

# MAY 2019 Newsletter

## Oakhurst United Methodist Church

### PASTOR'S PEN DID YOU KNOW?

By Pastor Tim



I started serving as a full time United Methodist Pastor in July 1987. At that time I was just out of Duke Divinity School where I earned a three year Master's degree. I had worked part time as student associate pastor for two years and I had a semester of working as a chaplain at Duke University Medical Center but in spite of my training and experience I was unprepared for what you might describe as the politics or personal differences between clergy and church leaders. At that time I described it as coming out of seminary traveling at 90 MPH and hitting the brick wall of the church.

What I discovered is that as a pastor coming to a new church you inherit the baggage left behind by previous pastors. In my first three church assignments I found that previous pastors had messed up severely in church. One of the pastors I followed had forgotten a scheduled funeral and had gone fishing instead! Another time he forgot a wedding. Another pastor I followed had a nick name, "shotgun" because he chased some young people off the church property with a shotgun. Another pastor had an affair with a woman in town.

So in the first three churches I served the church leaders in each setting were suspicious, not of me personally, but of "the pastor" in general. I felt like they thought they needed to guard the church against the ideas of the new pastor. I truly don't blame the members of the church leadership for having bad previous experiences with previous pastors. I too believe in the old saying, "fool me once, your fault; fool me twice, my fault." On the other hand, it is hard to be in a ministry partnership with people who are viewing you with suspicion. It can be like a guy (many of us know one like this) who has a hard time trusting a perfectly decent woman because two other women treated him badly.

In the church there are always contests going on all the time behind the scenes, over power and authority. Authority is granted by the organizations of the church and power is supposed to be exercised or used only by those who have been granted authority and only and always for the greater good of the church. The reality is that churches encounter two different sets of problems related to the contest between power and authority. First is that people in positions of power in the church use their power in ways that exceeds their authority. Most of the time is it done innocently – they didn't know they needed to get permission before authorizing something or before buying something, or before

outcome and they are convinced it is the right thing, and when they are pretty sure the answer would have been "no" they choose to go ahead anyway content to ask forgiveness rather than permission.

The second issue that pastors experience is that they are given a lot of authority by the denomination but don't have power to use their authority. Pastors have to keep a good balance between their two roles in the church: the priestly role does the work of making sure all the elements happen that have to happen in order to keep the doors open; and that we can have a successful worship service on Sunday; and that we are caring for the pastoral needs of our congregations. That is described as "comforting the afflicted." The other role is that of prophet: the pastor needs to be the steward of or the keeper of the dream and the vision of the church; the one who looks at the big picture and sees how every part of the body fits together and works together, and affects its health as a body. The prophet also must confront injustice and sin in every form: that is described as "afflicting the comfortable."

Sometimes (this seems to happen in every church) church leaders disagree with the ideas, or directions, or plans of the pastors, and so they block the pastor from using his or her authority to carry out those ideas or plans. It is not a, "respectfully pastor I disagree with you but I will trust you and go along with what you want to do and hope and pray for the best." It is just "no." Just like the use of power without authority that I mentioned above most of the time it is innocent: they don't realize that the pastor is the chief administrator of the church. Other times members of various committees don't agree with the pastor so they choose to ignore the pastor's authority or block their exercise of the power to implement or do something.

I was speaking with Adam Hamilton in between sessions at a conference he was teaching at his church; I don't remember what it was but he was complaining to me that the trustees of his church were blocking him from doing something he wanted to do. Keep in mind Hamilton is the pastor of the largest Methodist church in the country and that he built that church from being just he, his wife and a few others meeting in a spare room of a funeral home, to over 15,000 on Sunday! I felt better after hearing him complain – it truly happens to every pastor!

Paul writes: "Obey your spiritual leaders, and do what they say. Their work is to watch over your souls, and they are accountable to God. Give them reason to do this with joy and not with sighing—for that would be harmful to you" (Hebrews 13:17 NLT). Of course in all things we should use discernment and wisdom, but in general, Paul's statement is a good rule to always follow.

