



Faith news

AUGUST 2019

MONTHLY NEWSLETTER | ALDA UNITED &
WOOD RIVER FIRST UNITED METHODIST CHURCHES

ALDA UMC Community Dinner Church


August 25 @ 5:00

Come for Sloppy Joes, music, and a
short message about Jesus.

Everyone is Welcome

at this FREE Event!

202 Pine St, Alda



Check the calendar
for important
Team Meeting times!

VBS Thank You

Wood River First UMC had an amazing VBS where children learned God is Good in all circumstances. To kick off our week of VBS, we had a community pool party at the Wood River Aquatic Center where we had 150 people attend. Parents who had not previously registered their children for vacation bible school were able to register at the pool. During the week of VBS we served and shared the love of God with 87 children. We thank all the families for sharing their children with us during VBS week, in order to make it a great week. Thank you also to everyone one who served that week. We had over 60 people who served in different capacities: setting up, cooking meals, crew leaders, music, Bible story, crafts and helping wherever it was needed. A special thank you to Mel Fearar for her leadership as VBS coordinator. Our offering was \$992.38 and has been given to support flood recovery in Wood River. Thank you for giving of your time, resources and energy as we lived out our mission to connect with God and others to impact the community with the Gospel of Jesus Christ. Thanks again!!!



Connecting with God and Each Other to
Impact the Community with the Gospel of Jesus Christ.

Parish Nurse - Mary Bilslend

With the crazy weather we have had, I want to review the risk of heat related problems. Some causes of heat exhaustion include not only hot weather and strenuous activity but dehydration which reduces the body's ability to sweat and maintain a normal temperature. Alcohol usage can affect your body's ability to regulate your temperature and overdressing especially clothes that don't allow sweat to evaporate easily.

Factors that can increase your sensitivity to heat include young age, those under 4, and old age, those over 65. The body of the young have not developed the ability to regulate the body's temperature and may be reduced by illness, medications and other factors in older adults. Obesity also affects the body's ability to regulate its temperature. The outside temperature and humidity also changes how one handles heat. Sweat can't evaporate in high humidity so this makes one more prone to heat exhaustion and heatstroke. Heat exhaustion can lead to heatstroke if left untreated which can lead to permanent damage to your brain and other vital organs and can lead to death.

Some preventions one can take is when the temperature climbs, wear loose fitting, lightweight clothes. Prevent sunburn by wearing protective clothes, hats, sun lotion. Drink plenty of fluids. Take precautions with certain medications. Some affect the body's ability to stay hydrated and dissipate heat.

Never leave anyone in a parked car. The temperature of your car in the sun can rise 20 degrees in 10 minutes. It is not safe to leave anyone in a parked car in warm or hot weather even if the windows are cracked or the car is in the shade. When parked, you should keep your car locked to keep a child out so they don't accidentally get caught inside.

We know there are things that need done daily but try and do the more strenuous outside ones when it is cooler or less sun. Be sure and drink lots of water and rest frequently in a cool spot. Be sure and limit the time spent working or exercising in heat until you are conditioned to it. Remember to avoid alcohol, caffeine or a lot of sugar if you need to be out in the heat.

Signs and symptoms of heat exhaustion may include: cool, moist skin with goose bumps when in the heat, heavy sweating, faintness, dizziness, fatigue, weak and rapid pulse, low blood pressure upon standing, muscle cramps, nausea and headache. If you think you have heat exhaustion, stop all activity and rest, move to a cooler place and drink cool water or sports drinks. If you are not improved within an hour, contact your doctor. If the person you are with shows signs of confusion, agitation, loss of consciousness or inability to drink. This person needs immediate medical attention and cooling down.

Have a great, safe summer and start of school.

Be sure your child is protected with the inoculations needed and this is also a great time to get the eyes and teeth checked. Make sure your child knows how to protect themselves against exposure to illness by hand washing and other standard precautions.

Lay Servant Training

There are three training events available in August.

