

# EMMANUEL UNITED METHODIST CHURCH

A FAMILY OF DISCIPLES DEVOTED TO LOVING AND SERVING JESUS

## THE MESSENGER

Volume 25, Issue 8

[www.emmanuelumc-hagerstown.org](http://www.emmanuelumc-hagerstown.org)

AUGUST 2020



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Early Worship: Sunday 8:15 a.m.

Worship: Sunday 9:30 a.m.

Fellowship Time: 10:30 a.m.

Sunday School: 10:45 a.m.

Fresh Start Contemporary Worship:  
4<sup>th</sup> Thursday of each month, 7:00 p.m.

**Pastor Randy Reid**

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### DEHYDRATED

It's 98 degrees outside for the fifth day in a row. You were outside the past couple days, yard work, helping the neighbor, and just a few odds and ends, (Sound all too familiar lately?), and all of a sudden it hits you. Your head starts to spin, you think you're gonna pass out, but then you think you're gonna have dry heaves, but then no, you're definitely gonna pass out. And you wonder what's wrong?? You've just hit the wall of being dehydrated!! Have you ever had the experience of being dehydrated? It's not pretty. I think I have a couple times, obviously pretty minimally or I wouldn't be saying "I think". But I have been with some folks that have gotten severely dehydrated and it about did them in!! A couple of years ago, while taking the youth group to Kings Dominion, Courtney went too long without enough water and found herself dehydrated. The day was hot, we were busy herding kids through the park, Court was having fun riding the rides with everyone, and then it hit her. She felt sick, her energy drained right out of her body. She felt like passing out, but then she thought she was going to be sick. But she just collapsed across a table we were fortunate enough to be close to when it hit her. We stayed there quite a while before Court felt like she had enough energy to make it to the car. Not a pretty thing, pretty scary really, when your body gets too low on water and you hit dehydration.

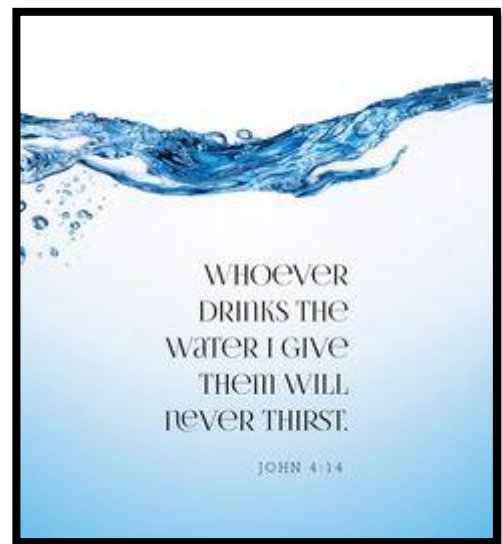
It makes sense when you consider your body is made up of an average of 60% water. It varies from part to part, so that your heart and brain are composed of 73% water, and your lungs are 83% water. Your skin is made up of 64% water and even your hard, dense bones are 31% water. It helps makes saliva, acts as a shock absorber for the brain and spinal cord, regulates body temperature and lubricates joints and much more. Water is the vital nutrient to every cell, so when



we start to run low on water, it's not just felt in one area, it hits everywhere. And when we run too low, the reaction of dehydration kicks in, and your body cries out "water"!

Not only is dehydration a physical ailment, it can be a spiritual ailment too, with the same results of spiritual dehydration when we're not keeping hydrated with the joy of the Holy Spirit. When the psalmist was running low on his spiritual water, he cried out and said, "My soul thirsts, even pants for you, God, in a dry and thirsty land where there is no water (Psalm 63:1). Just as every adult needs 2-3 quarts of water a day to keep your body hydrated, and that's on a normal, not so hot or active, kind of day, so your spirit needs its thirst taken care of daily. How do you keep your spirit hydrated daily? Jesus said "I am the water of life. Whoever drinks of this water will never thirst again, and the water I give him will become to him a well of water springing up to eternal life." (John 4). Here's the thing: even though we need to drink water every day to stay alive, no matter how much water we drink we will not live in our physical being forever. But the water Jesus gives, the flowing spring of the Holy Spirit, will keep your spirit of life forever!

It's hot out there folks, both physically (near 100 degree temps all week), and spiritually (lots of turmoil and strain for us all). So therefore, drink lots of water, both the H<sub>2</sub>O kind for your physical well-being, and the HS (Holy Spirit) kind for your spiritual well-being! And don't get dehydrated! Drink water to the full and live! Happy summer!



### United Methodist Men— Prophecy Zone

Here we are in August and we are still dealing with the Coronavirus pandemic. We read about it, talk about it, and live with precautions for it. Unfortunately, some have even lost loved ones to it. Even with this worldwide crisis, we can have hope and peace. Jesus said, "In this world, you will have trouble, but take heart, I have overcome the world" (John 16:33). Does the coronavirus have a place in Bible prophecy? Join us to learn more on Saturday, August 1st, 2020, at 9am. Our video teacher in August will be Dr. David Jeremiah, and we will watch his video entitled, "Is the Coronavirus in Bible Prophecy?: Facing Uncertain Times". He outlines six lessons we can learn from this pandemic.

Join us in person or through Zoom.

