

# November 2022 Newsletter



FIRST UNITED  
METHODIST CHURCH  
*of Rockport*

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[www.facebook.com/fumcrockport](http://www.facebook.com/fumcrockport)

## Adjusting our Life Posture

A few months ago, I woke up with intense back pain. I could not move without pain shooting down my lower back. Like a fool, I went to work and about my day at 1/8<sup>th</sup> speed, and lots of pain. I went to sleep that night hoping I would feel better in the morning, and I did, feel slightly better. But on the third day of marginal improvement, I decided I needed some professional help.

I talked to a physical therapist that explained to me that we tend to bend forward all the time, but don't bend back enough. So we need to stretch and move to distribute lubrication in our vertebrae. She taught me to stretch my back and told me to roll towel and put it behind my back when sitting. Another therapist told me to fill a tube sock with rice, microwave it and put that behind my back when I sat. Moving the support and heat up and down my back as I needed.

I started with the towel and getting tired of the rolling, moved on to a piece of pool noodle. I started to feel better in minutes. I use a pool noodle every day in the car, and at my desk. I no longer suffer from back pain. Much of it is because the noodle has force me to fix my posture.

I am a sloucher. I love to slump, but the little tube has forced me to straighten up. And back pain is about posture, and alignment. We can at times power through pain, but often a tool, a small change can make a world of difference in how we feel.

What if we fixed our posture in life instead of trying to power through? Instead of ignoring anxiety and stress, what if we used tools to manage it?

I have been trying the **Mindfulness Coach** app for my nonreligious Soldiers. And it has a number of great exercises to breath, lower blood pressure, and build resilience.

I am also a big fan of the **One Minute Pause** app. It's 30 days to resilience program is a series of meditations to get you to surrender your worries and troubles to God, and ask and listen for revelation. Both focus on the breath and meditation which are proven to decrease stress.

If you are in pain, talk to a pro. If you would like to relax and destress more, pick up a free tool. Change the posture of your life from over-reaching to centered and balanced.

Pro Deo et Patria (For God and Country)

Pastor/Chaplain Frank Baik  
361-729-1659

This monthly newsletter is published by  
**First United Methodist Church of Rockport,**  
801 E. Main Street, Rockport, TX 78382.

**Send address changes to:**  
P.O. Box 1045, Rockport, TX 78381



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**First United Methodist Church of Rockport, TX**

**First United Methodist Church of Rockport**  
**FUMC Phone No. 361-729-1659**

Rev. Frank Baik, Senior Pastor.....x2248  
Patty Impens, Business Manager.....x2574  
Paul Klemm, Director of Music Ministry.....x2577  
Kathy Norland, Administrative Assistant.....x2575  
Alfredo Gonzales, Custodian.....x2501  
Madaline Brown, First Learning Tree Director.....x2584

## Emmaus News

In October we held our first Emmaus Gathering. We will be holding these shortly after each Walk to Emmaus. Since we have a Women's Walk scheduled for November 10<sup>th</sup> through 13<sup>th</sup> we will have another **Emmaus Gathering on Saturday December 10<sup>th</sup> at 6:00** in our sanctuary. If you have ever been on a Walk to Emmaus, or if you would ever like to go, I encourage you to attend the Gathering.

Once we return to our everyday world (following a Walk), it doesn't take long to discover that living the Christian life alone is practically impossible. The Christian life is strengthened by being shared. However, contact with other Christians doesn't mean just any contact; it means contact particularly with Christians who share the vision of a life directed wholly to God through Christ. That is why Emmaus Reunion Groups are so important.

Just what is an Emmaus Reunion Group? Basically, it is made up of two to six people who meet once a week at a regular time for about an hour. The group can be made up of people from your Walk, or even other pilgrims you may know. It might even include someone who has never been on a Walk to Emmaus. The group meets in a home, an office, a room at the church or even a restaurant. They can even meet virtually through a program such as Zoom. The setting and meeting time do not matter as much as the regularity with which you meet.

The meeting begins with a Prayer to the Holy Spirit. This prayer sets the tone of your time together as being intentionally in contact with Christ. Next, the group reviews their service. Each member shares briefly any significant happenings in each of the areas of the life in grace (i.e. Spirituality, Study and Action). Lastly, each member of the group shares when, during the week, they felt closest to Christ.

Don't worry, you don't have to remember all this. We have a card that you can use to follow the order for the reunion. There is no leader of the group, and members of the group may change over time.

