

Frankston Methodist Church
P. O. Box 355
Frankston, TX 75763-0035

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Frankston Methodist Messenger

“Making Disciples of Jesus Christ Who Worship Passionately, Love Extravagantly, and Witness Boldly”

Can you believe that September is already here? As we transition from the busyness of summer into the rhythm of fall, many of us find ourselves juggling new responsibilities or ones that come with the seasons, such as, new school year, changes at work, football season, and then basketball in October, plus whatever family things you do and the upkeep around the house! All these things keep us busy, so it's important to reflect on the concept of taking a Sabbath and having a work/faith balance.

The idea of taking a Sabbath is rooted in scripture. If you remember from Sunday School, God created the world in six days and on the seventh day he rested (Genesis 2) God's rest was not out of necessity. He could've worked 25/8 if He had wanted to, but He wanted to set an example for us, His creation, who would need this day of rest. Taking a day of rest is one of the Ten Commandments (Exodus 20). It is a day to be set aside for not only physical rejuvenation, but spiritual renewal.

In today's fast paced world, it is easy to get in a routine that doesn't have a Sabbath. Even we pastors are guilty of this. However, doing this robs us of the spiritual refreshment God intended for us. Taking a sabbath allows us to reconnect with God by taking the time to go to Him through prayer, reading scripture, and worshiping Him. We are able to renew our strength by resting from our work. We are not robots. Our bodies and minds need rest in order for us to be effective and healthy. Taking a sabbath allows us to reprioritize things in our life. We get to reflect on what truly matters and align our heart and mind with God's purpose for our life. Last, but definitely not least, we are able to resist burnout. Americans suffer the most from burnout. Taking a Sabbath allows us to create a healthy boundary that prevents us from becoming overworked and overwhelmed.

So as fall rapidly approaches, (hopefully with rain and cooler weather), I challenge you to find time each week to take a sabbath. Rest your body and your mind. Spend time with God to grow your relationship with him and do things because you want to do them, not because you have to. Our God has done so many wonderful things for us and one of them creating a day of rest for us so let's use it.

Blessings,
Pastor Jacob

SEPTEMBER CALENDAR

- Sep 1 9:45 am Sunday School for all
- Sep 1 11 am Communion Worship
- Sep 2 CHURCH OFFICES & FAMILY LIFE CENTER
ARE CLOSED FOR LABOR DAY
- Sep 4 9 am Frankston Methodist Women meet, FLC
- Sep 4 6:30 pm Bible Study on Romans, FLC
- Sep 5 5:15 pm Lay Leadership Committee meets, FLC
- Sep 5 6 pm Choir practice, sanctuary
- Sep 8 9:45 am Sunday School for all
- Sep 8 11 am Worship
- Sep 8 Noon Acolyte and Parent lunch and training,
Fellowship Hall
- Sep 9 8:30 am Stocking Rainbow House, FLC
- Sep 9 3 pm Staff-Parish Relations Committee
meets, FLC
- Sep 10 10 – 11:30 am Mobil Pantry, parking lot
- Sep 10 4 pm Finance Committee meets, FLC
- Sep 11 6:30 pm Bible Study on Romans, FLC
- Sep 12 6 pm Choir practice, sanctuary
- Sep 15 9:45 am Sunday School for all
- Sep 15 11 am Worship – Acolyte Dedication
- Sep 18 NO BIBLE STUDY TONIGHT
- Sep 19 6 pm Choir practice, sanctuary
- Sep 21 8 am Methodist Men hold breakfast
meeting, FLC
- Sep 22 9:45 am Sunday School for all
- Sep 22 11 am Worship – Guest Preacher
- Sep 23 8:30 am Stocking Rainbow House, FLC
- Sep 24 9 – 11:30 am Rainbow House food & clothes
distribution, FLC
- Sep 25 NO BIBLE STUDY TONIGHT
- Sep 26 6 pm Choir practice, sanctuary
- Sep 29 9:45 am Sunday School for all
- Sep 29 11 am Worship – Guest Preacher

BIBLE STUDY ON ROMANS BEGINS

Pastor Jacob began leading a bible study of Romans on August 21. We will meet weekly on Wednesdays at the FLC at 6:30 pm.

Romans, authored by Paul, is considered by many as the greatest letter ever written. It is said that understanding Romans is a pathway to understanding the whole bible. It should prove to be a valuable experience for us to delve into this study with Jacob. Plan to bring your bible and something for notes and join us!

On August 27, Rainbow House served 93 families. It was a good day, lots of smiles and "thank-yous".



Just recently, Spring Market has begun donating the food nearing its expiration date to Rainbow House, so we have been receiving extra meat, desserts, dairy products and some vegetables. It really has made a difference and is much appreciated. That food, along with the donations from Dollar General, is available to help folks between the regular distributions. Next time you are in either of those stores, please thank the manager or employees for the extra food.

If you have some time, and want to volunteer to help at Rainbow House, please contact Kay Randle at 903.731.3775, or call the church office, 903.876.2235. There are many ways to help – check it out! As always, we gratefully accept donations of food, clothes and \$\$\$\$. Your gifts make a real difference in the lives of many people.

Our heartfelt thanks for all the prayers, texts, and cards during our daughter, Angela's and then Craig's health issues. We have an amazing church family and we appreciate all of you so much. Angela is improving, but the seizure meds may not stop quite as soon as we thought. Looks like that will be sometime in December, so prayers for patience is appreciated since she probably won't be allowed to drive either. Again, thanks everyone and for God's healing.

