

Bethesda Baptist Church
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MAKING A CONNECTION

“SISTERS EMBRACING OUR SEASONS IN CHRIST”



NEWSLETTER - Summer 2017



To everything there is a SEASON
{Ecclesiastes 3:1a}
Embracing Your Season

The Bethesda Baptist Women Ministry under the leadership of First Lady Lisa Palmer is continuing the focus of embracing our seasons as women. There is hope and assurance in trusting God to see us through whatever situation we find ourselves.

On April 22, 2017, a session was held on the season of Seed-Planting. This session was based on Part One, chapters 1, 2, and 3 from Lois Evans' book Seasons of a Woman's Life. Sisters Terri Burrell, Camilla Faulkner, and Jennie Sanders were presenters on the three areas of seed-planting: The Call, the Commitment and Christian Communion. Lady Lisa concluded the session with a special message of encouragement and the experience of planting seeds. The fellowship was a blessed experience!

Women's Ministry Reflection

The following excerpt are words from Lois Evans in her book, **Seasons of a Woman's Life**:
Will it always be like this? At one point or another, women in all phases and walks of life have felt trapped, stuck, empty, or overwhelmed, wondering if their situation will ever change. Will I ever get married? How much longer must I change diapers? Will my teenager's rebellion ever end? Is my empty nest a little too empty? These are real, honest, sincere questions, and the answer is safely, "No, life will not always be like it is today." (Because of the promises of God!)

Never be afraid to trust an unknown future to an all-knowing God.

With a quiet
He who believes in God
Is not careful for the morrow,
But labors joyfully and with a great heart.
He must work and watch
Yet never be anxious or careful,
But commit all to Him,
And live in serene tranquility
With a quiet heart, as one who sleeps
Safely and quietly.

---Martin Luther

“Embracing your Season” Hat and Fashion Show Extravaganza

The Bethesda Baptist Church Women’s Ministry presented a hat and fashion show extravaganza on Saturday, June 10, 2017. This event was coordinated by Sister Camilla Faulkner, Assistant Women’s Ministry Leader.

The Fellowship Hall was transformed into an elegant site of seafoam, black, and white decorations. The program entailed worship, prayer, an inspiring message of encouragement, memories of Bethesda members, fashions, testimonies of seasonal life experiences, great food and magnificent fellowship.

This event was designed to be an opportunity to build unity among the saints, to be inclusive of the total church family, and to witness how we are embracing our seasons in life regardless of the situations that we find ourselves.

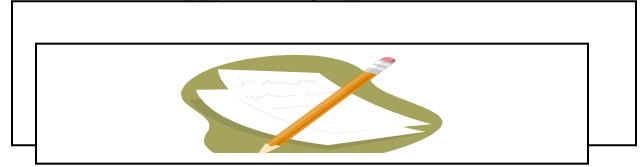
Kudos and blessings to the following members of the Women’s Ministry who were courageous in their service and commitment to this fellowship: First Lady Lisa Palmer, Sisters Camilla Faulkner, Bobbie Taylor, Michele Berry, Gloria Brown, Gwen Brown, Nyemah Brown, Terri Burrell, Deborah Dickerson, Frances McCannon, Carol Peyton, Jennie Sanders, Suni Tatum, Erika Thompson, Sharon Turner, and Nicole Wood.

The Bethesda Baptist Church Seniors’ Ministry

The Bethesda Baptist Church Seniors’ Ministry under the leadership of Sister Adrilla Howard celebrated its 10th Anniversary on Wednesday, April 26, 2017. The theme was “Enhancing Seniors’ Lives through Education, Spirituality, Social/Health Concerns, and Recreation. The scripture reference was II Peter 3:18 “But grow in the grace and knowledge of our Lord and Savior Jesus Christ...To Him be the glory both now and forever. Amen” The celebration was indeed a blessing to all who attended.

There was much information shared and many opportunities for fun and fellowship. A delicious meal was served and enjoyed.

