

Family Ministry

Family Ministries Game Night

What a wonderful time of fun and fellowship!! Over 70 people came to enjoy dinner and games on Friday, January 29th in the Great Hall. The Youth Group came early and worked hard to serve a delicious meal of spaghetti, salad, and garlic bread followed with ice cream sundaes for dessert. After dinner, families went into the parlor to play board games. The evening ended with several games of BINGO. Many of the children got to call the numbers for the BINGO games and the winners had a wonderful selection of gifts to choose from. The whole table was rewarded with the winner of the "blackout" round. It was a wonderful evening of fun with the church family.



Family Campout

Sat., May 29th – Mon., May 31st
Steve F. Austin State Park

Scout Ministry



Carmen Gonzalez recognized with the Cross and Flame Award



Spring Woods UMC Scouting

God & Family Presentations: February 14, 2010

Several Cub Scouts and their mentors completed the God & Family program recently. They were recognized on Scouting Ministries Sunday. Carmen Gonzalez served as the counselor.

Receiving their medals were Michael King, Antony Flores, Aaron Gonzalez, Mason Jones, and Ezekiel Pacheco.

God & Family is the program for fourth and fifth graders. Since this is a Christian education program, participants do not have to be a Scout to participate. Another class will begin in the fall.



Upon recommendation of the Spring Woods UMC Council on Ministries, the General Commission on United Methodist Men has recognized Carmen Gonzalez with the Cross and Flame Award. Carmen received the award on Scouting Ministries Sunday in February.

This award recognized men and women who give unusual amounts of time and energy in dedicated service with children and youth.

Carmen has given faithful service to our church by serving in many ministries, most noticeably through music, Vacation Bible School, Music Camp and Scouting. He has served as a counselor for both the God & Me and God & Family courses for children. He is a long-time Scout leader, most recently as the Cubmaster for Pack 262.

Thank you, Carmen!

Units participate in Centennial Food Drive
All four Scouting units sponsored by Spring Woods participated in the Sam Houston Area Council Food Drive recently. This event was the first of the BSA Centennial Events in Sam Houston Area Council.

Pack 900 (Majors Elementary) and Pack 52 (Meyer Elementary) braved the cold (and a little snow) on January 30 to put out door tags in the Ponderosa and North Forest subdivisions. On February 6, Troop 900 and Crew 900 canvassed those neighborhoods to gather the food so generously left by residents. In addition, members of Spring Woods UMC filled both our food barrels as part of this effort. All food collected by our Scout units was delivered to NAM to help our neighbors.

Council-wide, Scouts collected nearly 212,000 pounds of food—stocking food banks in Houston and the surrounding 16 counties. This was a joint effort with the Souper Bowl of Caring.

Blood Drive Ministry



MD Anderson

Blood Drive Dates

March 21 May 23 October 31

8:00 am to 12:30 pm

Youth will be selling Breakfast Tacos for this event.

Thank you for Saving Lives!

Bear ye one another's burdens, and so fulfill the law of Christ.

Galatians 6:2

I want to express my extreme appreciation to 156 generous blood donors who attempted to or gave blood in 2009. We had 4 blood drives and collected a total of 129 units of blood. That number of donations translates roughly into 387 blood products that helped save hundreds of lives. I thank you with all my heart for your selflessness and compassion. It is truly a gift of love and life. Thank you also to the people who have given time, to help me, and Kelly and the youth who have served a healthy and hearty breakfast taco each Blood Drive Sunday.

This year, 2010 we are only able to schedule 3 blood drives because of available dates. However, I believe with all of my heart that we can collect as many or more units than in 2009. It just means that more healthy individuals have to overcome whatever is preventing them from donating and step up.

Many of you know individuals who have been helped by M.D. Anderson. The Spring Woods Congregation has now and in the past, had more than its' share of patients treated by this "state of the art" Cancer Hospital and research center. We put these people in our prayers and try to help them stay courageous in the face of cancer. But what would happen if there was no blood? Just remember this **one fact**. Nothing matters if treatment stops because **blood is not available**. More times than we want to know, chemo or other life saving measures are postponed because platelets or red blood cells are not on the shelf. Sometimes it is the real difference between living and dying. What do you say to someone's child who is waiting for blood and has already had more needle sticks than we can imagine? What do you say to the parents?

Through the years I have been heading up the blood drives at Spring Woods, several people have started giving who never had before. There are also a plethora of faithful donors that look forward to giving. Others have tried over and over, even though they are not good candidates, the desire to help is so strong they keep trying.

