

May 1, 2009

Issue 5

## Sunday Worship

9:00 and 11:15 a.m.

9:00 a.m. worship offers  
Holy Communion

Sunday School at  
10:00 a.m. for all ages

## Welcome New Members!

**Debbie Ties**  
**Rob Turk, Max**  
**Mike & Kellie Ghormley,**  
**Sarah & Zachary**  
**Luis & Ana Calcada,**  
**Gabriel**  
**Albert Kennedy**  
**Jamie Cureton**

## Our Mission

- ✠ Serve as the hands and feet of Christ
- ✠ Reach out to the community in witness and mission
- ✠ Grow by embracing new members and new ministries
- ✠ Care for our church family and community
- ✠ Celebrate Christ's love through prayer, study and worship

## Easter Reflections

Our youth did such a beautiful job writing reflections on God's hope for the Easter Sunrise Service that we wanted all of you to have the opportunity to read them. I encourage you to read the corresponding scriptures so that you can follow along and use them for your devotional time. I give thanks for the opportunity to work with and be inspired by these amazing teenagers! In God's Love, Jenny Terry Roberts, Youth Minister

### Reflection on Romans 12:9-13 by 11th grader, Michael Petrus:

Recently I realized the universal truth in what Paul said in his letter to the Romans. Love is one of the most important aspects of our lives. As Christians we are called to be compassionate to all people. Sometimes we, as a society conformed to the world; don't hold true to this calling. Discrimination is found to be normal in our society. Because people are different than our standards we do not accept them for who they are. But didn't God make us each different for a reason? We are made different, but all the time we are pushed to hate that which is different. We are already alike enough, having been made in the image of God. Genesis 1:27 says "So God created man in his own image, in the image of God he created him; male and female he created them." God intended us to be the same in this way. We are alike because we are made to be like God, but we are all made different to fulfill God's purpose for our own individual lives. The sooner we start accepting that as the main purpose of our lives the sooner we can grow together as a fellowship of God's people. If we only love everyone without judgment, God's love will be shown through all of our actions. Pray for those who suffer because of discrimination or despair. Be humbled and seek to help those that need guidance in their lives. Whether they are lonely, sad or distraught, if we open our eyes to see that we, as Christians, are the ones who should be helping them God's love and prosperity will spread abundantly. Let us be hopeful that we can open our minds and hearts to help those in need despite our inhibitions. Christ was willing to save our lives because of his love for all of us. I hope that we can all be willing to spread that love to everyone we know in the hope that God's love will spread through our love for one another.

### Reflection on Hope by 7th grader, Kyle Hammond:

Hope is like a light. Problems are darkness.  
If you have light, you will make it through the darkness.  
In darkness, without light, you stumble around.  
You may get out, but the darkness will seem bigger. So keep hope with you.

### Reflection on Hope by 11th grader, Amy Maletta:

What is hope? Well according to merriamwebster.com hope is desire accompanied by expectation of or belief in fulfillment. But what does that mean? It was derived from the bible, Psalm 39:7 "And now, Lord, what do I wait for and expect? My hope and expectation are in you." But what does that mean?

Continued on page 2

Continued from the front page

Jesus once said to us; John 14:18-19 “I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you will also live.”

Hope is an emotion, a desire, a plan to seek out the better. We oft times only hope in times of need, but we don't seem to focus on the hope we have everyday for an eternity in the kingdom of God. Jesus came here for us. For us to be forgiven of all of our sins, so that we could spend an eternity with our father. Jesus was crucified and resurrected on the cross all for us. No selfishness whatsoever. I believe that everything happens for a reason and God gives us strength to hope and have faith in him. In times of struggle or even in daily life, we have hope. We may not know exactly what for, but there is always a spark of hope. And we have that hope because Jesus died for us and God will always be there.

**A paraphrase of Psalm 71:1-6 by the Jr. High class:**

I run to God for my shelter so I can receive God's protection. PLEASE help me not to trip and fall on my way. If I should fall, pick me up and dust me off. My God, I know you're listening to me, so I'll unplug my iPod, computer, cell phone, TV and Guitar Hero, and listen to you. Will you be our shield- a safe, warm and cozy place? Please keep me away from meanness. Don't let anyone get me and take me down. OMG you are my hope and trust from the beginning. Since I was a baby I praised you, and I always will. AMEN.

