



# The Week Ahead

## Sunday, November 15

8:00am	Traditional Communion Service	CH
9:15am	Sunday School	LFH
9:15am	Adult Bible Study	Adult Ed Room
9:30am	Contemporary Worship Service	CH
10:45am	Traditional Communion Service	CH

## Monday – November 16

9:00am	Large Print Work Center	E215
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## Tuesday – November 17

9:00am	Large Print Work Center	E215
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## Wednesday – November 18

9:00am	Large Print Work Center	E215
9:30am	Wednesday Bible Study	Adult Ed Room
10:45am	Tai Chi	Music Room
7:15pm	Chapel Choir	Music Room

## Thursday – November 19

9:00am	Large Print Work Center	E215
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## Saturday – November 21

5:00pm	Contemporary Communion Service	CH
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## Sunday, November 22

8:00am	Traditional Worship Service	CH
9:15am	Sunday School	LFH
9:15am	Adult Bible Study	Adult Ed Room
9:30am	Contemporary Communion Service	CH
10:45am	Traditional Worship Service	CH



## Thanksgiving Service

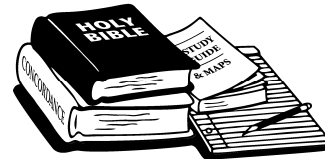
Worship with us *Wednesday, November 25 at 7:00 p.m. Thanksgiving Eve*, or *Thursday, November 26, at 10:00 a.m., Thanksgiving Day*. Come and give thanks to our Lord for all of our many blessings.



## Sunday Morning Bible Study

Meets at 9:15 a.m. in the Adult Education Room. Come see what this study is all about. No long term commitment required, but guaranteed long term results.

## Be Nourished



## Wednesday Morning Bible Class

Our Wednesday morning Bible class is studying the Book of Acts. Join us each *Wednesday*, in the Adult Education Room from 9:30 to 10:30 a.m. All are welcome!



## Abiding Savior Bookstore

HOURS:

9:00 to 11:00 a.m. Sunday Mornings  
8:00 a.m. to 3:30 p.m. Wednesdays

Clearance Sale Continues  
Many good books marked down to \$1 each.

Get your holiday cards here!  
Many items on your Christmas list are right here!

For information about us, check our website [www.abidingsavior.com](http://www.abidingsavior.com) and click on "Church" click on "About Us" and then scroll down to "Bookstore"

## Health Ministry Take a Little Siesta!

Middle-aged adults with high blood pressure who took a 60 minute afternoon nap every day, had average blood pressure readings that were four points lower (which correlates to a 20% reduction in cardiovascular disease risk) than those who didn't nap. Napping seems to calm the sympathetic nervous system, which controls heart rate and blood pressure. (A nap of more than an hour didn't have the same beneficial effect.)



## Abiding Savior School Extended Care

has the opportunity to offer day care on Monday, November 23<sup>rd</sup> through Wednesday, November 25<sup>th</sup>, 2015. Our special excursion will be on Tuesday and we will travel to **BIG AIR Trampoline Park** in Laguna Hills for some bouncing fun! The Extended School Care Program provides all students with a variety of recreational experiences with a small student / leader ratio. The 3-day rate is \$145 or a daily fee of \$45 and \$65 on the excursion day for care from 7:00 a.m. until 6:00 p.m. Get your registration form in the school office. Please turn it in by **Friday, November 13<sup>th</sup>!**



**Joy to the World!**

## Reservations for the Ladies Guild Christmas Luncheon

The Ladies Guild will be hosting their annual Christmas luncheon on **Friday, December 4<sup>th</sup> at 12:00 p.m.** in the Pavilion Room of Freedom Village. Come and enjoy the music of the season and spend the afternoon in Christian fellowship. Tickets are \$20 per person and will be accepted through Monday, November 30<sup>th</sup>. For reservations, please call Jeanne Grovom at (949) 582-0746 or Marian Van Ausdal at (949) 837-9476.

## ASLC Seniors

For our December event, please join the Ladies Guild above for the Christmas Luncheon. Be sure to RSVP to Jeanne or Marian.



## Poinsettias To Grace Our Sanctuary This Christmas Season

To purchase your plant(s) simply place a check in the offering plate specifying, "Poinsettias." Each plant is \$10. You may pick up your plant after the Christmas Day service.