

"MEDICS IN OUR MIDST" - CPR/AED TRAINING AT CHURCH

A close friend of one of our members, Bill Bond, had his life saved because of medical training of those near him. Bill's friend, Joe Bruno, and his wife were playing pickleball against a mother and son team, when Joe suffered a heart attack known as a "widow-maker". Fortunately for Joe, his opponents happened to be an ER nurse (the mom) and an EMT trainee (the son). Due to their quick response, along with their training in both CPR and AED (defibrillator), they were able to restart Joe's heart. Bill's friend was saved by angels in disguise! This incident led to Bill reflecting on our church's AED device and whether there are folks who know how to use it and if there were those with knowledge of CPR. Bill is now inspired to make certain we have "medics in our midst" and hopes to find ten members or friends of the church who are interested in taking CPR/AED training so that we too might be someone's angel. It would be great to know that we have a small team that has training and knowledge of these life-saving skills when we are worshiping or during church events. The classes might take place after church over 2 or 3 Sundays this spring. Are you interested? Please contact Bill at bbond@freightwatch.com. A local news story of Joe and his angels is [available here](#). Please consider joining others in the church in becoming "medics in our midst".



SUPPORTING THE NEW FAMILY PROMISE PORTLIGHT SHELTER

Portlight Shelter (a program of Family Promise) is now up and running. They have set up a list of their current needs on [Amazon Wishlist](#) and plan to update monthly with a range of prices for the items they are requesting. If you would like to purchase items from the list, please feel free to do so directly. If you would like to donate a certain dollar amount, please drop off a monetary donation to the church in an envelope labeled "Family Promise - Amazon List" and we will purchase Amazon cards through our church's RaiseRight program and deliver to Family Promise. This is an exciting time for Family Promise. Thank you for considering this donation opportunity!

Eric Olson, Community Outreach Team Representative on Church Council



STANDING INVITATION TO YOGA AT CHURCH



The weekly yoga class at church, led by Dawn Stacey, a licensed yoga instructor and PTA, continues to go well and attracts about 10-12 participants each week. Everyone is welcome to participate each Tuesday evening at 6:00! Dawn has been teaching yoga for over a decade and her personal approach is to focus on the student's discovery of greater ease in their body through movement, breath, and meditation. Each class costs \$12, which is payable to Dawn via check, cash, or Venmo.