



First Word

July 15, 2019

“To live by Faith, to be known by Love, and to be a voice of Hope.”

ANNOUNCEMENTS



**Attendance for Sunday, July 14th:
Combined Service—82**

On Wednesday, July 24th at 6:30PM we will meet in the Harper Center for a night of fun and games! Bring your favorite board game and come beat the heat while enjoying fellowship with your church family.



The Church Directory Committee has selected Life Touch to publish our next pictorial directory! The next committee meeting will be on Tuesday, July 23rd, at 10AM. **Pictures will be taken August 19-21 from 2PM until 9PM**, with make-up dates to be announced. More information to come.

Old-fashioned Homecoming Celebration: First Presbyterian Church of Sanford will be celebrating an old fashioned *Homecoming* on Sunday, July 28th at 11AM. Gospel music starts at 10:45AM, **There are sign-up sheets located in the church office. Please list what you are able to contribute.** We will also be holding a Cake Auction to off-set the costs for the Montreat Women’s Conference. So come ready for some delicious desserts!



Our Missionaries: Dustin and Sherri Ellington

Well-trained pastors who can faithfully proclaim the Scriptures is a growing need in southern Africa. This drew the Ellingtons to Justo Mwale University, which trains pastors for Zambia, Zimbabwe, Malawi, and beyond. Dustin serves as a lecturer in New Testament, and Sherri is site coordinator for the PC(USA)’s Young Adult Volunteer (YAV) program in Zambia.

Dear First Presbyterian Church Family,

Our meditation next Sunday from “Sing, Play, and Summer” reminds us that our Creator loves us even/especially when we are facing the challenging times of our lives. The focus verse is from Jonah 2:1-2 – “Then Jonah prayed to God from the belly of the fish, saying, ‘I called to God out of my distress, and God answered me.’” Like Jonah, we learn many lessons from the world in which live and, during these summer months, many of us will travel to the coast to enjoy and learn more about the beauty of God’s creation.

As a child, on trips to Sunset and Garden City Beaches for vacation, I met many amazing creatures crafted by our Creator. I am especially interested in the Horseshoe Crabs that congregate along our coast. According to one source, “Horseshoe crabs are twice as old as the dinosaurs, and despite their name are not crabs at all, but are more closely related to spiders and scorpions and the largest, scariest insect that ever lived, the prehistoric eurypterids.



Considered living fossils themselves as they are known from as far back as the Cambrian period (500 million years ago), there are four species of horseshoes known today and they can be found living in waters around the USA and Asia.” Along with these creatures, we have a boundless number of birds, turtles, various mammals, and a few other reptiles that nest along our beaches. My impression is that the “turtle patrols” have even more authority than traffic police in many coastal communities and that is good because God created “every living creature that moves, of every kind, with which the waters swarm.” (Gen. 1:21). During this summer, I hope that you will have the opportunity to enjoy the beauty of our world, either through travel or simply by looking out of your window at home or sitting on a porch. God’s creation is amazing!

Peace, Brad

July 9th dawned a typical summer day—sunny and quite warm—a good day to visit the Breadbasket for a nourishing meal.

Our patrons enjoyed beef with noodles and gravy, broccoli with cheese, buttered rolls, seasonal fresh fruit, dessert, and drink. We served approximately 85 plates of food.

My faithful kitchen help included Jim Lee, Donna McClune, Julianne McCracken, Pat McCracken, Martha McGee, and Jana Wilkinson. We even enjoyed a brief visit from Pastor Brad.

Serving at the Breadbasket continues to be one way our church can help witness in our community.

Thank you, Emily Kelly



SING! PLAY! SUMMER! During the months of July and August we will celebrate the summer season through the twin delights of faith and music. Join us for this special summer Sunday School each Sunday at 10:00AM in the Harper Center. During July, we will gather as one worshipping community in McIver Hall each Sunday at 11AM. Our 8:45AM services will resume in August.

Presbyterian Youth Triennium is a gathering for high school age youth from the Presbyterian Church (USA) and the Cumberland Presbyterian Church that occurs every three years. The 2019 event is July 16-20 at Purdue University. The theme for the 2019 event is “Here’s My Heart.” **The delegation from the Presbytery of Coastal Carolina will spend the night in our Harper Center and depart from FPC Sanford very early (3am!) tomorrow morning.** The group will return on July 21st around midnight and sleep here again. **If you are able to help provide a grab-and-go breakfast on 7/21, please contact Samantha Jeffries this week.**



Congrats to our homemade ice cream competition winners!

- Best Classic: Sue Miller (Vanilla)
- Most Creative: Charlene Hicks (Tutti Frutti)
- Best Overall: Julie Lemon (Heath Toffee)



OUR PRAYER LIST

- Parkview:** Laura Rosser; Cathelene Wilmot; Sidney Boaz; Laura Murphy; James King, Jr., Sue King’s brother.
- Reid Heart Center/First Health:** Bennie Thompson.
- Universal Health Care/Lillington:** Betty Lou Bristow
- Home:** Paul Kelly; Jody Cuevas; Harold York; Foss Knight; Sonny Talbot; Flora Perry; Dot Boaz; Lynn Knight.
- Our Friends & Family:** Donald Scott, brother of Donna McClune; George & Theresa Miller; Marci Hudzik, friend of Katrina Johnson; Carolyn Herring, Bunny and Rick Paderick’s niece; Cindy Noell, friend of Steve and Genie Morgan; Palmer Horton, daughter of Paul and Candice Horton; James Cox.

