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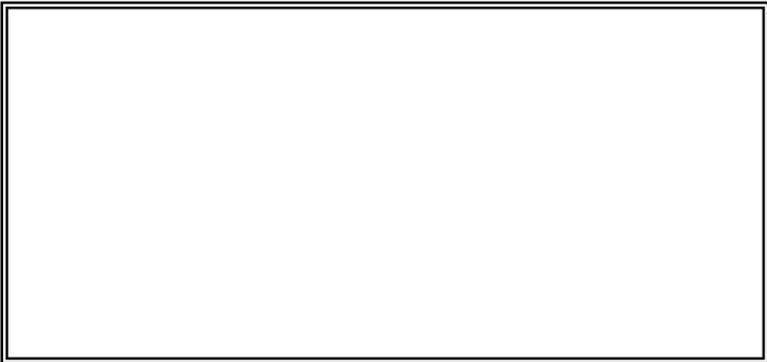
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CARING FUND

 Contributions to our Caring Fund allow us to help people with past due utility bills and rent. With the onset of Covid 19, the decision was made to move the ministry to N.E.R.A. to limit exposure of our church to outside sources. You may still make a contribution to this worthy ministry, just make sure you notate your check or envelope "Caring Fund." The need for help is greater than ever.

Hi Friends!

We have a new mailing address for FUMC: PO Box 71, Ponca City, OK 74602. So if you are mailing your donations to the church be sure to use the new mailing address.

We have several other options as well:

BY TEXT: Just text the donation amount to 1(580) 324-3101 (no need to include the "\$" sign—just text the numerical amount). You'll receive a text back from Vanco.

ONLINE: On our website, www.fumcpc.org, go to the tab named "Member Info" and click

on "Contributions" and you can donate by Paypal, credit or debit card.

BY MONTHLY AUTO-DRAFT: Call my cell

(580) 763-2196 and I'll get you set up for a monthly draft from your checking or savings account.

BY STOCK TRANSFER: We have an account with TD Ameritrade for easy transfer of stock to the FUMC account.

If you need help with any of these, please do not hesitate to call me at (580) 763-2196.

Cynthia

THE FLAME

Volume 50, Issue 1

August 2020

For God has not given us a spirit of fear and timidity, but of power, love and self-discipline. 2 Timothy 1:7



Let's face it, August 2020 is a completely different world than August 2019. In March everything was shut down to contain a virus we still don't understand. But, let's face it, God designed us to be social creatures. We need the companionship of friends and family. With school starting on August 19th (maybe), we need to think about how we will return to semi-normal activities at church. We hope to see more of our activities return to the weekly schedule. We hope your hearts will be burdened with a desire to return to church on Sunday mornings. Yes, you will be encouraged to social distance and wear masks. Larry Davidson continues to disinfect each week. Sure it is easy watching the service on Facebook while wearing pjs and sipping coffee, but we need you here, giving encouragement to one another!



Mother's Day Out

Mother's Day Out will reopen Monday, August 3rd. If you have a child or grandchild you would like to have in the program, you may register on-line on our website, or pick up an application at the church.



Pastor Don Griffin

Do you remember the old sports/entertainment show on ABC called Superstars? I used to love watching the athletes and celebrities competing in events that were not their specialty. My favorite event was the obstacle course. Beginning with a high wall that had to be maneuvered and then a series of other obstacles that had to be dealt with while being timed. I always wanted to be able to run this obstacle course though I couldn't have made it past the wall. I recently donated blood at an Oklahoma Blood Institute event in Ponca City. If you have given blood in the past you remember all the of paperwork, but now in the age of the Corona virus, the donor must complete a series of "obstacles" that are in place to assure that the blood will be safe to use.

Just to get in the door to donate, my temperature was checked and I was asked questions about my general wellbeing that day. Once you completed that station, you

were sent to complete numerous pages of questions about your medical history and current prescription medicines. Once you completed that hurdle, you were taken back to the first technician who would prepare the equipment to take blood from you and do a few simple tests to further examine your health including a finger stick. I hate those worse than the needle in the arm. Once you pass through this screening, you are then ready to give blood but before that happened, they took vital signs again and double checked to make sure I did not have a fever. Wow. Obstacles throughout the process were in place to insure the health of the donor's blood.

