

August 30, 2014

Piedmont Park Seventh-day Adventist Church
4801 "A" Street
Lincoln, NE 68510
Office - 402-483-1344 Leave a Message
Renee Schaecher –Administrative Assistant
402-580-1608 (Text)
piedmontparksda@gmail.com
Pastor Michael Halfhill 402-318-1856
Pastor Andy Moseley 402-450-4390



Announcements

Kim Hazelton, Hospitality Ministry Chair, has asked that we let you know that the Hospitality committee has decided to cancel potluck for today, August 30 in order to allow the carpet in the fellowship hall time to dry out. We have experienced some water leakage into the fellowship hall during the last rain through part of the construction there in the fellowship hall. The carpet is wet on the kitchen end of the fellowship hall. Rick Krueger et. al worked to get the water cleaned up and there are fans and dehumidifiers running. You may notice a bit of a musty smell tomorrow, but this should go away as the carpet dries over the next week or so. We apologize for the notice .

We are hoping to raise \$250.00 to help sponsor the EYE Run which is one of CRS's fundraisers for the year. If you would like to help financially, please put your donation in a tithe envelope and mark it EYE Run. The deadline is today, August 30. Thank you.

Piedmont Pedalers is all about fun! Today we are going to finish the trail ride from Pickrell, NE to Beatrice -12 miles. This is a great piece of Tree Canopied trail. We will meet at the trail head in Pickrell. Pickrell is 30 minutes south of Lincoln. Take HWY 77 South to Pickrell, go through this nice town. On the east end of Pickrell is the trail head parking. Piedmont Plodders – another great walk. Walk north on the trail and it is also completely tree canopy for about 5 miles. Water and refreshments provided! Please join us. Questions please call either Kent Thompson 402-421-7705 or Dwain Leonhardt 402-421-7507

The Celebrate Recovery program is coming soon to Piedmont Park Church! Freedom from all of life's hurts, hang-ups and habits is possible through Jesus Christ and solid Biblical principles. Over the past 20 years, thousands of people have found Christ and new life through Celebrate Recovery. Questions? Church Office – 402-489-1344 piedmontparksda@gmail.com

Adventure Club and Eager Beavers will have their Registration & Ice Cream Party on Wednesday, September 3, at 6:30pm. These clubs are for children ages 2 - 9. Everyone is welcome. Registration costs \$20 which covers T-shirts and regular activity supplies for the year. If you would like to be a helper for our clubs, please come as well. Ice cream and fun are free.

Women of the Word Bible study and prayer will be held on Thursday evenings from 7-8pm at Carol Leonhardt's home, 6530 S. 66th Street. We will begin September 4. Phone 402-310-7493.

Southern Raised In Concert, Sunday, September 7, 6:00pm. Southern Raised has one of the best, most unique sounds on the music scene. With warmth and realness, they have the distinct ability to cross genres, winning the hearts of all who hear them. Classically trained musicians that have taken Bluegrass Gospel to the summit of entertainment, this phenomenal group of three sisters and a brother are sweeping the country with a sound that has been described as "The other side of amazing." Doors will open for this free concert at 5:00pm. An offering will be taken. For additional information call Lou Ann at 402-792-2450.

On June 16 the town of Pilger, NE, was devastated by two tornadoes. Very soon after, help poured in for the town and its residents...and some of that help came from folks we know! Piedmont Park Vespers invites you to join us on September 12 at 7pm for a very special Friday Night Vespers where we will hear stories and inspirations from some of these volunteers. Special guests will include John Treolo, the Scott & Larinda Fandrich family and more. We hope you will join us for this time of sharing and be inspired by the blessings of volunteering! More information can be found at www.piedmontparksdsa.org, click on Calendar or contact Vanessa at ppvespers@gmail.com

Women's Fellowship will be every 1st and 3rd Sabbath afternoons immediately following potluck beginning September 20. Gather in the Earliteen Room next to the Fellowship Hall. Hosts: Virginia Myers and Cheryl Wallin.

