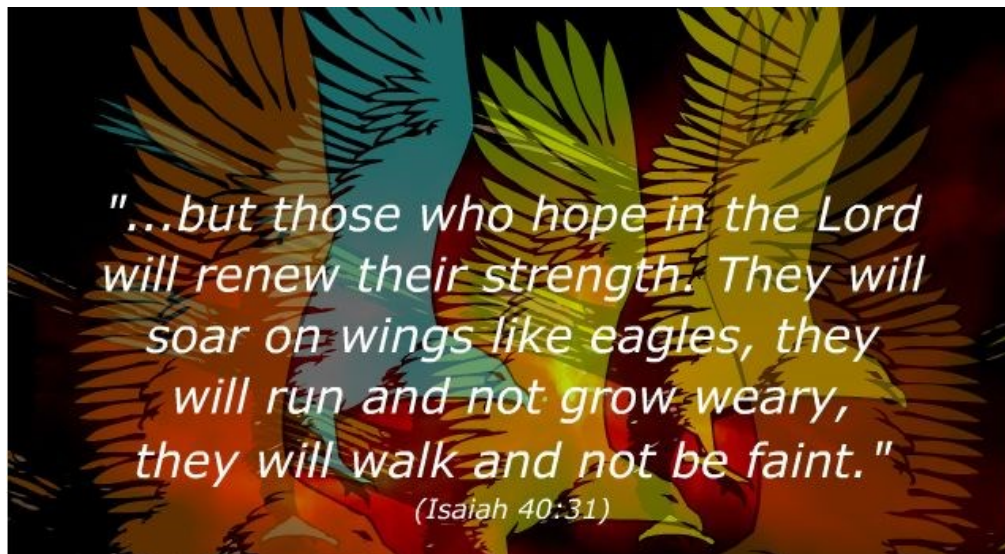


# ***F.H. & L.***

**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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13400 Park Blvd., Seminole, FL 33776  
[www.oakhurstumc.com](http://www.oakhurstumc.com)

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LOVING GOD, LOVING OTHERS, LOVING LIFE

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

Rev. Dr. Tim Ehrlich, Co-Pastor  
[tehrlich@aol.com](mailto:tehrlich@aol.com)

Rev. Nathan Carlson, Co-Pastor  
[ncarlson@oakhurstumc.com](mailto:ncarlson@oakhurstumc.com)

**NOVEMBER**  
is NATIONAL DIABETES MONTH



**November is National Diabetes Month. Although you may have diabetes or know someone who has, it never hurts to review signs and symptoms. It is a metabolic disorder in which the body has high sugar levels for prolonged periods of time. The most common type is Type 1 Diabetes, also known as juvenile diabetes. This is a form in which very little or no insulin is produced by the pancreas. Insulin is a hormone required by the body in order to use blood sugar.**

**The second most common is Type 2 Diabetes or commonly known as adult-onset diabetes. This is characterized by high blood sugar, insulin resistance and lack of insulin. Symptoms that men and women have in common: Excessive thirst and hunger, frequent urination, weight loss or gain, fatigue, or blurred vision.**

**The role of glucose, a sugar, is the source of energy for the cells that make up muscles and other tissues. Glucose comes from two major sources, food and your liver. Sugar is absorbed into the bloodstream where it enters cells with the help of insulin.**

#### **Risk factors for prediabetes and Type 2 Diabetes:**

- ♦ **Weight - the more fatty tissue, the more resistant your cells become to insulin.**
- ♦ **Inactivity - physical activity helps use up glucose as energy and makes cells more sensitive to insulin.**
- ♦ **Family History – your risk increases if a parent or sibling has diabetes.**
- ♦ **Age – risk increases as you get older.**
- ♦ **High Blood Pressure.**

**An important part of managing diabetes is maintaining a healthy weight through diet and an exercise plan. Medication is another option. There are oral diabetic drugs such as Glucophage. (Of course, there is insulin therapy and many types of insulin available.) You need to work closely with your doctor to maintain the proper blood sugar levels to manage your diabetes successfully.**

**Provided by The Health Ministry**



Save the date!

WEDNESDAY, NOVEMBER 11, 2020

10:30 A.M.

OAKHURST UNITED METHODIST WOMEN

WORLD THANK OFFERING PROGRAM VIA ZOOM

INVITATION TO ZOOM PROGRAM WILL BE FORTHCOMING.

In 2018 and 2019, United Methodist Women members' generous Mission Giving provided \$8.9 million to 288 national and international projects and partners in 43 countries. In the same time, 83 international scholarships totaling more than \$440,000 were given to students around the world. Students in the United States received more than \$112,000 through 29 scholarships. Mission Giving also supports eight regional missionaries whose work with women's societies, ecumenical organizations and grassroots groups reaches 49 countries and the Caribbean.



