



First Presbyterian Church

AUGUST 2014

Sunday Regular Schedule

9:15am Disciples Class
 9:30am Sunday School Class
 10:30am Fellowship
 10:45am Worship Service

SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3 	4	5 7:00 am Men's Bible Study	6 4:00 pm Personnel Committee Meeting 6:00 pm Inside Ministry Meeting	7	8 	9
10 12:15 Diaconate Meeting	11	12 6:30 pm Session Meeting	13 7:00 pm Choir Practice	14	15 6:30 pm Session Retreat	16
17 Youth Food Harvest "Peanut Butter & Jelly" Noon Outside Ministry Meeting	18	19	20 Noon Birthday Lunch @ El Palacio 4:15 pm Staff Meeting 7:00 pm Choir Practice	21	22 F-A-W DEADLINE	23
24	25 10:30 am PW Council Meeting-Library	26	27 7:00 pm Choir Practice	28	29	30
31	<p>Usher: Charlie Coker Hospital Visitor: Charlie Coker</p> <p>Liturgist: Joan Drake Presby Cab: Charlie Coker</p>					



Chronic Dehydration

Are you tired? Are you having difficulty thinking? Do all of your joints hurt? If so, it's probably because the hot weather is interfering with your metabolism. How does this happen? It's because your body is telling you that it doesn't have enough water in its system.

About 75% of body weight is made up of water, more than that in babies and children. Normally, the body loses 4-6 cups each day through expected body functions. However, when we sweat or don't ingest enough fluid the body begins to defend against dehydration. The pituitary gland senses this decrease in fluid and begins a process which concentrates both minerals and proteins by the kidneys. If this condition occurs frequently, chronic dehydration occurs which increases the risk of blood clots, infections, and kidney stones. Chronic dehydration includes: confusion, constipation, heartburn, fainting, fatigue, skin allergies, muscle aches and joint pain.

Generally, the first body defense mechanism jumps in—thirst. However, as the body ages, the thirst mechanism deteriorates. The body doesn't recognize the thirst stimulus and the kidney concentration mechanism deteriorates.

The first step to preventing chronic dehydration is to be aware that it can happen to anyone. Next, it's important to drink 6-8 cups of fluid (and more if you're active) even if you don't feel thirsty. Everything we eat contains water, especially fruits and vegetables. A Mediterranean diet which is made up of lots of fruits, vegetables and fish will assure meeting the goal of preventing chronic dehydration. This will help to insure rehydration will not be necessary.

Submitted by Jo Flanders

Thank You

Dear Partners in Mission:

As a former pastor myself, I believe that mission unites us as a denomination. And so, I thank you for your commitment to the Great Commission, and on behalf of Presbyterian World Mission, please allow me to express our appreciation to you, your pastor, session and congregation for your gracious and faithful support of our mission co-workers. On June 13, 2014, we received your gift of \$637 for Leslie & Cynthia Morgan. Your church's support makes a difference in sharing the Good News of Jesus Christ around the word.

Yours in Christ,

Chris Rosland, Church Support Associate, Presbyterian Mission Agency

Thank You

Dear First Presbyterian Church,

Thank you so much for the donation of \$166.67. Your gift is doing so much to change the lives of the young men that we serve. We're glad that you're a part of their story!

In Christ, David L. Dearing,
President & CEO

Thank You

A big "Thank You" to all that provided your time to serve, make desserts and make the night a success at The Well dinner. A special thanks to Nancy and Mike Grantham and Judy and Marlin Holtmyer for helping prepare and cook all the food.

Lonnie McCain