



## BCC Family Notes

**Week 32**  
**August 6, 2017**

**ATTENDING SHEPHERD**  
**8 . 6 . 17**  
**Bob Crum**

### **COMING UP THIS WEEK – AUGUST 6 - 12**

**Sunday - 8/6**

**AnchorGroups begin this week; Information with times, locations, and contacts are listed on a flyer in acrylic pockets in foyers.**

**Bible Class - Jack Thorn - resumes today at 5:00 p.m. in Rooms 102-103**

**Wednesday - 8/9**

**Bible class with Travis Williams - RESUMING IN OCTOBER Summer Series - 7:00 p.m. - ADDICTION IN THE HOME**

**Thursday - 8/10**

**Food Pantry - 5:00 - 6:30**

**H.O.P.E. - 6:30 p.m.**

**Courage To Change - 7:00 p.m.**

### **UPCOMING BCC FAMILY EVENTS**

**ANCHORGROUPS**– Many of the AnchorGroups are starting back up again today, **Sun., Aug. 6**. There are flyers in the foyers that list all the groups and their meeting locations and times.

**SUMMER SERIES - LIFE PORTRAITS** - Wednesdays - July through September at 7:00 p.m., Rooms 102 - 103.

8/9 - Addiction in the Home - Mary Ann Thorn  
8/16 - Coping with an Unexpected Death - Robin Silva  
8/23 - Dealing with an unfaithful Spouse - Jeff Stevenson  
8/30 - Devotional - Jacob Glaspell  
9/6 - Balancing Christianity and Career - Jeff Dimick  
9/13 - A Christian and Their Finances - Doug Reeder  
9/20 - Rewards of Being a Christian - Dan Blair  
9/27 - Family Devotion and **Surprise Treat** - Travis Williams

**FIRST STEPS** - A class for prospective and new partners in the church at Belpre, **Sunday mornings 9:00 a.m. in Rooms 102-103**.

### **BelpreChurchYouthMinistry**

**2017 GIRLS YOUTH RALLY - Sat., Sep. 30, 2017, Esther, The Courageous Queen of Persia** - 4th - 12th Gr. - Fishinger and Kenny Rd. Church of Christ, Columbus, OH. See details on flyer on office foyer bulletin board.

**SAVE THE DATE for the BELPRE YOUTH RALLY-BYR17, "The Mission," will November 17, 18, & 19, 2017.** Our keynote speaker is Phil Brookman from Memorial Road Church in Oklahoma. We will also be joined by special guest, Jeff Walling, from Pepperdine University in California

### **ANNOUNCEMENTS**

**HEART-2-HEART SECRET SISTERS- Remember to sign up.**

We would like to start up a Secret Sisters program again. If you would be interested in participating in this program please sign up on the bulletin board, contact the church office, or talk to Pam Conger or Vicki Boggs. This is sure to be a fun and encouraging program and we hope many will join us.

**WALK TO END ALZHEIMER'S FUNDRAISER LUNCH-** Please join us for lunch in the MPR after morning services on August 27 and help support Amy & Ella Bortell in raising money for the Walk to End Alzheimer's! Taco in a bag, desserts, and drinks will be served for a donation.

**BELPRE CHURCH PAINTBALL-** September 16th from 12:00-4:00 p.m. at J&J's Paintball in Marietta. \$40 for paintball gun, unlimited air and 1,000 balls. Sign-up sheet is posted outside Travis' office, please sign up so we can reserve whole place for us (at least 12 people needed).

**SUMMER 2017 UPDATED DIRECTORIES** are in the acrylic pockets of each folder. Please take one per family.

**DONOR NEEDED** - Nancy Shambaugh, a Christian who worships with the Stop Nine family, is in need of a bone marrow transplant - her only chance of surviving an onslaught of bone cancers. She is praying for a match, as at this time there are no matches in the donor registry. Details are on flyers on office hallway bulletin boards.

**19TH ANNUAL NORTH CENTRAL OHIO BIBLE LECTURESHIP** - Toledo Road Church of Christ, Lorain, OH 44055, **Aug. 6 - 9, 2017**. Flyer on office bulletin board.

**WOMEN'S CARE CENTER WALK FOR LIFE - Oct. 8, 2017** - Parkersburg City Park, Registration and Lunch - 12:30 - 1:15 p.m.; Walk - 1:15 p.m. See postcard on office foyer bulletin board.

### **PRAISES**

**THANK YOU -**

Thanks for all the prayers, visits, and cards during my hospital stay and recovery. And also the flowers.

Love you all, **Chuck Hinzman**

To our Belpre Family, A big thank you all for your prayers, visits, and just being there for us.

