

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



The Tools To Make Repairs

**Sunday Worship
Nehemiah 3: 28-32**

OAKHURST UNITED METHODIST CHURCH

Worship Hours:
8:30am-Contemporary & 10am-Traditional

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.

Rev. Nathan W. Carlson, Senior Pastor
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: _____

THIRD SATURDAY FOOD DRIVE

Saturday, May 21, 2022
From 9:00 AM to 12:00 PM
at
Oakhurst UMC
13400 Park Blvd
Seminole, FL 33776

If you drive through and pop your trunk we will pull out your donations.

Donations are needed to help local food pantries Thank You!

Honoring Our Graduates

Sunday, May 22

Submit your photos and bios of your graduating loved ones to Pastor Nathan or Lety to be recognized at the Worship Services.



GRADUATION SUNDAY

MAY EVENTS AT OAKHURST UMC AND THE COMMUNITY

MAY	HAPPY BIRTHDAY MAY BABIES	
Saturday, May 21	Third Saturday Food Drive	9:00—Noon
Saturday, May 21	Armed Forces Day	
Tuesday, May 24	Brown Bag Picnic at Walsingham Park	Starting at Noon—Shelter #8
Monday, May 30	Memorial Day	Holiday—Church Office Closed
Weekly		
Every Monday at 11am	Living Well in the Word	Room 12 - West Wing
Every Wednesday at 9am	Coffee in the Community w/Pastor Nathan	at Southie Coffee
Every Saturday at 10am Except the last Saturday of the Month	Kathy's Art Class	Fellowship Hall
Save The Date		
Wednesday, June 1	Alpha Brown Bag	at Noon
Dates/Events are Subject to Change without Notice		

Joy Circle along with United Women of Faith are hosting a brown bag picnic on Tuesday, May 24 — Starting at Noon

We would like to invite all the women of the Church to join us for an afternoon of getting to know each other.

Location: Walsingham Park, 12615 102nd Ave
Picnic Shelter 8 (Near the Dog Park)



STAMP OUT HUNGER FOOD DRIVE

SATURDAY, MAY 14, 2022



This Saturday is the Stamp Out Hunger Food Drive

Looking for something to do on Saturday?

Volunteers are needed to help sort through the donated food items.

If you can help...

When: Saturday, May 14

Time: 10:00 am—3:00 pm

Where: Aldersgate United Methodist Church

9530 Starkey Road

Seminole, FL 33777

Ask for: Cathy Burke (let her know Jean Campbell sent you)

Thank you for your support!

SAY YES TO SUN PROTECTION SAY NO TO SKIN CANCER

SKIN CANCER IS THE MOST COMMON CANCER IN THE U.S.

ONE in **FIVE** Americans will develop skin cancer in their lifetime, and one person dies from melanoma, the deadliest form of skin cancer, every hour.



THERE ARE TWO TYPES OF SUNSCREENS:

Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:



- **SEEKING SHADE**
- **WEARING PROTECTIVE CLOTHING**
- **GENEROUSLY APPLYING SUNSCREEN**



PHYSICAL SUNSCREEN

This sunscreen **WORKS LIKE A SHIELD**; it sits on the surface of your skin, deflecting the sun's rays.

Look for the active ingredients **ZINC OXIDE** and/or **TITANIUM DIOXIDE**.

Opt for this sunscreen if you have **SENSITIVE SKIN**.



CHEMICAL SUNSCREEN

This sunscreen **WORKS AS A SPONGE**, absorbing the sun's rays.

Look for one or more of the following active ingredients: **OXYBENZONE**, **AVOBENZONE**, **OCTISALATE**, **OCTOCRYLENE**, **HOMOSALATE** and **OCTINOXATE**.

This formulation tends to be **EASIER TO RUB INTO** the skin without leaving a white residue.



If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's **BROAD-SPECTRUM**, **WATER-RESISTANT** and has an **SPF 30 OR HIGHER**, it can effectively protect you from the sun. Make sure you reapply it every **TWO HOURS**, or after swimming or sweating.



If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at [SpotSkinCancer.org](https://www.spotskincancer.org).



UNITED WOMEN IN FAITH EVENT ON MAY 5, 2022





WEEKLY PUZZLE

Bible Word Search: Nehemiah 3

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

Besodeiah, Brethren, Daughters, David,
Decayed, Feeble, Fountain, Goldsmith,
Hananeel, High priest, Hur, Indignation,
Inhabitants, Jericho, Jerusalem, Jews,
Malchijah, Meah, Merchants,
Meronothite, Meshezabeel, Mocked,
Nevertheless, Pool, Sanballat, Sanctified,
Sepulchres, Sheep gate, Tower, Water
gate

Contact Us Via E-Mail

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Tammy Pluskat (financesec@oakhurstumc.com)

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

Justin Correll (facilities@oakhurstumc.com)

WELCOME TO OAKHURST UMC

Rev. Philip Vestal

Assistant Pastor

Starting at Oakhurst on Monday, May 16

Preaching his first message on
Sunday, May 22

Thank you to our bulletin sponsors.

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