



Sneak Peek

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- ◆ March Mission
- ◆ Holidays
- ◆ BSA Chicken Noodle
- ◆ Nurse's Notes
- ◆ Thank You Notes
- ◆ Invitation
- ◆ Upcoming Events

Nurse's Notes

Spring Cleaning: Get Your Fitness Back on Track!

1. LOSE EXTRA POUNDS AND WATCH YOUR WAISTLINE—Losing just 10 pounds can help reduce your blood pressure. Losing weight also makes any blood pressure medications you're taking more effective.
2. EXERCISE REGULARLY—Regular physical activity (at least 30 to 60 minutes most days of the week) can lower your blood pressure by 4 to 9 mm Hg.
3. EAT A HEALTHY DIET—Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 mm Hg.
4. REDUCE SODIUM IN YOUR DIET—Even a small sodium reduction in your diet can reduce blood pressure by 2 to 8 mm Hg. The recommendations are to limit sodium to 2300 mg a day or less = 1 level teaspoon. Ease into it. Cut back gradually. Your palate will adjust over time.
5. LIMIT THE AMOUNT OF ALCOHOL YOU DRINK—In small amounts (1/day for all women and men older than 65). If you drink more than moderate amounts, alcohol can actually raise blood pressure & reduce the effectiveness of high blood pressure medications.
6. AVOID TOBACCO PRODUCTS AND SECONDHAND SMOKE—The nicotine in tobacco products can raise your blood pressure by 10 mm Hg or more.
7. CUT BACK ON CAFFEINE
8. REDUCE YOUR STRESS
9. MONITOR YOUR BLOOD PRESSURE AT HOME AND MAKE REGULAR DOCTOR'S APPOINTMENTS—Learning to self-monitor your blood pressure can help motivate you.
10. GET SUPPORT FROM FAMILY AND FRIENDS—Supportive family and friends can help improve your health. They may encourage you to take care of yourself, drive you to the doctor's office or embark on an exercise program with you to keep your blood pressure low.



- 1-Madelyn Henderson
- 2-June Kantor
- 3-Alyssa Jennings
- 4-Sue Divan, Suzanne Christensen & Linda Clark
- 5-Ryan Findley & Madisyn Miller
- 7-Katelyn Dahlke & Kyle McBride
- 9-Kyle Garrelts
- 11-Kathy Garrelts
- 12-Diane Steinbrink
- 13-Alice Wilson & Michael Fox
- 15-Alex Miller

BSA Chicken Noodle Feed

Mark your calendars to help support Boy Scout Troop 158 in their annual chicken noodle dinner feed. Chicken Noodle meals will be served from 12—2 PM on **March 8th**.

March Mission Project
~R.A.F.T~

Last month we introduced you to the R.A.F.T. program and that is the Mission Project again for March. Please bring any of the items listed and place in the shopping cart in the overflow room. All of your donations are appreciated. The R.A.F.T (Residential Assistance to Families in Transition) House families are in need of:

- Paper products
- Cleaning supplies
- Trash bags
- Hygiene products

UPCOMING EVENTS

8th-Daylight Savings Time

8th-Boy Scouts Chicken Noodle Feed

17th-St. Patrick's Day

20th-First Day of Spring

29th-Palm Sunday



Saint Patrick - The Missionary and Bishop of Ireland

While not much is known about St. Patrick's early life letters from St. Patrick reveal that he was captured near Wales, Scotland, and taken to Ireland as a slave. Years later, he escaped and returned to his family, who were Romans living in Britain, going back to Ireland for mission work after finding a place as a cleric and then Bishop within the Christian faith. He was born around 460, and by the 600s, he was already known as the Patron Saint of Ireland.

There are many legends associated with St. Patrick. The symbol of the shamrock used for St. Patrick's Day comes from the story of St. Patrick using the shamrock to illustrate the Holy Trinity. Another popular belief is that St. Patrick banished the snakes from Ireland. The story says that while St. Patrick was fasting, snakes attacked him, so he chased all snakes into the ocean. Another legend has St. Patrick sticking a walking stick into the ground while evangelizing, which turned into a tree.