The Seniors’ Ministry is designed to focus on and enhance the continued spiritual, educational, recreational and social growth of members 55 years of age and older



ACKNOWLEDGEMENTS

Girl Scouts in Service

Troop 44027 would like to thank you for support and generous contributions to our collection drive. With your support, we were able to make 23 bags of feminine products for homeless women living at the Harriet Tubman Emergency Shelter on the DC General Campus. The girls decided to walk the shelter grounds handing out the bags to any woman who wanted them. The women were very appreciative and thankful for the girls' service.

Women of Bethesda thanks for being Courageous in your giving!

90th Birthday Celebration

On June 5, 2017. Sister Edith Berry celebrated her 90th Birthday.



May God continue to shower you with His favor!
Michele Berry, your daughter

READY FOR A GOOD BOOK?

Suggested Books to Read

Married Women:

- 1) Praying God's Word for Your Husband by Kathi Lipp
- 2) The Love Dare by Alex and Stephen Kendrick
- 3) Sheet Music: Uncovering the Secrets of Sexual Intimacy in Marriage by Kevin Leman

All Women:

- 1) What Happens When Women Say Yes to God by Lysa TerKeurst
 - 2) Living Whole Without a Better Half by Wendy Widder
 - 3) Starting From Scratch When You're Single Again by Sharon M. Knudson and Mary Fran
- Submitted by Lady Lisa
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June Highlights

- Father's Day, June 18, 2017
- Education Sunday/ JD Bussey, June 25, 2017
- Vacation Bible School, June 26 - 30th
- DC Choral Union Concert, June 25, 2017

July Highlights

- Independence Day, July 4, 2017
- Church Business Meeting, July 8, 2017
- Women's Ministry Fellowship Planning Meeting, July 22, 2017

August Highlights

- Women's Ministry Fellowship, August 26, 2017

SAVE THE DATE!

HOWARD UNIVERSITY CANCER CENTER

4th Annual Rosemary Williams

BREAST CANCER BRUNCH

Please join us for our Annual Brunch and Awards Presentation

Sunday, October 15, 2017

11:00 AM - 12:00 PM | **Entertainment and Welcome**

12 PM - 1:30 PM | **Brunch**

1:30 PM | **Program, Entertainment, and Awards Presentation**

Martins Crosswinds | 7400 Greenway Center Drive, Greenbelt, MD 20770

Honorary Chair | Ms. Andrea Roane, WUSA 9 Noon News Anchor and Medical Reporter

PROCEEDS WILL SUPPORT THE HOWARD UNIVERSITY CANCER CENTER'S HIGH IMPACT BREAST CANCER DISPARITIES PROGRAMS INCLUDING THE ROSEMARY WILLIAMS MAMMOGRAPHY PROGRAM, THE EQUAL ACCESS TO GENETIC TESTING FUND AND THE TRANSDISCIPLINARY BREAST CARE CLINIC

TICKETS: \$100

FOR MORE INFORMATION OR TO PURCHASE TICKETS VISIT OUR WEBSITE: WWW.CANCER.HOWARD.EDU OR CALL (202) 806-7851

Instagram: @hu_conquers_cancer Facebook: @huccenter1

See Sister Michele Berry if you have questions.

MEDITATION MESSAGES AND RELECTIONS

You Have Been Set Free

By Dr. Tony Evans

The celebration of Independence Day by our nation each year ushers in a time of rest, enjoyment, great food and even greater displays of fireworks. All across the land you can witness the elaborate display of our independence. But in life, we have another kind of independence that carries with it even more blessings and rights than our national independence.

I call it spiritual independence.

If you have named the name of Christ as your only Lord and Savior, you have declared independence from the rule of sin and Satan over your life. You have been set free. As Colossians 1:13 tells us, “For He rescued us from the domain of darkness, and transferred us to the kingdom of His Beloved Son.”

Having declared spiritual independence from the rule of Satan, though, you may be wondering why you are still in a fight. You may be curious why it often feels you are still in a battle. Just like America didn’t secure her freedom simply by asking or declaring it to be so, Satan is not about to let you go without putting up his opposition.

Satan knows that when and if he lets you out from under his influence, you become too dangerous to his agenda. Instead of him telling you what to do, **you will be telling him what you are going to do.** That doesn’t sit well with Satan at all. Even though you have been *legally* set free from the reign of sin in your life, Satan does not want you to be *experientially* set free.

It’s one thing to have a status of freedom; it’s another thing entirely to experience it.

