

## NORTH TEXAS FOOD BANK-MISSION OF THE MONTH

By Judy Rudoff

Do you remember as a child an adult saying to you, "Clean your plate. Think of all the starving children in Africa?" In 1982, four Dallas women recognized that you didn't have to go overseas to find hungry people. They lived right here in northeast Texas, some within the Dallas city limits. They set out to tackle hunger in their own backyard. The women solicited monetary donations and canned and leftover food goods. The first year, they collected and distributed **400,000 pounds of food**. Thus began the North Texas Food Bank.

Today, the bank is the 8th largest in the U.S. and provides **125 million meals** each year to **1,000 food distribution centers** in 13 counties, including Delta, Hopkins and Hunt counties. Our own Commerce Food Pantry and Bread of Life food distribution are two groups that are benefitted by the NTFB.

It is estimated that **800,000 Texans--1 out of 5 being children--**are food insecure, making Texas the 6th largest area in the country with regard to food insecurity.

Bob Mills introduced CISD to the Food 4 Kids program, which sends backpacks filled with nutritious food for the weekend home for qualified youngsters. Students facing food insecurity are identified by teachers and counselors and are then interviewed by volunteers to assess nutritional needs. One volunteer was struck by a 3rd grader's answer to the question, "What are your favorite foods to eat for dinner?" His reply? "Oh, we don't have dinner. We just go to bed." No snacks after school. His last meal of the day was lunch. It's very hard to concentrate on schoolwork under these circumstances.

Each dollar bill dropped in the collection plate in June will further the food bank's mission of wiping out hunger in this area. Or, you may write a check listing NTFB in the memo line. **With each dollar, NTFB can provide 3 meals.** If you give online, click on June Mission of the Month.

Let's continue the work of those four pioneering Dallas women by dropping lots of dollars, which will nourish young bodies with food and their souls with hope!

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## VBS 2022

June 21, 22, 23, & 24

9:30am-11:30am

VBS Sunday, June 26

Ages: 4-12

Needs:

Snack - goldfish crackers in individual bags (50)

Snack- chocolate pudding cups & gummy worms (50)

Snack- water bottles (200)

Volunteers- Snack leader, Music leader

Volunteers to decorate FMC the week before VBS

Contact Amy Stark, 903-246-1487, to volunteer.



The Connect team will be involved with the Commerce Community Care Fair at City Park on June 4. We will pass out information about our church and upcoming VBS, and will also provide bottled water.

**CHECK IT OUT!**

## Grace Notes: Tuning In

Worship is where we get our orientation for the week. It is the most important thing we do. We turn in our work for the week just ended and we get our marching orders for the week to come. When we are weak, we come seeking. And when we are strong, we come to share strength. Either way, it is worship and we all need to be here. In both ways, we stay in touch with God through worship, and we stay on our spiritual course.

A generation ago, a sheep rancher in the remote mountains of Idaho found that his violin was out of tune. Try as he might, he could not make the instrument sound the way it should. On clear days, he could pick up a radio station in California. The mountain-dweller wrote to the station about his problem and asked them to strike the concert tuning pitch for him at a certain hour and minute on a certain day. They understood and fulfilled his request. At the agreed time, they stopped their programming, silenced all other sounds for that moment, and they struck the A-440. In his shepherd's hut in the distant mountains, the listener tuned in and heard the sound of that perfect A. From that single tone, he put his instrument into tune again. By staying connected and listening, he was able to tune his violin and make that sweet music once more!

This is like the hour of worship: a special time of being in touch with God. In worship--whether live or on the internet--we listen for the call of a signal tone that God strikes for our lives. We listen for the C pitch--*the perfect Christ pitch!* That tone is given so that our hearts may be put in tune with God's heart and resonate with one another. You come to worship to hear that tone; we sound it when we sing and pray together! During the week, we each have the responsibility to sound that tone and tune for others whose ears are in range.

If you are not here, or if you aren't listening for that graceful tone, you probably won't hear it. Someone you know needs to hear that pitch... **from you!** So you have a part to play, a bell to ring! Listen first, find the resonance, then sing it, and share it! Keep singing your faith and ringing the bell of invitation for others!!

Ring the bell of welcome for your new pastor Rev. Cheryl Murray and her daughter Alex as they arrive and all of you get acquainted. **A free pass to come back for all who have stayed away!** I will be lifting all of you in prayers for your new partnership with Pastor Cheryl!

