

# Young at Heart

Happy 4th of July!

The Fourth of July is one of my favorite holidays, next to Christmas, perhaps. The is because it is a nice time with family together doing outside picnics, croquet, cornhole, etc. Of course, I also enjoy the fireworks displays and parades. We want to wish each of you a happy holiday and fun times with family and loved ones.

## JULY LUNCHEON (July 13)

You are going to love the program that we have for you in July! This month we will finally have Stan the Magic Man with us to present some tricks and illusions. Maybe we'll even select you to be the one that he cuts in half!!! I'm teasing of course.

Stan's mother is a part of our YAH group, so he has connections in "high places".

Don't miss out on this fun-filled program!



## JUNE LUNCHEON (June 8)

John Porter, of Porter Physical Therapy, spoke to us about our health and specifically covered some diabetes issues. John is a member here at Washington Heights and is also a Physical Therapist with his own practice. In addition to his practice, he provides a monthly newsletter and speaks at meetings such as ours. You can sign up for John's newsletter at: [jporter1008@yahoo.com](mailto:jporter1008@yahoo.com)

**John Porter**



## JULY DAY TRIP (July 27)

Have you ever had someone tell you "you're all wet"? Well that is a remote possibility (very) for our day trip this month. We will to to Newport on the Levee and connect with the Cincinnati Ducks. These are amphibious vehicles that can easily ride on both land and water. So, we will see some of the sights of Newport and also the Ohio River.

After our Duck Ride, we will have lunch in one of the restaurants on the levee. I think most of us will choose Jonny Rockets, but it is your choice.

Seats are sold-out, but you can still get on the waiting list.

## JUNE DAY TRIP (June 17)

Did you all enjoy the Day Trip to La Comedia in June? We enjoyed their huge buffet with the sweet potato casserole and plenty of other goodies. No one could say there wasn't enough food!

La Comedia presented a fun comedy, "Church Basement Ladies". We don't have any of our ladies working in the basements, yet; guys only! So, whatever you think about these ladies after the play, they aren't our ladies!

## For Your Calendars

### AUGUST 2010 Luncheon (Aug. 10)

In May we had a presentation about our health. August we will return to this theme with a twist. We will have a presentation about the changes in Medicare and the Drug plans. If you are OLD like me, you will want to know about these changes. This presentation will be done by a representative of Buckeye Home Health Care and Pathways Consultants.

### August/September Day Trip (Sept. 2)

Because of our Fall Trip, we don't normally have a Day Trip in September. However, we found a great program at Bearcreek Farms that is on Sept. 2; so we moved our Aug. trip a week and had it early Sept. This program will feature the Brett Family. We saw them at Branson during our 2009 Fall Trip and they are outstanding, so now you have the opportunity to experience their program, too.

### SEPTEMBER 2010 Luncheon (Sept. 14)

It is time to have some old favorites back with us for YAH! Our Sept. Luncheon will feature "Spittin' Image". Most of you need no introduction to the Swabb twins. They will provide a fun filled program of comedy and music. You will not want to miss this program.



## Laughs & Giggles

Pearly Gates  
by Ian Jones



## Did You Know?

Hawaii is moving toward Japan at a rate of 4 inches each year.

There are more beetles than any other kind of creature on earth.

There are more living organisms on the skin of a human than there are living humans on this earth.

## THE WOUND IS THE BATTLE

I was in the Army back in the 1960s and early '70s but was fortunate to never have been in battle. Vietnam was just starting to crank up. However, I was involved in some projects with NCR to outfit the Army and Air Force with computers. The Army computers were used on the battlefields and often got badly shot up.

If an American soldier gets wounded in combat these days, his chances for recovery got a whole lot better than they were back in Vietnam because of the beads. It's a new technology that is being used to treat combat wounds. These dissolvable beads are applied to a wound and they go deeper than any previous cleansing agents have ever gone. In fact, they can even penetrate bone. One of the doctors who helped develop this new treatment made this interesting observation about the battle to head off infection in a soldier's wound. He said, "The wound is the battle; the infection is the war." This month lets think about how "The Wound Is the Battle."

If you can win the battle by cleansing the wound right away, then you can win the war by heading off the infection. It's a strategy more of us should be using to prevent the kind of spiritual infection that poisons your joy, your peace, and your closeness to God. The wound is any point in your life where sin has been able to get in - it's that first detour from what you know is right. The infection is the widespread loss of spiritual health and power that damages so much that we care about, and it can be prevented by a prompt cleansing - a cleansing that goes deep - and there is such a cleansing.

God talks about it in 1 John 1:7-9. This could be the very thing you need right now to heal your heart and restore you to the spiritual health that you once enjoyed. God says, "If we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." What a promise this is! Total cleansing and total restoring if you confess that sin, which means calling it what God calls it.

You might say, "Not after what I've done. You don't know how awful it is." No, but God knows. And He's the One who said, "The blood of Jesus ..... purifies us from all sin." That includes whatever you have done, no matter how deep and no matter how frequent the sin. The cleansing agent is "the blood of Jesus" it says. The blood that He shed on the cross as the payment for every wrong thing we have ever done. Because, in the Bible's words, "without the shedding of blood, there is no forgiveness" (Hebrews 9:22). What no ritual can do, no religion, no church, Jesus can do because the shedding of His blood paid for every sin.

But to head off spiritual infection, you need to treat that sin-wound promptly. Don't let your sins pile up, unconfessed, uncleansed. As soon as you realize you've blown it, deal with it immediately, call it sin and bring it to the cross of Jesus. And just because you've fallen down doesn't mean you have to stay down and start some cy-

cle of repeated sin. Satan may be telling you, "You blew it! It's over." That's a lie. Jesus died so you could get forgiven, get right up, and keep on walking! This very day you may need to bring some of your recent junk under the blood of Jesus which "purifies us from all sin."

And if you've never given your life to this One who gave His life for you, let this be the day that you trust Him as your Savior from your sin - the only One who can forgive it because He's the only One who paid for it. Tell Him, "Jesus, I'm Yours." If you want to begin that relationship and want to be sure you belong to Him, there's a lot of helpful information at our website about that very thing. Check it out today - it's [www.WHBC.org](http://www.WHBC.org). I would also like to talk more with you about this, call me at the church.

Jesus paid the ultimate price so the wound of our sins need never become a fatal infection. Today, you could experience that wonderful feeling of being clean and going to bed tonight forgiven.

### Who Are We?

"Young at Heart" is the Senior Adult Ministry of Washington Heights Baptist Church.

Roger Jensen is the Pastor of Senior Adult Ministries. Our goal is to provide opportunities for meaningful fellowship in a Christian environment.

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