

JUNE 2013

SHEPHERD OF THE VALLEY LUTHERAN CHURCH NEWSLETTER

Volume I, Issue I

Shepherd's Office Hours;
Mon-Fri. 8:00 - 12:00 p

Pastor Randy's Office
Hours;

Tues-Fri 9:00 -12:00
(by appt after 12:00)

Office phone;

503.645.4994

Sovlutheran.com

Worship Services

8:30 a & 11:00 a

Nursery available at both
worship services

Sunday School for all
ages 9:45 a

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"A caring community
touched by Christ,
touching others for Christ"

YOUTH GROUP NEWS...



HS Outings

June 1st; HS Girls Sleepover



MS Outings

June 20th; Day at the Beach

Youth Group Fireworks Stand

June 27—July 5

Watch for more information and sign
up sheets.





PASTOR'S PAGE

"Worship the Lord in holy splendor:..." Psalm 96:9a

Thinking of this past Sunday and the worship time at SOV. Was it filled with "holy splendor"? That depends on a matter of perspective I suppose, but it works for me as I recall the moments. There seemed to be plenty of "holy splendor".

The music was excellent, Charlene and Katrina sharing a powerful duet, all of us together praising the Trinity (on Holy Trinity Sunday), and there was more, but that was not all. We laughed and prayed together, got a bit raucous during the passing of the peace, shared a meal and blessings from the youngest to the oldest. God's word washed over us in all sorts of ways, "holy splendor" indeed.

We all experience that "holy splendor" in different ways. May we continue to take the blessings of that time with us through these summer months. Taking those blessings with us, a reminder that to "worship the Lord in holy splendor" is not something that takes place only within the walls of a church building. It continues in our treatment of others, and our appreciation of the whole of creation, as we move on with the living of our lives.

Worship well, always in the name of the Christ.

In peace,

Pastor Randy

COUNCIL PRESIDENT'S REPORT...Submitted by Lee Bonacker

Dear Congregation,

It's with mixed feelings that I write this letter, the last one for my two-year term as President. The last two years working with all of you has brought blessing and unexpected pleasures along with the duties. I'm not going to miss the responsibility so much as the contact with everyone at Council and the Executive Committee. Hopefully, I'll have more time to hang out and just visit at Fellowship events, between services, etc. It will be a time to enjoy Shepherd as a participant rather than an organizer. Sounds like fun!

I'm thinking of all the activities and memories of the past couple years as President. In fact, I've been musing about the last six years of being on Council at Shepherd. Mostly, I remember those we love and miss, and am grateful for the new members and new little ones who grace our lives now. Six years has made a huge difference in the youth, too. The girls are becoming beautiful young women. Most of the boys are all taller than me now. I see hints of the men they are becoming as they josh with each other and make the occasional pithy comment. It's a joy to see talents and interests emerge in the kids at Shepherd.

There are so many changes over the past six years. Committee descriptions and duties were updated and added to the constitution. Guidelines were adopted for the Memorial and Endowment Committee. Pastor Michelle got us over that rocky year and a half interim period while Pastor Randy was called to Shepherd. He has "shepherd" for the past 3 ½ years when so much has been accomplished. During the past six years, there was a capital campaign, a new deck and a renovated building. KOK got a new focus; a youth program was started and continues very nicely. There were new ideas for funding such as having craft fairs and organizing the scrip program. There is a new Music Director and a revitalized music program. There is even a garden plot with raised beds for the youth this year. There are other things both large and small – too many to mention. Wow – what a lot, and all of you did it! Thanks to each and every one of you for the time and grace you have shared with Shepherd.

So for the next year, I'll repeat what I said in the President's Annual Report. What's needed most is perspective, communication and kindness; all of which comes from the Lord first and then to each other and the community. (Sounds like a nice church to me.)

