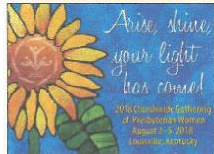


## The Monthly Newsletter of Presbyterian Women in the Presbytery of Tampa Bay

### Calendar:

**August 2-5, 2018** Louisville, KY  
**Churchwide Gathering**



**Aug 9, 2018** PCT 10:00 am

**Good Samaritan, Pinellas Park**  
**All are welcome!**

**Feb 16, 2019** **Annual Gathering**

Fellowship, worship, business meeting,  
workshops!



### **Open Seats on the Presbytery** **Coordinating Team:**

Moderator-Elect  
Secretary  
Liaison for Polk County  
Liaison for Hillsborough County  
Liaison for South Pinellas County  
Liaison for Pasco, Hernando, Citrus,  
and Levy Counties

For those travelling to Louisville, Kentucky for the **churchwide gathering**, there is a suggested dress code - The "dress code" is **Black** for Thursday, our **aqua** presbytery PW shirt for Friday, and **Turquoise Synod** shirts for Saturday.

For those staying over until Monday, we have a day to explore the area. All suggestions appreciated!

*Take a moment, connecting with God, and know this: Faith carries you through. Faith calls you to action. Faith is enough.*



*Lord, despair and uncertainty often follow right on the heels of hope. Give me the strength to continue hoping. Give me the strength to have faith, even if only a little. Amen.*

That being said, tropical storm and hurricane season is upon us. There are a few PDA (Presbyterian Disaster Assistant) trainers around so your congregation can be prepared for all types of disasters –just ask. There is also a 2018 webinar anyone can view. Do not wait! Get you and your church ready to face the forces of man and nature.

Hurricane Preparedness webinar now available for any wishing to become prepared:  
<https://icpd.adobeconnect.com/pg1e4c1z742e/>

*“In this room you see a big bulb and a big switch. But, if there is no connection with the main power house, then there can be no light. Faith and prayer is the connection with God, and when that is there, there is service.”*

*Mother Teresa*



Did you notice that Summer is here in full force? The heat index has been running 10-12 degrees above the temperature. Keep cool, drink **lots** of water, use your sunblock, and wear a hat outdoors.

### **Symptoms of Heat Exhaustion**

#### **Stage 1: Heat Cramps**

- Heavy Sweating
- Fatigue
- Thirst
- Muscle Cramps

#### **Stage 2: Heavy Exhaustion**

- Heavy Sweating
- Faintness
- Low Blood Pressure
- Nausea
- Low Fever
- Headache
- Dark Urine

If you stop sweating and had these symptoms, you may have heat stroke – seek medical assistance immediately.

***Slow down, breathe deep, and connect to your power source. Pray.***

### **Growing your faith this summer:**

New daily devotional

Books – fun for me and good for me.

Meet my circle for lunch once a month

Appreciate God’s creation every day



**The Fellowship of the Least Coin (FLC)** is a worldwide ecumenical movement of prayer for peace and reconciliation among Christian women.

The idea for the Fellowship of the Least Coin came out of the experience of Shanti Solomon of India. In September 1956, she was part of the Pacific Mission Team of seven women from different countries that traveled in Asian countries after World War II.

This tour was organized by Dr. Margaret Shannon of the National Office of Presbyterian Women in the U.S. When Shanti Solomon was refused a visa to Korea in the middle of the trip, because Korea did not have diplomatic relations with India, she went to the Philippines to wait.

While there, she reflected on the experiences of their travel in the war-torn countries of Asia and the national and economic barriers that kept women apart.

Upon the return of the team, she suggested that prayer could transcend every national boundary. She challenged the Christian women of Asia and of the Presbyterian Church of the U.S. to launch a project of Christian prayer and positive action in which every woman could participate, no matter her economic position.

[www.churchwomen.org/index.php/pray/fellowship-of-coin](http://www.churchwomen.org/index.php/pray/fellowship-of-coin)

