

ELAM E-NEWS

July 16, 2021



Congratulations to **Ruth Miller** who turned 102 years old on July 13th. To send a card to commemorate this amazing milestone in her life, the address is:

701 Homestead Lane, Chadds Ford, PA 19317

Hope you had a wonderful birthday, Ruth, with all the trimmings.

MEDITATION

Let us join together in meditating on these words from 'A New Dream'.

What is the Dream of God ... of God's vision for creation/humanity? What is the Good News, the message, God's intention? It is that all of Earth's people will live in harmony, being at home with one another, enjoying the diversity of gifts that each group and individual bring – all pulsing with God's energy of love.

For me this speaks of PEACE – SHALOM for each of God's children. As we take time with these words let us determine how we can offer peace to God's children.

Blessings Dear Friends, Randy C. Schaffer

Homebound:

Connie Nicholas, 3 Bolling Circle, Chadds Ford, PA 19317

Those Needing Our Prayers

Phil & Anne Marie* (friends of Mike Zaiss)

Bill Grumbine - COVID

Nancy Boyer*

Rosemary, a friend of Nancy Boyer

AJ* - a high school grad with a full scholarship to Penn State. He has stage 4 bladder cancer.

Hospitalized: Pat Howard*, Pennsylvania Hospital, Room 742A
8th & Spruce Streets, Philadelphia, PA 19107

Don't forget that after 2 weeks these names will be removed from the list. Those with asterisks are people who need continuous prayer and they can be added to your list at home.

SCRIPTURE READINGS FOR THIS WEEK

Psalm 89:20-37

Ephesians 2:11-22

THIS WEEK'S SPECIAL MUSIC

Duet entitled "Shine on Us" – Linda & Sean Dorrell

MUSIC FOR SUNDAY – Hymn No. 431 (Sing 2 times)

Verse 1

Let there be peace on earth,
and let it begin with me;
let there be peace on earth,
the peace that was meant to be.
With God our creator,
children all are we.
Let us walk with each other
In perfect harmony.

Let peace begin with me;
let this be the moment now.
With ev'ry step I take
let this be my solemn vow:
to take each moment
and live each moment in peace eternally
Let there be peace on earth
and let it begin with me.

PRAYER FOR THE WEEK

Lord of us all, shine your light within us and upon us so that we may be a reflection of your love to those in need. There are so many dark places in the world where guns threaten the innocent and thousands go hungry, where Covid continues to take lives and families grieve the loss of loved ones. We know that your Holy presence brings comfort to the afflicted and we pray that you will show us how and where to reach out as the hands and feet of Jesus.

We praise you for the blessing of Elam Church. We lift up our Pastor, John Inghram, and ask your hand upon him as he leads us into the future. We are looking to you for guidance as we make our way out of the pandemic and into a new beginning. Guide the leadership of Elam to be your disciples who seek ways to plan and welcome back members and visitors.

We give you thanks for our Savior and Lord Jesus Christ. We give you thanks for the gift of forgiveness and eternal life given through the death and resurrection of Jesus. In his Holy name, Amen.

Looking for Something to do?

How about a band concert? Did you know that our own Ginny Lockwood plays in several local bands? Below is a list of upcoming music performances by the various bands in which she participates, including dates, times, bands, and venues with addresses. Why not take a look to see if there are any you would like to try?

<i>Date</i>	<i>Time</i>	<i>Band</i>	<i>Address</i>
08/08	7:30-9:30 p.m.	22 Park Avenue Swing Band	Rose Tree Park
			1671 N. Providence Road, Media, PA 19063
09/12	3:00 p.m.	Mansfield Brass Quintet	Silverside Church
		(Silverside Church Fall Concert Series)	2800 Silverside Road, Wilmington, DE 19810
09/19	3:00 p.m.	22 Park Avenue Swing Band	Silverside Church
			2800 Silverside Road, Wilmington, DE 19810

Upcoming events at Brandywine Summit Camp Meeting

Saturday, July 17 – Worship Celebration with Rick and Brenda Cartagena

Saturday, July 24 – Harps to Haloes Band

BRAIN HEALTH – WHY IT MATTERS

When you think about physical well-being, you might forget that brain health is a part of that. As we age, it is normal for changes in the brain to occur that disrupt mental function. More seriously, it can lead to a decline in memory, risk of Alzheimer's disease or other types of dementia.

There are ways you can help maintain brain function in your everyday routine.

