

Assembly Required

We believe that regular church attendance is important for every Christian because...



It follows the example set by our Lord Jesus Christ.

“So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read” (Luke 4:16)

WORSHIP PROTOCOL REMINDER

When the ushers are on duty, we ask that you graciously follow their directions at all times.

Their job is to help protect the decency and order of our services. Thank You!



August 3
Sis. Tonya Couch
Sis. TeNice Richardson

August 4
Sis. Ruby Simpson

August 5
Sis. Bertha Edwards

August 7
Bro. Khyree Chapman, Sr.



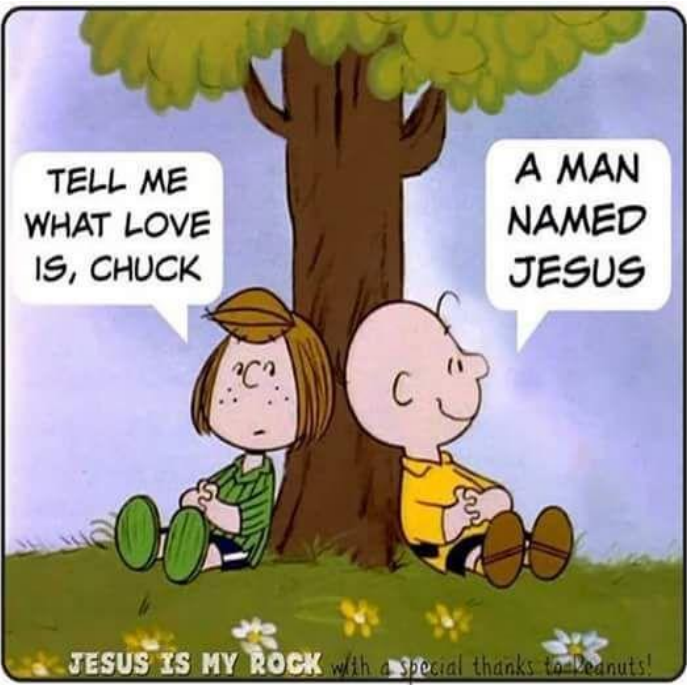
August 13
Sis. Jacqueline Overby

August 16
Dea. Robert English
Sis. Estelle Smith

August 18
Sis. Antoinette Greene

August 26
Sis. Selena C. Scott | Celebrating 92 Years Old!

August 31
Sis. Emma Jean Jackson



HOUSEKEEPING NOTE



Reminder: Did you know it's illegal to litter? It also injures our witness as a church! Please respect our neighbors and their property and avoid discarding trash in the driveway, pavement and curb as you come and go from worship services.

Clean Up Your Neighborhood

BEREAN BAPTIST CHURCH MONTHLY NEWSLETTER



BEREAN Baptist Church

"Study the Word. Share the Love. Serve the World."

PUBLISHER | Volume No. 8 | Issue 1 | Date: August 1, 2026
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Reverend Dr. Michael W. Couch, Pastor

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What is Forgiveness?

Forgiveness in the Bible is a “release” or a “dismissal” of something. The forgiveness we have in Christ involves the release of sinners from God’s just penalty and the complete dismissal of all charges against us (see Romans 8:1). Colossians 1:14 says that in God’s beloved Son “we have redemption, the forgiveness of sins.” The Amplified Bible translates the last phrase like this: “the forgiveness of our sins [and the cancellation of sins’ penalty].” God’s gracious forgiveness of our sin is to be the measure of our gracious forgiveness of others (Ephesians 4:32).



To some people, forgiveness may seem like weakness or letting an undeserving person win, but it has no connection to weakness or even to emotions. Instead, forgiveness is an act of the will. Forgiveness is not granted because a person deserves to be forgiven. No one deserves to be forgiven. Forgiveness is a deliberate act of love, mercy, and grace. Forgiveness is a decision to not hold something against another person, despite what he or she has done to you.

What is forgiveness in relation to salvation?
Forgiveness is an integral part of salvation. When Jesus forgives us, our sins, trespasses, iniquities, and transgressions are erased, wiped off the record. Forgiveness of sin is comparable to financial debt being erased. When Jesus said, “It is finished,” from the cross (John 19:30), He was literally saying, “It is paid in full” (tetelestai in Greek). Jesus took the punishment we deserved, so, when God forgives us of our sins, we are free; we no longer live under that debt. Our sins are wiped out. God will never hold that sin against us (Psalm 103:12).

