

# THE WEEK AND BEYOND AT A GLANCE

Sunday, January 27		
Morning Worship	8:30 & 11:00 am	Sanctuary
Health Info. & BP Scening	9:30am & 12 noon	Fellowship Hall
Sunday School	9:45 am	Education Wing
Monday, January 28		
Voices In Praise Rehearsals	6:30-8:30 pm	Music Room
Finance Committee Meeting	7:30 pm	Bishop Warman Room
Tuesday, January 29		
Handbell Choir Rehearsal	6:15-7:15 pm	Upper Narthex
Sanctuary Choir Rehearsal	7:15-8:45 pm	Music Room
Wednesday, January 30		
Church Council Meeting	7:30 pm	Fellowship Hall
Thursday, January 31		
Bible Study - 1 & 2 Timothy	7:00 pm	Fellowship Hall
Saturday, February 2		
UMM Breakfast	8:00 am	Deale Volunteer Fire Department
Sunday, February 3		
Super Bowl Sub Sale		
ROCK Trip Meeting	12:15 pm	Sanctuary

## Our Service:

Ministers	All Members and Volunteers at Friendship
Secretary	Bonnie Dean, <a href="mailto:bsuedean@friendshipmethodist.org">bsuedean@friendshipmethodist.org</a>
Music Team	Sandy Melson Griese, Chrys Hill, Micah Cooley
Children & Youth Ministry	Courtney Eversfield, <a href="mailto:cymc@friendshipmethodist.org">cymc@friendshipmethodist.org</a>
Custodian	Jim Fowler
8:30 Ushers	Harry Hill & Bonnie Revell
8:30 Sound Tech	John Wilson
Acolytes	Trent & Abby Doyle
Counters	Will Fowler & Mary Kauffman
Friendship Time	Bethel Zone (Joan Windland)
Altar Guild for February	Marge Lewis (301) 855-6497
Stephen Ministry Coordinator	Paula Madden 443-262-2635 (C)
Pastor	Rev. Thomas E. Young, Jr., <a href="mailto:revtyoung@friendshipmethodist.org">revtyoung@friendshipmethodist.org</a>

**Our Presence:**      Worship Attendance Last Sunday 181  
                                  Sunday School Attendance Last Sunday 51  
                                  Average Weekly Worship 207

**Our Gifts:** Please strive to tithe! The Bible asks us to tithe 10% of our income to God. Many of our members are doing this already. How about you? You may give your offering electronically (EFT). Call the church office to set it up. ***Stewardship is rather a way of life than an annual campaign. Thank You for your faithful stewardship!***

## Record of Giving (Funds Received by the Church)

	January-December 2018			
	Actual	Budget	Variance	Var %
General Fund	\$339,684	\$325,713	\$13,971	4%
Missions Fund	\$28,114	\$21,550	\$6,564	30%
P&I Fund	\$25,491	\$15,039	\$10,452	69%
Building Fund	\$68,837	\$57,148	\$11,689	20%
Kitchen Fund	\$27,540	\$9,160	\$18,380	201%
Weekly SCAN Report	Cereal 57	Other 4	YTD Cereal	85

\*Kitchen Fund Balance = \$143,761/ Mortgage Loan Balance = \$272,406 as of December 31, 2018

**Today is the deadline for submission of a completed Board of Trustees Scholarship Fund application for members of Friendship UMC, with a copy of your transcripts.**



Late and incomplete applications will not be considered. The award will be presented in February of each year to the qualifying student(s). For more information, see the Requirements and Application document, available from the church office during office hours.



Two important passages from Deuteronomy. The first one 17:9-10 where Moses and the priests spoke to all of Israel. The second one (34:10-12) states that there has not arisen a prophet like Moses... If you wish to know more go to these two passages.

The Handbell Choir is now rehearsing on Tuesday evenings from 6:15-7:15 pm in the Upper Narthex. The handbell choir needs a new ringer. Whether you are an experienced or inexperienced ringer please consider joining us. We are a fun group that enjoys making a joyful noise with handbells. Please contact Chrys Hill (410-257-7662) or any member of the handbell choir if interested.