If you are interested in participating in a reunion group, please let me know. I have a list of existing groups (mostly in Corpus), or I can help put together a reunion group locally as well. If you have any questions, please contact Paul Klemm at [music@fumcrokport.org](mailto:music@fumcrokport.org).

FUMC-Rockport's  
First Emmaus Gathering  
October 15, 2022

Menu: Charcuterie Board

The table was our Charcuterie Board.  
As you can see, we had many  
delicious goodies.

The fellowship was incredible.  
Worshipping together was  
special as always.



# *Our Favorite Scriptures* from the FUMC-R Staff



Do you have a favorite scripture or more than one? If so, will you share those with all of us? We plan to make a bulletin board of the words from the Bible that continuously inspire us as individuals. Email them to [admin@fumcrookport.org](mailto:admin@fumcrookport.org) or drop them by the office. Thank you for sharing. ❤️

### **Pastor Frank**

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more that we might ask or think. Ephesians 3:20 (NIV)

### **Madaline Brown**

“For My yoke is easy, My burden is light.” Matthew 11:30 (NIV) *and*

“...the joy of the Lord is our strength.” Nehemiah 8:10 (NIV)

### **Alfredo Gonzales**

And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou has sent. John 17:3 (KJV)

### **Patty Impens**

Peace I leave you, My peace I give you; not as the world gives, do I give to you. Do not let your hearts be troubled, nor fearful. John 14:27 (NASB)

### **Paul Klemm**

Who are you to judge someone else’s servant? To their own master, servants stand or fall. And they will stand, for the Lord is able to make them stand. Romans 14:4 (NIV) *and*

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11 (NIV)

### **Kathy Norland**

Consider it all joy, my brothers and sisters, when you encounter various trials, knowing that the testing of your faith produces endurance. James 1:2-3 (NASB)

### **Ted Norland**

But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him. But he must ask in faith without any doubting, for the one who doubts is like the surf of the sea, driven and tossed by the wind. James 1:5-6 (NASB)

## Music News



This is a busy time of year for the music department. We are actively working on this year's Christmas Cantata. This year the Chancel Choir will present, "Peace" by Joel Raney at the 10:45 Service on Sunday, December 11<sup>th</sup>.

"Peace" is a gospel-flavored musical for choir that reflects on the promise of peace delivered by the angels on the night of Jesus' birth. As the composer says, "While our world often seems overrun with conflict, it's the Christmas season and God's promise of peace on earth that keeps us hopeful. Jesus came to offer the ultimate form of peace and to remind us that peace on earth begins in the hearts of individuals."

The Southern Plainsmen Quartet will be back in our sanctuary to perform for us. If you missed them last year, you won't want to miss them this year. The quartet is fabulous! There is no charge for admission, they will pass the collection basket for a Love Offering. They will also have merchandise (CDs, Magazines, Posters...) for sale as well. Mark your calendars: **Saturday, November 5<sup>th</sup> at 6:00pm**

## A Call to Praise the LORD for His Righteousness

### Psalms 98 (NASB)

O sing to the LORD a new song, For He has done wonderful things, His right hand and

The LORD has made known His salvation; He has revealed His righteousness in the sight of

He has remembered His lovingkindness and His faithfulness to  
the house of Israel; All the ends of the earth have seen the salvation of our God.

Shout joyfully to the LORD, all the earth; Break forth and sing for joy and sing praises.

Sing praises to the LORD with the lyre, With the lyre and the sound of melody.

With trumpets and the sound of the horn Shout joyfully before the King, the LORD.

Let the sea roar and all it contains, The world and those who dwell in it.

Let the rivers clap their hands, Let the mountains sing together for joy.





# First Learning Tree: Pumpkin Patch 2022



Thank you for all of the help unloading pumpkins. Every year, we hold our annual Fall Festival and Pumpkin Patch to raise money for our school. If you’ve ever unloaded pumpkins, you know this is a difficult task. We had many volunteers this year, and it made unloading so enjoyable. Thank you again, for all of your help and support of First Learning Tree.





**!! FUN Alert !!**

We have coupons for the November 8th & 9th Circus Spectacular in Victoria. One child gets in free with the purchase of one adult ticket. Get your coupons at the Reception Desk.

## The Women's Walk to Emmaus

November 10-13, 2022

Please pray for those attending this event.  
The next Men's Walk is planned for April 2023. Watch for details.