**Reflection on 1 Peter 1:3-8 by 11th grader, Bess Wirht:**

As said in 1st Peter, “by [God’s] great mercy he has given us a new birth into a living hope.” It is to be “imperishable, undefiled, and unfading, kept in heaven for [us].” Even though the Easter season is a reminder of Christ’s sacrifice for us, His promise of eternal life and joy should be carried with us each day of our lives. For me, it is often hard to feel the “indescribable and glorious joy” mentioned in this passage. Somewhere amongst all of the things that I do in my life, I often lose the feelings of wonder and hope that come with loving and believing in a savior like Jesus Christ. Sometimes I think back to the people who got to see and talk to Jesus face-to-face. I think “Wow, how easy it must have been to have hope in Christ when you could see Him and touch Him and listen to Him.” But nothing of value has been lost with Jesus’ physical disappearance from our world. He IS still here, and his hope and promises remain. When I remember to praise God, regardless of if I feel that I have anything to be thankful for, Christ’s promise of life and hope is revealed to me each day. Jesus’ sacrifice gives us hope. It lets us know that we can run the race and that there is something amazing waiting for us at the finish line. All that we ever want in life is there for us. We have a living hope that is here now and will be with us every step of the way. So let us “believe in Him and rejoice with an indescribable and glorious joy.”

**Offertory Prayer by 11th grader, Michael Petrus:**

God, You are the source of our hope and happiness in this world of struggle and strife.

Continued on page 8

## Financial Status March 2009

	February		Year to date	
	Actual	Budget	Actual	Budget
Receipts plus Carryover	\$91,992	\$85,473	\$272,098	\$271,418
Expenses	\$92,408	\$84,983	\$262,237	\$265,054
Net Income	(\$416)	\$490	\$9,862	\$6,364
	<b>12/31/08</b>	<b>3/31/09</b>		
Mortgages	\$2,177,556	\$2,149,085		

Our income for March was \$6,520 above our budget and our expenses were \$7,425 above the budgeted amount, leaving us with income \$905 below expenses for the month. Thanks to our good start in January, our income year to date is \$3,497 above our expenses. We paid down the principal on our mortgages \$28,471 so far this year, \$11,231 from our operating budget and the remainder through continuing contributions to our building fund. Check the financial report on the church’s web site at <http://www.nwhillsumc.org>.

## Notes from Beth

There are three terrific concerts in our sanctuary this month. For ticket information, please contact each organization directly.

Saturday, May 2, 8:00 p.m.  
Capitol City Men’s Chorus  
(477-7464)

Saturday, May 16, 8:00 p.m.  
The Texas Choral Consort  
(372-3233)

Saturday, May 23, 8:00 p.m.  
Chorus Austin  
(719-3300)



## Prayer Corner

Please save the date, Sunday, May 17, if you serve on any of the Prayer Teams or as a Stephen Minister. We will be hosting an Appreciation Luncheon after worship services to honor and thank you for your love and concern for the life of our congregation. We have many opportunities for prayer at NWHUMC. These include, Intercessory Prayer Chain, Friday Morning Prayer Group, Prayer Sisters, Yahoo Prayer Group, Wednesday Morning Men's Prayer Group, Saturday Morning Men's Group, Prayer Shawl Ministry and the Prayer Team. We also want to honor our Stephen Ministers as well as Rev. Henderson and Rev. Hennes. We appreciate knowing the work of our church as well as the workers and members. Concerns and needs are being prayed for daily by those of you involved in the Prayer Ministry and Stephen Ministry. You will be receiving invitations via e-mail or postal mail if you do not have e-mail. We will be asking for RSVP by Wednesday, May 13, so that we can plan for those attending. Spouses are included and baby sitting will be provided with request. You may contact Gail Parsons, [nay4397@aol.com](mailto:nay4397@aol.com) or Marty or Sharon Donley, [martindonley@msn.com](mailto:martindonley@msn.com) with questions or to RSVP.

Our "A Day Apart Spiritual Retreat" led by Rev. Henderson and Rev. Raper was a very special day Saturday, April 18. We all came away refreshed and renewed after a day of relaxing and being in God's grace and wanting more days like that to come.