Happy Birthday



- July 16:** Rudine Miller
- July 17:** Robert Jeffries
- July 18:** Joan Bland
- July 19:** Jennifer Lloyd
Woody Seymour
- July 20:** Lydia Wicker
- July 21:** Richard Wicker

**CALENDAR
JULY 15—JULY 21**

- Monday:**
 - 8-2PM: Walking Track
 - 6:30PM: Property Committee Meeting**
 - 7PM: Host Triennium Delegation**
- Tuesday:**
 - 8-2PM: Walking Track
 - 10AM: No Bible Study**
 - 1PM: CDC Committee Meeting**
 - 6PM: No Yoga**
- Wednesday:**
 - 8-2PM: Walking Track
 - 9:30/10AM: CDC Chapel**
 - 6/7:30PM: No Choir Rehearsal**
 - 7PM: No Prayer Meeting**
- Thursday:**
 - 8-2PM: Walking Track
- Friday:**
 - 8-12PM: Walking Track
- Saturday:**
 - 12AM: Host Triennium Delegation**
- Sunday:**
 - 10AM: Combined Sunday School in The Harper Center**
 - 11AM: Combined Worship Service in McIver Hall**
 - 12PM: Congregational Care/Out-Reach Committee Meetings**



HEALTH AND WHOLENESS



Why Are My Eyes So Dry? An Ophthalmologist Explains Dry Eyes and Treatments 3 common questions answered

Dry eyes can be a real nuisance, making it tough to read, drive and focus on tasks. But the good news is that the condition is usually nothing to cry about; generally, it's easily treated without long-term risks.

“The vast majority of people with dry eyes have irritation, burning or a gritty feeling in their eyes, but there are very simple solutions to that,” says ophthalmologist Richard Gans, MD.

Here, Dr. Gans answers three common questions about dry eye.

What causes dry eye?

A: It's a decrease in the body's ability to produce fluids. Tears are a combination of water, oils, mucus and antibodies, and an imbalance of these elements can cause dry eye. Inflammation of the eye is another cause.

Dry eye symptoms get worse while you're looking at computer screens, driving and reading because you don't blink as often when you're focused on a visual task. You don't distribute the tear film as often, and there is more evaporation off the surface of the eye.

Who gets dry eyes?

A: Age is a major risk factor. The older we get, the less likely we are to produce tears. Some medications, like antihistamines, water pills prescribed for high blood pressure and oral contraceptives can decrease tear production. Laser eye surgery or hormonal changes can also cause dry eye.

More severe cases of dry eye commonly occur in people suffering from autoimmune diseases like rheumatoid arthritis or lupus, and can cause long-term damage to their vision.

How can I treat my dry eyes?

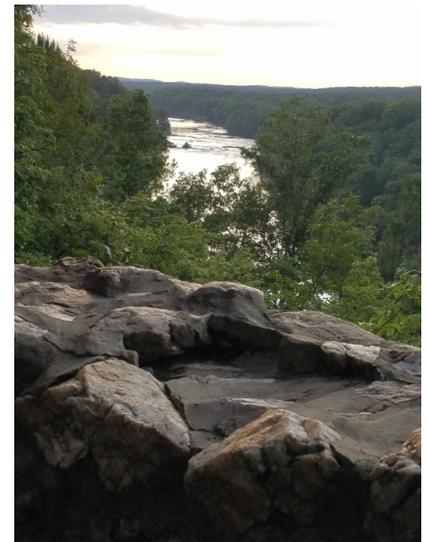
A: The best initial treatment is to use over-the-counter eye drops formulated for dry eyes as needed. There's also research to indicate that omega-3 supplements like fish oil can help with dry eye symptoms. There are prescription medications that can help to stimulate additional tear production.

In severe cases of dry eye, doctors can use a procedure called 'punctal occlusion' in which a tiny plastic plug is inserted into the tear duct to prevent tears from leaking out, similar to putting a stopper in a sink drain.

Even though the vast majority of dry eye problems can be managed by patients alone, if there's a change in vision, pain or severe redness, you should see your doctor to be evaluated.



Raven Rock Hike



Old-fashioned Homecoming Celebration



First Presbyterian Church of Sanford will be celebrating an old fashioned *Homecoming* on *Sunday, July 28th* at **11AM**. Gospel music starts at 10:45AM, with a cookout to include games and watermelon following the service.

Please bring all your friends!

Don't forget, we will be having a cake auction as well to off-set the expenses for the Montreat Women's Conference!



SING! PLAY! SUMMER!

July 16-20: Triennium

July 24: Game Night

July 28: Homecoming and Cake Auction

August 4-11: Family Promise

August 9-11: Women at Montreat Women's Connection

August 25: Blessing of the Backpacks

September 7: Youth at the Lake

September 8: Rally Day