

For the week of:

07 | 20 | 20

On This Day...



MONDAY 7/20

"That's one small step for man, one giant leap for mankind." Stepping off the lunar module in 1969, Neil Armstrong became the first human to walk the moon's surface.

TUESDAY 7/21

Really been craving that Snickers Bar lately? Well, on National Junk Food Day, calories don't count. Today's the day to chow down on your favorite not-so-healthy snacks.

WEDNESDAY 7/22

Need a soul recharge? Why not try hammocking in a quiet space with a good book! On National Hammock Day, find a peaceful place to let your soul rest.

THURSDAY 7/23

Maybe you call her Nana or Grammy. Either way, you should probably give her a call! On National Gorgeous Grandma Day, remind your grandma of how beautiful she is.

FRIDAY 7/24

Now one of the world's top tourist destinations, American archaeologist Hirman Bingham uncovered the ancient settlement of Machu Picchu in 1911.

DID YOU KNOW? FOOD ALLERGY EDITION

- **One in ten** U.S. adults have a food allergy. More than **25 percent** of those adults said they weren't allergic to foods as a child.
- **One in 13** U.S. kids under the age of 18 have a food allergy. That's **8 percent** of all children in the country.
- The **rate of food allergies** among kids has **doubled** in the last two decades.
- An estimated **32 million Americans** are living with food allergies— and about **5.6 million** are *under the age of 18*.
- **Airlines** are required to allow passengers with severe food allergies to pre-board so they can wipe down surfaces around their seats.

Source: Real Simple Magazine, June 2020

IN OTHER WORDS...

"Christian fellowship is praying for one another, caring for one another, and developing friendships with one another."

– John Sorensen

"We have to be careful not to let the world define us. God defines us."

– Carter Conlon

"Get some perspective on how far you've come—and celebrate that progress."

– Ron Deal

Weekly Verse

"When I called, you answered me; you greatly emboldened me. Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me. The Lord will vindicate me; your love, Lord, endures forever — do not abandon the works of your hands."

– Psalm 138:3, 7-8

Ministry Resource:

We may not be gathering at the water cooler these days, but talking about “what’s going on” continues whether it’s with the delivery man, a neighbor, a co-worker on a Zoom call. Want help in turning the conversation into a moment for moving someone closer to Jesus? Check out [Ignite America’s “hot topics”](#) page for great ideas on how to initiate dialog that may change the course of someone’s life!

