

## HAPPY BIRTHDAY

AUGUST, 2016

JANICE STUEART-03  
JINGER MAHAN-04  
KAREN DUGGAN-09  
MILEY RAMIREZ-10  
DeEDRA BOON-12  
MICAH MOREHART-14  
KY ASH-15  
LAURA WILSON-15  
SARAH LAMBERT-16  
SUSAN PENDLETON-17  
KUTTER TRAMMEL-20  
SYDNEY GARLAND-23  
LISA LANGFORD-24  
TRUETT TRAMMEL-24  
FALLON HOPE-25  
AARON BROWN-28  
SHARON PENDLETON-31



VBS JULY, 2016



## PRAYER CONCERNS

JIM BOB COODY  
LISA WRIGHT  
JACK BROWN  
LINDSEY AND BLAKE JOHNSTON AND  
FAMILIES  
CONNIE ALLEN

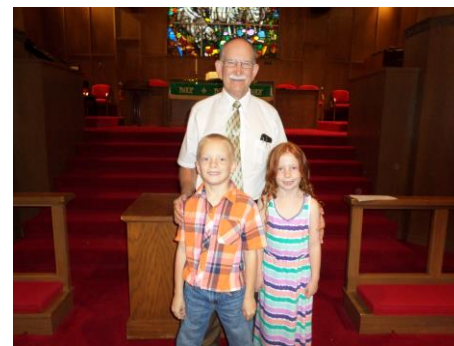
## FAMILY AND FRIENDS

WENDY FOX  
LISA GUSS-recovering from surgery  
DENISE HOLSON-recovering from  
double-lung transplant.  
ANGIE MORSE HOGAN-daughter of  
Mickie Morse Bearden  
ISABEL GLENN  
TERRY SULLIVAN  
MAVIS MITCHELL-dialysis. Sue Lodor's  
sister-in-law  
DENNIS LODOR  
SHEILA BREWSTER-sister-in-law of Sheila  
Tonne and friend of Carol Connally.  
DAVID LeFEVRE-John Connally's brother-  
in-law, on a transplant list for double  
lung transplant.  
JULIE TATE-friend of Linda Harris  
KATHY OWENS-breast cancer  
JACK ROGERS-great-great-nephew of  
Sue Lodor  
COBY MEINZER-cousin of Juana Ash.  
Diagnosed with ALS.  
BONNYE ISENHOWER-friend of  
SharonToland.  
JOHN BOLE-Cindy Barefield's dad



## OUR SERVICE MEN AND WOMEN

AUSTIN BURKHALTER-Scott Air Force Base,  
Illinois grandson of Larry and Jinger Mahan  
MICAH CLAY-Navy, Cypress, Texas-son of J.R.  
and Julia Clay.  
NICK CORDOVA- deployed to Okinawa.  
Son of Ray and Merry Pendleton.  
JASON GRAHAM-deployed to Kuwait, cousin of  
Melissa Trammel.  
ARIC HOLLY-Fort Worth Naval Air Station,  
son of Sherry Strickland.  
ZACHARY KARL-Afganistan. Grandson of Elaine  
and Bobby Goswick.  
PFC DIEHLAN KEY-Fort Hood, son of Michael  
and Nickie Leveridge. Grandson of Mike and  
Rosa Leveridge.  
PFC ADAM HAYWORTH-Hawaii. Son of Patti  
Hayworth Reid. Grandson of Jean Hayworth.  
MAJOR JEFF MATSLER  
ROBERT RICHARDSON-Fort Hood,  
son-in-law of Rick and Sharon Pendleton



Kason Robert Burchett  
and Rachel Aubree Burchett,  
son and daughter of  
Robert and Monica Burchett  
were baptized July 10, 2016.



## CONDOLENCES

Christian condolences are extended to  
Luke and Chelsey McClymond and  
family on the death of Luke's  
grandmother, Jettie McClymond,  
July 11, 2016.  
Services were held at  
First Presbyterian Church  
July 14, 2016.



SUE LODER, SIGNING MEMBERS  
FOR THE PICTURE DIRECTORY.



Donny Epperson joined FUMC  
July 17, 2016.