The congregational meeting will be this next Sunday, when new executives and committee members are voted in for the next church year. Remember, you are always welcome to come and give your two cents at Council. Please check your annual report for updates on what all the committees did this year. Also do check the website for all the fun coming this summer, baby and wedding showers and get-togethers. Let's worship and grow together in love. That's what Pastor Randy is preaching about; it's the invisible qualities that make a successful visible church.

Lee Bonacker

Parish Nurse...Submitted by Karen Sugiyama

Making small changes to your lifestyle now can add up to big results, like lowering your risk of diabetes or heart disease.



- **Be Tobacco Free**

It is never too late to quit.

- **Be Physically Active**

Even if you have an active job, you still may not be getting enough exercise to condition your cardiovascular system and to reduce your risk of heart disease. If you are not already physically active, start small and work up to 30 minutes or more of moderate exercise most days of the week. Walking briskly, jogging, swimming and biking are a few examples.

- **Eat a Healthy Diet**

Focus on a balanced diet that includes plenty of fruits, vegetables and whole grains. Choose low-fat dairy products and lean meats, poultry, fish, beans and other protein sources. Cut back on second helpings and pay attention to portion sizes. Go easy on foods high in fat, cholesterol, salt and sugar.

- **Stay at a Healthy Weight**

Step on the scale to know where you are and measure your waist circumference. Try to balance calories consumed with the calories you burn off through activity. Reduce your calorie consumption by 250-500 calories per day to promote gradual weight loss if you need to lose weight.

- **Drink in Moderation**

Men should consume no more than two alcoholic drinks per day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

- **Manage Your Stress**

Try to seek balance in your life and practice daily stress management. Learn when to say "no" and avoid the "burning the candle at both ends" trap. Strive to take 20 minutes every day to do something to relax and manage your stress (exercise, read a book, take a walk).

Shepherd of the Valley is proudly sponsoring an American Red Cross blood drive Monday, July 15 1:30 - 7:00 pm

We encourage all eligible persons to help our local community by giving the gift of life. The blood donation process takes about an hour of your time and could save up to 3 lives.



**American
Red Cross**

First time donors are welcome! For more information and/or to schedule your appointment to donate blood please call 800-787-9691 or 503-284-4040. Walk-in's Welcome

Men's Health At-A-Glance

AT-A-GLANCE RECOMMENDED EXAMS AND SCREENINGS FOR MEN				
SCREENINGS AND EXAMS	AGES 19-39	AGES 40-49	AGES 50-64	AGES 65 & OLDER
Physical Exam	Every 1-2 years	Every 1-2 years	Annually	Annually
Weight/Height/BMI	Every 1-2 years	Every 1-2 years	Annually	Annually
Blood Pressure	Every 1-2 years; unless elevated	Every 1-2 years; unless elevated	Annually; unless elevated	Annually; unless elevated
Lipid Screening	Every five years beginning at age 20. More frequent testing for those at risk for cardiovascular disease.			
Abdominal Aortic Aneurysm Screening	Not applicable			One time screening for males who have ever smoked
HIV/Sexually Transmitted Diseases Screening (gonorrhea, syphilis, herpes)	Based on risk factors			
Prostate Exam	Not applicable	Discuss risks/benefits of prostate cancer screening with your health care provider.		
Diphtheria, Tetanus (Td/Tdap)	One time Tdap. Td booster every 10 years for all adults.			
Measles/Mumps/Rubella (MMR)	One to two doses as recommended by physician.			
Pneumococcal	Based on risk factors			One to two doses as recommended by physician
Flu Shot	Annually	Annually	Annually	Annually
Chicken Pox (Varicella)	One series of two doses at least one month apart for adults with no history of chicken pox.			
Hepatitis A	Based on individual risk or physician recommendation: One two-dose series			
Hepatitis B	Based on individual risk or physician recommendation: One three-dose series			
Meningococcal	Based on individual risk or physician recommendation: One or two doses per lifetime.			
Human Papillomavirus (HPV)	For individuals age 9 to 26, one three-dose series. Dose 2 at 2 months from Dose 1. Dose 3 at 6 months from Dose 1.			
Shingles	Not applicable	Not applicable	One dose age 60 years of age and older.	
Depression Screening	Annually	Annually	Annually	Annually
Blood Glucose (Sugar)	Based on risk factors	High-risk patients should be considered by their physician beginning at age 45 at 3-year intervals.		
Colorectal Cancer Screening	Based on risk factors	Based on risk factors	Every 1-10 yr. based on screening	Based on risk factors
Bone Mineral Density	Not applicable			Starting at age 70 every 2 years based on risk factors.
Eye Exam	Once between the ages of 20-29, twice between the ages of 30-39.	Baseline at age 40, then every 2-4 years	Every 2-4 years	Every 1-2 years
Dental Exam	Professional cleaning and dental exam is recommended every 6 months.			

