

THE WEEK AND BEYOND AT A GLANCE

Sunday, June 30		
Morning Worship	8:30 & 11:00 am	Sanctuary
Sunday June 30-Saturday July 7		
ASP WEEK		
Monday, July 1		
Handbell End of the Year Party		Home of Katie Doyle
Monday, July 8		
SPPRC Meeting	7:00 pm	Bishop Warman Room

Our Service:

Ministers	All Members and Volunteers at Friendship
Secretary	Bonnie Dean, bsuedean@friendshipmethodist.org
Music Team	Sandy Melson Griese, Chrys Hill, Micah Cooley
Children & Youth Ministry	Courtney Eversfield, cymc@friendshipmethodist.org
8:30 Ushers	Harry Hill & Bonnie Revell
8:30 Sound Tech	John Wilson
11:00 Ushers	Richard Chaney, Wheeler Green, John Wilkerson
Counters	Karen Boyd & Judy McGowan
Electronic Giving Counter	Larry Myers
Friendship Time	Friendship Time will resume on September 1 st !
Altar Guild for July	Bee Hobbs 301-855-5269
Stephen Ministry Coord.	Paula Madden 443-262-2635 (C)
Pastor	Rev. Thomas E. Young, Jr., revtyoung@friendshipmethodist.org

Our Presence: Worship Attendance Last Sunday 140
 Average Weekly Worship 183

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 - May 2019					
	Actual	Budget	Variance	Var %		
General Fund	\$135,011	\$151,655	(\$16,644)	-11%		
Missions Fund	\$12,432	\$9,787	\$2,645	27%		
P&I Fund	\$6,640	\$11,658	(\$5,018)	-43%		
Building Fund	\$23,551	\$26,052	(\$2,501)	-10%		
Kitchen Fund	\$8,351	\$12,460	(\$4,109)	-33%		
Weekly SCAN Report	Cereal	28	Other	5	YTD Cereal	724

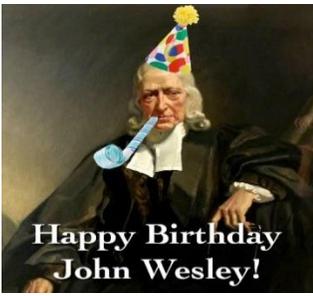
*Kitchen Fund Cash Balance = \$152,512/ Mortgage Loan Balance = \$241,533 as of 5/31/2019

OPPORTUNITIES FOR ACTION

Sue Muller, Bee Hobbs, Rick & Ruth Bailey & Ruth's mother Dorothy Mitchell, Bob Wilson, Margaret Revelle, Jay Lounsbury, Charles Gott, Judy Dean, Jerry Burdsall, Linda Buckley, Tyler Madden, ASP Mission Trip to N.C., Those who travel, For the healing of the nation.



Rev. Young can be reached at the church office, 410 257 7133; parsonage 443 646 5653; e-mail revtyoung@friendshipmethodist.org Please do not assume that Rev. Tom knows about those in the hospital or who are sick. He would rather have many phone calls, and/or e-mails about the same situation than not to get any at all. Thanks, Tom Young



Happy Birthday John Wesley!

FUMC is having a trivia contest in honor of our founder, John Wesley's birthday! Are you smarter than an average Methodist? Take the quiz and find out! Quizzes are available in the Fellowship Hall. There will be a prize for the person with the highest score! Please see contest rules below

1. Answers due by 12pm TODAY!
2. Winner will be announced on Sunday 7/7
3. No phones



**Sign up now for CPR/AED Training on July 16
7-9 pm in the Fellowship Hall**

The Church will cover the cost for any **interested** employees, Sunday School Teachers, Nursery Volunteers, and BOT or other Church Committee members.

Interested members of the Congregation may register and pay the \$45 fee and participate in the training. Class size is 12, but we can do multiple sessions.

Please respond by July 10 to Karen Boyd (202-253-7891 or karen.d.boyd@verizon.com)



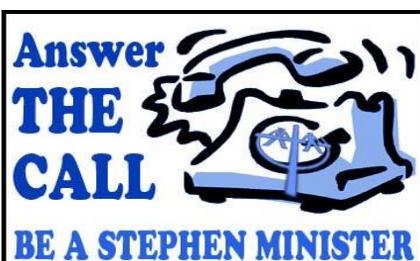
Seniors' Summer Picnic Wednesday, July 17, 2019 12 noon – Fellowship Hall

All seniors of Friendship Church are invited to our annual summer picnic. Bonnie Revell and her friends are preparing a great lunch and you are welcome! The program will be "Summer in Antarctica" with pictures and some commentary from Don and Anne Stewart's recent trip. Please call Bonnie Dean in the office to RSVP by 7/14 (410-257-7133)

SUMMER SERVICE ANNOUNCEMENT

July 14, 2019 – one service at 10:00 am to celebrate ASP Mission Trip followed by a Friendship Time in the Fellowship Hall

August 11, 2019 – one service at 10:00 am to celebrate Vacation Bible School



God is calling...will you answer? Will you say "Here I Am Lord?" Will you hesitate? Will you question your ability?

God doesn't call the qualified, He qualifies the called. A Stephen Minister is a Care Giver ...GOD is the Cure Giver!

September 2019 class is forming. Contact a Pastor or Stephen

Minister for info.



Vacation Bible School (VBS)

August 5th - 9th 2019

Openings are filling up fast!

As of today we only have openings for 1st through 5th grade. Registration is \$10.00 and **MUST BE COMPLETED BY JULY 14!** Your \$10.00 registration fee per child includes this year's VBS T-shirt. To register please use our church website: www.friendshipmethodist.org

Volunteers are needed for the following positions: Crew Leaders – Must have completed 6th grade or older. Must enjoy working with children in small group settings.

