

October
2009
Volume 31, Issue 10

COKER UNITED METHODIST CHURCH

The COKER COURIER

www.coker.org

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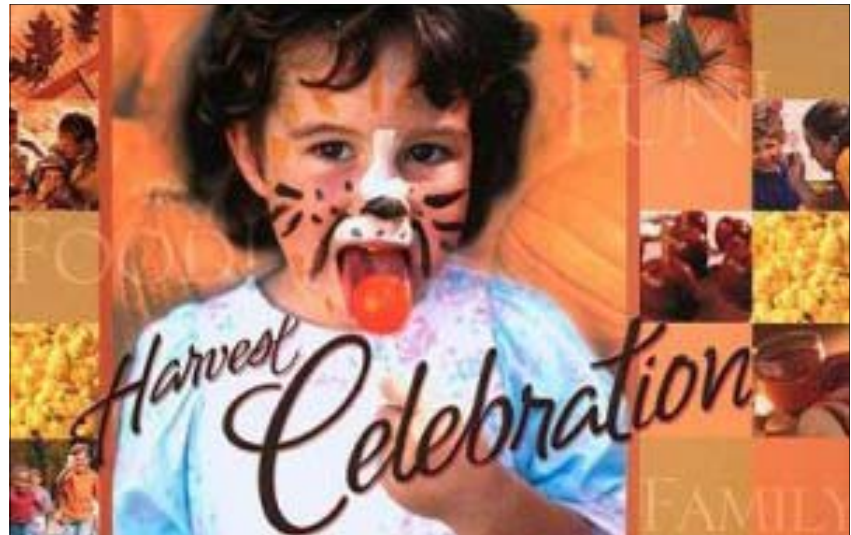
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Bring a Friend &

Join the FUN at

COKER United Methodist Church!



Sunday, October 25, 2009

4:00 - 7:00 pm

Games

Food

Music

Inflatables

Trunk or Treat

Free

Ladies, join us at The Gathering

*United Methodist Women of Coker UMC
present*

The Gathering of the Women



Dinner & Program

October 13, 2009

6:30 pm \$12

*Dinner catered by **Apple Annie's Tea Room***

*Program presented by **Rev. Michael W. Newman***

The Rev. Michael W. Newman was most recently on staff at Concordia Lutheran Church in San Antonio. He is now working within the local Lutheran District. He is the author of *Satan's Lies: Overcoming the Devil's Attempts to Stunt Your Spiritual Growth*. He has spoken at numerous MOPS gatherings (Mothers of Preschoolers), where he covered topics pertinent to women today both young and old. We look forward to a timely message that will give new life to our Spiritual Journey.

San Antonio Historical Public Clocks presentation at Coker

On Saturday morning, October 24th at 10:00 am, there will be a presentation by Mr. Ed Gaida at Coker UMC, sponsored by Chapter 15 of the National Association of Watch & Clock Collectors (NAWCC).

Mr. Gaida is a long-time San Antonio historian, author, and restorer of South Texas historical clocks. This interesting presentation will focus on his latest clock project involving the "Hertzberg Clock" located in downtown San Antonio at the corner of St Mary's and Houston Streets. This E. Howard No. 1 post clock has graced our city's streets for over 100 years and was overdue for some very extensive repair and renovation.

Join Mr. Gaida and members of Chapter 15 NAWCC as he discusses restorations of the Hertzberg Clock as well as other public clocks like the "Tower Clock" located at Our Lady of the Lake University. Membership in the NAWCC is not required, only an interest in San Antonio history and a couple free hours on Saturday morning, October 24th.



COKER UNITED METHODIST CHURCH

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San Antonio, TX 78216-1812
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Coker Day School: 494-5061
Mother's Day Out: 494-4481

Ministers

Senior Pastor

Pastor Barbara R. Galloway
ext. 261

Associate Pastors

Rev. Damon Relder, ext. 226

Rev. Dave Felps, ext 224

Rev. Joe Ed Lamb - Pastor of
Visitation, 490-9299

Minister of Music & Arts

Rev. Dave Collett, ext. 239

Program & Support Staff

Director of Adult Education & Fellowship

Gail Hatcher, ext. 230

Director of Children's Ministries

Cheryl Kendall, ext. 227

Director of Student Ministries

Mary Anne Waldrip, ext. 269

Church Business Administrator

Jodie Sell, ext. 231

Admin. Asst. / Campus Coordinator

Sheri Halford, ext. 262

Receptionist / Pastors' Secretary

Sue Osborn, ext. 261

Membership Coordinator

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Betty Sheaffer, ext. 233

Media Director

Jason Roe, 380-2423

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Becky Porter, ext. 245

For Children



“Let the children come to me...” Children’s Sabbath...October 18

On Children’s Sabbath, we will celebrate children - not just the children of Coker UMC, but all children, children who believe in Jesus and those who have never heard HIS name, those with plenty and those who go to bed hungry, children who get tucked in at night and the ones who have no soft place to lay their heads.

Every year the Children’s Defense Fund sponsors the national observance of Children’s Sabbath. Its mission is to ensure every child has a Healthy Start, a Head Start, a Fair Start, a Safe Start, and a Moral Start.

Join us on October 18th, as we lift the children up to the Lord!

**Be an Advocate
for Children!**



1st Friday Kids’ Klub

“Let your light shine in all you say and do.”

Come join in a great night of fun and adventure!

October 2
Kinder - 5th grade

6:00 – 9:00 pm
Cost \$5/child

Drop off in the Gym; pick up in the Upper Room of the John Gibbs building.

Sign up on Sundays at the Children’s Welcome Table or call Children’s Ministries.

1st Friday Kiddie Co-Op

October 2
6:00 – 9:00 pm
6 months - 5 years



Cost ... parents, you volunteer your time for an upcoming 1st Friday night

Sign up early ...
6 months-2 years—limit of 10;
3 years—limit 10;
4 & 5 years—limit 15

You must register your child by Monday, Sept. 28; there will not be any drop-ins!



Family Campout ...
Friday, October 16, 5:00 pm - Saturday, October 17, 10:00 am
at Coker Park

Let’s come together as one big family under the stars! There will be hot dogs, s’mores, a delicious breakfast and memories to share with others! If you have a guitar, bring it along; we’ll sing around the campfire.

