

# ***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

727-391-4769  
Find us on Facebook

Office Hours: Monday—Friday  
9:00 a.m. to 3:00 p.m.

*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

For another successful  
Food Drive. To our  
volunteers and those who  
donated —  
You Are The Best!

thank  
You:-)

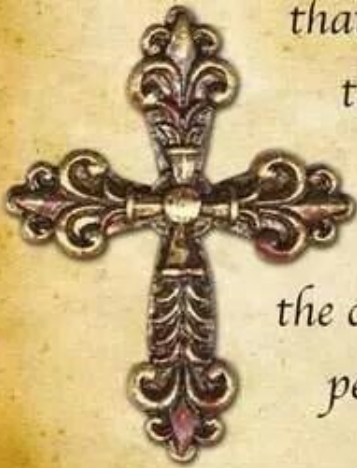
While on Church or School Property!

**DON'T BE AN  
EASY TARGET**

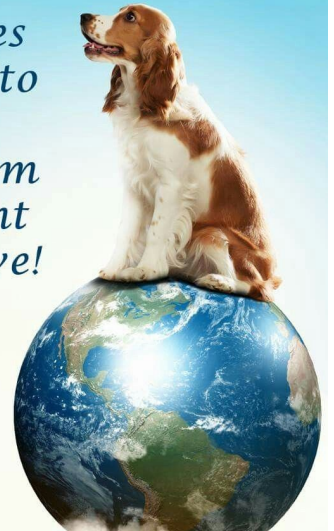
**LOCK  
YOUR CAR &  
TAKE YOUR KEYS**

**Never Leave  
Valuables In Sight**

*I said a prayer for you today,  
that God would  
touch you with His  
healing hand  
and give you  
the comfort and  
peace you need  
to get through.*



*Sometimes  
you need to  
look at  
things from  
a different  
perspective!*





### **DONATIONS NEEDED!**

Pack-A-Sack provides take home food for hungry elementary aged children for the weekends. 50 bags are provided each week.

**Current Needs Are: Juice Cups, Fruit Cups, Pudding and Crackers.**

Thank you for your continued support!



Keswick Thrift Center needs help. Contact Sheryl at 727-202-6986 if you are interested.

Great as a second job, or for a college student! Must be able to lift heavy items. Great pay. 6 hours per week.

Interested? Contact store manager Sheryl, at (727) 202-6986 or at [KeswickThrift@KeswickChristian.org](mailto:KeswickThrift@KeswickChristian.org)

### **ACTIVITIES INVOLVE:**

- Furniture pick-ups
- Furniture deliveries
- Communication with donors
- Deciphering quality donations
- Customer service
- Teamwork



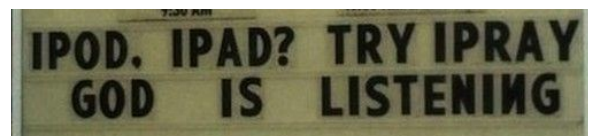


Reta found it on Church Property

Saturday, January 16th after Food Drive.

Lety has it at the Church Office, if it belongs to you.

## CHURCH HUMOR



# Know the Difference

## Cardiovascular Disease, Heart Disease, Coronary Heart Disease



**Cardiovascular disease, heart disease, coronary heart disease — what's the difference?**

**Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.**

### Cardiovascular Disease

#### The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **heart failure**, and **peripheral artery disease**.



**1 in 3 deaths**

**More than 800,000 people die of cardiovascular disease every year in the United States.**

### Heart Disease

#### A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind—all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



**Nearly 650,000 Americans die from heart diseases each year.**

**About 11% of American adults** (that's more than 1 of every 9) have been diagnosed with heart disease.

### Coronary Heart Disease

#### A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

**About 366,000 Americans die from coronary heart disease each year.**

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

### What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don't smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**







Thank you to our bulletin sponsors.

LET US PLACE YOUR AD HERE.



24 Hour Emergency Service  
**LICENSED • BONDED**  
**SENIOR DISCOUNTS**  
**FREE ESTIMATES**  
 Lic. #C9501 • RF11067209

12920 Walsingham Rd. • Largo, FL 33774



**Realty Concepts**  
 of Pinellas

*"The name friends pass along"*  
**Lucy**  
 SCHEURINGER

(727) 804-5104

[www.lucysellshomes.com](http://www.lucysellshomes.com)



**WE'RE HIRING**  
**AD SALES EXECUTIVES**



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT  
[careers@4LPi.com](mailto:careers@4LPi.com)  
[www.4LPi.com/careers](http://www.4LPi.com/careers)

**HELP PROTECT YOUR FAMILY**  
**CALL NOW! 1-888-386-7928**



**PROTECTING SENIORS NATIONWIDE**  
**MEDICAL ALERT SYSTEM**  
**\$29.95/MO** PLUS SPECIAL OFFER  
**BILLED QUARTERLY**  
**CALL NOW! 1.877.801.7772**  
**WWW.24-7MEDALARM.COM**

**SPREAD THE WORD**

A Thriving, Vibrant Community Matters



**SUPPORT OUR ADVERTISERS**

SINCE 1951

**CLEARWATER PLUMBING**

**727-446-8355** **\$10.00 OFF** **ANY SERVICE**



Find us on Facebook  
 Lic # CFC033850

Limit One Per Customer Not Valid  
 With Any Other Offer

[clearwaterplumbingonline.com](http://clearwaterplumbingonline.com)

**THIS SPACE IS**  
**AVAILABLE**

**AVAILABLE**  
**FOR A LIMITED TIME**

**ADVERTISE YOUR**  
**BUSINESS HERE**

Contact **Greg Maurer** to place an ad today!  
[gmaurer@4LPi.com](mailto:gmaurer@4LPi.com) or (941) 243-3206



Certified Master Automotive Tech. • 40 Years Experience  
**727-851-9838**

9660 Seminole Blvd. STE. B Seminole, Florida 33772



**Jim Hobson**  
 ASE Certified  
 Master Mechanic  
 ASE Advanced  
 Engine Performance



*Rowland Family Dentistry*

JUDY G. ROWLAND, D.D.S.  
 DAVID L. ROWLAND, D.D.S.

201 107th Ave. • Treasure Island, FL 33706  
 (727) 360-1244  
[www.RowlandFamilyDentistry.com](http://www.RowlandFamilyDentistry.com)

**SUPPORT THE ADVERTISERS**  
**THAT SUPPORT OUR COMMUNITY**