Harold Baker's class, Spiritual Gifts begins this Thursday and concludes May 7. Thursday night Prayer Service continues on the third Thursday of each month at 7:00 p.m. in the Chapel FLC. Crochet classes led by Teri Shapiro meet the first and third Tuesday each month from 7:00-9:00 p.m. These classes are for beginners as well as those wanting to learn new stitches and patterns for the Prayer Shawls. A sincere thank you to all who have led classes and are continuing to lead as a part of the offerings of the Prayer Academy. Thanks also to those serving on the Prayer Team and Spiritual Formation Committee for your time and support of the offerings for Fall and this Spring.

The Spiritual Formation Committee has some exciting and challenging ideas for the coming Fall and Spring of next year. We will keep you informed. We pray for God's continued blessing on this congregation as we grow together on our journey to know Him more fully and share His love.

## Hunger Is Not Limited to Food

Food is not the only thing that people hunger for. They also hunger for family, love, acceptance, purpose, faith, and most of all, God. All these hungers are particularly present for over one million children in Russia. Due to poverty and dramatic increases in alcoholism and drug abuse, these children have been placed in government run orphanages and an uncounted number are living on the streets. The Russian government sees the problems, but does not spend the money needed. In these institutions there are many caring adults, but they do not have resources to care for the children. On average, each child has \$10 per year for clothing and little to no medical care. While they may have adequate food and education, it is not guaranteed. What they don't get is a loving family, or a support system as they come out of the orphanage. Statistics show that more than half of the children in the orphanages will end up on the streets, in brothels, abusing drugs and alcohol, or in prison. A foster care system has been started but it is still too small to help enough.

As a society, Russia does not have a system of charitable organizations to pick up the slack where the government cannot. Historically, it has been expected that the government, either czarist or Soviet, would take care of the needs of the people. Now, no one is meeting the needs of most of

these children.

We can help! Through the efforts of the Russia Initiative of the Southwest Texas Conference, we are working with Good News UMC in Vologda to show the love of God for the families and children of Vologda, in particular those in foster care and in orphanages. The Conference is committed to a minimum of \$8500 (with a goal of \$15,000) for pastoral support, church building and program needs. Building needs are for the small church building in Vologda and a small camp facility nearby. Program needs include children's Sunday School as well as special camps when the children are on school breaks. After the young leaders of Good News visited Texas in March, they returned home with many new ideas and we expect to see more programs for the children.

Many of you met Pastor Vera and her son, Kostya, last summer and our visitors in March and many were very generous then with your support. However, the work at Good News UMC continues and the needs of the people in Russia continue to grow. While we don't have the means to end all the hungers in Russia, we can feed physical, spiritual and emotional hungers through support of the work of our brothers and sisters in Christ at Good News UMC. This is the Communion Offering for May as well as the hunger focus. Please feed His sheep in Russia through your gifts. (Mark your gifts "Communion Offering-Russia Initiative.")

## Youth Stock Sale

The Youth will be in the narthex Sunday, May 3 and 10 selling stock in their Summer Mission trips. While investments in the NYSE or Dow carry no guarantee right now, investing in our teenagers is one that's guaranteed to grow. We'll take donations in any amount; all money helps NWHUMC Youth pay for their mission experience.

### Reflections by Youth and Adult participants- 2008 High School UMARMY Mission Trip in Alice, Texas

One of the most memorable experiences of UMARMY was when we showed our client, Ms. Mata, her newly painted home. Our group truly transformed her house. We had scraped the house, primed it, painted it, caulked, painted trim, inserted a new door and railing and also fixed up siding on the house. When she hugged all of us and began to cry, it was very touching. I had the greatest feeling inside. I knew we had really changed her life. When I read the card she wrote I felt really happy. She said we changed her week. Earlier in the week she was diagnosed with cancer in her wrist and I think by transforming her house we helped her keep her mind off of it.

—Thomas Lowrey, 11th grade (6th mission trip)

The theme of this trip was "Transformation." The way I saw transformation this past week was through my group member and my client, Emma. Emma is the wife of Carlos, and they have been together for 52 years. While we were fixing up their unpainted house, my group and I would talk to Emma and ask her how her day was. Then one day, Carly wasn't there because she hurt her finger and had to go to the hospital. When we mentioned this to Emma, she told us about how she really appreciated how Carly had asked her how she was first thing in the morning. So in Carly's transforming of Emma by giving her a friendly face every day, I was transformed. Before I couldn't understand how Christians could affect others through God, but now I realize that any little thing can transform a life.

