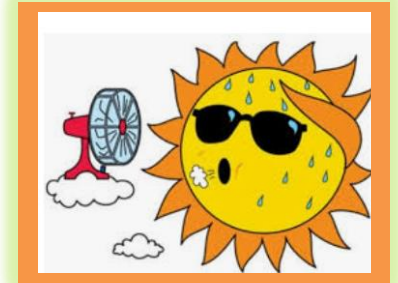




The Looking Tree

Love lives here, Love flows from here. .

August 2022



Pastor Hilary Livingston

Dear HoC members and friends,

The Ministry of the Spirit is Love

This summer, we've been looking at the book of Acts – the story of how the early community of Christ's followers lived out their faith in Jesus through the power of the Holy Spirit. We read in Acts how the Holy Spirit came down upon those gathered at Pentecost in a mighty rush of wind, flames of fire, and the ability to speak and understand different languages. Though the Spirit's presence is seen in signs and wonders in Scripture, the greatest ministry of the Spirit is love.

In his first letter to the Corinthians, The Apostle Paul addressed a conflict at this church over the expression of spiritual gifts. Some Christians thought certain gifts (like speaking in tongues) were better than others, and other Christians who didn't express these gifts were feeling "second class." To address this controversy, Paul encourages these Christians to strive for the greater gifts. Paul believes the way to do this is through love. In 1 Corinthians 13:1-3, Paul writes:

"If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing."

Paul describes the love given by the Spirit as patient and kind; not envious, boastful, or arrogant. It seeks others' wellbeing above its own and rejoices in all that is good and truthful (1 Cor. 13:4-7). Love is the real evidence of the Spirit's work. Other spiritual gifts are important, but if love is not present, they mean nothing.

Dr. Martin Luther King, Jr. once said, *"We must discover the power of love, the redemptive power of love. And when we discover that, we will be able to make of this old world a new world. Love is the only way."* Let us walk in this way of love in the Holy Spirit's power!

Blessings,

Hilary

HoC HAPPENINGS



COME JOIN US for
FOOD, FUN,
and FELLOWSHIP!

Christian Ed is hosting a picnic on **Sunday, August 14, 2022** following worship. It will be held at **Donna Reed's – 1001 Lakeside Drive (Christine Manor) in Newark**. Christian Education will provide hamburgers, hot dogs, drinks and S'mores for desert. They are asking the members of the congregation who will be attending to **please bring a SIDE DISH**



HoC HAPPENINGS



Beginning Tuesday, September 6th (and the FIRST TUESDAY OF EVERY MONTH thereafter), anyone interested in lunching together will meet at Wesley's Tavern (same place as before), 3700 Telegraph Rd, Elkton at **11:30am**. The process will be the same as before—everyone will get/pay their own check (including tip).

It will be wonderful to have as many people as possible join in the fellowship of this monthly gathering. If you need a ride, please call Jeanne Hastings (302-528-6915) a couple of days ahead and I will be happy to pick you up or arrange for a ride.

Hope to see you there!!!

Nifty Wifeys

Heart Attacks and Water

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night? The reason is because gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs, etc.) is level with the kidneys, it is then that the kidneys remove the water because it is easier. The correct time to drink water to maximize its effectiveness on the body:

- ♥ 2 glasses of water after waking up - helps activate internal organs
- ♥ 1 glass of water 30 minutes before a meal - helps digestion
- ♥ 1 glass of water before taking a bath - helps lower blood pressure
- ♥ 1 glass of water before going to bed - avoids stroke or heart attack

A drink of water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Most heart attacks occur in the day, generally between 6am and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Many physicians believe that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.

The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. FYI, Aspirin lasts a really long time in your medicine chest, for years, (when it gets old, it smells like vinegar). Throw it away when that happens.

Why keep Aspirin by your bedside? It's about Heart Attacks.

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up.

However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Then call 911 – Say "heart attack!" - Say that you have taken 2 Aspirins. Phone a neighbor or a family member who lives very close by to come be with you if possible. Take a seat on a chair or sofa near the front door, and wait for their arrival and ...DO NOT LIE DOWN!

Have you had your heart checked out yet? Take the initiative: ask your doctor to order you a Cardiac Calcium CT scan. The score of that test will indicate whether you have need of a cardiologist and further tests and treatments.