For more information call Children’s Ministries at 494-3455.

Parents in Prayer (P.I.P.)



Dear Lord,
Thank you for this transforming time of year. Though we may see leaves turning brown and dropping from the trees around us, help us to remember that this is a symbol of the start of the cycle of rebirth. Like the leaves, we may have lost our vigor from the start of the school year as the weight of routine bogs us down. Through You and the gracious example of Your Son, however, we can understand the cause for hope which can enliven us and bolster our spirit and strength. It is in Your name we pray. Amen.

A great response to Children’s Choir Rehearsal on Sundays!

We had 60 children at our first children’s choir rehearsals. We rehearse on Sundays from 10:30-11:00 am upstairs in the Rector building. To accommodate the great response, we’ve split into three choir sections and added more volunteer directors. We’d love to have your four-year-olds through fifth graders discover their voices and sing in choir. Additional parent help is also invited by talking to any choir leader at 10:30 am on Sunday. For more information or to volunteer, email nancy.canavera@coker.org.



Wednesday Night Bible Adventure

6:30pm -7:30pm
in upstairs Rector
Kinder - 5th grade

“Painting God’s Love”...children use their imaginations while experiencing God’s love through painting.



Check out PARENT’S INFO at coker.org Go to Children’s Ministries, then Parent Information

For Adults



United Methodist Women

Meetings

- **J.O.Y.** - Tue., Oct. 6 at 9:30 am in Wesley 802
- **Sharing & Caring** - Tue., Oct. 6 at 10:00 am in Wesley 703
- **Executive Board** - Tue., Oct. 6 at 12 noon in Wesley 802
- **UMW Gathering of the Women** - Tue., Oct. 13 at 6:30 pm in Gym ... see details on page 2
- **Reflections** - Thu., Oct. 15 at 9:30 am in Wesley 703

Save the date ...



Saturday, November 7

Join the Coker Gardeners for a WORK DAY

Saturday, October 10
8:00 am-12 noon



Bring shovels, wheel barrows, gloves, spading forks, brooms, gloves, and the Holy Spirit. Meet in or near the Gibbs Building Prayer Garden.

A Church Garden

First, plant five rows of peas:

- Presence
- Promptness
- Preparation
- Purity
- Perseverance.

Next to these, plant three rows of squash:

- Squash gossip.
- Squash criticism.
- Squash indifference.

No garden is complete without turnips:

- Turn up for meetings.
- Turn up with a smile.
- Turn up with new ideas.
- Turn up with determination to make everything count for something good and worthwhile.



SAF & CALLL in October



Thursday, October 1 ... 11:30 am - 1:00 pm in Wesley 703/704

SENIOR ADULT FELLOWSHIP meets for their monthly Pot Luck Luncheon. Bring a dish to share and enjoy our Ace Hardware Man – Johnny Chuoke. He will bring lots of remedial ideas for home owners.

Monday, October 5 ... 9:00 am - 2:00 pm

Join CALLL for a two-hour guided barge ride on the Museum Reach of the SA River. We will start at the Marriott River Center and end at the Hyatt Regency. Lunch will be on your own wherever you wish to eat on the river. Cruise, bus, and tip - \$10.00. LIMIT - 40 seats on cruise barge. Call Margaret Griffin at 341-4090 for reservations.

Wednesdays, October 7, 14, 21 & 28 ... 10:00-11:00 am in Wesley 703

Study continues ... *Seizing The Moments* by James Moore, led by Jim Alexander.

Thursday, October 15 ... 6:30 - 10:00 pm

Bulverde's Stage Playhouse presents "Fashionably Late," a catastrophe of hilarious proportions that loom on the edge of the fashion runway. Call Peggy Keesee for reservations at 541-9092.

Friday, October 23 ... 9:30 am - 1:00 pm in Wesley 703/704

CALLL's Brown Bag Lunch/Games Day. Bring your lunch. Decaf coffee and water will be provided. We have a variety of games or bring your favorite. Sign up is not required. Just come and enjoy the fun.

(NOTE: This is the 4th Friday, not the last Friday.)

SAF-Senior Adult Fellowship

CALLL-Coker Adult Life-Long Learning



Inviting members who are "crafty" to create items for the Coker Craft Booth at Cokerfest Arts & Crafts Fair on November 7. You are encouraged

to use your artistic talents to make items to donate to this booth. Contact Adelene Neislar, organizer of this project, at 349-2899. Applications for vendor booths are available in the church office. For overall Cokerfest information, contact Mary Eck, 492-1322.

Promoting Men's Ministry at Coker

Upcoming October Opportunities

• **UMM - every Monday** at 6:30 am in Wesley 703/704. Come and enjoy an excellent breakfast, fellowship, scripture, and the singing of old favorites. We end the morning at 7:30 am to allow most folks to get to work or to their early morning errands. Contact Tom Ellis at 490-5128 or tellisia@aol.com for more information

• **Sunday, October 18** - Golf with the Guys ... watch for time & place to be announced in the Sunday Connection

• **Saturday, October 24** - Angel Food Distribution. Contact Jack Collins at 408-1677 or collins_jack@sbcglobal.net.



Opportunities beginning in October

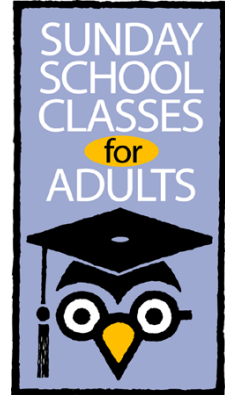
New Adult Sunday School Classes at 11:00 am ...

One in the Spirit SUNDAY SCHOOL CLASS - 11:00 am in Wesley 802

This new class, facilitated by Peggy Francis and various leaders, is studying Adam Hamilton's book, Christianity and World Religions, looking at Hinduism, Buddhism, Islam and Judaism, using a DVD & discussion.

Space for Grace SUNDAY SCHOOL CLASS - 11:00 am in Rector 509

This new class, beginning October 4, offers a hope-filled approach to spiritual and personal growth through the Biblical principles of the Twelve Steps. Contact Judy Senter for more information at 490-7452 or email jsenter@satx.rr.com.



