



# The Week Ahead

## Sunday, May 12

8:00am	Traditional Worship Service	CH
9:15am	Sunday Morning Bible Study	Adult Ed Room
10:15am	Contemporary Communion Service	CH

## Monday – May 13

10:00am	Prayer Ministry	Coffee Shop
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## Tuesday – May 14

8:30am	Large Print Work Center	E215
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## Wednesday – May 15

9:30am	Bible Study	Adult Ed Room
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## Thursday – May 16

7:15pm	Chapel Choir	Music Room
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## Saturday – May 18

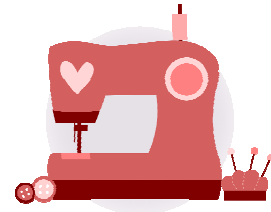
11:00am	Ladies Spring Luncheon	LFH
5:00pm	Contemporary Communion Service	CH

## Sunday, May 19

8:00am	Traditional Communion Service	CH
9:15am	Sunday Morning Bible Study	Adult Ed Room
10:15am	Contemporary Worship Service	CH

## Health Ministry Mood & Blood Sugar

In a 14 year study of 140,000 older women, those who were optimistic – by self-assessment – were 12% less likely to develop type 2 diabetes than those with a less positive attitude. A negative outlook may be linked to higher levels of inflammation and the stress hormone *cortisol*, which are associated with insulin resistance. Be positive! 😊



## Sew “n” Sews

are looking for current Joann’s coupons to use for their placemat project for Meals on Wheels. Please put them in Janice Trumbauer’s Narthex box.



## Spring Luncheon Last Day to Purchase Tickets

for *“Oh, The Places You’ll Go”* is **today, Sunday, May 12**. The event will be in the Fellowship Hall (Gym) next **Saturday, May 18 from 11:00 a.m. to 2:00 p.m.** A silent auction of “treasurers” will benefit *Kathy’s House*, a shelter for persons with addictions. Tickets are \$20 and can be purchased at *Gathering Grounds* (Coffee Shop) or from Jeanne Grovom (email [jgrovom@cox.net](mailto:jgrovom@cox.net) or phone 949-413-2936).



## Worship Music Camp 2019

Do you sing or play a contemporary musical instrument? Would you like to lead Sunday worship and be in a band with your friends? Then be sure to sign up for this year’s Worship Music Camp. Camp is open to students going into 2<sup>nd</sup> through 8<sup>th</sup> grades who can play either Guitar, Piano, Bass, Drums, or can sing.

Camp will be held the week of August 5<sup>th</sup> through the 9<sup>th</sup> from 1:00 to 5:00 p.m. The cost is \$110 per student. High School and Adult volunteers are also needed to help run the camp. To sign up please contact Mike Giron at [mikegiron@att.net](mailto:mikegiron@att.net).