—Rita Collier, 10th grade (4th mission trip)

I had a wonderful time with our client, Olivia C. She is an 86 year old woman who lives by herself. We scraped, primed and painted her house for her. We built her a hand-rail and fixed her screen door. Seeing the joy and happiness on her face was so rewarding. I could really see the face of God. I learned how the littlest thing can make such a big difference.

—Terry Maletta, Adult (1st mission trip)

My first mission trip was an amazing experience. My work team was assigned to work on a house that was in dire need of a paint job. However, we learned that although we were

needed to paint and scrape the woman who lived there was unable to walk down her back stairs. Our mission was to build an 18 foot wheelchair ramp. We worked for three days painting, scraping and building. Meanwhile, we began to get to know Mrs. Ramirez by inviting her to our devotional. She told us that we should always value and respect our parents, because it is very hard to lose them as she did. At the end of the week, we finished the house and went up to her door. Mrs. Ramirez told us that she had fallen and hurt her leg, and she couldn't walk out to see our finished project. She was very appreciative though and her gratitude is what stays with me from my whole UMARMY experience.

—Alyssa Gross, 11th grade (1st mission trip)

I was transformed when I realized how much mission trips can affect individuals and the community you are in. We were in the gym waiting after we took showers and the janitor came in to talk to us. He was thanking us for what we were doing and telling us how much of a difference we were making. He told us a story about when he was living under a bridge. He would beg for money and then go to the corner store and spend it all on alcohol. One day an old friend saw him, picked him up and gave him a job. That small act of kindness turned his life around. He now has a steady job, a wife and kids.

—Danny Moynihan, 9th grade (2nd mission trip)

My most memorable experience was doing my devotionals with Mrs. Franco. Mrs. Franco can only speak Spanish, so we would do two devotionals- 1 in English and the other in Spanish for Mrs. Franco to understand. I saw God this week when we prayed for Mrs. Franco's eyes. After the prayer she had a huge smile on and told each and every one of us that she loves us and that's what made me see God this week. I have learned how to build steps and a wheelchair ramp. This experience has changed my views on different people's lives and my life.

—Katherine Lowrey, 9th grade (4th mission trip)

I learned that God is very powerful. At the same time we were trying to help other people, God was working in our lives, meeting us where we were at, and helping us through our own challenges. I also saw that service and sacrifice is a powerful witness. I think in addition to wheelchair ramps and painted houses, seeds were sown for Christ. One of our clients is returning to the church. Other people saw what we were doing and some began conversations about their faith (or lack of faith). I would recommend a UMARMY trip to any and all who are able.

—Mike Vaden, Adult

Look for more reflections from the youth mission participants in the June issue of *The Herald*.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May

For the latest calendar,  
please visit the church website  
at <http://www.nwhillsumc.org>.



## Let There Be Light!

*Ed Coleman*

We walk into a darkened room, flip a wall switch and voila, light! We take light for granted, but in a world of rising energy costs and changing technologies what is the best way to light up our homes?

For over 100 years the standard light source has been the incandescent light bulb. Incandescent light was first demonstrated in 1802; the first commercial incandescent bulb produced in 1879 and in 1881 the first public building was lit by incandescent bulbs. In a modern incandescent bulb, electric current is passed through a tungsten filament heating it up until it glows white hot (between 3100F-5400F). The enclosing glass bulb is filled with an inert gas to protect the hot filament. The bulb itself is heated between 400F-550F degrees (note: paper burns at 451F). Only a small portion of the emitted light is useful with most of the electrical energy wasted as heat. This heat increases the house air conditioner load in the summer. So you pay twice: 1st to get light and 2nd to cool the house.

Fluorescent bulb technology was invented in the 1890s. The first practical fluorescent bulb was produced in 1938 and the modern compact fluorescent bulb invented in 1973. The compact fluorescent bulb consists of a gas-filled tube and some electronics (ballast). Electric current from the ballast flows through the gas causing it to emit ultraviolet light. The ultraviolet light in turn excites a phosphor coating on the inside of the tube causing it to emit visible light. This is a cool process and the bulbs are safe to touch.