### Election Day Information

Tuesday, November 8, 2022  
Polls are open from 7:00am to 7:00pm

### Aransas County Early Voting Information

October 24th-29th  
October 31st-November 2nd  
8:00am to 5:00pm

November 3rd  
7:00am to 7:00pm





# 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Benevolent Bucket: Harvest Sunday (Hunger)		<b>All Saints Day</b> 1 FB Prayer Prayer Team Basic Bible Study Community Table	2 FB Prayer Castaways Chapel Wacky Wednesday Lively Bible Study Praise Band & Choir	3 FB Prayer Castaways Disciple 3 Lions Club	4 FB Prayer PEO Church Offices Closed	5 <b>Set Clocks Back</b> Southern Plainsmen Concert – Free! Cookie & Punch Reception After Concert
<b>District Superintendent Laura Brewster</b> 6 Contemporary Worship Cross Talk SS Traditional Worship Living Water Worship Comm TG Choir Practice	7 FB Prayer Exercise Ball Class Staff Meeting Church Council Mtg	8 FB Prayer Prayer Team PEO Basic Bible Study	9 FB Prayer Castaways Chapel Wacky Wednesday Lively Bible Study Praise Band & Choir	<b>Women's Walk to Emmaus</b> 10 FB Prayer Castaways Disciple 3 Lions Club	<b>Women's Walk to Emmaus</b> 11 FB Prayer Church Offices Closed	<b>Women's Walk to Emmaus</b> 12 Women's Walk to Emmaus
<b>Women's Walk to Emmaus</b> 13 Contemporary Worship Cross Talk SS Traditional Worship Living Water Worship Comm TG Choir Practice	<b>Newsletter Deadline</b> 14 FB Prayer Exercise Ball Class Prescription Assistance Staff Meeting	15 FB Prayer Prayer Team Community Table	16 FB Prayer Castaways Chapel Lively Bible Study Praise Band & Choir	17 FB Prayer Castaways Disciple 3 Lions Club	18 FB Prayer Church Offices Closed	19
<b>Friendsgiving Dinner</b> 20 Contemporary Worship Cross Talk SS Traditional Worship Living Water Worship Community TG Service	21 FB Prayer Exercise Ball Class Prescription Assistance Staff Meeting	22 FB Prayer Prayer Team	23 FB Prayer Castaways FLT Chapel Church Offices Closed at Noon	<b>Thanksgiving Day</b> 24  Church Offices Closed	25 Church Offices Closed	26
27 Contemporary Worship Cross Talk SS Traditional Worship Living Water Worship	28 FB Prayer Exercise Ball Class Staff Meeting	29 FB Prayer Prayer Team	30 FB Prayer Castaways Chapel Lively Bible Study Praise Band & Choir <small>Chorus, Conf. @ Grace</small>		FB Prayer Church Offices Closed	<b>GOBBLE .TIL YOU WOBBLE</b>

## Memorials

The First United Methodist Church of Rockport is mourning the loss of two of its members, Donna Krapfel and Richard Harbin. Please remember their families in your prayers.



### Donna Lee Krapfel

April 6, 1957—October 16, 2022

Service: Friday, October 28, 2022 at 11:00 am  
First United Methodist Church—Rockport

In lieu of flowers, please donate to

Children's Coalition of Aransas County  
401-B W Market St  
Rockport TX 78382  
<https://childrenscoalitionAC.org>



**The Lord is close to the  
brokenhearted and saves  
those who are crushed in spirit.**



*Matthew 11:28 NASB*

### Richard "Dick" Hampton Harbin

May 13, 1940—September 12, 2022

Memorial Service Pending

To remember Richard, please donate to

Michael J Fox Foundation  
For Parkinson's Research  
Grand Central Station P O Box 4777  
New York NY 10163





# November Birthdays & Anniversaries

## Birthdays:

Ava Brandon (1)	Lynne Ruf (16)
Bob D'Amico (4)	Richard Pifer (17)
Carol Pifer (4)	Marjorie Farrer (18)
Holly Harmon (4)	Beverly Johnson (18)
Kathy Daniels (5)	Jan Sutter (18)
Max Kluge, Jr (6)	Susie Hale (22)
Dustin Barre (7)	Jim Fowler (26)
Janice Spears (8)	Sandra Garrison (26)
Candi Ward (10)	Calvin Standefer (26)
Betsy Sadler (11)	Gabriel Luchsinger (27)
Les Freeman (12)	Doris Owens (28)

## Anniversaries:

Carl & Jane Lechlitner (6)  
 Charlene & Lloyd Morin (10)  
 John & Ginger Gay (12)  
 Shawn & Stefany Simmons (15)  
 Craig & Ramona Day (30)