FAITHLINKS, will begin on Wednesdays, October 7 thru November 18, 6:30-7:30 pm in Wesley 802; led by Christi & Pastor Dave Felps. **FAITHLINKS** is a weekly, stand-alone study to apply your faith beliefs to current faith issues, news, and world events.

UNPLUG THE CHRISTMAS MACHINE: A COMPLETE GUIDE TO PUTTING LOVE AND JOY BACK INTO THE SEASON

**A workshop in a comprehensive format
Saturday, October 10 9:00 am-12 noon**

Does the thought that, as of Sept. 15, there are 100 days left until Christmas cause a feeling of dread to come over you? Would you like for your family to celebrate more of the spiritual aspect of Christmas rather than the commercialism? Join us as we come together to learn how to simplify the season and put more meaning into our celebrations.



The Joy of Giving

The Gift Planning Committee invites to a
Legacy Circle Luncheon
for those who have planned
a gift to Coker UMC in their will or estate
or have given to the
Coker Permanent Endowment Fund

**Lunch will be served in the Coker Gym
12:15 pm on Sunday, November 1, 2009**

RSVP by Thursday, October 22 to:

Jack Trawick at 545-1031 or jacktrawick@sbcglobal.net,
Pat Taylor at 497-5597 or taylorsw@swbell.net,
or church office at 494-3455

Reaching Out ...

MISSION FAIR COMING TO COKER!

What is a Mission Fair? Coker's Mission Outreach Committee is sponsoring Coker's Mission Fair to showcase all the opportunities available to Coker members to get involved in Missions. Most of us may think that in order to be a missionary, you need to go to a foreign country and commit your life to mission work. While some are called to the mission field, it is not necessary to do so in order to be a missionary.

There will be representatives of a variety of organizations and missions at the Fair (including many members of Coker) to introduce you to the many wonderful opportunities to get involved to serve others, including right here at Coker, at local or nearby organizations, and on regular mission trips, both near and far. You can help with food hand-outs at Angel Food or our brand new Food Pantry; go to a local church and help "spruce it up"; or help send someone on a mission trip to Piedras Negras or Guyana. You may even want to go on a mission trip yourself!

On October 4, we will have many tables showcasing the various organizations along the sidewalks going to and from the buildings. When you pass by these tables, maybe you will see something that will catch your attention and make you stop and check it out. There will be a list of the organizations in the worship bulletin on Sunday, October 4.

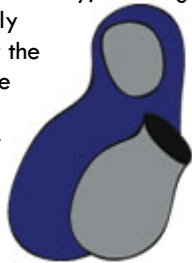


See you at the FAIR!

October Mission Moment

Woman at the Well House

The October Mission Moment will support the Woman at the Well House. This residential facility helps women who have been released from prison move into a new way of Life, Hope and Faith. The women stay several months at this facility, learning skills to enable them to successfully transform their lives and re-enter the life of the community. You can be a vital part of Jesus' ministry of transforming lives as you support and pray for the staff and residents of Woman at the Well House.



Early Response Team Training

Early Response Teams (ERT) are specifically trained teams that offer assistance soon after the disaster strikes. They generally do clean up work and tasks required to stop further damage from being done.

They might do minor repairs that might make homes habitable, but they do not do extensive repairs or re-construction.

All members are required to complete a 6-7 hour training course and must have a criminal background check. They will then receive a badge indicating they are credentialed by the SWTX Conference.

You can register on line at www.umcswtx.org/early-response.html or pick up a registration form in the church office. Cost is \$30.00

Training is scheduled at University UMC, Sat. Nov. 7, 2009 from 8:30-4:30. Contact is Eugene Hileman, 210-557-8698



Piedras Negras, Mexico Mission Trip October 9-11

Make plans to participate in the next mission trip to Piedras Negras. We will be working at the House of Mercy Orphanage, Casa Bethesda Orphanage (special needs children), and the Alleluia UMC school. Cost is \$100/person. There will be some construction projects, but the primary purpose is to extend God's love to the children. For more information, contact Gary Reaves (317-6788, garyr@washtub.net) or Cathie Buxie (494-0169).



An **INFORMATIONAL MEETING** will be on Sunday, September 27 at 12:15 pm in Wesley 804. Please sign up and pay by September 27. **PASSPORT WILL BE REQUIRED.**

Angel
Food
Ministries



Sign up in the Gazebo between
services on Sundays,
October 4 & 11

Distribution - Saturday, Oct. 24
8:30-10:00 am

23rd Season

Elaine Ehlers, The Arts at Coker Director
Rev. Dave Collett, Minister of Music and Arts

About The Arts at Coker...

The Arts at Coker is a series of programs that celebrates the performing and visual arts at Coker United Methodist Church. All events are open to the general public and are presented at no charge to the greater San Antonio community. In order to present outstanding programs and events, free-will offerings are taken and donations are accepted to support our guest artists. All identifiable gifts to The Arts at Coker are tax-deductible and will be acknowledged in the program. Thank you for your generous support and for celebrating God's creative Spirit through the Fine Arts. Series 2009-2010 Arts at Coker brochures are available around the campus. Share one with a friend.

Composer Anniversary Celebration Sunday, October 18, 2009, 4:00 pm

Dave Collett and Duane Hoff, Conductors

Welcome to a birthday party! This concert event honors the birthdays of beloved composers whose birthdays occur in 2009-10. We'll be toasting the birthdays of Samuel Barber, Gustav Mahler, Felix Mendelssohn, Robert Schumann, and Samuel Sebastian Wesley. Join us as we share some of their most inspiring musical works. Hosting the party will be the Coker Orchestra, Coker Chancel Choir, organist Nancy Laine, and special guest organist Richard Parrigan. Be sure to help us blow out lots of candles at the cake and punch reception following the concert!



