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Worship/Live Stream 10:30 am  
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# The Methodist Messenger

First United Methodist Church  
Edinburg, Texas

July 2025



Hello, Edinburg First! I am beyond excited to begin our sacred work of love together.

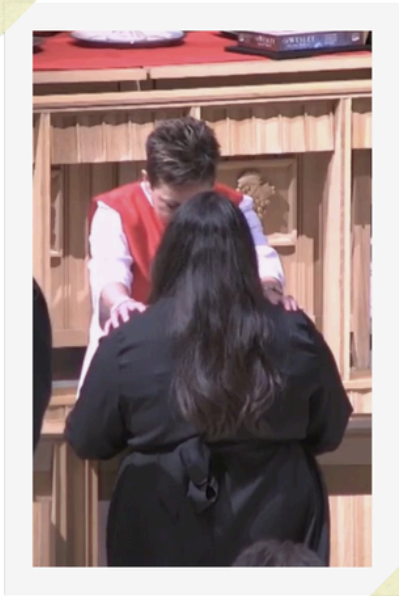
The last month and a half have been a flurry of transitions. In May, I graduated from Duke Divinity School, said goodbye-for-now to beloved professors, mentors, church members, and friends, and packed my belongings in the back of my car to head back home to the Valley. Since I’ve been back in Texas, I’ve been in all sorts of trainings and meeting more of the lovely people of the Río Texas Conference, all leading up to Annual Conference in Corpus Christi. In the days to come, we’ll talk more about Annual Conference, but I’d like to share one story for now.

At the ordination service of Annual Conference, I—alongside three other young women—was recognized as a newly licensed local pastor. We were brought before the worshipping body at First Corpus Christi, and we were asked to kneel at the altar rail as Bishop Fierro Harvey laid hands on us to bless us for the work ahead. As Bishop Fierro Harvey spoke my name, “Sarah Alicia Solís,” my breath caught on “Alicia.” I am named for my maternal grandmother, Alicia Hinojosa Acevedo, and in that moment, the journey that had brought me to this moment rushed over me like a flood. I recognized that I am but one part of a long legacy of faithfulness. The legacy of my abuela Alicia, whose voice I hear every time I pray the Padre Nuestro, the Lord’s Prayer. The legacy of the Solises and the Sánchezes and the United Methodist church where I was baptized, came to the Lord’s Table for the first time, and heard my call to ordained ministry. Friends, it has been a long road to come back home.

When I first came to Edinburg First, it was clear that this church, its people, are also a part of a long legacy of faith and love. I give thanks and praise to God for the ministry of Pastor Michelle and all the ways she has been a faithful and loving shepherd. I am reminded of Paul’s words in 1 Corinthians 13:13, “These three things remain: faith, hope, and love. But the greatest of these is love.” Love shapes us in profound ways. When we experience the love of God in and through each other, it changes us. We are both different, yet more of who we truly are. We carry with us those who have loved us, whom we have loved, every step of our journeys.

I am humbled to walk alongside you as your pastor in this next step of the journey. Over the month of July, I will share some of my “life verses,” passages of the Bible that have formed my identity as a child of God and lie at the core of my call to ministry. You’ll hear a little bit more about my story, and as I begin to sit down to meals and cups of coffee with you, I’m eager to listen to your story. My hope is that as we begin to share our stories of God’s love and faithfulness, we will find encouragement in one another and joy for the journey.

With Love,  
Pastor Sarah



### July Dates To Put In Your Calendar

- July 6<sup>th</sup> at 10:30 AM - Pastor Sarah first Sunday Service!
- July 7<sup>th</sup> at 1:00 PM - Bag bean & rice, bag & freeze chicken
- July 17<sup>th</sup> at 1:00 PM - Prepare grocery bags for Food Distribution
- July 19<sup>th</sup> at 8:30 AM - Food Pantry Distribution







## Beat the Heat, Bless Your Health

Losing more water than you take in can cause dehydration, heat exhaustion or heat stroke. Getting enough water can prevent dehydration. Dehydration is a condition that can cause unclear thinking, mood change, the body to overheat, constipation, and kidney stones. The elderly may be at increased risk for dehydration due to a decline in thirst and regulation of fluid intake with aging.