One is a basic course that encourages people to recognize and use their spiritual gifts for work in the church, helping each congregation to become an outpost for mission and transformation. Sessions guide participants through thoughtful reflection on that area of leading, caring, communicating and spreading the love of Jesus Christ into the world.

The second will provide a learning environment that will impact leadership through self-discovery of your own personality and how it influences working in connection with other people in the mission field. Each participant will be able to identify what motivates them, what makes life challenging for them, and what tools each one has for recovering their True Self and building healthy relationships with others.

The third training is aimed at equipping and resourcing passionate VIM leaders and outreach leaders to lead mission experiences domestically and internationally.

For more information on each training, please see the bulletin board in the fellowship hall. Deadline for registration is August 9th.

WR FUMC

Giving Report

We thank you for your giving to the ministry and mission of Wood River FUMC. We had an amazing VBS and Pool Party! We are also looking toward the future and praying about how God is calling us to reinvigorate our children's and youth ministry. Join us in ministry by giving faithfully and generously so we can Connect with God and others to impact the community with the Gospel of Jesus Christ.

Budgeted Monthly Expenses: \$11,482.17

Offerings in July:

July 7 : \$1755.00

July 14: \$3334.40

July 21: \$900.50

July 28: \$5598.15

Total given: \$11,588.05

Thank You

Thanks to all of you that helped prepare the ice cream fixings for the Royal Family Kid's Camp. Those campers love shaking those bags and then seeing there really is ice cream inside! I wish all of you could see the smiles on those boy's and girl's faces as they eat the treat you've prepared for them. You all help provide one of the activities that lets them have fun, be a kid, and help to give them a week full of memories that are good. Thanks for loving these kids! Trena Boshart

Ruth Group of UMW - Renae Graham

Ruth Group of UMW met July 1, with six members attending. President Susie Powell opened the meeting with a special devotion from the funeral of Matt Leeper. The group offered prayer concerns and Susie lifted them in prayer. The UMW calendar was reviewed for July. The city-wide garage sale is upcoming for August 3. Two of our group will be attending Mission u -Mary Bilslend and Renae Graham.

Renae presented a lesson from the book, 31 Proverbs to Light Your Path. The lesson was based on Proverbs 4:18 (The way of the righteous is like morning light that gets brighter and brighter till it is full day. CEB) and was titled, "Morning by Morning". Mary and Jan Carter served as co-hostesses for the evening.

Community Worship

As part of Wood River's FunFest weekend, there will be a non-denominational, community worship on Sunday, August 18th at 11:00. Each year, one church in the community is responsible for the service and the meal after. This year, it's us! We need people to hand out bulletins, be greeters, donate food, and help set up/clean up. Please see the sign-up sheet in the fellowship hall, call the office, or sign up online at: <https://signup.com/go/PqWCYdk> Please use one of these ways to sign up so we can track donations. We are hoping to eliminate duplicate/missed items this way.

Back to school Prayer

Dear heavenly Father,
As our children
Return to school
We look again
To your eternal faithfulness.
Watch over our beloved ones.
Let your Spirit go before them
To prepare the way
And open the doors
That lead to your grace.
Guide them away from harm.
May your mighty Spirit defend them
From any aggression or attack.
Equip them with discernment
And strength of character.
Let them be free to live and learn
As children of God.
Give us, dear Lord,
The wisdom and patience
To know when to speak or be still
As their parents and caretakers.
Always remembering
That they are yours
From the beginning;
Their lives a loving gift to us
From Almighty God.
We trust in you,
We depend upon you.
Care for your children,
Oh heavenly Father.
In Jesus name,
Amen.

Prayerforanxiety.com

UMW - Linda Thompson

United Methodist Women met Thursday evening, July 25 at 7 pm. There were 7 members present and Pastor Trudy. President Mary Bilsend conducted the business meeting. Discussion on the Garage Sale - all rummage is marked and we'll meet at 1pm on Fri, Aug 2 to cut and bag bars. Everyone's help is needed if for only 1/2 hr to 1 hour.