Welcoming new babies to the SOV family!

July 20 from 2 to 4 PM we will be hosting a baby shower for Amy Kingston, daughter of Elaine and Paul Kingston. Amy is having a baby boy. This is Amy's first child and Elaine and Paul's first grandchild. Amy chose Oregon as her home after completing her educational degree. As her parents retired they followed her to Oregon. We look forward to welcoming Amy to the circle of friends at SOV as she expects the arrival of her baby boy due August 1st.



August 10, 5:30 PM we will be hosting a baby shower for Tabitha McDonald McVey and her husband Gary. Tabitha is due early September and they are expecting a baby girl. We will have a pot luck dinner with more details in the July newsletter.



Everyone is invited to be part of both baby showers as we share in the joy as they await their new child. Your presence is a special present as we "shower" them with our love and support.

We invite your help with any of these upcoming events!

Ladies Outings

Our June dinner will be on the 4th at 6:00. We will be going to **Outback Steakhouse** at 11146 SW Barnes Rd.

On June 8th we will visit the Oregon Gardens in Silverton Oregon. Admission cost is \$9-\$11 (Depending on age). We will leave SOV at 9am and returning at 3 PM. Their website is www.oregongarden.org. Check it out

July dinner will be at Stanford's on July 2nd at 6:00 p

Ladies Dinner Group



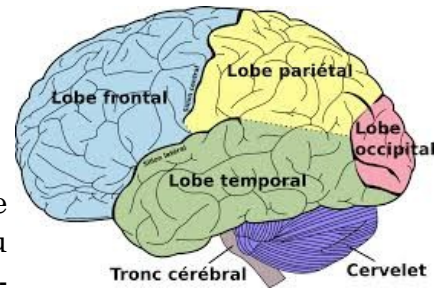
ADULT SUNDAY SCHOOL CLASS SERIES

Keep Your Mind For Later Use:

Part 10 of 10

The Role of Managing Your Medications: Staying Fog-Free

Open any magazine these days, and you will find page after page of advertisements for a wide variety of medications to help you sleep, lose weight, keep your blood pressure down, stay allergy-free, and pay better attention. And many more people are taking many more of these medications. According to the Kaiser Family Foundation, from 1999 to 2009, the number of prescriptions for Americans increased 39% (from 2.8 billion to 3.9 billion), compared to a US population growth of 9%. The average number of prescriptions for each American in 2009 was 12.9. ("Prescription Drug Trends, May 2010, Kaiser Family Foundation. Accessed on-line 3.2.12 at <http://www.kff.org/rxdrugs/upload/3057-08.pdf>).



Some medications are potentially life-saving, such as chemotherapy medications. Some help one navigate through a short illness, such as the antihistamines found in some cold medications. Some help you get through and recover from surgery. What a blessing to live in a time and place where they are available!

But medications need to be used wisely. We need to be sure that we understand the potential costs and benefits of the medications, including their potential costs to our cognitive functioning. Some medications have profound effects upon our ability to think clearly (remember those warnings about not operating machinery on some of them?) Some medications may interact with each other to adversely affect our thinking.

