

# The Daily Bread Fairfield's Newsletter

July 2025

## SUMMER IN THE PSALMS

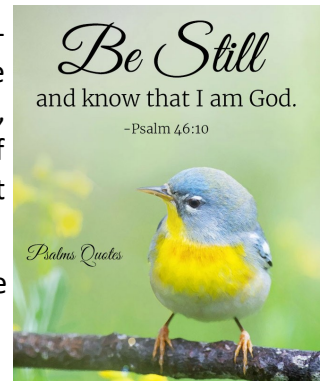
### Summer in the Psalms

As we conclude the message series *The Sermon on the Mount* Sunday, July 13th, we will embark on a new journey in the book of Psalms beginning July 20th. This will be an eight-week sermon series called Summer in the Psalms.

I have found God often uses the summer season to invite us to slow down, reflect, and reconnect with the beauty of His Word. As we immerse ourselves in the rich tapestry of poetry, prayer, and praise found in the Book of Psalms, I hope we are able to uncover timeless wisdom and vibrant expressions of faith that resonate deeply in our spiritual journeys.

The Psalms hold a special place in Scripture, offering a profound connection to God through raw emotions, heartfelt prayers, and unshakable declarations of trust. Whether you're seeking comfort in times of sorrow, guidance in moments of uncertainty, or celebrating the joyful blessings of life, the Psalms speak directly to the human experience. They remind us of God's steadfast love, His sovereignty over all creation, and His deep desire for relationship with His children.

I invite you to get a head start by reading a Psalm a day to prepare for this experience together! Blessings, Pastor Rich



**TRUE NORTH VBS**  
**SUNDAY, JULY 6 - THURSDAY, JULY 10**  
**6:00pm - 8:30pm**  
**FAIRFIELD COMMUNITY CHURCH**  
**REGISTER ONLINE:**  
**FAIRFIELDGMC.ORG**

**JOIN US FOR**  
**VBS FAMILY NIGHT**  
**THURSDAY, JULY 10 at 6pm**  
**EVERYONE IS INVITED!**  
**VBS FINALE**  
**HOT DOG DINNER**  
**PLEASE BRING A FREEZER OF ICE CREAM TO SHARE.**

### PACK THE BACKPACK

AT VACATION BIBLE SCHOOL

**JOIN US**

COMMUNITY OUTREACH OF ARCHDALE-TRINITY IS SEEKING PARTNERSHIPS WITH LOCAL CHURCHES TO COLLECT BACKPACK ITEMS DURING VBS FOR THE UPCOMING 2025-2026 SCHOOL YEAR. IF YOUR CHURCH WOULD BE INTERESTED IN PARTICIPATING CONTACT US VIA EMAIL LISTED BELOW.

**ITEMS NEEDED:**

- ★ RAMEN BRICKS
- ★ EASY MAC
- ★ SMALL MEAT STICKS
- ★ MICROWAVE POPCORN
- ★ INDIVIDUAL SNACKS

**CONTACT US** [COMMUNITYOUTREACHAT@GMAIL.COM](mailto:COMMUNITYOUTREACHAT@GMAIL.COM)

Sunday Service: 10 am - Sunday School, 11am - Worship Service, In-Person & On-Line

Rev. Rich Tuttle, Pastor, richtuttle2020@gmail.com  
Pam Lamb & Katelyn Stoves, Music Coordinators

Michael Rhoney, Lay Leader  
Marta Price, Pianist

Meredith Antley, Youth Coordinator, mantley12@gmail.com  
Morgan Robbins, Children's Coordinator, mnhumble@gmail.com  
Rae Hicks, Church Administrator, fairfieldgmc@gmail.com

Office Hours: Mon. - Thurs., 10am - 1pm; Closed Fridays

Fairfield Community Church 1505 NC Hwy 62 West, High Point, NC 27263 336-431-5743 fairfieldgmc.org

# HAPPY BIRTHDAY!

7/1 Peggy Gammons	7/6 Samantha Patteson	7/20 Will Rumley
7/1 Wayne Barnes	7/8 Mikayla Tuttle	7/23 Daniel Cecil
7/2 Mike Sink	7/9 Craig Caveness	7/26 Allie Mathai
7/3 Tyler Mathai	7/11 Beverly Foster	7/26 Tyson Antley
7/4 Madilyn Rhoney	7/11 Kay Starrett	7/26 Joshua Mathai
7/4 Katy Pulaski	7/15 Cindy Queen	7/29 Rhonda Turbyfill
7/5 Heather Hayworth	7/18 Sue Coltrane	7/31 Brittany Hamilton