## PASTOR'S COLUMN

### Walking Across Texas

I want to say a BIG TEXAS "THANK YOU" to all who participated in the Walk Across Texas Challenge. It was actually fun. This challenge motivated me more than once to get off the couch and go for a walk even though I thought I was tired. To tell you the truth, I have been trained to look for opportunities to add some extra steps to my day. How did I get trained? Let me share my story.

Years ago, our Central Texas Conference joined an organization named Virgin Health Miles. In an effort to reduce the large number of preachers that were overweight and improve their health problems, our conference gave all the preachers an opportunity to get a discount on their health insurance premiums if they would wear a pedometer daily and electronically record their steps each evening with Virgin Health Miles website. I grew up walking so I took advantage of the opportunity. Sure enough by the end of the year, I received a cash discount for my health insurance premiums. The next year spouses of preachers were allowed to join in if they would wear a pedometer and electronically record their steps each day. Gena began to do this, and we reaped the rewards of taking more steps and getting our discount. Over the years this evolved to the point that we now actually receive cash back at the end of the year depending upon how many steps we take during that year. The more miles we walk; the more money we receive. At this point our health insurance premiums are higher if we don't participate in the walking challenge, get a yearly checkup, record our steps, and do blood work every six months.

. There is no doubt in my mind that this gentle persuasion and friendly challenge improves my health and helps me prevent diabetes, high blood pressure, and obesity. I have seen regular exercise improve the health of many preachers in our conference. All I have to do is look out in the congregation on Sunday morning to see many people whose lives have been changed for the better by challenges like Walk Across Texas. The friendly challenge actually motivates people to get more daily exercise thereby improving their health and often helping them avoid preventable but serious diseases. Your good decisions do add up. The words of Jesus still ring true. "You reap what you sow." I never thought that wearing a pedometer would result in extra cash in my pocket, cheaper health insurance premiums and better health. Walking 833 miles Across Texas sounds impossible, but many of you contributed to a team that did exactly that over an eight-week period. Congratulations!!! I hope you will keep wearing your pedometer and keep tracking your steps each day. It will improve your health. How many steps did you get today? Bet I beat cha. See you Sunday.

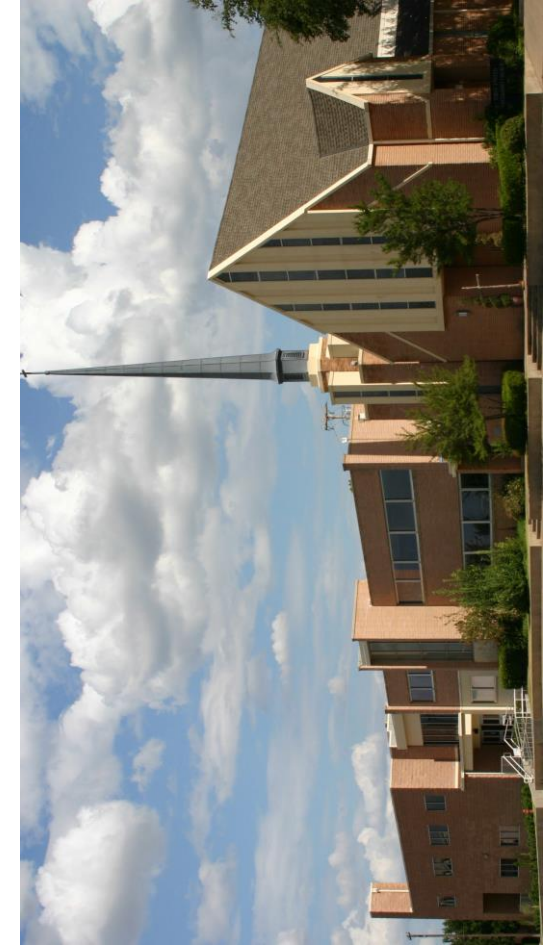
## Kason and Rachel's Baptism



Colemyn McClymond's  
Baptism, April 17, 2016



## *First United Methodist Church* 419 West Walker Breckenridge, Texas 76424



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AUGUST, 2016  
NEWSLETTER