



# Mainsail Newsletter

## First United Methodist Church

July 2025

211 N. Clinton St. Cuero, Texas 77954  
(361) 275-5272 Office

**Rev. Lindsey Smith Jr.**  
[pastor@cuerofumc.org](mailto:pastor@cuerofumc.org)

[www.cuerofumc.org](http://www.cuerofumc.org)

Pam Zengerle – Office Administrator  
[secretary@cuerofumc.org](mailto:secretary@cuerofumc.org)

## PRAYER REQUEST

Dear Church Family,

The shared prayer request list is a vital way to support and care for one another through prayer. To ensure the list is accurate and helpful, please help keep it updated.

If a prayer request on the list no longer needs to be included, or if the situation has changed, inform the church office.

If there is a new prayer request to add, or if someone in the church family needs prayer, submit the request to the office or request form.

Prayers are a powerful gift to the church community. Keeping the prayer list updated helps to effectively lift up those in need.

Thank you for your cooperation and continued prayers.

To update or submit a prayer request:

- Contact the church office at 361-275-5272 or email at [secretary@cuerofumc.org](mailto:secretary@cuerofumc.org)
- Fill out a prayer request form available in narthex
- How long to keep them on the prayer list? Please indicate 6 weeks (default time) or indefinite.

Please note: When submitting a prayer request for someone else, always ensure permission has been given to share their name and information publicly. In July, the current prayer list will be updated.

*"We pray for healing for all those who are suffering. May they be touched by your grace and find peace and comfort in your love"*



## ***Leadership Council Meeting***

**July 14, 2025 @6:30pm**

**Fellowship Hall**

## ***United Women of Faith***



**July 13**

**11:30am**

**Potluck & Meeting**

## **Bible Study & Coffee**

**With Pastor Lindsey  
Wednesdays @ 10:00am  
Doodles Room**

## **Special Thanks**

**To all who helped with  
Vacation Bible School!**

*Children are a gift from the  
Lord; they are a reward from him.*

*Psalm 127:3,*



## **C.A.M.AL. House Community Fan Drive**

**Donate at the  
Church Office or  
Church narthex**

## **CAMAL House Food Pantry**

**Non-Perishable Food  
Donations Needed.  
Please leave in the cart  
in the narthex**

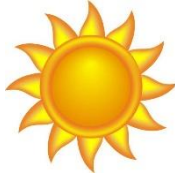
## **Special Donations Churchyard and Landscaping**

**A peaceful and inviting churchyard  
that will benefit all who visit can be  
created with your contributions.**



## 5 Ways to Stay Cool in Extreme Heat

1. **Drink water**
2. **Find air conditioning**
3. **Wear Sunscreen**
4. **Never leave pets or people in a closed car**
5. **Avoid strenuous activities**



For heat cramps, you want to look out for muscle pains or spasms in the stomach, arms or legs. If this happens, immediately find a cooler location and remove excess clothing.

For heat exhaustion, you may experience heavy sweating, paleness, muscle cramps, weakness, dizziness or vomiting. You will want to go to an air-conditioned place, remove clothing or take a cool bath.

For heat stroke, you may experience a high internal body temperature (above 103 degrees), rapid and strong pulse, red skin, dizziness or confusion. You should call 9-1-1 and then attempt to cool your body in whatever ways are available to you.

If you experience any of the symptoms of heat-related illness, you should also take sips of a cool sports drink, which helps you replenish vitamins lost when sweating.

## NO Breakfast BINGO

During the summer months  
of June, July & August!

## Easy Does It Exercise

Monday, Wednesday & Friday  
9:00am in Wesley Nurse Room



## C.A.M.AL. House

July 10

9am – Senior Hour

2pm – Distribution

July 24

9am – Distribution

## PRAYER REQUESTS

We are here to pray for you!



Brandon Caldwell	Emily Cheatham	Euner Johnson
Teresa Evens	Brian Vandell	Elizabeth Reid
Sundra Reyes	Tina Heiser & Candy	Roger Junker
Ralph Thompson	Wayne Wolf	Roy Goldman
Ron & Shelly	Lisa Langton	Angelia Howard
Grayson	Bob Barth	Bubba Salles
Joe Hoskey	Ezra Salinas	Dorothy Dupnik
Joy Pearson	Amanda Lynn	Samuel & Melinda Johnson
Kevin Collins	Joe Kemmers Family	Pam Zengerle
Wanda Ritchea	Pastor Lindsey's Mother	Pastor Lindsey
Linda Thamm	Rev. John Britsch Family	Ron Butler
Jeremy Higden	Jesse Cano	Sarah & Earl O'Connor
Wendy McPherson	Rainey & TJ(son)	Carol Rau
Richard Van Wormer	Pam Burgess Family	



John Eldridge  
Walker Taylor Pickett  
Rev. Wanda Ritchea

6<sup>th</sup>  
12<sup>th</sup>  
30<sup>th</sup>

Wayne & Sonya Wolf  
Robert & Colette Barth

13<sup>th</sup>  
25<sup>th</sup>



## July Worship Leaders



<b>Date</b>	<b>Liturgist</b>	<b>Ushers</b>
7-6-2025	Tom Cheatham	Judy Adams & Elaine Foster
7-13-2025	Sarah O'Connor	Sue Halbert & Dorothy Brown
7-20-2025	Earl O'Connor	Charla & Bobby Jones
7-27-2025	Colette Barth	Mildred & Stayton Weldon