Contact Pastor Randy or myself for more information about where we will be meeting. If you can't make the meeting, but would like to watch the video, you can find it on YouTube as well.

by Dawn Gipe



## CHURCH FOR THE END OF TIME

At the outset of World War II, French organist and composer Olivier Messiaen (1908-1992) was drafted into the French army; and as France was succumbing to the Nazi invasion, he was captured at Verdun and taken to a war camp in a town near the border of Germany and Poland.

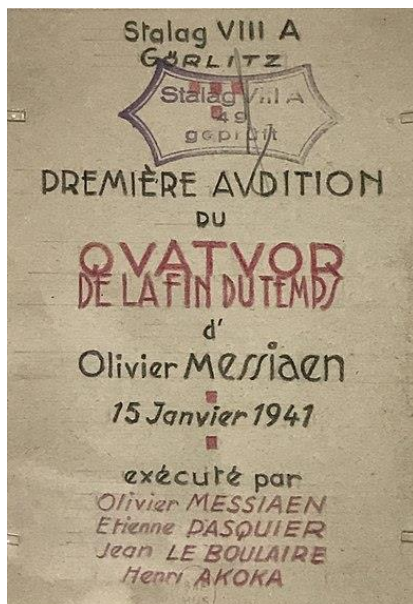
There at Stalag VIII-A, he discovered other French musicians who had also been captured and imprisoned--a violinist, a cellist, and a clarinetist. A Nazi guard helped Messiaen obtain pencils and paper on which he could compose his work, "Quartet for the End of Time".



composed beautiful music. He didn't have access to the same quality of musical instruments, but he used what he had. He did what he was made to do. We are the Church. Can we "slow down our concept of time"? Can we also see this for the opportunities that it provides? Opportunities to worship in new ways. Opportunities to equip people for worship and formation in their own homes. Opportunities to serve our neighbors in new ways. Opportunities to try out new technologies that allow us to reach more people. In the midst of the challenges, opportunities are endless. In the midst of the POW camp, Messiaen saw clearly enough to compose hauntingly beautiful music. Can we, as Christians and as the Church, see clearly enough to seize the opportunities before us?

*Sing-cerely,  
David M. Miller*

*(Call or text 301-471-4947 or dmiller4947@gmail.com)*



On January 15, 1941, at the Stalag VIII-A prisoner-of-war camp, in Görlitz, Germany, a crowd of prisoners and Nazi guards gathered in a freezing hall to listen to a performance. The make-shift orchestra, made up of four prisoners performing the four instruments available at the

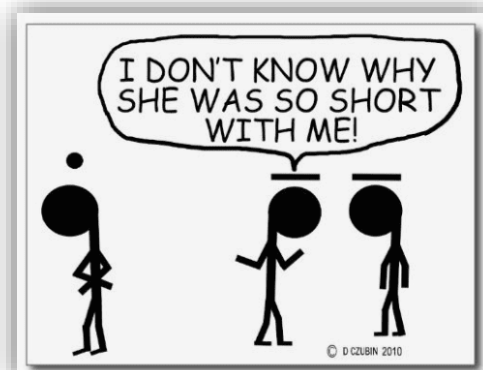
camp--a worn-out cello, piano, clarinet, and violin--became one of the most famous compositions to come out of the war years.

We are not in POW camps, to be sure, but in the midst of COVID-19 we can indeed feel trapped. We aren't able to worship in the ways to which we've grown accustomed. We may not be able to participate in the same mission and outreach that we've done before. But that doesn't mean we stop doing church.

Messiaen was a composer, so in the midst of hardship and imprisonment he did what he had always done: he

Now that travel restrictions have loosened up, here are some hymns you might be singing, as you watch your speedometer...

45 mph – God Will Take Care of You  
65 mph – Nearer My God to Thee  
85 mph – This World is Not My Home  
95 mph – Lord, I'm Coming Home  
100 mph – Precious Memories



## COMMITTEE REPORTS

### BOARD OF TRUSTEES:

It's that time of year when we have to have mandatory annual inspections. We have a fire alarm inspection, an elevator inspection by our local company and the State inspection, as well as, an inspection on all of our fire extinguishers. These inspections are costly, especially if we have to address any items, so please continue to give so we can meet all of these expenses.

*Greg Smith, Chair*

#### August Committee Meetings...

Mon, Aug 10<sup>th</sup> – Ad Board, 6:30pm

Mon, Aug 17<sup>th</sup> – Missions, 7:30pm

Please make every effort to be in attendance.  
Thank you!



Many of you have asked for a mailing address for Chris & Kristen Weaver.

Here it is:

Chris & Kristen Weaver  
CMR 402, Box 2221  
APO, AE 09180-0023



### Is Hand Sanitizer a Fire Hazard in Your Car?

**It is true that hand sanitizer is considered a flammable liquid; but the likelihood of it catching fire in your car, is minimal. The sunlight has to pass through it at just the right angle. The same is true for water bottles. Also, it is large quantities of**

**sanitizer that firefighters are most concerned about. A small container of hand sanitizer kept in your glove compartment or center console will not burst into flames. More of an issue would**

**be high temperatures and evaporation of the active ingredient, ethyl alcohol**



## DRUGS THAT DON'T MIX WITH CERTAIN FOODS

Surprising facts: Older adults account for 34% of all prescriptions and 30% of all over-the-counter medication used in the U.S. Not only do they take a lot of medication, but it frequently is prescribed by multiple physicians. Always carry a list of your medications, dosage, and who prescribed it, so that each of your prescribing doctors won't duplicate with a similar drug. Aging affects the absorption, distribution, metabolism, and excretion of drugs as well as food.