The 1st blood drive is, March 21. Please consider signing up and remember, as many as 3 patients can be helped by your one donation. In His Peace Gilda Hart

Auction Items Needed...

Weekday Ministries will have their annual fundraiser, "Blessings and Blooms" featuring the children's artwork in April this year. A Hawaiian dinner and musical presentation will be followed by a live auction of the children's work. A silent auction is also a part of this event. If you would like to donate items for this event, please contact Cathy Gokey or you may bring them to the school anytime before April 15th.



Angel Food Ministry

GREETINGS TO SPRING WOODS UNITED METHODIST,

In September of 2009, our church became one of the many host site churches across the country that distribute nutritious and economically priced food products through the wonderful ministry of Angel Food. Founded in 1994 by Joe and Linda Wingo, Angel Food was a way to provide food for the Wingo's friends and neighbors who were struggling financially. Today, the Angel Food program is helping to provide food relief to more than 500,000 families each month. But Angel Food is not just a food ministry. Yes, it helps to provide food for the body, but it is also a means for us to minister to the spiritual needs of those who just need reassurance that others care.

Angel Food at Spring Woods is making a difference – to our church family and to our community. The response to this food ministry by our church members is very exciting and the word is spreading. In addition to the orders taken at the church, we also receive orders from the internet which has increased our exposure. Each month, our total orders average 60-70 boxes and we are seeing a wider mile radius of those interested in Angel Food. The areas our customers have been coming from are the Woodlands, Spring, the 249 area, and up and down Interstate 45. Many of those ordering are repeat customers which is an endorsement of the convenience of ordering, the satisfaction with the variety of foods offered, and of course, the price.

Here is how the Angel Food process works at Spring Woods. We have wonderful church stewards who have committed their time to make our monthly distribution of food a success. Our teams include unloaders who rise early on the day of distribution to get the food and bring it back to our church; greeters and registration clerks who check in the customers, re-order clerks who take the next month's orders, boxers who help with packing the food items and a check out team which pulls each item on the customer's order, confirms it is correct and assists them to their car with the boxes of food. We have so many offers from our members to be a part of the Angel Food process. We even have our Boy Scouts volunteering their time to be a part of the food line; our Associate Pastor has worked the food line; and one of our regular volunteers is under the age of 10!

Along with the food items the customers have purchased, we also enclose with their order, a copy of the current Spring Woods Newsletter and any other special events or activities coming up during the next month. Hopefully with this effort, our new friends can read and see what other wonderful ministries Spring Woods has to offer.

With the endorsement of our Senior Pastor to participate as an Angel Food host site church, we are praying and seeking insight on ways to make this outreach ministry a blessing to all our neighbors. We are reaching out to our friends who receive services from Northwest Assistance Ministries and we have partnered with the local schools. As we talk with our customers who are visitors to our church, we want to spread the word of God's goodness and how He has blessed us here at Spring Woods. We encourage them to come check us out so that both their body and soul may be filled!



Angel Food Ministries will be taking orders for the month of March beginning on Sunday, March 7, 2010. We will take orders again, on Sunday March 14, 2010 in the Great Hall. Orders will also be taken during the week on Tuesday March 9 from 11:00 a.m. to 1:00 p.m. and on Wednesday, March 10 from 6:00 to 8:00 p.m. Distribution day for March will be March 27th, 9:30 am -1:00 am. Don't forget, you can also order online by going to the Angel Food Ministries website and click on online ordering to order. Please be sure to check the menu each month as the items do change.



