

Church Letter to Families about Directory

Dear Fellow Members:

We are going to have a FULL COLOR PICTORIAL DIRECTORY produced with considerable help of Philip and Judy Lang from North Woods Studio, Bowler, WI. This directory will be a valuable asset to our church, particularly the new families.

We would like all families to be pictured in the directory.

During your photography appointment time, you will have the opportunity to view poses taken. Make your selection for the directory, place your portrait order and pay (check or cash only) for the photographs you would like. You are under no obligation to purchase photographs to receive your copy of the directory. Please do understand that the directory program is funded by the purchase of photographs. Photographs are sold by the sheet: 1-8x10 makes 1 sheet, 2—5x7's make 1 sheet, 8 wallets make 1 sheet. \$25 per sheet plus tax.

To ensure a portrait of your liking, please consider the following:

1. If you wear glasses, to eliminate any glare on the lenses, it is suggested that you either have the lenses removed or borrow a pair of empty frames from your eye doctor.
2. For clothing, it is suggested that you wear compatible colors that compliment. Long sleeved attire in solid medium colors of blue, gray, brown or tan. Try to stay within the same color tonal range: all light colors, all medium colors or all dark colors. Lighter colors will stand out more in the photograph than darker colors. Medium colors photograph the best! Some photographs may be below the waist, please dress appropriately.

New Dates for Our Pictorial Directory: June 23-25, 2020

Tuesday, June 23rd, 3-8pm at North New Hope

Wednesday & Thursday, June 24th & 25th, 3-8pm at Faith

We need your family to make our directory complete. Please sign up for an appointment at church or call Tanya at the Church Office at 715-677-4631 or email: faithnhope@wi-net.com to reserve a convenient time for you and your family.

LETS MAKE IT 100%!! Our directory would be incomplete without you.



If you are in need of pastoral care, such as a home or hospital visit, please contact the Church Office at 715-677-4631 or email: faithnhope@wi-net.com to arrange a visit.



Parish Nurse Article Continued:

Stroke Prevention:

You can take steps to help prevent stroke by living a healthy lifestyle. This includes the following measures:

Quit smoking. If you smoke, quitting now will lower your risk for stroke.

Consume alcohol in moderation. If you drink excessively, try to reduce your intake. Alcohol consumption can raise your blood pressure.

Keep weight down. Keep your weight at a healthy level. Being obese or overweight increases your stroke risk. To help manage your weight:

Eat a diet that's full of fruits and vegetables.

Eat foods low in cholesterol, trans fats, and saturated fats.

Stay physically active. This will help you maintain a healthy weight and help reduce your blood pressure and cholesterol levels.

Get checkups. Stay on top of your health. This means getting regular checkups and staying in communication with your doctor. Be sure to take the following steps to manage your health:

Get your cholesterol and blood pressure checked.

Talk to your doctor about modifying your lifestyle.

Discuss your medication options with your doctor.

Address any heart problems you may have.

If you have diabetes, take steps to manage it.

If you suspect you're experiencing symptoms of a stroke, it's vital that you seek emergency medical treatment. Clot-busting medication can only be provided in the first hours after the signs of a stroke begin, and early treatment is one of the most effective ways to reduce your risk for long-term complications and disability. Proper medical evaluation and prompt treatment are vital to recovering from a stroke. According to the American Heart Association, "Time lost is brain lost." Call 911 as soon as you realize you may be having a stroke.

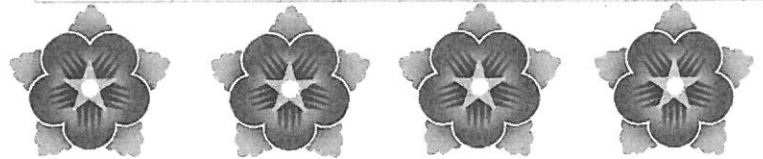
Have a healthy and blessed spring!

Submission by your Parish Nurse

Source: <https://www.healthline.com/health/stroke>



"That's the parents' section."



Of patience and pruning

In many parts of America, Mother's Day is the recommended date for planting flowers outdoors. Subjecting blooms to the elements any sooner is risky, though sunny spring days sure make waiting tough. Perhaps that's why poet May Sarton calls gardening "an instrument of grace," for it "slows us down and forces patience."

Courage is also required. Gardeners "must be brave enough to cut back the old and sit with bare branches, awaiting new growth," writes Cheryl Richardson (*Waking Up in Winter*). "And we must trust that it will come." When God prunes us, we too must trust that new growth and new life are in store ... and then patiently wait.

HAPPY
Mother's
Day

Answer to the bible quiz: A (See Numbers 11:24-29.)