For a given light output compact fluorescent bulbs use only 25% the power of equivalent incandescent bulbs. Studies indicate conversion of household lighting from incandescent bulbs to compact fluorescent bulbs can reduce household

electricity bills by 7%. Consumer Report tests indicate that replacing just five often-used incandescent bulbs with compact fluorescent bulbs can save \$45.00 per year. Finally, the average rated life of a compact fluorescent bulb is up to 15 times that of incandescent bulbs.

Like all gizmos and gadgets compact fluorescent bulbs must be used properly to get best performance.

- Compact fluorescent bulb lifetime is sensitive to on/off cycling. Continuously turning a bulb on/off in 5 minute cycles can reduce its lifetime up to 85%. Use compact fluorescent bulb in places where they will remain on for 10 to 15 minutes. Do not use them with motion detector security systems.
- Early versions are slow to reach full output (seconds) and should not be used in areas where quick light is important such as stairways.
- Early versions are voltage sensitive so do not use them with dimmer switches. At low settings the bulbs will flicker or go out.
- Early versions are temperature sensitive and may not operate in certain hot/cold environments. For example, bulbs should not be used in recessed ceiling lights where air circulation is poor and they can overheat.

Newer versions that overcome these deficiencies are coming on the market so always look at the label.

Finally, there are concerns about the presence of mercury in fluorescent bulbs. However, the amount present in compact fluorescent bulbs is ten times less than that found in conventional tubular fluorescent bulbs which have been in use for 75 years. Further, as the bulb ages the mercury adheres to the glass surface so only a little is released when an old bulb breaks. When a bulb breaks use common sense rules- use gloves to pick up fragments, wipe clean the area and allow the room to vent. **All** fluorescent bulbs should be recycled and not disposed of as solid waste.

## Adult Children of Aging Parents

### *Learning to Control Negative Thinking That Adds to Caregiver Stress*

**When:** Wednesday, May 20, 7:00 p.m.  
**Where:** Education Building  
**Who:** Dawn Lakamsani, LCSW  
 Seniority Counseling and Consultation

Caregiving can be a rewarding experience as well as stressful and overwhelming at times. Often, a caregiving situation is unchangeable and may be progressively more demanding.

Learn some very helpful cognitive behavioral techniques to get negative thinking under control and increase coping skills.

Dawn has many years of experience as a social worker and has specialized in working with older adults and their families since 1992. She is currently in private practice and provides individual, couples, group and family therapy as well as geriatric care consultation.

This is a forum to *nurture and recharge* concerned Adult Children caring for their loved ones as they age. Please call Nancy Nickerson at 837-3741 with any questions or for more information.

# May Birthdays

- May 1 Sula Milstead, Liz Harrison
- May 2 Jody Willingham, Josh Lang
- May 4 Talka Carlisle, Chris Taylor, Austin Betz, Buddy Johnson
- May 5 Carolyn Toth, Miranda Darr, Cassidy Breazeale
- May 6 Carrie Wheatley, Solana Campbell, William Brooks
- May 7 Donna Gruver, Doyle Hudgins, Linda Scott, Kathy Mejia
- May 9 John Petrus
- May 11 Brad Wirht, Glenn Brown, Daphne Einhorn, Reid Cline
- May 14 Lexie Christian, Mei Beth Shepherd
- May 15 Gary Trider, Kelin Flowers, Maddie Moody, Jordan D'Acierno, Madison Biggett
- May 17 Shirley Jerkins
- May 18 Connie Shimfessel, Harold Baker, Ann Hargrave, Christie Dance, Adam Trulove
- May 19 Elizabeth Stuckman
- May 20 Glenn Thompson, Paul McCarty, Mary Lesser
- May 21 Martha Blomquist
- May 22 Kay Lynn Moynihan
- May 23 Ruth Copeland, Clark Johnson
- May 24 Julie Mayton
- May 25 George McCoy, Joyce Campbell, Allison Scheller
- May 27 Sidne Campbell
- May 28 Adam D'Acierno
- May 29 Bruce Kuemmel
- May 30 Emmitt Wieruscheske, Cristen Hewett, Greg Doolittle, Alyssa Kirkendall, Jacob Miller
- May 31 David Smith, Vance Morton

## We Want Your Paper!

The next time you're at the church, drop your paper in the green and yellow recycling bin located at the top of the Village Center Drive parking lot next to the MFH playground. Recyclable materials include all clean and dry newspaper, advertising inserts, magazines, shopping catalogs, office paper, junk mail, old homework, notebooks and school paper.