Women of Faith Tour: From Survival to Revival 2014 is coming to Lincoln Pinnacle Bank Arena on October 3-4. This event is brought to you by World Vision. For registration and cost information, go to WomenofFaith.com or call 1-888-493-2484.

2014 Christian Women's Retreat hosted by Kansas-Nebraska Conference: God's Amazing Love Song, October 24-25 in Grand Island, NE. Featured speaker is Ginny Allen, founder of Joy! Ministries. Registration information is available at church entrances. Some stipends available through Women's Ministries. Contact Carol Leonhardt at caleonha@gmail.com or 402-310-7493.

Sister Churches

AFM Iraqi Refugee Ministry will meet at 4:00pm today in Heartland Hall at College View Church. Doug Hardt will have an information session about his recent trip with Adventist Frontier Missions to Kurdistan in northern Iraq. Come hear about the exciting new projects that AFM has planned to help the 1.5 million refugees from the conflict in Iraq and Syria and learn how you can help them in this time of crisis. Doug says, "I agreed that I would help raise money for this project until Christmas, so I will be in a different church every week until then doing these programs. It is going to be a huge project because the need is huge. There are 1.45 million refugees and IDP's (internally displaced person) in Iraq now from the conflict with ISIS. We only have four Adventists (and their families - although two of them are single) in all of Kurdistan (population of 5 million) and none of them are Kurdish or even speak Kurdish. Most of the refugees are Kurdish Muslims and Yazidis (and you know Lincoln is the Kurdish Yazidi capital of America - we have over 1000 here). The UN has given it their highest rating for the criticalness of a disaster. I went to the republic of Georgia and met with the three Adventist Kurdish families who are ready to go and help - but we need to raise money for them. So that is what I am going to do. I have lots of pictures and a short video that I will show. Please join us and see what you can do to help." Doug Hart

College View Academy

JOHN BAYLOR TEST PREP: CVA is offering the John Baylor ACT-Test Prep Course this fall for any high school student interested in preparing for the October ACT test. This course is only offered at CVA once per year. The cost is \$100 for first-time takers, and \$50 for those who have already taken it. There are a total of 15 sessions with the first one beginning Monday, September 8 at 4:00pm. The last session is a review with John Baylor himself, and will take place on Friday, October 24. The ACT test is on October 26, and the registration deadline is September 19. Call or email Lori Lambrecht at 402-483-1181 ext. 46 or llambrecht@cvak12.org as soon as possible to get the schedule and register for this course.

SDA Schools summer Fruit fundraiser – last summer shipment! Orders are needed by tomorrow August 31 and will be available for pick up on Monday, September 15. This shipment of Top Quality fresh fruit from the Yakima Valley area in Washington will include Peaches, Pears, Jonagold & Fuji Apples. Help support your school while enjoying great fruit! For details or to order contact Charlene Binder at 402-489-1702

Conference, Union and World

If you are a SS leader or SS assistant, I would encourage you to consider attending the Children's leadership conference. The cost for this seminar is \$20.00/person. If the price is a concern you may allocate some portion of the cost from your SS division funds. For additional information regarding the conference, please visit:

<http://www.adventsource.org/as30/event.registration.details.aspx?event=210&page=1>
Register at plusline.org or call 1-800-732-7587

Thank you, Connie Svoboda Children's Sabbath School Leader



The Largest Evangelistic Family Ministry
and Women's Ministry Event of the Year!

***A Ministry by Women
for Women and their Families***

Sponsored by KS-NE Women's Ministries
and People from all Kansas-Nebraska Churches

**September 14-19, 2014
Kansas City, KS**

YOUR help is needed!

We need staff, item donations, monetary donations and prayers!

