

THE VOICE OF LOMAX

ANNOUNCEMENTS FOR THE WEEK OF JULY 28, 2019

THE FLORAL MINISTRY: The flowers are in celebration of the birthday of Mrs. Donna Moore. Wishing a very Happy Birthday to my best friend and wife. Your faith in God continues to strengthen our lives each and every day. Thank you for your patience, love, and understanding. May God continue to bless you always. I love you., Ernie.

The Lay Council will meet today immediately following morning service to organize for the conference year, elect our officers, and confirm our plans for the year. Ms. Anne Williams

Get a FREE Backpack with School Supplies! Lomax will host its Annual Community Day Back-to-School Backpack Give-Away on Saturday, August 24, 2019, 11:00 a.m. - 2:00 p.m. Backpacks will be distributed on a first-come, first served basis and the child must be present to receive a backpack. Join us for a fun day of celebrating the Back-to-School Season! Please contact Ms. Torie Goodwin or Ms. Stephanie Gaskill for details.

The "WHOOOSH: Take Flight to Where God Leads You!" Vacation Bible School 2019 will be held on Monday, July 29 – Thursday, August 1. We are partnering with Alleyne A.M.E. Zion Church and would like members to invite people from the community as well. Online Registration is available at 2019vacationbibleschool.eventbrite.com. Paper registrations are available in the vestibule and the office. Please contact Rev. Tina Nelson or Veronica Riley if you have questions or if you are interested in volunteering. Volunteers needed for: Adults Arts & Crafts; Young Adult: Culinary/Kitchen help; Youth/Teen: Setup/cleanup; Grades 4-6: Liturgical Dance; Grades 1-3: On-site Registration

FIRST QUARTERLY CONFERENCE: Due to a scheduling conflict, our First Quarterly Conference has been changed to Monday, August 12, 2019, at 7 P.M. *All Quarterly Conference reports should be submitted electronically to Sis. Wilma Newby at quarterlyconferencesecretary@gmail.com by Monday, July 29, 2019.*

HEALTH MINISTRY: #LomaxFitFamilyChallenge

Childhood Obesity increases the risk that an individual will develop Type 2 Diabetes and/or Hypertension in Adulthood. According to the Academy of Pediatrics, children who are obese at age six have been found to have a greater than 50% chance of being obese as adults. There should be a family approach to addressing or preventing obesity. Try one or more of the following challenges as a family and see if you would be able continue doing it long-term:

- Only eat fast food/restaurant food ONCE a week
- Walk around the neighborhood for 60 minutes every Sunday afternoon for 1 month
- Eat dinner as a family at the same table for 5 days straight
- No fried foods for 10 days
- No bread for 2 weeks

Itohan Otasowie, MD, FAAP – Board Certified Pediatrician