In May, if we recycle 2 tons of paper, we can earn an extra \$10 in addition to what we would normally earn. The money we earn from recycling paper goes into the ECO team fund. Look for more tips and information in the Sunday bulletins during May.

## Memorials & Honorariums

### In Memory of Bob Henderson

Beth & Greg Judd, Neill & Donna Gruver, Bill & Deanna Rees, George & Pat Brabham, Martha & Roger Blomquist, Jo Burgh, Frank & Bonnie LaBoon, Patti Bizzell, Revelations SS Class, Ray & Sue Bennett, Catherine & Charles Bailey, Carol, Chip & Jack Pinckard

### In Memory of Bill Koehler

Hazel & Jim Gebert, Rebecca, Steve and Aaron, Harry & Betty Reed, Annabelle Hardt

## Women's Book Group

The Women's Book Group meets at 9:30 a.m. in room 109 on Monday, May 4. We will have a review and discussion of *Same Kind of Different As Me* by Ron Hall and Denver Moore with Lynn Vincent, led by Maureen Atwood. Please join us for this incredible story. Check book availability at Costco, book stores and the public library. Please call Jan Broomall at 250-0177 with questions.

## Have you seen...

The cross that the United Methodist Men use for their weekly and monthly breakfasts in the FLC is missing. If you have seen it, or borrowed it, please return it to the FLC kitchen. Thank you!

## In Our Thoughts and Prayers

Carrie Wheatley, Trey Whiddon, Robbie Kuemmel, Lexie Christian, Carol Bruney, Karen Green, Cathy Troutner, Sharon Bistline, Our Troops

*Those we love who are in nursing homes*

Vernen Liles, Mary Alice Smith, Billie Stout, Sara Moise, Clara Mae Mann

Prayer concerns may be submitted to our Yahoo! Prayer Group by sending an email request to:

[NWHillsUMCPrayers@yahoo.com](mailto:NWHillsUMCPrayers@yahoo.com)

*For confidential prayer requests, contact the church office or email PC Coordinator, Sharon Donley at: martindonley@msn.com.*

# Offering God's Love... Building Believers.

## Important Deadlines

### The Herald

**Deadline: Monday, May 11, 12:00 p.m.**

Publish date: Wednesday, May 20

\*\*Please not the change of deadline for May.\*\*

Email articles to [hnovielli@nwhillsumc.org](mailto:hnovielli@nwhillsumc.org)

Continued from page 2

We know that we are not always true to our aspirations to be completely obedient to you. We do not always love with all of our hearts. We do not always give all we have to give. We do not always see your face that is ever-shining down on us. We do not always understand and accept the decisions that you have made for us. Despite our disobedience and struggle to uphold our promises we hope that you will accept this offering as a token of our eternal gratitude for your love. You gave us your only son so that we may live, thereby showing us that you will always love each and every one of us. Accept our offering this resurrection morning as we continue to praise you and your son, Jesus Christ. Amen.

## Children's Ministry

Parent's Night Out is the second Saturday of the month: May 9, June 13, July 11 and August 8. To sign up, check for forms in the narthex the Sunday before each date or email [Jmarinus@nwhillsumc.org](mailto:Jmarinus@nwhillsumc.org).

During summer Sunday school, June 7-August 30, all children will meet together for music and a Bible story. We will then break into 2 groups for crafts, games and more. Those that have just completed the 5th grade will be helpers with the younger children. Move-up takes place in the fall with the school year.

VBS this summer is called "Discovery Canyon." Come join us as we explore the wonders of the WORD! Day 1 we **re-joyce** as we hear the Song of Miriam. Day 2 we **pray** as Hannah prays for a child. Day 3 we **ask** as the disciples asked "Who is this?" Day 4 we **tell** about His miracles. Day 5 we **seek** the help of Jesus as the friends of a man who couldn't walk did. Join us June 28-July 2 in the evening from 6:00 to 8:00 p.m.



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