

F.H. & L.

Faith, Hope and Love, and the Greatest of These is Love

A Mini-Newsletter From Your Family at Oakhurst United Methodist Church



OAKHURST UNITED METHODIST CHURCH

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LOVING GOD, LOVING OTHERS, LOVING LIFE

**Our Mission is to make disciples, nurture disciples,
and spread the Kingdom of Christ.**

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Hello to our Friends and Family,

I don't know about you, but I am having a Love/Dislike
Intensely relationship with masks. I dislike them because
they are an all-around pain-in-the-patootie! Not to
mention, this absent-minded professor can't seem to
remember to put them on. I constantly have to return to
my car because I forgot my mask. On the flip side, I love
my mask because it protects others from any viruses I
may have. For that reason, I'll put up with the joys (a
little sarcasm here) of wearing a mask.

What about you? Have you gone into a store and had
someone look at you like you are crazy for wearing, or
not wearing, a mask? Then there are the conversations
about whether or not it is your right to not wear a mask.
Don't go there, you can't win no matter which side of that
argument you take.

Pinellas County has decided that we must wear masks in
any indoor public establishment. There are a few
exceptions, but for the most part, if you don't wear a
mask in a public business you can be fined. The fines
aren't cheap: \$100 for the first offense, \$250 for the sec-
ond, and \$500 for the third. Ouch!

Now the big question.... Why would God want us to
wear a mask? And the answer is... Matthew 25:40,
"And the King will answer them, 'Truly I tell you, just as
you did it to one of the least of these who are members
of my family you did it to me.' WOW! Harsh! So, if I
breathe my virus breath on someone, I'm breathing it on
Jesus. Yes, even if I don't think I have the virus. Maybe
I'll love that mask a little bit more.

It is more important than ever to remember we are all
children of God, Brothers and sisters in Christ. None of
us want to make anyone else sick. Nor do we want to
find we passed the virus to someone who then gave it to
their grandmother.

Now I guess I'll go buy some material so I can match my
masks to my outfits. Maybe if I make it an identity
statement mask wearing will be fun! Love your neighbor
as you love yourself. I can work with that! Much love to
all of you.

In His Joy,
Your Pastors and Staff



All the humans with
muzzles!! Who did
they bite???!!!

²⁸One of the scribes came near and heard them disputing with one another, and seeing that he answered them well, he asked him, "Which commandment is the first of all?" ²⁹Jesus answered, "The first is, 'Hear, O Israel: the Lord our God, the Lord is one; ³⁰you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' ³¹The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these."
Mark 12:28-31

What they
Recommend
you to use



What I want
to use



Inner Peace for Physical, Mental and Spiritual Health

Annette Clairry, MSN, RN

These are strange times. COVID has ushered in a new, unsettling way of the world. A simple walk in the park or trip to Publix can result in being yelled at for walking too close to someone or for giving "too wide" a berth to physical distance yourself. Good intentions turned aggressive seem to happen more frequently now - possibly a result of high anxiety accompanying this pandemic.

We are fighting a war against this strange viral enemy - can there be peace during this battle? I got to thinking about inner peace and health and our faith. Jesus is the Prince of Peace.

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27

A lack of inner peace - anxiety - causes out nervous, endocrine, cardiovascular and immune systems to interact in ways negative to health. High blood pressure, irritable bowels, ulcers, heart disease, pain, insomnia, headaches are some of the physical ailments linked to anxiety. Uncontrolled anxiety can lead to panic attacks and a fight or flight response leading to aggressiveness behavior or retreat. It can lead to being irritable and aggressive.

It is no wonder many are experiencing more health challenges these days, and more irritable people expressing their irritation (maybe even we, ourselves, are expressing more irritability?)

If you are experiencing uncontrolled irritability, it may be time to talk to a professional about it. Medical advice suggests the following to "nip" anxiety - lack of inner peace - in the bud:

Recognize your anxiety or lack of peace.

Exercise, breath deep, be mindful, put a puzzle together, enjoy nature, use humor, forgive, walk away until you feel calm, focus on a solution, do yoga, soak in the tub, draw, journal ...and many more ways to alleviate stress and anxiety promoting inner peace.

Here is some biblical wisdom on the subject that sums it all up:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me or seen in me—put it into practice. And the God of peace will be with you." Philippians 4:6-9

So, seek inner peace, using the medical knowledge of today and especially by putting your trust and actions in God who desires our peace in Him. Inner peace makes us healthier in body, mind and spirit. It glorifies God. Let us go in peace.

My new social distancing outfit just arrived from Amazon.



Baby Basics

had a rough start and for a while we were doubting the wisdom of such a program in our area. However, as we learn time and time again, prayer is powerful, and we now have several babies that we are sponsoring. We are so excited. We want to thank all who donated to our program. These generous donations have allowed us to get started and give babies a happier, dryer start in life! However, now that we are growing and as the word of our program travels, we will continue to need help from all of you. Any donations that you can manage would be greatly appreciated. We will continue to try to keep you

all informed of how our babies now in the program are doing and advise you of any new babies that join our program. God Bless all of you and thank you for your kindness and generosity.

**“What you say to others is what defines you.
What you do to others is what defines you.
Others don’t define you.”
— Zybil Rogan**

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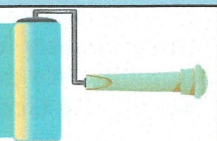
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