

# The R.U.T.H. Letter

*Redeemed Unto Truth and Holiness*

## July 2006

*Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus. Romans 15:5*



**Mission Statement:** The Women's Ministry of Living Way Church is dedicated to the building up of one another in unity in accordance to the Word of God. Our goal is to seek out the knowledge of our Lord in order to positively affect our families, support our pastors, and reach out to our community, all to the glory of God. We are committed to obedience to our Lord in teaching His Word, unceasing prayer, submitting to those He puts in authority, and to loving our neighbors.

### Upcoming Events and Announcements

*Looking back :*

#### Friday Fun Night

The June Friday Fun night, which was at the home of Diane Roll, was another time of learning and fellowship. We watched the next installment of the video series by Liz Curtis Higgs titled *Blinded by Love*, from Genesis 29:1-2, and had a brief time discussing it afterward. Then we all enjoyed brownie ice-cream sundaes.

**Looking ahead::** There is **no Friday Fun Night in July** because we have the Couple's Retreat this month. Please join us on Friday, **August 11, at 7 p.m.** for the next installment of the video series, *A Deceiver Deceived*, taken from Genesis 29:21-29. Watch for details in the August *RUTH Letter* and the Sunday bulletin for the location.

#### Prayer Meeting Day

Please join us on **Friday, July 28, from 9:30-11 a.m. at the home of**



**Theresa Bunnell** as we have a time of worship and prayer for our leadership and church activities. You may arrive and leave at any time between that hour and a half. Please call Theresa at (858) 672-1511 if you have any questions, and for directions to her home.

### Scrapbooking

Scrapbookers unite! We will be having our monthly time of getting together to work on our scrapbooks on **Saturday, July 29**, from 9 a.m. to 3 p.m. at the church. If you have any questions, please call Daphne Cortese (858) 486-5334. Please feel free that day to leave and join the ladies at the baby shower, and then return.



### Baby Shower

There will be a shower for Joy and baby Sawyer Balcombe **on Saturday, July 29, 10 a.m.** at the home of Valerie Balcombe, 15027 Amso Street. For gift ideas, please call Christi Juarez at (858) 449-3340 or Nicole Burns at (858) 335-5919.





**“Getting to know you, getting to know all about you.”**

Getting to know two ladies at Living Way Church



**Anne Richardson**

Anne has been attending Living Way Church for approximately 8 years. She and husband Mike moved to San Diego 27 years ago, shortly after they were married. They have 2 grown daughters, Angela and Mary.

We all fondly know Angela

but Mary is settled in Salinas, CA with her husband Josh, who works at the Salinas Prison as a prison guard. Anne’s only grandchild John (pictured with her here), visits every summer for several weeks

Anne came to know the Lord at the tender age of 14½ and the very next summer she volunteered to teach the kindergarten class at her church’s Vacation Bible School. Immediately, she was hooked on working with kids.

Throughout her Sunday School teaching experience she has instructed all age groups AND on the way became specialized in the cults. Currently, at LWC Anne is serving as our Christian Education Director, and Monday through Friday she is in her 4<sup>th</sup> year teaching the pre-kindergarten class at North City Preschool on Poway Road.

In her leisure time, Anne is an avid mystery novel reader. She has five specific authors who keep her spellbound plus the series called *The Cat Who*. . . Anne has things she wishes to accomplish and places she would like to go. Moving back to the South (she and Mike have most definitely hung on to their Southern accents) someday is a desire. A trip to India is also a desire. The book that has had the most impact on Anne is the biography of Amy Carmichael. A missionary from the late 1800’s, Miss Carmichael did incredible work – rescuing children from the temples where they were sold into slavery and prostitution. She founded the Donavur Fellowship which is still working today in those same rescues. One of Anne’s greatest desires is to finish her Bible College education in Christian Education/Pastoral Studies with the hope of someday teaching at the Bible College

Anne’s favorite verse is Romans 8:28 – “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

Please say hello to Anne and ask her to share some of her favorite classroom stories Southern style!



**Ann Clegg**

Ann has been attending Living Way Church for 8 years. She and Kevin have been married for 19 years and they have two daughters. Rachel is 16 years old and Crissa is 13. Ann has been home-schooling her girls for the last 6 years.

Ann was born in Texas but

was adopted by her family when she was 3 years old and has lived in San Diego County ever since. There was a two year period when they lived in Pakistan. Ann was quite young when her dad’s teaching job took them there but be sure to ask her about the horses he used to rent for her while in that foreign country. After that, it’s been all about Poway!

Ann graduated from Poway High School and has done a myriad of jobs ranging from bank teller to 411 operator to service dept. at a car dealership. She says someday she would love to work either in a hospital nursery or in some kind of work with animals.

In her spare time, Ann loves to read, play games and go window shopping with girlfriends. Her travel goals are Hawaii, Australia and St. Martin but for now they do their visiting near home.

Here, at LWC, Ann is very active in children’s ministries. She has worked in Superchurch during the summers with Lori Hale. She has been the person to oversee all the game booths for our Harvest Festival every October and she was very involved in the Women’s Friday Night Fellowships. Ann also enjoys being in the choir and the nursery. She says she would consider a missions trip in the future, when the Lord puts it on her heart.

