

# F.H. & L.

**Faith, Hope and Love, and the Greatest of These is Love**

**A Weekly Newsletter From Your Family at Oakhurst United Methodist Church**

“I, I am he  
who blots out your transgressions  
for my own sake,  
and I will not remember your sins.

ISAIAH 43:25

Sunday, Jan. 30

Isaiah 43: 25-28

## OAKHURST UNITED METHODIST CHURCH

13400 Park Blvd., Seminole, FL 33776

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

727-391-4769

Find us on Facebook

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

**Rev. Nathan W. Carlson, Senior Pastor**

**[ncarlson@oakhurstumc.com](mailto:ncarlson@oakhurstumc.com)**

**Our Mission is to make disciples, who make disciples,  
who transform the World.**

### FIRST TIME GUESTS:

Text Hello to 727-732-3550 to receive info from Oakhurst UMC.

NOT RECEIVING OUR CHURCH E-MAILS: TEAR AND DROP IN OFFERING

NAME: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_



Thank you to all that have asked about the Thrift Store reopening. Unfortunately at this time, we will not be able to open the store in February. As soon as we can open it, we will let you know.

Blessings,

Billie Lee Norman

### JANUARY EVENTS AT OAKHURST UMC AND THE COMMUNITY

January	Happy Birthday January Babies	
January 1	Happy New Year	
January 2	Communion Sunday	
January 3	Rehearsals for 2022 Musical	Cancelled
January 6	Epiphany	
January 12	Start of Tai Chi Classes	Postponed to Feb.
January 13-15	UMW Thrift Sale	Postponed to Mar.
January 15	Third Saturday Food Drive	
January 16	Coffee with the Pastor	
January 16	Pastor Nathan's Birthday	
January 17	Martin Luther King Jr. Day	Church Office Closed
January 21	Richard and Beverly Yerby's 50th Wedding Anniversary	
January 21 @ 3pm	Service of Remembrance for June Roberts	at Oakhurst UMC
January 23	Cuban Sandwich Fund Raiser	
January 23 @ 3pm	Ecumenical Prayer Service St. Justin Martyr Church	
January 24 @ 6:30pm	Alpha Begins Today	Weekly until April
January 29 @ 10am	Kathy's Art Class	at Oakhurst
January 30	Children's Home Sunday	
January 30 @ 11am	Snowbird Brunch	Fellowship Hall
January 30	Coffee Fellowship	Cancelled
Every Wednesday @ 9am	Coffee in the Community w/ Pastor Nathan	at Southie Coffee
<b>Dates/Events are Subject to Change without Notice</b>		



### ART CLASS

Kathy's Art Class

Every Saturday from  
10am—Noon at Oakhurst.

Want to learn more?

Contact Kathy at  
727-367-1835



If you would like to add your meeting/event to the calendar, contact the Church Office.

Save the Date		
March 1	Shrove Tuesday Pancake Dinner	
March 10 @ 11:30am	Baby Basics First Annual Luncheon	Bayou Club in Bardmoor

# FOUNDATIONS

for membership

## Oakhurst

### WHAT IS IT?

This one-session meeting will bring you a better understanding of church history, why we exist, and what we hope to accomplish, with your help.

**SUNDAY, FEBRUARY 6 AT 11:30 IN ROOM 13**

- INCLUDES TOUR OF THE FACILITY
- WHAT THE CHURCH EXPECTS FROM YOU
- WHAT YOU CAN EXPECT FROM THE CHURCH
- SERVICE OPPORTUNITIES



### MEMBERSHIP MATTERS

#### 5 REASON WHY

1. In joining a church you make visible your commitment to Christ and his people.
2. Making a commitment makes a powerful statement in a low-commitment culture.
3. Church membership keeps us accountable.
4. Joining the church will help your pastor and the church leadership be more faithful shepherds.
5. Joining the church gives you an opportunity to make promises. When someone become a member, they makes promises to pray, give, serve, and witness to our collective faith.



