



## NEWS & NOTES

### Blood Pressure Program Will NOT Meet Today

The blood pressure group will not meet today. This 16-week group-based program is designed for adults 18 and older that have been diagnosed with high blood pressure. This program helps participants establish consistent routines for monitoring their blood pressure, learn about lifestyle choices and healthy eating habits that can support them in reaching their heart health goals. You can still join if you are interested.



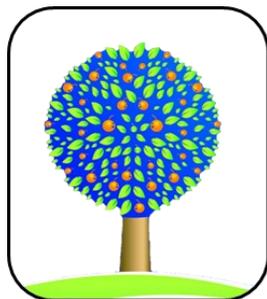
### Youth Inner tubing at Snoqualmie February 12th

The youth will be going inner tubing at the Snoqualmie Snow Part on Sunday, February 12th. The cost is \$30. Please see Bill Hurd or Rodney Mosely to sign up. We need to know how many will be going ASAP!



### 8 Qualities of a Healthy Church

1. Empowering Leadership
2. Inspiring Worship
3. Gift-Based Ministry
4. Loving Relationships
5. Passionate Spirituality
6. Holistic Small Groups
7. Effective Structures
8. Need-Oriented Evangelism



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Let's remember in our thoughts and in our prayers those who are at home: (D.T.) Donal Thompson, Dorothy Rice, Sonia Glenn and others.

### Ladies Lectureship Retreat April 20-23, 2023

The 36th Annual Ladies Lectureship Retreat will be held April 20-23, 2023 in Atlanta, GA. The theme is Christian Women Living Courageously in a Spiritual Pandemic. The event will be held at the Atlanta Marriott Marquis in Atlanta. For registration information, go to <https://www.ladieslectureshipretreat.org>. See Cynthia Winters for details.



### Save the Date: Faithbuilders 2023

This year's Faithbuilders conference will be held at the Lakeview Church of Christ, July 6-8, 2023.

### 2023 Budget Planning

We are in the process of developing our annual budget for 2023. A draft copy is available at the information desk in the lobby. Please submit comments to Paul Reynald. We would like to meet with all ministry leaders on Sunday, February 5th, after the morning worship to discuss plans for the year.

