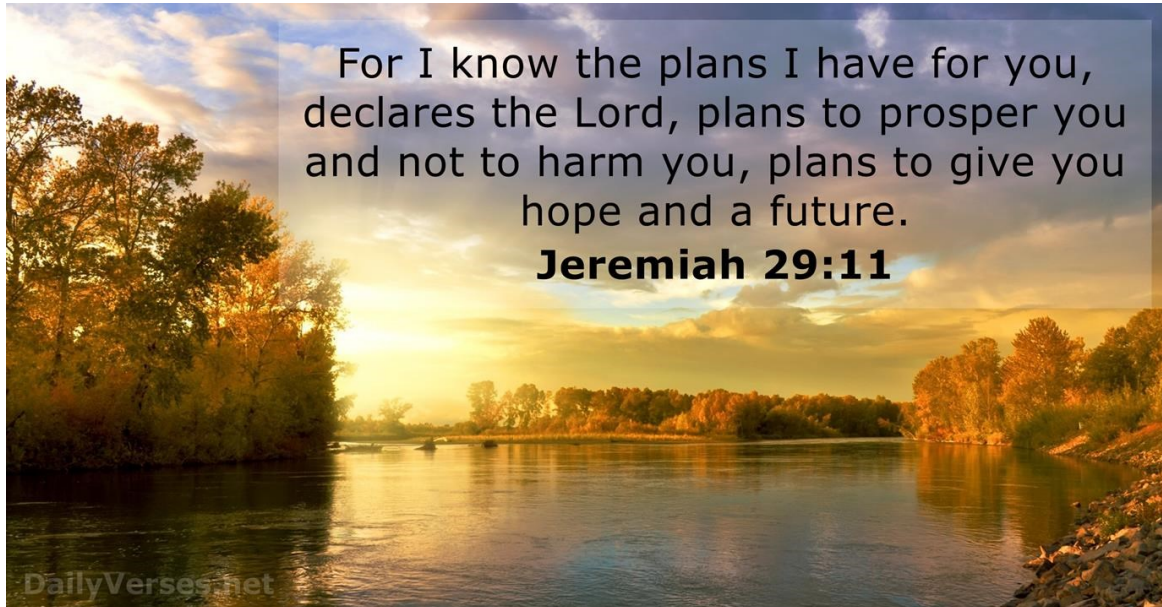


F.H. & L.

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



FAST ANNUAL EVENT

All church members are invited to attend the annual FAST Nehemiah Action on **Monday Evening, March 22nd at 7:00 via Zoom.** There will also be a drive-up option at Sacred Heart Church in Pinellas Park at 4661 82nd Ave. N, where you can see the speakers in person. All COVID precautions will be in place. County Commissioners and other county officials will be there as FAST continues the work of tackling some of the county's more serious community problems. This year the attendance goal is 2,500 community members.

For those of you who are unfamiliar with FAST, it stands for Faith and Action for Strength Together and is an organization made up of over 40 congregations who work together to address community issues that have been identified by church members who have been affected. FAST is called to this work to fulfill God's requirement "to do justice, love mercy and to walk humbly with our God (faithfulness)" (Micah 6:8) and the work is modeled after Nehemiah who called for a great assembly to address the injustice of the public officials who made money off the poor and vulnerable people of the land. Oakhurst has been a FAST member for over 5 years and currently has close to twenty members who are actively involved.

**Please contact one of our Oakhurst FAST team leaders if you would like to register to attend the Action:
Linda Bavaro 816-588-2884 at or Susan Johnson at 251-454-2335**



This year, there are three issues to be addressed.

Affordable Housing:

In 2018, FAST was able to get County Commissioners to commit 4.15% of Penny for Pinellas to affordable housing (for families with annual household income of \$50,000 or less), which is projected to be \$82.5 million over the 10-year Penny cycle, and to put this commitment in writing. However, in the Commission's first vote earlier this year to spend funds described in the written resolution, they broke their promise and spent \$9.6 million of affordable housing funds to subsidize 586 housing units of which only 77 (13%) will be affordable. At the Action, we will be asking again for that commitment for any future housing.

Behavioral Health (Mental Health and Substance Abuse):

in 2019, FAST was able to get the county administrator and two key mental health funders to agree to work together to create a central pathway that would make it easy for anyone to get the help they needed. The County is still dragging their feet, and their plans to move forward with a model for coordinated access may or may not include the current mental health providers. FAST is concerned that we're going to end up with two parallel systems that will only make things more confusing and continue to put lives on the line, so FAST hopes to put pressure on the County to work with the providers.