The History of St. Patrick's Day and why it's celebrated.

St. Patrick's Day was first celebrated in



America in 1737, organized by the Charitable Irish Society of Boston, including a feast and religious service. This first celebration of the holiday in the colonies was largely to honor and celebrate the Irish culture that so many colonists had been separated from.



Thank you from the family of Gitch Beatty,

Faith members, Thank you so very much to Pastor Robert, Carolyn Forney, Randy Shackleton, Pat Hilty and Bob Eberhard (for cleaning up after us). We appreciate all that was done for us when Gitch passed away. Our church is so very loyal and comforting. Her service was so nice. Thank you also to everyone who prayed, called, text, came over, brought food to the church, we appreciate it so much.

In Christ's love,

Jack, Janelle, John and Shane Beatty Pat, Karen Beatty, Blossom, Amanda, Madeline and families

Thank you from Carole Oertle

Dear Faith church, I would like to thank you so very much for the prayer blanket that I received. It is so beautiful. Made me feel a whole lot better. Your kindness is very much appreciated.

Carole Oertle



Faith UMC Community Garden plots sign up will be available shortly. Past gardeners, please watch your e-mail. If you are interested please call the office.

Dear Faith UMC,

Thank you for letting us worship with you and for hosting the Brunch Fundraiser. Your continued support helps us to reach out to our campus and community through Christian Faith, Fellowship, Missions and Service. We look forward to working with you in the future.

Thanks,
United Campus Ministry

FAITH FELLOWSHIP OUT TO EAT NIGHT

Tuesday March 10th
at 6:00 PM

RSVP VIA SIGNUP SHEET CLIPBOARD OR CONTACT DAYLA BY

Several nursing homes are asking for people who could visit their residents. If you are able to share your time and faith with a nursing home resident please contact the office at 237-2550



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 2nd Sun. of Lent 8:45 Worship 10:00 Sun School 11:00 Worship	2 7:00 Boy Scouts	3 9:30 Women's Bible Fellowship 4:30 W.W. 5:30 Trustees Mtg 6:00 Finance Comm. Mtg 7:00 Cub Scouts	4 12:15 W.W. 3:30 C.C.F. 5:30 B'Tween 5:30 Confirmation 6:00 Praise Team 6:30 UMYF 7:00 Choir 7:00 Men's Bible Study	5 11:30 Quilters & Crafters 5:45 W.W. 6:30 Y.A. Bible Study	6	7 8:30 W.W.
8 3rd Sun. of Lent BSA Ch. Noodle Feed 8:45 Worship 10:00 Sun School 11:00 Worship 	9 5:30 Christian Ed. Mtg. 7:00 Boy Scouts	10 9:30 Women's Bible Fellowship 4:30 W.W. 5:00 Rental 7:00 Cub Scouts	11 12:15 W.W. 3:30 C.C.F. 5:30 B'Tween 5:30 Confirmation 6:00 Praise Team 6:30 UMYF 7:00 Choir 7:00 Men's Bible Study	12 11:30 Quilters & Crafters 5:45 W.W. 6:30 Y.A. Bible Study	13	14 8:30 W.W.
15 4th Sun. of Lent 8:45 Worship 10:00 Sun School 11:00 Worship	16 5:30 Nurture Team 6:30 Ad Board Mtg. 7:00 Boy Scouts	17 9:30 Women's Bible Fellowship 4:30 W.W. 7:00 Cub Scouts	18 12:15 W.W. 3:30 C.C.F. 5:30 B'Tween 5:30 Confirmation 6:00 Praise Team 6:30 UMYF 7:00 Choir 7:00 Men's Bible Study	19 11:30 Quilters & Crafters 5:45 W.W. 6:30 Y.A. Bible Study 7:00 PFLAG	20	21 8:30 W.W.
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29 10:00 Worship	30 7:00 Boy Scouts	31 9:30 Women's Bible Fellowship 4:30 W.W. 6:30 S.P.R.C. Mtg. 7:00 Cub Scouts				