

# The Voice of Lomax

## ANNOUNCEMENTS FOR THE WEEK OF AUGUST 25, 2019

**THE FLORAL MINISTRY:** ***FLORAL MINISTRY:*** The flowers on the altar today are in celebration of our wonderful wedding anniversary. On the 25<sup>th</sup> of August, 35 years ago, we consented to become husband and wife. God has blessed us to remain in love and peace and we cherish our marriage.  
*John and Darlene Logan*

**SERVICE OF COMMEMORATION:** Today, at 2 pm, a service commemorating the 400<sup>th</sup> anniversary of enslaved Africans in America has been planned. Lunch will be served in between the morning and afternoon services. We hope you will stay and participate.

**LAY COUNCIL UPDATE:** The Lay Council will meet immediately after morning worship service today, Sunday, August 25, 2019.  
*Ms. Debra Byrd*

**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*

**THE DEACONESS BOARD** will hold its monthly meeting at 10:00 am on Saturday, August 31, 2019 in the church sanctuary. All deaconesses are asked to be present. Thanks.  
*Denise Pincham, President*

**CLUBS & BOARDS, AND MINISTERIAL STAFF:** It is time for all clubs and boards, as well as Ministerial Staff to clean out your overflowing mailboxes. For your convenience all content has been placed in manila folders. Just grab and GO! We kindly ask that you perform this task on/by August 30, 2019. After that time we may discard the contents. Thank you so much for your attention to this matter!  
*Church Office*

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

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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