Happy Anniversary

7/9 Champ & Candy Cooper  
7/24 - Mike & Brittany Smith  
7/31 Ray & Brenda Kinley

VOLUNTEERS	July 6	July 13	July 20	July 27
NURSERY 10am	Karen Harris/Kay Yates	Karen Harris/Marcy Shipwash	Judy Millikan/Rebeka Patteson	Judy Millikan/Katie Botts
NURSERY 11am	The Eggleston's	Laura Patteson/Sue Brown	Debbie Hollingsworth/Laura Wood	Susan Gilbreth/Emily Bryan
CHILDREN'S CH	Susan Gilbreth/ Judy Millikan	Mary Sharpe/Elizabeth Cheek	Brenda Brown/Kay Curtis	Rachel Brown/Sue Brown
SOUNDBOARD	Rob Harrison	Seth Wood	Chad Antley	Michael Rhoney
GREETERS	Bill & Sue Brown	Neil & Susan Hunt	Gary & Mary Sharpe	William & Katie Botts
ACOLYTE	VBS	Tyson Antley	Hunter Antley	Addie Botts
VISITATION TEAM	Mike & Betsy Sink	Steve & Laura Patteson	Trenton & Kristen Patteson	Lee & Kaye Spencer

If you are unable to volunteer on your specified day, please find someone to switch with you.



Wednesday, July 23

VOLUNTEERS NEEDED. See Kathy Schaal.



Our next Blood Drive is Monday, August 11th, 2:30-7:30pm. To make an appointment, please call Pam Lamb at 570-447-1573 or go online to [www.redcrossblood.org](http://www.redcrossblood.org) and enter the sponsor code *Fairfield*.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	June 30	1	2	3	4	5
July 	5:30pm VBS Decorating	5:30pm VBS Decorating	5:30p - Decor. 6pm - Bells 6pm - Praise Team 7pm - Choir	Office Closed Happy 4 <sup>th</sup> ! 	Office Closed	
6	7	8	9	10	11	12
6pm VBS	6pm VBS	6pm VBS	6pm VBS	6pm - VBS Family Night ALL INVITED! Hot dog dinner. Please bring a freezer of ice cream to share.	Office Closed	
13	14	15	16	17	18	19
9:15am Prayer Time			6pm - Bells 6pm - Praise Team 7pm - Choir		Office Closed	
20	21	22	23	24	25	26
6pm - Youth	August Newsletter Deadline		6pm - Bells 6pm - Praise Team 7pm - Choir Open Door:?		Office Closed	
27	28	29	30	31	Aug. 1	Aug. 2
6pm Youth			6pm - Bells 6pm - Praise Team 7pm - Choir		Office Closed	





**Sunday, July 6 - Thursday, July 10** - Help with VBS, 5:45 - 8:30pm

**Thursday, July 10** - Help with VBS Finale, 5:45 - 8:30pm, hotdogs & homemade ice cream

**Sunday, July 13** - NO Youth

**Sunday, July 20** - Dinner & Devotions, 6-7:30pm

**Sunday, July 27** - Grub & Games, 5:30-7:30pm, \$100 due for Surge Retreat (Camp Caswell, 8/8-10)



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## SUPER SALAD SUPPER



**Saturday, August 23, 2025**  
**5:00 - 7:00pm**



## Women's CONNECTION

Praise God from whom all blessings flow!

Thursday, June 19 through Saturday, June 21, the Women's Connection Board felt the presence of God in so many ways. Before we left the church to head to Samaritan's Purse, we prayed for God's presence in all aspects of our retreat. God is truly an awesome God, as his presence was felt the entire time. He blessed us with safe travels as we journeyed to Boone and Blowing Rock and back to home.

Our tour of Samaritan's Purse was truly a spiritual experience. Our tour guide, Felicia, emphasized the importance of "connecting" with churches all over the world before a disaster occurs. We plan to be involved at the Wilkes County location in the near future.

During our two days together, we grew in our spiritual connection through devotion, prayer, sharing Bible verses that help us through our life's journey, laughter, tears and enjoying the beautiful North Carolina mountains.

Of course, we also spent time planning and looking ahead to fall activities! **Please mark your calendar:**



**Tuesday, August 5 - Archdale National Night Out** - The Men's Fellowship along with Missions will join us in providing school kits and fun games. Everything is free so come out and enjoy.

**Sunday, September 21 - 'Be Our Guest'** - Join us for a Mexican Pileup lunch (tacos and all the trimmings) after worship. No Charge. More information to come.

