

THE GOLDEN YEARS NEWSLETTER

A PUBLICATION OF LIGHTHOUSE WORSHIP CENTER / LIGHT OF LIFE MINISTRIES SENIOR LIFE GROUP

Don't Be Discouraged- Part I: God is Not Mocked

I talk to so many people who think that they can not do anything to affect this world. They say the Bible is fulfilled so there is nothing we can do. Well God never meant for us to be hopeless or feel that we are helpless. Why are we here if we can't make an impact? That does not make sense and we know that God is not mocked, so He does not do things

that don't make sense. **1 Corinthians 15:56-58:** (56) Now sin is the sting of death, and sin exercises its power [upon the soul] through [the abuse of] the Law.

What law do we think He is talking about? Not the law of the land that changes frequently and at the whim of man. But the unchanging, always the same, firm foundation law found in the Bible. Why is it important to have a

law that never changes that we can always depend on? Because we don't have to worry about a moving target, we know that if we do what the law requires that we will gain what God has for us. If the law does not change then the reward will not change either. **(57) But thanks be to God, Who gives us the victory [making us**

(Continued on page 2)

Thank you to all the people that contributed to this issue

- **Lillian Quinn**
- **Anna White**
- **Jim Payette**
- **Dorothy Payette**
- **Lorine Strain**
- **Vicki Loucakis**
- **Judi Jackson**

Inside this issue:

God Wants You Healed By Lorine Strain	2
Read the Bible in a Year Our Daily Bread	3
Health News	4
Event Calendar	5
More Health News	6
Useful Information	7
Community Stuff	8
Funnies	9 10
Recipe , Bible Puzzle	11
Annual Fieldtrip Reminder, Birthdays, Anniversary, Senior Life Group Lesson	Back cover

Only One Service on Pastor Appreciation Sunday 10/09/2011

P a s t o r Appreciation Sunday is October 9, 2011. There will only be one service held at 10 AM. The service will be followed by a buffet style luncheon at the NSB Woman's Center located at 403

Magnolia Street.

Our theme this year is "Giving Double Honor"

Our scripture reference is found in **1 Timothy 5:17 (NIV)** It commands us to doubly honor those who minister to us. "Let the elders that rule well be counted worthy of double

honor, especially they who labor in the word and doctrine". Pastor John will bring the Word.

The Pastor appreciation offering will be collected at the church and presented at the luncheon.

(Continued from page 1)

conquerors] through our Lord Jesus Christ.

Please note that God gives us the victory and makes us conquerors through Christ Jesus. Jesus has done the big job; we just have to do the clean up. But sometimes we get discouraged because when we look at the pile of debris, we think we will never get this done.

Pastor was talking about how living in an instant world has robbed us of our patience. We want everything right now and if we don't get it, we abandon the project for another that may give us the instant gratification. But

Paul encourages us to be steadfast.

(58) Therefore, my beloved brethren, be firm (steadfast), immovable, always abounding in the work of the Lord [always being superior, excelling, doing more than enough in the service of the Lord], knowing and being continually aware that your labor in the Lord is not futile [it is never wasted or to no purpose].

Definition of steadfast: fixed in direction; steadily directed: a *steadfast gaze*. firm in purpose, resolution, faith, attachment, etc., as a person: a *steadfast friend* unwavering, as

resolution, faith, adherence, etc. firmly established, as an institution or a state of affairs, firmly fixed in place or position.

Paul says that because of the resurrection, nothing we do is done in vain. Sometimes we hesitate because we are concerned that we won't see the results. But do we have to witness the results or can we through faith believe God that when we do as he says that our efforts will not be in vain. Just do the good work and trust God for eternal results. We don't have to worry about the outcome

God Wants You Healed by Lorine Strain

God wants every believer to be healed. "Beloved, I wish above all things that thou would prosper and be in health even as they soul prosper" (III John 1:2). Healing is God's evidence that He is alive and well. A lot of people want to enjoy the benefits of healing without building the foundation for it from the Word of God.

