



Happy birthday to:

- 3rd Bill Cluley
Charlotte Yoder
- 4th Memory D'Agostino
- 5th Don Main, II
James Shultz
- 8th Susan Garber
Lucas Myers
- 9th Dave Wise
Zachariah Miller
- 10th Brittany Platt
Marianne Nolt
- 12th Donny Kuhns
Doris Rittenhouse
Joanne Hatfield
Frances Mumma
- 13th Luc Ries
- 15th Mark Andersen
- 16th Christian Nitchie
- 19th Jane Scheckard
Jonathan Neumar
- 20th Dean Gochnauer
Cindy Reifsnyder
Lindsay Bisignani
- 21st Bryan Fink
- 22nd Jan Lutz
- 23rd Gwen Tabbutt
Luke Welsh
- 25th Lilliana Cisneros
- 26th Vickie Wissler
Melissa Ransing
Carl Hartman
- 29th Este Slaugh



Happy Anniversary to:

- 2nd Suman & Cynthia Hogue (13)
- 4th John & Dolores Byers (64) *
- 5th Todd & Theresa Miller (21)
- 6th Amanda & Jamie McComsey (20)
- 10th John & Melissa Carroll (19)
- 19th Jim & Sue Pacelli (49)
- 20th John & Rachel Grove (27)
- 22nd Fred & Lisa Nitchie (29)
Carl & Patti Hartman (12)
- 25th Richard & Patricia Allison (37)
- 26th Charles & Deb Hull (32)

**If we missed a
 Birthday or Anniversary
 please contact the church office
 with the information!
 Thank you! :)**



Health and nutrition tips that are actually based on good science.

<https://www.healthline.com>

1. Don't Drink Sugar Calories

Sugary drinks are the most fattening things you can put into your body. This is because liquid sugar calories don't get registered by the brain in the same way as calories from solid foods. Sugary drinks are strongly associated with obesity, type 2 diabetes, heart disease and all sorts of health problems. Keep in mind that fruit juices are almost as bad as soda in this regard. They contain just as much sugar, and the small amounts of antioxidants do NOT negate the harmful effects of the sugar

2. Eat Nuts

Despite being high in fat, nuts are incredibly nutritious and healthy. They are loaded with magnesium, vitamin E, fiber and various other nutrients. Studies show that nuts can help you lose weight, and may help fight type 2 diabetes and heart disease.

3. Avoid Processed Junk Food (Eat Real Food Instead)

All the processed junk foods in the diet are the biggest reason the world is fatter and sicker than ever before. These foods have been engineered to be "hyper-rewarding," so they trick our brains into eating more than we need, even leading to addiction in some people. They are also low in fiber, protein and micronutrients (empty calories), but high in unhealthy ingredients like added sugar and refined grains.

4. Don't Fear Coffee

Coffee has been unfairly demonized. The truth is that it's actually very healthy. Coffee is high in antioxidants, and studies show that coffee drinkers live longer, and have a reduced risk of type 2 diabetes, Parkinson's disease, Alzheimer's and numerous other diseases.

5. Eat Vegetables and Fruits

Vegetables and fruits are the "default" health foods, and for good reason. They are loaded with prebiotic fiber, vitamins, minerals and all sorts of antioxidants, some of which have potent biological effects. Studies show that people who eat the most vegetables and fruits live longer, and have a lower risk of heart disease, type 2 diabetes, obesity and all sorts of diseases.

6. Minimize Your Intake of Added Sugars

Added sugar is the single worst ingredient in the modern diet. Small amounts are fine, but when people eat large amounts, it can wreak havoc on metabolic health. A high intake of added sugar is linked to numerous diseases, including obesity, type 2 diabetes, heart disease and many forms of cancer.

7. Don't Eat a Lot of Refined Carbohydrates

Not all carbs are created equal. Refined carbs have been highly processed, and have had all the fiber removed from them. They are low in nutrients (empty calories), and can be extremely harmful. Studies show that refined carbohydrates are linked to overeating and numerous metabolic diseases.

WORSHIP PARTICIPANTS FOR MAY

	May 1	May 8	May 15	May 22	May 28 / 29
ASSISTANTS	8:00 V. Mumma 10:30 P. Supeck / S. Will	8:00 M. Worley 10:30 K. Strause / L. Strause	8:00 R. Strause 10:30 H. Butterworth / D. Sensenig	8:00 J. Labezius 10:30 V. Mumma / B. Steinmetz	6:00 needed 8:00 R. Grove 10:30 J. Young / M. Harman
SOUND	8:00 L. Labezius 10:30 W. Heidel	8:00 L. Labezius 10:30 J. Neumar	8:00 L. Labezius 10:30 W. Heidel	8:00 L. Labezius 10:30 J. Neumar	8:00 L. Labezius 10:30 W. Heidel
READERS	8:00 V. Mumma 10:30 E. Supeck	8:00 M. Worley 10:30 S. Mull	8:00 L. Strause 10:30 K. Moyer	8:00 B. Hayasaka 10:30 M. Nolt	8:00 J. Grove 10:30 R. Ward
USHERS	8:00 J. Labezius 10:30 B. Linton	8:00 J. Pacelli 10:30 B. Linton	8:00 J. Labezius 10:30 B. Linton	8:00 Z. Volker 10:30 B. Linton	8:00 K. Payonk 10:30 B. Linton
CHIMERS	10:30 J. Fritsch 6:00 M. Foreman	10:30 Sanctus Bells 6:00 N. Main	10:30 J. Fritsch 6:00 M. Foreman	10:30 Sanctus Bells 6:00 S. Mull	8:00 M. Kelly 10:30 S. Mull
COMMUNION CARE	8:00 V. Mumma 10:30 J. Fritsch	8:00 S. Pacelli 10:30 needed	8:00 K. Douglas 10:30 C. LaMaster	8:00 Nagley / Wissler 10:30 V. Mumma	6:00 Dennis Family 8:00 B. Hayasaka 10:30 T. Horn

Worship Volunteers

As we begin the journey back to a “normal” worship schedule, we need volunteers to: read the lessons, assist Pastor with communion, set up and clean up communion, sound and camera operators, ushers, and greeters.

Have helped in the past— or would like to? All are welcome!
Please call the office at 717-397-2748 to volunteer!