Through every activity, we realized the importance of being 'connected' as we **serve our God!**



The office will be closed Thurs. July 3 & Fri., July 4 in observance of Independence Day. Happy July 4th!

### UPDATE YOUR CONTACT INFO



If your address, phone number, or email has changed, or you would LIKE TO BE ADDED to the phone tree or email announcement list, please let the church office know by calling 336-431-5743 or email [fairfieldgmc@gmail.com](mailto:fairfieldgmc@gmail.com).



BY MARTA PRICE

## OPEN TO ALL AGES & LEVELS

LESSONS ARE HELD AT

FAIRFIELD COMMUNITY CHURCH

1505 NC HWY 62 WEST, HIGH POINT, NC 27263

PLEASE CALL OR TEXT MARTA AT 336-302-2072

# 9 Smart Moves We're Making to Avoid an Emergency This Summer

<https://www.conehealth.com/services/urgent-care/9-smart-moves-we-are-making-to-avoid-an-emergency-this-summer/>



## 1. Poison Ivy

- **Identify:** Learn to identify poison ivy so you can steer clear. Remember "leaves of three, let it be!"
- **Act Fast:** If you come into contact with it, wash your skin *immediately* with soap and water. It's the oil that causes the reaction.
- **Protective Gear:** When working in the yard or hiking, wear long sleeves, long pants, and socks to protect your skin. Stick to clear paths in wooded areas.
- **Mild Cases:** For mild rashes, try washing the area, using anti-itch creams like hydrocortisone, or taking oatmeal baths.

**Seek Help:** Contact your [healthcare provider](#) or visit [urgent care](#) if the rash is widespread, on your face or near your eyes, or if it looks infected (increased redness, swelling, pus).

## 2. Bee Stings

- **Remove the Stinger:** If you get stung by a bee, try to remove the stinger using tweezers or by scraping it out – avoid using your fingers to prevent further venom release.
  - **Cleansing:** Wash the sting site with soap and water.
  - **Over-the-Counter Meds:** For mild reactions (pain, localized swelling), an over-the-counter antihistamine can help.
- Emergency Department:** Seek immediate emergency care if you experience difficulty breathing, wheezing, or swelling of the throat or tongue.

## 3. Bug Bites

- **Antihistamines:** Over-the-counter antihistamines are your friend all summer long for relieving itchy bug bites.
- **Cool Compress:** Apply cool compresses to reduce inflammation and calm the skin.
- **Don't Scratch!** Scratching can make the itching worse and increase the risk of infection.
- **Topical Treatments:** Anti-itch creams like hydrocortisone can provide relief.

**Seek Care:** If the itching worsens, the bite looks infected, or isn't improving with home care, it's time to seek medical attention.

## 4. Sunburns

- **Limit Exposure:** Be mindful of how long you're in direct sunlight, especially during peak hours.
- **Cover Up:** Wear long sleeves and protective clothing when spending extended time outdoors.
- **Sunscreen:** Use a broad-spectrum sunscreen with an SPF of 30 or higher and reapply frequently.
- **Relief:** If you do get a sunburn, apply cool compresses to the affected area.
- **No Peeling!** Don't peel your sunburned skin; this can further irritate it and increase the risk of infection. Protect the burned skin if you need to go back outside.
- **Aloe Vera:** Aloe vera is a great go-to for soothing mild sunburns.

**Seek Help:** If your sunburn is severe, blistering, doesn't improve, or causes other symptoms, seek care at urgent care.

## 5. Falls and Injuries

**Virtual Urgent Care for:** Minor abrasions, scratches, or scrapes as a first step. Seek in-person care if things don't improve.

**Urgent Care:** Pain and swelling, concern about a possible fracture (but no bone protrusion), pain with movement or bearing weight.

**Emergency Department:** A bone sticking through the skin, deep wounds, or uncontrolled bleeding.

## 6. Rabies

- **Wash Immediately:** If bitten by an animal, wash the wound thoroughly with soap and water right away.
- **Know the Animal's Status:** If it's a pet, try to find out its vaccination history, especially for rabies.
- **Seek Medical Attention:** For any animal bite, especially from a wild animal or if you don't know the pet's rabies status, head to urgent care or the emergency department immediately.
- **Protocol:** If rabies is a concern, you may need a series of rabies vaccines (post-exposure prophylaxis).
- **Antibiotics:** Most animal bites, even from pets with known vaccination status, will likely require antibiotics to prevent infection.

**Emergency Department:** For severe bites with significant injury or risk of limb loss, go to the emergency department immediately.

