



Our mission is to: Come alongside senior adults in a dynamic season of life to provide friendship, laughter, spiritual care and a great lunch.



There is never a sight more beautiful
Or so amazing than that of a tree,
In summer with branches and leaves so full
With gently swaying boughs for all to see.



Sure footed roots set so deep in the earth
Where wriggly worms and microbes do dwell
To branches where robins nest and give birth,
Oh how these trees have some stories to tell.



In spring comes gentle rain over the ground
And summer's heat offers shade from the sun
Autumn leaves see such beauty to be found
And deep winter's snow can be so much fun.



Trees are the earth's lungs, not to be destroyed
They're to be gazed in wonder and enjoyed.

by David Wood





We look forward to being together at the lunches this month.

Thursday, July 6th:

This will be a day full of games, music, and great fun. Bring a friend for some good times and maybe a few prizes! For lunch, we will serve some summer favorites! Ribs and potato salad, a fresh green salad, and watermelon. Yummy!

Thursday, July 20th:

Pastor Colleen will close out our year of talking about Fruit of the Spirit by focusing on Self-Control. I don't know about you, but when I think about the various character attributes/actions, I often forget this one! Come bring your best thoughts to join in the discussion. For lunch, we will serve onion tarts with prosciutto, a fabulous chicken caesar, and a summer salad. It's going to be a great day!

Please remember...

that we take August off so our volunteers and staff can rest. We look forward to seeing you in September!!



It was you who set all the boundaries of the earth; you made both summer and winter.

PSALM 74:17

Nancy Carlson

As we announced at the last lunch, our good friend Nancy Carlson passed away a few weeks ago. Her memorial will be Saturday, July 1 at 1:00pm at the Free Methodist Church of Santa Barbara. A reception will follow. All are invited to come and celebrate her wonderful life.



Matthew 5:4



On July 4, 1776, Congress officially adopted the Declaration of Independence, but it actually wasn't signed until almost a month later. When the Declaration was officially approved on July 4, John Hancock and Charles Thompson (president and secretary of the Continental Congress) signed the draft that day. But the official copy wasn't signed by all 56 signers until August 2, 1776.

When John Adams wrote that letter predicting an annual Fourth of July celebration, he specifically called out one iconic tradition: fireworks. He wrote that the holiday would be celebrated "with illuminations from one end of this continent to the other from this time forward, forevermore." And judging by the amount of fireworks purchased each year, I'd say he was correct.

According to the American Pyrotechnics Association, Americans spend \$1 billion on fireworks each July. That's a lot of bottle rockets and sparklers! The APA estimates that price adds up to about 268 million pounds of fireworks sold each year.

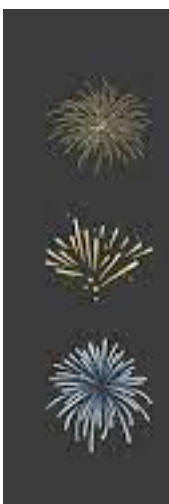
According to Forbes, 155 million hot dogs are consumed each Independence Day, setting Americans back \$104.7 million for the dogs and another \$70.4 million for the buns.



Calvin Coolidge was the first (and so far, the only) president to have been born on the Fourth of July. He was born on July 4, 1872, in Plymouth, Vermont, and went on to become president in 1923.



Although the holiday has been celebrated each year since 1776, it wasn't declared an official holiday until 1870. Although the holiday was celebrated annually, it wasn't until after the War of 1812 (when the U.S. faced Great Britain again and patriotic sentiments were at an all-time high), that the Fourth of July became an even larger celebration than before. Because of this, Congress declared it an official holiday in 1870, and in 1941, made the day a paid holiday for all federal employees.



Fourth of July Cookout!

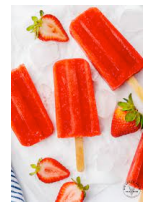


- APPLE PIE
- BARBECUE
- BEANS
- BEER
- BIKES
- BROWNIES
- BURGERS
- CHARCOAL
- CHICKEN
- CHIPS
- COLESLAW
- CORN ON THE COB
- CUPS
- DEVILED EGGS
- DIP
- FIREWORKS
- FLAGS
- FORKS
- FRUIT
- GRILL
- GUACAMOLE
- HOT DOGS
- ICE CREAM
- ICED TEA
- INSECTS
- KETCHUP
- LEMONADE
- MATCHES
- NAPKINS
- PARADE
- PASTA SALAD
- PIES
- PLATES
- POPSICLES

- PULLED PORK
- RELISH
- RIBS
- SALADS
- SALSA
- SAUCE
- SAUSAGES



- SEAFOOD
- SHRIMP
- SODA
- SPOONS
- STEAKS
- STREAMERS
- TOMATOES



- WATERMELON
- WINE

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 Thank you!