

# The Good News

Sumner United Methodist Church

JULY 31, 2018

## 5TH SUNDAY FUNDAY SUNDAES

What a success!

Thank you to all who were able to bring ice cream and toppings. There were five different flavors: Strawberry cheesecake, Cinnamon, Vanilla, Salted Caramel, and Coffee, plus many topping options. A good time was had by all. And a great big thank you to Fra Na for suggesting and coordinating this great event.



## Mark your Calendars . . . All Hands on Deck. . .

This is the week for an old fashioned Barn Raising—actually an old fashioned Garage Raising Party.



**Saturday August 4th starting at 8 am.** We will begin our blitz build of the parsonage garage, which includes section of storage for the church. The plan is to build the garage as fast as possible the first part of August. The weekend of August 4-5 will be a major build weekend, and continue working until it is all done.

If you aren't able to physically help with the build, there are other ways to help. You can help to keep the workers hydrated by making and serving iced tea or lemonade, help move smaller items and keep things picked up. Or you could make a small donation to help buy sandwiches for the crew. We will find jobs for everyone who is interested and able. All hands will have a job.

**If you plan to help please email Lorri Stoyles at [churchofficwsumc@gmail.com](mailto:churchofficwsumc@gmail.com).**

**Knowing who is coming will help plan our work. Remember your tools, hat and sun screen.**

Thank you to everyone who participated in the Tuesday evening planning meetings. We will be putting together plans, that may involve new programs and or changes to current programs, starting in October.



From H&H Health Associates.

### **Drink up!**

Tips for staying hydrated. Hydration is vital to our overall health and well-being. In addition to helping the body function properly, water helps regulate body temperature and flush out waste. The following tips can help you stay hydrated:

1. Drink six to eight 8 oz. glasses of water each day. This is a general recommendation that will change based on age, chronic conditions, and activity level, so check with your doctor for the specific amount that's right for you.
2. Bring a reusable water bottle to work and drink from it throughout the day, refilling as needed.
3. Drink water during your meals. Not only can it help you stay hydrated, but it can help you feel more full, which can help prevent you from overindulging at mealtime.

Not a huge fan of drinking plain water? Consider flavoring it with slices of citrus fruit or a splash of 100% fruit juice. Or, experiment with the water's temperature—see whether you like it better cold from the fridge, chilled over ice, or at room temperature. Or try the following recipe.

#### **Cucumber Lime Refresher**

Serve this thirst-quenching drink at your next gathering! Ingredients:

- 1 pitcher of water
- 1 cucumber, sliced thinly
- The juice of 4-5 limes

Directions: Add lime juice and cucumber slices to the pitcher of water. Stir to mix well. Refrigerate to chill or serve over ice.

### **What's happening at the church**

July 17–August 10th, Japanese Exchange Program 9–3 pm fireside room  
Thursdays 10 am Bible Study on hold until October

**Garage Blitz Build starts Aug. 4th.**

**Pastor Pam and Tom are on vacation from July 25, until August 1st.**

**August 19 Trustees meeting**