It is impossible to have salvation without forgiveness. Salvation is God’s deliverance from the consequences of sin. God’s salvation in Christ is the ultimate example of extending forgiveness. God’s forgiveness must be accepted through repentance and faith. Have you accepted forgiveness from God?

Forgive others as quickly as you expect God to forgive you.

"What is Forgiveness?" continued from page 1

What is forgiveness of others?

Forgiveness is also an essential part of the life of believers. Ephesians 4:32 commands, "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Similarly, Colossians 3:13 says, "Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you." The key in both passages is that we are to forgive others as God has forgiven us. Why do we forgive? Because we have been forgiven!

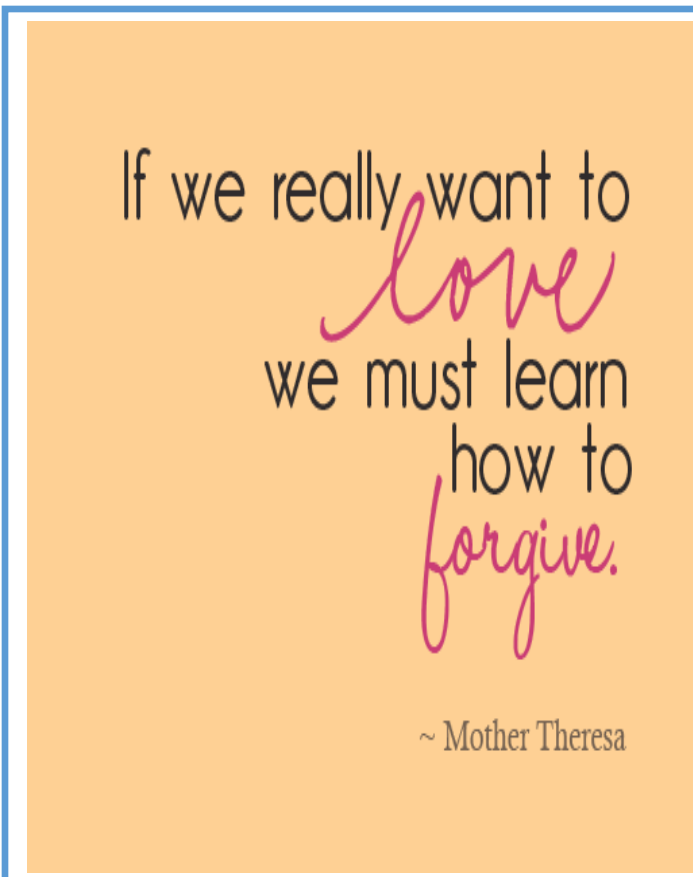
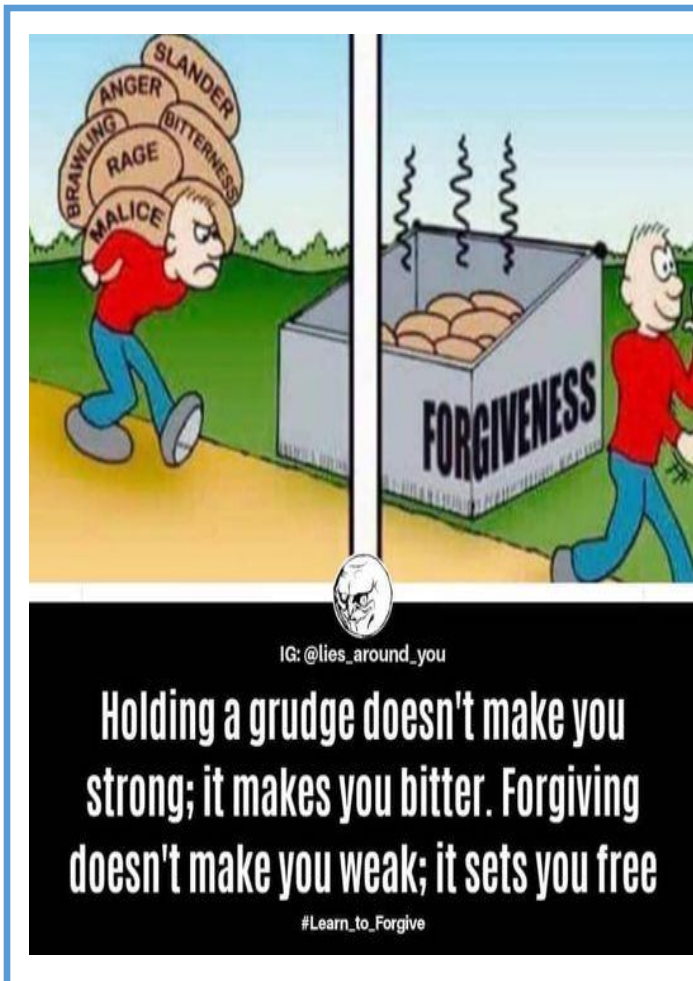
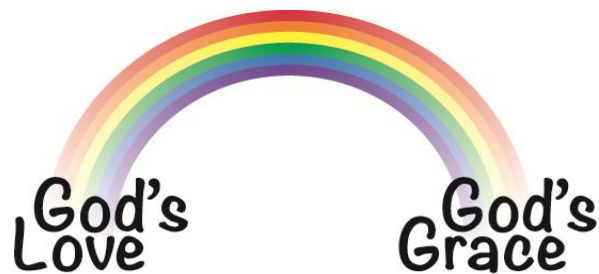
I have forgiven you.
You should do so too.

