are blessed and Jesus smiles. Yes – it is definitely an honor! Please circle the second Sunday of each month on your family calendar. You won’t want to miss out on the joy.

Blessings to you.....Pastor Cyndi



Ministries of our Church

DISCIPLE BIBLE STUDY

Pastor Harry plans to offer Disciple 2 Bible Study, Into the Word Into the World, on Genesis, Exodus, Luke and Acts beginning in September. It will be 32 weeks on Mondays from 6 – 8:30 PM. You do not have to have completed Disciple 1 in order to participate. We will begin registration in July; however if you want to get on the list early just e-mail me at harry.lvumc@gmail.com or call me at church at 830-779-2621 or on my cell phone at 830-534-8339, and I will write your name down. The Study Manual will cost approximately \$37.00. We have 13 signed up and we have 7 books left. Books can be shared.

Prayer Vigil

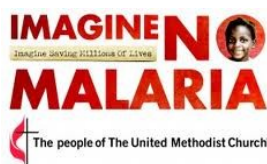
There will be a prayer vigil for persecuted believers on August 4th. There is a sign-up sheet in the foyer. It is not necessary to put down a time, but your signature will indicate you plan to pray at least 30 minutes anytime on August 4th. It can be in 5-10 minute increments or all at one time. Feel free to take a newsletter, a calendar, or sign up to be on “The Voice of the Martyrs” mailing list. Thank you so much for your love for those persecuted for their faith in Jesus.

Card of Thanks To Our Church Family

The family of Esther Haese wish to express sincere thanks and gratitude for the prayers and support received from the LVUMC family during Esther’s final days at Country Care Manor. Esther was at peace when Pastor Cyndi anointed her with oil; within thirty minutes Esther passed away. The Service of Celebration of Life for Esther was truly beautiful, officiated by Pastor Harry and Pastor Cyndi; along with the beautiful music provided by Becky Adams.

Thanks to each and everyone for their memorials, cards, and delicious food provided following the service which was so lovingly set up by Expressions of Love Ministry. This provided comfort and fellowship for family and friends.

*God’s Blessings to everyone
Margie Krahn and Family.*



**Imagine No Malaria Special Offering
Will be Taken on Sunday
August 21st**

The Plan

So, how will we do it? How will we eliminate deaths from a disease that has killed so many millions of people for thousands of years? Imagine No Malaria helps us take the next step in this fight. Think of it as **Nets Plus**. We continue to support [Nothing But Nets](#), because bed nets are an effective tool against the disease. But, we’re doing more. What makes us so sure? We are putting in place a system of accountability. By establishing health boards in Africa, these groups will be held responsible for stewardship of your donation and results, putting funds to work with a plan that creates malaria programs that truly serve the needs of their local communities. Once established and trained, these boards will be eligible to receive a lot more funding from our partners, like The Global Fund, to Fight Malaria.

Your Wesley Moment
John Wesley lived in an incredible time period of discovery and invention.



(1703-1791)

- 1705, Edmond Halley discovers Halley’s comet
- 1714, Daniel Fahrenheit invents the mercury thermometer.
- Sir Isaac Newton dies in 1727, the year John received his Masters at Oxford.
- 1740, Benjamin Franklin invents the cast-iron stove.
- 1752, Benjamin Franklin discovers electricity.
- 1762, The 4th Earl of Sandwich, England invents....the sandwich.

Sermons & Scripture for August, 2011

Date: August 7, 2011 (Holy Communion)

Sunday: 8th Sunday after Pentecost
8:30 AM – Traditional & 11 AM Contemporary
Title: God's Covenant with Noah
Scripture: Genesis 6:11-20; 9:8-17
Preacher: Pastor Harry

Date: August 14, 2011

Sunday: 9th Sunday after Pentecost
8:30 AM – Traditional & 11 AM Contemporary
Title: God's Covenant with Abraham
Scripture: Genesis 12:1-3; 12:16; 17:1-14
Preacher: Pastor Harry

Date: August 21, 2011

Sunday: 10th Sunday after the Pentecost
8:30 AM – Traditional & 11 AM Contemporary
Title: God's Covenant with Jacob
Scripture: Genesis 25:19-28; 28:10-17
Preacher: Pastor Harry

Date: August 28, 2011

Sunday: 11th Sunday after Pentecost
8:30 AM – Traditional & 11 AM Contemporary
Title: God's Providence with Joseph
Scripture: Genesis 37:1-4; 17-28; 45:1-15
Preacher: Pastor Harry

LA VERNIA UNITED METHODIST CHURCH

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Web Page: laverniaumc.org

SUNDAY MORNING WORSHIP: 8:30 & 11:00 AM

CHapel SERVICE: 11 AM

SUNDAY SCHOOL BEGINS: 9:45 AM

CHILDCARE MINISTRIES: 7 AM - 6:30 PM MON-THUR

CROSSFIRE YOUTH FELLOWSHIP: 6:30 PM WED.

BISHOP: JAMES DORFF

DISTRICT SUPERINTENDENT: Carl Rohlfs

PASTOR: Harry Kahl

Associate Pastor: Cyndi Weidner

ADMIN. ASSISTANT: Kathy Balcar

YOUTH MINISTER: Javier Rios

FINANCIAL SECRETARY: Sandra Ingle

CHILDCARE DIRECTOR: Kim Bachman

Wesley Nurse: Cheryl Cardenas

Choir Director: Randy Cobb

The Vision Of LVUMC:
To Love God, Self & You

The Mission Of LVUMC:
To Serve, Share and Offer Christ

CHapel SERVICE SCRIPTURE & SERMONS AUGUST 2011

August 7 God Will Never Give Up
Psalm 138

August 14 Come As You Are
I Samuel 16:1-13

August 21 If That's What it Takes
I Samuel 16:14-23

August 28 Just One Smooth Stone
Samuel 17

Our Crossfire Youth have returned from another successful summer camp.

