

Welcome to the SEVENTH-DAY ADVENTIST Church of Monroe

June 7, 2008

Song Service	9:00am
Prayer Circle.....	9:15am
Wake-up Call.....	9:30am
Children's Time/Study Classes	9:30am/9:45am
Adult Study Classes	10:00am
Worship Hour.....	11:00am
Buffet Luncheon	12:30pm

Order of Service

Praise in Song	Praise Singers
Welcome.....	George Mills
Announcements.....	Michele Iglesias
Missions.....	<i>Touching Lives</i>
Children's Story	Bobby Carpenter
Offering.....	Howard Andrew
Praise Time.....	Gordon Keller
Scripture	Praise Singers
Praise in Song	Praise Singers
Morning Prayer.....	George Mills
Sermon	George Mills

Upcoming Events

June 7-August 2	8 Weeks to Wellness
June 15.....	Church Pool Party
July 20-24..	Vacation Bible School -- "Castles and Crowns"

Thank you for coming to visit us today.
Come back again soon!

Announcements

- **Buffet Lunch Today**—A special invitation is extended to our visitors to stay by after the service and enjoy this meal with us.
- **8 Weeks to Wellness**—This special Sabbath begins our two months of health emphasis called "8 Weeks to Wellness." We're going to get healthy! If you haven't already, please sign up on the bulletin board to participate in this life-changing program. See Deanette Mills for details.
- **Camp Meeting Online**—If you missed Camp Meeting this year, you can view the evening sermons on the Carolina Conference website at www.carolinasda.org. Just click on Media Library in the right hand menu. Other CDs and DVDs of the week's programs are available at the ACBC.
- **VBS Coming Soon**—Castles and Crowns Vacation Bible School is just around the corner. If you haven't yet signed up to help, Tania would be happy to hear from you! Here's your chance to be a member of the royal court! VBS begins July 20.
- **Men's Ministry Camping Retreat:** The men are invited to come hear Pastor Bernie Anderson share his uplifting

testimony and his personal journey toward freedom from pornography. His ministry was launched when he worked as co-host of Net '98. Begins Friday, June 13, at 5:00 p.m and goes through Saturday at 5:00 p.m. in Mill Spring, NC. Cost: \$20.00/person. Lodging: Camping on site, bring your own tent. Sponsored by the Men's Ministry of the Carolina Conference and the Tryon Church.

- **Prayer Meeting** —Please join us for prayer meeting, Tuesdays at 7pm.
- **Sunset Schedule**—
Sabbath Ends:
8:36 PM June 7, 2008
Sabbath Starts:
8:39 PM June 13, 2008
- **Today's Offering**—The loose offering today is for the local church budget.
- **Summer Swim Party**—It's nearly time to get out your swimsuits for the church pool party on June 15! Details to come.
- **"Investing with God Capital Campaign**—When you have funds to give towards your pledge, simply mark your tithe envelope "Investing with God Pledge" and indicate the amount.

Announcements or schedule changes?
Please give them to Becky Carpenter no later than Thursday.
rmcarpenter@earthlink.net or 704-219-4660

Breathing Dirty Air May Lower I.Q.

February 27th 2008 Posted to Health News

Breathing air polluted by heavy traffic can actually lower your child's IQ, according to a recent study released by Harvard School of Public Health in Boston. The effect on a child's brain of living in an area of heavy traffic is similar to those seen in children who have been exposed to lead, or whose mothers smoked 10 cigarettes per day while pregnant.

The Harvard study involved 202 Boston-area children, ages 8-11, who were participating in a study of maternal smoking. Researchers compared several measures of cognitive function to each child's estimated exposure to black carbon (a toxin emitted in exhaust fumes, particularly diesel fumes).

After adjusting for the affects of parental educational levels, language factors, birth weight and tobacco smoke,

researchers found that heavy exposure to black carbon was linked to a 3.4-point average drop in IQ.

Children who were heavily exposed to exhaust fumes also scored lower on tests of vocabulary, memory and learning. Of course, there are other respiratory-related dangers of breathing dirty air as well. Researchers in the Harvard study are questioning whether traffic exposure might cause or accelerate brain degeneration in conditions such as Alzheimer's and Parkinson's disease.

Moving into the country, where the air is clean and fresh, is about the only way to protect your children from the effects of breathing polluted air. If you live in the city and are not able to relocate, try to find a house or apartment as far from the busiest streets as possible.

Source: *American Journal of Epidemiology*, February 1,

