

August Calendar

- Aug 05 Youth Zoom InTouch
- Aug 06 SAC Lunch
- Aug 12 Tom Testman Memorial
- Aug 12 Youth Zoom InTouch
- Aug 13 Guest Speaker: T. Moore
- Aug 14 Back to School Party
- Aug 19 Youth Zoom InTouch
- Aug 26 Youth Zoom InTouch

Orange Coast Church Office
41 Post Irvine, CA 92618

SAC Lunch August 6



CA Pizza Kitchen
5465 Alton Parkway
Irvine

ORANGE COAST



Newsletter

August, 2022



Good News... Good Health...

By Pastor Ken Studer

If you haven't already taken your vacation this summer, you are not alone. Studies show that nearly half of workers in the U.S. do not take the vacation time they have earned.

Why? Experts give a variety of reasons but most cite technology as the main culprit. It is difficult for workers to unplug and disengage from work. Today it is so easy to work from home or even while stuck in traffic.

No downtime is bad for our health. If we never take downtime, a barrage of stress hormones flood our bodies and become harmful. They decrease our ability to fight disease, increase our heart and breathing rates, tense our muscles and increase our blood sugar levels which can lead to chronic diseases.

One reason why we often fail to take downtime is because we are worried about doing a good job. We fail to remember that we are happiest and do our best work when we are well rested. In order to have a clear mind our brains need to have adequate rest.

Another important factor to combat workaholicism is faith. The song writer got it correctly when he wrote: "Take time to be holy, speak off with thy Lord; Abide in Him always, and feed on His Word. Make friends of God's children, help those who are weak, Forgetting in nothing His blessing to seek."

The Bible instructs us to take care of our bodies, seek spiritual health through Bible study, being kind to others meditating and praying.

The Apostle Paul tells us not to be anxious. *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.* Philippians 4:6 NLT

The Apostle John said, *I pray that in all respects you may prosper and be in good health, just as your soul prospers.*

3 John 2 NASB

The Good News is that Jesus loves you and wants you to be healthy.

August Events

Sunday, August 14, 2-5 PM @ Pastor Ken's

BACK TO SCHOOL PARTY



August Worship Schedule

This month Pastor Ken concludes his sermon series entitled *Game Changer*. Pastor Tony Moore will be our speaker on the 20th.

08-06 Game Changer, Part 3

08-13 Guest Speaker: The Throne Zone

08-20 Guest Speaker: Pastor Tony Moore

08-27 Shema – The Mind Zone

August Birthdays

Jesseca Green	August 01	Giovanti Haya	August 16
Bruce Kryger	August 01	Lu Zhu	August 16
Lee Ingold	August 02	Kurt Nielson	August 17
Quinn Meyer	August 02	Ben Page	August 17
Marlene Glasgow	August 05	Jade Pepper	August 18
Scott Ispirescu	August 05	Gianina Wilson	August 18
Alex Kryger	August 05	Young Oh	August 20
Cheryl Bowers	August 06	Domingo Rabino	August 20
Amy Oldoerp	August 06	Jerry Blanco	August 21
Sabrina Park	August 06	Myles Strampello	August 21
Joey Jones	August 07	Bill Chadwick	August 22
Courtney Rice	August 08	Gloria Oquendo	August 22
Elaine Reid	August 09	Cristina Monteiro	August 24
Sheri Klein	August 10	Consuelo Sanchez	August 24
Egan Ravindran	August 10	Sarah Zanjani	August 26
James Griffith	August 11	Gloria Oquendo	August 22
Heather Hasso	August 11	Cristina Monteiro	August 24
Gerald Meyer	August 11	Consuelo Sanchez	August 24
Justin Chakt	August 11	Sarah Zanjani	August 26
Desiree Gandeza	August 13	Dean Anderson	August 27
Joshua Hszieh	August 13	Thony Matias	August 27
Judith Lotfian	August 13	Julie Sea	August 28
Jeff Kiser	August 14	Christian Hamblin	August 29
Leo Cabus	August 15	Simon I. Ginat	August 30
Rebekah Studer	August 15	Nathaniel Harper	August 31