With your new Sister Pastor, I call each household toward ever-more-fruitful ministry...

In your neighborhood,

Across the highway to Texas A&M Commerce,

Up the hill to Commerce High School,

And in all **YOUR** circles of influence!!

Grace and Peace,



### *Celebration Luncheon* *Sunday June 19th*

*honoring Pastor Sam and Cathy Caldwell,  
in our appreciation of their service to  
FUMC Commerce.*

*Bring your favorite side dish and meet in  
the Family Ministry Center after the  
worship service.*

**Prayer List 5-25-22**

**Recent Concerns:**

- The children, educators, parents and citizens of Uvalde
- The leaders and citizens of Ukraine
- Bishop Eduard Khegay, Bishop of UMC in both Ukraine and Russia

**Continued Prayers (long term):**

- ***Our world, country, & leaders***
- Georgia Gholston
- Melanie Cortea
- Will and Cassandra, named by Dewey Haight
- Bill Heitholt
- Frances Sartwell
- Sharon Brown (named by the Webster family)
- Preston Helton (Jan & Jeff Helton's grandson)
- Julie (Janeen Kvanli's sister)
- Lavinia Atchley (Harriet Williams' aunt)
- Harold & Becky Coker
- Jack Gray
- Robert Jenkins (Tiffany Harrison's father)
- Mabel and Carl Little
- Brenda Mosley Longhoffer (Lisa McGuire's friend)
- Harold & Priscilla McFarland (Julia Robinson's parents)
- Robert Seay
- Dudley Shaw (Robyn Elwell's brother-in-law)
- Christi Webster's friend with breast cancer
- Rev. Dennis Wilkinson

**Austin:**

- Ruby Vander Velde

**Harbor Chase-Southlake:**

- Virginia Collier

**Draughn's/Country Home Estate:**

- Mary Louise McMahan
- Jayne Williams

**Legacy Oaks (Midlothian):**

- Jerry & Sandy Hutton

**Oak Manor:**

- Helen Cole

**Those serving in our military:**

- 2nd Lieutenant Cameron Lehr
- Lt. Dan Barton
- Daniel Chamberlain
- Sgt. Stephen Smith & Denise Smith
- Petty Officer 1st Class Patrick Stogner
- Lt. Colonel Bob Farmer

**June Birthdays**

- 6/3 Michael Bourcy
- 6/4 Luke Pearce
- 6/5 David Huffman
- 6/8 Connor Green
- 6/10 Shay Bunch
- 6/14 Jessica Helton
- 6/15 Bill Duffy
- 6/21 Madeline Harrison
- 6/22 Kay Jensen  
Sarah Staton
- 6/23 Anne Mills
- 6/24 Harriet Williams
- 6/25 Mark Sartwell  
Bill Heitholt
- 6/26 Mike Dempsey
- 6/28 Mason Bunch

**June Anniversaries**

- 6/4 Jim & Susan Patton
- 6/9 Dennis & Judy Anderson
- 6/10 Ricky & Mimi Dobbs
- 6/12 Gene & Carolyn Lockhart
- 6/18 Bob & Dixie Turman Stachowiak



***Congratulations to our  
FUMC TAMU-C graduate***

**Michael (Mikey) Elwell**

and high school graduates,  
**Emma Dobbs, Meghan Green,  
and Emma Wittkopf!**

***Congratulations, as well, to our  
2022 Scholarship Recipients.***

**Henry Serrano was awarded the  
Weldon & Annie Reese Kibler Scholarship.**

**Kathryn Cecchi and Cadye Shaw were  
each awarded the Leland & Mary Casey  
Scholarship.**



# Little Ark News



Top Row: Pre-K Muffins with Mom to celebrate Mother's Day; Preschool Spiderman fun; Small Fries enjoying their morning play time. Second Row: Toddler 1 class enjoying the cool morning; Pre-K field trip to Caldwell Zoo!!

Did you know that the Hebrew word for basket translates to "little ark?" Moses' mother built a "little ark" for Moses' safekeeping until he could be safely found.

In case of emergency pastoral care need,  
please call or text Pastor Sam at 214-842-9252.

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Pastor - Rev. Sam Caldwell