

Joshua Methodist Church



love



grow



serve

Weekly Newsletter

Sept. 29, 2024

HE TEARS DOWN THE WALLS

Book of Acts, Part 2

Scripture:

Acts 10:9-15,34-46; 11:1-4,16-18

Order of Worship

10:30 Service

Call to Worship

Apostles Creed

Opening Songs

Sing To The King
King Of My Heart
Blessed Be Your Name

Pastoral Prayer

Offering

Offertory Song

Great Is Thy Faithfulness

Doxology

Children's Time

Sermon

He Tears Down the Walls
Book of Acts, Part 2
Acts 10:9-15,34-46; 11:1-4,16-18

Closing Song

Worthy Is The Lamb

Mission Statement / Benediction

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

love

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Today, This Week

GriefShare®

Grief Support Group

Help and encouragement after the death of a loved one

Join our 13 week grief recovery program to find hope and healing after the death of a loved one.
Register online at griefshare.org
Please order a workbook (\$20), no other costs.

This program will enable you to hear insight from grief recovery experts, receive comfort and support and learn practical tips for the journey of grief.

**Sundays 4:00-6:00pm,
September 15 - December 15**

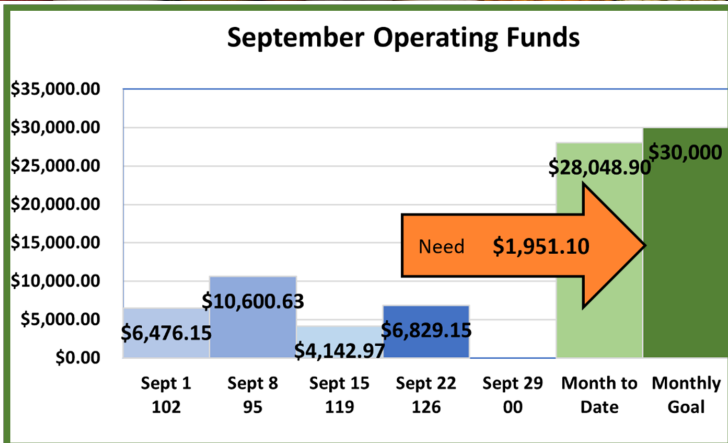
Questions? please contact
Cheryl Pritchett 817-919-4191
griefshare.org

PUMPKIN'S ARE COMING!

Saturday, October 5th at 9AM

If you are interested in volunteering or know someone who would like to earn volunteer hours, we invite you to join us at the patch.

Joshua Methodist Church
114 Paula Drive
Joshua, TX 76058



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Helping Hands Pantry / WNL

Thank You
Church Family

For supporting
Helping Hands Pantry

Helping Hands Food Pantry

Fighting Hunger Together

Donation Requests



Cereal, Jelly
& Rice

you can notate on
your donation
"Helping Hands"



Wednesday Night Live

Join us Wednesday nights
for dinner and fellowship

October 2
Dinner is served at
6:00pm

Soup & Salad

and of course....
Dessert



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T-Shirt Styles to order

SHIRT STYLES

If you would like to order a shirt, please
order from the office.

S-XL - \$12; 2XL - 3XL - \$15



S M L XL 2XL 3XL



*I'm not suffering anything that
a **Christ** resurrection couldn't fix*

S M L XL 2XL 3XL

S M L XL 2XL 3XL



P.U.S.H.
Pray Until Something Happens

S M L XL 2XL 3XL

S M L XL 2XL 3XL



S M L XL 2XL 3XL

S M L XL 2XL 3XL

**God's
Riches
At
Christ's
Expense**

G.R.A.C.E.
God's Riches At Christ's Expense

S M L XL 2XL 3XL

S M L XL 2XL 3XL

Stroke Risk Assessment

Educate yourself about stroke risk & symptoms



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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Peter's Vision Word Search

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

ACTS
 ANIMALS
 APOSTLE
 BAPTIZED
 CALLING
 CLEAN
 CORNELIUS
 DEVOTION
 DREAM
 EQUALITY
 EVANGELISM

FAITH
 FOOD
 GENTILES
 GOD
 HEAVENS
 HOLY SPIRIT
 JESUS
 JOPPA
 LOOSENE
 MESSAGE
 MOUTH
 VISION

OBEY
 PETER
 PRAYER
 SERVANT
 SHEET
 SIMON
 SPIRITUAL
 TEACHINGS
 TRANCE
 UNCLEAN
 UNITY
 WITNESS

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Daily Bible Reading Plan

September - October

- 29 James 4:1-17
- 30 James 5:1-20

October

- 1 Psalm 7
- 2 Psalm 9
- 3 Psalm 10
- 4 Psalm 11
- 5 Psalm 15

World Communion Sunday

- 6 1 Corinthians 11:17-34
- 7 Psalm 52
- 8 Psalm 53
- 9 Psalm 73
- 10 Psalm 75
- 11 Deuteronomy 15:1-11
- 12 Ezekiel 34:1-10

- 13 Ezekiel 34:11-31
- 14 Isaiah 2:1-5
- 15 Isaiah 3:1-15
- 16 Isaiah 5:1-7
- 17 Isaiah 5:8-30
- 18 Isaiah 11:1-16
- 19 Isaiah 32:1-20
- 20 Isaiah 57:1-21
- 21 Isaiah 58:1-14
- 22 Isaiah 59:1-21
- 23 Amos 1:1-15
- 24 Amos 2:1-16
- 25 Amos 3:1-15
- 26 Amos 4:1-13
- 27 Amos 5:1-27
- 28 Amos 6:1-14
- 29 Amos 7:1-17
- 30 Amos 8:1-14
- 31 Amos 9:1-15

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

September 29 - October 5

Sunday	Monday	Tuesday	Wednesday
7:30am Morning Prayer 9:00am Sunday School 10:00am Pre-Service Prayer 10:30am Worship Service 4pm GriefShare	10am-12pm Helping Hands Food Pantry 2pm-4pm Helping Hands Food Pantry		7:00am ROMEO 11:00am Prayer Group 11:30am LAB - Lunch Bunch 5:00pm Prayer Group 6:00pm Wednesday Night Live
Thursday	Friday	Saturday	Notes
10am-12pm Helping Hands Food Pantry 2pm-4pm Helping Hands Food Pantry 6:00pm LAB - Spicy Disasters		9:00am Pumpkins are arriving 	

October 6 - 12

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 4:00pm GriefShare	10am-12pm Helping Hands Food Pantry 2pm-4pm Helping Hands Food Pantry		7:00 am ROMEO 10:00am Bible Study 11:00am Prayer Group 5:00pm Prayer Group 6:00pm Wednesday Night Live
Thursday	Friday	Saturday	Notes
10am-12pm Helping Hands Food Pantry 2pm-4pm Helping Hands Food Pantry	6:00pm Singles (Chedester Hall)		

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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



9/29/2024

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.