EVENTS you can help staff will include:

Family Fun Day (9/14 - 12noon-6:00pm)

Free Suppers & Seminars (9/15 thru 9/18 - 5:45-8:30pm)

Ladies Only Free Spa Day (9/19 - 10:00am-5:00pm)

For more information or to sign up to help, contact:
Sue Carlson at suecarlson54@gmail.com

REGISTRATION is now open for EYE Run . . . a community event promoting eye health, sponsored by Christian Record Services to the Blind. Sign up to walk or run a 5K or run a 10K for the same early bird rate! The EYE Run will be Sunday, October 5, at 1 PM at Holmes Lake Park in Lincoln. Sponsorship opportunities available. Learn more and register to walk, run, or volunteer at [EYE RUN registration information](#). Jeri Lyn Rogge, Assistant to the President for Development Christian Record Services for the Blind 402-488-0981 X213 www.ChristianRecord.org
www.Facebook.com/ChristianRecord, www.Twitter.com/CRSBfriends

Our next REST (Respite Education & Support Tools) training will be held on Friday, September 12th at the Beatrice Senior Center, 101 N 25th St, Beatrice, NE 68310. Please share this flyer with people you know or consider registering yourself. It's a great way to learn the basics of providing respite care and meet some fellow providers! Cost is only \$6 to cover lunch. To register just contact Misti at 402-434-3494 x 103 or misti@ywcalincoln.org Thanks!

“Somebody woke up on the wrong side of the bed”

Ever hear that before? A bad night’s sleep can make the day miserable...for you and the people around you. It’s also bad for your health.

A good night’s sleep, on the other hand, can give you the focus and energy you need to brandish your rockstar potential for the next 16 hours. It’s also been shown that people who sleep well have more success in losing weight.

As our bodies age, good sleep can require a little extra effort.

Here’s a checklist with simple steps you can use in pursuit of sound sleep.

Don’t eat or drink anything too close to bed -- 2 hours is a good start.

You don’t want to give your body something to do right before you tell it to sleep.

Do something to turn your brain off, not fire it up.

When you get in bed with your mind racing, your mullings will keep you awake. Take a warm bath or listen to some relaxing music to slow you down for sleep.

Stop checking social media in bed.

Some people like to check Facebook right before they turn the lights out. Your news feed floods your mind with a tidal wave of new information to distract you from sleep.

Wear yourself out.

Go for a walk or do something active during your day. Ever hear someone say “Wow, I’m gonna sleep well tonight”? We say that after we wear ourselves out. Eight hours in front of a computer can melt your mind, but try doing something to tire your body. Just know that vigorous exercise actually wakes your body up for a few hours. So exercising right before bed isn’t the best time.

Nap intelligently.

Naps are amazing. I’m the self-elected President of the Nap Fan Club. But if you’re going to take a nap, don’t do it late in the day. If you come home from work and spend the next hour asleep in your favorite chair, you’ll be less tired at bedtime.

Get up when your alarm goes off.

This is an old trick camp counselors use -- get the kids up early so they’ll go to sleep at night. Works on adults too. And if you stop eating close to bedtime, hunger for a delicious breakfast can help get you out of bed.

Be careful with caffeine.

Most people know caffeine can interfere with sleep, but did you know the effects can last for hours? Try skipping caffeine at dinner and see if that helps your sleep. If not, you might want to stop drinking/eating caffeine sooner in the day.

Invest some time and money in the right “sleeping equipment.”

I grew up sleeping on a twin-sized mattress that was over 30 years old. My pillow felt like a cut of cardboard hidden inside a pillowcase. When I moved out, my first big purchase was a queen-sized bed with a pillowtop mattress. And my wife introduced me to down-feather pillows. Invest some time and money in your “sleeping equipment.” It can transform the way you sleep.

Keep your bedroom dark.

Dark means fewer distractions which will help your mind slow down. Also, exposure to light limits the production of melatonin, a hormone your body produces to help you sleep.

Keep your bedroom cool.

Chilling the air a few degrees can help your body slow down and sleep soundly.

Make your bedroom a sleep sanctuary.

Not an office, or a dining room, or a TV room. This will help your mind focus on the goal of sound sleep when you get in bed at night.

Keep losing weight.

This is more of a long-term goal than a quick tip, but weight loss can alleviate problems such as sleep apnea.

And remember what I said earlier, a good night’s sleep can actually help you lose weight

fullplateliving@fullplateliving.org