

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.**

Dr. Tim Ehrlich, Senior Pastor
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Rev. Nathan Carlson, Associate Pastor
ncarlson@oakhurstumc.com

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Hello to our Friends and Family,

In this time of quarantine, many of us are getting tired of being housebound. Maybe it's time to think about using that time to Be Still. Does that sound like an oxymoron to you? Are you yelling at the newsletter saying all you do these days is sit around the house doing nothing? Or doing way too many honey-do chores? How about spending some of that time sitting somewhere comfortable and Be Still. Be Still and listen to the silence. Listen to the trees rustle and the birds call. Be Still and let God talk to you.

Are you anxious because of the corona virus? Perhaps your job status has your nerves in a knot. Does worry about whether to send your children back to school have you in a tizzy? Take some time to "Be still, and know that I am God" (Psalm 46:10).

Life is distracting. Occasionally it so distracting we forget how to stop and smell the roses. If the kids are playing loudly, stop what you are doing, Be Still and just listen. Absorb the joy and laughter. Hear God's love in their fun. If you just stop to listen, you can hear God everywhere around you.

Do you rush from work to errands to home with no time to stop and breathe? Are fellow employees or friends dumping all their frustration on you? Is your mind running on that hamster wheel and just won't hop off? William Penn said "In the rush and noise of life, as you have intervals, step home within yourselves and be still. Wait upon God and feel His good presence; this will carry you evenly through your day's business."

Being Still does not have to be an elaborate time-consuming activity (or is that an anti-activity?). It can be 30 seconds when you find you need to slow yourself down. Or it can be 15 minutes when you are sitting in your favorite chair. You do not need a set agenda, prayer list, or any preparation. Just stop, take a deep breath, open your heart and mind - and Be Still.

In His Joy,
Your Pastors and Staff



Peace from the Labyrinth

As part of the UMW Mission U-study, "Finding Peace in an Anxious World", Linda Bavaro and Lorraine Mayfield-Brown prayerfully walked the Labyrinth at Pasadena Community Church. This is a spiritual practice suggested in the study to reduce stress at this time of great anxiety.



"Senior Version of *Jesus Loves Me*"

A pastor once stated, "I always noticed that it was the adults who chose the children's hymn 'Jesus Loves Me' (for the children of course) during a hymn sing, and it was the adults who sang the loudest because I could see they knew it the best."

Here is a new version just for us who have white hair or no hair at all. For us over middle age (or even those almost there) and all you others, check out this newest version of *Jesus Loves Me*.

JESUS LOVES ME

Jesus loves me, this I know,
Though my hair is white as snow
Though my sight is growing dim,
Still He bids me trust in Him.

(CHORUS)

YES, JESUS LOVES ME.. YES, JESUS LOVES ME..

YES, JESUS LOVES ME, FOR THE BIBLE TELLS ME SO.

Though my steps are oh, so slow,
With my hand in His I'll go
On through life, let come what may,
He'll be there to lead the way.

(CHORUS)

When the nights are dark and long,
In my heart He puts a song....
Telling me in words so clear,
"Have no fear, for I am near."

(CHORUS)

When my work on earth is done,
And life's victories have been won.
He will take me home above,
Then I'll understand His love.

(CHORUS)

I love Jesus, does He know?
Have I ever told Him so?
Jesus loves to hear me say,
That I love Him every day.

(CHORUS)

Contributed by Rick Jacobson

Labyrinth Meditation at Pasadena Community Church

The labyrinth is a sacred place set aside for you to reflect, pray and transform yourself. Most frequently, a labyrinth involves a circular walking path. This walking path is an ancient meditative practice. There are also finger labyrinth which allows you to enter into meditative state when a walking path is not available.

Some general guidelines for walking a labyrinth are:

1. Focus. Pause and wait at the entrance. Become quiet and centered. As you walk toward the center you release cares and concerns, quieting ourselves before God. As we surrender to the winding path, we seek wholeness and healing.

2. Experience/Centering. Walk purposely. Observe the process. Seek clarity for your life. Stay as long as long as you wish receiving whatever is there for you.

3. Returning. As you walk out on the same path, you will be empowered by the Holy Spirit to be more authentic in yourself.

Other ideas for approaching your walk: walk and pray, walk and meditate on a scripture or sacred text or walk in silent reflection.



*Many Thanks
to our
Garden Angels*

*Muriel and Bill
Bodwell*



¹⁴ Above all, clothe yourselves with love, which binds everything together in perfect harmony. ¹⁵ And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

Colossians 3:14-15

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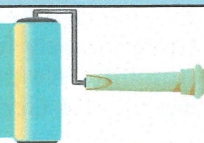
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Here is a Finger Labyrinth for you to try.
Courtesy of UMW.

Session 4: Finger Labyrinth






OUTREACH BINGO



- Oakhurst is committed to being an encouragement and a blessing to our community throughout the summer! Here are some great ways to outreach to our surrounding neighborhoods, schools, and businesses.
- Complete one row or the entire card by July 31 and be entered for a prize! Don't forget to share what you're doing on Facebook!

Write and post a kind note to a person in the community who needs a smile.	Do a drive through prayer in your neighborhood	Drive through Seminole, Largo, Pinellas Park, Clearwater, or St. Petersburg, praying for the citizens along the way.	Take something to the local police station or fire department and let them know you appreciate them	Go to a High School and pray for the students, teachers and staff in the parking lot
Call someone who you think may need some encouragement	Record a video reciting your favorite Bible verse	Go to a hospital parking lot and pray for the patients and staff	Go to an elementary school and pray in the parking lot for the students, teachers and staff.	Go to your doctor or dentist office parking lot and pray for the staff (for wisdom, health, finances, navigating new routines and regulations).
Place an online donation at our website for OUMC Missions or Apportionments	Drive by a local nursing home to pray for the residents and staff (i.e. Freedom Square)		Record a fun video singing a praise song in your car	Knock on a friend's door and sing a happy song
Purchase items for homeless and put them on the Take If You Can Give table under the portico.	Go to a local middle school and pray for in the parking lot for the students, teachers, and staff..	Take a small gift to a neighbor or friend (i.e. baked goods, plant, or a craft)	Honk and pray for another church as you drive by	Send a message to a missionary to let them know you are praying for them
Go through a Drive-Thru and pay for the car behind you.	Donate some items to a thrift store	Write a nice note to your neighbors in your driveway with sidewalk chalk	Order takeout and support a small business (if you are able and the restaurant accepts tips, give more than you would normally!)	Write and mail a personal note inviting them to watch OUMC online or on Facebook.

PRIZES

One Row: (5 boxes across, up and down, or diagonal) Send us a picture of your completed row and be entered to win a \$25 gift card to a local restaurant!

Whole Card: Send us a picture of the whole completed board and be entered to win a \$100 gift card!

Please email these pictures to: christiandir@oakhurstumc.com