Dehydration symptoms for adults include:

- Feeling very thirsty
- Dry mouth
- Urinating and sweating less than usual
- Dark-colored urine
- Dry skin
- Feeling tired
- Dizziness

Dehydration can be life-threatening. If you experience confusion, fainting, lack of urination, rapid heartbeat, rapid breathing, or shock, you need to get medical help right away.

Not sure how much water you should be drinking?

**CONTACT YOUR LOCAL  
WESLEY NURSE RIGHT AWAY!**

Ivan Lozoya, RN | Wesley Nurse



## What's up with the HUB?

While the Hub of Prosperity is taking a break from events this July, we're staying busy behind the scenes! Our last farmers market and workshop wrapped up on June 14th, and now we're focusing on cleaning, organizing, and preparing for a joyful and fruitful fall season. Though the summer sun is keeping us on our toes, we're grateful for this time to rest and regroup. Please keep our team in your prayers as we work through the Texas heat—we're already looking forward to welcoming you back in the cooler months ahead!

Have a great day,  
Maria Gonzalez



## Self-Love: What is Self-Love & Why is Important

“Self-Love” takes on a different meaning for different people depending on their circumstances of their situation and what they need most of the time. When we talk about Self-Love, we often refer to embracing and upholding psychological concepts like self-respect, self-value, self-esteem and self-worth. But ultimately, self-love revolves around self-compassion: It's the intentional choice to show up for yourself, support your needs and wants and honor your limitations!

It's important because when you practice self-love, rather than imposing self-criticism, regret, shame, guilt or avoiding uncomfortable emotions, you're choosing instead to focus on the opposite. You're honoring the emotions you feel, even the ones that are uncomfortable.

“Self-Love” is about replacing the harsh inner critic with a kind and compassionate voice.

Your friendly community counselor,  
Anna Castillo



*Welcome, Rev. Sarah Solis!*

Edinburg FUMC is delighted to welcome Rev. Sarah Solis as our new incoming pastor, effective July 1, 2025.

Rev. Sarah Solis has a Master of Divinity from Duke Divinity School and comes to us with a portfolio of academic and ministry distinctions. She is a recipient of the Latinx Studies Fellowship, Fellow of the Hispanic Scholars Program, Student Preacher for Homegrown North Carolina Women's Preaching Conference, and recipient of the 2025 McMurry Richey Award. Beyond all that, Rev. Sarah Solis is one of our own. She interned at Edinburg FUMC last summer and rooted herself in the life and ministry of our church. Rev. Sarah Solis will bring a heartfelt commitment to lead this congregation into its next chapter.

We are excited to see what God will do under your leadership. Welcome to your new home and congregation.

We invite you to celebrate Rev. Sarah Solis' arrival to our church family on July 6<sup>th</sup>.

## Coffee, Community & Connection

We're inviting friendly volunteers to help set up our Sunday morning coffee station and offer light snacks before service. It's a simple yet meaningful way to help others feel welcome, spark conversation, and foster connection within our church family.

Here's how you can get involved:

- **Snacks:** Bring easy-to-share items like pastries, fruit, or other light refreshments.
- **Set-Up:** Arrive 30 minutes before service to help prepare the coffee and arrange the snacks.

Whether you bring a tray of goodies or lend a hand with setup, every contribution makes a difference!

If you'd like to be part of the volunteer rotation or have any questions, reach out to Dora Pagel at [dorahpagel@gmail.com](mailto:dorahpagel@gmail.com) or (956) 929-1180.

A sign-up sheet is available on the coffee/snack table, with spots open for the next three months. Just add your name and phone number, and we'll send a friendly reminder the day before your scheduled date.

Thank you for helping us create a warm, welcoming space where community can thrive and faith can grow!