Criminal Justice:

Every year, thousands of our community members are arrested for minor, nonviolent offenses, which ultimately can affect job applications, searching for housing and other concerns. The County already has a pre-arrest diversion program that gives support and also consequences for people who commit non-violent misdemeanors without branding them for life with an arrest record. This year, FAST will be asking officials to work with us to expand this diversion program.

A Successful End to the Lowell Oasis Book Drive!

Great Work, Gulf Central District United Methodist Women, the OASIS book drive was a huge success! Starting on November 9th and ending February 22nd we collected around 400 beautiful Christian books plus a variety of puzzle books, cards, markers and colored pencils. As always, you went beyond the call of duty to provide spiritual comfort to women in need.

Pastor Kris Schonewolf will receive the books in early March and begin her Christian lending library at the OASIS UMC within the walls of Lowell Correctional Institute. Thank you for helping to spread the good word. A special thanks goes to Cornerstone Family Ministries for storing the books and to Lorraine Mayfield Brown, Amy Mormino and Vivian Hart for their assistance with the collection.

Thank you to all who contributed!



A few Thank You Notes from the 2020 Angel Tree Gift Drive.

Thank you so much
for what you have
for my family,

Hazel, margareta,
Yolanda Rivas

Merry Christmas
&

Happy New Year

Thank you a
million times

"2020"



Thank you so much
for helping our family
with Christmas gifts
You are truly a Blessing
we hope you have
happy Holidays

Thank you again
Williamson
Schroeder
Family

Thank you From Tanika Speck
Grandmother of
Ric'QUAN FARMER
& Roger Antony
May God continue
to bless you.

Thank You
So much for
the gifts.

You will make
a little girl smile.

I want to thank
you for everything
you have done.

Tina Keim

Health Information Provided by: Margaret Strickland, Parish Nurse



What Can Adults Do to Maintain Good Oral Health?

You can keep your teeth for your lifetime. Here are some things you can do to maintain a healthy mouth and strong teeth.

- Drink fluoridated water and brush with fluoride toothpaste.
- Practice good oral hygiene. Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
- Visit your dentist at least once a year, even if you have no natural teeth or have dentures.
- Do not use any tobacco products. If you smoke, quit.
- Limit alcoholic drinks.
- If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.
- If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.
- See your doctor or a dentist if you have sudden changes in taste and smell.
- When acting as a caregiver, help older individuals brush and floss their teeth if they are not able to perform these activities independently.

<https://www.cdc.gov/oralhealth/basics/adult-oral-health/tips.html>

What you need to know about colorectal cancer



Your colon (large intestine) is part of your digestive system



147,950 new cases are expected in 2020



On average, your lifetime risk is about 1 in 24



90% of new cases occur in people 50 or older



Colorectal cancer is on the rise in those under 50.

RISK FACTORS

Anyone can be diagnosed with colorectal cancer, but these things may increase risk:

- Personal and/or family history of polyps or cancer
- Over the age of 45
- Genetic conditions including: Lynch syndrome; Familial Adenomatous Polyposis (FAP); MUTYH-Associated Polyposis (MAP)
- Diagnoses including: Ulcerative colitis, IBD, or Crohn's disease
- Ethnic groups including: African Americans; Jewish people of Eastern European descent; Native Americans; Alaskan Natives

SYMPTOMS

- Change in bowel habits
- Rectal bleeding or blood in your stool
- Diarrhea and/or constipation
- Persistent abdominal discomfort
- Nausea or vomiting
- Unexplained weight loss
- Chronic fatigue
- Anemia

**Not all patients experience symptoms; timely screening is critical*

WHAT YOU CAN DO

- Know the signs and symptoms
- Listen to your body and speak up if something is not right
- Know your family health history
- Get screened at age 45 (earlier if you're at a high risk)
- Maintain a healthy weight
- Adopt a physically active lifestyle
- Eat a healthy diet

ccalliance.org | Helpline: (877) 422-2030

The Colorectal Cancer Alliance is a national organization committed to ending colorectal cancer within our lifetime. We are your allies – a national network of passionate survivors, caregivers and advocates dedicated to helping you and your family navigate all aspects of the disease, from diagnosis and treatment to a lifetime of progression-free survival. We are a community of people eager to share experiences, address your concerns, and answer your questions. We understand the different stages of the colon cancer journey because we've been there. We are here for you when you need us because we believe tomorrow can't wait.



**FOOD
DRIVE**
donate food here



In support of the local food pantries.

Saturday, March 20

9:00—12:00 p.m.

Thank You for Your Support!

Saying "Thanks to Doctors & Nurses"

Saturday, March 20 @ 6:30 p.m.

