



# JULY 2026

Randall by the River: A United Methodist Community

## UPCOMING EVENTS

**July 4:** Neighborhood parade and ice cream social at 10:00 am

**July 5:** Kayaking and Paddle-boarding at 8 am; Lake Church Worship at 9:00 am

**July 8:** Community Events Meeting at 6:00 pm

**July 12:** Kayaking and Paddle-boarding at 8 am; Lake Church Worship at 9:00 am

**July 15:** Faith Community Nurse Lunch from 11:30 am-2:00 pm; Office Hours from 4:00 pm-6:00 pm

**July 19:** Kayaking and Paddle-boarding at 8 am; Lake Church Worship at 9:00 am; Boat ride and lunch to River Wild after church at 10:30 am

**July 26:** Kayaking and Paddle-boarding at 8 am; Lake Church Worship at 9:00 am; Leadership Meeting at 10:15 AM

**Aug 2:** Kayaking and Paddle-boarding at 8 am; Lake Church Worship at 9:00 am

## A WORD FROM THE PASTOR

Summer invites us to slow down and notice God's presence in the everyday rhythms of life. We see God in shared meals (or ice cream!), simple gatherings, and time together as a church family.

As we move through July, my prayer is that we stay open to joy and to one another. Whether we are collecting for neighbors in need, sharing ice cream after the parade, or heading out on the lake together, these moments become small but meaningful glimpses of God's grace among us.

May we continue to be a people who make room for that grace—in our church, in our community, and in our daily lives.

Grace and peace,

Pastor Hanna (9803562705)

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## FOURTH OF JULY ICE CREAM SOCIAL



After the neighborhood golf cart parade, join us for fun, fellowship, and sweet treats. The parade will gather at the church at 10:00 a.m., and our Ice Cream Social will begin immediately afterward.

Bring the whole family to enjoy delicious ice cream, cool off on the water slides, and relax in the shade as we spend time together in joyful community. Whether you're a longtime friend of the church or visiting for the first time, there's a place for you.

Invite your neighbors, family, and friends to this wonderful community celebration filled with laughter, connection, and the joy of being together. We can't wait to celebrate with you!

## JUNE MISSION FOCUS

Throughout the month of July, Lake Church is collecting peanut butter and jelly for our Good Neighbor Food Pantry. These simple pantry staples help provide meals for neighbors in our community facing food insecurity. Thank you for sharing God's love through your generosity!



## TEAM SPOTLIGHT: CEMETERY MINISTRY TEAM



Disciples who manage and maintain the church cemetery. They establish cemetery policy, oversee the grounds, coordinate with local funeral homes for burials and memorials, and ensure the area remains peaceful and well-kept for families and visitors. They also maintain historical records of the cemetery. Let Pastor Hanna know if you would like more information!

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## BOAT RIDE AND LUNCH!



Set sail with us on Sunday, July 19 for a fun afternoon on the lake! Right after worship, we'll head out by boat to River Wild for lunch together. We're looking for boat volunteers—if you can help, text Pastor Hanna with how many passengers you can take. No boat? No problem! Text Pastor Hanna if you need a ride, and we'll match you with a boat. A sign-up sheet will also be available Sunday.

## FAITH COMMUNITY INTEREST SURVEY 2026

We are asking for your participation in a faith community interest survey! The purpose of this survey is to find out how our Faith Community Health Ministry Team can meet the health interests and needs specific to our faith community. Our health starts in our connections and engagements with others, our places of worship, workplaces, schools, playgrounds, parks, in the air we breathe and the water we drink. The survey questions will help us to understand the various needs that could have an impact on your health. The survey should take no longer than 5-10 minutes to complete.

The Faith Community Interest Survey dates will run from July 1 - July 13th. Assistance will be available, if needed, immediately following Worship service to complete the survey. In addition, assistance will be available in The Branch during the Fourth of July Ice Cream celebration. To encourage participation in the survey process during the Fourth of July celebration, each participant's name will be entered into a drawing for a nice River Wild gift card. This valuable feedback will allow your Faith Community Health Ministry Team to meet the health interests and needs specific to our faith community. Thank you in advance for your participation! The QR code is here:





# National Weather Service



# HEAT SAFETY

## FOR YOU AND YOUR FAMILY

### DURING A HEAT WAVE

- ✓ **Slow down:** Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health concerns should stay in the coolest available place, not necessarily indoors.
- ✓ **Dress for summer:** Wear lightweight, loose-fitting, light-colored clothing to reflect heat.
- ✓ **Eat light:** Choose easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Meats and dairy products can spoil quickly in hot weather.
- ✓ **Drink plenty of water (not very cold):** Focus on non-alcoholic and decaffeinated fluids. Drink water even if you don't feel thirsty. If you're on a fluid-restrictive diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids.
- ✓ **Use air conditioners:** Spend time in air-conditioned locations such as malls and libraries if your home isn't air conditioned.
- ✓ **Use portable electric fans:** Fans exhaust hot air from rooms or draw in cooler air. Do not direct the flow of portable electric fans toward yourself when room temperatures are hotter than 90°F. The dry blowing air will dehydrate you faster, endangering your health.
- ✓ **Minimize direct exposure to the sun.** Sunburn reduces your body's ability to dissipate heat. Take a cool bath or shower.
- ✓ **Do not take salt tablets:** Only take salt tablets if recommended by a physician.
- ✓ **Be aware of infants, older, sick or frail people and pets.** Never leave children, disabled adults or pets in a car.
- ✓ **For more heat health tips,** go to the Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov)

