

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



Advent Week Four: Peace

Christmas Eve: LOVE



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.**

Rev. Dr. Tim Ehrlich, Co-Pastor
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Rev. Nathan Carlson, Co-Pastor
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ADVENT

BEGAN ON SUNDAY, NOVEMBER 29

ENDS ON THURSDAY, DECEMBER 24

H O P E

ADVENT: WEEK 1

November 29—December 5

F A I T H

ADVENT: WEEK 2

December 6—December 12

J O Y

ADVENT: WEEK 3

December 13—December 19

P E A C E

ADVENT: WEEK 4

December 20—December 23



*What's
Happening*

Saturday, December 19—Food Drive

Saturday, December 19—Pecan Sale

Thursday, December 24—Christmas Eve Outdoor Service

Friday, December 25—Church Office Closed

Monday, December 28—Church Office Closed

Thursday, December 31—Church Office Closed

Friday, January 1—Church Office Closed

Christmas Trees From Around The World



The Capitol Christmas tree in Washington , D.C. , is decorated with 3,000 ornaments that are the handiwork of U.S. schoolchildren. Encircling evergreens in the 'Pathway of Peace' represent the 50 U.S. states.



The largest Christmas tree in Europe (more than 230 feet tall) can be found in the Praça do Comércio in Lisbon , Portugal . Thousands of lights adorn the tree, adding to the special enchantment of the city during the holiday season.



Venice 's Murano Island renowned throughout the world for its quality glasswork is home to the tallest glass tree in the world. Sculpted by master glass blower Simone Cenedese, the artistic Christmas tree is a modern reflection of the holiday season.



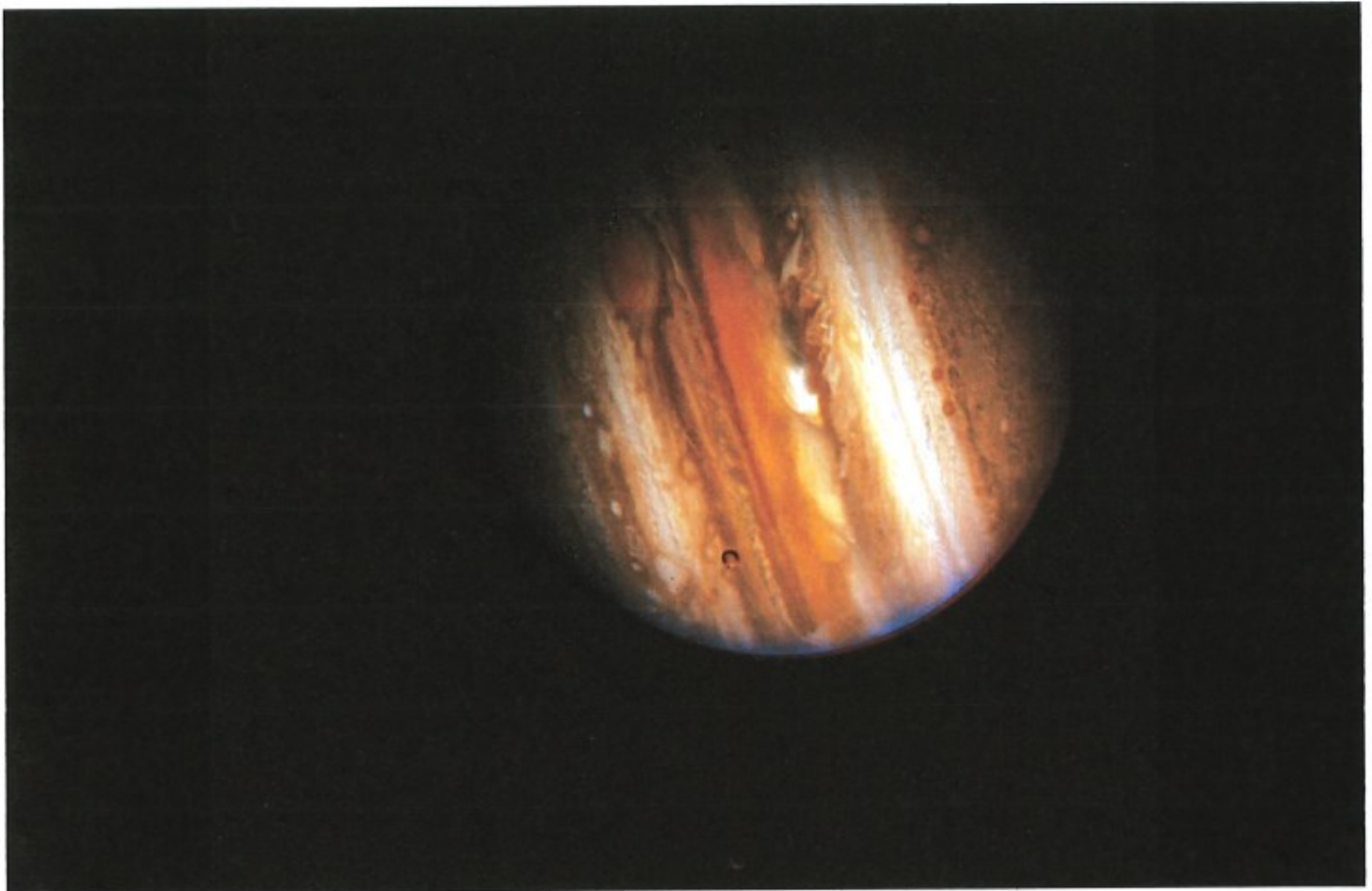
The world's largest Christmas tree display rises up the slopes of Monte Ingino outside of Gubbio, in Italy 's Umbria region. Composed of about 500 lights connected by 40,000 feet of wire, the 'tree' is a modern marvel for an ancient city