**In His Grace. Pastor Tim**

# MAY CALENDAR

## May 1 (WEDNESDAY)

10:00am Bell Practice  
 10:30am UMW Unit Meeting  
 1:00pm VPK Music Class  
 5:00pm Tai Chi Class  
 6:30pm Bible Study  
 7:00pm Joy Band Practice  
 8:00pm AA, Alanon Meeting

## May 2 (THURSDAY)

8:00am Men's Prayer Breakfast  
 3:00pm Each One Teach One  
 4:00pm Lay Minister Class  
 7:00pm Choir Practice

## May 3 (FRIDAY)

8:30am Suncoast Sandpipers  
 10:00am Thrift Store Open  
 7:00pm Girl Scouts 1223

## May 4 (SATURDAY)

8:00pm AA Big Book Study

## May 5 (SUNDAY)

### COMMUNION

8:15am Light Breakfast  
 8:45am Contemporary Worship  
 10:00am Adult SS  
 10:00am Children's SS  
 10:00am Traditional Worship  
 11:00am Coffee Fellowship  
 11:30am Adult SS

## May 6 (MONDAY)

9:30am Craft Group  
 5:00pm Tai Chi Class  
 7:15pm Boy Scouts

## May 7 (TUESDAY)

3:30pm AA Big Book Study  
 6:30pm Staff Parish Meeting  
 7:00pm Civil Air Patrol  
 7:00pm Worship Committee Mtg.

## May 8 (WEDNESDAY)

10:00am ASG Sewing  
 10:00am Bell Practice  
 10:30am Mary/Martha Circle  
 1:00pm VPK Music Class  
 5:00pm Tai Chi Class  
 6:00pm Girl Scouts 1246  
 6:30pm Bible Study  
 7:00pm Joy Band Practice  
 7:00pm Finance Meeting  
 8:00pm AA, Alanon Meeting

## May 9 (THURSDAY)

8:00am Men's Prayer Breakfast  
 10:00am MEA-VITA Dr. Cate  
 3:00pm Each One Teach One  
 4:00pm Lay Minister Class  
 6:00pm Street Ministry  
 7:00pm Choir Practice

## May 10 (FRIDAY)

10:00am Thrift Store Open

## May 11 (SATURDAY)

8:00pm AA Big Book Study

## May 12 (SUNDAY)

8:15am Light Breakfast  
 8:45am Contemporary Worship  
 10:00am Adult SS  
 10:00am Children's SS  
 10:00am Traditional Worship  
 11:00am Coffee Fellowship  
 11:30am Adult SS

## May 13 (MONDAY)

9:30am Craft Group  
 5:00pm Tai Chi Class  
 6:00pm Girl Scouts 1298  
 7:00pm Trustees Meeting  
 7:15pm Boy Scouts

## May 14 (TUESDAY)

6:30pm AA Big Book Study  
 7:00pm Civil Air Patrol  
 7:00pm Missions Meeting

## May 15 (WEDNESDAY)

10:00am Bell Practice  
 1:00pm VPK Music Class  
 5:00pm Tai Chi Class  
 6:30pm Bible Study  
 7:00pm Joy Band Practice  
 8:00pm AA, Alanon Meeting

## May 16 (THURSDAY)

8:00am Men's Prayer Breakfast  
 3:00pm Each One Teach One  
 4:00pm Lay Minister Class  
 7:00pm Choir Practice

## May 17 (FRIDAY)

7:00pm Girl Scouts 1223

## May 18 (SATURDAY)

8:00pm AA Big Book Study

## May 19 (SUNDAY)

8:15am Light Breakfast  
 8:45am Contemporary Worship  
 10:00am Adult SS  
 10:00am Children's SS  
 10:00am Traditional Worship  
 11:00am Coffee Fellowship  
 11:30am Adult SS

## May 20 (MONDAY)

9:30am Craft Group  
 5:00pm Tai Chi Class  
 6:00pm Girl Scouts 1298  
 7:15pm Boy Scouts

## May 21 (TUESDAY)

6:30pm AA Big Book Study  
 7:00pm Civil Air Patrol

## May 22 (WEDNESDAY)

10:00am ASG Sewing  
 10:00am Bell Practice  
 10:00am UMW Leadership  
 1:00pm VPK Music Class  
 5:00pm Tai Chi Class  
 6:00pm Girl Scouts 1246  
 6:00pm Street Ministry  
 7:00pm Joy Band Practice  
 8:00pm AA, Alanon Meeting

