

The Voice of Lomax

ANNOUNCEMENTS FOR THE WEEK OF AUGUST 11, 2019

THE FLORAL MINISTRY: The flowers on the altar today are in recognition of my Lomax AME Zion Church family. A big thank you to the Lomax congregation for your prayers, assistance and support during my surgery and recovery. Each of you has truly been a blessing to me.

Mrs. Andrea Peterbark

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.*

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

Mrs. Brenda Humphrey

CLASS #13 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*

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.*

CLASSES #7 and #8 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 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.

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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.

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*

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