A trip to the Bible Museum is planned for February 7th, with the Chesapeake Ramblers. The cost is \$25, which includes the bus and entrance fee to the museum. Lunch not included but can be purchased at the museum. The bus leaves at 9:00 a.m. from Cedar Grove UMC in Deale. For more information contact Marge Lewis (301-855-6497), by January 27th.

A morning Bible Study will begin on Thursday, February 7 at 10:30 am in the Fellowship Hall.



## ROCK 2019

We still have some space if any high schooler wants to come to Rock 2/8 -2/10. I am DESPERATE for another male chaperone! If any male is willing to help out, please contact Courtney Eversfield (cymc@friendshipmethodist.org) ASAP!

Please join us on *Sunday February 10<sup>th</sup> at 12pm* for our *Annual Birthday Party*



It will be held during Friendship Hour in the Fellowship Hall.  
We hope to see you there!

Each month will have a table and a cake to enjoy with those who share the same birthday month. After enjoying cake and visiting with your table, feel free to sample the cakes at other tables.

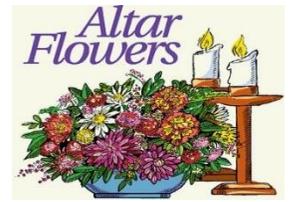
**VOLUNTEERS NEEDED** to host tables. Hosting involves choosing a theme for your month's table, providing simple decorations for the table, and bringing your table's cake. There will be a sign-up sheet on the bulletin board in the Fellowship Hall. You may also sign up by contacting Sarah David (sarahcecile7@gmail.com, 571-216-9750) or Stacy Church (stacychurch@gmail.com, 410-991-1033).



Sunday Evening Worship Services will be held on the following dates:

February 10 and 24, March 10 and 24, and April 7.

The 2019 Flower Chart is posted in the glass case in the Narthex. If you would like to sponsor flowers in memory or in honor of someone please sign up! If you have any questions, please contact the church office - 410-257-7133.



Friendship Church is participating in the Christmas in April program through Calvert County. We need volunteers to help with the project! More information about the type of project is forthcoming. The project day is April 27, 2019. The minimum age requirement is 14 years old. Please contact Ray Wilkerson at 410-257-6396 or [rtwilk92@yahoo.com](mailto:rtwilk92@yahoo.com) for more information or to sign up as a volunteer.

Do you enjoy eating food that has been prepared by the wonderful people at Friendship church? Do you enjoy cooking and eating food from other countries? If your answer is YES, you will be happy to know that our International Eaters Groups are now forming for the 2019 season. It is easy for you to participate. Give your name to Karen Eggert ([kareneggert@comcast.net](mailto:kareneggert@comcast.net); text to 443-668-9393) or Don Stewart ([annedon@comcast.net](mailto:annedon@comcast.net)). Individuals and couples are all welcome. You will be added to a group of 8 people who will set the time, place and cuisine for 4 delicious meals for the year. It might be French, Thai, or even a US cuisine like Cajun. This is a great opportunity to meet others in our church family and enjoy some wonderful food. Questions -- please contact Karen or Don.



The director of Relay for Life has asked if FUMC would like to participate in Relay again this year. Relay is Saturday May 18th 4pm at the North Beach boardwalk. Last year we raised over \$3000 for the American Cancer Society. Ideally, we'd like to participate in the event again this year, but we need a minimum of 15 participants to form a team. Team members can either walk or work at our booth; they do not have to do both, I will let them choose what they want to do. Also team members do not have to stay the whole time! They can sign up even if they can only stay an hour or two. If interested, contact Courtney Eversfield at [cymc@friendshipmethodist.org](mailto:cymc@friendshipmethodist.org).