## May 23 (THURSDAY)

8:00am Men's Prayer Breakfast  
 3:00pm Each One Teach One  
 4:00pm Lay Minister Class  
 7:00pm Choir Practice

## May 24 (FRIDAY)

8:00pm AA Big Book Study

## May 25 (SATURDAY)

8:15am Light Breakfast  
 8:45am Contemporary Worship  
 10:00am Adult SS  
 10:00am Children's SS  
 10:00am Traditional Worship  
 11:00am Coffee Fellowship

11:00am Coffee Fellowship

11:30am Adult SS

## May 27 (MONDAY)

**MEMORIAL DAY church closed**

9:30am Craft Group  
 5:00pm Tai Chi Class  
 7:15pm Boy Scouts

## May 28 (TUESDAY)

6:00pm Street Ministry  
 6:30pm AA Big Book Study  
 7:00pm Civil Air Patrol  
 7:00pm Joy Circle

## May 29 (WEDNESDAY)

10:00am Bell Practice  
 1:00pm VPK Music Class  
 5:00pm Tai Chi Class  
 6:30pm Bible Study  
 7:00pm Joy Band Practice  
 8:00pm AA, Alanon

## May 30 (THURSDAY)

8:00am Men's Prayer Breakfast  
 3:00pm Each One Teach One  
 4:00pm Lay Minister Class  
 7:00pm Choir Practice

## May 31 (FRIDAY)



## Congregational Care Ministries

I don't have much to say by way of introducing the prayer issue that this month's article will address. I want to add my voice to this in a rich and authentic way without overwhelming what will be written. To the prayer and article below, I would add this – part of our family's call to engage in the foster care system, at least for me, is the understanding that Jesus calls us to care for the children. I never considered myself much of a "children" person, but all it took to convince me otherwise was regular exposure to all sorts of different kids. I invite you to pray not only this prayer and consider what is written here, but also to pray that God would raise up enough families that the foster care system would be able to find success in caring for the children who need it most in this world.

As always, if you have any pastoral or counseling prayer needs, please contact me or the church office and I or one of our congregational care team members will be happy to reach out to you and walk alongside of you.

**In Christ,**

**Pastor Nathan, Associate Pastor**

### **ADOPTION**

The Rev. Dr. B. Hunter Farrell, Director of the World Mission Initiative

"(God) destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved" (Eph 1:5-6).

Kinship by blood (my parents, children, siblings, cousins, etc.) and kinship by marriage (my spouse, in-laws, sisters-in-law, etc.) form the warp and woof of the basic unit of human society, the family. Around the world, every society has developed an intricate system of rules and customs to govern questions of lineage ("To whom am I related?"), inheritance ("Who will care for my children and my possessions after I die?"), marriage ("What rights and obligations do I acquire by publicly binding myself to my partner?"), and other such questions.

But in this sea of rules, there is an exception: adoption (from the Latin ad- [toward] and -option [choice]). Breaking with the regular rules of kinship by blood and mar-

riage, adoption creates a new category in which an adult chooses a child, thus conferring on that child all the rights, privileges, and inheritance normally reserved for biological children. Though the adopted child has done nothing to deserve this outpouring of gracious benevolence—potentially lands, title, reputation, prestige, wealth, and even the right to be sibling with the parent's/s' biological children—the act is binding and irreversible, and the adopted child's life is forever changed. And in the biblical narrative, it is clear that the decision to adopt a child is extremely important to that child's identity and well-being.

In these times of increased numbers of orphaned and needy children but a decreasing number of domestic and international adoptions in the United States, there remain three main ways that U.S. citizens welcome children into their homes through adoption: private adoption, adoption through the foster care system, and international adoption. Private adoption and international adoption have declined significantly over the past 10 years, and international adoption has seen significant increases in cost and administrative safeguards. Adoption through the foster care system is more complex today due to the ongoing challenges to that system: transracial adoption and the adoption of children with trauma issues have added complexity but also respond to critical needs.

