

YUMC
July 2022
Bridge Newsletter



Pastor Mike Bekstrom

Church Office Hours
Monday thru Friday
10:00 am to 4:00 pm

Office Manager
Michael Burleson-Raney




All Methodist men are welcome to join us for breakfast & conversation when we start back in the fall.


On Hiatus until October!

Roles of the Leadership Board

Nick Sinnott	Facilities Chair of the Board
Sarah Frey	Congregational Programs Congregational Care
Vurl Trytten	Congregational Programs
Debby Whipple	Staff Parish Relations Chair Personnel
Shawn Cortright	Prayer Ministry
Chris Barre	Lay Leadership
Ed Matthews	Finance
Tracie Lima	Finance
Lisa Raffaelli	Mission Outreach Worship

The Leadership Board would like to extend an invitation to all of our Congregation; to attend the next board meeting on August 28, 2022 at 5:30 pm.

Everyone should see exactly how the Board is run and ask questions, if you wish, during the Congregational Comment time.



YUMC Leadership Board

Nick Sinnott
 Sarah Frey
 Shawn Cortright
 Tracie Lima
 Vurl Trytten
 Lisa Raffaelli
 Debby Whipple
 Ed Matthews
 Chris Barre

Lay Representatives

Jim Frey

Thank you for your service!

The Leadership Board meets on the third Thursday of the month at 5:30 pm. Generally they meet in Rm 8 in the Ed Building. All church members are welcome to attend.

Tailgaters

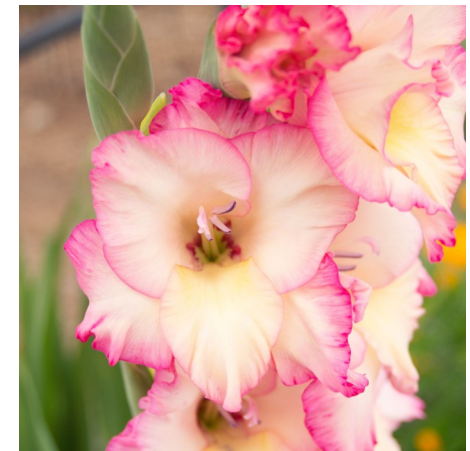
"Open your eyes and see, for there is hunger not only for a piece of bread; there is hunger for understanding love, for the word of God."

Mother Teresa



July Birthdays

Christal Duncan	1
Lauren Aceves	2
Doris Callison	4
Michael Burleson-	
Raney	14
Kelly Atchley	15
Susan Crow	17
Ray Watson	18
Liz Hockaday	26



August Anniversaries

Duane and Sandy Johnson	1
Kelly Atchley and Susan Erhardt	12
Jim and Sarah Frey	24

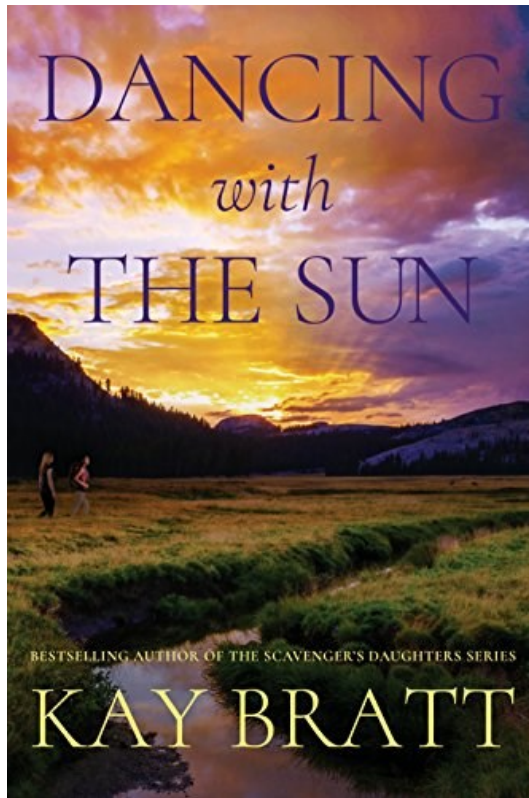
→ love →



August's Book Club Choice is:
Dancing with the Sun
by Kay Bratt

**August's Book Club is being hosted by Sue Ashe
on Thursday August 18th at Casa Ramos. Join us at 4:30 pm
for good food and good company.**

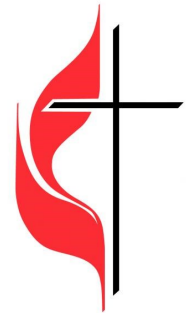
Note: this is a week later than normal due to the Fair!



