

August



Birthdays

1 st	Julie McCoy
2 nd	Keith Ober
3 rd	Lianna Case
6 th	Jan Mandros
7 th	Linda Fackler
	Emma Esbenshade
8 th	Carrie Lindeman
12 th	Derek Dombach, Jr.
13 th	Dylan Mahlandt
14 th	Lori Kerr
15 th	Bill Bair
	Timo Verkouw
16 th	Lindsey Koser
	Sanya Mumma
	Tama McConnell
17 th	James McCoy
	Kai Foreman
18 th	John Byers*
	Rick Ashby
	Pat Stewart
20 th	Melissa Patterson
21 st	Joe Labezius
22 nd	Peggy Hull
23 rd	Jean Smoker
24 th	Brooke Harman
25 th	John Myers
30 th	Brett Babin
	Evan Graver
31 st	Paul Bertrand
	Kim Burke

Anniversaries

1 st	Bryan & Kristin Fink (13)
4 th	Erica & John Banzhof (9)
10 th	Tara & Jeff Commero (14)
11 th	Brenda & Rick Hayasaka (38)
14 th	Earl & Linda Pickel (62)
18 th	Glenn & Donna Weidman (49)
19 th	Ray & Carol Dennis (55)
	Cathy & Bob Walton (44)
20 th	Dale Dombach & Cindy Reifsnnyder (17)
21 st	Joel & Katelyn Smith (18)
22 nd	Bob & Faith Martin (40)
	Don & Brenda Kuhns (35)
23 rd	Lee & Jean Young (53)
25 th	Jim & Kelli Morant (29)
28 th	Nathan & Pearl Sieber (14)

***Designates shut-in – these people would especially enjoy hearing from you.**



Staying Healthy and Vibrant During Late Summer

<https://blog.arogya.net/staying-healthy-and-vibrant-during-late-summer/>

As the summer sun continues to shine and the summer squash in our gardens become overly abundant, we find ourselves in a special time of the year. Late summer is a time to celebrate the beginning of the harvest and the richness of earth's bounties as we prepare for the autumn. As this is a transition period, it is very important to stay centered in one's self and grounded to the earth. One of the most important ways to stay grounded during this time is to eat healthy and mindfully.

Here are some important eating tips for Late Summer:

Enjoy light and detoxifying fresh-made juices from fruits and vegetables

Chew slowly, allowing for your body's natural functions to digest and assimilate your food.

Eat in moderation. Do not overeat, especially limiting rich foods such as meats, dairy, starches, sweets and alcohol. These foods are very heavy and heating, which can be aggravating to our systems when the temperature is hot also. In American culture, late summer can be a time of enjoying such foods as hot dogs, hamburgers, ice cream and alcohol. Remember that these foods should be consumed in moderation, especially in late summer.

Nourish yourself with cooling and seasonal foods, like organic berries, seeds, sprouts and steamed vegetables.

Practice a simple grounded exercise if you are feeling stressed, rushed or chaotic. A simple grounding exercise can be simply sitting and taking some deep breaths, or using your five senses to quietly observe your surroundings.

Be mindful of sun exposure and remember to take time in the shade and stay hydrated.

Add cucumber and basil to your water or a slice of lemon, lime or orange.

Drink teas that are both cooling and tonifying for the digestive system, such as chamomile, and peppermint. These teas make a great hot tea or iced tea to keep in your refrigerator for when you are looking for a refreshing beverage.

Hope you have a happy and healthy rest of your summer!



WORSHIP PARTICIPANTS FOR AUGUST

August 7

August 14

August 21

August 27/28

ASSISTANTS	8:00 M. Worley 10:30 V. Mumma / K. Miller	8:00 R. Grove 10:30 L. Strause / P. Supeck	8:00 J. Labezius 10:30 J. Young / B. Steinmetz	6:00 C. Reifsnnyder 8:00 V. Mumma 10:30 H. Butterworth / D. Sensenig
SOUND	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 L. Strause 10:30 H. Butterworth	8:00 J. Grove 10:30 P. Hartman	8:00 J. Grove 10:30 S. Mull	6:00 C. Case 8:00 B. Hayasaka 10:30 M. Nolt
USHERS	8:00 J. Pacelli 10:30 B. Linton	8:00 Z. Volker 10:30 B. Linton	8:00 K. Payonk 10:30 B. Linton	8:00 J. Labezius 10:30 B. Linton
CHIMERS	10:30 M. Kelly 6:00 K. Moyer	10:30 M. Bertrand 6:00 D. Linton	10:30 J. Fritsch 6:00 S. Mull	10:30 M. Foreman 6:00 N. Main
COMMUNION CARE	8:00 S. Pacelli 10:30 V. Mumma	8:00 K. Douglas 10:30 T. Horn	8:00 Nagley / Wissler 10:30 L.& L. Bisignani	6:00 needed 8:00 V. Mumma 10:30 needed

Please find your own substitutes if you cannot serve when scheduled.

****New volunteers are welcome in all these areas—please call the church office 717-397-2748 to offer your assistance****