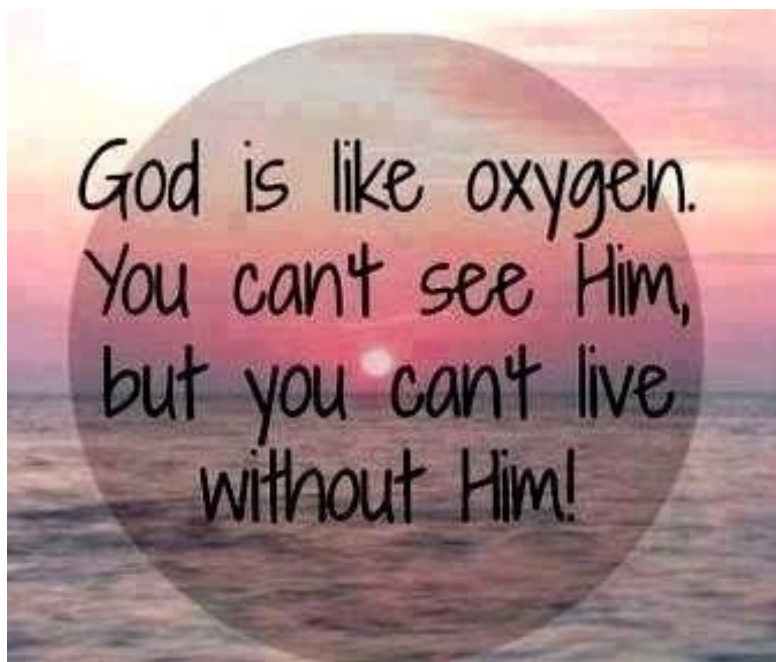


F.H. & L.

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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Office Hours: Monday—Friday
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**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

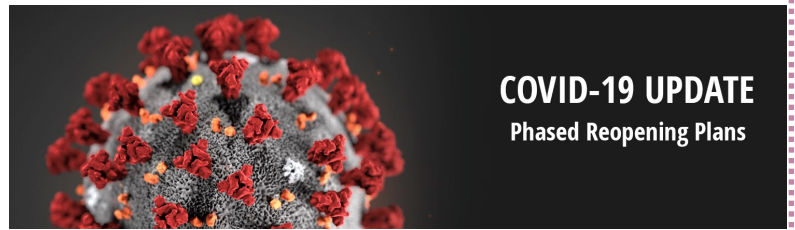
SUNDAY, MARCH 14

With numbers falling in Pinellas County, the “Transition to Re-Opening Team” has set the following benchmarks for a possible reopening:

- ◆ Under 1,400 new cases per week in the county for two consecutive weeks.
- ◆ Under 6.0% positivity rate in the county for two consecutive weeks.

Our earliest projected opening date is **Sunday, March 14**, should both benchmarks are met.

This date is not set in stone and is subject to change should the county reports of infections go up or the benchmarks are not met. **We'll keep you posted!**



FEBRUARY IS NATIONAL HEART MONTH



ARE YOU AT RISK FOR HEART DISEASE?

47% of Americans have at least one risk factor for heart disease.

Every 40 seconds someone in the US has a heart attack.

KNOW YOUR RISKS

Some factors that put you at higher risk for heart disease are out of your control like age, gender, and family history. However, you have the power to minimize these risk factors.

Risk Factors:

DIABETES—HIGH BLOOD PRESSURE—HIGH CHOLESTEROL—OBESITY—PHYSICAL INACTIVITY—SMOKING—STRESS

Know where you stand to see if advanced cardiovascular testing makes sense for you. Talk with your physician to see if you can benefit from the following heart health tests:

Cholesterol Panel—Comprehensive Metabolic Panel—Complete Blood Count—Inflammation Marker

Hemoglobin A1C— Total Cholesterol

You are 6 times more likely to be hospitalized for COVID-19 if you have heart disease. If you have a heart condition, you may be at an increased risk of severe symptoms and complications if you get COVID-19.

Sources:

QUEST DIAGNOSTICS, February 2021

CIRCULATION 2020

CORONAVIRUS DISEASE 2019 CASE SURVEILLANCE

AMERICAN COLLEGE OF CARDIOLOGY MARCH 6, 2020

Provided by: Margaret Strickland



Shrove Tuesday Pancake Supper

Over 100 Dinners Served!

Celebrate! I appreciate all of your efforts and the support of our pastors, staff, congregation and Finance Committee to make the annual Shrove Tuesday Pancake Supper a success!