We are not taking blood at church, but in many ways, we have been preparing our facilities and processes to make it as safe as possible for those returning to worship in person. I know that some are ready for us to open other opportunities for spiritual growth such as small groups and group activities. On the other hand, we have members who feel it perhaps is still too early for us to even have worship in person. With our experience of dealing with this virus, our church leaders and staff want to be extremely careful about providing a safe worship environment. We are not checking vital signs at the door, but we are taking safeguards and I wanted to reinforce those as we move forward.

The primary way to prevent the spread of this virus is wearing a mask. I know that there are differing opinions about how effective

they are but combined with social distancing they are the best option we have. The trustees have asked that everyone who is attending worship wear a mask. This is especially true if you wish to sing aloud during worship. In our sanctuary, we are spacing people out so that minimizes opportunities for exposure. With our large sanctuary seating and the balcony, we have room for three times our current participants and keep everyone safe. We have replaced handshakes and hugs with other ways to express our love for each other. I believe we have taken the proper precautions.

The staff, our Staff Parish Committee, our Board of Trustees and other appropriate leaders have been meeting and discussing our next steps. At this point, I cannot tell you when we will have Sunday school again. I'm not sure when our small group Bible studies and other mid-week activities will resume. I just want to assure you that we will take every precaution to make our experiences as safe as humanly possible. Will this be inconvenient at times? Yes, but I pray it won't be like giving blood.

I love you all and appreciate you so much.

Pastor Don



SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2 10:00 Worship Communion Food Sack Sunday	3 10:00 MDO	4 8:45 Intercessory Prayer	5 10:00 MDO 10:00 Youth Swim at Kubik's	6	7 10:00 MDO	8
9 10:00 Worship	10 10:00 MDO	11 8:45 Intercessory Prayer 6:00 Board of Trustees	12 10:00 MDO 6:30 Administrative Council	13	14 10:00 MDO	15
16 9:00 Youth Breakfast with the Bible 10:00 Worship	17 10:00 MDO 3:00 Handbell Ensemble	18 8:45 Intercessory Prayer	19 10:00 MDO BACK TO SCHOOL 5:00 TYT 7:00 Chancel Choir	20	21 10:00 MDO	22
23 9:00 Youth Breakfast with the Bible 10:00 Worship	24 10:00 MDO 3:00 Handbell Ensemble	25 8:45 Intercessory Prayer	26 10:00 MDO 5:00 TYT 7:00 Chancel Choir	27	28 10:00 MDO	29
30 9:00 Youth Breakfast with the Bible 10:00 Worship	31 10:00 MDO 3:00 Handbell Ensemble					

AUGUST BIRTHDAYS

Jim Bellah	08/02	Ann Bandy	08/12
Peter Hightower	08/04	Nicholas Biery	08/14
Marilyn Krepps	08/04	Damarah Morales	08/19
Blaine Markle	08/06	Pat Gray	08/20
LaWanna Gann	08/07	Heather Kubik	08/20
Matt Biery	08/08	Marge Parker	08/23
Steffi Cowan	08/11	Bill Bridwell	08/27





PRAYER CORNER

A Summer Gloria

Glory be to God...

for clear blue skies and sunny days
for fresh green grass and leafy trees
for vivid purple flowers and well tended gardens
for fluffy white clouds and gentle breezes
for bright red buses and busy streets

Glory be to God...

for people stepping out with sandaled feet
for children playing games with delighted squeals
for picnics and street parties
for street traders and market stalls
for long days and short nights
for open-topped buses and open-necked shirts.

Glory be to God...

for seasons
for summer
for sunshine

(A prayer by Chick Yuill, used with permission.)



Intercessory Prayer Time Resumes in August

You are welcome to join us in the Chapel every Tuesday at 8:45 am to have a little chat with God. He will be happy for you to be there and we will too.

There is room for several more and we can still maintain the social distancing plus wearing our masks.

NOVELS AT NIGHT

I have to apologize for my absence these past two months. It has not been the best time for me, as for many of you!

I do know that many of you are reading, now that you have time on your hands. I sincerely hope you will share your book picks with me. We need to get a list started for next year.