It is essential for us to study and plant the healing scriptures inside our heart to produce a harvest of health. Proverbs 4:20-22 says: "My son, attend to my Words. Incline

thine ear unto my sayings, let them not depart from thine eyes, keep them in the midst of thine heart for they are like meat unto those that find them and health to all their flesh". That word health in Hebrew means medicine. God's word has life in it. It is actually spirit food. As you feed on it, you become strong spiritually, and physically. Meditate on the Word; that's taking God's medicine. Be a faithful servant and pray according to His rules and conditions and He will

reward you. Also, God tells us in Mark 11:23 that we can have what we say, and we are saying what we have; as long as you say what you have you will have what you say. Your word will produce no more than what you say. Train yourself to speak positive and always pray God's Word in faith and get your prayer answered. Remember to ask that you might receive.

October 2011– Read the Bible in a Year

SUN	MON	TUE	WED	THU	FRI	SAT	
						1 2 Kings 24-25 John 3:1-21	
2 1 Chron 1-2 John 3:22-36	3 1 Chron 3-4 John 4:1-42	4 1 Chron 5-6 John 4:43-54	5 1 Chron 7-8 John 5:1-17	6 1 Chron 9-10 John 5:18-47	7 1 Chron 11-12 John 6:1-15	8 1 Chron 13-15 John 6:16-40	
9 1 Chron 16-17 John 6:41-71	10 1 Chron 18-19 John 7:1-36	11 1 Chron 20-21 John 7:37-53	12 1 Chron 22-24 John 8:1-11	13 1 Chron 25-27 John 8:12-59	14 1 Chron 28-29 John 9	15 2 Chron 1-2 John 10:1-21	
16 2 Chron 3-4 John 10:22-42	17 2 Chron 5-6 John 11	18 2 Chron 7-9 John 12:1-19	19 2 Chron 10-12 John 12:20-50	20 2 Chron 13-16 John 13	21 2 Chron 17-19 John 14	22 2 Chron 20-21 John 15	
23 2 Chron 22-23 John 16	24 2 Chron 24-25 John 17	25 2 Chron 26-27 John 18	26 2 Chron 28-29 John 19:1-16	27 2 Chron 30-31 John 19:17-42	28 2 Chron 32 John 20:1-18	29 2 Chron 33-34 John 20:19-31	
30 2 Chron 35-36 John 21	31 Ezra 1-2 Acts 1	<p>You think your word or deed is very small, That what you say will hardly count at all; But God can take the seed that you have sown And nourish it until it's fully grown. —Hess</p>					

You Never Know

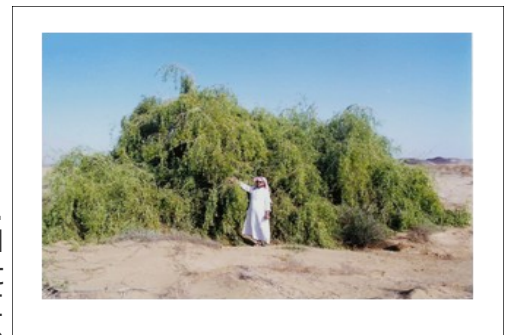
by *David H. Roper*

Read: [Mark 4:26-32](#)

During my seminary years, I directed a summer day camp for boys and girls at the YMCA. Each morning, I began the day with a brief story in which I tried to incorporate an element of the gospel. To help illustrate that becoming a Christian means to become a new creation in Christ, I told a story about a moose that wanted to be a horse. The moose had seen a herd of wild horses, thought them elegant creatures, and wanted to be like them. So he taught himself to act like a horse. However, he was never accepted as a horse because he was . . . well, a moose. How can a moose become a horse? Only by being born a horse, of course. And then I would explain how we can all be born again by believing in Jesus.

One summer I had a staff counselor named Henry who was very hostile to the faith. I could do nothing but love him and pray for him, but he left at the end of the summer hardened in unbelief. That was more than 50 years ago. A few years ago I received a letter from Henry.

The first sentence said: "I write to tell that I have been born again and now, at last, I am a 'horse.'" This confirmed to me that we need to keep praying and planting the seed of the Word ([Mark 4:26](#)) so that it may bear fruit one day. - **We sow the seed—God produces the harvest.**



Consider the size of the Mustard seed and the tree it produces.

Menopause Myths

This may appear to be an article for women only, however men should consider that the more they know about “women subjects” the closer they get to understanding why women behave in certain ways. I hope that this is helpful to both men and women.

1. **Menopause is a disease caused by a shortage of hormones: Not Exactly.** Menopause is not a disease; it is a natural transition. Ovaries produce less estrogen until menstruation stops usually in early 50s.
2. **Menopause is a swift and sudden change that takes a year or two, at most: Not True.** It happens in 3 stages.