Pastors are often consulted by church members on a range of issues concerning adoption, including psychological, ethical, spiritual, and practical questions. Perhaps the three most helpful things a pastor can do to prepare to respond to such questions are:

1. Offer to listen to and pray with an individual or couple considering adoption. God calls certain individuals to open their lives to an adopted child, but "zeal without wisdom is foolishness" (Prov 19:2). There are few decisions that will more profoundly affect the life of the child and the church member than the decision to adopt. Providing a safe space where members considering adoption can begin to discern their own hopes and limitations is extremely important. Are they open to adopting transracial, special needs, or older children, or to those with trauma issues? Praying with them for discernment can be helpfully framed around discovering together what situation is best for the child—the critical factor in adoptions today. Seeing the adoption process through the perspective of the child immediately deepens empathy in the potential adoptive family.



## Congregational Care Ministries

Continued



## PRAYER CONCERNS

2. Connect potentially adoptive parent(s) with resources. Deborah Siegel's concise 2015 summary of current adoption trends and updated language provides a helpful overview:

<http://www.socialworktoday.comarchive/111715p18.shtml>.

Organizations such as Send Relief ([sendrelief.org](http://sendrelief.org)), which operates a fund and counseling service for ministers and missionaries "to ignite a culture of adoption," are a recent development to support Christian families through the adoptive process.

3. Connect families considering adoption with adoptive families. Their heart-to-heart conversations will provide space for families discerning adoption to share their hopes and fears and receive experience-rich feedback.

The writer of Ephesians uses adoption—that striking exception to the regular rules of human kinship—as the symbol of God's gracious action to include us in God's very own family. Because of God's gracious choice, we become "joint heirs with Christ" (Rom 8:17) and "heirs of the promise" (Heb 6:17), which grafts us onto the life-giving vine that is Jesus Christ. Like the abandoned child, we have done nothing to deserve this gracious deed, and surely, without it, we would have died.

*God of life, Who graciously adopted us into Your family through Jesus Christ, grant open eyes and hearts that we might see the needs of children beyond our own family circles. Give wisdom to discern your leading as they/she/he consider (s) adopting a child in need of earthly parents who will make Your great love known to him/her. And give us, your adopted children, the courage to redraw family lines so that we, relying on Your grace, which is sufficient for the needs of all, might consider each child as our own. In the strong name of Jesus Christ, Amen.*

*Our congregants have requested that these people be lifted up in prayer, so please add them to your prayer list.*

***Behrooz and Denise Heshmatpour***

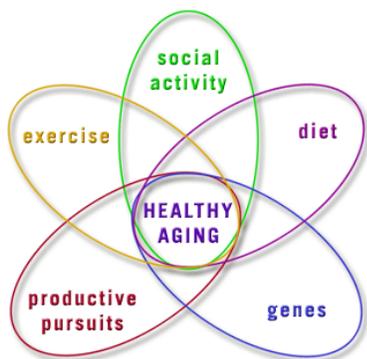
***Mary Kay Williams***

***Amy Wethington***

***Phil Turner***

***Linda, Paul and Brian Bavaro and Melissa***

***Colette Box***



# HEALTHY AGING

As people grow older it is very important to keep motivated, to say to yourself “ I can do it.” People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. My Dad just passed away at 103, was very healthy until one week before his death. But there is no getting around one thing: as we age our bodies and mind change. There are things we can do to stay healthy and active as we age.

## **Keep your mind and body active**

Regular exercise is even more important for seniors than other age groups since the risk of disease and loss of mobility is greater and the positive effects are realized more quickly. Choose an exercise you like and stick with it, walk, swim, climb, bicycle, dance or fish. Walking is a wonderful way to start exercising, is one of the best ways to stay fit and doesn't require any equipment or experience and you can do it anywhere.

There are many good reasons for keeping your brain as active as your body. Keeping your brain active and maintaining creativity may help prevent cognitive decline and memory problems. Try variations on what you know, it might be games or puzzles or trying out new cooking recipes. Work in something new each day, learn new computer skills or a different language. There are many inexpensive classes at community colleges that allow you to tackle new subjects.

