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Sunday Worship Service 9:15 AM
Bible School 10:45 AM

“I will give thanks to Thee, for I am fearfully and wonderfully made;” The psalmist said it, but how often do we think about it? When was the last time you thought about how wonderfully your knee was designed? I have to admit I didn’t really think about it until it started talking back at me, and in February it told me to limp into the Ortho Walk-in Clinic.

I was diagnosed with a tight IT band, the ligament that runs along the side of the thigh, and told that I needed physical therapy. After five weeks of stretching and contorting, my knee was screaming at me.

My chiropractor, who we all know and love, kept the rest of me in good shape, but my primary doctor sent me to a knee doctor. He said he’d never seen a knee problem present itself the way mine did. He took more X-rays and said he could try some knee injections. The cortisone helped for a couple of days, but the chicken fat didn’t help at all.

It was then decided we should look into the possibility of a blood clot and get an MRI of my lumbar region. No clot was found, but the ultrasound did spot a cyst of some type, and all the MRI discovered was expected age-related osteoarthritis.

Last week I had an MRI of my knee, and it revealed both of the meniscuses were torn, a couple of the connecting ligaments had degenerated, and a piece of something was lodged in the bend of my knee. A total knee replacement has been suggested as a possible fix, but I’m going to get a second opinion.

Now back to how wonderfully our knees have been made. Those who believe our bodies were designed through a process of unguided evolution often think we can do better. But an award winning bio-engineer said his Intelligent Design perspective led him to believe the human knee featured an advanced linkage design that led him to spend twenty-five years researching and developing bio-inspired knees for robotics.

Looks like the Intelligent Designer knew what He was doing.

God Bless, Rick



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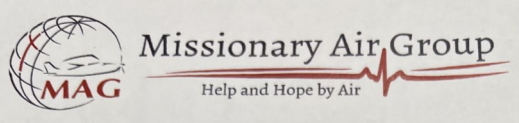
CIY/MOVE

July 13-17

Wheaton College

Details and Prayer List Inside

STATISTICS		
	6/7	
Worship		105
Offering		\$6,710.01
	6/14	
Worship		121
Offering		\$10,782.00
	6/21	
Worship		121
Offering		\$12,766.00
	6/28	
Worship		104
Offering		\$4,205.68



AS THE PLANE IS



Missionary Air Group, the organization with which Keith Woockman serves as a mechanic and missionary pilot, has a critical need for an additional aircraft to serve the remote people of Honduras. When the need was announced, a limited time dollar-for-dollar matching grant of \$175,00 was offered that, if equaled, will meet the need for refurbishing a plane.

We have sent \$5,000, which when met by the anonymous donor will become \$10,000, that will help raise the \$350,000 needed to bring the aircraft into service, saving lives and bringing Gospel hope to people no one else can reach.

AS THE PLANE WILL BE



PSALM 46

(A psalm for our nation's 250th)

God is our refuge and strength,
A very present help in trouble.
Therefore we will not fear, though the
earth should change,
And though the mountains slip into
the heart of the sea;
Though its waters roar and foam,
Though the mountains quake at its
swelling pride.

There is a river whose streams make
glad the city of God,
The holy dwelling places of the Most
High.
God is in the midst of her, she will
not be moved;
God will help her when morning
dawns.
The nations made an uproar, the
kingdoms tottered;
He raised His voice, the earth melted.
The Lord of hosts is with us;
The God of Jacob is our stronghold.

Come, behold the works of the Lord,
Who has wrought desolations in the
earth.
He makes wars to cease to the end of
the earth;
He breaks the bow and cuts the spear
in two;
He burns the chariots with fire.
"Cease striving and know that I am
God;
I will be exalted among the nations, I
will be exalted in the earth."
The Lord of hosts is with us;
The God of Jacob is our stronghold.



CIY/MOVE

Our week at CIY/MOVE is coming up fast. As a reminder, we will be leaving at 10am on Monday, July 13th and will be returning around 10pm on Friday, July 17th. I am looking forward to a great week with everyone.

If you haven't fully paid your registration yet, please do so as soon as possible. Also, you will need money for three meals out of the cafeteria and of course incidentals like ice cream at Sonic or cool CIY shirts.

This year we will be walking through a variety of passages in the Book of Ephesians. Within those pages, we will find we are loved by the King, rescued from darkness, united with others, changed forever and sent to the world. Ephesians is my favorite book!

Please keep Micaiah, Madi, Kiayla, Kinley, Payton, Amelia, Ren, Adison, Gabe, Levi, Caleb, Nate, William, Avery, Mark, Tina, and Grace in your prayers as we worship and are refreshed by the Lord.



K-5 Students

It was a lot easier to plan a swim day when the Huber pool was around! Since we won't be able to do a water day at the church this year, I am thinking we plan an afternoon at the Nelson Center for a little swim time. The date I am considering is Tuesday, July 28th. We would meet at the church at 12:30 and return around 4:00. If this works out, I'll need to recruit some volunteers to come along. Let me know if you are interested!



Summertime Courtside

Due to quite a few of our High Schoolers serving at LSCA last Sunday, we moved Courtside to this Sunday, July 5th, at 5:30pm. We will continue with the plan to order pizza and while eating, I will go over any remaining details concerning our upcoming CIY trip.

Once the CIY discussions are over and the food is gone, we can move into the gym for a little game time before heading home. Come with a fun idea of a game to try in the gym and we'll give it a shot! As always, feel free to invite anyone you are hanging out with this summer. The more the merrier!



As mentioned from the pulpit last Sunday, LSCA will be hosting Camp Care-A-Lot for children throughout our area who don't have the resources to attend camp on a regular basis. They are looking for volunteers who are able to pick up children and bring them to LSCA on the morning of Tuesday, July 14th. Also, when camp is over on Friday, July 17th, they would need a ride home. If you are available, please see Mark or Aaron for details.