

Joshua Methodist Church



love



grow



serve

Weekly Newsletter

Aug 11, 2024

70 times 70 CHALLENGE

BLESSINGS



BLESSINGS



BLESSINGS



Scripture:

Matthew 25:31-36

Order of Worship

10:30 Service

Call to Worship

Apostles Creed

Opening Songs

Yes and Amen

Come Thou Fount Come Thou King

Be Thou My Vision

Pastoral Prayer

Offering

Offertory Song

Gratitude

Doxology

Children's Time

Sermon

70 times 70 Challenge

Matthew 25:31-36

Closing Song

Come Home Running

Mission Statement / Benediction

We are committed Christian disciples,
loving God, growing in grace and serving others

love

grow

serve

Today & This Week



Methodist Men are meeting Sunday after church in the gym. Lunch is provided.



Need a JMC logo shirt?
Come order one in the Church office.
S-XL \$10; 2XL-3XL \$13

TAI CHI MONDAYS & WEDNESDAYS

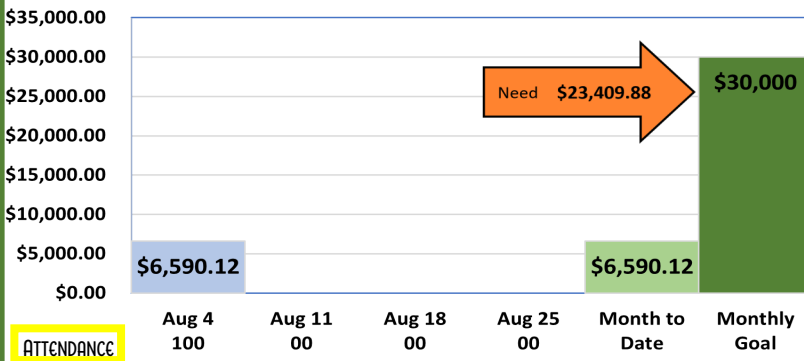


SEE YOU IN THE JMC GYM AT 1PM

TCAFP utilizes Tai Chi's Sun style for its ability to improve relaxation, balance, mobility, and flexibility, and in addition, it reduces the risk of falls and targets adults 60 and older. Each workshop series is offered for two hours per week (one hour twice a week) for 8 weeks.

The North Central Texas Area Agency on Aging will be offering this program at Joshua Methodist Church (Gym) on Mondays and Wednesdays starting July 8th thru September 4th (skipping 8/28 and 9/2) from 1:00 pm-2:00 pm.

August Operating Funds



ATTENDANCE

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Helping Hands Pantry / Support



Helping Hands Food Pantry

Fighting Hunger Together

Donation Requests



2 lb Bag of Rice,
Cereal, Crackers,
Oatmeal Packets &
Ramen

you can note on
your donation
"Helping Hands"



Seeking Support from Your Church Family in Times of Need

If you or your family is anticipating surgery or going through a crisis and would like to have your church family there to support you, please let us know.

Call Lynn at the church office at **817-558-9801** or email her at lynn@joshuamethodist.church.



If it is an emergency call **Pastor Payton Carter** at **817-657-0559**.

The church office hours are Mon - Thurs 9:30-4:00.

If it is after hours call Payton or

Pat Bonds, Congregational Care Chair @ **817-641-9995**.

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This Week, cont'd



Mark Winter

Presents:

KING DAVID

Sunday,
August 18th
10:30 AM



Health Tips in the Wesleyan Tradition Stress

What can stress do to yourbody?

Stress can effect all parts of your body and cause mental and physical changes.

Shh... Let's look at Stress and the
Reproductive System

High cortisol levels effect the hormones

Which can lead to infertility for both men & women

Source: Readers Digest, February, 2024

TICKETS
FOR LUNCH \$10

RAFFLE TICKETS
FOR A QUILT \$20

CAR SHOW
REGISTRATION \$20*
*register by Sept. 16, late fee - \$25

You're invited to our 71st Annual

Lord's ACRE

Joshua Methodist Church
114 Paula Drive, Joshua, TX 76058

Saturday, September 28th
9:00AM - 3:00PM

Free Admission!

Located in the Church Gym
For more information contact Lucy at 817-223-4926
joshuamethodist.church

GLITTER GALLERY

BOOK NOOK

CRAFTS

BAKED GOODS

PANTRY ITEMS

CAR SHOW

SILENT AUCTION

LIVE AUCTION

Awareness

Educate yourself about stroke risk & symptoms



American Stroke Association.
A Division of the American Heart Association.

STROKE RISK ASSESSMENT

DIRECTIONS:

1. For each risk factor, select the box (higher risk or lower risk) that applies to you. Select only one box per risk factor.
2. Enter a 1 on the blank line next to each checked box.
3. Add up your total for each vertical column.

RISK FACTORS*	HIGHER RISK	LOWER RISK
Is your blood pressure greater than 120/80 mm/Hg?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with atrial fibrillation?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your blood sugar greater than 100 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your body mass index greater than 25 kg/m ² ?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your diet high in saturated fat, trans fat, sweetened beverages, salt, excess calories**?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your total blood cholesterol greater than 160 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with diabetes mellitus?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you get less than 150 minutes of moderate to vigorous-intensity activity per week?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you have a personal or family history of stroke, TIA or heart attack?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you use tobacco or vape?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
TOTAL SCORE (add your points for each column)	_____	_____

*Some stroke risk factors cannot be changed such as age, family history, race, gender, and prior stroke. **Excess calories means eating more than your body can burn off in a day.