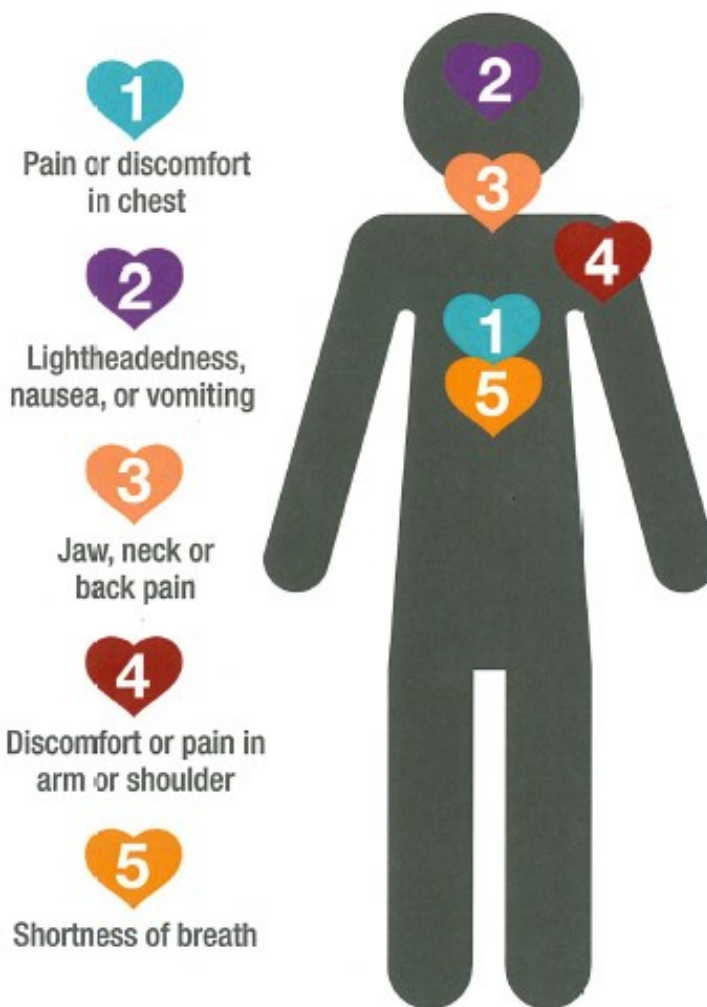
**Church membership is the opportunity to grasp hold of each other in responsibility and love.**



Provided by the Health Ministry at Oakhurst UMC



# Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack).

# Things Women Need to Know About Heart Disease

## A Close the Gap Informational Pamphlet

Close the Gap is a Boston Scientific Corporation solution-oriented initiative aimed to achieve health equity in cardiovascular disease

## Cardiovascular Disease Is The #1 Killer Of Women<sup>1</sup>

### Cardiovascular disease (CVD)

is a term that is commonly used interchangeably with heart disease, stroke and peripheral artery disease. CVD describes the narrowing of blood vessels in the body with the plaque.

Plaque located in the blood vessels can lead to fatal heart attacks, heart failure, chest pain and stroke.

Other conditions that affect the heart's muscle or valves are also considered heart disease.

### Plaque develops slowly over many years



28%

Heart Disease and Stroke



21%

All Cancers



6%

Chronic Lung Disease



5%

Alzheimer's



4%

Accidents

### Diabetes & Obesity<sup>3</sup>

**3/5** women over 20 are overweight or obese

Risk of Diabetes is higher for women of color



IC-440404-AA

### Lower Your Risk<sup>4</sup>



**Total Cholesterol**  
Less than 180 mg/dL



**LDL "Bad"**  
Less than 160 mg/dL



**HDL "Good"**  
Women: > 50 mg/dL  
Men: > 40 mg/dL



**Triglycerides**  
Less than 150 mg/dL



**Blood Pressure**  
Less than 120/80



**Family History**  
Having a direct family member with history of CVD increases risk



**Diabetes**  
Normal less than 100  
Puts you at the same risk as someone who has already had a heart attack.



**Body Mass Index**  
Greater than 18.5 but less than 25



**Waist Circumference**  
Women: Less than 35 inches  
Men: Less than 45 inches



**Exercise**  
30 mins of aerobic activity 5 times a week. Muscle strengthening 2 times a week



**Diet and Nutrition**  
With the help of your doctor, help determine your daily calorie intake



**Tobacco and Alcohol**  
Stop smoking and reduce exposure to secondhand smoke.  
Women: one drink or less a day.  
Men: 2 drinks or less

## WEEKLY PUZZLE

# Angels

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

PROTECTORS  
 SERAPHIM  
 TEN THOUSANDS  
 CREATED  
 MICHAEL  
 TRUMPETS  
 HEAVEN  
 SUPER STRENGTH  
 WORSHIPERS  
 UNCOVER ANGELS  
 WINGS  
 SERVANTS  
 GABRIEL  
 IMMORTAL  
 ANNOUNCERS  
 SUBJECT TO GOD  
 SWORD

Play this puzzle online at : <https://thewordsearch.com/puzzle/4799/>



## Contact Us Via E-Mail

Rev. Nathan Carlson (ncarlson@oakhurstumc.com)

Stephanie Fergenbaum (christidir@oakhurstumc.com)

Jackie Marschall (musicdir@oakhurstumc.com)

Tammy Pluskat (financesec@oakhurstumc.com)

Leticia (Lety) Cruz (officemgr@oakhurstumc.com)

Justin Correll (facilities@oakhurstumc.com)

## Join Us For Sunday Worship

### **8:30 am—Contemporary Service**

Music, Videos and Band

The Foundry

### **10:00 am—Traditional Service**

Hymns, Choir, Pianist/Organist

The Sanctuary

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