Largo Hospital—Emergency Room Entrance

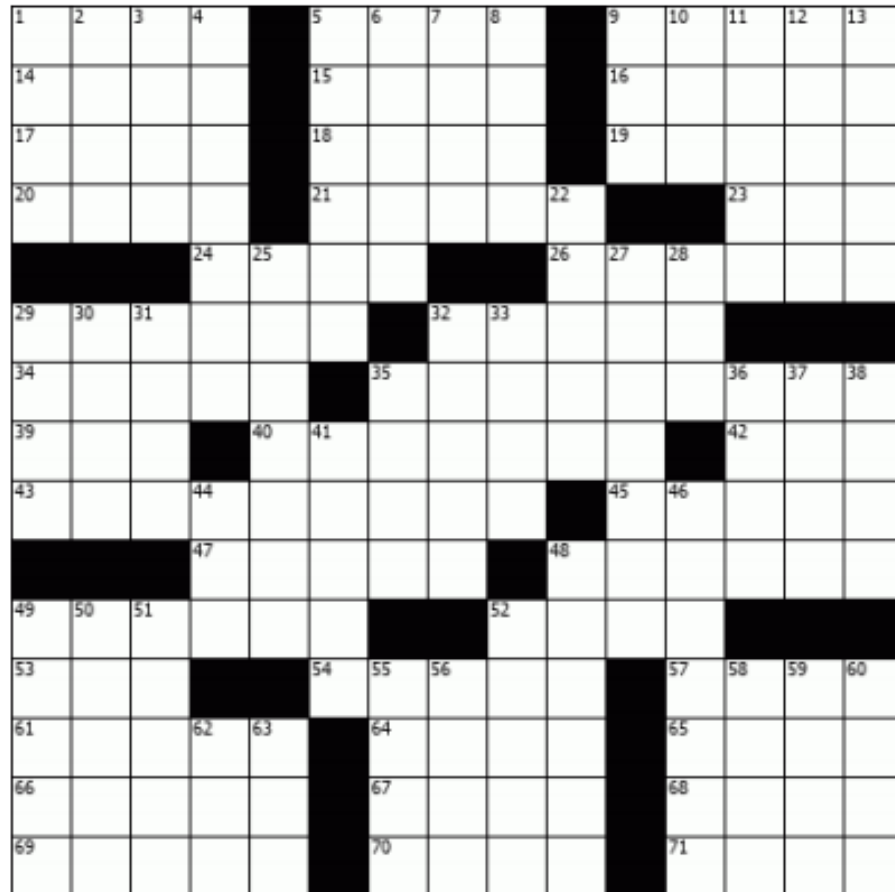


✦ THANK YOU DOCTORS & NURSES ✦

WEEKLY PUZZLE

Across

1. Fizzy beverage
5. Damon or Dillon
9. Treaties
14. Biblical "you"
15. Margarine
16. Utopian
17. Assists
18. Weight loss plan
19. ____ Murphy of "Beverly Hills Cop"
20. Winter shoe
21. Artist's tripod
23. Furthermore
24. Lampreys
26. Wards off
29. Biblical mount
32. ____ O'Donnell of TV
34. More ashen
35. Wavering
39. Adam's partner
40. Most orderly
42. Born as
43. Makes again
45. More pleasant
47. Made mistakes
48. Formal procession
49. Among
52. Sample
53. Chap
54. Rabbitlike animals
57. Bites
61. Attempted
64. Pocket fluff
65. Suggestion
66. Worship
67. If not
68. Average
69. Ceremonies
70. Psychic
71. Sticky stuff



Down

1. Wild attempt
2. Dayton's state
3. Extinct creature
4. Severe
5. Early car (2 wds.)
6. Pseudonym
7. Golf pegs
8. Lug
9. Bakery offering
10. Total
11. Closet wood
12. Pollute
13. Winter toys
22. Continues
25. Money makers
27. Asian country
28. Poet's always
29. Impersonator
30. Rant and ____
31. Guinness of "Star Wars"
32. Appraised
33. Bullring shouts
35. Fortune
36. Peruvian Indian
37. Necessity
38. Actor Richard ____
41. Our planet
44. Primary color
46. Pressing
48. Annoy
49. Communion table
50. ____ Gras (Fat Tuesday)
51. Fool
52. Thick
55. Pub brews
56. Vex
58. Golden calf, e.g.
59. Lima's country
60. Alike
62. Before, to poets
63. ____ Moines

LANDSCAPE OPEN NOW
 SPRING IS HERE
 IM SO EXCITED
 I WET MY PLANTS



Puzzle Solution © OnlineCrosswords.net

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

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