



MAY 2009

Sunday Regular Schedule

9:00am Disciples Class
 9:30am Sunday School Class
 10:30am Fellowship
 10:45am Worship Service

Ushers:

Presby Cab:

Hospital Visitor:



Liturgist:

Mary Ann Kaminski & Peggy Gilchrist

Bennie Drake

Joan Drake

LaJuan Fleming

SUN	MON	TUE	WED	THUR	FRI	SAT
 <p>WALKING IS A GOOD THING!</p>					1 <i>May Friendship Day</i> 9:30am First United Methodist Church	2
3 <i>6:00 pm Potluck Family Night</i>	4	5 6:00pm Fellowship and Renewal Mtg	6 5:30pm Calvin Institute Discussion Group 6:00pm Worship/Music 7:00pm Choir Practice	7 	8 9:30am Circle I Mtg	9 <i>Postal Carriers Annual Food Drive</i>
10 <i>Mother's Day</i>	11	12 9:00am-12:00pm Parish Nurse in office 5:30pm Mission Committee Mtg 5:30pm Diaconate Mtg	13 5:30pm Calvin Institute Discussion Group 7:00pm Choir Practice	14 1:30pm Circle II Mtg	15	16
17 Youth Food Harvest (Hamburger Helper etc)	18 Noon-Health & Safety Meeting	19 6:30pm Session Mtg	20 Noon – Birthday Lunch @ Sweet Bay 5:30pm Calvin Institute Discussion Group 7:00pm Choir Practice	21 5:30pm Witness & Evangelism Mtg <i>Ascension of the Lord</i>	22 <u>Faw Entry Deadline</u>	23
24	25 <i>Memorial Day observed</i>	26 6:00pm Property & Maintenance Mtg	27 5:30pm Calvin Institute Discussion Group 7:00pm Choir Practice	28	29	30
31 <i>Pentecost</i>						



“Stress” is one of those ideas/words that everyone says they have. How do you know? Does your heart pound faster? Are your muscles tight? Is your blood pressure high? Are you breathing rapidly? Have you added belly fat? Are you irritable? Are you “tired all the time”? Do you like your job and the people you work with? Are you smoking or drinking more coffee/diet sodas than you did last year at this time? Do you have unrealistic expectations of those around you? Are you trying to control the uncontrollable? If so, you may have “stress”.

Unchecked stress is damaging! What can you do about it? First of all, change your response to the stress of your life. It's all about taking charge of your thoughts, emotions, schedule, environment and the way you deal with problems. Stress management involves changing the situation if you can, changing your reaction when you can't, taking care of yourself and making time for rest and relaxation.

So what are you doing to prevent it? Are you indulging in retail therapy? Did you decimate a bag of potato chips in one sitting? Are you making everyone around you miserable? You might try to come up with a calming idea that won't cost a lot of money, expand your waistline or send those around you running for the hills.

A strong support network is the greatest protection against stress—spend time with those you love. Learn how to relax—try yoga, meditation or deep breathing techniques. Invest in your emotional health—it improves your your ability to bounce back. Recently readers of a popular magazine offered these suggestions:

- 1) Walk or run until negative thoughts in your mind disappear.
- 2) Direct your energy toward a project where you can see a result.
- 3) Play a game of tag (or ring-around-the-rosy or duck-duck-goose) with a youngster.
- 4) Listen to “old”/”fun” songs.
- 5) Learn something new.
- 6) Dig in the dirt.
- 7) Go fishing.
- 8) Color in a coloring book with a small child.
- 9) Watch a TV program on an exercise ball.
- 10) Put on a pair of “fun” socks and go for a walk.
- 11) Remove 1 task from your “to do” list.
- 12) Dance to the music playing in your head.
- 13) Phone a friend.

The bottom line: stress is generally self-induced and only you can do something about it!

Joanne Flanders, MS, RN
Parish Nurse

