

# ***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**

*Getting Up After the Down Times*

I Kings 19:1-9

**OAKHURST UNITED METHODIST CHURCH**  
**Worship Hours:**  
**8:30am-Contemporary & 10am-Traditional**

13400 Park Blvd., Seminole, FL 33776

727-391-4769

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

**and**

**Rev. Phil Vestal, Assistant Pastor**

**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: \_\_\_\_\_

*You're  
Invited!*

All Are Invited. Men, Women, Oakhurst UMC Members, Family and Friends, Members of Our Community, Members and Non-Members of United Women in Faith! Send in your registration by July 30th.

Thanks You!

Oakhurst United Women in Faith  
presents



Speaker: Patricia Lorenz  
"Hear God's Whisper -  
Listening For The Voice Of God"

Saturday, August 6, 2022  
10:30 a.m. - 1:00 p.m.

Oakhurst United Methodist Church Foundry  
13400 N. Park Blvd  
Seminole, FL 33776

Olive Garden Soup and Salad Bar Luncheon  
Book Sale and Signing  
Registration: \$20

Registration Information:

Name(s): \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Amount Paid: \_\_\_\_\_

Registration ends July 30.

Make checks payable to Oakhurst UMW

Mail registration to: Oakhurst United Methodist Church  
% Lin Johnson  
13400 N. Park Blvd.  
Seminole, FL 33776



Come celebrate our new members at the  
 July 10th Worship Service  
 Carolyn A. Koch  
 Glenna M. Clouser  
 Kent M. Clouser

### JULY EVENTS AT OAKHURST UMC AND THE COMMUNITY

JULY	HAPPY BIRTHDAY JUNE BABIES	
Sunday, July 10	New Members Announced at Worship	
Saturday, July 16 at 9am	Third Saturday Food Drive	
Sunday, July 17	Mission Moment—Street Ministry	
Sunday, July 24	Coffee with The Pastors	at Coffee Fellowship
WEEKLY		
<del>Every Monday at 11am</del>	<del>Living Well in the Word</del>	Will resume in Sept.
Every Tuesday at 9am	Yoga Class—Intro and Restorative	Fellowship Hall
Every Wednesday at 9am	Coffee in the Community w/ Pastor Nathan and Pastor Phil	at Southie Coffee
Every Wednesday at Noon	Alpha Brown Bag Weekly Series	Fellowship Hall
Every Thursday at 1:30pm	Yoga Class—Chair Yoga	Fellowship Hall
Every Saturday at 10am. Except the last Saturday of the Month	Kathy's Art Class	Fellowship Hall
SAVE THE DATE		
Thursday, July 28 at 10:30am	Active Shooter Awareness Training	The Sanctuary
Saturday, August 6 at 10:30am	Oakhurst United Women in Faith Luncheon Program  Guest Speaker: Patricia Lorenz	The Foundry
Dates/Events are Subject to Change without Notice		



Oakhurst United Methodist Church

July/August 2022



Here's hoping your July 4th celebration with family and friends was the Best!

August will mean summer coming to an end with school starting and many new beginnings for students. We have our beginnings with new babies being added to our program monthly. We have babies age out of our program at 3 years old making room for new babies to come on board. We keep our total count to 40 which we feel is a manageable number for our team.

We have a wonderful group of volunteers who help with this program and a big shout out to you! A special thank you to our many contributors who help keep this program running for these babies.



Tag YOUR FAVORITE Teacher in Next Week's TEACHER SPONSOR



## The Book Rescuers

@thebookrescuers · Bookstore

A Message from Margaret Strickland...

United Women in Faith donated books to Book Rescuers here in Pinellas County. They are an organization that recycles books and they also recognize teachers. Each month they give a teacher here in Pinellas County a box of books and \$100. If you know a teacher you would like to nominate go on the website for Book Rescuers. They are also on Facebook and Instagram.

## Common WARNING SIGNS of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- ! Feeling very sad or withdrawn for more than two weeks
- ! Trying to harm or end one's life or making plans to do so
- ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- ! Significant weight loss or gain
- ! Seeing, hearing or believing things that aren't real\*
- ! Excessive use of alcohol or drugs
- ! Drastic changes in mood, behavior, personality or sleeping habits
- ! Extreme difficulty concentrating or staying still
- ! Intense worries or fears that get in the way of daily activities

\*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

### WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?



If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

### KNOWLEDGE IS POWER



Talk with a health care professional



Learn more about mental illness



Take a mental health education class



Call the NAMI HelpLine at 800-950-NAMI (6264)

**50%**  
of all lifetime  
mental illness  
begins by age  
**14**

**75%**  
by age  
**24**

WEEKLY PUZZLE

# EASY SUDOKU #4

		6	7		9	2		5
		1			8		9	4
5	3			2				8
9	8	7	4	5				6
	6						3	
3				9	2	5	8	7
4				7			6	2
1	7		9			8		
6		3	2		5	7		



## Contact Us Via E-Mail

Rev. Nathan Carlson (ncarlson@oakhurstumc.com)

Rev. Phil Vestal (pvestal@oakhurstumc.com)

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## SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY



**EASY SUDOKU #4**  
SOLUTION

8	4	6	7	3	9	2	1	5
7	2	1	5	6	8	3	9	4
5	3	9	1	2	4	6	7	8
9	8	7	4	5	3	1	2	6
2	6	5	8	1	7	4	3	9
3	1	4	6	9	2	5	8	7
4	5	8	3	7	1	9	6	2
1	7	2	9	4	6	8	5	3
6	9	3	2	8	5	7	4	1