## **Eat a balanced diet**

As you age your desire for food changes along with your body. A decreased metabolism, changes in taste and smell may affect your appetite. Don't settle for left overs or frozen dinners, make a plan, take time to jot down the week's menu and a shopping list. If you don't enjoy eating like you used to put a little more effort into your meals including the way you flavor and prepare your food. High-fiber fruits, vegetables and whole grains are very important. Watch out for dehydration, make sure you are drinking plenty of fluid, even if you don't feel thirsty.

## **Get regular check ups**

Healthy aging can also be an ounce of prevention. Get regular checkups and immunizations recommended by your doctor. Don't just follow your doctor's orders but empower yourself with information regarding any condition you may have or medication you are taking. Good communication with your doctor, not just answering questions will improve your medical care.

## **Practice safety habits**

Home safety is very important. There are unique concerns about the home and realizing this arranging the home to minimize the risk of accidents. The bathroom happens to be an area prone to accidents. Install shower bars and toilet grab bars. Make a point to have low pile carpets. Slippery floors are another area of concern, slip resistant floors and non-skid mats under rugs.

Medication safety is another area of concern. As we age we are more likely to be prescribed more than one kind of medication. This increases the risk of drug interaction, mix-ups and the potential for side effects. Memory loss and poor eyesight make it harder to follow instructions.

Senior driving safety and age related changes can affect driving abilities. Self restrictions and self assessment are common and healthy practices for older drivers. AARP Driver Safety refresher course can be very helpful and self assuring.

One of the greatest challenges of aging is how your support network changes. Staying connected is very important. Your church can be a wonderful area to stay involved and to reach out to connect to others. Also laughter is strong medicine for both mind and body. A sense of humor helps you get through tough times. So happy healthy aging to all of us.

**Health Ministry Team**

# THRIFT STORE



The Thrift Shop is open from 10:00am to 1:00pm Friday's.

Donations and customers welcomed!!

We have only 2 more weeks: May 3 and May 10.

**May 10 we will close the Thrift Shop.**

We have done well this year, and I really appreciate everyone who has volunteered.

**From, Billie Lee**

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# *Apportionments*

## **OUMC Apportionment Status as of the end of March, 2019:**

Total apportionments paid in January = \$4365.00 (\$1165.00 in donations) 7% of goal

Total apportionments paid in February = \$4217.00 (\$1017.00 in donations) 13.74% of goal

Total apportionments paid in March = \$5,442.31 (\$2242.31 in donations)

Total paid for 2019 = \$14,024.31 = 22.45% of 2019 goal of \$62,477.00

Progress goal for March was to be at 25% paid = \$15,619.25 (Deficit of \$1594.94)

The Clergy Support fund of the Florida Conference (\$6682.00) is now 100% paid (required).

The Conference Service and Administration fund (\$5466.00) is now 100% paid.

The Episcopal fund (\$2,955.00) of the General Church is 63.5% paid (\$1876.31) (required).

\$11,830 was pledged in the Estimate of Giving Campaign for 2019 = 19% of goal

OUMC Budget for Apportionments for 2019 = \$3200/month X 12 = \$38,400. = 62% of goal

62% + 19% = 81% achievable to be paid already for 2019 = \$50,230.00

Deficit Funds needed to be raised in 2019 through extra mile giving = \$12,247.00

Apportionment fund raising events held:

Shrove Tuesday Pancake Supper -March 5th – \$1300.00 was collected (With \$82.30 in expenses).

Sun Coast Singers Concert on March 29th – (\$500.00 collected)

Lenten Challenge Coin Collections (\$17.50/bag) to benefit Apportionments. (Ongoing)

Pew envelopes are available; please mark them for APPORTIONMENT donations.

**Please see Rick Jacobson if you (or your group) are interested in adopting one of our remaining apportionment funds to be paid in 2019.**

**What is the goal for 2019? 100% paid!**

**Let us be a fully connectional church! Be blessed to be a blessing!**

**Rick Jacobson, Interpreter of Connectional Giving.**

# TRUSTEES



## Car Wash Tickets

**MR. CAR WASH TICKETS** - will be sold outside Fellowship Hall (until we run out) each Sunday after the 10:00 a.m. service. "Express" (exterior wash only) \$6; "Full Service" (interior cleaning & exterior wash) \$13. These tickets can be used at any Mr. Car Wash in the US and do not expire. 50% of proceeds help OUMC Trustees w/various church needs/projects. If you miss the Sunday sales, contact Emma Dobies, through the church office 727-391-4769.

