

JUNE

Happy Birthday:

2nd Fred Nitchie, IV
Bonnie Salzman
Jeremy Morant
Martin Slauch
Gary Babin
4th Nancy Hill
Marc Freiberg
Rachel Grove
5th Craig Sowers
6th MJ Haynick
Phyllis Jackson
10th Donna Dinger
11th Allison Freeman Vollmer
Stacie Main
13th Karl Moyer
15th Derrick Rowe
Lauren Welsh
Lloyd Sload
19th Zach Freiberg
20th Barbara Barlow
Michael Byers
22nd Cindy Sapp
Doris Altmanshofer
23rd Marjorie Sload
24th Jackie Boas
26th Heather Wolfe
Lisa Bisignani
27th John Grove
Max Grove
28th Sebastian Smith
30th Don Kuhns, Jr.
Bruce Rowe

Happy Anniversary:

3rd Wes & Amy Heidel (16)
5th Scott & Pat Oberholtzer (30)
6th Bob & Peggy Hull (63)
7th Derek & Tara Dombach (19)
Earl & Donna Dinger (47)
8th Don & Carol Main (54)
10th Jan & Bill Mandros (33)
11th Jay & Mindi Graver (34)
Dave & Julie Wise (40)
12th Dave & Anita Mattern (13)
15th Pastor & Kathryn Verkouw (37)
Robert & Deb Buckwalter (48)
16th Kathryn & Tyler Lowry (15)
Tom & Vicki Mumma (43)
Tom & Barbara Andersen (43)
19th Lloyd & Marjorie Sload (47)
21st Heather & Ryan Miller (9)
26th Charles & Shelley Lisse (56)
30th LindaLee & Trevor Hershey (26)

**** Designates shut-in**

**If we missed your
birthday or anniversary
please call the church office.**

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

There they are eight super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they're -- shhhh -- good for you.

1. Give Your Diet a Berry Boost

Have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

2. Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.

3. Floss Daily

You know you need to, now it's time to start: floss every single day. Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

4. Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts. And remember, the family that plays together not only gets fit together -- it's also a great way to create bonding time.

5. Be Good to Your Eyes

To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes. And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear.

6. Vacation Time!

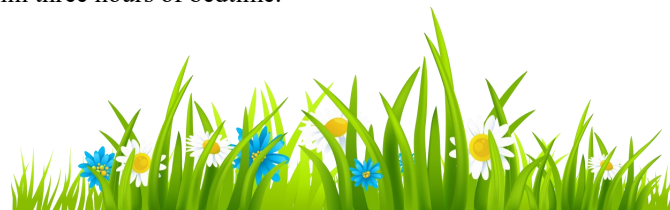
Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

7. Alcohol: Go Lite

Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage. A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation -- defined as one to two drinks daily -- alcohol can protect against heart disease.

8. Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime.



WORSHIP PARTICIPANTS FOR JUNE 2022

	June 5	June 12	June 19	June 25/26
ASSISTANTS	8:00 M. Worley 10:30 P. Supeck / S. Will	8:00 J. Grove 10:30 K. Strause / L. Strause	8:00 J. Labezius 10:30 V. Mumma / B. Steinmetz	6:00 needed 8:00 L. Strause 10:30 J. Young / C. Way
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
READERS	8:00 B. Hayasaka 10:30 B. Steinmetz	8:00 R. Grove 10:30 P. Supeck	8:00 M. Worley 10:30 P. Hartman	8:00 R. Strause 10:30 W. Sherman
USHERS	8:00 J. Pacelli 10:30 B. Linton	8:00 J. Labezius 10:30 B. Linton	8:00 K. Payonk 10:30 B. Linton	8:00 Z. Volker 10:30 B. Linton
CHIMERS	10:30 M. Bertrand 6:00 K. Moyer	10:30 M. Kelly 6:00 S. Mull	10:30 J. Fritsch 6:00 N. Main	10:30 M. Bertrand 6:00 M. Foreman
COMMUNION CARE	8:00 S. Pacelli 10:30 J. Fritsch	8:00 K. Douglas 10:30 T. Horn	8:00 needed 10:30 V. Mumma	6:00 needed 8:00 Nagley / Wissler 10:30 L. & L. Bisignani

If you are unable to serve on your assigned Sunday—please make every effort to find your own substitute.
If you would like to become a worship participant —please call the coordinator listed above or the church office at 397-2748

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—would like to begin? All are welcome!
Please call the office at 717-397-2748 to volunteer!