- **Stay mentally active by stimulating your brain** – Exercise your brain by completing a crossword or jigsaw puzzle, solving a Sudoku puzzle, drawing, painting, or crafting. Turn off Netflix, and choose a book you have been wanting to read.
- **Get plenty of exercise** – The benefits of exercise are numerous: exercise can increase blood flow to the brain, aid in lowering blood pressure, improve cholesterol levels, lower your risk of diabetes and reduce mental stress, all of which help your brain and your heart. Recent studies show that diabetes and even prediabetes increase the risk of Alzheimer's and other types of dementia. Therefore, preventing the development of diabetes or managing it well is one of the best things you can do to improve brain health.
- **Eat a healthy diet** – Your diet plays a large role in brain health. In fact, studies have shown that those who consume a Mediterranean diet are less likely to develop cognitive impairment and dementia. This includes fruits, vegetables, fish, nuts, olive oil and plant-based proteins. The rich source of omega-3 fatty acids that come from this diet not only improve heart health but increases mental focus and the slowing of cognitive decline in older adults. It's the true meaning of brain food!
- **Get plenty of sleep** – Getting seven to eight hours of consecutive sleep per night can play an important role in your brain health. Sleep without interruption "gives your brain the time to consolidate and store your memories effectively," according to the Mayo Clinic.
- **Be social** – Having relationships and remaining socially active is not only helpful for your emotional well-being, but it has been associated with a lower risk of dementia, as well as lowering blood pressure and a longer life expectancy.

Excerpted from article on the Wespeth Healthline website

A SUMMER SERIES – LITTLE KNOWN WOMEN OF THE BIBLE

Anna – New Testament Prophetess

In Luke 2:22-38 Jesus is presented as an infant by Mary and Joseph when according to the Law he is to be presented to the Lord and two turtledoves or pigeons were to be sacrificed. At this time a man named Simeon was in Jerusalem. Scripture says that he felt led by the Spirit to enter the Temple when Mary and Joseph brought Jesus. Simeon took Jesus and immediately he realized that Jesus was the Messiah. Simeon said that this baby was "a light to bring revelation to the Gentiles, and the glory of Your people Israel." Now Anna, a prophetess was also there. Anna was the daughter of Phanuel, of the tribe of Asher. She was an elderly widow who lived in the Temple to serve God by fasting and praying night and day. So, Anna heard and understood that Jesus was the long-awaited redeemer. She gave thanks to the Lord and she spoke of Jesus the Redeemer to all those in Jerusalem.

IMPORTANT! If you did not receive the letter we told you would be coming (see July 2nd e-News), please let us know. A few people have called to say that they did not receive it. If you are among those, please let us know and we will send you another. Thank you.

JULY BIRTHDAYS & ANNIVERSARIES

If you wish to send a card to any of these persons, please call or email the church office at 610-459-2911 or mary@elamumc.org for addresses.

BIRTHDAYS

07/01 Blair Frederick	07/18 Samuel Ferrarelli
07/02 Zachary Alvord	Danielle Forwood
Katie Shore	07/20 Bryce Hall
07/03 Veronica Hineman	Timothy Reeves
07/04 Meghan Clark	07/21 Angela Smith
Sofia Heckman	Daniel Sweeney
07/05 Tyler Daviduk	07/22 Terri Davis
Randy Weese	Dylan Murphy
07/08 Greg Hartley	07/23 Michael Hudock
07/09 Addison Springer	Elaine Rogers
07/10 Jessica Stahl	07/27 Crew Lawler
07/11 Danielle Hoelzer	07/29 Jared Rollman
07/14 Kevin Mekenney	07/30 Russ Brown
07/17 Amy Grenfell	Linda Mosby
	07/31 John Munro

ANNIVERSARIES

07/28/1962 Bev & Sid Brookes
07/02/1971 Bev & Bob Downie
07/24/1978 Cathy & Steve Messinger
07/11/1986 Nancy & Ronnal Sutton
07/04/1990 Monica & Maxx Messinger
07/20/1991 Vera & Alvin Miller
07/06/1996 Denise & Gene Carter
07/12/1997 Wendy & Kirk Rossman
07/05/2003 Brandi & Greg Vogeley
07/04/2004 Cindy & Greg Cornacchia
07/17/2007 Heather & John Truitt
07/30/2012 Danielle & Steve Hoelzer