Warfarin (Coumadin) is a blood thinning medication that helps treat and prevent blood clots. Eating certain foods, especially those rich in Vitamin K can diminish Warfarin's effectiveness. Foods highest in Vitamin K are green leafy vegetables such as kale, collards, spinach, turnip greens, brussel sprouts, asparagus, endive and scallions. You may eat these greens while taking Coumadin, but eating the greens must be consistent daily so a dosage base can be established. An example creating this problem—the doctor tells you to lose weight, so you start eating more greens, Vitamin K intake increases, and so counteracts the anticlotting action of Coumadin.

If you are on insulin or oral diabetic agents and have an alcoholic drink, this can increase or prolong the effect of insulin or oral diabetic pills, thus giving you low blood sugar (hypoglycemia). This action can last up to 8-12 hours. These symptoms include nervousness, sweating, trembling, intense hunger, weakness, palpitations, confusion, drowsiness, and possibly coma. With a doctor's approval and you have no other medical conditions such as neuropathy, elevated triglycerides, or pancreatitis, older adults with diabetes may be able to enjoy up to 2 drinks per day, preferably at mealtime or when having a snack. An alcoholic drink is defined as a 12-ounce beer, 5-ounce glass of wine, or 1.5-ounce distilled beverage.

Digoxin, high fiber diets and herbs don't interact well. Digoxin (lanoxin) is used to strengthen the contraction of the heart muscle, slow the heart rate and promote the elimination of fluid from body tissues. Dietary fiber such as wheat bran can slow the absorption of digoxin

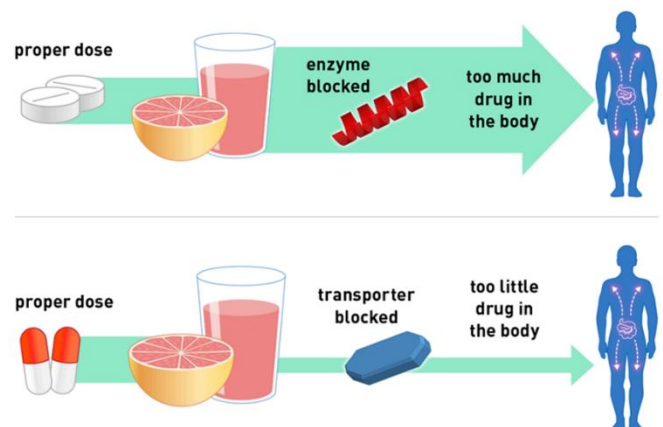
and lessen the effectiveness. A way to get around this that helps, take the digoxin 1-2 hours before eating a meal. Ginseng can elevate blood levels of digoxin while St. John's Wort decreases blood levels. Digoxin toxicity can be recognized to include a yellow tint to vision and the appearance of halos around objects, as well as weakness, confusion, dizziness, nausea and vomiting. Antibiotics may boost the absorption of digoxin. Eating a lot of licorice could cause potassium depletion, resulting in irregular heartbeat.

Statins and grapefruit together can create side-effects. Drinking grapefruit juice or eating grapefruit can increase the amount of statins in your blood. Statins are prescribed to lower cholesterol in the body. Calcium channel blockers are prescribed for high blood pressure. A natural element in the grapefruit alters the breakdown of the calcium channel blockers.

Antibiotics aren't fully absorbed by the body if used with dairy products and/or calcium fortified orange juice. The calcium in these foods bind to the antibiotics in the stomach and small intestines to form an insoluble compound. To get around this, take the antibiotic 1-2 hours before the meal. Not all antibiotics will do this.

Tylenol and two or more alcoholic drinks a day don't mix well. The alcohol increases the liver toxicity of Tylenol. This can be more problematic in older adults since the liver's ability to diminish drugs increases with age.

Talk with your doctor and/or pharmacist before starting a new drug to discuss its side effects, whether it is compatible with your current drug regime and what to expect with the use of the new drug.



# Feeling Stressed Out? Relief Is Just a Breath Away

*How conscious, deep breathing can improve your wellbeing.*

**R**elax and take a deep breath. It's a common recommendation from physicians and friends who seek to help you reach a state of calm when you're feeling frazzled. Breathing is an essential and automatic function. But with a deliberate focus on breathing, it's a proven tool for healing and wellbeing. Mere minutes of conscious breathing can help you feel better and think more clearly.

"Conscious breathing can change your physiological state," explains certified meditation teacher Natalie Bell, with the UCLA Mindful Awareness Research Center. "When we feel stress, our heart rate may increase, our breathing may get shallow, blood pressure can rise, and we might go into fight, flight or freeze mode. We can actively shift that response by using slow deep breaths and activating the parasympathetic nervous system."

Sometimes referred to as the "rest and digest" system, the parasympathetic nervous system slows heart rate, is active during digestion, and helps bring equilibrium to the body. Deep breathing helps you calm down. That's why it's an integral part of many yoga, tai chi and meditation classes. To gain the benefits of focused breathing, however, you don't need a formal or lengthy practice. Bell offers the following simple strategies as

ways to incorporate the calm of deep breathing into daily life.

