

PRESCHOOL EXTENDED SESSION

10:30 AM WORSHIP (August 1)

PRESCHOOL I: Marlene Allen, Amy Allen

PRESCHOOL II: Cheryl Gibson, Priscilla Little

PRESCHOOL III: James Karnes, Susan Baxter

USHERS (August 1)

Mike Trent, Chairman
Larry Johnson Jeff Barton,
Chad Shanks, Tim Bass

Tony Queen would like to meet with all **Greeters** and **Ushers** this Sunday, **August 1 at 5:30 pm**, in the fellowship hall.

GREETERS (August 1)

Fred & Sue Luethke, C.B. & Ina Shanks

August 2 VISITATION- Deacon Representatives

Jess Bowling, David Raden

And the People Came . . . (July 25, 2010)

Sunday School	135
Bible Study (B. Seymour)	42
Homebound	0
SONshine Seniors Bible Study (Fri.)	0
Total in Bible Study last week	177

And the People Gave . . . (July 25, 2010)

Weekly Requirements	\$ 9,823.26
Received July 25	\$ 8,140.42
Designated July 25	\$ 315.00

Our church is supported by tithes and free-will offerings.

It is the privilege of all members to give regularly as God has prospered.



SUNDAY, OCTOBER 3

SBA RETREAT CENTER

MARK THIS DATE ON YOUR CALENDAR!



**Birthday Party Celebrating
100th Birthday of
Louise Gibson**

**Saturday, July 31
1:00 – 4:00 PM
CBC Activities Building**

**Your presence is the only gift requested.
Hope to see you there!**

Calvary Baptist Church

Pastor:	Dr. Donnie C. Brannen
Music/Education:	Rev. D. Mikel Caywood
Children /Youth:	Rev. Jon Hoover
Secretary:	Jennifer Ramey
Organist:	Frances Mooney
Pianist:	Debbie Johnson
Keyboard:	Lemuel Mixon
Drummer:	Brian Shoemaker
Parish Nurse:	Barbara Bowling, RN

Periodicals

Heart and Hand (USPS 974-380) Published weekly except Christmas week by Calvary Baptist Church, 1238 Pine Street, Kingsport, Tennessee 37664-2432. Periodicals Postage Paid Kingsport, Tennessee.

Heart and Hand

“Experiencing Christ Through Caring and Sharing”



**Calvary Baptist Church
1238 Pine Street
Kingsport, TN 37664
(423) 245-9157**

Filled with compassion Jesus reached out and touched the man. – Mark 1:41

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July 28, 2010

Schedule of Ministry

Sunday, August 1

9:15 AM Bible Study
10:30 AM Morning Worship
5:30 PM Greeters & Ushers meeting (FH)
5:30 PM The Refinery
6:30 PM Evening Worship

Monday, August 2

Kingsport City Schools open
6:30 PM Visitation

Tuesday, August 3

6:30 PM Deacons Meeting (FH)

Wednesday, August 4

6:15 PM Handbells
6:30 PM Older RAs, RAs, GAs, & Acteens
6:30 PM Prayer Meeting
7:30 PM Choir Rehearsal

Friday, August 6

12:00 Noon SONshine Seniors Bible Study (CH)

Saturday, August 7

Men’s Fellowship Breakfast is cancelled.
9AM – 2 PM TN. Music Ministry Leadership Conference, Colonial Heights Baptist Church



Greetings to all,

If you are like me, a few days of cool temperatures would be a welcome relief. During these days of soaring temperatures, we need to keep watch for signs of heat stroke. These include nausea, vomiting, fatigue, weakness, headache, dizziness, muscle cramps and muscle aches. However, some individuals can develop symptoms of heat stroke suddenly and rapidly without warning. Different people may have different symptoms and signs of heat stroke. But common symptoms and signs include: high body temperature, the absence of sweating with hot red or flushed dry skin, rapid pulse, difficulty breathing, strange behavior, hallucinations, confusion, agitation, disorientation, seizure, and coma. To treat heat stroke get the victim to a shady area, remove clothing, apply cool or tepid water to the skin (for example, you may spray the victim lightly with cool water from a garden hose that is nearby), fan the victim to promote sweating and evaporation, and place ice packs under the arm and in groin areas.

Monitor body temperature with a thermometer and continue cooling efforts until the body temperature drops to 101-102°F (38.3-38.8°C). Always notify emergency services (911) immediately. If their arrival is delayed, they can give you further instructions for treatment of the victim. The most important measures to prevent heat strokes are to avoid becoming dehydrated and to avoid vigorous physical activities in hot and humid weather. If you have to perform physical activities in hot weather, drink plenty of fluids (such as water and sports drinks), but avoid alcohol, caffeine, and tea which may lead to dehydration. Your body will need replenishment of electrolytes (such as sodium) as well as fluids if you sweat excessively or perform vigorous activity in the sunlight for prolonged periods. Take frequent

breaks to hydrate yourself. Wear hats and light-colored, lightweight, loose clothing.

Remember to listen to your body and stay cool.

Adapted from www.medicinenet.com

Blessings,
Barbara Bowling, Parish Nurse

THANK YOU

Thank you for all the prayers and many other expressions of Christian love during the loss of my brother, Nathan Calloway. May God bless each of you.

- Joel & Rhea Calloway

Thank you so much for your generous support of Christmas in July. We will be making a difference in the lives of many children in our community.

- Cheryl Gibson
WMU Director

Thanks so very much for the calls, cards, visits and especially the prayers during my recent surgery. It is wonderful to have Christian friends.

- R.C. Roberts

Christian Love & Sympathy . . .

Mary Bowen & family in the loss of her brother, Ralph Penley. Our thoughts and prayers are with each of you.

RAs and GAs will start back on Wednesday, August 4.

Sunday School Promotion Day is scheduled for Sunday, August 8th.

Tennessee Music Ministry Leadership Conference 2010

Colonial Heights Baptist Church

August 7, 2010 9:00am - 12:00pm

Early Bird conference Registration fee is \$15 per person up until July 22. After then, cost is \$25 per person. If you plan to attend, please contact Mikel Caywood.

There is still time to register.



A group of ladies are going to begin meeting to crochet. If you are interested in either learning or helping someone who doesn't know how to crochet please contact Janice Ham (246-2021). If no answer, please leave a message.

Would you like to help the Interfaith Hospitality Network office with its monthly expenses? Here's one way to do that – purchase the Entertainment 2011 Coupon Books for you and for gifts. To purchase coupon books, see Karen Gilmore or come by the church office. Make your \$25 check to IHN for each book desired. PLEASE HELP A GOOD CAUSE.



Kingsport City Schools - August 2
Sullivan County Schools - August 9

A new school year, a new beginning. Whether our children are just starting kindergarten, entering high school, or leaving the nest for college, our hearts and hopes go with them.

Dear God, today we pray for Your presence to surround our schools, the buses, and the sidewalks our children will walk. Give teachers and school leaders wisdom and patience. Protect our children's minds, bodies and souls from any harm and may we trust that You are always with them. Amen.