



When does red mean “go” and green mean “stop”?



When you’re eating a watermelon.

THE WEDNESDAY BIBLE STUDY GROUP WILL BE PAUSING FOR JULY AND AUGUST.

THE BIBLE STUDY WILL RESUME IN THE FALL. ENJOY THE SUMMER!!

The Office Will Be CLOSED

July 3rd

We Will Reopen

MONDAY

JULY 6th

Happy INDEPENDENCE Day!

CELEBRATING THE USA

Open Table

THURSDAY

JULY 16TH

11:30 AM TO 1 PM

GREEKSIDE CAFE

Come Dressed in Red, White & Blue

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

Galatians 5:22-23

BBQ TIME

CHIPS

LET'S CELEBRATE SUMMER! ON FRIDAY, JULY 10TH WE'RE MOVING THE GREEKSIDE CAFE LUNCH TO THE GAZEBO! WE'LL BE GRILLIN' AND CHILLIN' AND ENJOYING THE FELLOWSHIP OUTSIDE.

A MEAL TICKET IS REQUIRED. YOU CAN PURCHASE ONE IN THE OFFICE. PLEASE RSVP FOR THE BBQ!

503-743-2490



If you haven't noticed, it's summertime, Folks! It's my favorite time of year. I understand some of you may not agree with me, given how the heat affects you. So that's why I'm going to share some ways to beat the heat this summer.

Here are some things you can do to stay cool:

1. Drink that water! Don't wait until you're thirsty. Staying hydrated is key when it comes to heat-related health issues. If you have any medical conditions, it's best to consult your doctor about how much you should be drinking.
2. Keep the drapes or blinds closed. This will help it stay a bit cooler in the house. When it starts cooling down, if you don't have air conditioning, open those windows at night to let the cool air in. Make sure you close the windows when the temperature starts heating up.
3. If you have air conditioning, turning the thermostat lower than 70 degrees on an 85- or 95-degree day won't help! It only makes your unit work harder! Keep your thermostat set between 72 and 75 degrees. Most AC units will only keep it about 20 degrees cooler than the outside temperature. Whether you have air conditioning or not, using fans also helps with airflow in the house.

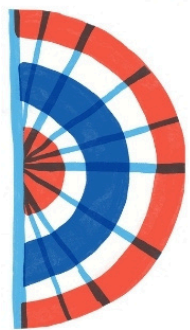
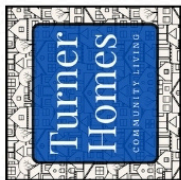
4. Wear the right clothing. Wear something light in color and keep it light in weight. Look for clothing that is breathable and not tight against the skin.
5. Avoid stressful activities during the heat. Also, if you have any errands to run, do them early in the day before it gets too hot.
6. Try to avoid using your stove and oven for cooking. It makes your home hotter. If you need it for a meal, make it earlier in the day and reheat it in the microwave later.
7. Dampen your clothing and sit in front of a fan. For the water to evaporate - changing its state from a liquid to a gas - there needs to be an input of heat energy. This energy will come from the heat of your body, which produces a cooling effect on your skin, lowering your temperature. Or you could drape a damp towel around your neck; this will also help.
8. Take a water bottle and drink half of it, or pour half into a glass for later. Place the half-full water bottle in the freezer, making sure the water doesn't cover the opening (set it upright or at a slant). When it's frozen, fill the bottle back up again. This will not only give you cold water to drink, but holding that bottle in your hand or close to pulse points (on your wrist, inside your elbow, or behind your knee) will help cool you down.

I hope these suggestions will help to bring you relief from the heat if you need it.

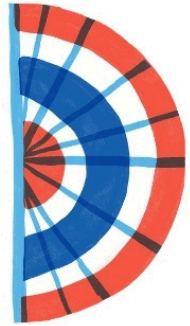
They will neither hunger nor thirst, nor will the desert heat or the sun beat down on them.

He who has compassion on them will guide them and lead them beside springs of water.

Isaiah 49:10



JULY



Do not quench the Spirit. Do not treat prophecies with contempt but test them all; hold on to what is good, reject every kind of evil. ¹Thessalonians 5:19-22



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Let Freedom Ring!	1 12:45 PM Bingo	2 10 AM Puzzles 12:45 PM Woodcarving	3 OFFICE <i>Closed</i>	4 4 th of July PICNIC
5	7 10 AM Knit & Sew	8 12:45 PM Bingo	9 10 AM Puzzles 12:45 PM Woodcarving	10
6	14 10 AM Knit & Sew	15 12:45 PM Bingo	16 10 AM Puzzles 12:45 PM Woodcarving	17
12	21 10 AM Knit & Sew	22 12:45 PM Bingo	23 10 AM Puzzles 12:45 PM Woodcarving	24
19	28 10 AM Knit & Sew	29 12:45 PM Bingo	30 10 AM Puzzles 12:45 PM Woodcarving	31 GOD BLESS AMERICA



July



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Make sure you RSVP for OPEN TABLE by JULY 9th. OPEN TABLE is JULY 16th! NO Late RSVPs!		1 Baked Chicken Thighs, Potato Salad Corn on the Cob	2 Chicken Sandwich, Spaghetti Salad	3 CLOSED
6 Shrimp Alfredo Fettuccine Garlic Bread Mixed Veggies	7 Chicken Fried Rice Egg Rolls	8 Pulled Pork over Cornbread, Coleslaw Baked Beans	9 OPEN TABLE RSVP Nacho Bar with all the Toppings!	10 BBQ Picnic @ Gazebo
13 Kielbasa, Sauerkraut, German Potato Salad, Roll	14 Beef & Broccoli Stir Fry, Rice	15 Swedish Meatballs Egg Noodles Green Beans	16 OPEN TABLE Turkey & Gravy Mashed Potatoes Stuffing, Veggie & Roll	17 Club Sandwich Macaroni Salad
20 BBQ Chicken Pizza Veggie	21 Roast Beef Mashed Potatoes Gravy, Roll & Veggies	22 Baked Cheese Tortellini Garlic Bread Veggie	23 <i>National Vanilla Ice Cream Day</i> KFC Chicken Bowl, Roll, Vanilla Ice Cream	24 Egg Salad Sandwich Chips
27 Beef Tacos Refried Beans	28 Sloppy Joes French Fries Veggie	29 BBQ Chicken Potato Salad Watermelon Cornbread	30 <i>National Chili Dog Day</i> Chili Cheese Dog Tater Tots Veggie	31 Tuna Salad Sandwich Chips