Peri-menopause usually occurs between 45-50, typically last 3– 5 years. Is characterized by irregular periods, hot flashes, night sweats, insomnia, anxiety, headaches, heart palpitations and PMS like symptoms.

Menopause– average start year is 51 years characterized by no periods. There are triggers that can cause it to start earlier.

Post menopause– usually the characteristics of peri-menopause cease, but the lower estrogen makes women more vulnerable to heart disease and bone-thinning known as osteoporosis.

3. **If you are under age 45, you’re too young to be menopausal: Not necessarily.** But there are things that can trigger early menopause, like the loss of both ovaries.
4. **Menopause always leaves you depressed or feeling as though you’re losing your mind: Not so.** The rate of depression is higher among women of childbearing age.
5. **Hormone therapy is the only option for dealing with hot flashes and other changes brought about by menopause: False.** Hormone therapy is one option, but lifestyle changes can also help, like adjusting the air conditioner thermostat, increasing your calcium intake and taking vitamin B.

Health News



Healing Miracle for burns:

Keep in mind this treatment of burns is included in teaching beginner fireman this method. First aid consists to spraying cold water on the affected area until the heat is reduced and stops burning the layers of skin. Then, spread egg whites on the affected are.

The whites when dried form a protective layer. Egg white is a natural collagen. The burned area will totally regenerated thanks to the collagen in the egg whites, a placenta full of vitamins.

October 2011- Event Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8-SLG Cancelled
9-Pastor Appreciation	10	11	12	13	14	15
16	17	18	19	20	21	22-Sr. Life Group
23	24	25	26	27	28	29
30	31-Harvest Festival					

A little mixed up? Just a line to say I'm living,
that I'm not among the dead, though I am
getting most forgetful and more mixed up in the
head.

For sometimes I can't remember,
when I stand at the foot of the stairs, if I was
going up to get something or I've just come
down from there.

And before the fridge, so often my poor mind
is filled with doubt, have I just put food away or have
I come to get some out.

And there are times when it's dark out, with
my nightcap on my head, I don't know if I'm retiring,
or just getting out of bed.

So it's my turn to write you, there's no need
of getting sore, I may think I have written and don't
want to be a bore.

So remember I love you and I wish that you
were here, but now its mail time ,so I must say good-
bye dear.

There I stand beside the mailbox with my face so
red, instead of mailing you my letter, I had opened it
instead.

This poem was
written by
Lorine's
grandmother
and she wanted
to share it with
us

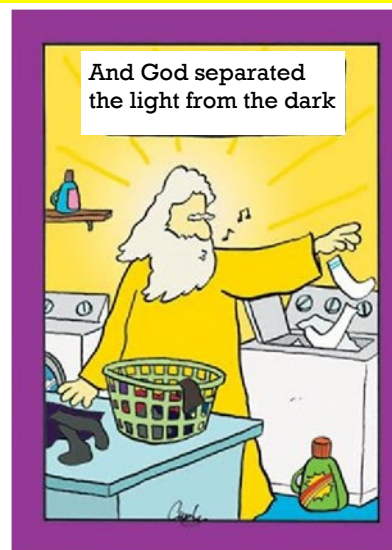


HELPING HANDS NEEDED

THE PASTOR APPRECIATION
TEAM WILL BE AT THE
WOMAN'S CLUB,

403 MAGNOLIA ST, NEWS SMYRNA BEACH
ON **SATURDAY, OCT. 8, 2011 @ 6 PM TO
SET-UP AND DECORATE FOR THE PASTOR
APPRECIATION LUNCHEON THE NEXT
DAY.**

WE COULD USE SOME HELP. IF YOU
ARE AVAILABLE TO HELP, PLEASE SEE
SHIRLEY.





Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

MORE HEALTH NEWS

- **Depression:** Bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.
- **PMS:** Bananas contain vitamin B6 that regulates blood glucose levels, which can affect your mood.
- **Anemia:** High in iron, bananas stimulate the production of hemoglobin in the blood.
- **Blood Pressure:** Bananas are high in potassium yet low in salt, making it perfect to beat blood pressure. The USFDA allows the banana industry to make claims for its ability to reduce the risk of blood pressure and stroke.
- **Brain Power:** 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.
- **Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action.
- **Heartburn:** Bananas have a natural antacid effect in the body, to help alleviate heartburn.
- **Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.
- **Mosquito Bites:** Rub the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.
- **Nerves:** Bananas are high in B vitamins that help calm the nervous system.
- **Overweight** and at work? To avoid panic-induced food cravings, we need to control our

blood sugar levels by snacking on high carbohydrate foods. Like Bananas, every two hours to keep levels steady.

