

THE Loop

A Weekly Publication of Kilmarnock Baptist Church
Thursday, July 21, 2016

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Sunday Mornings

@ 9:45am Sunday School
@ 11am Worship (nursery available)

Meals on Wheels--During the month of August, KBC will again deliver meals on Mon., Wed., Fri. mornings. We will need 10 teams of two people each to cover the month. If you would like to be a party of this rewarding ministry, please notify Barbara Price (435-6839) or Nancy Wetherington (435-1007).

Meals on Wheel

The Master's Blend Sunday School class invites the entire church and friends to our annual Picnic at Belle Isle State Park on Saturday, August 6, 2016 in the Humphrey Shelter. Plan on arriving about 4:00 pm for fellowship. We plan on eating Hamburgers, Hot Dogs and Drinks, which will be provided, at 5:00 pm. Bring a dish to share. The guest soloist is gospel singer, Sharon Mann.

TOP TIPS TO BEAT THE HEAT

- H₂O to go**
Take a bottle of cold water with you when you're out and about.
- Avoid**
Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse, so think about avoiding them during hot weather.
- Be cool**
Make use of fans or air-conditioners set to cool.
- Rest**
Make sure you get enough sleep and rest if you feel tired.
- Dress down**
Wear lightweight, light coloured, loose-fitting clothes made from natural fibres, like cotton or linen.
- Enjoy**
Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.
- Soak**
Take a cool shower or bath to help you cool down when you feel hot.
- Shade**
Wear a hat or take an umbrella with you for shade if you're outside on a hot day.

WATCH OUT

- Be on the lookout for any symptoms of heat related illness.
- See your GP if you are unwell.
- In a medical emergency, call 000.

www.sahealth.sa.gov.au

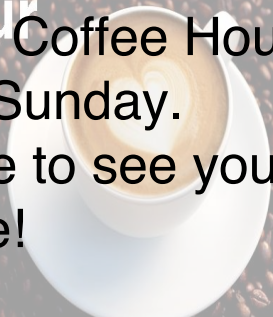
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SA Health

Behold, I send you out as sheep in the midst of wolves. Therefore be wise as serpents and harmless as doves. Matthew 10:16



JOY will NOT have a regular meeting in June or July, as we are busy with other events. We are planning a meeting, with a movie, for August 30th - more information will follow.

There will be a
Business Meeting
after Coffee Hour
this Sunday.
Hope to see you
there!



For July, we are collecting sunglasses, watches, flashlights with extra batteries, jewelry, hair clips, bows, combs and brushes. Don't forget the pencil sharpeners! New ideas are always welcomed. Please keep in mind the size of the shoebox and the age of the child, 2-4, 5-9, 10-14.

The youth of the **Haiti Mission Team** are available to do odd jobs to raise money for our trip in August. Please contact Pastor Matt or Robbie if you have any work for our teens.



WMU News

We are looking for cookie recipes suitable for diabetics. We will package and deliver the cookies twice a year. Once for Teacher Appreciation, and again for our shut-ins during the holidays. If you have a recipe to share, please give it to any of our WMU members. We would really appreciate it.

Our Haiti trup is August 1-8, 2016. Pray for us!!

