

## Ministers

Ministering	Today	Next Week – Aug. 18
Liturgist	Rick Gorham	Karen Benton
Cool J	Nursery Care	Nursery Care
Education Chair	Danna Segrest	
Song Leader	Rick Gorham	Rick Gorham
Greeter/Usher		Don and Amy Vincent
Acolyte		
Sound/Media	Cheryl Green	Cheryl Green
Fellowship		
Counter	Mark Obenchain	Mark Obenchain

## What's happening

**Every Sunday**      9:30 a.m.      Worship  
**Every Monday**    7:00 p.m.      Walking Group  
**Every Wednesday** 9:00 a.m.      Prayer Pack

August 14      7:00 p.m.      Staff-Parish Relations  
 August 16      6:30 p.m.      United Methodist Women  
 August 21      6:30 p.m. (time change) Endowment Committee  
 August 21      7:30 p.m. (time change) Finance Committee  
 August 25      9:30 a.m.      Mission Team Report  
 August 25      after worship      Speaker & Potluck  
 August 28      7:00 p.m.      Education Team  
 Sept. 15      2 – 3:30 p.m.      Cemetery Walk

### Tithes and offerings

Offering – August 4	\$2,000.
Weekly goal for 2019	2,192.
Received so far this year	61,537.
Goal year to date	67,956.



### **NORTH LAKE UNITED METHODIST CHURCH**

14111 N. Territorial Rd. Chelsea, MI 48118

Website: [northlakeumc.org](http://northlakeumc.org)

Rev. Todd Jones, Pastor      Sharon Wheeler, Secretary

Our services are live streamed on

[Facebook.com/NorthLakeUnitedMethodistChurch](https://www.facebook.com/NorthLakeUnitedMethodistChurch)

## NORTH LAKE UNITED METHODIST CHURCH

God is spirit, and those who worship Him must worship  
in spirit and truth. John 4:24

### Worship

August 11, 2019 9:30 am

\* Notes where you are invited to stand as you are able

Welcome (Tolling of the bell)

\*Hymn Open the Eyes of My Heart 3008

\*Call to Worship

Hymns Take My Life and Let It Be 399  
Living for Jesus 2149

Prayers of the People Sentence prayers spoken  
Response: *Lord, hear our prayers / Thanks be to God.*

The Lord's Prayer 895

Scripture  
Message New Season. New Journey. Penny Nelson

*Please fill out a Connection Card*

Offering

\* Doxology Alleluia

\* Prayer of Dedication

Benediction

Exit of the Light God Be with You Till We Meet Again 672

We care. Everyone is welcome here

## Prayer Concerns

North Lake UMC ♥ Greater United Methodist Church ♥ Heritage  
District and Our Superintendent Elizabeth Hill

Pat Knight ♥ Gordon Knight ♥ Jan Longworth ♥ Larry & Jocelyn  
Harwood ♥ Dorothy Antis ♥ Rick Gorham ♥ Lorna & Jim Eberts  
♥ Greta Kelly ♥ Hopkins ♥ Bill Westphal ♥ Jo & Austin's wedding

Comfort for those who grieve:

Milo Vogel Family ♥ Keith Sullivan Family ♥ Tony & Janet Kinzinger  
♥ Yelena Durjic Family (Longworths) ♥ Charles Mallek Family (Jachalkes)  
♥ Muelman/Worden Family ♥ Nancee Sanville Family

Travel Mercies: Vacations ♥ Aaron Worden

Military: Steven Draper, Jim Muscato, Tate & John and all other military

Friends:

Penny Nelson ♥ Jim Tickner ♥ Juanita Devine ♥ Don Cole ♥ Joy  
Sexton ♥ Pat Andon ♥ Mike Andon ♥ Brady Worden ♥ Bob Doral  
♥ Dennis Perkins ♥ Gerald Timberlake ♥ David McGuire ♥ Gena Klink  
♥ Gene & Pat Shoemaker ♥ Ron Woodworth ♥ Mike Penny ♥ Karin  
(Tandy) Hall ♥ Shooting victims and families

God's Country Cooperative Parish ♥

Our Country & Leaders ♥ Veterans ♥ Police, Fire & First Responders

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### Mission Support Offering

Randy Hildebrant is a UMC missionary at God's Country  
Cooperative Parish located in Newberry, MI. He has a strong  
dedication to rural ministry and a commitment to bring self-esteem,  
hope and faith to the people of this parish.

Our goal is \$500. We need each member to contribute \$5.00 to  
support our missionary Randy Hildebrant. Offering envelopes are  
included in the bulletin.

THANKS!

MCO Committee

## Anxiety, Stress and Burnout, oh my!

What are you worried about? Your job, your bills, the news, how many "likes" you have on social media? While some stress and anxiety is normal, too much can affect your mental, physical and spiritual health. What are some ways you can improve your balance?

**Mind:** Accept that you cannot control everything and do your best. Instead of aiming for perfection, which is not possible, be proud of however close you get. **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones. **Learn what triggers your anxiety.** Is it work, family, school, or something else you can identify?

**Body.** Limit alcohol and caffeine. Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water. **Eat well-balanced meals and get enough sleep.** When stressed, your body needs additional sleep and rest. It is important to get 8 hours of sleep per night! **Exercise daily and take deep breaths.** Inhale and exhale slowly throughout the day when you are feeling stressed.

**Actions.** Take a break from the news or social media. Make some screen-free time. **Take a time out.** Pray, listen to music, meditate. **Get help online.** If you are struggling with stress and anxiety in your life, consider taking a mental health screen [www.mhascreening.org](http://www.mhascreening.org). **Talk to someone.** Tell friends and family you are feeling overwhelmed and let them know how they can help you. Talk to a physician or therapist for professional help.

**References and Resources:** Information courtesy of Anxiety and Depression Association of America: [aada.org](http://aada.org)

A health resource provided by your Faith Community Nurse Liaison

**Change the number:** John and Diane Tandy no longer have a land line phone at home. Please contact them at 734-660-8875.

## MARK YOUR CALENDARS

**Sunday, August 25**

after worship service

Thanks to a grant from the Christian Covenant Endowment Committee, we have scheduled two programs with accompanying potlucks. The grant is covering the program costs, meats, and drinks. Participants are asked to bring a dish to share.



**Sunday, August 25:** Local author and storyteller, Alex Weddon, will be joining us for fellowship and a picnic-themed potluck. Alex Weddon grew up on a mid-Michigan farm and lived to write about the funny close calls. Weddon serialized the short stories in his newspaper, The Grass Lake Times.

He bought the newspaper in 2006 and began crafting the *Close Calls on the Farm* trilogy in 2011.

Dianne Till and Ann Beyer

## Upcoming United Methodist Women

Hello Ladies,

Our next meeting will be held at Lorna Ebert's home at 6751 Lombardy, off N. Territorial Road.

Date: Friday, August 16, 2019

Time: 6:30 pm

A delicious dessert will be provided. Please bring your World Thank offering jars and a big smile! We will be planning for the remainder of 2019. Hope to see you then.

God bless you all.

Diane Tandy

## Upcoming Events

**August 18 Tom Snyder** - A longtime member of Dexter UMC, Tom joined the staff in 2011 after completing his MDiv from Asbury Theological Seminary. He serves as Pastor of Missions and Small Group Life.