

August 8, 2019

Church Family,

Sunday's Message

Sunday's message is "Do Not Be Afraid " Tony Mosley
The scripture readings are Isaiah 1:12-20 and Luke 12:32-40.

CHURCH COUNCIL NEWS

The Christian Ed Team, in order to protect the identity of all children and youth in our church, submitted to Church Council the following for approval and will be added to the current Safe Sanctuaries Policy. The policy was approved on July 23, 2019. Ministry team leaders are asked to make note of it at their respective team meetings. Thank you.

"No photos of children or youth under the age of 18 will be taken or published by the church in any way without the written permission from the parent or legal custodian. No children in the foster care system, or under the guardianship of the county agencies, will be photographed."



ROAD TRIP!!!!!! There's still a space for you!!!!!!

Mature Adults next trip is to Westcott House-Frank Lloyd Wright House in Springfield, Ohio, on August 22. If you're interested and haven't signed up call Connie Kelly ASAP for ticket reservations; Seniors \$15.00, Adults \$18.00. Lunch will be at Teaberrys after the tour. Sign- up sheet and details are on the Outreach Bulletin Board. Call Connie at 740-412-4789 to reserve your space.



GET READY FOR A PICNIC!

August 18 at 6:00 p.m., there will be an “All Church” picnic on the church’s East parking lot. All food items will be provided. Bring a lawn chair and enjoy music provided by the Farleigh Brothers Band.

MARK YOUR CALENDARS!

CUMC Adult Spiritual Fall Retreat

We are looking forward to **the fall retreat!**



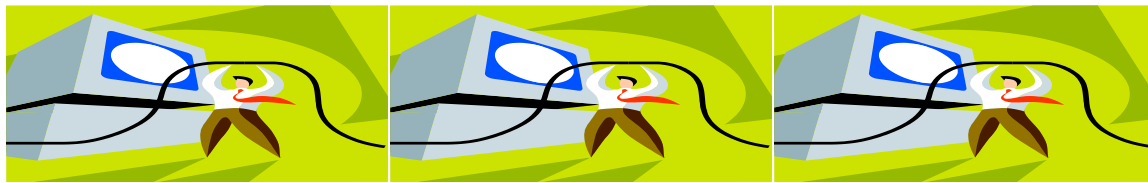
Who: any adults, singles or couples, who want a time to deepen their faith and enjoy a time of fellowship, learning and worship.

When: **Friday, October 4—Saturday, October 5**, from late afternoon/evening on Friday to Saturday afternoon.

Where: Procter Camp and Conference Center near London, OH.

Cost: \$86./person, for two people in a hotel room, including dinner Friday, breakfast and lunch on Saturday. Registration forms are available at the church.

Due: Registration and payment will be due by **Monday, August 19, 2019.**



DATE CHANGE – TAKE NOTE:

CUMC will be changing telephone and internet provider, tomorrow, Friday, August 9. This change should be transparent. Any issues or concerns please stop by the Office or see the Security Team on Sunday, August 11.



Elsea's Village Carnival Update:

Thank you to everyone who helped with and prayed for the carnival at Elsea's on Saturday, August 3rd. It was a great time with the families in the community. We were able to feed everyone (hot dogs, chips, popsicles, and water) and passed out a cinch bag with school supplies to 59 students!!! The children had a great time with face painting and a bouncy house. Again, thank you to everyone who supported this event.



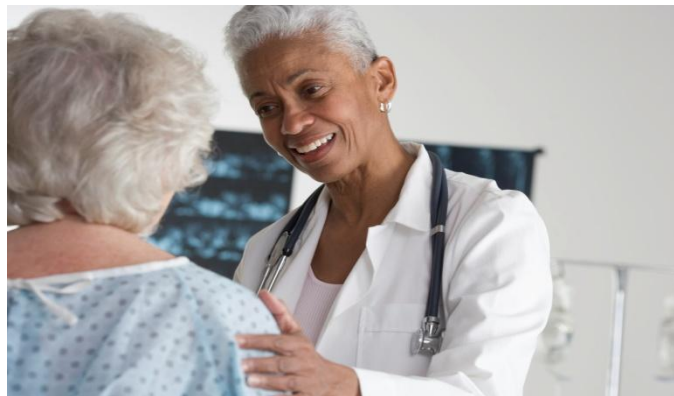
Walk to End Alzheimer's

Mark your calendars for Saturday, August 24, at 9a.m. to walk with our church team at the MV Crites Hannan Park on St. Rt 188. If you're interested in joining, please sign up in the Welcome Center and get ready to walk for a great cause and with some great folks.



It's not too early to be thinking about Christmas.....cards

One Community Ministries is already looking for Christmas Cards. Several greeting card companies online are having % off sales and the ministry is asking for help from the congregation for donations of cards, cash and stamps. We have used up all the access donated cards from past years because there is a certain criterion for the type of cards ODRC will allow. Also please make sure that the wording DOES NOT say Happy Holidays but a definite Merry Christmas or has a reference to Christ, Christmas, peace, etc. Christiandiscountship.com is offering a discount.



What Types of Health Screening Do Mature Adults Need?

Most insurances including Medicare and Medicaid offer screenings on their plans. The Centers for Medicare and Medicaid Services uses these offerings to determine if they are following quality of care measures and keeping you healthy.

Health Screening -continued-

Check out your plans to see if they offer these:

An Annual Wellness Visit: This plan is designed for you and your health care provider to keep you healthy or address any issues you may be having with your health, including mental health.

Flu and Pneumonic Vaccines: These are recommended yearly for all ages and prevent flu and pneumonia illness and deaths especially in vulnerable populations such as young children, those with chronic diseases and the elderly.

Diabetes Screening: These screenings include family history, body weight, and blood sugar levels. You may be able to have two screenings a year if you are at risk such as diagnosed with pre-diabetes.

Obesity screening and counseling: This falls in line with diabetes screening. If you have a body mass index of 30 or more, you are more likely to develop illness such as heart disease and diabetes. The counseling programs use healthy lifestyles changes such as diet, proper food choices, and exercise.

Breast Cancer Screening: Women age 40 and older are eligible for screening mammograms and breast exams to detect breast cancer.

Prostate Cancer Screening: Men over the age of 50 are covered for an annual digital rectal exam or PSA testing to detect prostate cancer.

Glaucoma Screening: Glaucoma can lead to vision loss if left untreated. This is offered if you have a family history of diabetes.

Colorectal Cancer Screening: Check your plan to see how often a colonoscopy is offered. Many plans cover a fecal occult (hidden blood in your stool) test that is easy and effective in screening for colorectal cancer.

Bone Density Screening: A DEXA scan can measure your risk of fractured bones or osteoporosis and usually is covered every 24 months, or more if medically necessary.

Pap and Pelvis Exams: Regular pap test and pelvis exams can detect cervical and vaginal cancers early.



Community Needs:

The following are items needed by members of our community:

Stoves (electric and gas)

Refrigerators

Chair

Washer & Dryer

Full or queen-size beds

Sofa

19" TV**

If you have any of these items, please contact Mark Denniston. Thanks for all you do to support those less fortunate in our community.

** Indicates new addition to the list of needs.

Please note, Mark Denniston has a new cell phone number for church related business, 740-500-2688, or you may call the Church Office.

The "Hospitality" group, which includes, Sunday morning refreshments, greeters, etc., is under the Outreach Ministries. Any questions or concerns should be directed to Mark Denniston. Thank you.



Scripture Corner

Scripture (Luke 12:32-40) Can you answer this question?

When will the Son of Man come?

Answer from 8/4/19- He was greedy with his crops.

Many blessings,
Melissa Barnhart