

# Rally Day

**Sunday, August 22nd at 9:30 a.m.**



- Face Painting
- Jumper
- Balloons
- Meet Your Teacher
- See Your Classroom

We are on for **Rally Sunday—August 22nd**, to open our new church school year. Our Sunday School festivities will begin at 9:30 a.m. Parents are invited to meet the teachers, and children will get a chance to see their classrooms.

Sunday School classes will begin on **August 29th**. We want to thank and all of our Sunday School teachers, and **Debbie Hutton** for the overall leadership of our Sunday School.

## Wednesday Nights Singing and Study Resumes in August

Join us on Wednesday, **August 25th** as we resume our singing and study program. Youth Choir begins at 5:30 p.m.; Children's Choir begins at 6:00 p.m.

## Confirmation Class

We have another wonderful group of young people beginning their Confirmation classes on **Wednesday, August 25th**. Community of Joy has a two-year Confirmation program for young people who are in 7th and 8th grades.

Confirmation class begins at 6:30 p.m. and ends at 8:00 p.m.



## Looking Ahead

**Council Meeting** — Tuesday, **August 10th** at 7:00 p.m.

**Sunday School Rally Day** — Sunday, **August 22nd** at 9:30 p.m.

**Wednesday Night Singing and Study** — Wednesday, **August 25th** beginning at 5:30 p.m.

**Confirmation Class**—Wednesday, **August 25th** at 6:30 p.m.

**Sunday School Resumes**—Sunday, **August 29th** at 9:30 a.m.

## August 2010

Page 2 **People Page**

Page 3 **Announcements**

Page 4 **Health News**

Page 5 **Calendar**

Page 6 **Worship Assistants Calendar**

Page 7 **Our Church**

Page 8 **Prayer Page**



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## Announcements

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### *August Pantry Needs*

We are re-stocking the COJ pantry and could use your help to fill the shelves!! Thank you to everyone who has generously donated items — they are surely appreciated!

Here is a list of items we can always use in the **kitchen**:

- ☑ **Oreos or similar long-lasting snack cookies**
- ☑ **Plastic forks**
- ☑ **8 oz. coffee cups**

Here is a list of items we can always use in the **nursery**:

- ☑ **Fish Crackers**
- ☑ **Animal Crackers**
- ☑ **Cheerios®**

Please bring donations to **Neal Shotwell** or leave them in the kitchen on the back counter by the mural. If donations are for the nursery, please leave a note on it.



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### Worship text for the month of August

- 1st: Colossians 3:1-11; Luke 12:13-21
- 8th: Hebrews 11:1-3, 8-16; Luke 12:32-40
- 15th: Hebrews 11:29-12:2; Luke 12:49-56
- 22nd: Hebrews 12:18-29; Luke 13:10-17
- 29th: Hebrews 13:1-8, 13-16; Luke 14:1, 7-14



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### **You Can Never Thank People Enough**

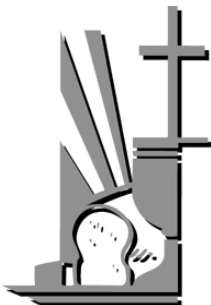
A big ***Thank You!*** to :

**Neal Shotwell**—for cleaning out the refrigerator : )

**Peg Tool** — for proofing the weekly newsletter and bulletin

**Jamil Howe**—for being such an amazing drummer

**Rico Leyva**—for his awesome guitar playing



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### **Calling all COJ Bakers!**

Please pick up the **easy recipe for the Communion bread**, making a recipe once in a while, placing four loaves in a zip lock freezer bag, and putting it in the church kitchen freezer! The recipe is in the bread basket in the church foyer! Thanks for serving our Lord with your cooking skills!

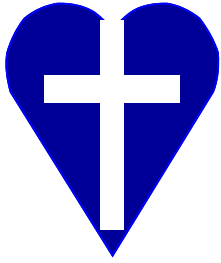
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## Health News

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### **BE CAREFUL**

#### **With Over-the-Counter & Prescription Drugs**

All of us, at some time or other, have taken some type of pain pill. It could be a simple headache or a cold that leads us to the medicine cabinet. Or, it could be something more serious like a broken bone, arthritis or after surgery. Following the directions given by the doctor or on the package are important to follow.

If you are taking a prescription pain killer (an opioid or narcotic) it is important to take them in the proper way. Being able to function normally with pain relief is the proper way while losing control of your life or being out of control is NOT the proper way.

