

December 2018

Good Shepherd United Methodist Church

The Advent and Christmas seasons will again be times of fun and inspiration at Good Shepherd United Methodist Church.

Sunday, December 9th, at 4 pm Good Shepherd will present "Christmas at Good Shepherd" featuring the Chancel Choir and Orchestra and Good Shepherd praise band in a full-scale musical celebration. Selections will range from traditional Christmas favorites to contemporary songs of the season. The event will include a beautiful candlelight sing along time.

Then, an annual favorite returns. The Good Shepherd Hayride and Hot Dog Roast will take place Friday, December 14 at 6 pm. Bring your whole family for hot dogs and s'mores over open fires. Christmas movies, games, hayrides on beautifully decorated wagons through the surrounding neighborhoods, and the chance to visit with Santa are some of the exciting events planned for the evening.

On Christmas Eve, December 24, Good Shepherd will offer three worship services. Our family service begins at 2 pm and will feature the "Throw Down Christmas Pageant." Children are invited to help act out the Biblical Christmas story on stage in provided costumes. It is always a lively and moving portrayal of the arrival of the baby Jesus. Two traditional candlelight services will follow at 4 and 6 pm.

Admission is free for all events. We hope you will make these Christmas celebrations with Good Shepherd Church a part of your holiday traditions.



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IMPORTANT NUMBERS

EMERGENCY NUMBERS	
EMERGENCY	911
Fire	911
Ambulance	911
Constable	281-376-3472
Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	
- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse	
- Sexual Assault/Domestic Violence	713-967-5743
- Runaway Unit	
Poison Control	800-764-7661
Traffic Light Issues	713-881-3210
SCHOOLS	
Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation .	
Cypress Fairbanks Senior High	
Cy-Woods High School	
Goodson Middle School	
OTHER NUMBERS	
Animal Control	281-999-3191
Cypress Fairbanks Medical Center	
Harris County Health Department	
Post Office Box Assignment – Cypress	
Street Lights - CenterPoint Energy	
- not working (Report Number on Pole)	
Waste Management	713-686-6666
NEWSLETTER PUBLISHER	
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Christmas at Second

Christmas at Second is a wonderful tradition for thousands in the Greater-Houston area. Every Christmas season, Second Baptist Church offers dozens of opportunities for families to make memories, have fun together, and most importantly, celebrate our Savior's coming. This year at the Cypress Campus, Second Baptist Church will offer a full calendar of activities for the entire family to enjoy during the month of December. From their free state-of-the art Christmas production, The Kids Crazy Christmas Show, to their incredible train displays in their lobby, there will be many opportunities for you to bring your family and friends to share in the Christmas excitement with the Second family.

The Christmas season will be capped off by two amazing events that you will not want to miss. On December 16th, Second will host its "Christmas Spectacular" event free of charge at the Cypress Campus. The event will kick off at 4pm with an outdoor Christmas festival featuring live country music, inflatables and train rides for the kids, food trucks, fire pits and s'mores, special characters, and more. At 6pm, the crowd will transition inside the worship center for a family-friendly Christmas concert led by the nationally acclaimed vocal group, Veritas. Then the following week, the Cypress Campus will offer three identical candlelight services for the entire community. Come experience the wonder of Christmas at 6pm on Sunday December 23rd, or 4pm and 6pm on Monday December 24th. These worship services will feature familiar carols, a children's nativity scene, and a special time of candle lighting following the message. The Cypress Campus invites you to check out their full schedule below and join them for an amazing month with the Second family!

Sunday Mornings (December 2nd, 9th, 16th, 23rd)

- 9:30am Bible Study and 11am Worship
- Each weekend will feature different attractions including train displays in the Lobby, a human-sized snow globe for pictures, live ice sculpting demonstrations, hot chocolate and wassail, and train rides for the kids.