*"Commit to the Lord whatever  
you do, and your plans will  
succeed."*

*Proverbs 16:3*



**The Interfaith Food Pantry is in desperate need of clean CLEAR PLASTIC CONTAINERS for use in packaging baked goods to be distributed to their clients. These are often the clamshell-type (hinged on one-side) of varying sizes most often found in the bakery departments of grocery stores.**

**Clear leftover or storage containers would be suitable, as well.**

**No jars or non-see through containers, please.**

**Containers can be dropped off at the Church Office or during the food drive. Thank You!**

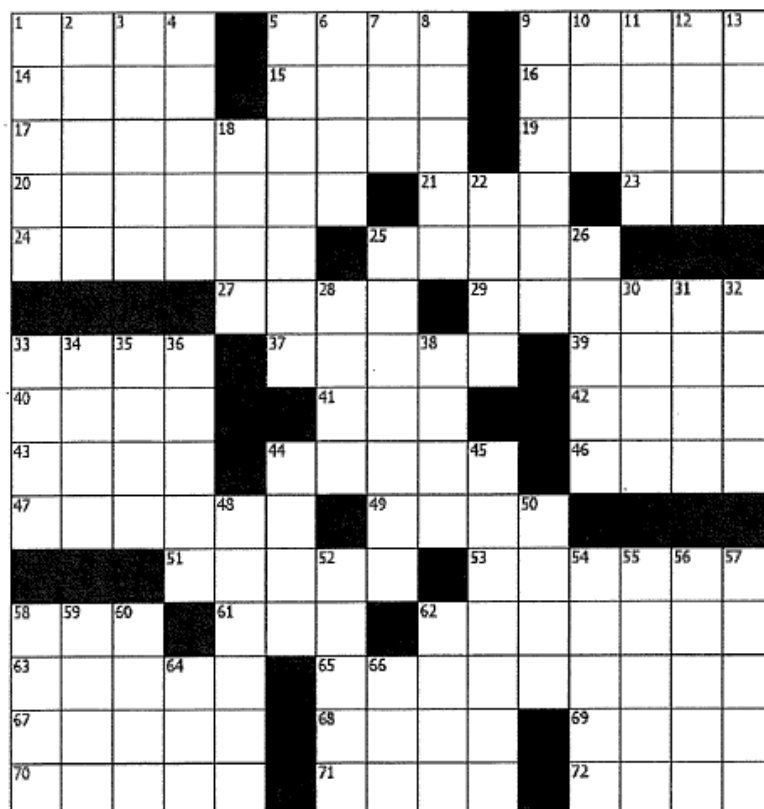
# Weekly Puzzle

Find the solution at

<https://onlinecrosswords.net/79228>

## Across

1. Rodents
5. Aid in crime
9. Legislate
14. Send out
15. Glamorous \_\_\_\_ Hayworth
16. Toil
17. Distract
19. "Aida," for one
20. Foes
21. Psychic letters
23. Undercover agent
24. Flings
25. Rice and Frank
27. Night twinkler
29. Video game room
33. Marina sight
37. \_\_\_\_ metal
39. Ancient
40. Butter alternative
41. Tyrannosaurus \_\_\_\_
42. Stubborn animal
43. EMT's word
44. Kingdom
46. Physical discomfort
47. Ohio city
49. Coral formation
51. Papas' partners
53. Outburst
58. Swiss peak
61. "The Matrix" hero
62. African country
63. Florida City
65. Make up
67. "The Matrix", e.g.
68. Salty drop
69. A Baldwin brother
70. Basketball's Shaquille \_\_\_\_
71. Charity
72. Irritant



## Down

1. Adjust again
2. Kind of acid
3. Ocean currents
4. Plant stalks
5. Nabs
6. Partiality
7. List abbr.
8. Captured
9. Las Vegas bride, often
10. Siesta
11. Fortas and Lincoln
12. Company (abbr.)
13. Serving aid
18. Formal accessories
22. Finger noise
25. In \_\_\_\_ (late with payment)
26. Rascal
28. Land measure
30. Mexican water
31. Sandwich shop
32. First garden
33. Greatest amount
34. Female voice
35. Embossed emblem
36. \_\_\_\_ pole
38. Wheel shaft
44. European capital
45. Crater makers
48. Frontiersman \_\_\_\_ Boone
50. Helsinki native
52. Large artery
54. Brief review
55. Nimble
56. Valleys
57. Choose by vote
58. Military supplies
59. Big cat
60. Apply asphalt
62. Swindle
64. Woody's ex
66. Slippery fish



Wednesday, November 11, 2020



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