ETA3 (flute, clarinet, piano) Sunday, November 15, 2009, 3:00 pm

A trio of flute, clarinet and piano is an unusual instrumental combination, and little, if any, original music exists for such an ensemble; however, ETA 3 delivers an intriguing program of works they have arranged. Comprised of American flutist, Emily Thomas, Japanese Pianist, Tomoko Nakayama, and Russian Clarinetist, Alexey Gorokholinsky, ETA 3 makes an immediate connection with both younger and older audiences through its interactive and creative programming.

Yuletidings Wednesday, December 2, 9, 16, 2009 Noon

Join us Wednesdays during the season of Advent for wonderful music and a delicious lunch after each concert.

December 2 – Michael Palermo, trumpet, with Madolyn Fallis, organ

December 9 – Reagan H.S. Chamber Orchestra, David McCutchan, conductor

December 16 – Miller's Double Ring, handbells, featuring Sylvia and Russell Miller

Christmas Pops Family Concert Sunday, December 13, 2009, 7:00 pm

Dave Collett and Duane Hoff, Conductors; the Coker Chancel Choir, Coker Orchestra, soloists and special guests

The Coker Music Ministry family presents an enchanting evening of Christmas music for the whole family. Experience the joy of the season as we share some of your Christmas favorites.

Dong-Il Shin, organ Sunday, January 31, 2010, 3:00 pm

An organ virtuoso whose playing garners rave reviews! The 2006 winner of the Chartres International Organ Competition.

Nancy Zhou, violin Sunday, March 21, 2010, 3:00 pm

Violin sensation Nancy Zhou is a 16-year-old prodigy living in San Antonio. She has already performed in Germany, Poland, China, Carnegie Hall and appears with the San Antonio Symphony this season.

Patriotic Pops Thursday, July 1, 2010, 7:30 pm

Dave Collett and Duane Hoff, Conductors; the Coker Chancel Choir, Coker Orchestra, soloists and special guests

The Chancel Choir, Orchestra and special guests present our sixth annual musical salute to America with favorite patriotic selections, as well as rousing Americana favorites. Join us for an old fashioned Ice Cream Social in the Gym following the concert.

Coker Orchestra Honors Concert Friday, August 6, 2009, 7:30 pm

The fourth annual Honors Concert by the Coker Orchestra highlights the contributions of our graduating senior members.



Health & Wellness

problems with memory, thinking, behavior/personality, emotions, and speech. There are many different causes of dementia. The most common cause is Alzheimer's disease.

These are some of the common early symptoms of dementia:

- Problems with memory occur, especially with things learned recently. People with dementia may not only forget a friend's name, but they may also forget that the person is a friend. They may ask for the same information over and over or they might depend on others for things they used to do for themselves such as operating a washing machine.
- People with dementia may have trouble doing familiar things such as washing their hands or they may have trouble driving to a familiar location. They may forget how to play a favorite game or how to sew. They may forget such things as socks belong on feet.
- Language problems can include forgetting simple words, like "chair," or they may call things by unusual names, such as "the thing you sit on" instead of "chair." Sometimes individuals with dementia may have trouble keeping up with a conversation or they may have no idea how to continue a conversation. They may repeat themselves over and over.
- Confusion can also occur for persons with dementia regarding time and place. They may become lost in familiar places such as their yard, and they may not remember how they got there. Day and night as well as seasons may become confusing.
- People with dementia may have trouble making good decisions. They may dress incorrectly for the weather or may have trouble with money, such as giving large amounts to telemarketers or to email requests for money. Mail can become confusing and they may have received many charge cards and incur a large amount of debt. They can also be forgetful regarding personal hygiene and keeping themselves and their clothes clean.
- Keeping track of things becomes difficult for those experiencing dementia. They may have trouble paying their bills and balancing a checkbook. Things may be lost frequently and they may not be able to go back and find them again. Items may be put in unusual places, such as shoes in the refrigerator, and people with dementia may begin to think others are stealing from them.
- Sometimes dementia affects people's vision, and they might have problems reading, judging distance, and determining color or

Dementia & Alzheimer's Disease

by Sherry Hatcher

The Dementia/Alzheimer's theme for 2009 is "Diagnosing Dementia: See It Sooner." This year focuses on the importance of medical professionals and individuals recognizing the symptoms of Alzheimer's disease and getting a diagnosis quickly so that people can receive the treatment they need.

Dementia is the progressive decline in a person's mental functioning because of changes in the brain which lead to the loss of nerve cells (neurons). These brain changes lead to

contrast. Driving can become frightening and stairs can become difficult to manage. Reading a newspaper, magazine, or book or trying to work with numbers can make people with dementia anxious.

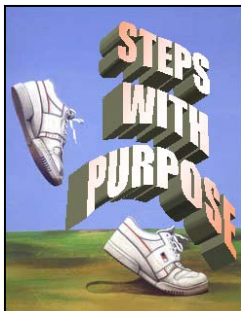
- People with dementia may not seem like their old selves. They experience changes in their mood and personality. They may be confused, suspicious, fearful, anxious, agitated or depressed. They may become unusually emotional for no apparent reason and may be easily upset, especially in places where they are not comfortable.
- Because of the changes people with dementia experience, they may stop doing things they used to enjoy. They may have trouble remembering how to do hobbies or who their favorite sports team is. They may become withdrawn and passive, sleeping more than usual or sitting in front of a window or the television for hours.

Please visit your doctor and discuss your concerns if you or someone you love is experiencing any of these symptoms. An early diagnosis helps people with dementia get the treatment they need and allows these people to make decisions about their future, including financial and legal affairs, before they lose the ability to do so. Finally, an early diagnosis helps the caregiver to be better equipped to deal with the disease.

Although there is no cure for Alzheimer's disease or most other causes of dementia, many things can be managed and treated. Medication may be available in the early stages of dementia to stabilize some of the symptoms of the disease. There are many ways to provide support for the family and person with dementia.

The Alzheimer's Association of San Antonio, 822-6449, offers many helpful services. They provide educational materials, are able to answer questions, provide professional speakers, refer to support groups and can schedule Care Consultations for individuals who have concerns and may need one-on-one time with someone to discuss their situation.

Information in this article is from www.alz.org—"10 Signs of Alzheimer's" and www.alz.co.uk—"About Alzheimer's Disease."



"Steps With Purpose" - is a program to organize family-friendly walking opportunities for all age and ability levels to promote fitness, fellowship, and mission.