Special Events

- The Kids Crazy Christmas Show December 6th- 8th -FREE
 - Showtimes: Thursday 6:30PM and 7:30PM, Friday 6:30PM and 7:30PM, Saturday 10AM and 11AM
- Second Kids Story time at the Trains December 3rd, 12th, 20th - FREE
 - 10AM at the train displays in the Lobby
 - Cookie decorating, a train scavenger hunt, hot chocolate, and a story time for the kids
- Second's Christmas Spectacular December 16th FREE 4PM – Outdoor Christmas Festival 6PM – Family friendly Christmas concert featuring Veritas
- Candlelight Worship Services December 23rd and 24th Sunday December 23rd: 6PM Monday December 24th: 4PM and 6PM

Reflux Services at Houston Methodist Willowbrook Hospital

The digestive health experts at Houston Methodist Willowbrook Hospital understand the discomfort and frustration that often comes from chronic acid reflux. Our team of specialists evaluate the symptoms of each individual to recommend appropriate diagnostic and treatment options.

If you are experiencing any of the following symptoms:

- Burning sensation in the back of the mouth
- Difficulty breathing
- Difficulty swallowing
- Discomfort in the chest and throat

We are here to help.

- Dry cough and hoarseness
- Frequent heartburn
- Irritation in the esophagus

Call the Houston Methodist Willowbrook Hospital Reflux Services navigation line at 281.737.GERD (4373) and find a Houston Methodist reflux specialist near you.



houstonmethodist.org/willowbrook



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4 Ways to Help Prepare Your Home for Winter



Winter is on its way and for much of the country that means freezing temperatures, wind, snow, ice and heavy jackets.

Preparing your home now for the colder months ahead is vital. The following tips are designed to help get you and your home ready for what winter has in store.

Invest in Weather Stripping

If you can run your hand around the edges of an outside-facing door on a cold day and feel the flow of cool air, you have an airflow problem, one that could cost you a lot of money over the course of the winter.

Weather stripping is a good way to help seal warm air in and cold air out of your home. Available in almost any hardware store, weather stripping installs quickly around windows and doors and can help prevent air leaks.

Before winter arrives, check your windows, doors, vents and fans, plumbing areas, air conditioners and any electrical/gas lines for leaks or drafts to save yourself energy and heating costs.

Evaluate Your Roof to Prevent Ice Dams

Your roof is one of the most vital protections standing between you and the harsh outside elements. Excess snow, ice and other environmental hazards can cause significant damage,\" said Chala Sampers, Top Dog Roofing. "The objective is to get as much of the water away from your house as possible."

In cold weather, heat escaping your home can melt and refreeze ice and snow on your roof, leading to ice dams. Evaluate your roof in advance of harsh winter weather to prevent ice damming. An ice dam in your gutter can cause water to seep into and saturate an interior wall. These block off drains, and let water and ice continually build up on your roof – and possibly under it – weakening your roof and putting your home at risk. If you're unsure of what to look for, see if a roofing professional can evaluate your roof for ice dams while cleaning your gutters.

To help prevent ice dams make sure your attic is well insulated and ventilated. Insulate the attic floor well to minimize the amount of heat rising through the attic from within the house. If your attic wasn't

built with a ventilation system, contact a trusted local professional or contractor about ventilating your attic before winter.

Buy a Roof Rake to Keep Snow from Building up

If you expect a lot of snow this winter, invest in a roof rake. As snow packs down from multiple storms it could cause a roof collapse – a roof rake can help you easily clear snow off your roof and protect your home during those blizzard months.

"Understanding the importance of checking your roof and knowing the basics of winter roof maintenance and damage can help homeowners avoid unnecessary stress and surprise costs," added Chala Sampers, Top Dog Roofing (https://www.topdogroof.com/).

What's even more surprising is that a new, national survey by Owens Corning Roofing found that although 70% of Austin homeowners said that damage to their roof would be stressful or very stressful, only 3% say they always check or have their roofs checked before the start of a season that typically brings bad weather. So be prepared this season and make sure to conduct a thorough roof check before, during and after harsh winter months.

Protect Pipes from Freezing

A frozen water pipe can burst and flood your house or basement.

