

There are members in this congregation who have chemical allergies which hinder their attendance. Out of respect for them, please tone down the use of products containing fragrance on Sundays, thank you.

The following information was obtained from the website <http://nofragrance.org>. For further information, please view the website or see Bill Riemer.

Chemicals that are used to propagate fragrance can be quite toxic to some people. This isn't a matter of taste or unpleasantness; people who suffer from Multiple Chemical Sensitivity (MCS) become physically sick, often to the point of being incapacitated, when exposed to artificial fragrances. A minimal amount of exposure is enough to hurt. For instance, a trace of scented laundry detergent in a room can force an MCS sufferer in the room to flee—or get very sick.

What you can do to help:

- 1: Avoid using scented products. Unfortunately this can be very difficult, because in many cases manufacturers assume that fragrance is a normal component of their product. If a laundry detergent doesn't say something like "fragrance free", for example, chances are it's scented (and harmful to MCS sufferers). Household cleaners are another case where fragrance is considered "normal".
- 2: Notice when your friends or family are wearing fragrance in public, and tell them why this is a problem. This is something MCS sufferers cannot do for themselves; if they notice someone wearing scent, their first priority has to be getting away from that person!
- 3: If you know any chemically-sensitive people—try to be as non-toxic as possible when you visit with them, and if they visit you, try to make your location as safe as possible for them.

For additions or corrections to the directory please contact Mike Mendez

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(916) 428-1956 / 428-1967 website: www.mackroadchurchofchrist.com

For corrections, suggestions, or to have something included in the bulletins, please contact Ryan or Jennifer Stiltz at 924-0435 or email at stiltz_family@sbcglobal.net

Welcome

to the

Church of Christ

meeting at Mack Road

This morning's sermon:



Congregational Meeting Times:

Sunday

Morning Bible Study 9:30 am

Worship Service 10:30 am

Evening Service 6:00 pm

Wednesday

Morning Bible Study 10:00 am

Evening Bible Study 7:00 pm

Visitors

The members here would like to offer a special welcome to our visitors today. Please allow us to shake your hand and talk with you, as we take great joy in getting to know you. Visitor cards are available at the pews for you to provide us with a record of your attendance. We appreciate you taking the time to fill these out.

Important dates to remember:

November:

Sun 15th - Teachers Meeting at the building, 5:00 pm

Fellowship Opportunities:

Sun. 8th - Group 2 meets after evening services



Ladies House to House Fellowship

Lesson Book: "Developing Inner Strength, Living in the Joy of God's Love"

Next class: November 15th at Jennifer Stiltz's home.

Please prepare Lesson 8. Lunch will be provided.

If you would like to host a class, please let Jennifer know

Classes

Young Adults Class: Fridays at Caleb's home. See Caleb for details.

Note: Bill Riemer occasionally sends out urgent prayer requests (known as "APB's", or All Pray-ers Bulletin) via email. If you have not been receiving these prayer requests, (and updates on how those prayers are being answered), and you would like to receive them, please send your email address to Bill at oleoacres7@juno.com, and you will be added to the list. Also, if you have an urgent prayer request, you may also send that to Bill. Of course, when you send a prayer request, the more information you can give in your request, the more specific our prayers.

Oh, how I love your law!

I meditate on it all day long.

Your commands make me wiser than my enemies,
for they are ever with me.

I have more insight than all my teachers,
for I meditate on your statutes.

I have more understanding than the elders,
for I obey your precepts.

I have kept my feet from every evil path
so that I might obey your word.

I have not departed from your laws,
for you yourself have taught me.

How sweet are your words to my taste,
sweeter than honey to my mouth!

I gain understanding from your precepts;
therefore I hate every wrong path.

Psalm 119:97-104

Birthdays last week: (were not printed last week)

Karen Guffin	November 2
Naomi White	November 4

Birthdays this week:

Tristan Stevens	November 13
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