## 7. Heat-Related Illness

- **Recognize the Risks:** Be aware that sunburn, sun poisoning, and dehydration are all forms of heat-related illness.
- **Hydration is Key:** Drink plenty of fluids, more than usual when you're active outdoors.
- **Watch for Warning Signs:** If someone stops sweating, has hot, dry skin, and seems unwell after being in the heat, they need immediate hydration and medical attention.
- **Protect Vulnerable Populations:** Keep a close eye on young children and the elderly, as they are more susceptible to heat-related illnesses.
- **Kids or Pets:** Never leave them in a hot car!

**Cool Down Quickly:** If someone is overheated, apply cool compresses to pressure points, encourage hydration (with electrolyte drinks if available), and get them into a cool shower or place.

## 8. Water Safety

- **Learn to Swim:** If you or your child don't know how to swim, consider taking lessons.
- **Life Jackets:** Wear a life jacket, especially if you're not a strong swimmer or are boating.
- **Supervise Children:** Never leave children unsupervised near water. Drowning is a leading cause of accidental death in young children.
- **Avoid Alcohol:** Don't consume alcohol when you're around water.

**Water Conditions:** Be aware of weather conditions and water safety flags before entering the water.

## 9. Travel

Be prepared for minor ailments by packing a basic first-aid kit, pain medication, antibiotic ointment, elastic bandages and band-aids.

### Get Care Now

From general to urgent concerns, save time and money by choosing the right care for you and your family. Visit [www.conehealth.com/getcarenow](http://www.conehealth.com/getcarenow) to learn more.



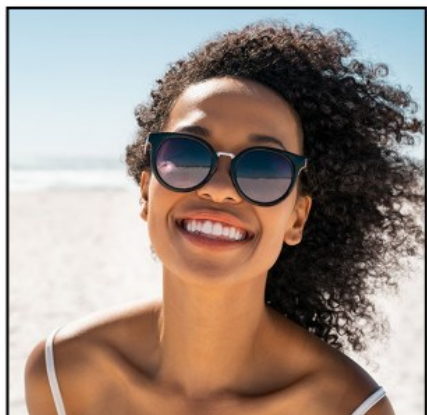
## Parent's Guide to Cord Blood Foundation

Cord Blood Awareness Month educates about the medical value of the stem cells in a baby's umbilical cord blood, umbilical cord tissue, and placenta. Parents can bank these stem cells privately for use by their own family, or donate them to public banks for use by patients in need of a stem cell transplant.

Social: @Parents.Guide.Cord.Blood

For more information, contact: Frances Verter | Parent's Guide to Cord Blood Foundation | 240-408-4915 | [info@parentsguidecordblood.org](mailto:info@parentsguidecordblood.org)

For more information, visit: [parentsguidecordblood.org](https://parentsguidecordblood.org)



Studies show that long-term exposure to bright sunlight may increase the risk of cataracts and growths on the eye, including cancer. UV rays reflected off sand and water can cause eyes to sunburn, potentially resulting in temporary blindness in just a few hours. The American Academy of Ophthalmology (AAO) reminds the public of the importance of shielding eyes from the sun's harmful rays with 100% UV-blocking sunglasses and broad-brimmed hats.

For more information, visit: [aao.org](https://aao.org)

## Arthritis Foundation

Juvenile arthritis affects nearly 300,000 children in the United States. Juvenile Arthritis Awareness Month spotlights juvenile arthritis to educate the public about the seriousness of arthritis in kids, and its impact on the lives of children, teens, and families.

For more information, visit: [arthritis.org/home](https://arthritis.org/home)



## Wise Choices Build Your Muscle Strength

### Slowing Sarcopenia (muscle loss with aging)

Keep Your Muscles Healthy as You Age



- **When beginning to exercise, start slowly.** Find a manageable exercise routine that you think you can do on a regular basis.
- **Work each major muscle group.** These include arms, legs, abs, back, and chest.
- **Focus on strength and resistance training.** Examples include push-ups, squats, sit-ups, arm curls, planks, side twists & bends, certain yoga poses, knee raises, and arm & leg lifts.
- **Do what you can.** Even five minutes of activity is better than none.
- **Eat enough protein.** Protein-rich foods include lean cuts of meat, poultry, and eggs; fish and seafood; low-fat or fat-free dairy; legumes, nuts, & seeds.
- **Talk with your doctor** before starting a new exercise routine to find the best options for you.

<https://newsinhealth.nih.gov/2025/04/slowng-sarcopenia>



# Do Vegan or Vegetarian Diets Help Reduce Arthritis Inflammation? by Amanda Baltazar

<https://www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/vegetarian-diet-arthritis>

Learn the potential benefits and pitfalls of following the popular diet.