Help protect your pipes from freezing in bitter cold weather by making sure you don't turn the heat down too much when you're out of the house. You may not be there to enjoy it, but your pipes need the heat to prevent freezing.

Give your home a once over for any exposed or vulnerable piping and wrap them with insulation. Hardware stores usually carry foam rubber or fiberglass sleeves for pipes, which are easy to install.

If your pipes do freeze, and water stops flowing from faucets, call a plumber immediately.

Please keep personal safety in mind when checking items off this list and connect with a trusted professional or contractor for help with anything you are unable to do yourself. For more info visit https://www.owenscorning.com/roofing.



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9th Annual Houston Methodist Cy-Hoops Invitational



The Houston Methodist Cy-Hoops Invitational will be here before we know it. The championship game will be played at 5:30 p.m. Saturday, December 8, 2018 at the Berry Center.

The Cy-Fair Educational Foundation in partnership with Houston Methodist Willowbrook Hospital and Houston Methodist West Hospital will host the 9th Annual Houston Methodist Cy-Hoops

Invitational December 6, 7 & 8, 2018. Wainwright Dental & Associates, P.C., a longtime supporter of this elite high school basketball tournament, has joined with Underwood Orthodontics, Spradley Endodontics, and Spring Cypress Oral Surgery and Implant Center as premier sponsors. The Cy-Hoops tournament looks to engage the community, promote the sport of basketball, and foster community spirit, while raising funds for student scholarships and innovative staff development programs for Cypress-Fairbanks ISD.

This year's Houston Methodist Cy-Hoops Invitational is loaded with talent. Four teams are ranked by MaxPreps in the top 25 for the state of Texas. Three returning teams, Waxahachie, Dekaney, and Port Arthur Memorial are ranked in the top 10. The tournament showcases 12 Cypress Fairbanks ISD and 12 out of district boys' varsity basketball teams.

Join the community in cheering on our teams at the Berry Center,

Cypress Ranch High School, Cypress Lakes High School and Cypress Park High School Thursday through Saturday, December 6-8, 2018. The tournament bracket will be posted on the Berry Center website after Thanksgiving.

SPONSORSHIPS ARE AVAILABLE Please visit our website at www.theCFEF.org or contact marie@thecfef.org



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CYPRESS AREA FOOD PANTRY New Days And Times

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry twice a month from 3:30 pm to 5 pm. Please call 281-373-9337 for days of service. The only requirement is that the client should live in zip code 77433 and west of Skinner 77429.

Food donations and volunteers are also greatly appreciated.





Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club

308 Meadowlark St. Lakeway, TX 78734-4717

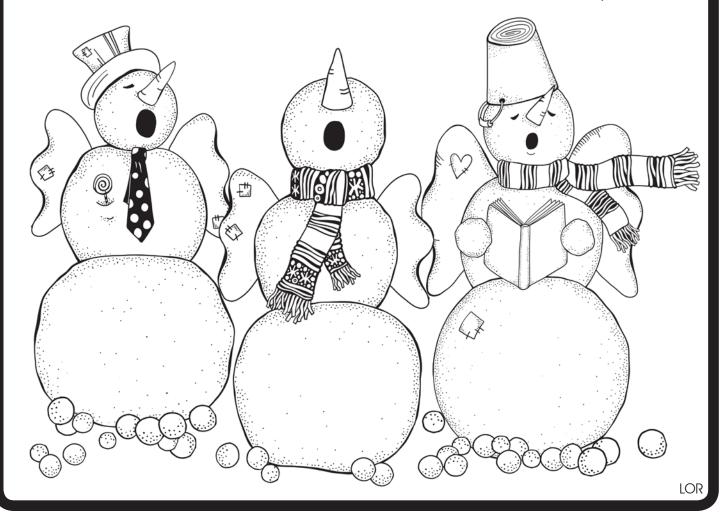
We will select the top few and post their artwork on our website at www.peelinc.com/index.php/kids-club

DUE: December 31st, 2018

Be sure to include the following so we can let you know!

Name (first name, last initial): ______ Age:_____

HAPPY HOLIDAYS



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