So, what to do? Make sure you take the time to understand your medications. Ask your doctor and your pharmacist questions and read the inserts. Ask if there are other options, such as exercise or diet, or medications that may have fewer cognitive side effects. And be sure to let your doctor know about any other medications you are taking. For example, Tylenol PM™ contains diphenhydramine (the active ingredient in Benadryl™, which helps you sleep). Diphenhydramine is just one example of a medication that adversely affects your cognitive ability. Talk with your doctor about ALL your medications to protect your memory. Remember, "Keep Your Mind for Later Use!"

Join us June 16th for a special Brown Bag Pharmacy Review. Bring your prescription and over-the-counter medications (all of them) to church.

JULY NEWSLETTER ARTICLES ARE DUE JUNE 23RD

SOCIAL CONCERNS COMMITTEE

Social Concerns – Volunteer Opportunity

SOV is planning on participating in Willamette West Habitat for Humanity this summer. We would love to have your help! If you are interested in participating, please contact Rachel and Dan Root (rosh0021@umn.edu) or Sue Muza (smuza83@gmail.com) or watch for a sign-up sheet on the Social Concerns board in the back of the church. More information to come soon!

Who is Willamette West Habitat for Humanity?

Willamette West Habitat for Humanity is your local Habitat for Humanity International affiliate, a non-profit, ecumenical Christian housing ministry dedicated to eliminating substandard housing and homelessness around the world. We build homes with low-income people in need, primarily in Washington County and north Clackamas County. The homes are sold to those in need at no profit, using long-term, 0% interest mortgage loans.

How are individuals or families selected for home ownership?

Homeowner applicants are selected based on the following criteria:

- Currently living in substandard housing.
- A stable income between 30% and 50% of median family income.
- Willingness to partner with Willamette West Habitat through completion of sweat equity hours.



Do I need any special skills in order to volunteer?

No! You don't need construction experience to volunteer with Habitat, just a willingness to learn. If you don't know how to do a task, they will train you. Participants do need to be at least 16 years old.

For additional information about Willamette West Habitat for Humanity visit <http://www.habitatwest.org/>.



PARISH EDUCATION is recruiting teachers for next September's Sunday School classes, as well as for Confirmation classes.

We have approved curricula in place. Now, we need YOU! Questions or sign-up, contact Lisa Ramsey-Barnes, Kristi Ray, Tom Barnes or Mark Vignolo.

What a perfect gift for that special Dad or Grad! Or Birthday? Shower? New baby? Wedding gift? Need oil changed on your car? Car washed? Going out to eat?

Give them a **SCRIP CARD** or order a **SCRIP CARD** and buy the gift at the retailer using your **SCRIP CARD**.

Ordering a **SCRIP CARD** is easy, and SOV gets a percentage of the scrip purchase!

Thanks to all who have ordered. SOV has made almost almost \$1400 in 2013. Can we double that? Remember to place your order. Pay by check, cash or credit card.



Summer schedule for scrip will be

June 2

June 9,

July 7,

August 4.

Prayer Shawl Ministry

PRAYER SHAWL

Our Mother's and Other's Tea was a wonderful success! The benefit will supply yarn and hat looms for our Prayer Shawl Ministry.

There was about 40 in attendance who enjoyed all the tea party goodies. Sharon read a lovely "Mother's Day letter to my daughter", Charlene and Katrina sang for the event.

Tiered plates and tea cup bird feeders were also available for sale. Special thanks to all who made it a very special event!

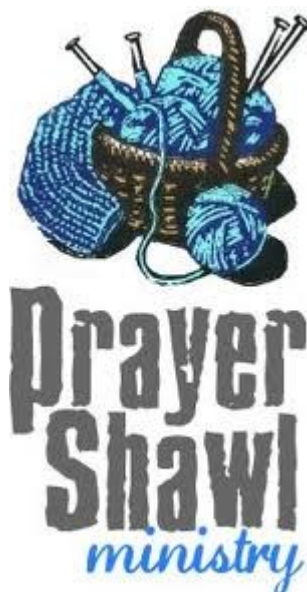
Your generous gifts and prayers are much appreciated to keep this ministry alive.

