

## THE WEEK AND BEYOND AT A GLANCE

Sunday, Augst 13		
Morning Worship	8:30 am & 11:00 am	Sanctuary
Wednesday, August 16		
Board of Trustees Meeting	7:00 pm	Bishop Warman Room
Saturday, August 19		
Fellowship Hall reserved for Birthday Party	10:00 am	Fellowship Hall

Welcome Bags for Our Visitors: Welcome Friends! Friendship UMC is so glad that you are worshipping with us this morning! Please let an usher know if you are a new visitor - they have a welcome bag for you! Each bag contains information about the many programs and activities at FUMC, as well as special goodies. We hope you will visit with us and help us expand our circle of Friendship!



### “FUMC” BIBLE BITES

The Bible was written over 1500 years (from 400 B.C. to A.D. 400) over 40 authors from all walks of life (kings, peasants, philosophers, fishermen, poets, statesmen, scholars). In different places (wilderness, dungeons, palaces) and in different times (wars, peace). On three continents (Asia, Africa, Europe) and three languages (Hebrew, Aramaic, and Greek). By the way: It is the most shoplifted book in the world!!

The FUMC Tabitha Circle invites ALL women of Friendship to join us for our 2017-2018 kick-off meeting on Monday, August 21, at 7:00 p.m. in the Fellowship Hall. We will be discussing our new schedule, making plans for our Annual Shrimp & Roast Beef Dinner and Farm Heritage Festival and hosting a back-to-school mission project -- collecting school supplies for students-in-need at Sunderland Elementary School. Please bring a few of the following of the School's most-requested supplies: Plain yellow (undecorated) pencils, black dry-erase markers, glue sticks and boxed tissues. Come for the fun, refreshments and fellowship -- and help expand our growing circle of Friendship! Call Tabitha Circle President Shari Thorne-Sulima at 301-261-9376 with questions.



## HEALTH MINISTRY NEWS

### Did you know?

In Anne Arundel County, the incidence of melanoma is 40% higher than the rest of Maryland.

Skin cancer is the most common cancer in the United States. Melanoma is the most dangerous form of skin cancer. Skin cancer is also one of the most preventable types of cancer. Here are some reminders to help protect yourself:

Avoid being in the sun from 10am to 2pm, when UV rays are strongest.

Wear a hat and other sun protective clothing.

Find a spot in the shade or use an umbrella.

Apply a broad-spectrum sunscreen. Be sure to reapply as directed.

Monitor your skin for suspicious areas. Pay close attention to moles that are asymmetrical in shape, have an irregular border, have variations in color, or have a diameter greater than 6mm. Also, be sure to note if a mole is evolving over time.

Make an appointment with a dermatologist to have any suspicious areas examined. Your dermatologist can also perform full-body skin checks to monitor moles and other skin conditions. When caught early, skin cancer is highly treatable.

<http://www.getsunsmart.org>

<http://www.aad.org>

**Calling all those interested in assisting with Health Ministry!**

An informational meeting will be held on Sunday October 1<sup>st</sup> at 9:45am in the Fellowship Hall.



### Upcoming Events

- Sunday August 27: Health Information Table and Blood Pressure Screenings, 9:30am & 12pm, Fellowship Hall
- Sunday September 24: Health Information Table and Blood Pressure Screenings, 9:30am & 12pm, Fellowship Hall



Hi, my name is Sarah David. I will be serving our church community as a volunteer Parish Nurse. In this role, I will be providing useful health information to the congregation, providing first aid services at Vacation Bible School and other events, and am available to assist with any health-related questions or concerns. I am a registered nurse (RN) and have been practicing nursing for 11 years, primarily in the specialty of community health.

I have been a member of Friendship UMC since 2010 along with my husband (Buddy) and 3 children (Caroline, Lillian, and Patrick). I look forward to serving our church in this new role!

Please feel free to contact me through the church office or via email at [nurse@friendshipmethodist.org](mailto:nurse@friendshipmethodist.org)