Sometimes a medication may not be the one for you so if you have any of the following problems, call your physician:

- Snoring heavily and slow to awaken
- Extreme drowsiness
- Slow or speeded up heartbeat
- Feeling faint, dizzy or confusion

**Remember:**

- Never change your own dose of medication
- Do not mix with alcohol or other sedating medications (unless prescribed by doctor to be taken together)
- Tell your health care provider about all your medications
- Keep track of when you take your medications

If you need more pain relief or have symptoms such depression or insomnia, call your doctor immediately.

### **Over-the-Counter**

Acetaminophen (ex; Tylenol®) is a common pain killer, not needing a prescription. One of the dangers with this medication is that over a period of time or over use can cause liver damage. Since there are no symptoms in the early stages it is important to follow the directions carefully.

Be sure to check other medications that you may be taking with the acetaminophen. It is contained in cold medications (Nyquil® and others), headache, pain or fever medications. This can be most dangerous for the very young and the elderly.

**5 Tips for taking Acetaminophen:**

- Do not exceed the recommended single dose or the total daily dose.
- Remember that other medications may contain acetaminophen and the label "APAP" means acetaminophen.
- Be sure to follow dosage carefully since over-the-counter drugs and prescription drugs can contain acetaminophen. \*\*\*Special care for infants and children.
- Keep medications safely away from children & adults with impaired thinking.

# AUGUST 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Worship Services 8:15 and 10:45am Adult Education 9:30am	<b>2</b> Joy Quilters 12:30pm	<b>3</b> Tuesday Morning Prayers 9:30am	<b>4</b> Music Team Rehearsal 7:00pm	<b>5</b> Joyful Journey @ the Jackson's 7:00pm	<b>6</b>	<b>7</b>
<b>8</b> Worship Services 8:15 and 10:45am Adult Education 9:30am	<b>9</b>	<b>10</b> Tuesday Morning Prayers 9:30am Council Meeting 7:00pm	<b>11</b> Music Team Rehearsal 7:00pm	<b>12</b>	<b>13</b>	<b>14</b> Men Alive! 8:00am
<b>15</b> Worship Services 8:15 and 10:45am Adult Education 9:30am	<b>16</b> Joy Quilters 12:30pm	<b>17</b> Tuesday Morning Prayers 9:30am	<b>18</b> Music Team Rehearsal 7:00pm	<b>19</b> Joyful Journey 7:00pm	<b>20</b>	<b>21</b>
<b>22</b> <b>Rally Day</b> Worship Services 8:15 and 10:45am Adult Education 9:30am	<b>23</b>	<b>24</b> Tuesday Morning Prayers 9:30am	<b>25</b> Youth Choir Children's Choir Confirmation Music Team Rehearsal 5:30pm 6:00pm 6:30pm 7:00pm	<b>26</b>	<b>27</b>	<b>28</b> Men Alive! 8:00am
<b>29</b> Worship Services 8:15 and 10:45am Sunday School Adult Education 9:30am	<b>30</b> Joy Quilters 12:30pm	<b>31</b> Tuesday Morning Prayers 9:30am				

## August 1st

### Worship Assistants' Schedule

Service	Altar	Communion Assistants	Ushers	Reader
8:15 a.m.	Christina Engel	Zack family	Dick & Peg Tool	Donna Doles
10:45 a.m.	Ardeh Lewon	Lance & Heather Himmelberger, Catherine Martinez	Pat & Cheryl Doyle	Virginia Wilcox

## August 8th

Service	Altar	Communion Assistants	Ushers	Reader
8:15 a.m.	Christina Engel	Rich & Jo Ann Nelson, Ray Arment	Donna Doles & Tracy Lizon	Tony Boder
10:45 a.m.	Jackie Conner	Liz & Bryce Roberts, Jane Fiedler	Ron & Sherri Bathje	Rachel Shroyer

## August 15th

Service	Altar	Communion Assistants	Ushers	Reader
8:15 a.m.	Christina Engel	Karyl Upleger	Richard & Virginia Upleger	Sue Yerden
10:45 a.m.	Cynthia Damerow	David & Lisa Lingnau, Barbara Shotwell	Lee & Lois Schneider	McKenna Hutton

## August

Service	Altar	Communion Assistants	Ushers	Reader
8:15 a.m.	Christina Engel	Sam & Lynn Sampson, Donna Doles	Charles & Suzanne Davis	Ron Bencke
10:45 a.m.	Jackie Conner	Liz & Bryce Roberts, Pat Shodean	Les & Pat Luehring	Lee Roberts

## August 29th

Service	Altar	Communion Assistants	Ushers	Reader
8:15 a.m.	Christina Engel	Dave & Tracy Lizon, Brian Werner	Fran Young & Donna Doles	Dorothy Laffoon
10:45 a.m.	Cynthia Damerow	Rich & Diane Smith, Debbie Martinez	Dave & Pat Shodean	Rico Leyva

## Our Church

### Hospital Visits and Pastoral Care

When you or a loved one require in-patient hospital care, a direct phone call to the church office (896-2543) is the only way to make sure that your information gets passed along. **Pastor Michael** and **COJ's Care Ministry** will visit and pray with you during your hospital stay. But you must contact the church office and let us know of your needs. Pastor Michael is grateful for this information as he would like to visit with you during your hospital stay and offer Home Communion to you.