My hope for you, dear friend, is that you will be brought into the full realization and experience of **YOUR spiritual freedom.** Jesus Christ, through the apostle John, wrote a message to the seven churches of Asia Minor where He addresses your freedom in a number of ways. Now, before we dive in, I want to point out that throughout the book of Revelation, the number **SEVEN** comes up regularly. We read there are:

- Seven churches (1:4, 11, 20)
- Seven golden lampstands (1:12-13, 20; 2:1)
- Seven stars (1:16, 20; 2:1; 3:1)
- Seven spirits (1:4; 3:1; 4:5; 5:6)
- Seven lamps (4:5)
- Seven seals (5:1, 5)
- Seven horns (5:6)

These are just a few of the mentions of seven in Revelation. There are many more. The number seven in the Bible is **the number of completeness and fullness.** When the number **SEVEN** is used, it often means things have reached their full expression. It is also the number often used to signify *perfection*. When we see Jesus writing to these **SEVEN** churches, we can infer that He wants them to be complete, fulfilled and not lacking. Therefore, He gives each of the **SEVEN** churches specific areas in which to improve. In a sense, He is saying to them, “If you strive in each of these areas, you will have overcome completely.”

Even though each church has its own uniqueness, problems, pressures and burdens—the message is actually very much the same to all. This is why even though each of us comes to this study and teaching series with different needs and issues—some may be emotional, others physical, circumstantial, financial, career-based and more—the **solution rests in the same concept.**

While the specificity of everyone’s situation will need to be addressed differently, the overarching solution lies in one approach. We read it several times in these passages in Revelation:

- He who has an ear, let him hear what the Spirit says to the churches. (2:7)
- He who has an ear, let him hear what the Spirit says to the churches. (2:11)
- He who has an ear, let him hear what the Spirit says to the churches. (2:17)
- He who has an ear, let him hear what the Spirit says to the churches. (2:29)
- He who has an ear, let him hear what the Spirit says to the churches. (3:6)
- He who has an ear, let him hear what the Spirit says to the churches. (3:13)
- He who has an ear, let him hear what the Spirit says to the churches. (3:22)

SEVEN times Christ says the same exact thing, “He who has an ear, let him hear.” Every one of His messages—although each is to a different group of people who have a different

set of problems—boils down to the same common solution.

This implies that it is possible to have an ear and not hear. It is possible to get the audio and watch the video and still not get the truth. He is saying that whoever has the capacity to receive the data ought to take heed to it. Because the hearing with the ear has as its goal the heeding of the truth.

All of us have things we need to overcome. These are challenges, circumstances, emotions, habits or situations that are holding us down. But guess what? God not only wants you to overcome life's scenarios, **He has provided the way for you to do just that.** Isn't it time you experienced your complete spiritual victory and freedom?

WOMAN TO WOMAN

By Lois Evans

Have you ever prayed, "What now, God? Where will the money come from to pay for my children's schooling? Or the mortgage? Or even gas for my car so that I can get to where I need to go?" While these are earnest prayers caused by very real needs, Matthew 6:31-32 reminds us not to be anxious because our Father knows exactly what we need. Instead of focusing on how our legitimate needs will be met, we are to focus on the Father and what His Word says to us.

Ideally, our prayers and even our behavior should be driven by what God has to say about the issues we are facing. His words are meaningful to the point that we should delight ourselves in knowing it. His Word holds the answers to everything that causes us to worry today.

Psalm 1:2 says, "*But his delight is in the law of the Lord, and in His law, he meditates day and night.*"

Our joy and peace do not come from simply having our financial needs met, but knowing and delighting in the One who meets all of our needs. This is His desire for us: to be so focused **on Him** that regardless of what is happening around us, we are confident that the Lord will have the answer.