STROKE RISK ASSESSMENT RESULTS

If you scored higher in the “higher risk” column or you are unsure of your risk, ask your health care professional about how you can reduce your risk. Stroke is largely preventable, treatable and beatable.

Stroke is an EMERGENCY.

Call 911 immediately if these signs are present:

F.A.S.T.

Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
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Other stroke symptoms include sudden:

- Numbness or weakness of face, arm, or leg, especially on one side of the body
- Confusion, trouble speaking or understanding speech
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

By learning and sharing the F.A.S.T. warning signs, you can help defeat stroke.

Learn more at stroke.org

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Jesus Calls Matthew Word Search

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

APOSTLE

FOLLOW

REPENTANCE

CALL

JESUS

SINNERS

COLLECTOR

LEVI

TABLE

DISCIPLE

MATTHEW

TAX

FEAST

MERCY

TEACHER

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Daily Bible Reading Plan

August

- 1 Joshua 1:1-18
- 2 Joshua 2:1-24
- 3 Joshua 6:1-27

- 4 Joshua 22:1-9
- 5 Joshua 22:10-34
- 6 Joshua 23:1-16
- 7 Joshua 24:1-33
- 8 Judges 1:1-19
- 9 Judges 4:1-24
- 10 Judges 5:1-31

- 11 Judges 6:1-27
- 12 Judges 6:28-40
- 13 Judges 7:1-25
- 14 Judges 8:1-28
- 15 Judges 13:1-25
- 16 Judges 15:9-20
- 17 Judges 16:1-22

- 18 Judges 16:23-31
- 19 Ruth 1:1-22
- 20 Ruth 2:1-23
- 21 Ruth 3:1-18
- 22 Ruth 4:1-22
- 23 1 Samuel 1:1-28
- 24 1 Samuel 2:1-11

- 25 1 Samuel 3:1-21
- 26 2 Samuel 5:1-25
- 27 2 Samuel 7:1-17
- 28 2 Samuel 7:18-29
- 29 Romans 4:1-25
- 30 Hebrews 11:1-22
- 31 Hebrews 11:23-40

4 WAYS TO GIVE



TXT

Text "JMC" to
817-790-9008



IN PERSON

Place your gift in
the offering plate.



MAIL

Joshua Methodist Church
P.O. Box 376
Joshua, TX 76058



ONLINE

joshuamethodist.church

Calendar

Aug 11 - 17

Sunday	Monday	Tuesday	Wednesday
7:30am Morning Prayer 9:00am Sunday School 10:00am Pre-Service Prayer 10:30am Worship Service After Service: JMM	10am-12pm Helping Hands Food Pantry 2pm-4pm Helping Hands Food Pantry		7:00am ROMEQ (Retired Old Men Eating Out) 10:00am Wednesday Bible Study 11:00am Prayer Group 5:00pm Prayer Group
Thursday	Friday	Saturday	Notes
10am-12pm Helping Hands Food Pantry 2pm-4pm Helping Hands Food Pantry 6:00pm LAB - Spicy Disasters		*Game Night at the Church Time: TBD Theme: TBD	

Aug 18 - 24

Sunday	Monday	Tuesday	Wednesday
7:30am Morning Prayer 9:00am Sunday School 10:00am Pre-Service Prayer 10:30am Worship Service Mark Winter (King David) 2:00pm JMW	10am-12pm Helping Hands Food Pantry 2pm-4pm Helping Hands Food Pantry		7:00am ROMEQ (Retired Old Men Eating Out) 10:00am Wednesday Bible Study 11:00am Prayer Group 11:30am LAB - Lunch Bunch 5:00pm Prayer Group
Thursday	Friday	Saturday	Notes
10am-12pm Helping Hands Food Pantry 2pm-4pm Helping Hands Food Pantry			

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Notes

Church Council:

Interim Admin Chair - Jerome O'Loughlin

Admin Council Secretary - Pat Browder

At Large - Jerome O'Loughlin, Palmer Byerley

Chair - Congregational Care Ministry - Pat Bonds

Chair - Finance - Lucy Dowings

Chair - Staff Parish Relations - Tom Grabeal

Chair - Radical Hospitality - Marsha Tucker

Chair - Risk Taking Missions & Service - Melia Mehlhorn

Chair - Trustees - Roy McKenzie

Lay Leader - Barbara Crew

JMM - Don Collins

JMW - Lucy Dowings



Joshua Methodist Church
114 Paula Dr., Joshua, TX 76058
www.joshuamethodist.church
817-558-9801

Payton Carter
Senior Pastor
Pastor@joshuamethodist.church


Lynn Collins
Operations Manager
Lynn@joshuamethodist.church

Please fill
out the
“FLAP” then
fold and
tear on the
perforated
line and
drop in the
offering
plate.



The FLAP

Joshua Methodist Church



love



grow



serve

As committed Christian Disciples,
we **love** God
grow in Grace
and **serve** others



8/11/2024

The FLAP

We're so glad that you are here!
Please take a few minutes to fill out
this card and put in the offering plate.

NAME

PHONE

EMAIL

ADDRESS

CHECK ALL THAT APPLY

- Member
- First-time Visitor
- Returning Visitor
- Interested in Membership
- Interested in Baptism
- Needing Prayer

Please fill out the “FLAP” then fold and tear on the perforated line and drop in the offering plate.

