



First Word

June 4, 2018

"To live by Faith, to be known by Love, and to be a voice of Hope."



This is your personal challenge to Thrive for the summer! See the display in the Colonnade and sign up for your activity. The choice is yours.

To get brain health benefits from exercise, just add water.

Movement is great medicine for your whole body, including your brain. You may know (and love) that hyper-alert feeling you get after a workout, like you're firing on all cylinders. It's not your imagination. Regular exercise has been shown to increase the brain's "executive functioning," our ability to plan, remember, focus, and multitask. But make sure you're hydrated. According to a new study, not drinking enough water can undermine the brain-health benefits of exercise. Researchers gave an executive-function test to a group of middle-aged recreational cyclists before and after a cycling event. Those who were sufficiently hydrated completed the tests significantly faster after exercising than before. Similar results have been found in younger people, but dehydration is more common among older adults, whose thirst sensations may not be as sharp as young "whipper snappers." How much water you need depends on how much you sweat, the climate, your activity level, and whether you have certain health conditions. (People with heart disease and diabetes need extra water, for example.) Don't count on feelings of thirst to alert you. The best way to tell if you're getting enough water is the "pee test": if your urine is clear or pale yellow, you're hydrated, and if it's dark, you need more. Start your day with a glass of water, sip some throughout the day, and drink extra before you exercise. Bottoms up!

Source: [Drinking Water May Help Exercising Seniors Stay Mentally Sharp](#)

Worship: Sunday, June 10: 2 Corinthians 4: 13-5:1.

Hope Says...St. Paul had as many problems as anyone--and more than most people. He never had the comforts of family life. He spent years traveling under the most primitive conditions. He was persecuted, shipwrecked, beaten, thrown in prison and probably martyred. He made enormous sacrifices for the cause of Christ and yet he was constantly criticized by people both inside as well as outside of the early church. And yet he never seemed to get discouraged. **What empowered Paul to endure in the face of his suffering? It was his immovable faith in God.** Paul was an amazing man. Hope says, "Though I walk through the Valley of Death, I will fear no evil." Hope says, "This, too, shall pass." Hope says, "I will not give up or despair, for all things work together for the good of those who love the Lord and are called according to His purpose." Do not lose heart!

Passing the Peace of Christ/Greeting Each Other and Guests:

For the month of June you will notice something different in the 11AM service. The Passing of the Peace of Christ will be between the minister and the congregation without moving about the sanctuary. At the close of worship, you will be encouraged to take a few minutes before leaving to greet each other and to have conversations with guests, or anyone you do not know. We are known as a friendly church. The shared greetings at the close of the service are an effort to encounter guests and nurture church membership. May the Peace of Christ be with you as we have opportunities to be a welcoming and growing congregation.

Pastor Bruce

First Light

Welcome New Members , the Cuevas family: Jody, Audrey, Christian and Keelin were received into the fellowship of the church in the session meeting on Sunday. This wonderful family has been with us for about a year and are active in the youth program and also worship and other events of the church. Please welcome them. Phone: 575-491-7635, Email:jody.cuevas@gmail.com, Address: 753 Saint Andrews Loop, Sanford, NC 27332.

The Memorial Service for Charles Ingram will be Tuesday, June 5 at 2PM. The family will greet guests in the Harper Center following the service.

URGENT: Over the last few weeks there have been several instances of security alarm calls throughout the church. Doors have been left unlocked during off hours, resulting in police involvement and calls to Property Committee members who have to come to the church to make sure a break-in hasn't occurred. **It is imperative that all doors are locked after exiting the building, especially around the CDC!**

Urgent Need: We need a male chaperone to go with our youth to camp July 8-13. If you are interested, please contact Jenny as soon as possible. If necessary, the week could be split between two men.

Students going to **Passportkids or Passport Choices** should pay their remaining trip balances by **June 17**. Women going on the **Montreat Women's Connection** should pay their remaining trip balances by **June 24**. Contact Jenny if you are unsure of your balance.

Register your elementary school-aged children for **A Place at the Table**, our cooking camp! Space is limited, so register now. We will gather each morning, **June 18-22**, to learn cooking skills, and to learn about God's Table. Join us! Volunteers are also needed.

Circle #2 will meet at 10AM on June 11 in the Hobson Classroom.

Circle #4 will meet June 11 in the church library with Lois Yow being the hostess.

The next Deacons Meeting will be on **Saturday, June 23rd, at 9AM** to convene at the church, then go on visitations.

OUR PRAYER LIST

At Home:

Parkview: Laura Rosser, Gladys Weaver, Cathelene Wilmot.

Our Friends & Family: Joy Berryman, Eloise Berryman's daughter-in-law.

Newsletter



If you would like to add information to our First Word or the Sunday Bulletin, please contact Michele in the church office via e-mail by Thursday by noon.



June 5:

*Ann Milstead
Danny Sewell*

June 6:

*Irma Autrey
Cameron Tyndall*

June 7:

Marshall Quick

June 8:

*Don Angell
Ronnie Lemon*

June 9:

Emalee McCracken

June 10:

*Annie Brewer
Charlene Hicks
Mary Lewis Johnson*

CALENDAR

Monday:

8-2PM: Walking Track

Tuesday:

8-11AM: Walking Track

10AM: Bible Study: *Didache*

Wednesday:

8-2PM: Walking Track

8:30AM: Church Staff Meeting

6-7:30PM: Choir Practices

7PM: Prayer Meeting/
Devotion

Thursday:

8-2PM: Walking Track

Friday:

8-12PM: Walking Track

Sunday:

9AM: Contemporary Service

10AM: Sunday School

11AM: Traditional Service

Church office hours are Monday-Thursday 8:00—2:00, and Friday 8:00—11:00.