Seasons In Life

by Cindy Wyatt

To everything in life there is a season
with every phase a purpose and reason

When one season ends a new one will begin
gaining wisdom from where we have been

A season to press forward to what lies ahead
leaving the past behind and by Jesus being led

A season to labor in the harvest field
and a time to rest while in comes the yield

A season to weep and a time to rejoice
a time to be silent and a time to lift up our voice

A season to meditate on God's love and His word
a time to tell the gospel to others as you have heard

A season to be healthy, robust, and strong
a time of weariness and pain and for Heaven long

A season to abound and a time to suffer need
all the while ploughing to sow the gospel seed

A season to be active and a time to be still
all things according to God's perfect time and will

A season to be born and a time to die
when we fly away and go to our home on high

Ecclesiastes 3:1

To everything there is a season, and a time to every purpose under the heaven.

In THE KITCHEN



Make everything more delicious with preparation Love!

Weight Watchers Vegetable Soup

Ingredients

- 1 tsp olive oil
- $\frac{1}{8}$ tsp minced garlic, or to taste
- $\frac{1}{4}$ cup(s) uncooked onion(s), chopped
- $\frac{1}{4}$ cup(s) uncooked celery, chopped
- $\frac{1}{4}$ cup(s) uncooked carrot(s), chopped
- 1 cup(s) reduced-sodium chicken broth, or reduced-sodium vegetable broth
- $\frac{1}{2}$ cup(s) canned diced tomatoes, with seasonings
- $\frac{1}{4}$ cup(s) cooked whole wheat pasta, elbow variety

Notes

Heat olive oil in a small saucepan over medium-high heat. Add minced garlic and cook, stirring, until lightly browned. Add chopped fresh vegetables and sauté until tender. Add reduced-sodium chicken or vegetable broth, canned diced tomatoes and cooked whole wheat pasta, season to taste and simmer until heated through.

Submitted by Cecelia Johnson

How to Eat More Vegetables

Adapted from "A Veggie Venture" by
Alanna Kellogg, St. Louis Missouri

TIP #1

Reverse the order. In our very language, let's talk about eating more *vegetables and fruits*, not fruits and vegetables. Why? Because fruit is so easy to like. It's sweet, it's easy to grab, it requires no kitchen, let alone cooking. Fruits are the brownies of the plant world. It's vegetables we need to really concentrate on, frankly, they're harder. So, let's put first things first: vegetables.



TIP #2

Change the language. While we're working on the words, let's replace "I don't like vegetables" with "I don't like canned peas". Let's substitute "I don't like creamed vegetables" with "I don't care for creamed carrots." That way, the language itself leaves open the *possibility of liking vegetables* -- versus excluding the entire family of vegetables, versus nixing a particular vegetable, versus forgoing all vegetables prepared a certain way.



TIP #3

Move past broccoli, broccoli and more broccoli or carrots, carrots and more carrots. Quick, name five vegetables you cooked in the last month. Can you? Most of us eat the same couple of vegetables cooked in the same ways again and again. To eat more vegetables, first get out of the rut of your own version of same-old broccoli or same-old baby carrots. Start by identifying just one new vegetable to try. [Food Blog Search](#) for a recipe that appeals.



TIP #4

Snack before supper. What??? Don't moms and dads always say, "No snacks before dinner! You'll ruin your appetite!" Use smart snacks. Wash and cut up cauliflower, broccoli and carrots straight from the grocery and keep miniature cucumbers.



TIP #5

Get serious about smoothies. Man, we love our smoothies! So many of you wrote in to suggest smoothies as a great way to incorporate more vegetables into our diets.

Reader Kathleen H. from Gallup, NM says that with smoothies, there's no worrying about recipes, about seasoning, about serving. Just blend up the vegetables and serve alongside protein for a complete meal. She recommends starting out with just mild, sweet veggies (for example, apple, carrot, and spinach), then working up to more serious smoothies. Here's how Kathleen does it:

"I have a Vita-Mix blender and use it to make a 'liquid salad' for lunch and dinner. I wash, cut and toss into the Vita-Mix: half an apple, a carrot and greens of choice (usually a big handful of broccoli florets, parsley and cilantro) and maybe also spinach, Brussels sprouts, celery and kale. Add a little water and blend it up."

She's got the prep down too. "I prepare four rounds of veggies at a time, using 2 apples, 4 carrots, a small bunch of broccoli, a bunch of parsley, a bunch of cilantro. I wash and chop everything, then separate it all into four plastic bags and refrigerate. When I'm tired and hungry, I just dump one bag into the Vita-Mix, add a little water, and blend."