Thanks again, **The Family of Virginia (Ginger) Berry**



## AUGUST SERVICE

## AUGUST CELEBRATIONS

<b>CONNECTIONS</b>  <b>Aug. 6      Team 3</b> Aug. 13      Team 4 Aug. 20      Team 5 Aug. 27      Team 6		<b>COMMUNION</b>  <b>PREPARE/CLEAN-UP</b> Ryan Werry & Family  <b>MAKE BREAD</b> Judy Lorentz		<b><u>BCC MINISTRIES AND LEADERS</u></b>  <b><i>Caring &amp; Sharing</i></b> <i>Kay Haynes &amp; Regina Osburn</i>  <b><i>Children's Education</i></b> <i>Stephanie Miller &amp; Jerry Brown</i>  <b><i>Courage to Change -</i></b> <b><i>(Hearts, Hang-ups, and Habits)</i></b> <i>Mary Ann Thorn</i>  <b><i>Doxa Praise and Worship</i></b> <i>Travis Williams &amp; Jacob Glaspell</i>  <b><i>Adult Education</i></b> <i>Phil Stanley &amp; Nathan Tewanger</i>  <b><i>H.O.P.E.-(Healing Of Past Emotions)</i></b> <i>Sharon McClead</i>  <b><i>Love In Action/Benevolence</i></b> <i>Anita Vaughan &amp; Sharon McClead</i>  <b><i>Media</i></b> <i>Nathan Tewanger</i>  <b><i>Missions</i></b> <i>Mary Ann Thorn</i>  <b><i>Prayer</i></b> <i>Pam Conger</i>		<b><u>BIRTHDAYS</u></b>  <b><u>AUGUST:-</u></b> 1- Ansley Williams 5- Jacob Glaspell <b>7- Jeff Harper</b> <b>Eric Penrod</b> <b>9- Dave Alloway</b> <b>12- Ron Feathers</b> 13- Ethan Feathers 14- Joyce Williamson 15- Phyllis Lallathin 17- Bill Baker Everett Vincent 18- Rosemary Vincent 19- Dan Blair Ken Floding 22- Leah Shirer Abby Werry 23- Jeanette Archer Donna Vincent 24- Ruthie Hopkins  25- Ella Bortell 27- Jerry Brown Fred Fritsche Chuck Lipscomb 28- Geroge Sims 29- Nicolai Pennisi 30- Abby Barton Gideon Barton	
<b>NURSERY SERVICE</b>  <b>Aug. 6- Kristin Hand &amp; Connie Kaufman</b> Aug. 13- JoEllen Canada & Tobie Newberry Aug. 20- Joyce Foreman & Kay Grose Aug. 27- Cat Penrod & Linda Price							
<b>COMMUNION SERVICE</b>  <b><i>Carpport</i></b> Bryan Foreman Brian Gibbs Joe Langford Chris Newberry  Doug Reeder  <b><i>Office</i></b> Dave Alloway Jared Feathers Wyatt Grose Bill Lawless  Milt Morris							
<b>WORSHIP PARTICIPANTS</b>  <b><i>Prayer</i></b> <b>Aug. 6 Dan Bortell</b> Aug. 13 Ron Spencer Aug. 20 Andrew Miller Aug. 27 Ryan Werry  <b><i>Communion</i></b> <b>Mark Spence</b> Mark McKain Jeff Dimick Ron Feathers							
<b>READING OF SCRIPTURE: Jeff Harper</b>							
<b><u>ANNIVERSARIES</u></b>  Aug. 2- Paul & Phyllis Stacy <b>Aug. 8- Greg &amp; Shannon Osburn</b> Aug. 14- Mark & Rita Spence Aug. 21- Buck & Martha Delancy Doug & Kathy Reeder Aug. 27- John & Jo Miller Aug. 28- Jack & Mary Ann Thorn Aug. 30- Ed & Betty Pfalzgraf							

### COURAGE TO CHANGE

Wes Crum Ph.D., a member of the Belpre church family and a professor at Ohio Valley University was the guest speaker for the Courage to Change meeting Thursday July 20<sup>th</sup>. Dr. Crum spoke about the science of Anxiety. He said moderate stress and moderate anxiety are good and healthy, however, too little stress or too much stress and anxiety are detrimental to us both physically and mentally. Wes said 7 out of 10 medical visits are related to stress for example, panic attacks mimic a heart attack, however, 20 minutes after arriving at the hospital the symptoms are gone but it is more socially acceptable to see a medical doctor than a therapist or psychiatrist. However, a medical doctor can only treat with medication which in many cases leads to prescription medication dependency. Wes gave some simple exercises that anyone can do to relieve anxiety and stress. He demonstrated the 4 square breathing technic and the positive talk. He said you can't be anxious and relaxed at the same time. He said "I am only in control of what I think say or do. I cannot control what others think say or do. Wes did an excellent job, his message was very helpful, informative and well received.



#### Move in Day-

- New Students- Wed., Aug. 16
- Returning Students- Sat., Aug. 19

**Classes Begin- Monday, Aug. 21**

### LOVE IN ACTION

I Corinthians 13:13..." So now faith, hope and love abide.....but the greatest of these is love."

Today let us choose love. If we mistakenly choose distraction, perfection, or negativity over love, Let is not wallow in regret. We will choose love next. We will choose love until it becomes our first response . . . Our gut instinct . . . Our natural reaction. We will choose love until it becomes who we are.

Let love start this day.

Let love end this day.

Let love transform the minutes in between.

### OTHER NOTES

**BELPRE LANDING- Job Fair- Aug. 9 from 2:00-7:00 p.m.** Accepting applications for RN, MDS Nurse, LPN, STNA, & Housekeeping. Information on bulletin board.

**OHIO UNIVERSITY HERITAGE COLLEGE OF OSTEOPATHIC MEDICINE - Mobile Medical Clinic Location - 809 Farson St., Belpre, OH; 2017 Clinic Schedule: Sept. 26, 2017**