## NOVEMBER



### **A Sneak Peak at the United Methodist Church Liturgy for November**

#### November 6th

Haggai 1:15b-2:9  
 Psalms 145:1-5, 17-21  
 2 Thessalonians 2:1-5, 13-17  
 Luke 20:27-38

#### November 20th

Jeremiah 23:1-6  
 Luke 1:69-69  
 Colossians 1:11-20  
 Luke 23:33-43

#### November 13th

Isaiah 12 and 65:17-25  
 Psalm 118  
 2 Thessalonians 3:6-13  
 Luke 21:5-19

#### November 27th

Isaiah 2:1-5  
 Psalms 122  
 Romans 13:11-14  
 Matthew 24:36-44

### **Cross Talk Sunday School**

9:00 am—Rec Room

#### **Current Study**

Psalms  
 With David Murrah

#### **Upcoming Study**

Understanding the Bible  
 Adam Hamilton



# FUMC Rockport-November 2022

## Giving for His Glory

### SEPTEMBER 2022 FINANCE

#### Church

*Giving:	\$ 23,297.09
Castaway's:	\$ 8,000.00
Market St Apartment Income	\$ 0.00
Total Income:	\$ 31,297.09
Total Expenses	\$ 36,130.73
<b>Sep Net Income</b>	<b>- \$ 4,833.64</b>

*\*Identified giving, Sunday School offerings and unidentified giving (cash received when we pass the offering plates).*

#### First Learning Tree

Income/Tuition	\$ 76,293.31
Regular Expenses	\$ 71,548.56
<b>Sep Net Income</b>	<b>\$ 4,744.75</b>

#### Church & FLT Combined through September Year-to-date Net Income - \$ 1,490.36

If you are traveling please consider going to our church website to give online at [www.fumcrockport.org](http://www.fumcrockport.org).

*Thank you for participating in the work for Christ!  
Your gifts are honored and you are blessed by celebrating the gifts you have been given...Please contact the church office if you have any questions in regards to Stewardship or your offerings.*

*Blessings,*

*Patty Impens*

### CASTAWAYS METHODIST VOLUNTEERS

THANK YOU UNITED Methodist Volunteers!! Your hard work and commitment are a huge support to the ministries of FUMC Rockport...help by joining this team and be blessed as you work together for God!

#### SEPTEMBER 2022

Sales Total	\$ 14,534.65
Admin Fee to Castaways	- 2,064.22
<b>Total deposit to FUMC</b>	<b>\$ 12,470.43</b>

These funds were distributed as follows:

**\$8,000.00 to the FUMC General Fund**  
**\$2,494.08 to the Castaways Volunteers Mission Fund**  
**\$1,976.35 to the FUMC Capital Reserve Fund**

**THANK YOU TO ALL OUR CASTAWAYS VOLUNTEERS!!**

### 2022 BENEVOLENT BUCKET OFFERINGS

UMJanuary	UMC Human Relations Sunday	\$0.00
February	UMCOR—Denver Fires	\$ 140.00
March	UMCOR Relief Funds	\$ 158.00
April	FUMC Rockport Emergency Assistance Fund	\$457.00
	SPECIAL EASTER giving to Afghan Refugee Assistance	\$98.00
May	Native American Ministries Month	\$76.00
June	Peace with Justice Sunday	\$27.00
July	Undie Sunday	\$3,273.00
August	Rockport-Fulton Good Samaritans	\$70.00
September	UM Student Day	\$45.00
October	World Communion	
November	Harvest Sunday (Hunger)	
December		

### BENEVOLENT BUCKET—NOVEMBER 2022



Benevolent Bucket is a special offering taken up on the first Sundays of each month. In November, the Benevolent Bucket is designated for the Harvest Sunday (Hunger). Please drop your donations into the baskets at the Altar or turn them into the Church Office. Thank you for blessing others!

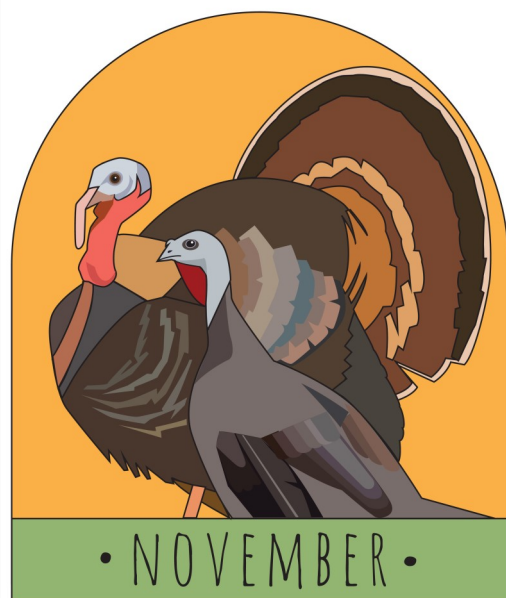
**DECEMBER NEWSLETTER DEADLINE IS MONDAY, NOVEMBER 14, 2022**

**HAS GOD DONE SOMETHING AMAZING IN YOUR LIFE?**

Others would benefit from reading about it—You can share your testimony in the newsletter!