## Coherent Breathing

When you inhale, heart rate increases slightly; when you exhale, it decreases. This difference in heart rhythm is called "heart rate variability" and it is beneficial to the heart and body. Coherent breathing creates a relaxed yet alert state by focusing on the in-and out-breaths.

How it's done: Sit comfortably upright, supporting your back if desired. Take a few deep breaths, allowing the belly to balloon outwards. Relax the mind as much as possible. Once you feel a bit more relaxed, begin the practice as follows:

- Exhale to a count of six.
- Allow several normal breath cycles to complete, and then again focus on exhaling to a count of six.
- Let the breaths be smooth, and feel the body relaxing.
- Switch your focus by inhaling to a six-count.
- Again, allow your body to breathe in and out naturally several times. Focus on the six-count inhalation every few breaths.
- Combine these by inhaling for six and exhaling for six. There's no need for every breath in and out to

## WHAT YOU SHOULD KNOW

- **Deep breathing** can quickly help you feel calmer.
- **Techniques vary**, but some can be done anywhere, anytime.
- **Don't force it**; alternate regular breaths with suggested techniques.
- **Connecting body and mind** through the breath benefits health.

be a six-count. But eventually, the idea is to piece together this rhythm without force. Allow your body to ease into it.

## The STOP Practice

This technique is an efficient and effective mindfulness method to create a pause or shift in the middle of the day. "Do the STOP practice for about one minute," advises Bell. "After a stressful phone call, or before talking with a loved one who is under pressure." The acronym guides the practice.

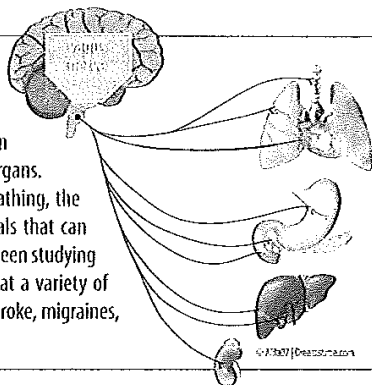
Stop or slow what you are doing. Take a few deep, slow breaths. Observe how you are feeling in your body as you are taking slower breaths. Notice the thoughts and emotions. Invite calm.

Proceed with what you were doing.

According to Bell, visualizing the breath as nourishing can help create a more peaceful physical and mental state. "As you inhale, imagine giving yourself something positive—think of calm and ease," she recommends. "When you exhale, think of releasing or letting go of stress."

## THE VAGUS NERVE

Deep breathing stimulates the vagus nerve, the longest cranial nerve. This nerve extends from the brain and branches into and influences numerous vital organs. When stimulated through techniques like deep breathing, the vagus nerve triggers the release of various chemicals that can induce calm throughout the body. Researchers have been studying how electronically stimulating this nerve might treat a variety of conditions, including epilepsy, depression, asthma, stroke, migraines, and inflammatory diseases.



## Practice Not Perfection

Perfection isn't the goal of any of these practices. People who have anxiety may try too hard to "do it right." It's not about doing it right or trying to overly control it. The practices are meant to be gentle and unforced.

Through time, this kind of attention can help decrease blood pressure as well as reduce other ill effects of stress, including headaches, digestive issues, and depression.

# Tips to Fall Asleep Naturally

*Get the nightly rest you need with these smart strategies.*

**S**leep has many important health benefits: It cleanses the brain, allows memories to consolidate, helps the immune system to function optimally, and restores and rejuvenates tissues. Not enough sleep impairs judgment and physical function. And let's face it, when tired, most of us can be rather irritable and grouchy. Serious health problems can result from poor sleep, including feeling more depressed and increasing the risk of falls.

Animal studies have shown that lack of sleep results in the buildup of certain proteins, particularly beta amyloid, which has been implicated in the development of Alzheimer's disease. During sleep, however, a very important system is hard at work: It's called the glymphatic system. Most active during slumber, the glymphatic system flushes out toxins and waste products from the brain, including beta amyloid.

## Improve Your Sleep

"What we find helpful is the avoidance of excessively bright light, noise, and hot temperature in the bedroom," says Alon Y. Avidan, MD, MPH, Director of the UCLA Sleep Disorders Center. "Sixty-eight degrees is more conducive to the production of melatonin."

Melatonin is a naturally occurring hormone that ushers in sleep. In addition to cooler temperatures, melatonin is triggered by darkness. Indoor light, including that which emanates from electronic devices, can be enough to inhibit its release. To induce sleep, create a dark, cool, quiet room and turn off all devices.

## The Ideal Time for Exercise

Getting enough physical activity during the day may lead to better quality sleep, according to a National Sleep Foundation poll, which surveyed 1,000 adults between the ages of 23 and 60. Self-described exercisers



*A good night's sleep helps improve mood and overall wellbeing.*

reported better sleep than non-exercisers even though they slept about the same amount of time, seven hours. Vigorous exercisers were almost twice as likely to report they had a good night's sleep, and they were the least likely to report sleep problems. But don't do anything strenuous just before you go to bed.

The National Institute on Aging recommends that people exercise at regular times each day *but not within three hours of bedtime*. A little light stretching, however, can help you relax.