A total income of \$1300 was raised for apportionments and all expenses were donated. Therefore, the projected apportionment deficit for 2021 has been eliminated if all of the pledged funds continue to come in this year and the Operating Budget can maintain the \$3200/month commitment.

We are blessed to be a connectional church that supports many missions and ministries of our District, Conference and World.

The drive-thru event worked well and I appreciate the approval of the Transition Team for this opportunity. The volunteerism that was present for cooking, boxing and delivery to each car with a personal touch was gratifying.

Praise God from whom all blessings flow!
(Sounds like a Doxology!)

Rick Jacobson



JOIN US!

Pastor Tim's Zoom Bible Study During Lent

Feb 25/7:00 p.m.—The Land of Canaan at the Time of Moses

Mar 4/7:00 p.m.—The Kingdom of Israel & The Writing of the Old Testament

Mar 11/7:00 p.m.—The Settling of Jesus' Birth, Ministry, Death & Resurrection

Mar 18/7:00 p.m.—The Apostles and the Early Church

The Sign Up is ready! Here's the link:

<https://www.signupgenius.com/go/9040E4EAAAB28A20-beneath>



The United Methodist Lent Quiz



1. What does the term 'Lent,' which comes from 'lencten,' mean?

- ☐ Sacrifice
- ☐ Time
- ☐ Spring
- ☐ March Madness

2. How were ashes imposed in the early church?

- ☐ The shape of a cross was drawn on the forehead.
- ☐ Ashes were smeared across closed eyelids.
- ☐ Ashes were poured or sprinkled over the head.

3. Why do people give things up for Lent?

- ☐ To follow the example of Jesus' 40-day fast in the wilderness.
- ☐ To help us focus on prayer and devotions.
- ☐ To give the acquired savings to the poor.
- ☐ All of the above.

4. What snack food has significance during Lent?

- ☐ Chocolate
- ☐ Pretzels
- ☐ Popcorn
- ☐ All of the above.



Open Hearts. Open Minds. Open Doors.

The people of The United Methodist Church®

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5. Many people fast during Lent. How often did John Wesley fast?

- ☐ Twice a week
- ☐ Twice a month
- ☐ Twice a year
- ☐ Rarely
- ☐ He did not fast.

6. Why does Lent last 40 days?

- ☐ To represent the time Jesus spent in the wilderness, tempted by Satan.
- ☐ To recall the 40 days and nights the earth was flooded in the Old Testament.
- ☐ To remind us of the 40 years the Israelites wandered in the desert.

7. What do some United Methodists not sing at Lent?

- ☐ Doxologies
- ☐ Alleluia
- ☐ "In the Garden"
- ☐ The communion liturgy

8. Which hymn, based on St. Patrick's prayer, would be a good Lenten devotion?

- ☐ "Jesus Walked This Lonely Valley"
- ☐ "Christ Beside Me"
- ☐ "O Happy Day, That Fixed My Choice"
- ☐ "Come and Find the Quiet Center"

9. True or false? Sundays are not counted in the 40 days of Lent.

- ☐ True
- ☐ False

10. When early Methodists in America sat in a church on a mourner's bench, they would:

- ☐ Repent their sins
- ☐ Experience a new birth
- ☐ Rededicate themselves to Jesus
- ☐ All of the above

Take one of our other quizzes at www.UMC.org/quizzes

Answers to the United Methodist Lent Quiz



1. What does the term 'Lent,' which comes from 'lencten,' mean?

The correct answer is spring.

2. How were ashes imposed in the early church?

The correct answer is ashes were poured or sprinkled over the head.

3. Why do people give things up for Lent?

The correct answer is all of the above.

4. What snack food has significance during Lent?

The correct answer is pretzels.

5. Many people fast during Lent. How often did John Wesley fast?

The correct answer is twice a week.

6. Why does Lent last 40 days?

The correct answer is to represent the time Jesus spent in the wilderness, tempted by Satan.

7. What do some United Methodists not sing at Lent?

The correct answer is alleluia.

8. Which hymn, based on St. Patrick's prayer, would be a good Lenten devotion?

The correct answer is "Christ Beside Me."

9. True or false? Sundays are not counted in the 40 days of Lent.

The correct answer is True.

10. When early Methodists in America sat in a church on a mourner's bench, they would...

The correct answer is all of the above.

Be kind to one another,
tenderhearted, forgiving
one another, as God in
Christ forgave you.

- Ephesians 4:32 ESV

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