

# The Voice of Lomax

## ANNOUNCEMENTS FOR THE WEEK OF AUGUST 18, 2019

**THE FLORAL MINISTRY:** The flowers on the altar today are in celebration of the birthdays of two very special people. Johnny Logan on August 13th and Helen Craddock who turned 90 on August 14th. We are so blessed that you are a part of our family and we love you both.

*Darlene Logan and Frederick Craddock*

**PASTOR NELSON'S VACATION:** Pastor Nelson and family will be on vacation August 13-27, 2019. During this time, for pastoral care please contact Rev. Dr. Monica Hargrove or Rev. Ernie Moore.

**BIBLE STUDY:** *There will be no Bible study during the month of August.*

**CLASSES #7 and #8 MEETING:** Classes #7 & #8 will meet in the 2<sup>nd</sup> floor Conference Room, today, August 18<sup>th</sup> immediately following the morning worship service. If you are a member of either of these classes, please plan to be in attendance. *Class Leaders Andrea Peterbark and Althea Roseboro*

**SAVE THE DATE:** August 24, 2019 at 12 noon the Lomax Senior Ministry's Cookout will be hosted at the home of Towana and Stephen Murray, 4983 Landover Court, Woodbridge, VA 22193. A sign-up sheet for this event is in the vestibule.

**LAY COUNCIL FUNDRIVE HAS BEGUN!** See the Lay Council flyer for details. Donation of goods excepted until Saturday, 8/24/19 at noon. Brenda Humphrey, Kelvin Parson or Debra Byrd are available to answer your questions. Thank you! *Ms. Debra Byrd*

**REMEMBER** -- The Lay Council will meet immediately after morning worship service on Sunday, August 25, 2019.

**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.

**MEETING OF CLASS NUMBER 15:** The initial meeting of Class #15 for this conference year will be held immediately after church service at Lomax, on Sunday, August 25, 2019, in the upstairs Conference Room in the Christian Education Building. For those who cannot participate in person, you may participate by telephone. The dial in telephone numbers for the call are: Dial-In Number: [\(712\) 770-4035](tel:7127704035), Enter Access Code: **638144**. **God bless and we look forward to your participation in our initial Class Meeting!** *Rev. Monica Hargrove, Class Leader*

**CONFERENCE CONNECTIONAL ASSESSMENT DUES:** The FY19/20 Annual Church Budget approved the assessment dues of \$350.00: General Claims \$265.00 and Quarterly Conference \$85.00, starting June 1, 2019 thru May 31, 2020. We are encouraging members if you can, please paid your annual assessment dues by November 2019, to meet conference obligations.

# The Voice of Lomax

Please submit your dues through your church envelope or see your class leader. Thanks in Advance! *The Finance/Budget Committee*

**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