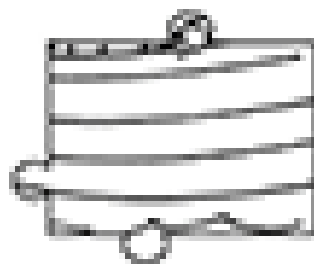
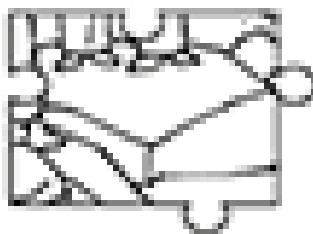
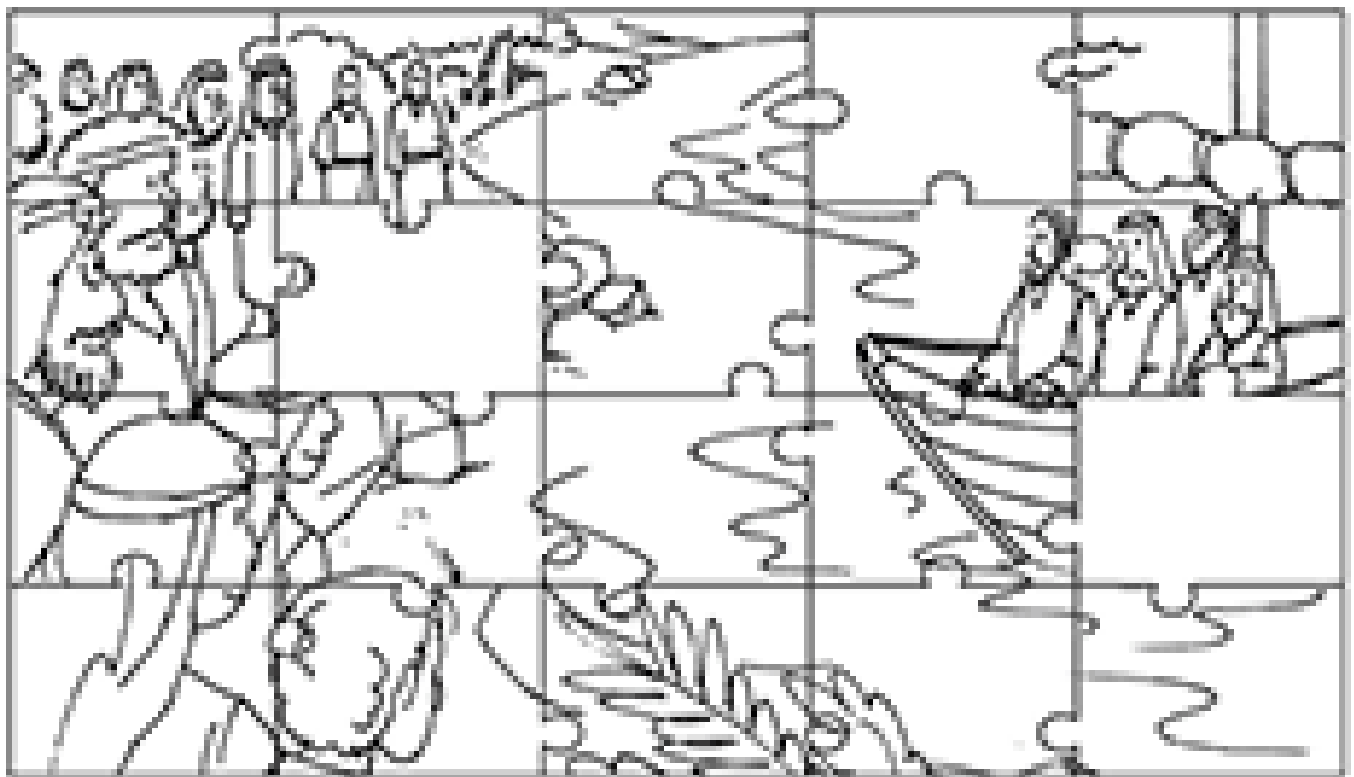
If your name is not listed here and you have a July birthday or anniversary, please contact Mary at 610-459-2911 or mary@elamumc.org, and you will be added to our records. Please also let us know if we have an incorrect anniversary or birthdate.

CHILDREN'S CORNER

Jesus Teaches and Heals

Jesus took His disciples to a quiet place to rest. But crowds came to meet them.

Match the puzzle pieces to finish the picture.



God's Promise to David

King David ruled Israel.

Find and circle the hidden objects in the picture.