### WARNING VS. WATCH

#### Excessive Heat Watch

An Excessive Heat Watch is typically issued two to five days ahead of possible dangerous heat conditions. Certainty regarding the development and timing of the event is lower than a warning.

#### Excessive Heat Warning

An Excessive Heat Warning, sometimes preceded by an Excessive Heat Watch, is typically issued within one to three days of the onset of extremely dangerous heat conditions and remains in effect until the extreme danger subsides. Certainty is high that the event will occur.

#### Heat Advisory

A Heat Advisory is typically issued within one to three days of the onset of dangerous heat and remains in effect until the danger subsides. These conditions pose a lesser, but still dangerous, risk to communities. Certainty is high that conditions will occur.

### EXCESSIVE HEAT - AMERICA'S DEADLIEST WEATHER

Excessive heat poses a significant risk to people's health, including heat stroke and heat exhaustion, which can result in death. Excessive heat generally means unusually hot temperatures, possibly combined with oppressive humidity, that persists for two or more days. However, specific guidelines vary across the country and may be refined through work with local and state health professionals.



*Drink plenty fluids in hot weather, even if you aren't thirsty.*

For more information, visit [weather.gov/safety/heat](https://www.weather.gov/safety/heat)



## HEAT CAN BE DANGEROUS

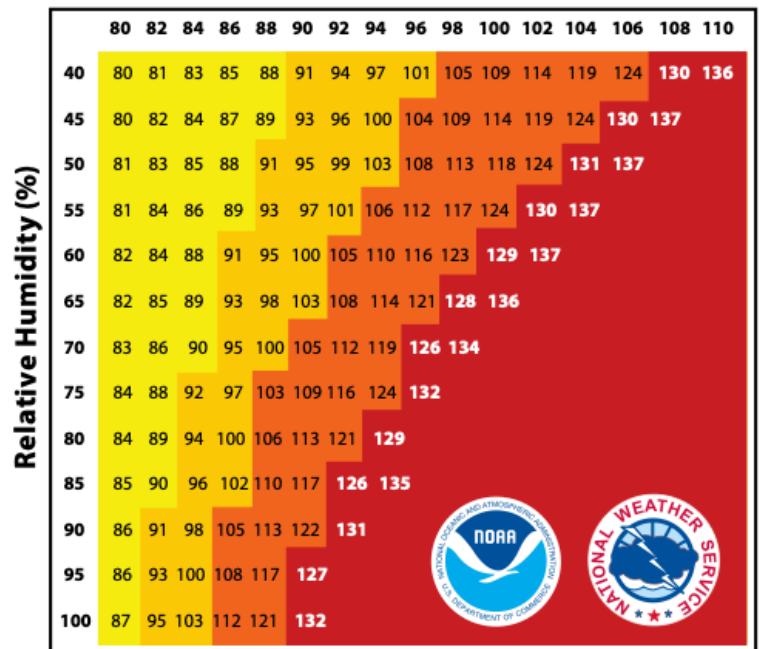
### The Heat Index

The Heat Index is one way to measure how hot it feels when humidity is considered with the temperature. For example, when the temperature is 95 °F and the relative humidity is 50 percent, the Heat Index is 105 °F. To find the Heat Index temperature, use the chart or use the online calculator available at

[weather.gov/safety/heat-index](http://weather.gov/safety/heat-index).

Heat Index temperatures shaded in red indicate extreme danger. The National Weather Service utilizes the Heat Index in many parts of the country to determine when and where to issue heat alerts.

NWS Heat Index TEMPERATURE (°F)



LIKELIHOOD OF HEAT DISORDERS with Prolonged Exposure or Strenuous Activity



HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> <li>Get to a cooler, air conditioned place</li> <li>Drink water if fully conscious</li> <li>Take a cool shower or use cold compresses</li> </ul>		<p><b>CALL 9-1-1</b></p> <ul style="list-style-type: none"> <li>Move person to cooler place</li> <li>Cool using cool cloths or bath</li> <li>Do not give anything to drink</li> </ul>



NEVER leave a baby, senior or pet locked in a car, even for a few minutes. Dozens of infants and untold numbers of pets die every year in hot vehicles.