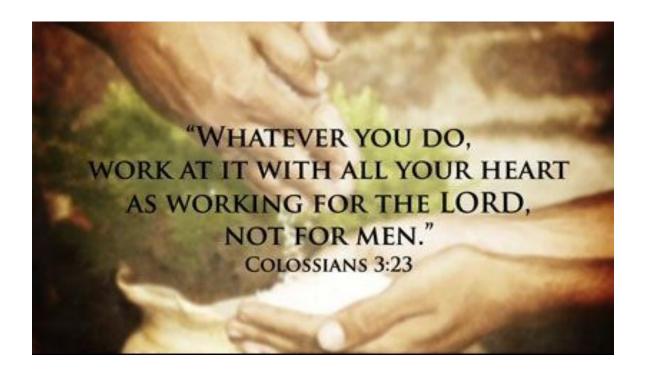


### Faith, Hope and Love, and the Greatest of These is Love

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



## **OAKHURST UNITED METHODIST CHURCH**

13400 Park Blvd., Seminole, FL 33776 www.oakhurstumc.com

727-391-4769 Find us on Facebook

LOVING GOD, LOVING OTHERS, LOVING LIFE

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

Dr. Tim Ehrlich, Co-Pastor twehrlich@aol.com

Rev. Nathan Carlson, Co-Pastor ncarlson@oakhurstumc.com

September 2020 Volume 23

Hello to our Friends and Family,

Phase 2 has begun! Just in time for Labor Day.
According to the US Department of Labor, Labor Day is,
"a yearly national tribute to the contributions workers
have made to the strength, prosperity, and well-being of
our country." Most of you know that Labor Day occurs
on the first Monday in September, but.....

- Did ya know... Labor Day was created by the labor movement in the late 19th century?
- Did ya know... the first Labor Day parade was on September 5, 1882? 10,000 workers took unpaid time off to march from City Hall to Union Square in New York City.
- Did ya know... President Grover Cleveland signed the law making Labor Day a legal holiday in the District of Columbia and the territories? That was on June 28, 1894.
- Did ya know... two different men are credited with proposing a Labor Day holiday? Peter J. McGuire, cofounder of the American Federation of Labor and Matthew Maguire, a secretary of the Central Labor Union. (Goes to show what one, or two, people can accomplish.)

Well, that's your trivia for this holiday. Labor Day has a purpose that many of us have forgotten. Today is the perfect day for a little history lesson to remind us what we celebrate. (By the way, most of these facts are courtesy of https://www.history.com/topics/holidays/labor-day-1.)

Back to Phase 2, we are opening the church up a little more each day. We look forward to seeing you in the offices. Even more exciting is our first physical church service in six months. Attendance at that service is limited to 40. With God's help, we will be worshiping in the church before you know it!

In His Joy, Your Pastors and Staff

### In His Words

- Therefore my dear brothers and sisters stand firm. Let nothing move you. Always give yourselves fully to the work of the lord because you know that your labor in the Lord is not in vain. 1 Corinthians 15:58
- ➢ Come to Me, all you who labor and are heavy laden, and I will give you rest. - Matthew 12:28
- Work willingly at whatever you do, as though you were working for the Lord rather than for people. Colossians 3:23



## **Spotlight**

Baby Basics: Provides diapers for infants of needy working families not qualified for other assistance in local catchment area. Families pick the diapers up monthly at Oakhurst UMC.

Methodist Children's Home: Provide spiritual and monetary support for this home for children. Special offerings on "fifth Sundays" in months with five Sundays provide support for this FL United Methodist facility

MAAAAAAAA



### **Tips for Self-Care During COVID-19**

#### Take 2

During times of change and uncertainty, it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

- ⇒ Sleep: Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. It's important to get 7 to 9 hours of sleep, especially during times of stress. Try to limit your exposure to the news and social media a couple of hours before bed.
- ⇒ Learn and Explore: Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active by taking virtual tours of museums, reading, trying new recipes, or solving puzzles.

More to come in the next issue!!

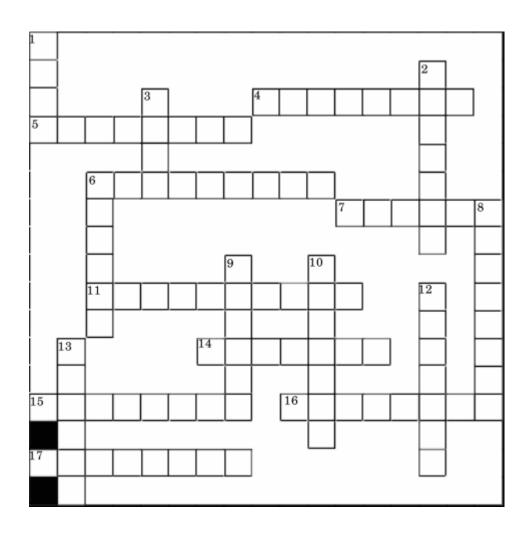


A Prayer for Labor Day
Lord on this Labor Day,
we thank You for the blessing of work.
We ask for strength to complete each day.
We ask Your guidance
for everyone seeking employment,
and we ask that
You be with those whose faces
we might never see
but who work tirelessly each day
for the good of us all.
Amen.

## Thank you to our bulletin sponsors.



## LABOR DAY CROSSWORD PUZZLE



### ACROSS DOWN

4 Monday through Friday 1 Autumn

5 Worker holiday 2 Saturday and Sunday

6 Holiday month 3 Travel

7 Outside lunch 6 Kids go after Labor Day

11 Profession 8 Cooked over fire

14 Do with a tent 9 Amount earned

15 Branch of production 10 Special day off

16 Workers 12 Laborers

17 Cookout 13 Holiday day of week

# **Solution**

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