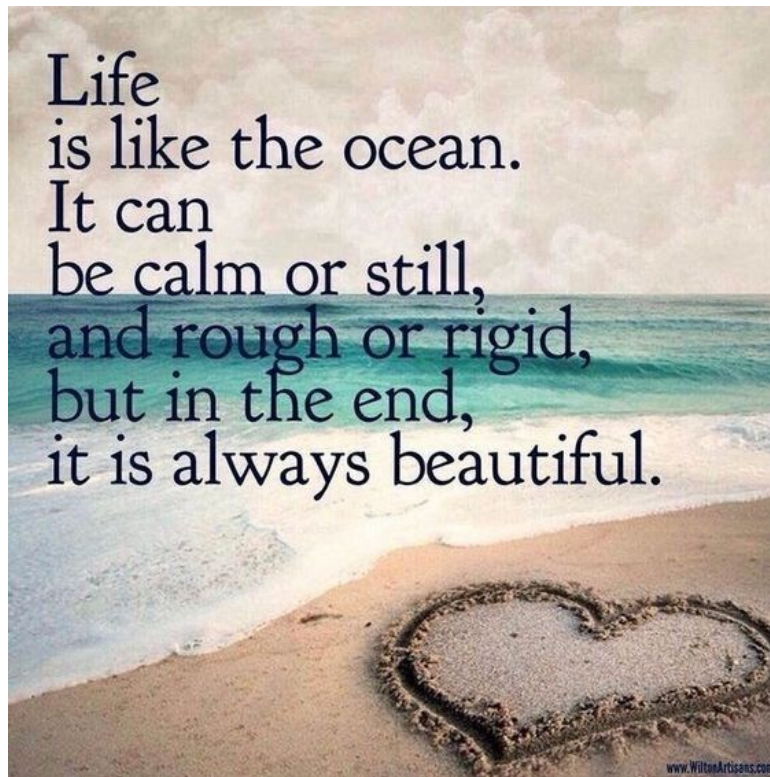


F.H. & L.

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

My Summer Prayer

As I begin the summer months,
gracious and loving Jesus,
remind me of Your ever present
guidance and love.

Give me confidence in Your presence,
remembering all that I have been
taught this year and let me
live it in my summer experiences.

As I work, play and enjoy
my family and friends this summer,
may I feel Your love within me,
guiding me toward all
that is right and just.

Let me be grateful for the gift
of summer, Jesus. Allow me
to enjoy it safely and remind
me daily of Your love for me.
Amen.

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PRAYER
changes things

Children's Ministry Needs:

- Composition Notebooks
- Kleenex
- Glue sticks

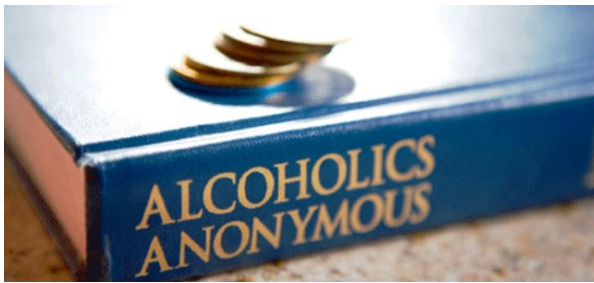


Thanks for your generosity!

The Children's Ministry is in need
of supplies. The supplies can be
given to Stephanie Fergenbaum
or dropped off at the Church
Office.

Thank you very much!





June 13, 2021

To The Congregation of Oakhurst Methodist Church,

We talked to Pastor Tim about holding a weekly AA meeting in one of the small classrooms. He graciously said yes and explained that he felt it was important to carry Christ's message to the sick and suffering in this world.

Over two years ago we started having our AA Big Book Study meeting on Tuesdays at 6:30 PM with just 6 people attending. Pastor Tim would sit in occasionally and saw that after a year, we had outgrown the room. He suggested that we should move the meeting to the larger room by the kitchen.

Before the Pandemic, we had 30+ people each week. When the Pandemic hit and the church closed their doors for safety purposes, we stopped having meetings at the church. A few weeks later, Pastor Tim came to us and said it was important to him and the church's ministry that alcoholics should have a place to continue meeting to learn about the AA program. AA teaches that the alcoholic can only recover and live a sober life through the Power of God.

We started meeting again honoring the church guidelines of wearing masks and sanitizing all chairs and tables after each meeting. We also continue with Zoom meetings during the live meetings. We're steadily growing in number again. Praise God!

The purpose of this letter is to give the church an update on the growth of this meeting and that so many lives have been touched because of your generosity.

We found out that Pastor Tim is retiring and we wanted to say Thank You to him and the congregation for everything they've done in the past and continue to do for us.

If there's anything we can do to help continue our relationship with the church, please let us know.

Blessings!

Rick Griesheimer
727-639-8035

Rick Griesheimer

Facilitator of "Just The Black Part" AA Big Book Study

5

Action Steps for Helping Someone in Emotional Pain



In 2018, suicide claimed the lives of more than **48,000 people** in the United States, according to the Centers for Disease Control and Prevention (CDC). Suicide affects people of all ages, genders, races, and ethnicities.