I am reading *Joshua- a Parable for Today* by Joseph F. Girzone. Teri Harris recommended this book some time ago.

I am trying to finish the *Outlander* series, *Written in My Own Hearts Blood*, by Diana Gabaldon. The print is small and the book is heavy so this one is slow going for me.

I am also reading *The Goldfinch* by Donna Tartt.

Lastly, *Daring Greatly* by Brene' Brown. The book group kept me a little more focused. Doesn't everyone read four books at once?

So, for next year, I need to hear your suggestions. I have a few, they are; *The House We Grew Up In* by Lisa Jewell; *The Book of Lost Friends* by Lisa Wingate; *Dearly Beloved* by Cara Wall.

We will meet in September. I will call you to get your book recommendations. Or you may e-mail me at ginetaswanson50@gmail.com.

I am not able to attend services at this time. I hope you are well and keeping busy reading!

Gineta



FOOD SACK SUNDAY

The first Sunday of each month is still designated Food Sack Sunday. Please bring non-perishable food items to the church. If you prefer to make a monetary contribution, you can make a donation directly to N.E.R.A or make a check to the church and the donation will be given to them. Be sure to mark your check or envelopes "food ministry" or "donation to N.E.R.A."



CHURCH COUNCIL

A meeting of the Administrative Council is scheduled to discuss future activities in our church. You will be notified by e-mail and postcard of the time, date and place if you are a member of the council. This will be an open meeting. Anyone interested in voicing their concern or suggestions about reopening of our church to normal activities is encouraged to attend. The meeting will be held Wednesday, August 12th, at 6:30 PM. The meeting will be held in the sanctuary to allow social distancing.



Music Notes

by Joycelynn Davidson

I have been out visiting **Chancel Choir** members and have immensely enjoying our time together. It has been so good to see your smiling faces. I have not made it to everyone yet, but will be out again next week.

One of the points of the visit was to find out who is willing to come back to choir or what we can do vocally. Everyone misses singing but not everyone is ready to 'go public.'

For my own sanity, I need to begin planning something. So here is what I'm suggesting: Wednesday, August 19th, at 7:00 pm, those who are willing meet in the Welcome Center with face masks on to do some singing. We'll experiment with breathing while singing behind a mask. It may not resonate like we are used to, but we can still make a joyful noise and begin to find a 'new normal' for singing.

Most of my adult **ringers** have been contacted and are willing to try some socially distanced ringing. There will be 2 ringing ensembles: one for six ringers and one quartet.

The sextet ensemble will begin rehearsals August 17th at 3:00 pm. When the quartet ringers are ready, we will be meeting on Mondays at 2:00 pm. Since we will be wearing gloves and masks this should work.



Kids' M&Ms

Cathie and I are busy planning for our fall session with the children. We will begin on September 16th at 3:30 and follow the school schedule. There will be safety measures put in place and some activities will be different, but it will still be the same loving and safe environment for children 4 years old through 5th grade.

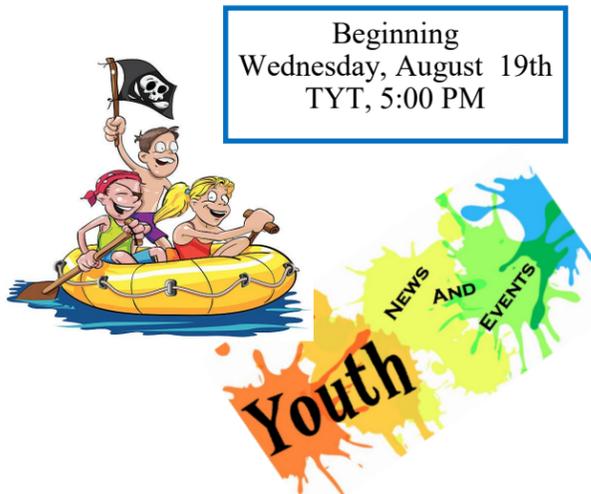
The question about face masks and singing keeps coming up. "Other churches are singing." We are still staying within the UMC guidelines. Recent studies have been discouraging as to how distance of vapor travels and length of time it remains in the air. It really isn't about what other churches are doing. It is what we need to do to keep our congregation safe and healthy. The Administrative Council will be meeting soon, and we can discuss options at that time.