Georgia and Randy Cirksema are back from Minnesota and they brought with them their famous Jams and Rhubarbs. If you would like to purchase a jar, stop by the Church Office.

Thank You!

Lousy year will wrap with heavenly Christmas Star



The orbits of Jupiter and Saturn align every 20 years or so, an event known as the Great Conjunction. But it's been 800 years since they came as close to each other as they will on Dec. 21. Courtesy of NASA

BY JOANNE KIMBERLIN STAFF WRITER

The lousiest year in living memory will end with an offering of heavenly wonder: a Christmas Star.

It's actually the alignment of two planets — Jupiter and Saturn — which happens every 20 years or so. But it's not always in December and it's been 800 years — we're talking Middle Ages — since they got this close.

Technically, the two largest planets in our solar system will still be hundreds of millions of miles apart. But Dec. 21, from our vantage point,

they'll look like they're nearly touching, creating a radiant point of light that's being dubbed the Christmas Star, or Star of Bethlehem, for obvious reasons.

Making it even more special: Dec. 21 also marks the winter solstice — the longest night of the year, the tipping point where daylight once again starts gaining ground on darkness.

Gotta love the symbolism.

"A little bit of cosmic perspective," said Justin Mason, director of Old Dominion University's Pretlow Planetarium. Not to mention spiritual — a page out of the Bible, telling of an unusual star that led the wise men to the baby Jesus.

Astronomers have long theorized that the nativity star might have really been an alignment, known as a conjunction. Mason says a rare conjunction of Jupiter, Venus and a bright star named Regulus occurred around 2 B.C.

Even while the forces directing our universe remain full of mystery, planetary orbits are now predictable.