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**HANDICAP PARKING** Although we have added more handicap spaces, some people are still not able to find one available on our busy Sunday mornings. We kindly ask that those of you who are driving someone who has difficulty walking, but you do not, to please drop them at the door and then park in a regular space. This will leave the handicap spaces available for those who are driving themselves to church and have great difficulty walking or health issues that warrant a close handicap space. We do hope to widen some regular spaces for additional handicap parking in the near future. Please also be aware that the grassy area in front of the Sanctuary is reserved for emergency vehicles only. (If you have any questions or suggestions, please contact Emma Dobies, Chair, Trustees - 727-742-4652)

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## **YOUTH GROUP HAPPENINGS**

We're looking forward to ending the year strong and celebrating our graduating seniors this year. We have at least two actively involved in our youth group here at Oakhurst UMC and we know there are others out there in the congregation. If you know someone who is graduating (from high school, college, technical school, an academy, or any other achievement that we can celebrate) please let me know as soon as possible so that I can be in contact with you. Also, if someone has already graduated between last July and this June, we want to make certain we don't overlook them. Please send an email to [ncarlson@oakhurstumc.com](mailto:ncarlson@oakhurstumc.com) and I will be happy to ensure we include them in our celebration Sunday coming up.

**In Christ, Pastor Nathan, Youth Pastor and Assistant Pastor**



# OUR MISSIONS



## ALDERSGATE FOOD PANTRY

**Stamp out Hunger, Saturday, May 11, 10 a.m.-5 p.m.**

Thank you for putting cans, boxes and bags of food in the blue Food Pantry box. Tony (a friend of the church) faithfully picks up and delivers this food to Aldersgate Food Pantry. The food pantry is open 5 days a week from 10-1 and is managed by volunteers. Throughout the year, over 120,000 meals are served and special meals are available at Thanksgiving, Christmas, and Easter. The Stamp out Hunger food drive is scheduled for Saturday, May 11. This nationwide event is done through the United States Post Office. Just leave your items at your mailbox for your local post-person to collect for the local food banks. Don't forget to use BOGO's and specials to add more to your donations. Aldersgate will receive 6 tons of food through this drive. If you would like to help move and organize the food that day, contact Jean Campbell at 727-871-0325 (cell) or dcampy55@gmail. If you are interested in helping on a more regular basis contact Pat Thoele at 727-365-8983.

## HURRICANE RELIEF

Pastor Nathan is looking at planning a trip to the Florida Panhandle for hurricane relief and recovery. The tentative timeframe is late May. If you or someone you know is interested in participating in this relief effort, please contact the church office or speak to Pastor Nathan.

## KENYA MISSION

Our new mission in conjunction with the Methodist Church Kenya (MCK) and Bishop Justus, to renovate and build a Home and Special Education Centre for disabled children in Nkubu Synod, Meru County is just getting started. The estimate to renovate the two buildings into male and female dormitories including beds etc., build and equip two classrooms, a kitchen and dining area and bathrooms, plus 2 water tanks is approximately \$15,000. Our original donation of approximately \$1200, given on Deb's last trip in January, covered the cost of the Surveyor and to have the Title of the land changed into the church's name and the remaining balance of \$1,000 will cover the cost of windows to be put into the two dormitory buildings. Bishop Justus believes that they will need a minimum of \$7,000 to get started on the renovations and they would like to get the Home functioning as quickly as possible as there are children desperately in need. The MCK has proven to be transparent in all their dealings over the last 3 years and Deb is currently working with them to establish a reliable accounting system for this project. If you feel called to be part of this mission or would like more information please contact Deb Ralph 727-871-1403 (cell) or email Deb at dralph7@tampabay.rr.com. If you feel led to make a donation please mark your offering envelope "Kenya Mission" and place in the offering on a Sunday morning. Thank you to all of you who support this mission.



## UMW FELLOWSHIP

Join us for UMW Fellowship, **Journeys in Faith**, Wednesday May 1st, 10:30am in the Fellowship Hall. Take part and listen to Faith Journeys of our members. Share on the Shalom Wheel. Light lunch to follow!

