



Philadelphia
United Methodist Church
2260 Chester Hwy
York, SC 29745

Delphos Edition

August 2023



In a study of more than 1,700 older adults, researchers at Duke University Medical Center found those who practice religion had better immune function. The findings suggest the shared positive thoughts or experience of worship may help explain the physical health benefits. Physicians at Mayo Clinic sum up research on the topic: *"Most studies have shown that religious involvement and spirituality are associated with better health outcomes, including greater longevity, coping skills, and health-related quality of life (even during terminal illness)."* People attending services regularly have more close friendships. Cancer patients who belonged to a church choir reported better vitality and mental health despite no changes in their physical condition. Simply having social support and coming together to sing was enough to improve their sense of well-being. See you in church! There is a seat just for you!

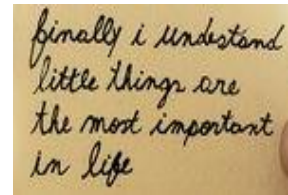
Sermons for August

Aug 6 "Home, I am Yours, You are Mine," Acts 9:1-19, Communion

Aug 13 "God Promised to Listen to US", Psalm 139:7

Aug 20 "Vital Statistics", Acts 1:6-11, C3 Sunday

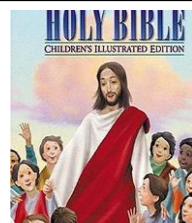
Aug 27 "Today? What About Tomorrow?" Luke 11:1-4



Children's Bible Gifts

**9:30 Worship Hour
Sunday, August 27**

We love our children!



**Sunday, August 6, 9:30 a.m.
Bring your backpacks to be blessed!**



**3rd ANNUAL
YOUTH BACK TO SCHOOL BASH**
SUNDAY, AUG. 13
4:00 - 7:30 P.M.
Bethelwoods Camp Ground
Youth 6th to 12th Grade are invited

Energizers Games Hamburgers Hot dogs

Music
By Jesus Jammers
Mt. Vernon Youth Band

Speaker: Capt'n' Ryan Morrison

Themed: **JESUS** ✓

**C3 - Children's
August 20, Sunday, 9:30
a.m.**



Bring a friend!

August Sundays are casual
Sunday's! We will sing out
of the Cokesbury Hymnal.