## The Best Drink

While alcohol can help you relax initially, it ruins rest. According to Dr. Avidan, alcohol disrupts sleep architecture, meaning you may not pass through all the needed sleep stages, and that will inhibit good quality sleep. "Drinking alcohol can also make breathing more difficult," says Dr. Avidan. "It can turn someone with a little snoring into someone who has full sleep apnea."

Instead, try warm chamomile tea or any herbal tea, so long as there is no caffeine. Check the product's label to be sure. Do know that green tea *does* contain caffeine. Some people also swear by a glass of warm milk with honey, which can be helpful.

## Treat Sleep Apnea

Obstructive sleep apnea (OSA) is the most common form of sleep apnea.

## WHAT YOU CAN DO

- **Keep your bedroom cool;** 68 degrees is ideal.
- **Avoid bright lights,** especially blue light from electronic devices.
- **Allow at least three hours between exercise and bedtime.**
- **Don't use alcohol as a sleep sedative;** try a chamomile or herbal tea instead.
- **Treat sleep apnea.**

People with OSA stop breathing many times throughout the night and each time they awaken. It's subtle, so people aren't aware of it, though a sleep partner will likely be aware of the loud snoring, a symptom of OSA along with daytime sleepiness. Health problems associated with OSA include high blood pressure, obesity, memory loss and heart attack. The most successful treatment is a CPAP, continuous positive airway pressure, which features a mask worn at night. It helps you breathe better, sleep better and typically eliminates all snoring, enabling a sleep partner to get a good night's rest, too.

## Establish Nightly Rituals

Take time to relax before bedtime each night. For some people, that can mean reading something (on paper rather than an electronic device is best), listening to soothing music, or soaking in a warm bath. Mindfulness meditation practices, such as a body scan, can be especially useful if you find yourself struggling to fall asleep. Bring your awareness to each body part from toe to head, take a deep breath, and exhale slowly while you invite relaxation. It may be surprising to discover how much tension you may be holding in your legs or shoulders.

People who struggle to fall asleep may find themselves becoming anxious before bedtime. Establishing a nightly habit that invites slumber might be just what's needed to overcome this mindset.

# Are You Tired All the Time?

*These non-sleep related conditions may be the cause of your fatigue.*

If you are frequently exhausted during the day, you may suspect a sleep disorder. And while it's a good place to start, there may be some other reasons for your day-time tiredness.

"Fatigue and sleepiness are two different things," explains clinical psychologist Jennifer Martin, PhD, David Geffen School of Medicine at UCLA.

"Sleepiness means you're not getting enough good quality sleep, and during the day you can't keep your eyes open. Fatigue is not having a lot of energy. You can feel that way from having chronic pain, stress, or exercising too much."

## Anemia

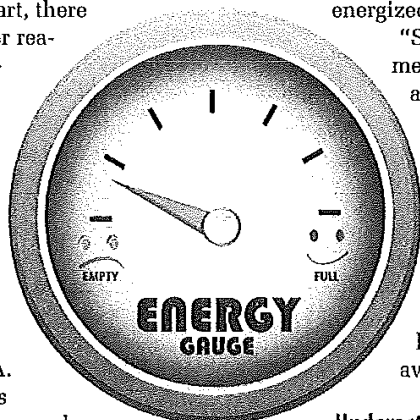
Also known as having a low red blood cell count, anemia can cause fatigue, shortness of breath, and headaches. In addition to having lower than normal amounts of red blood cells, the cells may not have enough hemoglobin, an iron-rich protein that helps circulate oxygen around the body. Anemia can be mild or severe, but both should be treated. A blood test can reveal if you are anemic. Common causes are deficiencies in iron, folate or vitamin B12. Food rich in these nutrients can help correct the problem.

## The Foods You Choose

Not eating enough, and eating the wrong foods (highly processed and sugary foods such as donuts) won't provide the nutritional fuel you need to power through the day, which can lead to feeling tired. Combining

protein with a complex carbohydrate will help you stave off hunger, and help keep your body and brain energized.

"Some patients tell me they get tired after eating certain foods," says Dr. Martin. "If you eat something that makes you tired, don't eat it. Likewise, if you eat something at night that keeps you awake, avoid that food."



*Certain medical conditions can make you feel like you're running on empty.*

## Underactive Thyroid

The thyroid gland makes a hormone that affects metabolism and is involved with how the body converts energy from food.

Hypothyroidism is the medical term for an underactive thyroid. When food metabolizes too slowly, the result can be fatigue. The disease is more common among people over 60, and affects women more than men. To diagnose hypothyroidism, a physician will take a full medical history, and perform blood tests to check thyroid function and hormone levels. The condition is treatable with medications.

## Depression

It's commonly thought of as a mental and emotional disorder, but depression also has physical symptoms, including headaches, loss of appetite, and fatigue. Depression is one of the most common disorders in the U.S. and can happen at any age. In older adults, depression can occur in tandem with other serious chronic conditions. Being depressed drains energy. Sometimes, the medications used to treat depression may help resolve the fog of depression, but the

## WHAT YOU SHOULD KNOW

- > Sleepiness and fatigue are different.
- > Difficult to digest foods, such as those that are high in fat, can drain energy.
- > Infections can cause fatigue.
- > Some medical conditions can make you feel tired.

medication's side effects may include fatigue. Always report any medication side effect to your physician, as there may be other options to try.

