



AUGUST BIRTHDAYS

- 1 Katie Wagner, Tucker Lawrence
- 6 Sue Roberts
- 7 Garrett Ray
- 10 Lou Flanagan, Alyson Stone
- 12 Joan Eddleton Moore
- 13 Peter Moberg
- 15 Blake Wehman
- 18 Sylvia Acors, Carrie Boyle
- 20 Steve Lewis, Mark Licata
- 21 Melissa Hoar
- 28 Katie Johnston
- 29 Sharon Stiles
- 31 Willie Cauthorne, Ethan Stiles

O God, our times are in your hand: Look with favor, we pray, on your servant *N.* as *he* begins another year. Grant that *he* may grow in wisdom and grace, and strengthen *his* trust in your goodness all the days of *his* life; through Jesus Christ our Lord. Amen.

If your birthday has not been included, please contact the church office at 798-6336 so that it may be added to the list.

Our Prayers Are Invited...

For those in need of healing: **BEKAH** Taylor;

for the homebound: **JOYCE** Jeffers and **NANCY** Bugge;

for those serving in the military: **PATRICK** Raney, **TRENT** Chelette, **BRAYDEN** Pleasants, **CHRIS** Abaire and **SCOTT** Feeley.

Relatives & Friends: **BERNICE** Petrak (friend of the Waltons), **TERRY** Ling (mother of Kris Holt), **CLAY** Stiles (cousin of Cami Stiles & Betty Tharrington), **ROBIN** Smith (former parishioner), **SALLY** Wright (friend of Pat Funk), **VANCE & REID** Hopkins (brothers of Ron), **SANDIE** Litsinger (former parishioner), **JACKIE** Whitehead (friend) & **THOMAS** Coleman (nephew) (of Madge Carter), **MARY** Bland Pamplon (cousin of Pat Temple), **BONNIE** Anderson (friend of the Thomases), **LOGAN** Monk (grandson of Rebecca Cauthorne), **ROGER** Herring, **PAIGE** Christy & the **DRAGSTREM** family (friends of the Hassells), **GINNY** Tilton (friend of Ann Lawrence), **COLIN** Schaffer (friend of Charles Thompson), **LEIGH** Gray, **GAIL** Glavé & **RODNEY** Reed (friends of the Paces), **CAROL** Doersch (sister of Susan Chambers), **KATIE** Roberts (friend of the Browns), **ANN & BOB** McDade (parents of Elizabeth), **AVA** Chung (niece of the Masseys), the family of **MANDY** Hullander Horne, **JENNIFER** Fry (friend of Ragan Phillips & Phyllis Theroux), the **JAN** Meacham family, **CAREN** Petersen (cousin of the Purmasirs), **FRANK** Oropello (father of Tony), **LOUISE** Rison (mother of Townes), **ADA** Lewis (mother of Steve), **ILANA** Berger (cousin of Aleta Meyer), **MARLA** Creasy (sister of Bettilee Kay), **JENNIFER & DEREK** Burton & **GEORGE** Waters (Lee Ann & Ed's family), **JAN** Abrams (friend of Melissa Roberts), **ELIZA** (daughter) & **REINA** Longaker (daughter-in-law) (of Lyde), **NED** Dillon (friend of Maud Brumback), **ERNESTINE** Nix (Nix family member), **KENNETH** Niblock (brother of Sarah Sanders), **ELWOOD** Kelley, **IRA** Andrews & **IVY** Wolfe (friends of the Flanagans).



A Cool Workout

Water aerobics exercise is a cool and fun way to work out year round. It is an excellent way to burn fat and to build strength, flexibility and endurance. Aerobics is defined as any physical exercise that raises heart rate and increases the body's intake of oxygen. Activities such as brisk walking, running, dancing and swimming are examples of aerobic exercise. Water aerobics offers the same benefits but has many other advantages.

Water allows your body to be buoyant, causing less stress on joints and muscles. It is a non-weight bearing exercise in that the water, rather than your lower extremities, supports your weight. That makes it ideal for people who are overweight or who have joint problems. It makes exercise safer, easier and more pleasurable.

Although the water reduces the effects of gravity, it provides a great deal of resistance in all other directions. This multi-directional resistance allows you to build strength in your torso and limbs as you move through the water.

Because you are in water, you will remain cooler as you exert and will probably be able to exercise longer than you would on dry land. Water aerobics in warm water (83-89 degrees) is especially good for people with arthritis, multiple sclerosis and fibromyalgia.

Exercising in the water actually gives you a better aerobic workout than comparable exercise on land. Compare the following 30 minute workouts:

- Land walking : 135 calories
- Deep water walking: 264 calories
- Jogging on land: 240 calories
- Deep water jogging: 340 calories

If you'd like to have a really good time working out, sign up for a water aerobics class. There are classes at our local YMCA and at private pools around the county. See you in the water!

--Bobbi Street, Parish Nurse