



UCOM UrbanServ, Inc
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3/10 UCOM is in need of pasta sauce and soup. 😊 Sara Mitchell

3/24 – did not hear from UCOM

Dehydration in people over 60

The top 3 causes of mental confusion in the elderly are uncontrolled diabetes, urinary infection and “dehydration”. It may sound like a joke, but it isn't. People over 60 generally stop feeling *thirsty* and consequently stop drinking fluids. This habit occurs when we have just over 50% of the water we should have in our bodies. Because of this lower water reserve people over 60 tend to dehydrate easily. This is part of the natural aging process. When no one is around to remind them to drink, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

So here are two solutions:

- 1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; oranges and tangerines also work. The important thing is that, **every two hours, you must drink some liquid.** Remember this!
- 2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

By Arnaldo Liechtenstein, Physician



Faith United Methodist Church

4000 Spring Park Road, Jacksonville, Florida 32207

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**Morning Worship on The Lord's Day
Palm Sunday
March 28, 2021 – 10:00AM**

Gathering – Prelude

Announcements & Greeting: Rev. Barry Andrews

Call to Wordship: *Sanctuary* 2164

Hymn of Praise: *Hosanna, Loud Hosanna* 278

Act of Praise: *Psalms 118: 14-29* 839

Scripture Lesson: *Philippians 2: 5-11*
St. Mark 11: 1-11

Sermon: Rev. Barry Andrews

Hymn of Faith: *All Glory, Laud & Honor* 280

Affirmation of Faith: *The Apostle's Creed*

Gloria Patri: *Glory Be to the Father* 70

Giving of our Tithes and Offerings:

Offering Prayer:

Offertory:

Doxology: *Praise God from Whom All Blessings Flow* 94

Morning Prayer and the Lord's Prayer:

Benediction:

Hymn of Dedication *Tell Me the Stories of Jesus* 277

The Apostle's Creed

I believe in God, the Father Almighty, maker of heaven and earth; And in Jesus Christ his only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; the third day he rose from the dead; he ascended into heaven, and sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Spirit, the holy catholic** church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen

Welcome to Faith United Methodist Church!

We are so glad that you have joined us this morning. For those new or returning to the church, welcome home. God calls us all to Himself, and it's our conviction – we're here to prove it – that spiritually, Christianity is most fully lived out in the congregation of God's people. You figured out we're not all together, but we're working on this journey of faith and we are glad you have come along with us for the ride.

We continue to worship in the sanctuary following the CDC guidelines in addition to our other options. Drive-in church (tune in to FM 90.5), livestream on our website which is www.faithumcjax.org (www.youtube.com/watch?v=sVPnET5isZY) or on facebook at <https://www.facebook.com/faithumcjax>.

March Birthdays

Dot Ray 3/25
Bud Shutterly 3/27

March Anniversaries

Glenn & Susan Speicher 3/28

**Stewardship Week of
March 21, 2021**

General Fund \$3,626.00
Facilities Imp. 50.00
Hispanic (3/14 service) 130.00
Easter Lilies 100.00
UCOM 88.00
Children's Home 700.00
Sierra Leone School 700.00
Trustees 186.00

April Birthdays

Michael Fisher 4/9
Margaret Kamara 4/10
James Kamara 4/10
Mark Loveland 4/11
Alachie Smart 4/15
Luis Cachola 4/19
Ed Lynch 4/24
Theophile Emedi 4/25
Barry Andrews 4/30

April Anniversaries

James & Margaret Kamara 4/9

This Week at Faith on Zoom

Wednesday 3/31 7:00– 8:00 PM Bible Study – Chapter 12
Sunday 4/4 8:45– 9:45 AM Sunday School in Wesley & on Zoom

Invitations will be sent out the day before the scheduled meeting.

If you would like to participate please call Susan Davis (904 607-1728) so she can send you the invitation and make arrangements to get you the book.