ANNUAL HOC SCHOOL SUPPLIES COLLECTION

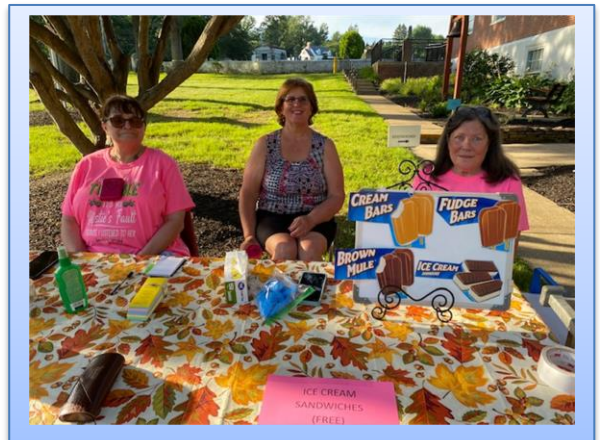


As we did last year, we will be partnering our school supplies drive with Rock Church, which supplies Meeting Ground and Deep Roots also. Please add to our list of needed items [underwear and socks](#) for elementary aged students—Girls and Boys.

Please place your items in the box in the Narthex. **Collection will begin on Sunday, August 7th and end on Sunday, August 28th so please plan accordingly.**



CONCERT UNDER THE TREES



CONCERT UNDER THE TREES



SALAD LUNCHEON



A really great spread of delicious offerings at the recent Salad Luncheon hosted by Care and Fellowship.

SUMMER

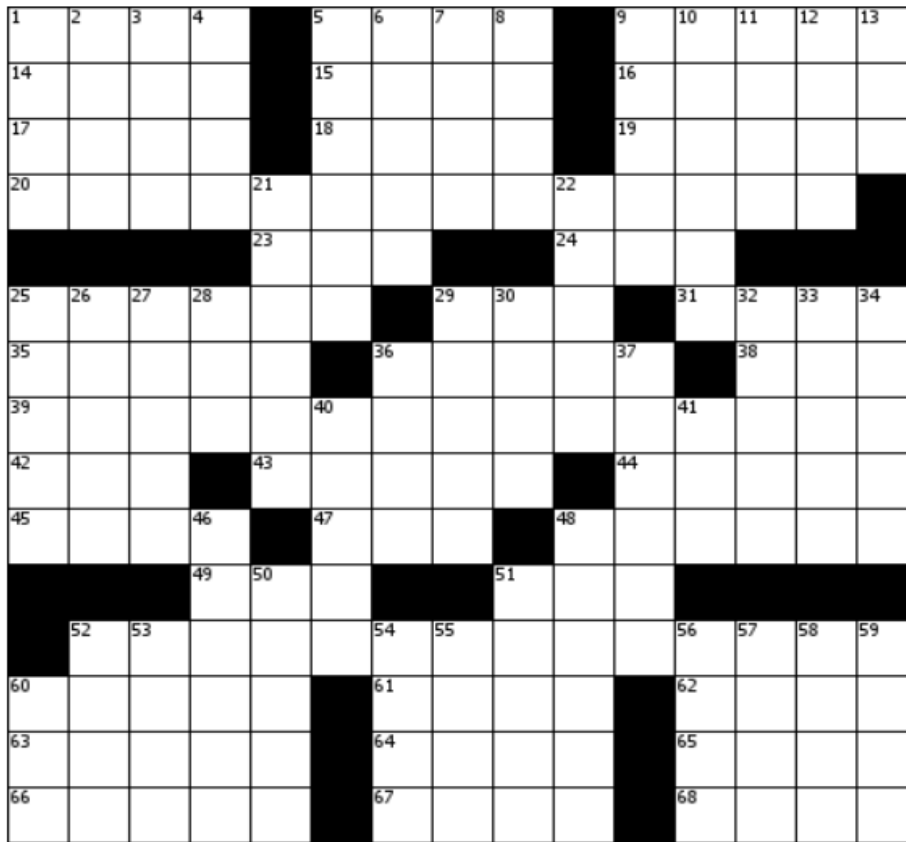
WORD SEARCH




A picnic scene featuring a brown wicker basket on a red and white checkered blanket in a grassy field. A blue cooler is next to the basket. In the background, there are blue mountains, a blue sky with white clouds, and a string of red and blue triangular bunting flags.