## August Birthdays

2nd: Dave Shodean	15th: Ardeth Lewon	28th: Sam Sampson
Bill Potabi	16th: Dick Tool	Debera Solis
9th: Tyler Zack	17th: Diane Smith	Chris Forrest
McKenna Hutton	19th: Carole Ann Werner	29th: Sammy Moore
11th: Katie Bastian	21st: Cathy Gaarden	30th: Carol Lei
12th: Maryann Cano	22nd: Jon Crawford	
Paula Blagrove	Andrew McKinsey	
13th: Heather Himmelberger	Riley Himmelberger	
14th: Rita Ryan	25th: Rachel Shroyer	



### Treats for Sunday Services

If you would like to bring treats for everyone to honor a birthday, anniversary, special occasion or just because....please sign the sign-up sheet located on the table in the fellowship area.

### Hope for Small Givers

There's a story about a church member on vacation. While hiking through a forest, he was caught in a sudden summer downpour. To escape a drenching, he crawled into a hollow log. There, safe from the rain and lulled by its steady sound, he soon fell asleep.

When the man awoke, he found that the rain had swelled the wood of the log. He was stuck. Try as he might, he couldn't get out, and realized he might die there.

The man's life began to pass before his eyes. He thought of his unpaid church pledge and how little he had given. This made him feel so small that he was able to crawl out of the log with ease.

*Did you know that the Experience Joy! Newsletter is also online?*  
**Check Our Website for Current Information**  
[www.communityofjoy.com](http://www.communityofjoy.com)

## Prayer Page

### People of Prayer

Each week we randomly offer names of people connected to Community of Joy for whom to pray. Ask God to protect them and build them up.

Aug. 1st: **Noah Blom**  
2nd: **Robin Crites**  
3rd: **Jamil Howe**  
4th: **Debbie Martinez**  
5th: **Liz Roberts**  
6th: **Brian Zack**  
7th: **Irma Pallas**

### COJ Church Council

Paul Anderson  
Gretchen Comfort  
Jason Engel  
Rebbie Garza  
Jim Shotwell  
Brian Zack  
Dick Tool—Treasurer

### Safety

*Prayers for our military  
and for those who support them.*

Iraq  
SSG Robert Barnes  
Jacksonville, FL  
Tommy Fiedler  
Washington, D.C.  
Kevin Nelson  
Georgia  
Kevin Johnson  
Afghanistan  
Michael Gurule

***Every Tuesday morning at 9:30 a.m.,  
a group of COJ members and  
Pastor Michael pray for people on  
this list, as well as names we  
receive from the attendance sheets.***

### Prayer List

*Please help us keep this list updated.  
To add or remove someone from this list, please  
contact earlene@communityofjoy.com*

### Healing for COJ:

Beverly Johnson	James Robertson
Boder-Szarkowski family	Jason Conner
Dave Shodean	Joseph Conner
Dick Tool	Julian Roberts
Eliana Roberts	Mary Bencke
Fran Young	Nikki Lingnau
Gabe Gaarden	Peg Tool
Gail & Alexandra Laird	Ron Tafoya
Jackie Anderson	

### Friends of COJ

Agustin & Carmen Guardado	Kay Kreiger
Al Baca	Larry Vander Werff
Ann Bonomo	Laura Rose Barney
Anthony Gallegos	Lori Jo Vanderstel
Bailey MacMillian	Madeline Watkins
Barbara Olson	Mario Gonzalez
Blake Roberts	Mark Wayne
Brian Young	Mary Casaus
Bryan Charles	Monica Romero
Dabney family	Nancy & Cody Gibson
Dan Reshetar	Pat Doyle, Jr.
David Johnson	Pat Kinney
Donald McCartney	Pattie Moodie
Ed Belmore	Paul Sternberg
Ed & Lauren Petersen	Roy & Billie Gawthrop
Family of Ernestina	Sandra Werner
Brusuelas	Shaila Shodean
Heddy Long	Shelby Howke
James Shimp	Sonya Ruiz
Jeanine Colson	Stevie McCartney
Jo Muff	Tim Lingnau, Desean & Cory
Joan Bouty	Tim Reeves
Joseph Cocomiglio	Tom & Lisa Nicolai
Kate McNutt	Yvonne & Kim Tracy