If you are interested, please call or email Nancy Canavera: 865-0025, nancy.canavera@coker.org.

For more detailed information visit the Health & Wellness page under Groups & Ministries on our website www.coker.org.

Next events:

Friday, Oct. 2, 9:00 am - North Star Mall, 1-2 miles

Saturday, Oct. 24, 7:00 p.m. -

Light The Night Walk:
Taking Steps Toward Cures™ -
Institute of Texan Cultures
www.LightTheNight.org/stx



Health & Wellness continued

Nutrition - Eating for Health

Denise Sprague did a great job of outlining what a healthy diet should look like at our August 30th Health Seminar. Statistics show that half of our population is overweight, and this leads to the development of many diseases including heart disease, diabetes and some cancers.

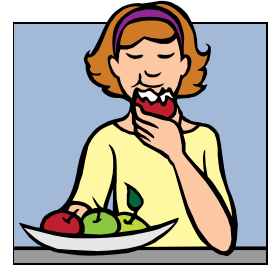
She gave us heart healthy guidelines such as including 20-35 grams of fiber, 4-6 ounces of protein, 30 to 50 grams of fat (10-15 grams saturated) for women, and 50 to 60 grams of fat for men per day in your diet. Also, limiting your sodium intake to 2300 mg or about 1 teaspoonful of salt per day can help reduce blood pressure.

Eating breakfast is important. Studies show those who skip breakfast tend to be overweight. Children who eat breakfast perform better in their school work. This is a great meal to get those carbohydrates and fiber. One way to cut calories and decrease weight gain is to limit sugar-sweetened drinks.

By increasing exercise, you can lower your LDL and triglycerides to improve your cholesterol scores and can shed a few pounds. Denise gave us charts on how many calories are used in various activities.

Limiting portion size was an important suggestion. Looking at the food on your plate before you start eating will help you decide what and how much to eat. Half of your plate should contain vegetables, one-fourth should contain a starch and one-fourth should contain your protein (meat, chicken or fish). Everyday you should try to eat 5 servings of fruits and vegetables.

Denise shared some handouts with us. If you missed the program and would like some of the handouts, please stop by the Health and Wellness Center in Annex 2 on Thursdays from 12 noon to 2:00 pm to get your copy. Join Denise again on October 4th to continue talking about pre-diabetes.



HEALTH SEMINAR SERIES continues

Sunday, October 4, 6:30 pm in Wesley 703 - Nutrition: The Next Generation!

This seminar will look at preventing diabetes. If you are at risk or have a family history of diabetes (mother, father, sister, brother, grandmother, grandfather, aunt, uncle, child), this is the class for you. Are you in danger of developing diabetes? If so, what can you do about it?

Denise C. Sprague, M.S. in Nutrition, Registered Dietitian, Certified Diabetes Educator.

Sunday, November 1, 6:30 pm in Wesley 703 - Nutrition: How Safe Is Your Food?

An overview of food safety concerns including how to prepare and store food, protecting your food, and prevention of food-borne illness. Additionally participants will be introduced to microbes in food, pathogens, food additives, and current issues with our food supply.

Anna Bustamante, B.S., M.Ed., PhD candidate is working on her dissertation at Texas State University focusing on health-related fitness and chronic disease. She is currently Department Chair and Assistant Professor for The Department of Kinesiology & Health at Palo Alto College.

Memorials given from August 15 to September 14, 2009 in memory of

Ace Tinch—Dave & Anita Oberle, Jack & Ginny Trawick, Joyce Hagle, Maxine Atkinson

Bertha Alford—Terri Transue, Mr. & Mrs. Robert Rose, Jack & Ginny Trawick

Bob Nelson (Billy Nelson's nephew)—Jim & Gloria Baker

Bob & Grace Nourie—Anna Lea Faulk

Bob Walton—Docia Williams

Buddy Hahn—Don Snyder & Doris Rives

Carl Hagle—Ace & Joyce Tinch, Dave & Anita Oberle

Ed James (Jay James' father)—Clyde & Janie Tew

Eva Harvey (Jan Harvey's mother-in-law)—Jack & Ginny Trawick

Evelyn McManus (Rick McManus' mother)—Jim & Gloria Baker, John Mugg

Hazel Aycock Duke—Rodney & Belva Williams, Alamo Advisors LP, Tommy & Rita Oliphint, Walter & Marilyn Church, Lynn & Paula Fredrickson, Helen Baumgaertner, Glenda Mankins & George Denman, Mike & Cheryl McCowan, Steve & Cathy Landon

Henry W. Ginther (Jo Gibbens' uncle)—Jo Gibbens & family

Jim Trott (Pat Burns' father)—Lynda Haile, Sheila Jones, Paul & Martha Mangum

Kelley Sawyer (Tom & Betty Sawyer's daughter)—John Mugg

Manuel Guzman (Delia Rincon's uncle)—Jack & Ginny Trawick

Marguerite Puck—Bill & Marian Brewer

Marjorie Whitson (Brenda Venable's mother)—Coker Chancel Choir, Clyde & Janie Tew

Mary Jane Smallwood (Dennis Davis' mother)—Clyde & Janie Tew

Patty Landacre's mother—Coker Exercise Class, Jack & Ginny Trawick

Thelma McManus (Rick McManus' step-mother)—O.D. & Elsie Lancaster, Questors Class



Stewardship—A Way of Life

We give thanks for all that God has already given us. As members of the body of Christ and in this congregation of The United Methodist Church, we will faithfully participate in the ministries of the church by our prayers, our presence, our gifts, our service, and our witness, that in everything God may be glorified through Jesus Christ.

(Baptismal Covenant IV, *United Methodist Hymnal* 52)

Stewardship is more than money. Stewardship is a way of life, defined by our membership vows when we join the United Methodist Church – that we will faithfully participate in the ministries of the church through our prayers, our presence, our gifts, our service, and our witness, that in everything God may be glorified through Jesus Christ. This year, Coker will emphasize the five aspects of our membership vows with a consecration of each aspect of stewardship. In August and September, we focused on the **Stewardship of Presence**. We distributed Stewardship wristbands to wear as a reminder throughout the year. If you did not receive a wristband, they are still available in the Narthex, Upper Room, Chapel, Wesley, and church office. In September, we consecrated our Commitment of Presence.