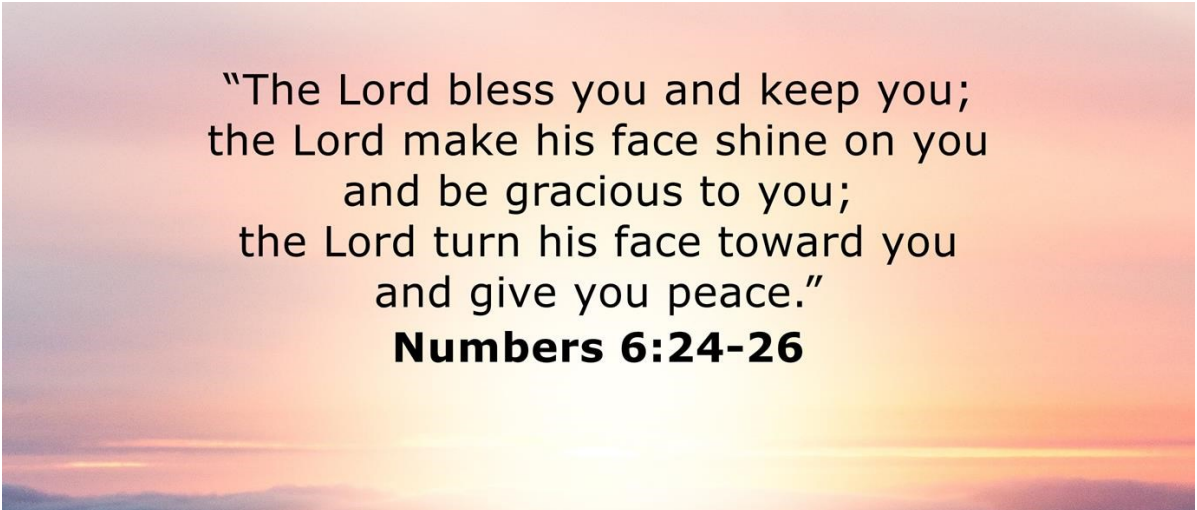

The last humans to witness Jupiter and Saturn get this neighborly lived in 1226, but the gas giants will stage another exceptional show just 60 years from now, in March 2080.

"Sometimes with celestial mechanics," Mason explained, "things happen close together a couple of times and then that pairing won't happen again for a long, long time."

At least 20-are-you-kiddin'-me-20 will wrap up with a special bow.

A miracle or merely astrophysics. A light at the end of a long, dark tunnel.

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"The Lord bless you and keep you;
the Lord make his face shine on you
and be gracious to you;
the Lord turn his face toward you
and give you peace."

Numbers 6:24-26

Had It Up To Here With Not Feeling Like Yourself?

It May Be Time To Get Your Thyroid Checked

Up To Here With These Symptoms? It Could Be Your

Thyroid



Fatigue or trouble sleeping



Changes in memory or ability to concentrate



Fast or irregular heartbeat



Unexplained changes in weight



Depression, anxiety or feelings of irritability



Irregular menstrual periods



Joint/muscle pain or weakness

What Your Thyroid Does For You



The thyroid is a **small, butterfly-shaped gland located at the base of the neck** just below the Adam's apple. It produces important hormones that influence the heart, brain, liver, kidneys and skin. Although the thyroid is small, it plays a huge role in maintaining the function of these organs.

When Things Go Wrong

The thyroid is vital for the growth, development and regulation of the body. Several different disorders can arise when your thyroid produces too much hormone (**hyperthyroidism**) or not enough (**hypothyroidism**).

COMMON THYROID DISORDERS

- Hyperthyroidism
- Hypothyroidism
- Graves' Disease
- Hashimoto's Thyroiditis
- Thyroid Nodules
- Thyroid Cancer
- Thyroid Eye Disease

Are You At Risk?

Common risk factors associated with thyroid disorders



Type 1 diabetes



Past radiation treatment to the head or neck area



Family history



Recent pregnancy

Don't Let Your Thyroid Condition Go Untreated

Undiagnosed thyroid disease may put you at risk for other serious conditions

Weight loss
Heart disease
Infertility
Weight gain
Osteoporosis

If you've had it Up To Here 

Find an endocrinologist in your area:
aace.com/find-an-endo

Learn more about your thyroid:
thyroidawareness.com

with these symptoms or suspect you are at risk for thyroid disease, make an appointment to see an endocrinologist.



BABY BASICS

of Pinellas County

Because every baby deserves the basics

at Oakhurst United Methodist Church

Dec 2020

Merry
Christmas

Here we are after our first year of Baby Basics with 17 babies that we provide free diapers for. We are overjoyed and hope to have a couple more before year's end.

Yes, we are growing, and need your help in the new year to help us continue our mission. Any donation big or small will be greatly appreciated. You can send to the church and mark for Baby Basics.

It gives us such great pleasure seeing how our babies grow from month to month and know we are making a difference in their lives.

Have a Very Merry Christmas and Happy New Year from Baby Basics!





59th Wedding Anniversary

Bernie and June Roberts

December 29, 2020

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