Please let us know if you would like to join us in our efforts. You can help by knitting or crocheting, (we can teach if you don't know how), making little baby hats on looms, (again we will teach you). These little hats we will be taking to local hospital neonatal intensive care units.

We will be meeting on June 17 at 7pm at SOV, and after the luncheon on June 27, at 1pm at SOV.

Stay tuned for some special "Knit in the Park" days or evenings throughout the summer.

Ideas, questions? Contact Brenda 503-545-6574 or Caryl 503-372-6248.



JUNE BIRTHDAYS

04 Ellen	12 Matt
10 Adrian	12 Valsala
10 Edward	12 Wesley
10 Anita	14 Emily
10 Wendy	27 Sara
11 Judy	



God's Blessing
For a
Joyful New Year
In
Life!

JUNE ANNIVERSARIES

<i>Les & Cyndi Peterson</i>	<i>June 15th</i>
<i>Dick & Charleen Kuykendall</i>	<i>June 20th</i>
<i>Eric & Diane Lewis</i>	<i>June 22nd</i>
<i>Bob & Lisa McIntyre</i>	<i>June 23rd</i>
<i>Rod & Betty Stoltenburg</i>	<i>June 24th</i>
<i>Marv & Sheila Voss</i>	<i>June 25th</i>
<i>Gary & Tabitha McVey</i>	<i>June 26th</i>
<i>Ken & Brenda Plinke</i>	<i>June 28th</i>



ADA DOOR UPDATE



On behalf of Property management: Thank You to those volunteering their time and talent working and caring for the building and grounds! Many folks have noticed and then commented, with a smile, the colorful spring flowers in the landscape around the building!

General reminder on building usage and security: When you and or your committees use the building, Please check around and close and lock the door's, (Upper and 2 lower fire escape doors) check and close All windows. (especially check kitchen windows, close and turn the latch

to lock them – they have been found open and or unlocked on many occasions) Please turn off kitchen lights, restroom lights, All Sanctuary lights, Narthex lights, Loft lights and office lights. If there are any questions or concerns, Please make them known to Tammy, Property co-chairs Connie, Jeff W., SOV President or VP. Thank you for your cooperation.

Regards, Property co-chair, Jeff W.

MEN'S NIGHT, THURSDAY, JUNE 6th

6:30 PM @ GOLDEN VALLEY BREWERY

ALL MEN INVITED FOR FOOD AND FELLOWSHIP



Once again we are assisting Love Inc with Packed with Love back pack project for 2013/2014 school year.

SOV has been asked to collect 800 Rulers

Just an eye opening reminder these back packs we help Love Inc. fill are distributed to school age children in Washington County. Rulers will be collected through August 8th.



JULY NEWSLETTER ARTICLES ARE DUE JUNE 23RD

Kids of the Kingdom

Christian Preschool and Kindergarten

Our regular Preschool classes ended in May and our Kindergarten class will end on June 12. We've had a wonderful year and are so blessed by the children and families who attended our school. We missed the sunny weather for our last class but we ate our sno cones anyway.

The first two weeks of June we will offer two sessions of 4-days a week Preschool Summer Camp. Our first session, June 3-6, we will visit the Garden of Eden with all its bounty and we also might happen upon the Snake. Our second session, June 10-13, takes us to Outer Space and the two big lights God created in the heavens. Spots are filling up, so let us know if you would like to come as soon as possible.



Fresh • Local • Sustainable

Please join us at the Sunset Square Burgerville on 185th on June 4 between 4-8 pm for our Tuition Assistance fundraiser. Burgerville donates a percentage of all sales during this time slot to us. So treat yourself to either an afternoon treat or dinner in support of our tuition assistance fund.

