



Shared by Sharon

April 28, 2020



NEW LIFE IN CHRIST

Romans 12:1-2

Paul writes to the Roman Christians that they should “present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your

minds, so that you may discern what is the will of God.”

There’s an ad on television where a young man is encouraged to jump into what appears to be the top of a volcano. He is being sacrificed in order to induce the gods to bring rain to water their crops. I must say, he is very willing and jumps with a smile.

While Paul is encouraging these new Christians to present their bodies as a living sacrifice, he is not talking about jumping into a volcano. He is rather encouraging them to focus on the renewal of their minds and spirits. In Paul’s day, there was a battle between our physical being and our spiritual being. In many of his letters, he encourages his followers to tame their bodies and control their physical needs in order to focus on their spiritual needs.

We are both physical and spiritual beings. During these days of isolation, it is important that we feed our bodies, exercise, and rest in order to be physically healthy. It is equally important that we renew our spirits by prayer, meditation, worship, and caring for others in order to be spiritually healthy.

May God be with us and help us to be healthy both physically and spiritually.

With love and prayers,
Sharon

We hope you will join us online at phumc.net or on [Facebook](https://www.facebook.com/phumc).

Are you trying to find links to children, youth or what is happening? Download the Sunday



bulletin, includes lots of important information about communion next week, a letter from Carl, pictures from the food drive and what is happening on campus, links for children and youth, and many many more interesting stories.

Sunday Bulletin

Sunday bulletins are always available on the phumc.net webpage via the news and media tab on the top.

ANNOUNCEMENTS



Communion this Sunday

This Sunday we will be celebrating Holy Communion together. We invite you to have bread/crackers and juice/water to be used for the elements. We will bless them and during communion we will share in this sacrament together.

Mothers Day Pictures Needed



We are trying to put together a special montage for Mother's Day. We are asking that you send in pictures of you and your mother. Send it to Jessica Petot at jpetot@phumc.net or post it on Facebook with the #MOMSOofPHUMC We would like to incorporate them into our Mother's Day worship service into.



Now Online

The HISkidz Children's Ministry is hard at work! Please check the link below for all of the exciting postings for this week.

<https://phumc.net/church-announcements/760-hiskidz-children-ministry-goes-online>

POP THE TRUNK!

COMMUNITY FOOD DRIVE
Saturday, May 9 | 9 am - 12 PM



May 9, 2020, from 9 am to noon, Palm Harbor United Methodist Church and Curlew Hills Memory Gardens are teaming up with over 14 other Pinellas County churches and businesses for "Pop the Trunk". Saturday, May 9th was the original date of the Annual Association of Letter Carriers "Stamp Out Hunger"
Please fill your trunks with Non-

STAY SAFE PHUMC

We love and miss you!

perishable high protein food donations and bring them to PHUMC or Curlew Hills Memory Gardens. Protected Volunteers will safely remove your donations as soon as you "Pop the trunk".

Palm Harbor United Methodist Church
1551 Belcher Road, Palm Harbor, FL 34683
www.phumc.net

HISkidz Children's Ministry on Facebook-
<https://phumc.net/church-announcements/760-hiskidz-children-ministry-goes-online>

Youth Ministry- Soldiers For Christ
<https://www.facebook.com/278652408830/posts/10157271371088831/?d=n>

Make sure to like Palm Harbor United Methodist Church on Facebook. We will be posting all kinds of important information there.