TIP #6

Make it a project. Make it do-able. Make it fun.

Make vegetables your next project. How about trying a vegetable in a new way every single day for a month? (Hey! It worked for me, it was the genesis of A Veggie Venture back in 2005!) But trust me, that's also some ambitious, so instead, how about setting out to try one new vegetable a month, or one new recipe a week?



TIP #7

Move vegetables to the center of the plate. Both figuratively and literally.

First, the figurative. When planning the week's menus, start with the vegetable, then plan the meal around it, as in, "Tonight we're having roasted asparagus. Let's see, that would taste great with roasted salmon." (Sound good? It is! This is a favorite spring recipe, [Roasted Salmon & Asparagus](#), just 10 minutes hands-on time, no kidding.)

Now the literal. Place a large portion of vegetables on the plate. Now squeeze on a little protein.



TIP #8

Paint the plates with color. The most nutritious vegetables are bright- and deep-colored. Think the orange of sweet potatoes, the crimson of tomatoes, the claret of beets. Vegetables add verve and color to a plate, especially compared to cooked meat. Use the color to please the eye and inspire the appetite.

TIP #9

Move on. If you try a vegetable and don't like it, no problem, move on, there's another. Life's too short to eat stuff we don't like when there are plenty more choices. Besides, didn't your mother make you eat canned spinach, creamed corn, overcooked asparagus and don't you *still* hate that one thing?



TIP #10

Take a chemistry lesson. If someone doesn't like a particular vegetable, it's possible that he or she just might be sensitive to chemicals that make someone appear to be a 'picky eater' -- and sometimes, the chemical aversion can be overcome by cooking the vegetable in a certain way.

For example, we all know people who hate Brussels sprouts. But the dislike is likely all about a sensitivity to bitterness caused by chemicals called glucosinolates. To counter this, the trick is to break up the center of the sprouts by cutting them in half and then, to leach out the chemicals, to cook them in a lot of well-salted water. Forget steaming, forget roasting, the chemicals must be drawn out of the core.

TIP #11

Ask for help. Putting a main dish, a vegetable and a salad on the table can be a lot for a busy cook just home from 'work' (ahem). Recruit help. Can the kids wash and prep the vegetables? Can someone man the grill?

TIP#12

"No Time" is No Excuse. Thanks to reader Chris F. for this tip! Chris says she has only about 25 minutes for lunch, not enough time to crunch through a vegetable salad. So, she buys bags of frozen broccoli and cauliflower, steams and purées them. For breakfast, she adds a spoonful to a morning smoothie, for lunch, she throws a scoop onto her salad.

The point here is not let "time" -- that is, "no time" since we all live busy-busy lives -- take charge. If it's a priority, there's time. And if it's not a priority? Well, that's okay. But if it is a priority? There's time.



TIP #13

Cook once, eat twice. Once cooked, many vegetables are just as good warmed up the next day. So, alternate back and forth, cooking two (or three) meals' worth of vegetables one night, two meals' worth of the main dish the next.

Make Eating Vegetables Fun!!

Sweet Potato Pie

Ingredients

3 lbs. sweet potatoes
1 ½ lbs. sugar
½ lb. butter
6 eggs
1 pt. milk (your choice)
4 tsps. Lemon extract (spices of your choice)
Boil potatoes. Peel. Add sugar, butter, (Spices) and mash. Beat eggs; add to mixture and beat until smooth. Stir well. Pour into pre-baked crusts and bake at 350 degrees for 45 minutes. (Makes 3 pies.)

Submitted by Sister Cynthia Keeling

Notes of Interest

2017 Summer Safety Tips

Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP). For sun and water safety tips, see this [tip sheet](#). Please feel free to use them in any print or broadcast story, with appropriate attribution of source.

FIREWORKS SAFETY

- [Fireworks](#) can result in severe burns, blindness, scars, and even death.
- Fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1000 degrees Fahrenheit, and can burn users and bystanders.
- Families should attend community fireworks displays run by professionals rather than using fireworks at home.
- The AAP recommends prohibiting public sale of all fireworks, including those by mail or the Internet.