- **Ulcers:** The banana help with intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.
- **Temperature control:** Bananas lower both the physical and emotional temperature of expectant mothers.
- **Seasonal Affective Disorder (SAD):** They help SAD because they contain the natural mood Enhancer tryptophan.
- **Smoking & Tobacco Use:** Bananas can help people trying to give up smoking. The B6, B12 they contain, the potassium and magnesium in them, help the body recover from the effects of nicotine withdrawal.
- **Stress:** When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.
- **Strokes:** Eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!
- **Warts:** If you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!



4 Things you might not know about your Cell Phone

FIRST (Emergency)

The Emergency Number worldwide for Mobile is 112. It works even if you are out of your network area and you can dial it even when your key pad is locked.

SECOND (Hidden Battery Power)

If your cell battery is very low, press the keys *3370#. Your cell phone will restart and show a 50% increase in battery. This reserve will re-charge when you charge your cell phone.

THIRD (How to disable a STOLEN mobile phone?)

To check your Mobile phone's serial number, key ***#06#**. A 15-digit code unique to your phone will appear. Write it down and keep it somewhere safe. If your phone is stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless.

FORTH (Free Directory Service for Cells)

Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls so when you need to use the 411 information option, simply dial: **(800) FREE411** or **(800) 373-3411** for no charge.



A Note from the past. Please note that a medium is size 14-16



SIMPLE HOME REMEDY:

To avoid cutting yourself when slicing vegetables, get someone else to hold the vegetable while you chop.

DID YOU KNOW...

- If you say "good night, sleep tight" you are referring back to a time when people slept on a bed supported by ropes. Each night before they retired, they had to make sure the ropes were pulled tight before climbing into bed.
- Ever wonder how barnacles stick to boats? They secrete a cement-like formula that "glues" them to the side of watercraft.
- April fools Day originated in France when the county decided to switch back to the Gregorian calendar, which occurred in the 1500s. Some people didn't know about the exchange and celebrated News Year's Day on April 1. They were considered fools, and they are remembered on April first every year.

Early one morning, my husband, who works in a funeral home, woke me, complaining about severe abdominal pains. We rushed to the emergency room, where tests were performed to determine the source of the pain.

My husband decided not to have me call in sick for him until we knew what was wrong. When the results came back, the nurse informed us that, true to our suspicions, he was suffering from a kidney stone.

I turned to my husband and asked, "Would you like me to call the funeral home now?"

With a scornful look, the nurse turned to me and snapped, "Honey, he's not that sick!"

Community Stuff

BOARD DEMANDS \$22 MILLION FROM LAW FIRM OVER FAILED NEW SMYRNA HOSPITAL MERGER

Daytona Beach News Journal, <http://www.news-journalonline.com>, Aug. 26, 2011

Seeking to repair financial damage a failed merger caused tax-supported Bert Fish Medical Center, the hospital district's board voted Thursday [Aug. 25] to demand \$22.5 million from the firm of the lawyer who gave it faulty advice. The board unanimously approved starting with that amount in a demand letter that will be delivered

to a lawyer representing the Orlando firm Lowndes, Drosdick, Doster, Kantor & Reed. One of that firm's partners, Jim Heekin, advised the hospital board it could meet outside public view in 21 meetings over 16 months that resulted in Adventist Health System merging with the New Smyrna Beach hospital in 2010. That merger, however,

became the focus of what some have called the largest violation of the state's Sunshine Law to be challenged in court. After a five-day hearing, Circuit Judge Richard Graham on Feb. 24 ordered the merger undone. Heekin could not be reached for comment Thursday night.

COSTCO CAN'T MOVE SLURPEE LAWSUIT TO FLORIDA

Sun-Sentinel, <http://www.sun-sentinel.com>, Aug. 26, 2011.