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- Beans
- Brownies
- Cake
- Chicken
- Chips
- Cobbler
- Coleslaw
- Cookies
- Corn
- Cupcakes
- French Fries
- Fruit
- Hamburgers
- Hot Dogs
- Ice Cream
- Ice Tea
- Lemonade
- Pasta
- Pie
- Popsicles
- Punch
- Ribs
- Salad
- Steak
- Vegetables
- Watermelon
- Wings



Across

- 1. Law of current flow
- 5. British baby buggy
- 9. Wharf catches
- 14. Jack and Jill's implement
- 15. Jeweler Lalique
- 16. Former enemy capital
- 17. Hemingway's "The Sun --- Rises"
- 18. Dogfight participants
- 19. Stage presence?
- 20. Almost make it
- 23. Agent, shortly
- 24. Named at birth
- 25. Crosby-Hope co-star
- 29. The i's have it!
- 31. Rumors
- 35. Sure way to fatherhood
- 36. Country doings
- 38. Grassland
- 39. Almost made it
- 42. Musical gift
- 43. Like otter fur
- 44. Honshu seaport
- 45. Yucatán "You bet!"
- 47. Antediluvian
- 48. Flatfoot's collar
- 49. Classical preceder
- 51. Parenthesis shape
- 52. Almost make it
- 60. Guy in a whale of a tale
- 61. Hand out
- 62. Family history
- 63. Like lamb chops
- 64. Equal
- 65. "Picnic" playwright
- 66. Type of nut or palm
- 67. Ballerina-like
- 68. Appear

Down

- 1. Milky gem
- 2. Ring above the collar?
- 3. Fail to attend
- 4. Base of a gin fizz
- 5. Partner of wing
- 6. News summary
- 7. Again, in different form
- 8. Fit well together
- 9. Oater feature
- 10. Serving need
- 11. Pony up
- 12. Party pooper
- 13. "Dear" one
- 21. Uncouth chaps
- 22. Emcee's forte
- 25. Pigskin feature
- 26. Vice president Stevenson
- 27. Ties up
- 28. Photo --- (camera sessions)
- 29. Obsolete
- 30. Sound for Old MacDonald
- 32. Pond accumulations
- 33. Security problems
- 34. Gold unit
- 36. Gasohol, e.g.
- 37. Parch with heat
- 40. Bialystock's partner in "The Producers"
- 41. Nation founded in 1948 (Abbr.)
- 46. Ready for commitment
- 48. Main conduit
- 50. Waters of jazz
- 51. Fall flower
- 52. "By ---!"
- 53. Rental space
- 54. Little troublemakers
- 55. Slow flow
- 56. "--- Coming" (Three Dog Night tune)
- 57. Eye receptor cell
- 58. Compulsion
- 59. Pour down
- 60. Slacker's bane



HOC CALENDAR — August Happenings



| | | | |
|-----------|--------|---------------|---|
| Sunday | Aug 07 | | School Supplies collection begins (thru Aug 28) |
| Wednesday | Aug 10 | | LOOKING TREE DEADLINE |
| Saturday | Aug 13 | 9:30am to 1pm | Session Retreat @ Hoc |
| Sunday | Aug 14 | | Christian Ed Picnic after worship at Donna Reed's house |
| Monday | Aug 22 | 7:30pm | Worship Commission Mtg via Zoom |
| Monday | Aug 29 | | Admin & Finance Meeting via Zoom |



*Not every day is good.
But there is something
good in every day!*
~ Alice Morse Earl



AUGUST BIRTHDAYS



| | | | |
|--------|---------------------|--------|---------------------|
| Aug 5 | Charlotte Dudkewitz | Aug 15 | Vanessa Marianiello |
| Aug 7 | Ed Crispin | Aug 17 | Jeff Gillespie |
| Aug 7 | Becky Taber | Aug 17 | Audrey Harper |
| Aug 8 | Alex Oakes | Aug 23 | Brian Huffman |
| Aug 9 | Nancy Crawford | Aug 27 | Ruth Stafford |
| Aug 11 | Christopher Sutton | Aug 31 | Mims Hildabrant |

