

The Vision



Y.E.S. Ministry Presents Youth Explosion !

Sundays, August 2, 9, 16, 23, 30, 2009 At 11:00a.m.



2 Tim 1:6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands.

Young people streamed to center stage at the **Youth Explosion** during the month of **August 2009**. We will have dynamic Speakers, Youth Speakers, Youth Praise Team, Dancers and more. Call all your friends

and join our youth group stirring up their gifts this summer.

Who can be a part of this event? Current 7th through 12 graders and college age students.

How do I sign up? Registration forms are available in the church office Mon –Friday 9:00 a.m.-4p.m. or on Sundays after Sunday School 10:30 a.m.

There will be many areas to volunteer in. You will not want to miss out. We will need Adult and youth volunteers. See Sis Sheia Goff for more information and the areas to volunteer for. Registration/volunteer forms will be available also, on the website.

www.shieldoffaithpasadena.org.

YOUTH TOWN HALL



Where is help when I need it? I know taking drugs is wrong, but isn't everybody doing it? I have STD now what? Is suicide my only choice?

During our Youth Explosion Month these issues will be address by our own community leaders in the Pasadena area. This will be an open forum. The time of this event will be held 5pm – 6:30 p.m. **Every Sunday in August 2009**. free.

Refreshment will be served.

Ten Commandment of Good Health



Honoring and maintaining good health is like keeping or maintaining a well oiled machine that is poised and ready to meet the challenges of the day. The world health is a state of

complete mental, spiritual, physical, and social well-being and not merely the absence of disease and infirmity. Having this knowledge in mind we will look at ten ways or Ten Commandments of maintaining good health.

1. **Being appreciative**
(A compliment is always

better than a complaint. Be thankful).

2. **Give, forgive, and live.**
(This releases physical and mental stress).

3. **Smile and laugh a while.**
(Wholesome laughter releases the body's natural morphine).

4. **Sign and Stretch twice an hour.** (This promotes good circulation and removes bad air).

5. **Hydrate with eight.** (This promotes good respiration, circulation, digestion, and elimination?)

Commandments 6-10 next month or go to website.
www.shieldoffaithpasadena.org



Shield of Faith Pasadena

Bishop Rickey Johnson

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Pasadena, CA 91104

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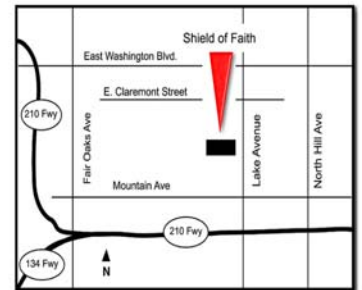
Web: www.shieldoffaithpasadena.org

Email: office@shieldoffaithpasadena.org

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Service Times:

- Sun.** 9:30A.M. — Christian Education
11:00A.M. — Morning Worship
5:00P.M. — Small Group Fellowship
- Tues.** 7:30P.M. Midweek Bible Study
- Wed.** 12:00Noon —1:00P.M. —Prayer



CHRISTIAN EDUCATION CLASSES FOR CHILDREN (ages 2-12)

Children Classes 9:30— 10:30 a.m.

Learning The Bible In A Fun Way.

Singing, Drama, arts and crafts. Bring your children to class and see the excitement in your children as they share with you their adventures .

OUR CHURCH PICNIC

Date: July 18, 2009

Time: 9:00 a.m.—4:00 p.m.

**Arcadia County Park
405 S. Santa Anita
Arcadia, CA 91006**

**Bring food to share.
Fun for all ages!**

Register online
www.shieldoffaithpasadena.org or call

626.791.2520.

If you would like to volunteer just call the church at 626-791-2520 and one of our youth cabinet team members will contact you. THANK YOU!

Calling All Prayer Warriors

**Tuesday 7:00 p.m.
Wednesday 12:00 noon
Sunday Mornings 9:00 am**

Location:

**1143 North Lake Avenue, Pasadena, CA
Pasadena, CA 91104**