Science has long touted the inflammation-fighting benefits of a healthy diet: one low in saturated fats and added sugars and high in fruits, veggies, lean protein (such as omega-3-rich wild salmon) and whole grains. Many people also believe that avoiding animal products makes for an even healthier diet.

As a result, people with inflammatory types of arthritis may be tempted to go vegetarian (no meat) or vegan (no animal products at all, including meat, eggs and dairy) in the hope that doing so will help them better manage their disease. Here's what you should know about the possible benefits and pitfalls of these diets.

## **What the Science Says**

There are various studies on the impact of these diets on inflammation, but results are mixed. In a 2015 study published in *Complementary Therapies in Medicine*, 600 participants followed a vegan diet for three weeks which significantly reduced C-reactive protein (CRP), a key marker for acute and chronic inflammation.

Likewise, a 2017 meta analyses of 17 studies published in *Public Health Nutrition* found that following a vegetarian or vegan diet for two or more years was associated with lower CRP levels. Of the 17 studies evaluated, 12 compared the results of following a lacto-ovo vegetarian diet (one that includes dairy and eggs) versus a diet that includes meat. However, in three of the studies, following a vegetarian diet was also linked to increased levels of another inflammatory biomarker, IL-6. But according to the study's authors, these findings should be interpreted with caution, and more studies are needed to evaluate the link between vegetarian diets and increased IL-6 levels.

## **Other Benefits and Potential Pitfalls**

Going meat-free has benefits unrelated to inflammation, too. Vegans and vegetarians are less likely than meat eaters to be overweight or obese, and they tend to have lower blood pressure and cholesterol levels, says Duo Li, PhD, professor of nutrition at Zhejiang University in China and author of a small study published in the *Journal of Agriculture and Food Chemistry* in 2011.

But there are potential pitfalls, too. Vegetarians, and especially vegans, have low blood levels of vitamin B-12 and D, calcium and essential fatty acids, according to Dr. Duo's study and another study published in the *American Journal of Clinical Nutrition* in 2014. These vitamins and minerals play important roles in bone health, and low levels of fatty acids are associated with a several cardiovascular risk factors. Vegans may also have higher levels of homocysteine, an amino acid that has been linked to heart disease, and lower levels of HDL, the "good" cholesterol, known to protect the heart.

If you decide to go full or part-time vegetarian or vegan, you may need to take some supplements, says Kim Larson, RDN, CD, CSSD, national spokesperson for the Academy of Nutrition and Dietetics. These include omega-3 fatty acids for your heart and to protect against inflammation, iron to protect against anemia, zinc for the immune system, vitamin D and calcium for strong bones, vitamin B-12 for energy and selenium for a healthy thyroid.

No matter what diet you choose, it's important to consult with your doctor first and seek guidance from a registered dietitian, especially if you want to add supplements.

## **A Way of Life**

With these diets, it's not just about what you're avoiding (meat, eggs and dairy), but it's also about what you're eating. People who switch to either diet should fill up on more fruits, vegetables, legumes, nuts and seeds and whole grains (i.e., brown rice and barley) instead of empty carbs like white pasta, bread or rice. These healthy alternatives are packed with phytochemicals (plant-based compounds) that include antioxidants, flavonoids and carotenoids, all of which help reduce inflammation and protect the tissues from oxidation, which can damage them.

Any diet, including a vegan or vegetarian one, can reap the anti-inflammatory benefits of adding certain oils, says Larson. Extra virgin olive oil helps reduce inflammation and can have a similar effect of ibuprofen. However, she advises using it at low temperatures because high heat destroys its beneficial compounds, called polyphenols – so use it in salad dressings or for tossing pasta, not just for frying and baking.

If you want to try a vegan or vegetarian diet, start with a "meatless Monday", and gradually build up to more meat-free meals, advises Rene Ficek, RD, lead nutritionist at Seattle Sutton's Healthy Eating. You can go vegan overnight, she adds, though doing it gradually often makes it easier both mentally and physically since suddenly cutting out meat can lead to crankiness, headaches and digestive changes.

If you still want to eat meat, consider making it a side dish, rather than the focus of your meal. Try serving it in smaller amounts in a dish that prioritizes vegetables, such as a stir fry or a hearty salad. You can also mix it with a protein-rich soy product such as tofu or tempeh, or with seitan (wheat gluten).

**Bottomline:** You don't have to adopt an "all or nothing" attitude to receive the benefits of a mostly plant-based diet "Going vegan or vegetarian doesn't have to be a full-time commitment; it can be certain days or certain meals," Ficek says.