# HEALTH MINISTRY NEWS

January 2019

## Fast Facts about Prediabetes and Type 2 Diabetes

**What is diabetes?** Diabetes is a chronic health condition that affects how your body processes foods to turn food into energy. As a result of this, diabetes can cause blood sugar (or glucose) levels that are too high.

### **What happens when blood sugar (or glucose) levels are too high?**

Short-term effects of high blood sugar may include fatigue, poor circulation, skin infections, dehydration, and various other complications. Having high blood sugar in the long-term can cause serious health problems, such as kidney disease, nerve damage, and vision loss.



**Health Information Table  
and Blood Pressure  
Screenings**

**TODAY January 27<sup>th</sup>  
9:30am & 12pm  
Fellowship Hall**

**What are the different types of diabetes?** The 3 main types of diabetes include: type 1, type 2, and gestational diabetes (occurring in pregnant women). Type 1 diabetes is thought to be caused by an autoimmune reaction and is typically diagnosed in children, teens, and young adults. Type 2 diabetes is typically diagnosed in adults; about 90% of people with diabetes have type 2. Gestational diabetes occurs in pregnant women who have never had diabetes. If you have gestational diabetes, you and your baby could be at higher risk for health problems.

**What is prediabetes and how does it differ from diabetes?** Prediabetes may be diagnosed when blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Prediabetes raises your risk for type 2 diabetes, heart disease, and stroke. In the United States, 84.1 million adults—more than 1 in 3—have prediabetes. You may not experience any symptoms with prediabetes, so it is important to discuss screening for diabetes and prediabetes with your healthcare provider. The screening process involves simply having routine bloodwork.

**What if I am diagnosed with prediabetes or type 2 diabetes?** Know that it is understandable to feel overwhelmed by any new diagnosis. With motivation and support, diabetes and prediabetes can be managed. Your healthcare provider will provide information on your specific health condition and may recommend various healthy lifestyle changes. Some examples of lifestyle modifications that can help include losing weight, eating healthy foods, and managing stress. Making healthy lifestyle changes can help significantly with preventing progression of prediabetes and type 2 diabetes.

**Where can I find help managing my prediabetes or type 2 diabetes?** Your healthcare provider should manage your care and ensure that you receive adequate information on any new diagnoses or prescribed medications. Be sure to come to appointments prepared to ask any questions you may have. Ask your provider if you can be referred to meet with a nurse that specializes in diabetes (or certified diabetes educator). Ask to be referred to a registered dietitian to discuss dietary changes. Inquire about participation in one of the evidence-based lifestyle change programs available through many local health departments and hospitals. Consultations and programs related to diabetes and prediabetes are often covered by health insurance. You may also be sent to a specialist if your primary healthcare provider deems this necessary. There is an abundance of information on the internet; please ensure that you are visiting reputable websites for health information. I have listed some helpful online resources below. If you feel comfortable doing so, share your diagnosis with family and friends so that your support system can provide encouragement. Making healthy choices to manage your diabetes or prediabetes may even inspire loved ones to join you in your journey to eat healthier foods or lose weight.

#### **Resources:**

- Centers for Disease Control and Prevention, <https://www.cdc.gov/diabetes/>
- American Diabetes Association, <http://www.diabetes.org/are-you-at-risk/prediabetes/>
- National Diabetes Prevention Program, <https://www.cdc.gov/diabetes/prevention/index.html>
- Diabetes Self-Management Programs, <https://www.selfmanagementresource.com/programs/small-group/diabetes-self-management/>
- Local programs through Anne Arundel County Department of Aging, <https://www.aacounty.org/departments/aging-and-disabilities/forms-publications/living-well-series/index.html>
- Local programs through Calvert County Health Department, <https://www.calverthealth.org/personalhealth/healthyliving/diabetes.htm>



Please join me in praying for those in our church and local community who are affected by diabetes.

**Health Questions? Information Requests?**  
**Contact Sarah David, RN, BSN (Volunteer Health Ministry Coordinator)**  
**Email: [nurse@friendshipmethodist.org](mailto:nurse@friendshipmethodist.org)**