

Joshua Methodist Church



love



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serve

Weekly Newsletter

Aug 4, 2024

Trinity Grabeal's

Chiang Mai, Thailand

**MISSION
REPORT**



Order of Worship

10:30 Service

Call to Worship

Apostles Creed

Opening Songs

All Creatures Of Our God and King (R#34)
I Will Call Upon The Lord
Faithful To The End

Pastoral Prayer

Offering

Offertory Song

O For A Thousand Tongues To Sing (R#1)

Doxology

Children's Time

Sermon

Trinity Grabeal
Mission Report

Closing Song

The Blood

Mission Statement / Benediction

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

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Helping Hands Pantry / Support

Thank You
Chuch Family
for supporting
Helping Hands Pantry

Helping Hands Food Pantry

Fighting Hunger Together

Donation Requests



**2 lb Bag of Rice,
Cereal &
Peanut Butter**

you can notate 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

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.

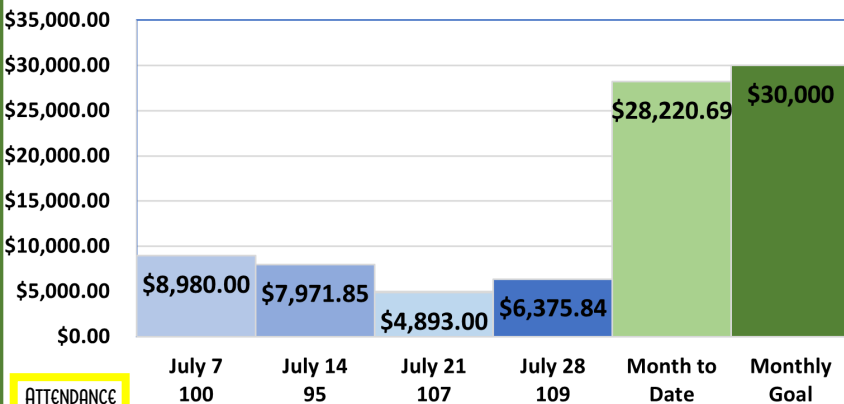
CHURCH COUNCIL



Tuesday, August 6th
at 6:30pm
in Chedester Hall



July Operating Funds



This Week, cont'd

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.

This week it's the Skin

If you blush or break into a sweat your skin is reacting to cortisol. Cortisol can cause skin breakouts, think zits.

These symptoms are usually from short term stress.

Long term effects, think eczema, psoriasis & rosacea.

Collagen levels decrease as cortisol increases, causing lines & wrinkles.

When we are stressed, we sleep less, eat worse, & are often dehydrated, which all shows up on our face.

Source: Readers Digest, February, 2024



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



Methodist Men are meeting next
Sunday (Aug. 11th) after church in
the gym.
Lunch is provided.



Mark Winter

Presents:

 **KING DAVID**

Sunday,
August 18th
10:30 AM



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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

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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Prayer Word Search

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

BLESSING

HOPE

REPENTANCE

COMMUNION

HUMILITY

REVELATION

DEVOTION

INTERCESSION

SILENCE

FAITH

MEDITATION

SPIRIT

GRATITUDE

PETITION

SUPPLICATION

GUIDANCE

PRAISE

THANKSGIVING

HEALING

PRAYER

WORSHIP

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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

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Calendar

Aug 4 - 10

Sunday	Monday	Tuesday	Wednesday
7:30 am Morning Prayer 9:00 am Sunday School 10:00 am Pre-Service Prayer 10:30 am Worship Service	10am-12pm Helping Hands Food Pantry 2pm-4pm Helping Hands Food Pantry	★ 6:30pm Church Council Meeting (Chedester Hall)	7:00 am ROMEO (Retired Old Men Eating Out) 10:00 am Wednesday Bible Study 11:30 am LAB - Lunch Bunch
Thursday	Friday	Saturday	Notes
10am-12pm Helping Hands Food Pantry 2pm-4pm Helping Hands Food Pantry	6-8pm Singles (Chedester Hall)		

Aug 11 - 17

Sunday	Monday	Tuesday	Wednesday
7:30 am Morning Prayer 9:00 am Sunday School 10:00 am Pre-Service Prayer 10:30 am Worship Service After Service: JMM	10am-12pm Helping Hands Food Pantry 2pm-4pm Helping Hands Food Pantry		7:00 am ROMEO (Retired Old Men Eating Out) 10:00 am Wednesday Bible Study
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	

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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



8/4/2024

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.