Suicide is complicated and tragic, but it can be preventable. **Knowing the warning signs for suicide and how to get help can help save lives.**

Here are 5 steps you can take to #BeThe1To help someone in emotional pain:



1. ASK:

"Are you thinking about killing yourself?" It's not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.



2. KEEP THEM SAFE:

Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.



3. BE THERE:

Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.



4. HELP THEM CONNECT:

Save the National Suicide Prevention Lifeline number **(1-800-273-TALK)** and the Crisis Text Line **(741741)** in your phone so they're there if you need them. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.



5. STAY CONNECTED:

Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

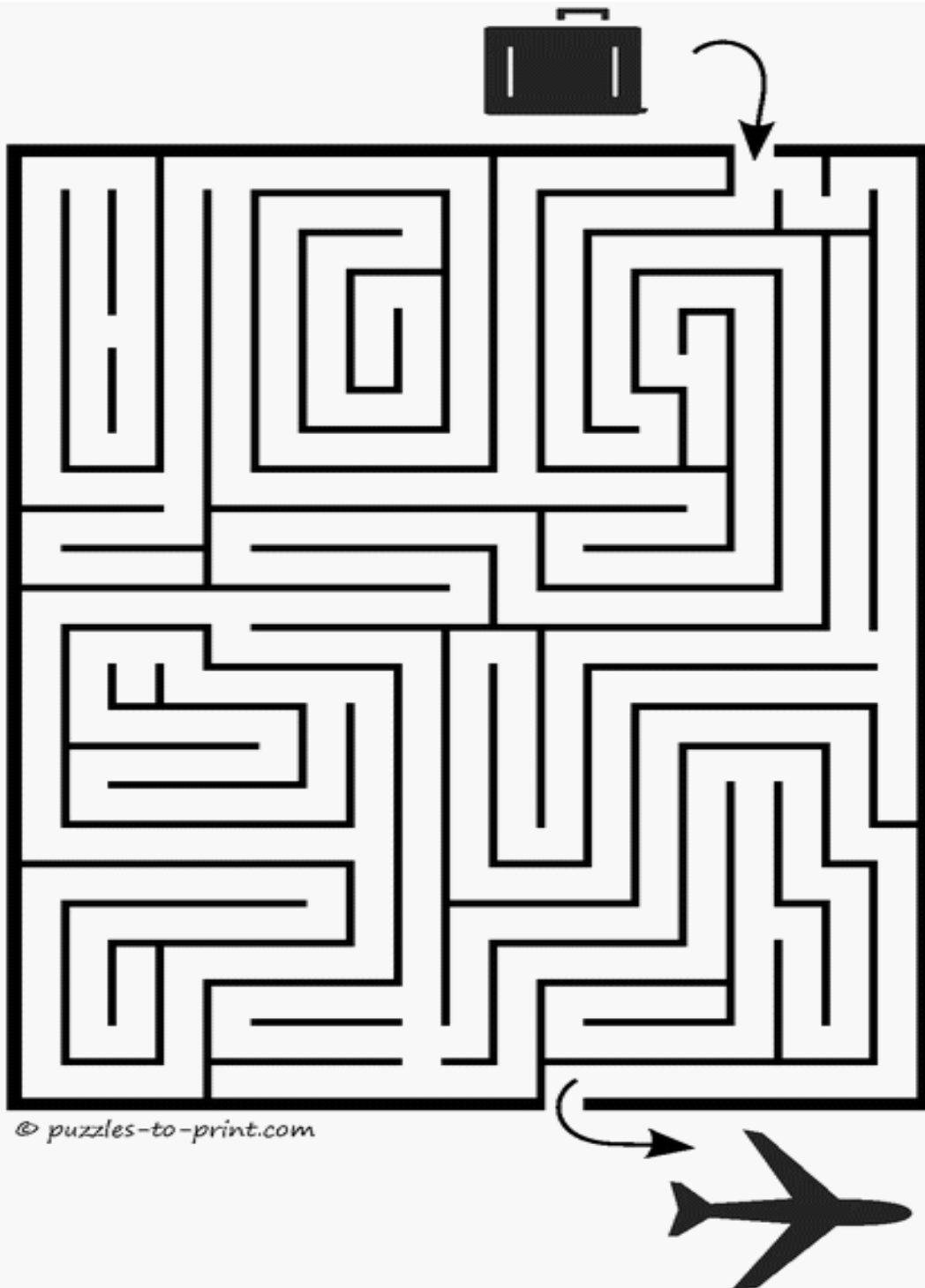
For more information on suicide prevention:
www.nimh.nih.gov/suicideprevention
www.bethe1to.com



National Institute
of Mental Health

NIMH Identifier No. OM 20-4315
Revised 2020

WEEKLY PUZZLE



Ever wonder how your suitcase gets from the check in counter to the airplane? Be careful, you don't want to be without your toothbrush for vacation!



Under the warmth of the Summer Sun—We Pray!

Thank you to our bulletin sponsors.

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