I affirm **God's PRESENCE** in my life. I commit **my PRESENCE in worship** to deepen my relationship with the Lord. I commit **my PRESENCE in study** to learn and grow in Christian discipleship. I commit **my PRESENCE in church activities** to share fellowship and support with other Christians. Specifically, I will: _____

In October and November, we will focus on the **Stewardship of Gifts**. We will consecrate our Stewardship of Gifts (financial pledge) on **November 14 and 15**. Stewardship is more than money, but we don't shy away from the church's very real need for money to do God's work. Being a good steward of what God has given us means being generous with our time, our talent and our treasure. We are blessed to be a blessing. As we are blessed, our gratitude motivates us to give back a portion to God's work. Your financial pledge to Coker UMC is an estimate of your contributions for 2010. We invite all members and friends of Coker to make a financial pledge so we can anticipate the income we will receive in 2010 and budget accordingly. Pledging indicates your good faith intent to give to God's work through Coker UMC.

In 2010, we will focus on the stewardship of prayers, service, and witness for two months each and will consecrate our stewardship commitment to each. Stewardship is a way of life. Thank you for living faithfully through your prayers, presence, gifts, service, and witness that in everything God may be glorified through Jesus Christ.



Stewardship - A Way of Life

Prayers, Presence, Gifts,
Service, Witness

Welcome Our New Members

Come meet new members at our

New Member Celebration

Sunday, October 11

Following 11 o'clock Worship
Wesley 703/704

Please join the Coker UMC staff and lay leaders for "Salsa y Mas" as we get better acquainted with the new members who have joined since April 2009.



Worship and Prayer

Saturday, October 3

Communion
5:00 pm in Chapel

Sunday, October 4 18th Sunday after Pentecost

8:15, 9:30 & 11:00 am Communion
Services in Sanctuary

Celebrate! 9:30 & 11:00 am
in Upper Room

No Children's Church

++++++

Saturday, October 10

5:00 pm in Chapel

Sunday, October 11 19th Sunday after Pentecost

8:15, 9:30 & 11:00 am Worship Services
in Sanctuary

Celebrate! 9:30 & 11:00 am
in Upper Room

11:00 am-Children's Church

Saturday, October 17

5:00 pm in Chapel

Sunday, October 18 20th Sunday after Pentecost

8:15, 9:30 & 11:00 am Worship Services
in Sanctuary

Celebrate! 9:30 & 11:00 am
in Upper Room

11:00 am-Children's Church

++++++

Saturday, October 24

5:00 pm in Chapel

Sunday, October 25 21st Sunday after Pentecost

8:15, 9:30 & 11:00 am Worship Services
in Sanctuary

Celebrate! 9:30 & 11:00 am
in Upper Room

11:00 am-Children's Church

++++++

Wednesday Worship

6:30 pm in Chapel

October Prayers

"For this reason, since the day we heard about you, we have not stopped praying for you." Colossians 1:9a (NIV)

Monday

Father, I lift up my friends and family; please hold them closely as they go about their day. Amen.

Tuesday

My Lord, My God, hear my prayers. In the name of Jesus, Amen.

Wednesday

Lord, you made heaven and earth, we pray over all of your creations this day and always. Amen.

Thursday

God of the universe, I lift up those in need. Heal them and make them whole. Amen

Friday

Jesus, I lift up _____ to your care and comfort. Please accept this as my gift to them. Amen.

Saturday

For those who have gone before us, we pray they are blessed in the loving arms of Jesus. Amen.

Sunday

Savior of the world, lend us your ear that you may hear our prayers today. Amen.

DIAL-A-PRAYER: 979-2654

Hear a new prayer of comfort and encouragement each day of the week.
Prayer Room in Sanctuary's Narthex
open daily

YOU are Encouraged to Worship at an Emmaus-Sponsored Service Sunday, October 11



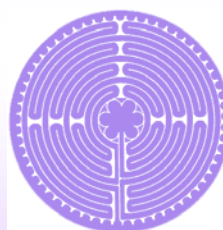
Whether you have ever been to an Emmaus-sponsored worship service or not, **YOU are invited** to **worship** with the Coker Emmaus Community **Sunday, October 11th**. You do not have to have been on a Walk to Emmaus to participate.

Refreshments at 5:30 in Wesley 703-704. **Music and worship** begin at 6:00 in the Sanctuary. The **Speaker** will be **Caroline Tedor**. **Holy Communion** will be celebrated. Child care will be provided in the Wesley Nursery. **Please join us in worship. We will all be blessed.**

Walk the Labyrinth on October 14

The Spiritual Enrichment Ministry team is sponsoring a labyrinth walk on **Wednesday, October 14 in Wesley 703/704 from 5:00 until 8:00 pm**. The labyrinth is a prayer tool to guide healing, deepen self-knowledge, and empower creativity. To those of us seeking a way to live our faith, it stirs the creative fires within. This experience is different for everyone because each of us brings different raw material to the labyrinth. We bring our unique self: our unique hopes, dreams, history, and longings of the soul. Some of the ways in which walking it helps people are as follows:

- Clears the mind and gives insight into the spiritual journey.
- Deepens self-knowledge.
- Empowers creativity.
- Urges action.
- Provides a time for thanking and praising God.
- Calms people in the struggles of life transitions.
- Gives solace and peace to those who are in sorrow.
- Orders chaos and calms the frightened heart.
- Provides a place of refuge for those who are overwhelmed and seeking.



Healing Service

Monday, October 5
7:00 pm in Coker Chapel

Come... watch... sing... be silent or participate... pray... be still and know... share the sacrament of Holy Communion... invite a friend... pray for others... witness and share the compassion of Christ.