MARCH 2010 MENU

<p>Signature Box <i>Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.</i></p> <ul style="list-style-type: none"> 2 lbs. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.) 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.) 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.) 2 lb. Macaroni & Beef Dinner Entrée 2.5 lb. IQF Split Chicken Breasts (Re-sealable Bag) 1 lb. Lean Ground Beef 1 12" Supreme Pizza 1 lb. Frozen Peas & Carrots 1 lb. Frozen Whole Kernel Corn 2 lb. Fresh Apples 2 lb. Heat and Serve Broccoli & Cheese Soup 24 oz. Natural Cut French Fries (Skin-on) 6.5 oz. Stroganoff Skillet Meal 1 lb. Rice Dozen Eggs Dessert <p>\$30.00</p>	<p>Senior & Convenience Meals <i>For Seniors or People on the Go!</i> <i>Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.</i></p> <ul style="list-style-type: none"> Breaded Baked Fish over wild rice with green beans, corn and peas Chicken Chow Mein over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower Swedish Meatballs over pasta in sauce, broccoli, carrot blend Fettuccini Alfredo with carrots and broccoli, zucchini and Brussels sprouts Meatloaf Patty with mashed potatoes and gravy, peas and carrots and cauliflower Turkey and Dressing with gravy, green bean blend and corn Chicken and Noodles with carrots and peas, corn and Brussels sprouts Pot Roast with mashed potatoes, corn and green beans Country Herb Chicken with mashed potatoes and sauce, broccoli and green bean blend Chicken Broccoli Alfredo with carrots and zucchini blend Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice <p>\$28.00</p>	<p>5 lb. Allergen-Free Food Box <i>Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!</i></p> <ul style="list-style-type: none"> 1 lb. Breaded Chicken Breast Chunks 1 lb. Breaded Formed Tenders 2 lbs. Breaded Chicken Drumsticks 1 lb. Breaded Cube Steak <p><small>Battered/Breaded with water, white rice, brown rice, modified opaque starch, fiber, sugar, salt, spices, dehydrated garlic, spice extractives and dehydrated paprika. Breading is pre-cooked in Canola oil.</small></p> <p>\$23.00</p> <p>6 lb. Premium Seafood Variety Box</p> <ul style="list-style-type: none"> 27 oz. Breaded Butterfly Shrimp (oven ready) 10 oz. Cod Fillets 17 oz. Crab Cakes (oven ready) 16 oz. White Fish Fillets 16 oz. Tilapia Fillets 10 oz. Breaded Clam Strips (oven ready) <p>\$35.00</p> <p>After School Box</p> <ul style="list-style-type: none"> 14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag (9 x 1.61 oz.) 1.5 lb. Fully Cooked Chicken Rings in Resealable Bag (Approx. 8 servings) 1.5 lb. Fully Cooked Chicken & Cheese Nuggets in Resealable Bag (Approximately 8 servings) 1.5 lb. Fully Cooked Mini Corn Dogs (36 count) <p>\$21.00</p>
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Specials may be purchased with or without the purchase of a Standard Box above

MARCH SPECIAL #1

- 6 lb. Assorted Meat Grill Box** **\$23.00**
- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
 - 1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2 x 8 oz.)
 - 1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2 x 8 oz.)
 - 1.5 lb. Italian Sausage with Cheese
 - 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)

MARCH SPECIAL #2

- 4.5 lb. Assorted Meat & Chicken Combo** **\$22.00**
- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
 - 1.5 lb. Bacon Wrapped Filet (4 x 6 oz.)
 - 1.5 lb. Bacon Wrapped Chicken Breast (4 x 6 oz.)

MARCH SPECIAL #3

- 10 lb. Boneless/Skinless Chicken Breast Box** **\$20.00**
- 10 lb. IQF Boneless/Skinless Chicken Breasts

MARCH SPECIAL #4

- 4 x 4 Family Meal Kits** **\$35.00**
- 4 meal kits with all you need to feed a family of 4. 16 meals at 2.20 per meal.
- Turkey Kit** - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans
 - Split Whole Chicken Kit** - 3 lb. (avg) Whole Split Chicken (2 individually wrapped halves), 1.5 lb. Potato Medley, 1 lb. Green Beans
 - Beef Tips & Gravy Kit** - 1.5 lb. Choice Beef Tips in Gravy, 1.5 lb. Rice Medley (Rice with Red & Green Peppers)
 - Pork Roast Kit** - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

MARCH SPECIAL #5

- Premium Fresh Fruit and Veggie Box** **\$22.00**
- 1 Large Golden Ripe Pineapple
 - 1 Large Vine Ripened Cantaloupe
 - 1 lb. New Crop Chilean White Seedless Grapes
 - 1 Large Tree-Ripened Mango
 - 1 Large Haas Avocado
 - 1 head Leafy Green Cabbage
 - 3 lb. bag Sweet Potatoes (baking size)
 - 2 lb. bag New Crop Yellow Onions
 - 3 lb. bag Idaho Baking Potatoes
 - 1 lb. Fresh California Carrots
 - 3 Variety Colored Bell Peppers
 - 2 ct. Jumbo Garlic
 - AFM March 2010 Fruit and Veggie Recipe Sheet

Orders Due: March 14, 2010

Distribution Day: March 28, 2010 9:30 a.m. - 11:00 a.m.

Spring Woods United Methodist Church
1711 FM 1960 West, Houston, Texas 77090 (281-444-6468)
www.angelfoodministries.com

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT).
Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410