Hope these seasonal items will still be available---they sound delicious!

BBQ PULLED PORK WITH CHERRY SLAW

Tender, delicious humanely-raised, antibiotic and hormone-free pulled pork is blended with a classic BBQ sauce, topped with our special recipe coleslaw featuring Oregon cherries, and served on a Franz locally-baked cornmeal dusted bun



FRESH STRAWBERRY SHORTCAKE

A freshly-baked biscuit layered with fresh hand-prepared strawberries, served with real Sunshine Dairy® ice cream.



FRESH STRAWBERRY MILKSHAKE & SMOOTHIE

Enjoy hand-prepared fresh strawberries combined with real Sunshine Dairy® ice cream or YoCream® nonfat frozen yogurt for a little taste of summer.



GOLDEN FRIED ASPARAGUS SPEARS

Lightly battered Yakima Valley asparagus gently fried to a golden brown. Served with garlic aioli dipping sauce.



KOK Continued...

We will be closed for the remainder of June and July, but will return in August to begin a new school year. Please pass the word that we have openings in our 3's and Kindergarten classes. Our 4's and PreK classes are almost full.

Questions can be sent by email (kokpreschool@gmail.com) or messages left on the phone (503-645-0236). *Submitted by Wendy Roeder, Co-Director*



Mexican Wedding Shower Fiesta!

For Jameson Tabor and Jenna Knudsen!

Saturday, June 22 from 5:30 PM to 7:30 PM at Shepherd of the Valley!

The congregation is invited to a "fiesta" style wedding shower including an American style Pot Luck dinner.

The "Fiesta" will include some time to share, music and some surprises!

Jameson and Jenna will be married in August. This is a SOV congregational opportunity to share in their excitement as they plan for their new life together.

Suggestions for the pot luck are:

Members A to L: Salads, Members M to Z: Main Dish

We want to give them something personal from their SOV family as they look towards their future. Please use 3X5 cards and share a special recipe or words of wisdom for Jameson and Jenna. Cards will be available at the usher station from now until their wedding. They are also registered at Target and Macy's.

If you can volunteer to help us with the wedding shower please contact Diane Lewis by phone 503 648 5939 or email delewis911@aol.com

A Huge Thank You and Appreciation

A Huge Thank You and Appreciation re- Tea Party Event

This truly was a Special Event! It was Elegant, Spiritual, Emotional and Beautiful! For me, it brought back happy memories of past Mother-Daughter Teas. The serving table display was Elegant and filled with a variety of delicious foods and the individual tables dressed and decorated ! The Readings and Special Music were so Inspirational! It was interesting to hear of some stories of ones who had received Prayer Shawls and emotional when a beautiful shawl was presented to a mom whose young college son has cancer! Also there were beautiful hand-made crafts that we could purchase!

All-in-all this was a party fit for a Queen !! Thank you to the Prayer Shawl Committee and other volunteers for this great Event! There's rumors of a repeat during the Christmas Season -----You will not want to miss out!!

This is a valuable ministry to our church and Community ! Its called "outreach" !

God Bless this Ministry!

Alzheimer's Disease

May 23 Hope Roach and I attended an all-day work-shop. It was held @ Meridian Park Community Educational Center'. The Presenters were Specialists from OHSU Neurology and Geriatric Departments. They covered a variety of areas concerning this disease such as signs and symptoms of the disease i.e. Personality and Behavior changes including their Mental status ! They stressed the importance of early diagnosis for both the Patient and family. The person with AD may have other medical diagnosis so the treatment with medications may be complex. They covered safety issues, Many may have pain issues but unable to communicate it. Relieving the insecurities and fear for those affected with AD is important.

The areas of nutrition, exercise, routines, and adequate sleep were also addressed. Also we received a list of resources that are available to assist these families. The workshop was packed with information and material. We have handouts and a book on Alzheimer's disease if anyone is interested. This was a valuable workshop!