A 74-year-old woman who said she was injured after falling in a Costco store in Florida beat back the retailer's effort to move the case to Florida because it was too much trouble to defend itself in New York. Theresa Danza sued Costco in her hometown of Brooklyn, N.Y., claiming she was hospitalized for

spinal and shoulder trauma and needed months of treatment after slipping on a slurpee in a North Miami Costco in 2009. Costco sought to move her case to Florida saying it would be prejudiced if the case stayed in New York, and cited the cost of locating and interviewing witnesses. New York State Supreme Court Justice Arthur Schack disagreed in his

decision Wednesday [Aug. 24]. Schack said it would be more inconvenient for Danza to fly her witnesses to Florida than for Costco to fly its employee witnesses to New York. Schack noted the company is hardly cash-starved, with profit of \$1.3 billion on revenue of \$77.95 billion in its last fiscal year

AN ILLEGAL, MISGUIDED LAW.

The Tampa Tribune, guest column, <http://www.tbo.com>, Aug. 25, 2011

The guest column is by Mark P. Rankin, partner at Shutts & Bowen, LLP, in Tampa, co-chair of the Criminal Law Section of the Hillsborough County Bar Association and co-chair of the Sentencing Committee of the National Association of Criminal Defense Lawyers. The column states: "A high school student asks his friend to store a backpack in his locker. Unbeknownst to his friend, that backpack contains

marijuana. Though he had no knowledge — and no reason to even suspect — that the backpack contained illegal drugs, the friend is guilty of drug possession under current Florida law. A drug dealer in Tampa mails crystal methamphetamine to a customer in Miami. Every postal worker who handles that package is guilty of drug possession under current Florida law, whether they know what was in that package or not. Basic notions of justice

dictate that the state should have to prove beyond a reasonable doubt that a person knowingly or intentionally committed a drug crime. However, in Florida, the state does not have to prove knowledge or intent to convict a defendant of a serious felony drug offense. . . . A law that criminalizes such obviously innocent behavior is not only unconstitutional, it's just plain wrong."

Let Me Hear You Laugh!!

A

defendant was on trial for murder. There was strong evidence indicating guilt, but there was no corpse. In the defense's closing statement the lawyer, knowing that his client would probably be convicted, resorted to a trick.

"Ladies and gentlemen of the jury, I have a surprise for you all," the lawyer said as he looked at his watch. "Within one minute, the person presumed dead in this case will walk into this courtroom." He looked toward the courtroom door. The jurors, somewhat stunned, all looked on eagerly. A minute passed. Nothing happened.

Finally the lawyer said, "Actually, I made up the previous statement. But, you all looked on with anticipation. I therefore put to you that you have a reasonable doubt in this case as to whether anyone was killed and insist that you return a verdict of not guilty." The jury, clearly confused, retired to deliberate. A few minutes later, the jury returned and pronounced a verdict of guilty.

"But how?" inquired the lawyer. "You must have had some doubt; I saw all of you stare at the door."

The jury foreman replied, "Oh, we looked, but your client didn't."

"Money can't buy happiness--but somehow it's more comfortable to cry in a Porsche than a Kia."



Maxine on "Technology Revolution" "My idea of rebooting is kicking somebody in the butt twice."



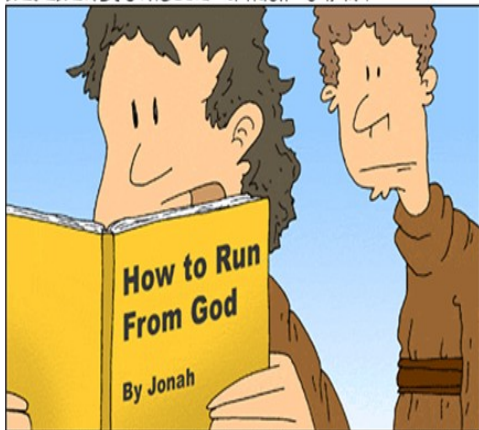
After a certain age, if you don't wake up aching somewhere...you may be dead."

Father O'Malley answers the phone.
 "Hello, is this Father O'Malley?"
 "It is"
 "This is the IRS. Can you help us?"
 "I can"
 "Do you know a Ted Houlihan?"
 "I do"
 "Is he a member of your congregation?"
 "He is"
 "Did he donate \$10,000 to the church?"
 "He will".

A dietitian was once addressing a large audience in Chicago. "The products we put into our stomachs is hazardous enough that it should have killed most of us years ago."
 "Red meat is awful. Soft drinks erode your stomach lining. Chinese food is loaded with MSG. Vegetables can be disastrous, and none of us realize the long-term harm caused by the germs in our drinking water."
 "But there is one thing that is the most dangerous of all and we all have, or will, eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"
 A 75-year-old man in the front row stood up and said, "Wedding cake".