BUG SAFETY

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- If possible, eliminate stagnant water, such as in bird baths or fish ponds, in your yard. Dump any buckets or tires that may contain standing water. Check that your window screens are tightly fitted and repair any holes to keep bugs out of the house.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently back it out by scraping it with a credit card or your fingernail.
- Combination sunscreen/insect repellent products should be avoided because the sunscreen needs to be reapplied every two hours, but insect repellent should not be reapplied that often.
- Use [insect repellents](#) containing DEET when needed to prevent insect-related diseases.

Ticks can transmit Lyme Disease, and mosquitoes can transmit West Nile, Zika virus, Chikungunya virus and other viruses.

- The current AAP and CDC recommendation for children older than 2 months of age is to use 10% to 30% DEET. DEET should not be used on children younger than 2 months of age.
- The effectiveness is similar for 10% to 30% DEET but the duration of effect varies. Ten percent DEET provides protection for about 2 hours, and 30% protects for about 5 hours. Choose the lowest concentration that will provide the required length of protection.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when they return indoors.
- As an alternative to DEET, picaridin has become available in the U.S. in concentrations of 5% to 10%.
- When outside in the evenings or other times when there are a lot of mosquitoes present, cover up with long sleeved shirts, pants and socks to prevent bites.
- Children should wear hats to protect against ticks when walking in the woods, high grasses or bushes. Check hair and skin for ticks at the end of the day.

PLAYGROUND SAFETY

- The [playground](#) should have safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches (6 inches for shredded rubber). The protective surface should be installed at least 6 feet (more for swings and slides) in all directions from the equipment.
- Equipment should be carefully maintained. Open "S" hooks or protruding bolt ends can be hazardous.
- Swing seats should be made of soft materials such as rubber, plastic or canvas.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.
- Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items

to play equipment; children can strangle on these. If you see something tied to the playground, remove it or call the playground operator to remove it.

- Make sure your children remove helmets and anything looped around their necks.
- Metal, rubber and plastic products can get very hot in the summer, especially under direct sun.
- Make sure slides are cool to prevent children's legs from getting burned.
- Do not allow children to play barefoot on the playground.
- Parents should supervise children on play equipment.
- Parents should never purchase a home trampoline or allow children to use a home trampoline because of the risk of serious injury even when supervised.
- Surrounding trampoline netting offers a false sense of security and does not prevent many trampoline-related injuries. Most injuries happen on the trampoline, not from falling off.
- If children are jumping on a trampoline, they should be supervised by a responsible adult, and only one child should be on the trampoline at a time; 75% of trampoline injuries occur when more than one person is jumping at a time.
- Homeowners should verify that their insurance policies cover trampoline-related claims. Coverage is highly variable and a rider may need to be obtained.

BICYCLE SAFETY

- A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.
- Your child needs to wear a [helmet](#) on every bike ride, no matter how short or how close to home. Many injuries happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Set the example: Whenever you ride, put on your helmet.
- When [purchasing a helmet](#), look for a label or sticker that says the helmet meets the CPSC safety standard.

- A helmet should be worn so that it is level on the head and covers the forehead, not tipped forward or backwards. The strap should be securely fastened with about 2 fingers able to fit between chin and strap. The helmet should be snug on the head, but not overly tight. Skin should move with the helmet when moved side to side. If needed, the helmet's sizing pads can help improve the fit.
- Do not push your child to ride a 2-wheeled bike without training wheels until he or she is ready. Consider your child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes. Consider a balance bike with no pedals for young children to learn riding skills.
- Take your child with you when you shop for the bike, so that he or she can try it out. The value of a [properly fitted bike](#) far outweighs the value of surprising your child with a new one. Buy a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.
- Your child should ride on the right, facing the same direction as traffic, and should be taught to obey all stop signs and other traffic control devices. Children should never ride at night.

SKATEBOARD, SCOOTER, IN-LINE SKATING AND HEELYS SAFETY

- All [skateboarders](#) and scooter-riders should wear protective gear; helmets are particularly important for preventing and minimizing head injuries. Riders should wear helmets that meet ASTM or other approved safety standards, and that are specifically designed to reduce the effects of skating hazards.
- Communities should continue to develop skateboard parks, which are more likely to be monitored for safety than ramps and jumps constructed by children at home.
- While in-line skating or using Heelys, only skate on designated paths or rinks and not in the street.
- Most injuries occur due to falls. Inexperienced riders should only ride as fast

as they can comfortably slow down and maintain control. They should practice falling on grass or other soft surfaces.

