

**9:00 AM INGMIRE 55+ SUNDAY SCHOOL NEWSLETTER**  
**TEACHER: JANET INGMIRE**                      **ROOM 701**

**SEPTEMBER 1, 2010**

**"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ." *Ephesians 1:3 (NIV)***

**PRAYER:**

*Pray for protection, strength & wisdom for our FBCO staff*

*Pray for Pastor Roger & Marla*

*Pray for all our service men and women far from home & in harms way*

*Continue lifting up one another as you go over the Prayer and Praise sheet from Sunday*

*If you have a prayer request during the week, let us know at **fbosingles@yahoo.com***

**THIS SUNDAY is SEPTEMBER 1, 2010**

This Sunday's Lesson is God's Plan Is Eternal - Ephesians 1:1-14

**SUNDAY SNACKS:**                      Linda M. & Donna Ry

**LUNCH AFTER CHURCH:** Cracker Barrel

**HAPPY BIRTHDAY TO:**              *None this week*

**ACTIVITIES:**

**HUSTLE FOR HUNGER** - Sat. Sep 4 @ 9 AM @ Stone Canyon - Lets do the one mile run/WALK and help raise money for the food banks in Owasso. Watch for more information and a sign up sheet. Linda M is organizer of this activity. Thank you, Linda

**BOWLING** - Sat. Sep 4 @ 4 PM @ Lanes at Coffee Creek - Watch for more information and a sign up sheet for this. Gary is the organizer of this activity. Thank you, Gary!

**EVERGREEN VISIT** - **Sun. Sep 5 @ 4 PM** You won't want to miss this annual visit with those at Evergreen Nursing Center at Baptist Village. Come be a blessing and you will be greatly blessed.

**100 MILE GARAGE SALE** - Fri & Sat Sep 10-11 - Sign up in class for one day or both days. Dot is organizer of this activity. Thank you, Dot!

**FURNITURE DELIVERY/PICK UP** - Sat. Sep 18 @ 9:00AM Meet at SW parking lot of church.

**3 DAY TRIP TO WILDCAT SHOALS** - Thu, Fri, Sat. Sep. 23, 24, 25 Sign up in class no later than 9/1; payment due by 9/10. Bruce is organizer of this trip. Thank you, Bruce!  
[www.wildcatshoals.com](http://www.wildcatshoals.com)

**PRIMETIME LUNCH** - Tue. Sep. 28 @ 11:30 am in Fellowship Hall

***"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Ephesians 4:32 (NIV) - Our class scripture***

***WE ARE BETTER TOGETHER!***

*Linda Melone*

***fbosingles@yahoo.com***