

ARE YOU INTERESTED IN LIVING A HEALTHIER LIFESTYLE? Several of us have decided that we have not honored, as God would have us, the wonderful bodies He gave us. How about you? Sept. 6th from 10am—noon, ladies desiring to begin a journey toward a healthy lifestyle that's attainable & sustainable, are invited to join us in the Youth Room. The study will be ongoing and examine the components of: FAITH + FOOD + FITNESS + FOCUS + FRIENDS. Loosely modeled on "The Daniel Plan" by renowned authors Rick Warren, Daniel Amen, MD & Mark Hyman, MD, we will learn simple ways to steward our temples (bodies) for God through conquering cravings with healthy replacement foods and discovering exercise we enjoy. We're praying our efforts will result in more energy, weight loss, clearer thinking, healthier eating but, first and foremost, a closer relationship with God and others! For more info, please contact Sharon Warren 757-879-0862.

DECISION AMERICA TOUR 2016 WITH FRANKLIN GRAHAM: Will you come and pray with Franklin Graham, myself, and other Virginians as we gather at the Capitol in Richmond October 12th from noon—1pm? These are uncertain times for sure! America's walls of Biblical morality are crumbling. Our religious freedoms are under siege, secularists want to see God removed from everything, and sin is being flaunted. Surely we need to lift our voices in one accord and invoke the hand of God to act on behalf of our nation. We can't sit idle but must take a bold stand like Nehemiah (Neh. 1:7) for God to transform this land. So far, tens of thousands have come to their state capitols to stand together in fervent prayer for this nation as part of the Decision America Tour. The Gospel is shared and 4,500 people have made decisions for Christ! Come be a part of what God is doing to draw us back to Himself. If you'd like to volunteer at this event, a training session is being offered September 7th. Contact Sharon Warren 757-879-0862 for more info, to sign up for the rally, or to volunteer. God bless you as you Pray for America.

THANK YOU: I would like to thank the Pastor, deacons, and the entire church family for the phone calls, cards, and prayers during my military service. This building and congregation assembled here have been my home for 17 years of my 23 years of service. The U.S. Coast Guard has been to me and so have you. My family has truly been blessed to know each of you. Thank you again.
—Paul E. Greggs, U.S. Coast Guard Retired

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