

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
tehrlich@aol.com

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




Our Office Will Be

CLOSED

on

MONDAY ~ MAY 31st

In Observance Of



The office will re-open—
Tuesday, June 1 at 9:00 a.m.

*A Message from
 Stephanie Fergenbaum*



I'm going to start with the **bad news first**...there will be no VBS this summer.
 The obstacles are just too difficult to overcome, so we'll have to say adieu to
 this long time event for another summer.

But there is good news too!

Oakhurst UMC is teaming up with Foster Florida for a few
 Foster Parent Days Out!

The first will be Friday, June 11 from 9am-2 pm.

If you're willing to volunteer for this kind of one day VBS, please click the
 button below! You can sign up for a 2 hour shift, a 3 hour shift, or a 5 hour
 shift. We'll have lots of fun sharing Jesus and creating memories.



Seminole Middle School STEM program Thanks
 Oakhurst for the donation of wood, paint and supplies.

A Memorial Day Prayer

By Tamsen Butler

There's no comfort in battle,
No joy in the field.
Though exhausted and rattled,
Did they know their fate was sealed?

Did they know the end would come?
Were they scared or were they strong?
Were they willing to do it all for freedom?
Did they mutter, "No, this is wrong"?

No, they grasped the flag;
They ran forth with no fear.
Their bravery did not lag;
They held their faith near.

The Lord gave them strength
And held them close in His arms.
They were willing to go the length
To rage forth despite alarms.

Did they know it was the end?
Did they know their battle was lost?
They knew what they were willing to spend
And what would be the cost.

Thank You, Lord, for hearts that are brave,
For sacrificial love and those who serve.
We appreciate everything they gave
And their unshakeable nerve.



My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

WEEKLY PUZZLE

Armed Forces and Memorial Day

R	E	C	A	E	P	L	O	R	I	N	T	C	E
M	A	R	I	N	E	S	O	M	O	A	C	O	T
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I	C	A	R	A	M	E	R	I	C	A	U	Y	T
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R	R	I	C	O	H	E	E	A	R	M	Y	I	E
A	I	D	R	A	I	R	F	O	R	C	E	R	M
W	A	E	U	T	I	I	N	F	A	N	T	R	Y
O	A	D	I	D	R	A	U	G	T	S	A	O	C
M	E	I	T	O	S	O	L	D	I	E	R	A	I
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INFANTRY
 COUNTRY
 MEDALS
 RECRUIT
 COMMITMENT
 DEDICATED
 NAVY
 ARMY
 COAST GUARD
 OFFICER
 PEACE
 AIR FORCE
 LOYALTY
 SOLDIER
 HONOR
 WARRIOR
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