Keep Laughing

REVERENDFUN.COM COPYRIGHT G4, INC.



Thanks to Richard Germain (See Jonah 1-4) 09-19-2008
IT JUST SAYS "DON'T"

A terrific explosion occurs in a gunpowder factory, and once all the mess has been cleared up, an inquiry begins. One of the few survivors is pulled up to make a statement. "Okay Simpson," says the investigator, "you were near the scene, what happened?"

"Well, it's like this. Old Charley Higgins was in the mixing room, and I saw him take a cigarette out of his pocket and light up."

"He was smoking in the mixing room?" the investigator said in stunned horror, "How long had he been with the company?"

"About 20 years, sir"

"20 years in the company, then he goes and strikes a match in the mixing room, I'd have thought it would have been the last thing he'd have done."

A Pastor goes to the dentist for a set of false teeth. The first Sunday after he gets his new teeth, he talks for only eight minutes. The second Sunday, he talks for only ten minutes. The following Sunday, he talks for 2 hours and 48 minutes. The congregation had to mob him to get him down from the pulpit and they asked him what happened. The Pastor explains the first Sunday his gums hurt so bad he couldn't talk for more than 8 minutes. The second Sunday his gums hurt too much to talk for more than 10 minutes. But, the third Sunday, he put his wife's teeth in by mistake and he couldn't shut up...

A man is laying on his death bed. He wants to take all his possessions with him. So he tells his wife and relatives to place all his possessions on the roof, telling them he would grab them on the way to heaven. The man dies. A few days later his wife and relatives see that his possessions are still on the roof. "I knew we should have put his stuff in the basement." says his wife.

* The man looked a little worried *
* when the doctor came in to *
* administer his annual physical. *
* The first thing the doctor did *
* was ask whether anything was *
* troubling him. *
* "Well, to tell the truth, Doc, *
* yes," answered the patient. *
* "You see, I seem to be getting *
* forgetful. No, it's actually *
* worse than that. I'm never *
* sure I can remember where I *
* put the car, or whether I *
* answered a letter, or where *
* I'm going, or what it is I'm *
* going to do once I get there -- *
* if I get there. So, I really need *
* your help. What can I do?" *
* The doctor mused for a *
* moment, then answered in his *
* kindest tones, "Pay me in *
* advance." *

REVERENDFUN.COM COPYRIGHT G4, INC.



GOOD THING I FOUND YOU GIDEON ... IT SEEMS SOMEONE HAS BEEN HIDING ALL YOUR BIBLES IN HOTEL ROOMS

REVERENDFUN.COM COPYRIGHT G4, INC.



Thanks to Dan 12-03-2005
ANOTHER ESKIMO BAPTISM GONE BAD



Annual Fieldtrip Reminder

THE ANNUAL FIELDTRIP IS SCHEDULED FOR SATURDAY NOVEMBER 6. IF YOU PLAN TO ATTEND PLEASE SIGN-UP IN THE FOYER. WE NEED TO HAVE 15 PEOPLE AND MUST ORDER 4 WEEKS IN ADVANCE TO GET THE GROUP RATE. **IF THERE IS NOT ENOUGH INTEREST I WILL HAVE TO CANCEL THE TRIP.**

IF YOU PLAN TO ATTEND, PLEASE SIGN-UP AND GIVE YOUR MONEY TO SHIRLEY. PRICES ARE ON THE SIGN-UP SHEET.

FOR PRICING INFORMATION REFER TO THE SIGN-UP SHEET IN THE FOYER.



The disciples had to admit that even at shadow puppets Jesus was clearly the best

**Happy Anniversary
Rudy & Charlotte
Almeida: 10-12**

Pathway Curriculum Summer 2011

Senior Life Group Lessons For October 2011

Saturday, October 8, 2011

**Cancelled due to Pastor
Appreciation Preparations**

**Saturday, October 22, 2011-
Lesson 7**

Title: The Supremacy of Christ

Bible Verses: Colossians 1:15-29

Daily Readings: 1 Samuel 2:1-10; 2 Samuel 22:29-37; Psalm 22:22-28; John 10:22-30; Hebrews 1:1-3; 1 John 3:1-3

Happy Birthday

JUDI JACKSON - 10-11

RHONDA NOEL - 10-20

LOIS TYLER - 10-23

MARLENE VEITE - 10-26