

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

13400 Park Blvd., Seminole, FL 33776
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
twehrlich@aol.com

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

UMW—Oasis Book Drive—Now Thru February 2021

for Lowell Correctional Institution for Women

Asking for donations of:

- Gently used or new spiritually themed books and devotionals.
- Coloring Books and Pencils.
- Puzzle Books of any kind.

Items can be placed in the red basket in the Church Office
Hallway labeled Oasis Book Drive.

Thank you for your continued support of UMW!



LAUGHTER IS THE BEST MEDICINE FOR YOUR HEART

Can a laugh every day keep the heart attack away? Maybe so.

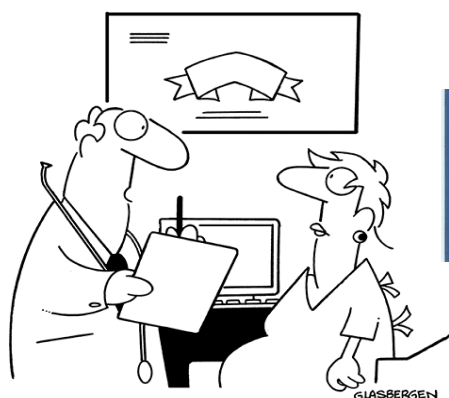
Laughter along with an active sense of humor may help protect you against a heart attack, according to a 2009 study by cardiologists at the University of Maryland Medical Center in Baltimore. The study found that people with heart disease were 40 percent less likely to laugh compared to people of the same age without heart disease.

"The old saying that 'laughter is the best medicine,' appears to be true when it comes to protecting your heart," says Michael Miller, M.D. "We don't know yet why laughing protects the heart, but we know that mental stress is associated with impairment of the endothelium, the protective barrier lining our blood vessels. This can cause a series of inflammatory reactions that lead to fat and cholesterol build-up in the coronary arteries and ultimately to a heart attack."

Laughter offers other important health benefits. "People become healthier from laughter," observes Judy Goldblum-Carlton, a humor therapist (University of Maryland Hospital). "It improves circulation. When you laugh heartily every organ is being massaged including your heart, lungs and digestive system. Headaches can just go away. When you laugh the endorphins released make you feel this elation. It makes those big decisions seem so much less important."

Humor yourself. Figure out what tickles your funny bone. Rent a funny movie. Listen to comedy on your commute. Start a humor library. Laugh with others. Find humor in everyday things. Recall a funny moment. Laugh at yourself. Make fun of your fears. Act silly. Learn to play. Watch animals play. Lighten up!

www.umm.edu. Excerpt by Michelle Weinstein—University of Maryland Medical System



"Laughter is the best medicine,
but there's a \$50 co-pay."

I Hope Laughter Is The
Best Medicine Since
It's All I Can Afford!



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December 8, 2020

Oakhurst United Methodist Church
13400 Park Blvd. N.
Seminole, FL 33776

Dear Friends,

Thank you so much for your generous donation of new shoes. These items are such a critical need and this will really help to restock our inventory. We would not be able to help clothe the children in this area without donations like this. This is a true example of the community working together to help the children of Pinellas County. We thank you for that!

Did you know that more than 51 percent of the schoolchildren in Pinellas County are eligible for free or reduced price lunch? These are the children who shop at Clothes To Kids and receive a week's worth of clothing. A growing number of schools have embraced a modified dress code that requires children to wear uniforms. This stretches our budget, which makes your donation especially appreciated.

In the year ahead we will provide more than 12,000 CTK wardrobes. Each child will receive a shopping bag brimming with clothing, including school uniforms, all free of charge.

How do we make this mission go? The answer is simply **YOU**.
Thank you for your ongoing support of Clothes To Kids. We are so grateful.

Lauren Timpone
Shopping Manager



The Church Office will be closed on
December 25, 28, 31 and January 1.

We will be back to serve you on
Monday, January 4th.

Thank You for your love and support of
Oakhurst UMC.

See You In The New Year!

Christmas

J	S	E	K	C	C	G	R	I	N	C	H
I	S	D	S	R	E	R	E	G	N	A	M
N	C	A	C	A	S	L	S	N	Y	I	T
G	R	E	H	C	A	D	D	N	R	S	E
L	O	R	R	K	N	A	N	E	R	N	E
E	O	B	I	E	T	E	E	T	E	O	I
B	G	R	S	R	A	Y	I	R	M	I	S
E	E	E	T	S	C	T	R	E	T	T	T
L	A	G	M	L	L	I	F	E	A	A	F
L	T	N	A	N	A	V	E	J	N	R	I
S	C	I	S	O	U	I	R	O	G	O	G
I	R	G	A	S	S	T	T	L	E	C	T
F	A	M	I	L	Y	A	A	L	L	E	L
U	R	N	R	L	D	N	C	Y	F	D	S

CHRISTMAS
 CRACKERS
 TREE
 DECORATIONS
 FAMILY
 FRIENDS
 GIFTS
 MANGER
 NATIVITY
 MERRY
 SANTA CLAUS
 JOLLY
 JINGLE BELLS
 SCROOGE
 GINGERBREAD
 GRINCH
 ANGEL



A Christmas Blessing

May love come alive within your heart
As Christmas time draws near.
May hope fill each room you decorate
And bring joy to those you hold dear.
May peace be before you at every meal
And faith ring through every song.
For Christ is alive, the light of the world
May he bless you all season long.

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