- Before riding, skateboarders should survey the riding terrain for obstacles such as potholes, rocks, or any debris.
- Protective wrist, elbow and kneepads should be worn.
- Children should never ride skateboards or scooters in or near moving traffic.
- Children should never skate alone. Children under the age of eight should be closely supervised at all times.

ALL-TERRAIN VEHICLES

- Children who are too young to have a driver's license should not be allowed to operate or ride off-road vehicles. Children are involved in about 30 percent of all ATV-related deaths and emergency room-treated injuries.
- Because their nervous systems and judgment have not fully developed, off-road vehicles are particularly dangerous for children younger than 16 years.
- Don't ride double. Passengers are frequently injured when riding ATVs. Most ATVs are designed to carry only one person: the driver. Passengers can make ATVs unstable and difficult to control.
- All ATV riders should take a hands-on safety training course.
- All riders should wear helmets, eye protection, sturdy shoes (no flip-flops), and protective, reflective clothing. Appropriate helmets are those designed for motorcycle (not bicycle) use, and should include safety visors/face shields for eye protection. Wearing a helmet may prevent or reduce the severity of injuries.
- ATVs lack the common safety equipment found on all cars and trucks that are designed for street use. ATV tires are not designed to grip on pavement, so operators should not ride on paved roads. Parents should never permit nighttime riding or street use of off-road vehicles.
- Flags, reflectors and lights should be used to make vehicles more visible.

- Drivers of recreational vehicles should not drive while under the influence of alcohol, drugs or even some prescription medicines. Parents should set an example for their children in this regard.
- Young drivers should be discouraged from on-road riding of any 2-wheeled motorized cycle, even when they are licensed to do so, because they are inherently more dangerous than passenger cars.

LAWN MOWER SAFETY

- Only use a mower with a control that stops the mower blade from moving if the handle is let go.
- Children younger than 16 years should not be allowed to use ride-on [mowers](#). Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.
- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- Do not allow children to ride as passengers on ride-on mowers.
- Keep children out of the yard while mowing.
- Drive up and down slopes, not across, to prevent mower rollover.
- Keep guards, shields, switches, and safety devices in proper working order at all times.
- If children must be around running lawnmowers, they should wear polycarbonate protective eye wear at all times.

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LET'S LAUGH!



****SPECIAL NOTE: ARTICLES FOR THE NEXT NEWSLETTER—August 13, 2017!**

Newsletter Staff: Sisters Jennie Sanders, Editor; Gwendolyn Brown, Deborah Dickerson, and Frances McCannon

A special note to readers of the Women's newsletter!

The women's newsletter was developed in 2007 as a way to communicate with each other and a way to share information that may be of interest to members of our church family, community members and other churches' members. Our newsletter cannot exist without your contributions. We are looking for articles on upcoming events, recounts of past events, inspirational poems and messages, religious jokes, recipes, special tributes and acknowledgements, tips on parenting, advice for Godly marriages, and single living.

The newsletter needs you. We are counting on you for our next publication. **Deadline for the next publication is August 13, 2017. Place your submissions in the newsletter box beginning in July.**

The preacher's 5-year-old daughter noticed that her preacher father always paused and bowed his head for a moment before starting his sermon. One day she asked him why.

"Well, Honey," he began, proud that his daughter was so observant of his messages, "I'm asking the Lord to help me to preach a good sermon."

"Well then, how come He doesn't do it?" she asked.

MORE FUN YELLING

After a church service on Sunday Morning, a young boy suddenly announced to his mother, "Mom, I've decided to become a minister when I grow up."

"Well," said the little boy, "I have to go to church on Sunday anyway, and I figure it will be more fun to stand up and yell than to sit and listen."

LETTER TO GOD

A Sunday School teacher challenged her children to take some time on Sunday afternoon to write a letter to God. They were to bring their letter back the following Sunday.

One little boy wrote, "Dear God, We had a good time at church today. Wish you could have been there."

***Taken from Church Humor Website