Dianne & James Beard



LORD'S ACRE — OCTOBER 26

The 39th Annual Lord's Acre Harvest Festival will be held at the Family Life Center on Saturday, October 26, from 9:00 a.m. 'til it's over. This is always a day of fun, food, and fellowship that results in a tremendous accomplishment for our church family. Everyone is encouraged to sign up to help on a committee and show up to be a part of something special!



The day will begin with the Country Store opening at 9:00 a.m. The Country Store is stocked with homemade or newly purchased goods that have been donated by our church members. Some examples of items found would be jams, jellies, breads, pies, cakes, relish, preserves, decorative home accents, toys for children, Christmas items, and casserole covers. Everything in the Country Store sells for less than \$35.00.

At 10:30 a.m., we will begin the Auction. Items found in the Auction are also homemade or newly purchased and have been donated. These items are valued in excess of \$35.00, and the sky's the limit on what they'll sell for when the bidding gets hot. Some examples from the past years are porch swings, barbeque smokers, pecans, oil paintings, week-end trips, dolls, seasonal wreaths and decorations, bread boxes, cap racks, quilts, gift baskets of different items, and a year of desserts. In other words, if you can think it, make or purchase it and donate it, it will be auctioned. We even take credit cards to make your purchases easier!

As always, great food and drinks will be available at the Lord's Acre Café located at the back of the gym so you don't miss any of the action. The Food Committee does a super job so COME HUNGRY!

Even though Saturday is the main day, Lord's Acre would never come off without the "workday" on Friday, October 25. You may bring your donated items at any time from 8 a.m. until 7:00 p.m. on Friday. Members of the Country Store and Auction Committees will be at the FLC to accept and tag the items. There is always lots of fun while we work to set up everything. We usually have homemade soup or stew and cornbread, not to mention cookies, popcorn and other goodies to "keep up our strength." If you have not signed up for a committee, come on Friday anyway - there will be something for everyone to do. If you are a new member, this is an especially good way to get better acquainted, and we do hope you will come.

The Lord's Acre is the church's main fundraising activity. Because of the generosity of our church family, community, and friends, we have been blessed since 1986 and have been able to realize many goals and dreams for our church. Please make this year's event a high priority on your calendar. Bring your friends and neighbors, and come be a part of a special day. You'll be glad you did!



We Pray For.... Family of Sissy Austin; Family of Mary Frances Richardson; Family of Tony Nijirch, Pat Lookabaugh's great-nephew; Family of Emily Murray Herschler; Family of Roger Millheim; Joseph Ryan Sims, six-year-old great-grandson of Carolyn McKinney, Ann Tatum's sister-in-law, recovering from wounds suffered from dog attack; Bill Harden, recovering from lung surgery; Karla Dennis, recovering from back surgery; Hillys Lewis, improving from foot surgery; Bill Gulihur, friend of the Langdons, recovering from surgery for broken femur; Angela Beard Friberg, James & Dianne Beard's daughter, recovering from complications resulting from strep infection, Craig Friberg, Angela's husband, health issues; Roger McDonald, ongoing health issues; Sheri Hitzelberger, niece of Glenda Briggs, awaiting outcome of medical tests; Cliff Delehey, Glenda Briggs' brother-in-law, treatment continuing for stage 4 esophageal cancer; Bill Peck, Doreen Sweeney's brother, recurring cancer; Chuck & Tammy Dale, ongoing health concerns; all those affected by wars; Jayne Beddingfield, ongoing health issues; military personnel and families; those in nursing homes or shut in due to health; police, fire, and first responders; those in need, but unnamed. Pray for Peace in our world and for our world leaders. Pray for the civil unrest in Great Britain.

Updates to prayer list? Please call the church office, 903.876.2235, or email fmc@frankstonmethodist.org.



Pray for our Military

Alfredo Balderas
PSC 840, Box 42
FPO, AE 09649

Capt. Jonathan Allen
6174 Walking Stick Way
Ft. Moore, GA 31905

SEPTEMBER BIRTHDAYS

- 1 – Daniel Lookabaugh
- 3 – Dianne Beard
- 5 – Jim Tom Johnson
- 5 – Charles Dale
- 18 – Dan Wagoner
- 19 – Alec Tatum
- 22 – Trent Cook
- 24 – Jared Cook, Kathleen Mabe

Call (903) 876.2235 if we missed your birthday.



September Acolytes



- Sep 1 Vivian Vinzant & Gunner Vinzant
- Sep 8 Cooper Campbell & Gavin Lade
- Sep 15 Emma McGuffey & Max McGuffey
- Sep 22 Alyssa Stanly & Gavin Lade
- Sep 29 Jaxon Campbell & Max McGuffey



September Ushers

- Sep 1 Hunt & Chelsey Vinzant
- Sep 8 Jamey & Elizabeth Lade
- Sep 15 Luke & Kim McGuffey
- Sep 22 Luke & Christy Stanly
- Sep 29 Heath & Katie Campbell

(Schedule is subject to change)



We
the
Church
THE PRIESTHOOD OF ALL BELIEVERS



SUNDAY, SEPTEMBER 15

- Friendly
- Relevant Sermons
- Acolytes
- New & Old Testament Readings
- King Jesus to Praise
- Songs of Worship & Praise
- Time for Prayer
- Open Altar for Communion
- Now Is The Time To Come Back!

METHODIST CHURCH

COME, BE A PART OF OUR FAMILY!