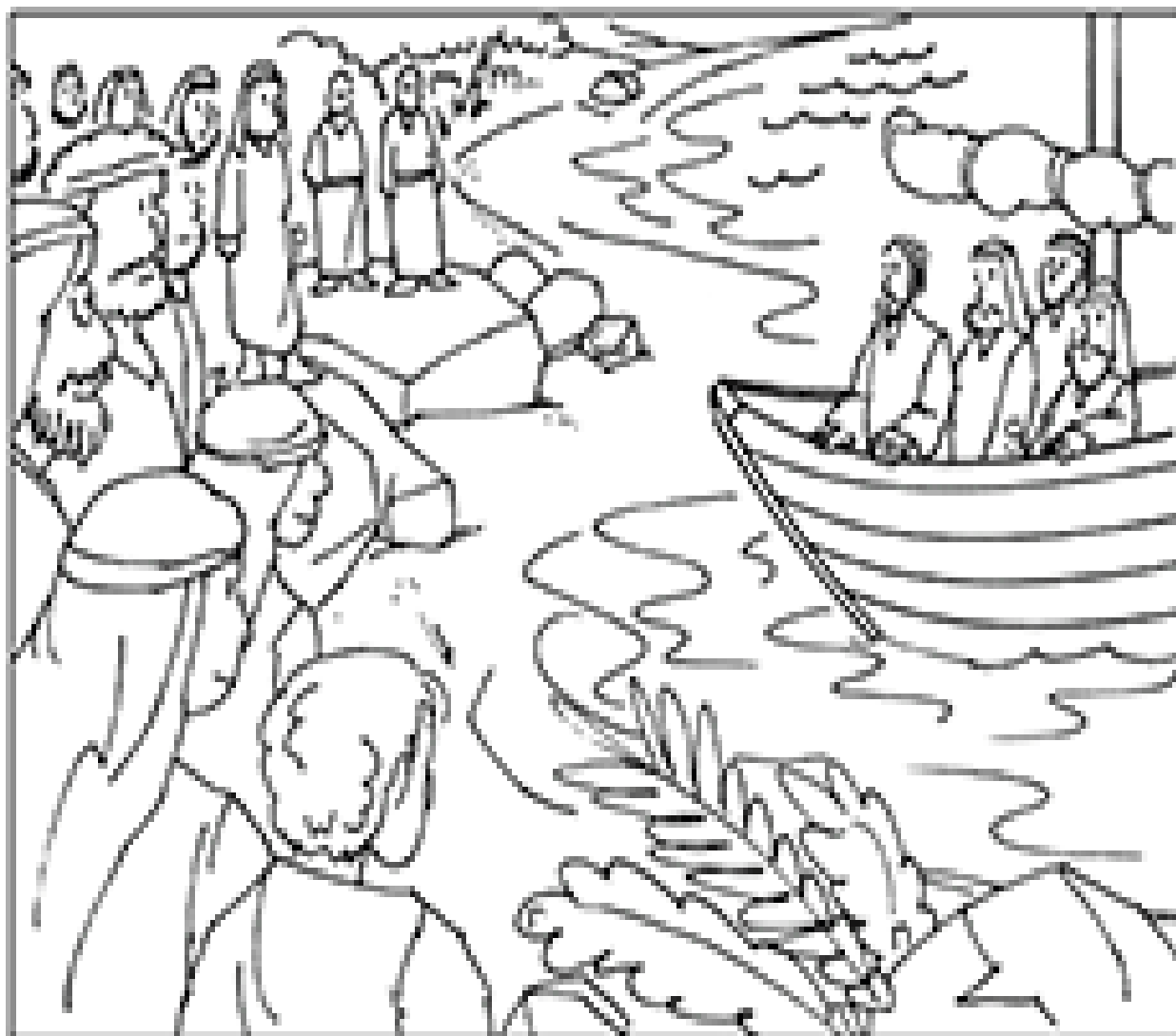


Jesus Teaches and Heals

Many people gathered around Jesus. So He and His disciples went away in a boat to rest. But what happened?

Find the underlined letters hidden in the picture below.