All Volunteers Must Register on the Website!

If you have any questions, please contact or call Ev Klahr at: 443-550-3209.

A list of supplies/donations needed is in the Fellowship Hall along with collection boxes! All donations are due by July 14th! Thank you for your help!



SUMMER SCHEDULE CHANGE

Health Information Table and Blood Pressure Screenings

July 21st & August 18th 9-11am Fellowship Hall

HEALTH MINISTRY NEWS July 2019



If You Can't Stand the Heat.....

.... then, learn how to deal with it!

In this brief article on health education and wellness, I will explain what heat-related medical issues are, what are the signs/symptoms, treatment, vulnerable populations, and how to prevent them. Let's get started....



Prevalence of heat-related medical issues. A heat-related illness is a medical condition that may occur as a result of heat exposure. Even short periods of high temperatures can cause serious health problems. Heat-related illness encompasses a spectrum of conditions that range from minor illnesses to life-threatening medical emergencies. Summer can bring heat waves with unusually high temperatures that can last for days and weeks. According to the Center for Disease Control and Prevention (CDC), there were almost 8,100 deaths due to heat-related illness in the US between 1999 to 2010, which is an average of 736 deaths per year. Heat waves lead to more deaths annually in the US than tornadoes, earthquakes, floods and hurricanes combined.

What causes heat-related illness? People suffer heat-related illness when the body's normal temperature control system is unable to effectively regulate its internal temperature. Normally, at high temperatures the body primarily cools itself through the evaporation of sweat. However, under certain conditions (air temperatures above 95°F and high humidity), this cooling mechanism becomes less effective. When the humidity gets high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Furthermore, without adequate fluid intake, excessive fluid losses and electrolyte imbalances may also occur leading to dehydration. In such cases, a person's body temperature rises faster than it can cool itself down. Very high body temperatures can damage the brain and other vital organs.

Who's at Risk? Older adults over 65, the very young up to age four, overweight, alcohol use and people with chronic diseases and mental illness are at highest risk. Older adults do not adjust as well as young people to sudden changes in temperature. They are more likely to have a chronic medical condition that changes normal body responses to heat. They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat. Some common medications that can put you at risk for developing heat-related illness are: antihistamines and medications for cold and sinus; antipsychotics (for treating psychosis, bipolar disorder and schizophrenia); beta-blockers and calcium channel blockers (to control hypertension and heart rate); and amphetamines (for treating adults with narcolepsy and children with ADHD).

What are the various heat-related illnesses, signs to look for, and treatment?

Heat rash	Red clusters of small blisters that look like pimples on neck, chest, groin and elbow creases.	Stay in cool, dry place. Keep the rash dry. Use powder (like baby powder) to soothe the rash.
Sunburn	Painful, red, warm skin. Blistering in severe cases.	Prevention: sunscreen. Stay out of the sun until sunburn heals. Place cool cloths on affected area or take a cool bath. Apply moisturizing lotion. Do not break blisters.
Heat cramps	Heavy sweating during intense work or exercise with muscle pain and spasms.	Stop activity and move to a cool place. Drink water or sports drink. Wait for cramps to stop before resuming activity. Seek medical attention if cramps last longer than one hour or if you are on a low-sodium diet or have cardiac problems.
Heat exhaustion	Heavy sweating, cold/pale/clammy skin, fast/weak pulse, fainting, nausea/vomiting, cramps, weakness, dizziness, headache	Move to a cool place, loosen clothing, place cool/wet cloths on body or take cool shower, sip water. Seek medical attention if vomiting begins, your symptoms get worse or your symptoms last more than one hour
Heat stroke	Body temp is higher than 103°F, hot/red/dry skin (no sweating), headache, dizziness, nausea, confusion, bizarre behavior, staggering, and loss of consciousness.	This is a true medical emergency. Call 911, move person to cool place, lower person's body temperature as much as possible, do not give anything to eat or drink. Watch for seizures.

Heat stroke is a true medical emergency. The presence of mental status changes in a hot/humid environment should be considered heat stroke and treated as such until proven otherwise. The body will feel very hot and dry to the touch. In heat stroke, body temperatures exceed 102°F. I have personally treated heat stroke patients with body temps higher than 107°F. The skin was almost too hot touch, the blood had started to thicken in the veins, the heart works extremely hard to push thickened blood through the blood vessels, clots start to form throughout the body, the body is red in color as it pushes the hot blood to the surface of the body in an attempt to cool itself. The most critical interventions that should be done without hesitation is keep an open airway, watch for seizures (the brain is very sensitive to heat) and immerse the patient's body in ice water. If immersion is not possible, then place iced towels all over the body, under the arms, around the neck and head, and in the groin. This is the only thing that will save this patient!! The only thing!!

How to prevent heat-related illnesses? Know your limitations in the heat and watch for others that may be unaware they are getting overheated. Take frequent rests in the shade (inside in the A/C is better); drink plenty of fluids, especially products like Gatorade because it not only hydrates, but it also replaces electrolytes that are lost in sweating; wear sunscreen, a hat and sunglasses; wear lightweight, loose clothing; look for signs of lesser heat-related illnesses; never leave people (or animals) in a parked car; avoid strenuous activities; in the hot summer, check on friends and neighbors. Do not take salt tablets until directed to do so because you can inadvertently increase a person's sodium level dangerously. Drink more liquids than what your thirst indicates. This is especially true for people over the age of 65. Avoid drinking large amounts of very cold beverages because they can cause stomach cramps. And avoid drinking alcoholic beverages as these will cause you to lose more fluid.

Last thoughts....

The best way to treat heat-related illnesses and emergencies is to prevent them from occurring in the first place. In the hot, humid summer --- remember to work smart and play smart!

Michael H. Walls, MSN, PhD, RN