Mary B and Renae will be attending Mission U at GI Trinity on the 26th thru the 28th. Susie gave the Prayer Calendar, joys and concerns were shared and Mary B lifted them in prayer.

The August calendar was reviewed. Renae gave the lesson on Prayer and Self Denial and Mary B served lunch. Susie will have the lesson at the Aug meeting .

We would like to thank everyone for all their hard work at the Garage Sale.

Blood Mobile

The Red Cross blood mobile will be at the Community Center on August 13th 12 noon to 6 pm. This is an activity sponsored by the Wood River Methodist Church. We are always searching for donors. There is a very low supply so donors are in great demand. Please give if you can. You can call Rozella Sidders at 308-583-2728 for an appointment or go online to American Red Cross and put in the zip code 68883 to reach the Wood River blood drive. If you are worried about eligibility, you can call the red cross at 1-800-RED- CROSS to have all your questions answered. Look forward to seeing you.

**Come to Alda for
Meet & Eat on Aug 20 @ noon!
Serving Free Tacos!**

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1:30 Rachel Circle Travis Doane Karen Codner Sylvia McTavish	2 Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting Sharon Camp	3 UMW Garage Sales 8:00 Breakfast 11:00 Lunch Help is needed! Rod Tiarks Dustin Reeder
4 9:30 WR Worship 11:00 Alda Worship Bryce Baxter Coleton Schellpeper	5 8:30-12:00 Pastor Trudy in Office 7:30 Ruth Circle Brenda Anderson Mary Ann Apfel Cadin Summers	6 1:00 Alda Sewing Circle 6:30 WR Outreach Team Meeting	7 9:30 Bible Study Ron Rauert Khyran Soto	8 Tyson McLamb Seth McLamb	9 Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting Kyle Desel Marvin & Jane Rickert	10 Curtis & Deb Rohrich Gary & Patty Camp
11 9:30 WR Worship 11:00 Alda Worship Tonya Morse	12 8:30-12:00 Pastor Trudy in Office Wyatt Allan Gary Frear Reid Beilby	13 Veronica on Vacation 1:00 Alda Sewing Circle Michael & Elizabeth Price Becky Allan	14 9:30 Bible Study 7:00 SPRC Meeting Avery Palu	15 9:00 WR Sewing Circle	16 Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting 5:30 Spanish Club Meal Camrie Franssen Lance & Shannon Ellison	17 WR Fun Fest Ray & Mary Ann Apfel
18 11:00 Community Worship WR High 9:30 No service at WR church 11:00 No service in Alda 12:00 Free Meal at High School-Methodist's are in charge	19 8:30-12:00 Pastor Trudy in Office	20 12:00 Alda Meet & Eat 1:00 Alda Sewing Circle 7:00 WR Trustees Meeting Peggy Racek Georgene Smidt	21 9:30 Bible Study Shari Williams	22 7:00 UMW - Election of Officers Sawyer Thompson Darlene Wheeler	23 Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting	24 Youth Connect Event Brooke Thompson Jennifer Beilby Letha Bartlett
25 9:30 WR Worship 5:00 Alda Community Dinner Church Lynn Redding Ted & Sonya Schultz	26 8:30-12:00 Pastor Trudy in Office	27 1:00 Alda Sewing Circle 7:00 WR Finance Team Meeting	28 9:30 Bible Study 7:00 Confirmation Meeting for Youth/Parent/Guardian Greg Cramer Korbyn Urwiller	29	30 Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting Kelly Allan Evonne Kubert Jimmy Riley	31 Michael Price Galen & Lorna Wescoatt



VBS Fun!

Confirmation Class

There will be an informational meeting about confirmation classes on Wednesday, August 28 at 7:00. All youth in grades 7th or 8th grade and their parents or guardians are invited to attend. Come find out how confirmation will help grow the faith in a young person's life!