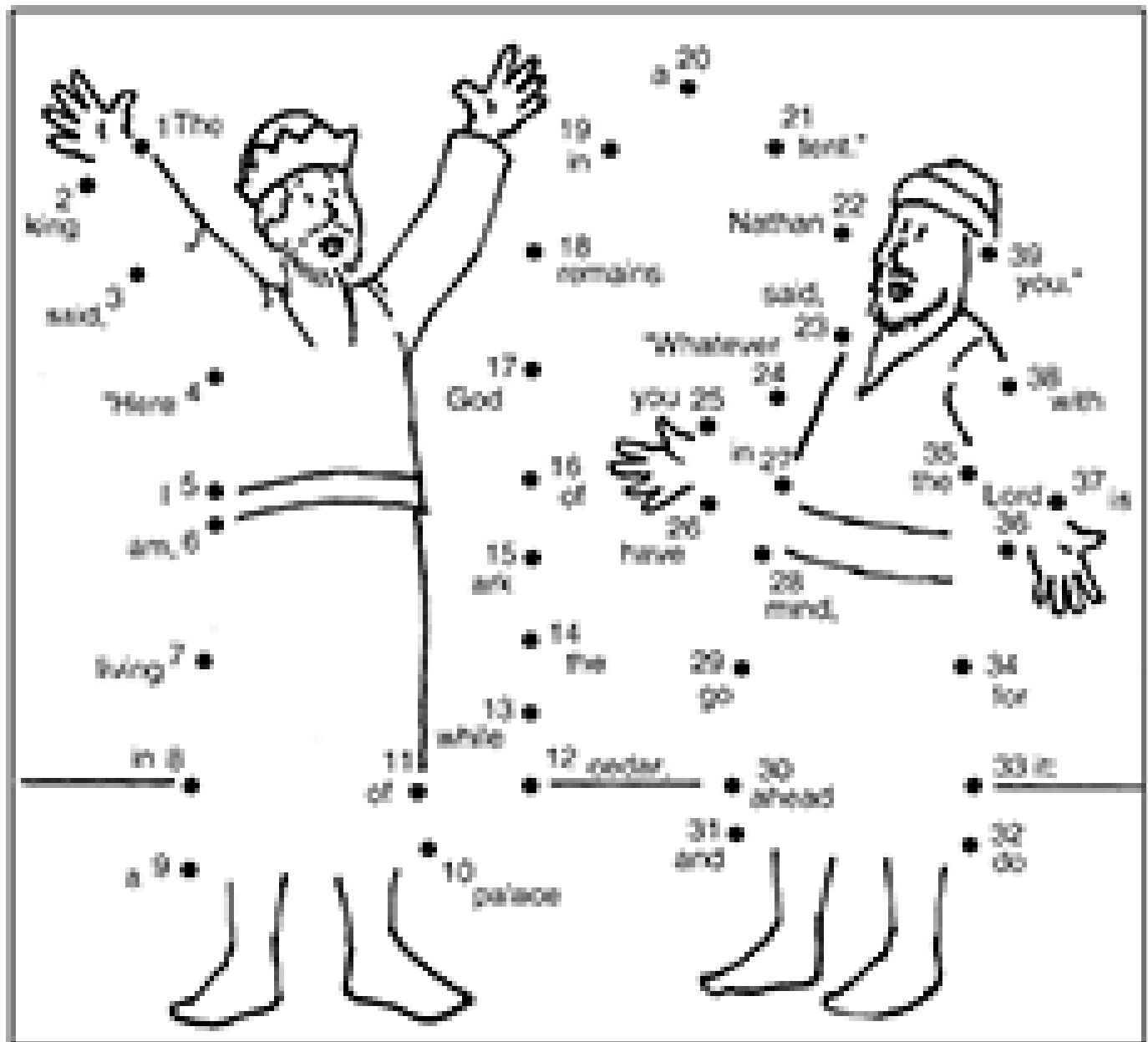
Many people recognized
them and a large crowd gathered.



God's Promise to David

King David settled in his palace.
What did the king say to the prophet Nathan?

Connect the dots. Read the words along the way.



REMINDERS

LOAVES OF LOVE (LOL) FOOD PANTRY

The following is the wish list for the Loaves of Love Food Pantry:

Canned carrots	Canned fruit	Canned mixed vegetables	Cereal
Chef Boyardee	Pancake mix	Canned beets	Mashed potatoes Syrup

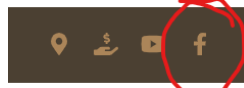
Food donations may be dropped off in the outside bins at Siloam UMC, 3720 Foulk Road, Garnet Valley and also at Elam weekdays from 8:00 a.m. to 4:00 p.m. Thank you for your support!

Options for watching Sunday Services Live:

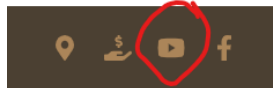
1. Go to the ElamUMC.org and click on the Livestream button on the right side of the screen.

Livestream

2. Go to the ElamUMC.org and click on the Facebook icon on the right side of the screen.



3. Go to the ElamUMC.org and click on the YouTube icon on the right side of the screen.



“Take delight in the Lord, and he will give you the desires of your heart.”

Psalm 37:4