

# **F.H. & L.**

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

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



**Matthew 11: 2-6**

**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**  
**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 PLATE

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

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

## SEPTEMBER EVENTS AT OAKHURST UMC AND THE COMMUNITY

September		
Saturday, Sept 16 at 9:00 am	Third Saturday Food Drive	Outside Sanctuary
Sunday, Sept 17	Communion Sunday Back to Church Sunday UWF Recognition Event	
Wednesday, Sept 20 @ 2:00 pm	A Study of Matthew: Starting with Chapter 9	Room 28—The Foundry
Saturday, September 30 at 2:00 pm	Lynnea's Baby Shower	The Foundry
Sunday, October 1	Communion Sunday New Member Sunday Cuban Sandwich Fund Raiser	

The Prayer & Meditation Lab has been postponed until 2024.

Sept 21st—Men's Breakfast cancelled. Will resume in October.

Sept 25th—Reintroducing Revelation Class cancelled on this day. Will resume the following week.

Sept 26th and Sept 28th—No Yoga Classes. Will resume the following week.



### What is a Garden Angel?

Garden Angels plan, plant and care for the flowers and gardens at Oakhurst UMC. They keep our property looking beautiful for us and our visitors.

Would you like to be a Garden Angel in your free time? You set your own schedule and are assigned your own garden to care for.

Please contact Ron Stadden at 207-504-1188 if you are interested.

Thank-You

Walgreens will not be coming to OUMC to give Flu Shots this year.

However, you may get your Flu Immunizations at a CVS or Walgreens Pharmacy. Simply make an appointment online.

Talk with your physician about the following immunizations in order to stay healthy:

Flu, RSV, Covid, Pneumonia, Shingles

Tdap (Tetanus, diphtheria, and whooping cough) booster--given every 10 years.







**Lynnea and Aaron are having a baby!**

**You're Invited to Lynnea's Baby Shower**

**Saturday, Sept. 30 at 2 pm. in The Foundry**

**She is having a boy.**

**The colors of the nursery are blue and white with music notes.**

**Below is a link to her baby registry:**

<https://www.walmart.com/registry/BR/c62e86d4-c501-47b9-b3fa-fbc6513d23f2>

**If you would like to attend the Baby Shower, RSVP for head count purposes.**

**Click on this link: <https://www.signupgenius.com/go/10C0F4AA9A72FAAFDC34-lynneas>**

**Questions about the Baby Shower: Contact Jackie Marschall**

UWF Cuba Now Event—Sept 6, 2023



## WOW! LOOK HERE...

Phil Vestal will be leading CYA's Donation Class this month - **THIS SATURDAY!** Hosted by Nick Magnuson (also THANK YOU for hosting last month's) you all are in for a real blessing.

Saturday, Sept. 16, Noon EST

You can meet him first by trying a brief class focused on Breath Prayer from Ruah Space's YouTube

[https://youtu.be/Z18q\\_3R1XeA?si=aguf7HvO7TSTzxpZ](https://youtu.be/Z18q_3R1XeA?si=aguf7HvO7TSTzxpZ)

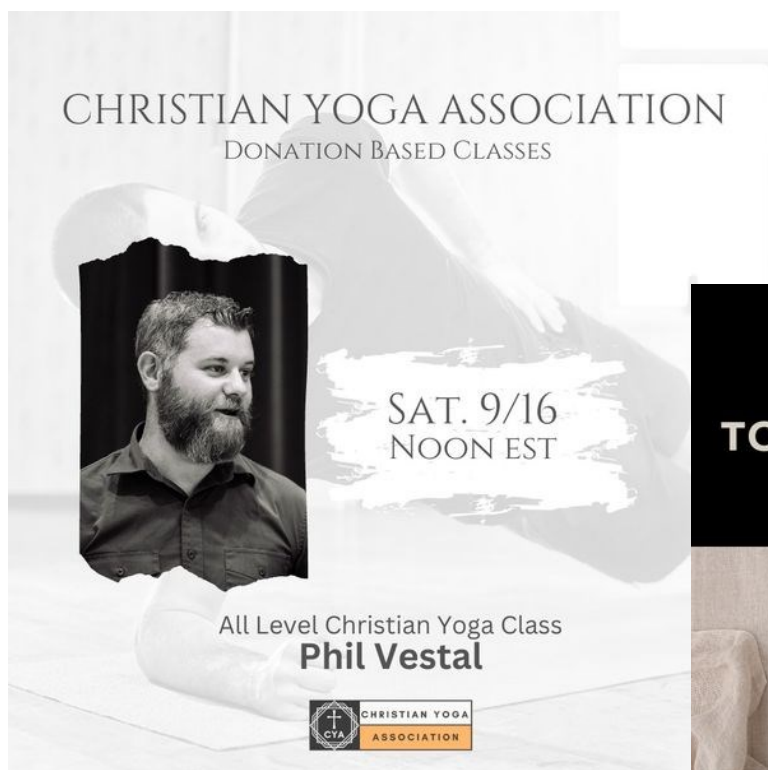
Sign up at CYA:

<https://christianyogaassociation.org/.../cya-donation.../>

Meet him for 1 of 3 calls on his new book *Touching the Bones of Elisha* (It's really great). It's a book study so even if you don't have it you'll be blessed by the information and Spiritual Disciplines.

Hope you can join in all the fun and wisdom!

[#ChristianYoga](#) [#christianyogaassociation](#) [#PhilVestal](#) [#RuahSpace](#) [#CYA](#)

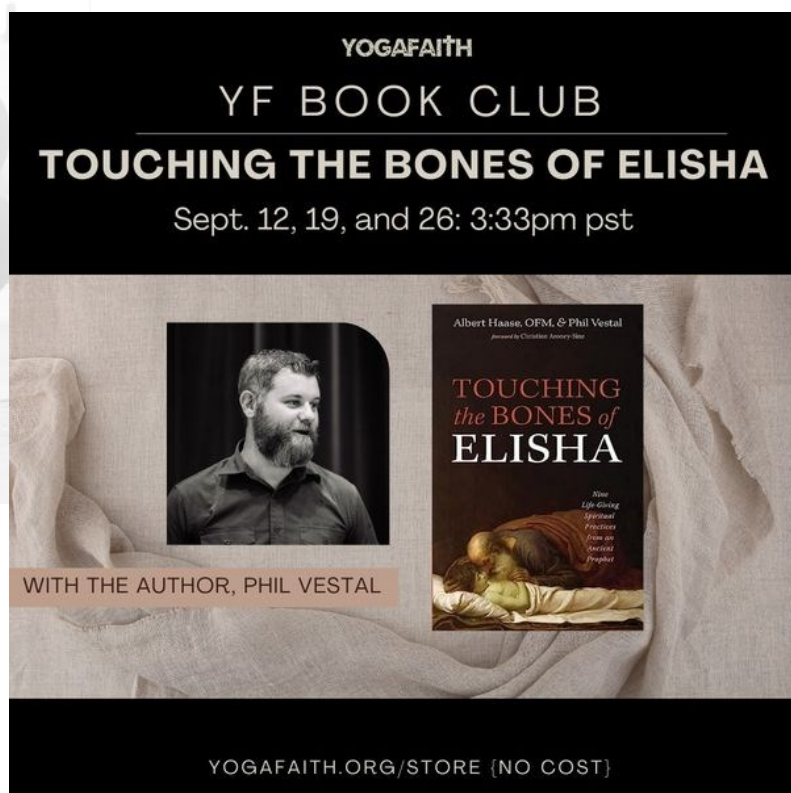


CHRISTIAN YOGA ASSOCIATION  
DONATION BASED CLASSES

SAT. 9/16  
NOON EST

All Level Christian Yoga Class  
**Phil Vestal**

CHRISTIAN YOGA ASSOCIATION



YOGAFAITH  
YF BOOK CLUB  
**TOUCHING THE BONES OF ELISHA**  
Sept. 12, 19, and 26: 3:33pm pst

WITH THE AUTHOR, PHIL VESTAL

YOGAFAITH.ORG/STORE {NO COST}

## WEEKLY PUZZLE

### NFL/NFC Teams

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

CARDINALS  
 PACKERS  
 FORTY NINERS  
 FALCONS  
 RAMS  
 SEAHAWKS  
 PANTHERS  
 VIKINGS  
 BUCCANEERS  
 BEARS  
 SAINTS  
 COMMANDERS  
 COWBOYS  
 GIANTS  
 LIONS  
 EAGLES



## Contact Us Via E-Mail

Rev. Nathan Carlson (ncarlson@oakhurstumc.com)

Rev. Phil Vestal (pvestal@oakhurstumc.com)

Jackie Marschall (musicdir@oakhurstumc.com)

Tammy Pluskat (financesec@oakhurstumc.com)

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

Justin Correll (facilities@oakhurstumc.com)



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