Ann thought her story of how she came to the Lord was not very interesting but I had to disagree with her. It’s a perfect example of how you never know where what you do for someone will lead. Back when her daughter Rachel was 5 years old, an upstairs neighbor, Betsy Fleischman, began bringing her to Living Way Church with her and Rachel loved it. When they moved, their new neighbor, Terry Mallard, also brought Rachel to Living Way Church with her. Ann finally became curious enough to visit the church herself and slowly while going through the Covenants class she decided to ask Jesus into her life. Alongside the angels in heaven, we rejoice that she did! Give Ann a big hug when you see her.

## Health Ministry News

Hello from Betsy !

### Minor Heat Disorders



**SUNBURN:** Causes: over-exposure to sun's ultraviolet rays. Symptoms: redness and pain; swelling of skin; blisters; fever and headache if severe. Treatment: Get out of the sun; soapy shower to unblock pores; apply topical treatments to stop burn; skin lotions, topical anesthetics; aloe gel or vinegar splash. Bandage blisters.

**HEAT RASH:** Causes: Hot humid environment; sweat ducts plugged; sweat won't evaporate; skin stays wet most of the time. Symptoms: Red rash, itching. Treatment: Apply ointment.

**DEHYDRATION:** Causes: Insufficient fluid intake; excessive loss of water and salt through perspiration. Symptoms: Deep yellow colored urine or infrequent urination. Treatment: Drink more water, even before you feel thirsty. One quart per hour recommended in high heat (that's 5-7 ounces every 15-20 minutes).

### Major Heat Disorders

**HEAT CRAMPS:** Causes: Too much physical labor in the heat, dehydration. Symptoms: Muscle cramps in legs, arms or abdomen; heavy sweating; hot moist skin; normal pulse, normal to slightly high body temp. Treatment: Sip weak (1 percent) doses of salt water. Prevention: Drink plenty of water, rest more often.

**SEVERE HEAT STRESS:** Causes: Dehydration, over exposure to heat. Symptoms: Dizziness, throbbing headache, chest pain, problems breathing, sudden lack of perspiration, inability to focus. Treatment: Reduce stress on your circulatory system immediately. Prevention: Drink plenty of water, rest more often.

**HEAT EXHAUSTION:** Causes: Dehydration, over exposure to heat. More likely to occur after a few days of a heat wave, rather than at the beginning. Symptoms: Fatigue, weakness, faintness, dizziness, heavy sweating, chills, restlessness, nausea, headache, vomiting,, beet-red face or skin is pale and clammy, pulse rapid and weak (120 to 200) Temp. 98.6 to 102 degrees. Low to normal blood pressure. Treatment: Move to cooler environment, lie down and elevate the legs. Cool victim as quickly as possible, sponge with cool water, loosen clothing, fan them. Give sips of saline solution (discontinue if nausea occurs.). Prevention: Shield from sun, drink water often, reduce excessive perspiration by removing excess layers of clothing.

**HEAT STROKE:** Causes: Dehydration and over exposure to heat overwhelms the body's cooling system. Symptoms: Body temp. 103+; may begin like *heat exhaustion*, lethargy, confusion, sweating stops, hot, dry, flushed skin, breathing becomes shallow, pulse rapid, pupils constricted, high blood pressure. May pass out, have seizures, deep coma. Treatment: Call 911 immediately! Untreated, nearly always fatal. Cool down as fast as possible — move to shade or air conditioning, immerse in water, massage with ice, sponge with cool water, elevate head and shoulders. Do not give fluids if unconscious. Prevention: Treat Heat Exhaustion promptly. Shield from sun, drink water often, reduce excessive perspiration by removing excess layers of clothing.

### Prayers and Squares

For those of you who have interest in a Prayers and Squares ministry local to LWC, please consider ways that you would like to get involved! There has already been a good response to the idea so we are looking to start up a new chapter sometime in July.

We have found a location to work on the cutting and sewing within Poway on Thursday evenings from 6-8 pm.

The Prayers and Squares Motto is: "It's not about the quilt, it's about the prayers". We are to pray for one another. We are to encourage one another in their faith. We are to love one another.

Please give Shirley Vigil a call at (858) 748-6883 if you would like further details or updates on how things are progressing.

### Bunko Reminder

The July bunko will be on **Monday, July 31 at 7 p.m.** in the East Room at the church. If you sign up and are unable to come **please provide a substitute player for yourself.** You can get a list of substitutes and their phone numbers at the sign-up table.

You can sign up one of three easy ways: (1) At the Women's Ministries table each Sunday in July; (2) call Mia Zamora or Renee Robinson; or (3) email. Please register and prepay \$5 by **July 23.** We need people to sign up to bring goodies too! Mia can be reached at (858) 668-0954, or email her at [mzamora@cox.net](mailto:mzamora@cox.net); and Renee can be reached at (858) 231-0177, or email her at [naenae1@cox.net](mailto:naenae1@cox.net).

### Who's Who in Women's Ministry

<b>Coordinator</b>	
Diane Hickox	(858) 484-8065
<b>Church Socials</b>	
Liz Charos	(760) 443-3444
<b>Baby and Bridal Showers</b>	
Amy Juarez	(858) 468-4299
<b>Friday Night Fellowship</b>	
Josie Abernethy	(858) 486-2844
<b>Meals</b>	
Amy Juarez	(858) 486-4299
<b>Newsletter</b>	
Kathi Aubry	(858) 748-0477
<b>Nursery</b>	
Jessica Morgan	(858) 485-9980
<b>Women's Bible Studies</b>	
Diantha Simila	(858) 487-0680
<b>Prayer Ministry</b>	
Theresa Bunnell	(858) 672-1511