When Sadie Harlan visits her daughter, Lauren, at her summer internship in Yosemite National Park, it seems like the perfect way to forget about her empty nest and failing marriage back home. But when the two women get lost on what's meant to be a short hike, they suddenly find themselves fighting for their lives.

As they search for food, water, and civilization, they battle injury, exhaustion, and natural predators. Sadie, however, is assaulted by more than just the unforgiving elements. She lost her first child years earlier in a tragic accident, and in her sorrow, she's pushed everyone away—including her husband. Now, Sadie must face her past through a journey of love, loss, and learning to forgive herself if she and Lauren are to stand a chance at getting out of Yosemite alive. Will a mother's courage be enough to save them both?"

**"A page-turner that will pull on your heartstrings and affirm your faith in humanity."
—Karen McQuestion, bestselling author of Hello Love.**



**The Book Club is an exuberant subsidiary of
YUMC's Saints Alive!**

The Club generally meets on the second Thursday of
each month at 4:30 PM at varying locales.
This club is open to all who enjoy reading and socializing.

Merry Christmas!

Christmas in August? Well it might be too hot to think about snowflakes and cold weather, but it is time to start thinking about **Operation Christmas Child!** As we get closer to school starting again, many local stores already have sales on school supplies. That is a great time to stock up for OCC!

Traditionally as a church we have donated at least 100 boxes each year for underprivileged children around the world. Last year we packed over 120 boxes. OCC week is November 14-21, 2022 so we have time to shop!

Here are some suggested items to shop for:

- ♥ Pencils ♥ Paper ♥ Crayons ♥ Erasers, ♥ 1 subject Notebooks ♥ Kid's Scissors ♥ Comb
- ♥ Hairbrush ♥ Toothbrush (no tooth paste) ♥ Washcloth
- ♥ Adhesive bandages (Colorful ones can help a child be more willing to wear a bandage. Do not include liquid antibiotic ointment.)
- ♥ Reusable plastic containers: cup, water bottle, plate, bowl, blunt-edged utensils
- ♥ Blanket ♥ Flashlight (solar-powered or hand-crank; if battery operated, be sure to include extra batteries of the type needed)
- ♥ Compact mirror ♥ small toys ♥ Stuffed animals ♥ Yoyo ♥ Balls ♥ Jump ropes

The list goes on and on! **Start shopping now.** You are welcome to bring your items to the church but call first to make arrangements for drop off. We hope to do a box packing party this Fall - standby for updates!

This year OCC boxes cost \$10.00 per box to ship. You are welcome to contribute to the cost. Just make your check out to YUMC and put OCC in the memo line. Thank you for your support and donations!

Merry Christmas in August!

Susan Erhardt
OCC Project Coordinator

EMMAUS

It's Time for EMMAUS!

Pilgrims are needed. Applications for Pilgrims must be in by September 9th.
Early bird registration by August 26th,
Earns you a lower price!

Workers: your registration is also due.
We need lots of workers to make
this session a success.

The Men's walk is :
October 6-9, 2022.

The Women's Walk is
October 20-23, 2022.

Emmaus really is a
Life changing event.

Think about sponsoring a Pilgrim

De Colores!



Health Tips for August

Summertime is upon us, which means warmer weather, longer days, and more opportunities to get outside and enjoy all that nature offers. But summertime also comes with its own set of challenges. To help you make the most of your summer while staying safe and healthy, here are five tips:

