

Week at a Glance

MONDAY 8/15

Slow down and take it easy because it's *National Relaxation Day*! In the midst of our busy lives, we rarely schedule time to rest, so today is an important reminder to unplug and unwind.

TUESDAY 8/16

On your mark, get set, go! On August 16 in 2009, *Usain Bolt ran the 100 meter dash in 9.58 seconds*, setting the world record. He truly lived up to his speedy last name!

WEDNESDAY 8/17

One man's trash is another man's treasure ... especially at second-hand stores! Today is *National Thrift Store Day* and you can celebrate by exploring your local Goodwill—you never know what unique items you might find!

THURSDAY 8/18

God encourages Christians to persevere in Galatians 6:9, which says, "And let us not grow weary of doing good, for in due season we will reap, if we do not give up." It's *Never Give Up Day*, reminding us of the biblical principle of daily motivation.

FRIDAY 8/19

All that and a bag of chips! On *National Potato Day* we celebrate one of the most important crops in the world and all of its delicious variations—from French fries to potato chips, it's one versatile vegetable!

DID YOU KNOW?

• In 2011 Belgian scientists used lasers to measure Usain Bolt's performance in the different stages of a 100-meter race held in September that year. They found that, 67.13 meters into the race, **Bolt reached a top speed of 27.33 miles per hour.**

• **Bonaire** is a long way from the Netherlands, but the tiny Caribbean island is nonetheless a special municipality of the Dutch Kingdom. It forms part of the "ABC Islands," the westernmost island group in the Leeward Antilles. "A" stands for Aruba, and "C" stands for Curaçao. Located about 50 miles north of Venezuela, **Bonaire is only about 110 square miles.**

• St. Paul, Minnesota, was originally called **Pig's Eye** after a man named Pierre 'Pig's Eye' Parrant who set up the first business there.

IN OTHER WORDS...

"God chooses the humble, the lowly, the meek, and the weak so that there's never any question about the source of power when their lives change the world."

—John MacArthur

For more from John, air *Grace to You* (25:00) and *Portraits of Grace* (1:00).

Weekly Verse

"Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows."

Luke 12:6-7 (NIV)

TIME FOR SCHOOL

As the new school year begins, check out the **AAA Back to School Tool Kit** for an assortment of tools for both on air and online use. Visit our website to download the audio, graphics and much more for sharing!