Healing & Wholeness Ministry

Each Week:

SUNDAY

- 7:30-9:15 am - Breakfast
- 7:40 am - Agape Singers
- Worship - 8:15, 9:30 & 11 am in the Sanctuary; Celebrate! at 9:30 & 11 am in the Upper Room
- 8:15 am – Men’s Breakfast Club
- 9:30 am - Connecting at Coker Membership Class
- 9:30 am - Sunday School for all
- 10:30 am - Coker Young Musicians
- 10:30 am - Coker Children’s Ensemble
- 11 am - Children’s Church (Not on 1st Sunday)
- 11 am - Adult Sunday School classes
- 11 am - Prayer Group
- 3:00 pm - Youth Band
- 4 pm - Sing For Christ Youth Choir
- 5 pm - Youth Bells
- 5:30 pm - Youth Dinner
- 6 pm - CSM Confirmation
- 6 pm - Middle & High School CSM Youth Fellowship

MONDAY

- 6:30 am – UMM Breakfast & Study
- 9 am – Co-ed Exercise
- 7:00 pm - Al-Anon Group
- 7 pm - LAA-12 Step Program

TUESDAY

- 7 pm – AA Group

WEDNESDAY

- 9 am – Co-ed Exercise
- Mid-Week Manna 5:00-6:30 pm - Dinner
- 6:30 pm - Music, Prayer, Communion, Teaching in the Chapel
- 6:30 pm - Kids' Bible Adventure
- 6:30 pm - Classes for Adults
- 6:45 pm - CSM Youth Bible Studies
- 7:00 pm-Young Adult Ministry Study & Fellowship
- 7 pm - Chancel Choir rehearsal

THURSDAY

- 10 am - Hearts in Tune
- 12 noon - Lunchtime Bible Study
- 6 pm - S-Anon Group
- 6 pm - Festival Bells Jubilee
- 6 pm - Celebrate! Band rehearsal
- 7 pm - Al-Anon Group
- 7 pm - Moving Spirit Dancers rehearsal

FRIDAY

- 9 am – Co-ed Exercise
- 5 pm - Overeaters Anonymous Group

SATURDAY

- 10 am - Parents of Adult Children with Addictions group
- 5 pm – Worship Service

CSM - Catalyst Student Ministries

Please note that committee meetings are listed in the Sunday Connection calendar.

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1</p> <ul style="list-style-type: none"> •9:15 am- Women in the Word Bible Study •11:30 am- Senior Adult Fellowship 	<p>2</p> <ul style="list-style-type: none"> •1st Friday Kids' Klub •1st Friday Kiddie Co-Op 	<p>3</p> <ul style="list-style-type: none"> •3:00 pm- Sacred Harp Singing rehearsal •Communion •Youth Cookie Dough & Pie sales begin
<p>4</p> <ul style="list-style-type: none"> •Communion •MISSION FAIR •Angel Food sign up •Youth Cookie Dough & Pie sales begin •6:30 pm-Health & Wellness Seminar-Nutrition 	<p>5</p> <ul style="list-style-type: none"> •9:00 am-CALLL outing •7:00 pm-Healing Service in Chapel 	<p>6</p> <ul style="list-style-type: none"> •6:30 pm-Down Syndrome Support 	<p>7</p> <ul style="list-style-type: none"> •Mid-Week Manna •6:30 pm-FaithLinks study begins 	<p>8</p>	<p>9</p>	<p>10</p> <ul style="list-style-type: none"> •9:00am-12noon-Unplug the Christmas Machine Seminar •Mission Moment •8:00 am-12 noon-Garden Work Day
				<p>Mission trip to Piedras Negras, Mexico Friday-Sunday</p>		
<p>11</p> <ul style="list-style-type: none"> •Mission Moment •Angel Food sign up •12:15 pm-New Member Reception •5:30 pm-Emmaus Gathering •6:00 pm-Emmaus-Led Worship 	<p>12</p> <ul style="list-style-type: none"> •No Day School or Mother's Day Out 	<p>13</p>  <ul style="list-style-type: none"> •6:30 pm-The Gathering of the Women 	<p>14</p> <ul style="list-style-type: none"> •5:00 - 8:00 pm-Walk the Labyrinth •Mid-Week Manna 	<p>15</p> <ul style="list-style-type: none"> •6:30 pm-Senior Adults at Bulverde Stage Theater 	<p>16</p>	<p>17</p> <div style="text-align: center;"> <p>Family Campout at Coker Park</p>  </div>
<p>18 Children's Sabbath</p> <ul style="list-style-type: none"> •Blood Drive •Blood Pressure checks •Acolyte Dedication •4:00 pm-The Arts at Coker presents Composer Anniversary Concert 	<p>19</p>	<p>20</p> <ul style="list-style-type: none"> •10:00 am-Care Caps Ministry 	<p>21</p> <ul style="list-style-type: none"> •Mid-Week Manna 	<p>22</p>	<p>23</p> <ul style="list-style-type: none"> •9:30 am-CALLL Brown Bag Lunch/Games Day 	<p>24</p> <ul style="list-style-type: none"> •8:30-10 am-Angel Food Distribution
<p>25</p> <ul style="list-style-type: none"> •4:00-7:00 pm-HARVEST CELEBRATION 	<p>26</p>	<p>27</p>	<p>28</p> <ul style="list-style-type: none"> •Mid-Week Manna 	<p>29</p>	<p>30</p>	<p>31</p>

Joys

Congratulations

- Ione Blanks & Clyde Nutt on their marriage, 8/23
- Jacque Bommer on the birth of her great-granddaughter, Abin Hamlyn, 8/27; parents are Shawn & Randi Hamlyn

Thank You

- From the Klaus family - Thank you for the many visits from our pastors, as well as all the prayers, visits, cards, gifts & food from our Coker family on Alyssa's behalf as she continues to heal.
- From CAM (Christian Assistance Ministry) - Thank you to the Women's Summer Bible Study for the gift of food delivered by Charlie & Laurie Miller. Your generosity is always appreciated.
- From John Estes - Over 200 dozen cookies were made by Coker Members to support the Kairos Weekend held September 10-13. Your love and care touched over 1,300 inmates along with the 42 participants selected to attend the actual Weekend. Each offender was given 2 dozen cookies with a message of "God Bless." Some just took them, others looked in shock and asked why we came, but still others asked if they can learn a bit more about the love that produced this manna from heaven. Your cookies are a big part of that fishing line that Jesus gave us in the Great Commandment. Thank you so very much for responding to the call.

