

## Forward for Freedom Ministry



Tomorrow, Monday

May 27, 2024

2:00 PM - 6:45 PM

Pavilion

6:45 PM - 8:30 PM

Normal order of the night  
(F3 Lesson and Open Share)

Fellowship Hall

*Hamburgers & Hotdogs, Chips and Drinks*

*Homemade Ice Cream by Tim Godley*

*Corn Hole, Badminton and Volleyball*

*Bring your favorite desserts to share!*

# Virginia Creeper Bike Trail Trip

## *Saturday, July 20<sup>th</sup>*

The Virginia Creeper Trail is a multi-use trail located in south-west Virginia, along an old railroad bed. It's a packed gravel surface through woodland, along a river and crossing multiple old rail trestles. The section we will ride is a gentle downhill section that's 17 miles from White-top to Damascus VA.

### Key Points

- Open to all ages that feel they're capable of riding a bike over uneven surfaces for 17 miles.
- Children 12 & under must be accompanied by a parent or guardian.
- **You do NOT need your own bicycle.** We will be using an outfitter to rent bikes and be shuttled to the start of the ride.
  - ⇒ You can bring your own bicycle if you like and pay a reduced rate for just the shuttle service.
  - ⇒ Note that EV Bikes, or motorized bikes are not allowed on the trail.
  - ⇒ They do have pull behind buggies for small children as well if you wish to use that option.

You can see their website for more information: <https://www.blueblazebikeandshuttle.com/>

- We will carpool from the church building to Damascus, VA. **It will be an all-day event.** We'll leave the church early in the morning, driving 2.5hrs to Damascus. Then the trail will take around 3-4 hours to ride. Then the return drive home.
- The price for shuttle service and bike rental is approximately **\$39 (plus tax)** per person.
  - ⇒ The church is providing funding for our Youth under 18 to help cover the cost for them. Depending on how many sign-up it should cover all or most of this fee.
- Everyone will need to pack a lunch for eating on the trail. Bring a backpack to carry food and drinks.
- A sign-up sheet will be in the lobby at church.

Please contact Monty Carter with any other questions. More details will follow once we have everyone signed up and the reservation booked with the outfitter.

(email) [monty\\_carter@yahoo.com](mailto:monty_carter@yahoo.com)  
(phone) 864-706-4213

# PRAYER REQUEST

- Update of **John Haynes**, knee surgery was successful on Monday. Please pray for both physical recovery and Spiritual renewal for John. Also please include **Vicki and Mark Audia** in your prayer as they care for John during this time.
- Reba (Viki's mother) has moved to a new place and is not being compliant and refusing to do therapy. She also lost one of her hearing aids and can't hear without it. If you want to send her cards, below is her new mailing address:

**Reba Haynes**  
Sapphire Ridge  
Room 121  
115 N. Country Club Rd  
Brevard, NC 28712

- **Harry Hudson** just had a surgery on Wednesday. Please pray for smooth recovery, comfort and healing. Pray also for BJ as she care for Harry.
- **Meralea von Blargen Cook**, died at the age of 40. She was a former member who grew up in our youth group in the late 90's - 2000's. She leaves behind a husband, **Keith**, and 2 children: **Marissa** (14 yrs. Old) and **Kaleb** (10 yrs. old). Cards may be sent to:  
692 Lake Rd.  
Trout Run, PA 17771

Meralea's aunt & grandmother attended here at the same time. Their names and address are below:

**Eby McGolrick** (grandmother)  
**Tammy Balsler** (aunt)  
527 Haystack Dr.  
Zion Grove, PA 17985 (modified zip code)