## Attend Mission u 2019

Join us at the Florida Conference — UMW for one of three studies;

1. Practicing Resurrection: Gospel of Mark and Radical Discipleship (spiritual growth study)
2. Women United for Change: 150 Years in Mission (Geographic study)
3. What About our Money? A Faith Response



**Location: Florida Southern College, Lakeland, Florida.**

**Date: July 11- 14, 2019**

For further information and registration please contact Lorraine Mayfield-Brown 727-398-7098. (Several members of Oakhurst plan to attend).

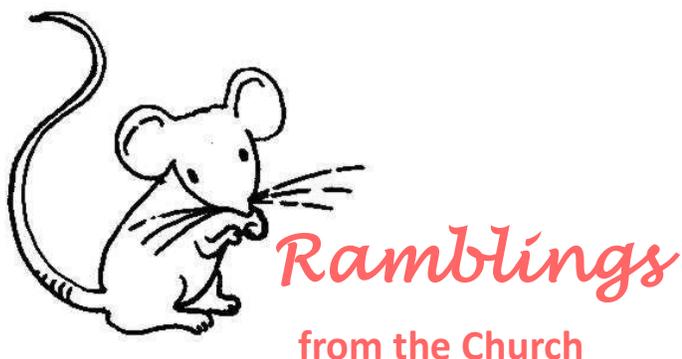
Mission u is hosted throughout the country, by United Methodist annual conference, these summertime events offer classes in spiritual growth, UMW history and legacy, and an issue study, in addition to fellowship and worship.

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## TAI CHI CLASSES

**New Monday and Wednesday classes begin April 29, 5:00 - 6:30pm** in the Fellowship Hall. This is an ancient Chinese exercise which promotes increased circulation, relaxation, stress reduction, balance, flexibility, bone strengthening and fun. Discount rates for seniors. For more information please call Bill Watanabe 727-459-6234 or Amy Spotz 727-536-6062.





This month we have a day of remembrance which commemorates two important events in the history of the Methodist Church. May 24th is Heritage Day and Aldersgate Day. Originally these were separate days on calendar. They were combined in 2004.

Heritage Day calls on us to remember our beginnings as United Methodist and our Wesleyan background. The UMC was formed by combining The Methodist Church and the Evangelical United Brethren Church; in 1968. This unification repaired a schism that occurred a century earlier.

Aldersgate Day celebrates John Wesley's realization of God's forgiving nature, and unconditional love. That enlightenment opened the door for the creation of a denomination that had great influence on the westward expansion of the United States. Just as Wesley rode the English countryside preaching God's word, the Methodist Circuit Rider brought religion to the West. Later in history that same evangelical style brought Christ to all the remote corners of the earth.

Sometimes we don't realize how close we were to not having the outcome we have today. In Wesley's own words, taken from his journal of May 24, 1738, he reveals his feelings on that night. "In the evening I went very unwilling to a society in Aldersgate Street, where one was reading Luther's preface to the Romans. About a quarter before nine, while he was describing the change God works in the heart through Christ, I felt strangely warmed....."

That warm feeling grew into a force that still influences the World for good; today. Lessons learned: Be aware when God is speaking to you. Be cautious when speaking - God may be using you to speak to another. (That Moravian Preacher had no idea the influence his words were having that night.)

***Hasidic saying: "For the unlearned 'Old Age' is winter, for the learned it is the season of harvest!"***



# MeaVita™

**MEA VITA - LIVING  
ARTFULLY WITH  
DEMENTIA**

**Join Dr. Cate  
Dementia Coach**

for a unique solution-based dual support group  
for both you and your loved one at Oakhurst United Methodist.

**SECOND THURSDAYS  
MARCH 14, APRIL 11,  
MAY 9, JUNE 13  
10-11:30 AM**

Each caregiver session will include research-supported strategies; artistic application and a personalized plan. Meanwhile the care recipients will be creating and reminiscing with Memory Engagement.

Dr. Cate author, trainer, coach is hosting MEA VITA™ with her unique focus on instrumental support and memory engagement. Sponsored by Arden Courts And Fusion Health Care, Memory Engagement Association — a grass-roots movement to thrive with dementia as a community of caregivers.