Hospitals & Rehab

- Methodist – Reanna Sankar,
- Methodist Stone Oak – Melvin "Mel" Kemp
- Remington Medical Resort – Shirley L. Johnson

Sympathy

- Joyce Tinch & family on the death of her husband, A.C. "Ace" Tinch, 8/20
- Abel Guzman & family on the death of his father, Ramon Z. Guzman, 8/23
- Rick McManus & family on the death of his step-mother, Thelma McManus, 8/30
- Jo Gibbens & family on the death of her uncle, Henry W. Ginter, 8/30
- Sallie Lee Pierce & family on the death of her step-daughter, Sandy Pierce, 9/1
- Billy Nelson & family on the death of his nephew, Bob Nelson, 9/1
- Avis Moore & family on the death of her cousin's husband, Grady Wallace, 9/2
- Charlie Miller & family on the death of his sister, Winifred Bailey, 9/5
- Burnell & Jan Dietrick & family on the death of their son, Linden Blount, 9/10
- Betty Sawyer & family on the death of her aunt, Martha Spratt, 9/10
- Dale Vickers & family on the death of his wife, former Coker member, Jeanne Vickers, 9/12
- Patty Stillwagon & family on the death of her uncle, Larry Powell

Presence

- August 15 & 16**
Worship-809 Sunday School-415
- August 22 & 23**
Worship-1,037 Sunday School-531
- August 29 & 30**
Worship-1,218 Sunday School-539
- September 5 & 6**
Worship-863 Sunday School-456
- September 12 & 13**
Worship-987 Sunday School-536

Gifts...as of August 31, 2009

	Month	YTD
Income	\$ 186,861	\$ 1,614,718
Expenses	- 200,396	- 1,614,812
Balance	\$ - 13,535	\$ - 94

August Mission Moment
Adult Mission Trips ... \$2,683

Blood DRIVE Sunday, October 18
7:30 am-1:00 pm
Mobile Unit in the parking lot

Church Office open
Monday-Friday, 8:30 am - 5:00 pm
494-3455
DIAL-A-PRAYER ... 979-2654

Emergencies after hours or on weekends:

- Pastor Barbara R. Galloway...896-5085
- Pastor Damon Relder... 542-6068
- Pastor Dave Felps ... 262-8465
- Pastor Dave Collett ... 889-5903

If you are unable to reach one pastor in case of an emergency, please contact another pastor.

Welcome New Member



Wes Jones

If you take your empty printer cartridges to Office Depot and give them Coker's phone number, 494-3455, Office Depot will credit our rewards program account. They will then mail us gift cards we can use for office supplies.

DEADLINE:
Newsletter Articles
for Nov., due Oct. 15

Contact Betty Sheaffer at
494-3455, ext. 233 or e-mail
betty.sheaffer@coker.org



Sunday Night CSM

5:30 pm - Snack Supper (\$3)
6:00-7:30 pm - Confirmation/Youth Group

MIDDLE SCHOOL UMYF

Theme for October - Living Out the Call to be a Disciple of Christ

HIGH SCHOOL UMYF

Theme for October - Living Passionately for Christ and how He affects our lives

6th & 7th Graders CONFIRMATION *Dive In*

October 4 & October 11*The Church History*, led by Pastor Damon Relder
October 9Visit to Temple Beth-El - be at Coker at 4:30 pm, return at 8:00 pm
October 18.....*Our Local United Methodist Heritage* - church scavenger hunt
October 25.....NO class - Harvest Celebration
Remember to get a Sermon Note sheet before you go into worship each week.

Confirmation Parent Class ... History & Heritage of the Church, led by Pastor Barbara, on Sunday, October 4, 6:00-7:30 pm in Wesley 801

Leadership for Life Conference

November 20-21 at Coker
(not Camp Champions as stated in the Parent Link)
7th-12th grade No Cost

Coker Student Ministry is helping to build Christian leaders for today and tomorrow. In addition to the Bible studies, outreach opportunities, mission trips, and fellowship events in our regular programming, we are also offering focused youth leadership training events twice a year in the spring and fall. Last spring we had an in-depth weekend retreat at Camp Champions where youth from 7th thru 12th grades learned together what God thinks a Christian leader really is and what that means to them.

We had deep-dive sessions learning leadership traits, quiet time, and scripture study techniques, spiritual gifts, the importance of our inner lives as leaders, and how to take action and put our faith to work. It was awe-inspiring to see the youth learn how God sees them already and to have confidence in themselves.



This fall we will continue the process of developing these Christian leaders' listening skills, conflict resolution, mentoring techniques, sharing their faith, and the importance of prayer as they put their spiritual gifts into action for Christ. We're going deep, but the students are asking for it and responding to God's calling. Come join us, see where God is leading you, as you prepare yourself to be the leader God sees in you.

Wednesday Night Bible Studies



Looking for a small discipleship group to join in study and fellowship? Longing for a deeper Bible study? There is a place for you on Wednesday nights from 6:45-8:00 pm in the John Gibbs Building. Come be a part of the movement to "Be the Church". Groups for 6th-12th grades.

Fall Fundraisers for 6th-12th Graders

If you plan to attend either the middle school or high school mission trip next summer, be sure to sign up in the lobby of the Gibbs building to help fund your trip:

- Cookie Dough/Pie Sales** -Individual sales; pick up a packet in the lobby of the Gibbs building; packets are due back on October 18.
- Harvest Celebration** - October 25, 4:00-7:00 pm (sign up to work a booth and participate in this church-wide event)
- Cokerfest Concession Stand** - November 7 (work a shift during the day)
- Church Conference Dinner** - December 15 (help prepare and serve)



Youth Sunday Night SNACK SUPPERS

Interested in being a guest chef one Sunday night?
Call Mary Anne at 494-3455, ext. 269.

Cookie Dough & Pies on sale to the congregation October 3 & 4 and October 11

Stock up for the upcoming holidays. All proceeds go to the summer 2010 youth mission trips.



Any paperwork/payments for events, retreats, mission trips are to be put in the black box by the elevator in the John Gibbs Building.