

The Voice of Lomax

ANNOUNCEMENTS FOR THE WEEK OF AUGUST 4th, 2019

THE FLORAL MINISTRY: The flowers on the altar today are in celebration of Bruce and Tangular Parham who are celebrating their 28th wedding anniversary. Your Lomax family congratulates you and wishes you many more years of wedded bliss. *Mrs. Tangular Parham*

The flowers on the altar are also to honor the Lomax Church family. *Ms. Gladys Villarreal*

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

THE SCHOLARSHIP COMMITTEE will meet next Sunday, August 11th immediately following the morning worship service. *Mrs. Brenda Humphrey*

CLASS MEETING: Class #13 members meeting will be held in the Conference Room, Sunday, August 11, 2019 following the morning worship service. All members are requested to be in attendance. *Class Leader LaVonne Stewart*

AFTERNOON CHAT! Calling All Young Adults of Class #11 (ages 22 to 40), come meet your enthusiastic and hopeful Class Leader immediately following morning service, August 11th in the Fellowship Hall. All are encouraged to attend. *Class Leader Rev. Ingrid Gant*

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.

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

FIRST QUARTERLY CONFERENCE Lomax's 1st Quarterly Conference will be held Monday, August 12, 2019, at 7 P.M. *All Quarterly Conference reports should be submitted electronically to Sis. Wilma Newby at quarterlyconferencesecretary@gmail.com.*

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.

LOMAX ON THE LAWN: **Family Movie Night** will be held on Friday, August 9th, 2019, at 8:30 PM This event will be held on the lawn adjacent to the parking lot. Bring your blankets and lawn chairs. Popcorn, water and soft drinks will be provided during the movie. This event is an evangelism and outreach effort so invite someone who is unchurched to join us.

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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