- 1. Keep food safety in mind when grilling out or picnicking. Summertime is the peak season for foodborne illnesses. The good news is that there are plenty of ways to avoid getting sick from the food you eat. When preparing food this summer under hotter temperatures, use these tips:
 - Never leave perishable food out in the sun or heat for more than two hours.
 - Pack your food in an insulated cooler with ice packs.
 - Use separate cutting boards for raw meat and vegetables.
 - Be sure to wash your cutlery thoroughly in between uses.
 - Wash your hands often, especially after handling raw meat.
 - Cook meat to the correct temperature.
 - Avoid summertime power outages by storing perishable food in a cooler.
 - Clean the grill grates with soapy water before cooking.
- 2. Get plenty of rest and stay hydrated. It's important to stay hydrated during summer, especially if you're spending time outdoors in the heat. Be sure to drink plenty of fluids, such as water or unsweetened iced tea. And if you're going to be outside for an extended period of time, take along a sports drink to replenish your electrolytes. Heat Stroke vs. Heat Exhaustion Spending too much time in the heat can lead to dehydration, heat exhaustion, or even heatstroke. Be sure to know the signs of these conditions, so you can seek medical help if necessary:
 - Signs of heat exhaustion: include heavy sweating, dizziness, and lightheadedness. If untreated, heat exhaustion can lead to heatstroke, a medical emergency.
 - Signs of heat stroke: include a high body temperature, confusion, and unconsciousness.
 - If you or someone you're with shows signs of heatstroke, call 911 immediately.
- 3 Take advantage of summer fruits and vegetables. In-season produce is not only delicious but also more affordable. Adding fresh fruits and vegetables to your diet helps support your health and boost your immune system. Visit your local farmer's market or pick your own fruit to get the best deal! Here are some great choices to try:
 - Watermelon.
 - Corn on the cob.
 - Cucumbers.
 - Tomatoes.
 - Berries.
 - Peaches.
 - Plums.
 - Cherries.
 - Nectarines.
 - Figs.
- 4. Keep your skin protected from the sun. Too much sun exposure can lead to skin damage, so be sure to protect yourself when you're spending time outdoors. Wear sunscreen with an SPF of at least 15, and reapply it every two hours. Also, be sure to wear hats, and sunglasses when outdoors. Try to stay in the shade as much as possible.
- 5. Don't let bugs ruin your summer fun. Summertime means spending more time outdoors, which also means dealing with bugs. To avoid being bitten by mosquitoes and other pests, use insect repellent. And if you're using a spray, be sure to apply it in a well-ventilated area. Most bug bites are harmless and will go away on their own. However, some bug bites can cause serious health problems. It's important to know when to see a doctor for a bug bite. If you have any of the following symptoms, you should see a doctor:
 - Severe pain.
 - Severe swelling.
 - Redness spreads from the bite.
 - Pus or drainage from the bite.
 - Fever.
 - Chills.
 - Body aches.If you are allergic to bug bites, you should see a doctor if you have any reaction to a bug bite, even if it's mild.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
10:00 am Strong Women
5:00 pm WOW @ Linda's

2
9:00 am Quilting & Crafting
12:00 pm Bridge Club

3
10:00 am Strong Women
10:00 am Bible Study
6:00 pm Small Group

4
10:00 am Work Group
Bible Study
5 :00 pm WOW @ Linda's
5:30 pm Worship Team

5
10:00 am Strong Women

6
9:00 pm Tailgaters
Prep

7
9 am Prayer
Worship team
Sunday School
10 am Worship Service
12 pm Tailgaters
5 pm WOW @ Linda's

8
10:00 am Strong Women
5:00 pm WOW @ Linda's

9
9:00 am Quilting & Crafting
12:00 pm Bridge Club

10
10:00 am Strong Women
10:00 am Bible Study

11
10:00 am Work Group
Bible Study
5:00 pm WOW @ Linda's
5:30 pm Worship Team

12
10:00 am Strong Women

13
9:00 pm Tailgaters
Prep

14
9 am Prayer
Worship team
Sunday School
10 am Worship Service
12 pm Tailgaters
5 pm WOW @ Linda's

15
10:00 am Strong Women
5:00 pm WOW @ Linda's

Agenda Items due

16
9:00 am Quilting & Crafting
12:00 pm Bridge Club
5:00 pm Leadership Board

17
10:00 am Strong Women
10:00 am Bible Study
6:00 pm Small Group

18
10:00 am Work Group
Bible Study
4:30 pm Book Club
5:00 pm WOW @ Linda's
5:30 pm Leader Brd Mtg.
5:30 pm Worship Team

19
10:00 am Strong Women

20
9:00 pm Tailgaters
Prep

21
9 am Prayer
Worship team
Sunday School
10 am Worship Service
12 pm Tailgaters
5 pm WOW @ Linda's

22
10:00 am Strong Women
5:00 pm WOW @ Linda's

23
9:00 am Quilting & Crafting
12:00 pm Bridge Club

Bridge Articles Due

24
10:00 am Strong Women
10:00 am Bible Study

25
10:00 am Work Group
Bible Study
5:00 pm WOW @ Linda's
5:30 pm Worship Team

26
10:00 am Strong Women

27
9:00 pm Tailgaters
Prep

28
9 am Prayer
Worship team
Sunday School
10 am Worship Service
12 pm Tailgaters
5 pm WOW @ Linda's

29
10:00 am Strong Women
5:00 pm WOW @ Linda's

30
9:00 am Quilting & crafting
12:00 pm Bridge Club

31
10:00 am Strong Women
10:00 am Bible Study

August 2022 