

The Voice of Lomax

ANNOUNCEMENTS FOR THE WEEK OF JUNE 30, 2019

THE FLORAL MINISTRY: The flowers on the altar are in celebration of the young adults of Lomax on this special Young Adult Sunday. Stephen & Itohan Roye

BIBLE STUDY: There will be no 11 am or 7 pm Bible Study on Wednesday, July 3rd.

LOMAX CHURCH OFFICE: The Lomax church office will operate on a modified schedule until the secretarial position has been filled and training has occurred. The church office will be CLOSED Friday, July 5th through Tuesday, July 9th.

THE DEACONESS BOARD will hold its monthly meeting at 10:00 am on Saturday, July 6, 2019, in the church sanctuary. All deaconesses are asked to be present.

LOMAX ON THE LAWN: Join us at 7 pm on the back lawn of Lomax for Family Movie Nights on July 12, August 9, and September 13 and for Mini Jazz/Gospel Concerts on July 26, August 23, and September 27. Bring your own lawn chairs and /or blankets. All children must be accompanied by an adult. Admission is free.

DID YOU KNOW? A food pantry is available at Lomax for those who may need assistance in this regard. For additional information on this topic please talk to Mrs. Gloria H. Camp

LOMAX SENIOR MINISTRY: On Thursday, July 18, 2019, the Lomax Senior Ministry will again be travelling with the XYZ Ministry of St. Michael's Episcopal Church to see the biennial exhibit of the "Sacred Threads" quilts at the Floris United Methodist Church in Herndon, Virginia. The show's theme this year is "Eye Contact: Creating a Connection". The cost is \$10 general admission; \$8 for groups of 8 or more. The bus will leave Lomax at 9:30 and return to Lomax around 5:30 pm, which will include lunch together at a nearby restaurant. Payment for the show and lunch will be on YOU. If you are interested in participating, please sign the sheet in the vestibule.

HEALTH MINISTRY: **Swimming is an important skill that saves lives**, yet so many children (particularly African Americans) do not know how to swim. According to the CDC, (when excluding birth defects) the most common cause of mortality and morbidity of youth in the U.S. are unintentional injuries.

According to the American Academy of Pediatrics (AAP)*, amongst those unintentional injuries, drowning is the leading cause of death in children ages 1-4 years old. Drowning remains the third leading cause of unintentional injury-related death among children ages 5-19 years old. Thus, not only is knowing how to swim important, the skill must be introduced as early as possible. You can start swimming lessons as early as age 1. It is encouraged by the AAP to start lessons by age 4.

There is no better time to start than this summer! For the adults, as you take your child to swimming lessons, make sure you can swim too!

Itohan Otasowie, MD, FAAP – Board Certified Pediatrician