## Urinary Tract Infections

Urinary tract infections (UTIs) are among the most common infections. Women are more likely to get them, but men, especially as they get older, are more prone to UTIs as well. While burning and itching upon urination are the most typical symptoms, older adults are more likely to feel tired, shaky, weak, and have muscle aches. "Any infection can make people feel tired," says Dr. Martin. "It can cause both fatigue and sleepiness. It's also harder to get good sleep because you may have pain or other symptoms from the infection."

## Dehydration

Not getting enough fluids can lead to fatigue. While the general rule of thumb has been eight eight-ounce glasses of water per day, it may be different for you. If you sweat a lot, you will need more. Simply hiking outdoors on a hot humid day can cause you to perspire more than you think. Drink water before such an outing or a hard workout like tennis. Depending on how long you are at the activity, it may help to drink a little during your activity as well. You know you are well-hydrated when urine is light in color.

There are many other medical conditions such as heart and lung diseases, diabetes, and fibromyalgia, as well as medications that can cause fatigue. Sometimes, trying a different medication or taking it at a different time of day may solve the problem.



Editor-in-Chief  
Jonathan Wanagat,  
MD, PhD, Assistant  
Professor, Division  
of Geriatrics


**Q** I've heard that exercise can be a natural antidepressant. Is that really true?

**A** Yes, it is true. One of the best health choices you can make is to exercise regularly. Not only is exercise a natural antidepressant, it also may protect you against getting depression or having a depressive episode. Physical activity releases endorphins, which are brain chemicals that help you feel good, and they promote nerve cell growth, too. Research has found that exercising for as little as 30 minutes per day can be an effective natural antidepressant. A number of studies have focused on aerobic exercise, but some have shown that resistance training can also work well. Consistency and intensity are also important.

A few years ago, researchers from Duke University compared exercise to antidepressant medication. Study participants included 156 older adults with major depressive disorder. One group did aerobic exercise three times per week, the second took sertraline (Zoloft), and the third group combined exercise and sertraline. After 16 weeks there was no difference in the level of depression among the groups, suggesting that both medication and exercise were equally effective. But after 10 months, those who exercised were 50 percent less likely to be depressed. If you can't exercise for an hour, try 10-minute bursts of exercise throughout the day. If you have trouble consistently exercising, working out with a friend can help you both stick to a program.

**Q** I know there are brain-related changes with age. What are the best things I can do to protect my brain?

**A** Studies suggest that even healthy older adults can experience some brain atrophy, or shrinkage in brain volume. But not everyone experiences this problem and researchers are studying them to find out why. New brain cells replace injured and dying ones in a process called neurogenesis. Researchers have linked several activities that can help maintain or increase neurogenesis in older age. One study from Harvard compared meditators and non-meditators, and found that those who meditated had more gray matter volume. Meditation requires focus and concentration. The brain is similar to a muscle. Consistent cognitive practices, such as meditation, help it stay in shape for brain health.

Regular physical activity, at least 30 minutes per day most days of the week, has been shown to slow down age-related declines in the brain. The brain has an extensive capillary network, and exercise helps increase blood circulation throughout the body, including the brain, providing a supply of oxygen-rich blood to feed brain cells. Other lifestyle strategies that can boost brain health include getting seven to eight hours of sleep each night, eating a Mediterranean-style diet that is rich in fresh fruits and vegetables and low in saturated fats, and seeking treatment for mood disorders, such as depression and anxiety. Treatments for these mood disorders may work in part by stimulating neurogenesis in the brain. 

# Announcements

PLEASE NOTE EVERYTHING IS  
SUBJECT TO CHANGE.

## PRAYER SHAWL GROUP

will meet Saturday, August 1<sup>st</sup>, 8:30am, at Panera Bread.

## PROPHECY ZONE, 1<sup>ST</sup> SAT. GROUP

Join us the first Saturday of each month at 9:00am. We are looking at today's events in the world and what the Bible has to say about these things.

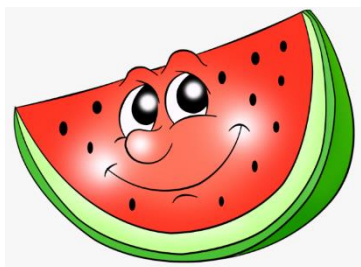
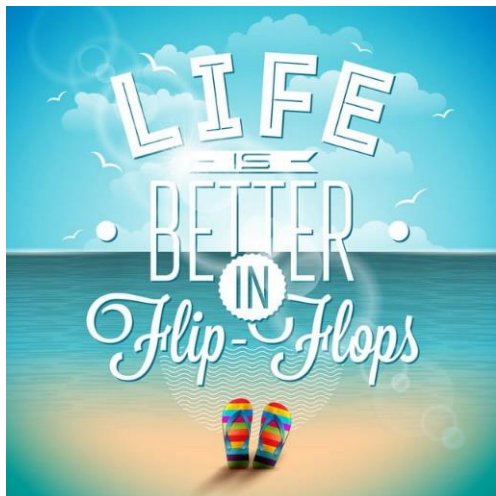
## ANAM CARA BOOK GROUP

will meet Wednesday, August 19<sup>th</sup>, 6:30pm, at Debbie Spielman's home. We will be reading *This Tender Land* by William Kent Krueger.

## DEADLINE FOR SEPTEMBER NEWSLETTER

is Monday, August 17<sup>th</sup>. Committee Reports due for September are: Ad Board & Finance.

