



INTRODUCING:

Logan Zoll

Logan will be in the 6th grade at Bluffton Harrison Middle School. He likes to play baseball and is also active in Boy Scouts. He enjoys going on Boy Scout campouts. Logan's favorite color is green and his favorite food is butter – on anything! At the time of our interview, he was reading *Percy Jackson and the Olympians*. Logan's favorite season is summer and he likes to collect rocks. He can quote his favorite Bible verse: "Jesus said, I am the way, the truth, and the life. No one comes to the Father except through me." John 4:16. What he likes about FBC is that everyone is welcome. Logan's parents are Adam and Holly. He has two brothers – Noah and Hunter. Logan is a regular at Movin' Up where he is very teachable and gets along with everyone. Thanks, Logan, for being a great part of our church family!

Upcoming Week

Sunday, July 22

9:00 a.m. – Combined Sunday School
9:50 a.m. – Coffee, The Gathering Place
10:05 a.m. – Kids' Time
10:15 a.m. – Worship Service

Teachers This Sunday

Nursery

Brooke Tonner/ Mary Bishop

Kids' Time

Deb Klopfenstein / Darcy Isch

LOL

Remain in service

Last Week

Attendance

July 15, 2018

Sunday School – 51
Worship Service – 91

Stewardship Report

Giving Toward:

Current Expense	\$4288.00
Missions	\$265.00
Building/ Maint. Fund	\$300.00
Deacons Fund	\$200.00

Total: \$5053.00

Combined Sunday School

Plan to join us this Sunday at 9:00 a.m. in The Gathering Place. Have a cup of coffee and hear the godly and gifted leader, Brandy Aschliman. Brandy is the founder and executive director of Helping Hands. FBC supports this local ministry, and we are thankful that they remember us, too. This month we received a note from them that their Prayer Warriors are praying for Pastor Les, our staff, and our congregation during the month of July. It's powerful for God's Kingdom to have community friendships.



Student Information

The church will celebrate Christian Education Sunday during the worship service on August 12. In preparation for this event, there is a sheet on the bulletin board in the foyer for you to write your student's name, grade, and school. We include pre-school through college. We use the information to create prayer magnets to pass out to the congregation.

Good News Shoes

Our annual shoe give-away will be on Saturday, August 11 from 11:00 a.m. to 1:00 p.m. The location will be at Pickett's Run Park during the Duck Race. The New Dimensions Sunday School Class works hard all year to buy and label shoes. Here is how we can help them on August 11: There is a sign-up sheet on the foyer bulletin board. We need four people to be at the church at 9 a.m. to load and then unload at the park. It would be best if these volunteers are physically able to carry totes full of shoes and tables. Then, at 10:30 a.m. we need four people to help distribute shoes. Finally, at 12:45 p.m. we need two people to help take down and return the leftovers to the church.



Summer Choir Special



All singers are invited to participate in a summer choir special! We will rehearse at 7:00 p.m. in the FBC sanctuary on Wednesday, August 1, and then sing in church the following Sunday, August 5. We will meet in the Fellowship Hall at 9:45 a.m. on Aug. 5 to run through the song before the service. This special will be one simple song. Join us!

Pizza Time!

Hey students - we will have a "make your own pizza" at noon on Thursday, August 9 in the church kitchen. We will have a short lesson, play games, and finish at 2:00 p.m. Please let Debbie know if you can come.

Regular Maintenance of Your Heart

“Dear friends, I hope all is well with you and that you are as healthy in body as you are strong in spirit.” --3 John 2

I was one of the fortunate ones. I survived a heart-attack in a main artery of my heart. Astoundingly, my heart was not damaged at all. I give God praise! A blockage in this location is often referred to as “the widow-maker,” due to the large number of men who simply fall down dead when this artery gets plugged.

We were in New Hampshire at a retreat center when I began to experience a sharp pain between my shoulder blades. My breath grew increasingly heavy and labored when I walked only a few yards. I thought my back was hurting after our long drive. But we decided to head home early.

Nothing motivates a person to pay better attention to their health than a heart attack. I had been trying to take care of myself and exercise regularly. However, elevated cholesterol, lack of energy, being overweight and regular exercise suddenly became more important to me.

Someone wisely said, “When the student is ready, the teacher will appear.” At this precise moment, the LORD brought a book across our path entitled *The Plant Paradox* by cardiologist Steven Gundry. We checked the book out from our Wells County Public Library and took the plunge.

Dr. Gundry argues that all foods have protective defenses, which protect them from getting eaten. These protective defenses are called lectins, and can be harmful to the healthy bacteria in our digestive systems. His diet plan is built around avoiding certain high lectin foods like wheat, legumes, corn, and tomatoes.

When I recovered from the initial shock to my system, I slowly began to feel more energetic. Over this four month journey I have lost thirty pounds and feel a tremendous sense of well-being. Several of you asked my secret.

I attribute the bulk of my beneficial results to eliminating sugar and processed foods. The other helpful shift was to simultaneously begin eating more vegetables like broccoli, kale, and spinach. I don’t agree with everything Gundry teaches, but I certainly cannot argue with the results.

Find something that works for you and keep pursuing. I so much want you to also be “as healthy in body as you are strong in spirit.”

Blessings in Christ,

Les





202 West Cherry Street
Bluffton, Indiana 46714



Homebound Members

Christian Care

Mildred Huss – Room 219B
Clyde Shady – Room 228B

River Terrace

Eulis West – Room 220

Home

Ed Goetz
Rose McCormick

K Casper Life Center

Judy Bierie

Markle Health and Rehabilitation

Barbara French – Room 216

As we co-labor with other churches
in our community,
this week we pray for:
Epworth United Methodist
Pastor Marlene Ellis

First Baptist Church

260-824-1558

firstbaptist@adamswells.com

fbcluffton.com

 First Baptist Church - Bluffton, Indiana

Pastor: Les Cantrell
Cell phone: 260-273-9073
Music Director: Julie Cantrell
Secretary: Debbie Cantrell

Sunday:
9:00 a.m. – Sunday School
9:50 a.m. – Coffee/Tea Time
10:05 a.m. – Kids' Time
10:15 a.m. – Worship Service