Corrine G, member of the SOV Health Team.

- once a month on the second Thursday of each month Chris Nelson with Alzheimer's Association holds a meeting here at SOV from 2:00—3:30

if you or anyone you know are experiencing early memory loss in your families, you are certainly welcome to join. Please call first for a brief consultation to determine if this group is appropriate for you. At [\(503\) 416-0207](tel:5034160207) .

SOV Summer Block Party!

BLOCK PARTY

A Congregational and community event!

Saturday, June 29, 4 to 7 PM! On the grounds of SOV!

Everyone is invited to come and join in the fun, fellowship activities and of course, food. Please invite your friends, family and anyone from the community as we launch our first Block Party to start the summer together.

It's a pot luck with hot dogs and Polish sausages provided.

Suggestions for Pot luck:

A - L --can bring a salad, chips and dip

M - Z --can bring a side dish.

Feel free to use this as a guide.

Donations to the Fellowship "Piggy" will help defray the costs of the hot dogs and polish sausage, buns, relishes and lemonade and ice cream bars.

We will be supporting our youth's fireworks sale, have some fun intergenerational activities, have time for conversation and enjoy a meal together.

The colors for the event are red, white and blue! Let's see who can come dressed with the most creative Patriotic combination. There will be a prize or two!

This will be an opportunity to help support "our reaching out" by bringing donations to support the Gem Ministry; "reaching in" to share God's love with each other as the family of Christ and support our youths fireworks fundraiser and "reaching out" as we extend an invitation to our community to share time together.

This is a first "All Congregational Committee" Block Party event! Each SOV committee has been asked to help participate, organize and create this outreach event.

All suggestions and offers to help create this event are encouraged and welcomed. Please email or call Tammy McDonald or Diane Lewis with any questions or ideas. This is a new opportunity for us to come together and put into action our mission statement to be: "A caring community, touched by Christ as we reach out to touch others for Christ".

Remember! Saturday, June 29 @ 4 PM to 7 PM.

SOV's first Block Party!

JUNE 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"Great opportunities to help others seldom come, but small ones surround us every day."</p>						<p>1</p> <p>6:30 p SOV Band 7:00 p SOV Choir</p>
2	3	4	5	6	7	8
<p>Summer Worship 8:30 & 10:30 a B day Sunday Blood pressure Scrip order Annual Mtg 1:30 p OEC Variety Show 7</p>		<p>Ladies Dinner 6:00 p Outback Steak House KOK Burgerville Fundraiser 4-8 p</p>	<p>10:00 a Bible Study</p>	<p>7:00 p LLL</p> 		<p>Oregon Gardens Outing Meet at SOV @ 9:00 a</p>
9	10	11	12	13	14	15
<p>8:30 & 10:30 a Worship Scrip Order 1:30 p OEC 5:00 p Transport 5</p>			<p>10:00 a Bible Study</p>	<p>2:00—3:30 p Alzheimer's Group</p>		
16	17	18	19	20	21	22
<p>8:30 & 10:30 a Worship 10:00 a Keep Your Mind For Later Use 1:30 p OEC</p>	<p>Red Cross Blood Drive 1:30—7:00 p</p>		<p>10:00 a Bible Study</p>	<p>10:00 a LLL 7:00 p Council Mtg</p>		<p>Wedding Shower Jameson & Jenna 5:00 p</p>
23	24	25	26	27	28	29
<p>8:30 & 10:30 a Worship 1:30 p OEC</p>	 <p>John the Baptist</p>		<p>No Bible Study</p>	<p>12:00 p All Church Luncheon</p>		<p>SOV Block Party 4:00 - 7:00 p</p>
30	<p>"Never lose an opportunity for seeing anything that is beautiful; For beauty is God's handwriting -- a wayside sacrament. Welcome it in every fair face, in every fair sky, in every fair flower, And thank God for it as a cup of His blessing." -Ralph Waldo Emerson</p>					