In the meantime, sing with the radio in your car, sing with online worship at home, sing with masks at in-house worship. Lift up your voices in praise to God!



Your Song

Your song, O God, echoes across the chambers of our hearts.
Your melody moves easily through the darkness coming round the intricate pathways of our life.
Your song never ceases even if we take leave of You.
Your verses flow over the contour of our lives, rising and falling.
Sometimes there is a note sustained: a long experience of joy or wonder.
Sometimes just a quick rest: a moment of Your love's glimpse.
But always Your chant is full and beautiful, and finds our soul.
We have only to listen to hear the elegance, to be transformed in Your love.
From *In Harmony with God* by Lynn M. Trapp and Carol A Leitschuh
Scripture: I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. (John 15:5)



Working on Youth Sunday School Rooms



Breaking Bread Together

Hey, youth and youth parents, this month we will have our trip for all the youth who participated in the challenge during the quarantine! If you did not participate but would still like to go, contact Heather or Lindsey about details!

After school starts we will be having TYT on Wednesdays at 5pm. We will be adding mission days to the calendar soon.

Blessings
-Heather and Lindsey

Chillin' Outside



Starting August 16th the Youth will have Breakfast with the Bible on Sunday Mornings 9:00 AM.

August 5th Swimming at the Kubik's 10:00 AM



Cathie Gilliland requests that you save toilet paper rolls, and 1/2 pint or pint sour cream/dip containers with lids. You may leave them in the Welcome Center and she will take them to the supply room.



Curried Chicken with Charred Vegetable Rice

Becky Hightower

- 1 1/2 tsp. curry powder
- 1/2 tsp. garlic powder
- 1/2 tsp paprika
- 3 tsp. kosher salt, divided
- 2 pounds chicken breasts or thighs
- 4 ears of fresh corn
- 1 large zucchini, halved lengthwise
- 1 large yellow squash, halved lengthwise
- 1 large red bell pepper
- 1 medium red onion, sliced into quarters
- 3 Tbsp. olive oil, divided
- 8.8 oz prepared white rice
- 1/4 cup chopped fresh cilantro
- 1 tsp lime juice
- 1/2 tsp. black pepper

1. Whisk together curry powder, garlic powder, paprika, and 2 teaspoons of the salt in a small bowl. Sprinkle evenly over chicken
2. Preheat gas grill to medium. Place chicken, skin side down, on unoled grates. Grill, uncovered, until grill marks appear and skin is golden brown and slightly charred. 8 - 10 minutes. Turn chicken, cover grill. Grill until a thermometer inserted in the thickest portion of meat registers 165 degrees 10 - 12 minutes. Transfer chicken to a plate or cutting board. Tent with aluminum foil

3. and rest about 10 minutes.
3. Toss together corn, zucchini, squash, bell pepper, red onion and 2 tablespoons of the olive oil in a large bowl. Place vegetables on unoled grates. Grill, uncovered, turning occasionally, until charred on all sides, 6 -8 minutes.
4. Cut corn kernels from cobs, place kernels in a large bowl, and discard cobs. Roughly chop zucchini, squash and onion, add to bowl. Chop bell pepper, discarding seeds and membrane, add to bowl. Add rice, cilantro, lime juice, black pepper, and remaining 1 teaspoon salt and 1 tablespoon oil, toss to coat, divide vegetable mixture and chicken among 4 plates.

THANK YOU!
First United Methodist Church Ladies that furnished the meal for the Silvy family. Thank you for the wonderful meal!
Nancy Silvy,



Midsummer's Eve

Where are you going summer breeze?
Off beyond the fields and trees.
What do you see when you blow that way?
Children jumping from bales of hay.
What do you hear as you travel the land?
People dancing to an outdoor band.
What do you smell as you rush about?
The perfume of blossoms bursting out.
What do you taste as you soar up high?
Fresh corn on the cobb and apple pie.
What do you feel as you climb to great heights?
The heat of the day and the warmth of the night.
What do you wish for as you leave?
Let all folks enjoy this midsummer's eve.

The United Methodist Women



Yum! Our ladies are at it again. Casseroles baked and delivered!