## NO SUMMIT SUPPER & FRESH START THIS MONTH



Life Groups meet on a regular basis. If you haven't signed up for a life group, please do. There are 3 to choose from.

### Bread of Life Group

Meets 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays at 6:30pm @Emmanuel  
Leaders: Dave & JoEllen Smith

### West Virginia Group

Meets every two weeks on Wednesdays at 5:30pm  
Leaders: Donnie & Debbie Reid/June Meyer  
(Meeting weekly on Facebook.)

### Homewood Group

Meets the 2<sup>nd</sup> Thursday of each month at 1pm  
Leader: Lillian Myers

If you are interested in joining a LIFE Group, please sign up at the LIFE Group table in the fellowship area.



**Children's Sunday School** - after children's sermon.

**Adult Classes** – 11:00 am

### **Meridian Adult Class**

Topic: *Wilderness*

Hello to all of you! As usual, I want to invite you to join our class when our new normal is set for us. Until such time, I want to say I miss the members of our class as well as you. Just three short phrases for all of us to remember: Stay Safe, Be Well, You Are LOVED. Remember those in your prayers who are on the prayer list. Please remember GOD is with us every step of this journey.

Pat Reeder

### **Journey in Faith Adult Class**

Topic: *Unusual Healings* by Adam Thomas.

Pastor Randy and others will be leading the discussion. All are welcome! Meets in the library.

## Scripture Lessons

### Aug 2<sup>nd</sup> – 9<sup>th</sup> Sunday after Pentecost

Genesis 32:22-31  
Psalm 17:1-7, 15  
Romans 9:1-5  
Matthew 14:13-21

### Aug 9<sup>th</sup> – 10<sup>th</sup> Sunday after Pentecost

Genesis 37:1-4, 12-28  
Psalm 105:1-6, 16-22, 45b  
Romans 10:5-15  
Matthew 14:22-23

### Aug 16<sup>th</sup> – 11<sup>th</sup> Sunday after Pentecost

Genesis 45:1-15  
Psalm 133  
Romans 11:1-2a, 29-32  
Matthew 15:(10-20), 21-28

### Aug 23<sup>rd</sup> – 12<sup>th</sup> Sunday after Pentecost

Exodus 1:8-2:10  
Psalm 124  
Romans 12:1-8  
Matthew 16:13-20

### Aug 30<sup>th</sup> – 13<sup>th</sup> Sunday after Pentecost

Exodus 3:1-15  
Psalm 105:1-6, 23-26, 45b  
Romans 12:9-21  
Matthew 16:21-28

## August Volunteers



### Greeters

2 – Gerald & Loise Ocker  
9 – Eileen Reid & Philip Reid  
16 – Todd & Sue Baer  
23 – Charlie & Cindy Pope  
30 – Jeff & Sheri Peterson

### Announcers

2 – Lisa Gorman  
9 – Shirley Anders  
16 – Edith Hahn  
23 – Dick Snyder  
30 – Mike Botzan

### Projector

2 – Amanda Manspeaker  
9 – Courtney Peterson  
16 – Mitch Mitchell  
23 – Jimbo Peterson  
30 – Suzanne Van Noddall

### Altar Committee

June Meyer & Joan Baer

### Lay Readers

2 – Jack Gest  
9 – Kevin Anders  
16 – Michael Van Noddall  
23 – Kelly Daniels  
30 – Dave Wade

### Ushers

2 – Team 5  
9, 16, 23, 30 – Team 4

### Acolytes

2 – TBD  
9 – TBD  
16 – TBD  
23 – TBD  
30 – TBD

### PLEASE NOTE:

If you are unable to do your scheduled date, please switch with someone else and let the church office know. Thank you!

## Bible Study



### Our topic is:

*12 Ordinary Men*  
by John MacArthur

Come Thursday mornings at 8:30am.  
You will be blessed!

## August Birthdays

2 – Frank Reid  
3 – Dave Golden, Buzz Mullendore,  
Eileen Reid, Linda Stein  
6 – Susie Sholty  
7 – Jeff Boward, Cheryl Strosnider  
8 – Beverly Hathaway  
10 – Dennis Reed  
11 – Matthew Buckwalter, Dawn Gipe,  
Barry Lautenslager,  
19 – Mitch Mitchell, Genevieve Phillips  
20 – Steve Toomey  
24 – Bucky Shrock  
25 – Debbie Cantler  
26 – Ron Smith  
27 – Megan Huntsberger  
30 – Hannah Boward,  
Charlotte Eichelberger, Ruth Smith

We don't want to miss anyone's birthday.  
If we have missed yours, it's because we do  
not have record of it. Please call the church  
office at 301-733-4720 to let us know.



## KIDS CORNER

## Word Mining

How many different words can you make from the words in

## BEACH BALL AND BASKET

[illegible]

## PRAYER LIST

### Emmanuel UMC

Updated 7-24-20

(Names in bold have been added.)