Email to: [admin@fumcrockport.org](mailto:admin@fumcrockport.org)

**Happy  
Thanksgiving  
Holidays  
from the  
FUMC-R Staff!**



**First United Methodist—Rockport Church Staff**

**The Reverend Frank Baik**  
Senior Pastor  
[Facilitiespastor@fumcrockport.org](mailto:Facilitiespastor@fumcrockport.org)

**Madeline Brown**  
Director of First Learning Tree  
[info@fltree.org](mailto:info@fltree.org)

**Alfredo Gonzalez**  
Custodian  
[maintenance@fumcrockport.org](mailto:maintenance@fumcrockport.org)

**Linda Hamilton**  
Accompanist

**Patty Impens**  
Business Manager  
[fumc@fumcrockport.org](mailto:fumc@fumcrockport.org)



**Paul Klemm**  
Director of Music &  
[music@fumcrockport.org](mailto:music@fumcrockport.org)

**Kathy Norland**  
Administrative Assistant  
[admin@fumcrockport.org](mailto:admin@fumcrockport.org)

**Ted Norland**  
IT Manager  
[tnorland@fumcrockport.org](mailto:tnorland@fumcrockport.org)

**Christy Linsley**  
Children's Church Leader

**Cassidy Sanchez**  
**Patty Torres**  
Nursery Care



## WORSHIP SCHEDULE



### SUNDAYS:

- 9:00am Contemporary Worship Service—Communion Every Sunday
- 9:15am Cross Talk - Adult Sunday School
- 10:45am Traditional Worship Service - Communion Monthly on First Sundays
- 6:00pm Living Water Worship (Spanish)

- [www.fumcrockport.org/worship](http://www.fumcrockport.org/worship)
- Facebook: First United Methodist Church Rockport Tx
- Instagram: FUMCrockport

*Let us know you're worshipping with us from home by filling out the online Friendship Card.  
You can find the link on our home page @ [www.fumcrockport.org](http://www.fumcrockport.org)*

### PRAYER:

- PRAYER WITH PASTOR FRANK:  
Mon-Thu @ 8:30 AM: In-person in the Sanctuary or on [facebook.com/fumcrockport](https://facebook.com/fumcrockport)  
Fri @ 8:30 AM on [facebook.com/fumcrockport](https://facebook.com/fumcrockport)
- PRAYER REQUESTS can be sent to [www.fumcrockport.org/prayer](http://www.fumcrockport.org/prayer)

### SMALL GROUP AND BIBLE STUDIES:

**Sun:** Cross Talk, 9:15am , Rec Rm

**Mon:** Disciple Class #1, Facilitated by Stephanie Clark, 1pm, Rec Room

**Wed:** Women In the Word Bible Study: Wednesdays, 1:00-3:00pm, with Donna Hyde (FH 2 & 3)

**Thu:** Disciple #3, Facilitated by Richard Hyde, 1pm, Banner Room

*Sign up for Small Group Bible Studies @ [www.fumcrockport.org/bible-study](http://www.fumcrockport.org/bible-study)*



### GIVING:

- Give online at [fumcrockport.org/give](http://fumcrockport.org/give)
- Mail to PO Box 1045, Rockport TX 78381

*For the latest updates, check our website at [fumcrockport.org](http://fumcrockport.org)*



FIRST UNITED  
METHODIST CHURCH

*of Rockport*

Always Growing in Christ

## November 2022 Newsletter

### WORSHIP SERVICES AT:

<b>9:00am</b>	<b>Contemporary Worship Service</b>
<b>9:15am</b>	<b>Cross Talk - Adult Sunday School</b>
<b>10:45am</b>	<b>Worship (Communion every First Sunday)</b>
<b>6:00pm</b>	<b>Living Water Spanish Worship</b>

***COME JOIN US!***

FIRST UNITED METHODIST CHURCH  
P.O. BOX 1045  
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[www.fumcrokport.org](http://www.fumcrokport.org)

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**The people of The United Methodist Church®**