



WEDNESDAY SCHEDULE

Brown Bag Bible Study	On Vacation for July
Intercessory Prayer	6:30 p.m.
Voices of JOY Rehearsal	7:00 p.m.
Pastor's Bible Study	8:00 p.m.

A Celebration of JOY!

EVERY SUNDAY!
1:30 p.m.

Comcast	17
TV Max	95
Kingwood	98



Today's Message: "Building Your Life" Part 2

NEXT SUNDAY WE CELEBRATE THE ORDINANCES



HOLY COMMUNION 9:00 A.M.

BAPTISM



Anyone needing Baptism should register at the Member Services Desk today. You will be contacted with information on what to bring.

WHAT IS HEALTHY AGING?

Getting older is a natural part of life. How you will feel as you get older depends on many things, including what health problems run in your family and the choices you make. If you take good care of your body and learn positive ways to deal with stress now, you can slow down or even prevent problems that often come with getting older.

It's never too early or too late to change bad habits and start good ones. No matter when you start, a healthy lifestyle can make a difference in how you feel and what you can do.

What determines how healthy you will be as you get older?

The changes you'll go through as you get older depend on a number of things. One is your family history (genetics). If your family members have diseases or ongoing (chronic) health problems like high blood pressure or diabetes, then you may have a greater chance of having those problems yourself. But just because your risk is higher, it doesn't mean you will definitely have the same problems. In fact, the lifestyle choices you make can help reduce your chances of getting illnesses that run in your family. And even if you do get a family illness, choosing to exercise, eat right, and learning to deal with stress can keep the illness from destroying your ability to enjoy your golden years.

What kinds of changes should you expect as you age?

Changes as you get older are usually gradual. Certain physical changes are common. Your metabolism (how fast your body can burn calories) slows over time, which means that your body needs less food energy than before. Also, most people start needing reading glasses between ages 40 and 50, and many have some hearing loss later in life. Starting in your 50s, bone aging increases. Also starting around age 50, you may notice changes in sexual function—it's normal to have a slower sexual response.

Most vital organs gradually become less efficient with age. The kidneys are less able to keep enough water in your body. And the heart can start to show signs of wear and tear caused by years of eating the wrong foods and not exercising. So as you get older, it's important to exercise, drink plenty of water, and eat the right foods. Doing these things will help your body work well for a longer period of time.

What do you need to do to feel your best as you age?

One of the most important things you can do for your health at any age is exercise. Exercise keeps your body strong, and it helps with how you feel. People who stay active are less likely to get depressed. Exercise can be anything from walking to gardening to working out at the gym. The important thing is to be active almost every day. No matter what your age or condition, there is a type of exercise that's right for you. Always ask your doctor whether it is safe for you to start an exercise program.

Your mental and emotional health are also important. Protect or improve your emotional health by staying in touch with friends, family, and the community. People who feel connected to others are more likely to thrive than those who are not. And try to keep stress at a minimum. In addition to getting regular exercise, you can take charge of how stress affects you by taking 20 minutes a day to just relax.

Protect or improve your memory and mental sharpness by keeping your brain active through learning, doing crossword puzzles, or playing cards or strategy games. Depression can be a serious problem for older adults. If you think you may be depressed, seek help—antidepressant medicine and counseling can help treat depression.

PRAYER LIST



*As for me, far be it from me that I should sin against the LORD by failing to pray for you
1 Samuel 12:23 (NIV)*

Health Challenges

Ranisha Scott
Clifton Reed
Julius Hynson, Jr.
Alice Hawkins
Maude Ferguson
Nate Bradley
James Wood
Josh Ballard
Adline Proctor
Diana Freeney
Robert Anderson
Reuben Anderson
Dr. Michael P. Williams

Sharon Gee
Lucille Matthews
Betty Milner
John Henry
Glenda Taylor
Maretha Tilley
Prentiss Harver
Louise Alexander
Jamar Brooks
Catherine Miller
William Greer III
Mary Mitchell
Donna Williams

Brenda Anderson
Elmorene Mays
Zigwon Carter, Jr.
Rena Leonard
Martin Harver
Teresa Williams
Tira Watson
Lynn Hynson
Selena Watts
Evelyn Scott
Rev. John L. Sherman
Thomas Clark, Jr.

Across the Nation

Brenda Catlin	St. Louis, MO	Elizabeth Dorsey	Dayton, OH
Diane Adams	Baltimore, MD	Mercedes Lopez	Queens, NY
Frank Cross	Detroit, MI	Hattie Hollier	Beaumont, TX
O. B. Gillespie	Tatum, TX	JoAnn Mills	Pocomoke, MD
James Dancy	Hamden, CT	Steven Lawrence	Dallas, TX
William Gillespie	Tatum, TX	Lawrence Miles, Sr.	Fresno, CA
Nancy Van Buren	Calimesa, CA	Meredith Jones	Berlin, MD

L.G. Ferguson	San Antonio, TX
Shawn Matthews	New Castle, DE
Deborah Broadous	Los Angeles, CA
Denisha Willis	San Francisco, CA
Rev. Johnny Maroney	Bakersfield, CA
Danielle Stevens	LaMesa, CA
Nannette Betlach	Calimesa, CA
Rev. Madison Williams	St. Louis, MO
Dr. Bernice Morton	Detroit, MI

Other Prayer Needs

JOY Tabernacle First Family Dr. Gregory Ballard and Family David "Chuck" Williams	Baltimore, MD
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