Anderson, Andy (Rosalie Marlin)  
Baker, Sharyn  
Barnes, Ben  
Blosser, Dave  
Breeden, Jill (CB)  
Curtis, Paul (Barry Curtis' brother)  
~~Deibert~~, Mark  
Dick, Buddy (Mary White's brother)  
Dylan (Bruce Storms)  
~~Egler~~, Maxine (cancer)  
Foster, Kathryn (Elizabeth  
    ~~Alberding's~~ sister)  
Frank (brain tumor) (friend of  
    Marlin's)  
Gardner, Deborah (Ben Marlin's  
    daughter)  
~~Gorombol~~, Chel (Leslie Phillips)  
Hahn, Lorelei (Edith Hahn's great  
    granddaughter)  
Harris, Diana (Josie Dominick)  
Harsh, Katie  
~~Hice~~, ~~Braelin~~ (Lois Wolford)  
Hunter, Lillian (Dave Wade's sister)  
Ingram, Karen (friend of Barb  
    McKee)  
Kidwell, Mona (ALS) (Donnie Reid)  
Laurie ~~Tangere's~~ brother  
Lindeman, John  
Linebaugh, Gordon  
Lucas, Baby ~~Raylin~~  
Maggie (Heather)  
~~Marecki~~, Chester  
~~Maushart~~, Chris (Barry Curtis)  
~~Maushart~~, Roberta (Barry Curtis)  
McKee, Barb  
**Meekins, Patty (Linda Reed)**  
Metz, Ronald (friend of Buck &  
    Deb Cantler)  
Miller, Harmony Mae  
Miller, Penny  
~~Nykum~~, Dave  
Our United Methodist Church  
Palm, Brad  
~~Pinjeski~~, Allison (leukemia)  
Rauch, Jimmie  
~~Rauth~~, Jane

Reeder, Susan  
~~Rhoe~~, Ruth & Bob  
Richards, Linda (Melanie Clippinger  
    & Cheryl Jennings' cousin)  
Rickard, Edythe  
Joe Robeson family  
~~Rodefer~~, Betty  
Rohm, Clyde (Pat Reeder's great  
    nephew)  
Ruth (friend of Dawn Gipe)  
Ruth, Kay  
Semler, Harold & Adam  
Shaffer, Caitlyn  
~~Shanholtz~~, Julie (Rachel Rice's  
    niece)  
Sharon's brother (Allen)  
Shelton, Dave & Debbie (Linda Reed)  
Shriver, Joyce (Rachel Rice)  
Siler, Sr., George (cancer) (Donnie  
    Reid)  
Speakman, Shirley (Ben Marlin's  
    sister)  
Sutton, Elizabeth Hastings  
Tasker, Shawn  
~~Trovinger~~, Tommy  
Watts, Avery (Aly Phillips' friend)  
Wells, Rick & Lorraine  
Williams, Claire  
Williams, Michael  
Williams, Zoey  
Wolfe, Roy  
Wolford, Jeannette  
Wolford, Lois  
Wright, Anita  
Yeager, Jimmy (Larry Boward)

### REMEMBER OUR SENIOR

#### CITIZENS:

Don Bowman  
Kitty Crone  
Les & Ardis Elliott  
Louise Horst  
Alma ~~Kershner~~  
Joe & Lorraine Robeson  
Leonard ~~Snodderly~~  
Ben Witt

### PRAY FOR OUR RELEVANT YOUTH

Riley, Adam, Holly, Ben, Danni, Jordan  
B., Tyler, Bella, Josie, Sophia, Kaleb,  
Korey, Diamond, Briana, Tina, Ona,  
Jonathan, Jordan P., ~~Surfusa~~, Megan,  
Tyra, Diana & Lucas

Leaders: Mandy, Amanda, Katie,  
Connie, Dave S., Dave M., Sharon,  
~~Toma~~ & Barry

### PRAY FOR THOSE SERVING IN THE

#### MILITARY:

Cpl. Ethan Boyd (nephew of Steve &  
    Linda Toomey)  
Capt. Phillip Dudley  
Joshua L. Lyons  
Walter ~~Paolino~~  
David M. Rawlings (Clarks' son)  
Nicholas Joseph Robeson  
Taylor Souders  
Chris & Kristen Weaver (Germany)

*(Please let the church office know  
of any updates for prayer.)*

# Emmanuel UMC – August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:30am-Prayer Shawl Group @Panera Bread 9:00am-Men's Breakfast @Barry Lautenslager's Home
2 8:15am-Early Service 9:30am-Sun. Worship Communion 10:30am-Fellowship 10:45am-Sun. School	3	4	5   7:15pm-West Virginia Life Group Live on FB	6 8:30am-Bible Study   7:00pm-Youth-Live	7	8
9 8:15am-Early Service 9:30am-Sun. Worship 10:30am-Fellowship 10:45am-Sun. School	10   6:30pm-Ad Board	11	12   7:15pm-West Virginia Life Group Live on FB	13 8:30am-Bible Study	14	15
16 8:15am-Early Service 9:30am-Sun. Worship 10:30am-Fellowship 10:45am-Sun. School	17 Newsletter Articles Due   7:30pm-Missions	18	19   6:30pm-Anam Cara Book Group @Debbie Spielman's Home 7:15pm-West Virginia Life Group Live on FB	20 8:30am-Bible Study   7:00pm-Youth- Live	21	22
23 8:15am-Early Worship 9:30am-Sun. Worship 10:30am-Fellowship 10:45am-Sun. School	24	25	26   7:15pm-West Virginia Life Group Live on FB	27 8:30am-Bible Study	28	29
30 8:15am-Early Worship 9:30am-Sun. Worship 10:30am-Fellowship 10:45am-Sun. School	31					