Jesus

The Bible tells us that we are to forgive those who sin against us. We keep no record of wrongs (1 Corinthians 13:5) but forgive as many times as necessary (Matthew 18:21-22).

Forgiveness
Is not something we do for
OTHER PEOPLE.
It's something we do for
OURSELVES
to Move on.

Refusing to forgive a person demonstrates resentment, bitterness, and anger, none of which are the traits of a growing Christian. Biblically, forgiveness is not just something that the offended person offers; it requires the offender to receive it, bringing reconciliation to the relationship.



COME THOU FOUNT † HYMN #14

1 Come, thou Fount of every blessing;
tune my heart to sing thy grace;
streams of mercy, never ceasing,
call for songs of loudest praise.
Teach me some melodious sonnet,
sung by flaming tongues above;
praise the mount! I'm fixed upon it,
mount of God's unchanging love!

2 Here I raise my Ebenezer;
hither by thy help I'm come;
and I hope, by thy good pleasure,
safely to arrive at home.
Jesus sought me when a stranger,
wandering from the fold of God;
he, to rescue me from danger,
interposed his precious blood.

3 O to grace how great a debtor
daily I'm constrained to be!
Let that grace now, like a fetter,
bind my wandering heart to thee.
Prone to wander, Lord, I feel it,
prone to leave the God I love;
here's my heart; O take and seal it;
seal it for thy courts above.

Why Are You Leaving the Church?

A Lady went to Pastor and said, "I won't be attending church anymore. He said, "May I ask why?" She said, "I see people on their cell phones during the service, some are gossiping, some just ain't right; they are all just hypocrites."

The Pastor got silent, and he said, "Ok. But can I ask you to do something for me before you make your final decision?" She said, "What's that?" He said, "Take a glass of water and walk around the church two times and don't let any water fall out of the glass." She said, "Yes, I can do that!" She came back and said it was done. He asked her 3 questions.

1. Did you see anybody on the phone?
2. Did you see anybody gossiping?
3. Was anybody living wrong?

She said, "I didn't see anything because I was so focused on this glass, so the water wouldn't fall." He told her, "When you come to church, you should be focused on God so that you don't fall. That's why Jesus said **"Follow Me!"** He did not say follow Christians. Don't let your relationship with God be determined by how others relate with God; let it be determined by how focused you are with God."

Author: Unknown

Sick & Recovering "Naked & Ye Clothed Me; I Was Sick & Ye Visited Me" (Matthew 25:36)

+++++
Sisters:
Eloise Ball Betty Ford (Watch Care)
Mary Chapman (Watch Care) Mother Effie Gamble
Sandra Chestnut (Watch Care) Eld. Louise Jones
Deac. Olivia Collins(Watch Care)Jannie Powell
Mother Hazel Drayton Sharene Richardson
Bertha Edwards (Watch Care) Delores Withers (Warch Care)

Brother:
Dea. Joseph L. Davis, Sr.



Nursing/Rehabilitation Center:

Bro. Albert Chambers Genesis Spring Nursing & Rehabilitation Center 1113 Easton Road Room #423A Willow Grove, PA 19090-1901	Sis. Selena C. Scott Maplewood Rehabilitation & Nursing Center 125 S. School House Lane Room #413 Philadelphia, PA 19144-3348
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*Please remember to pray for our sick and recoveries*Visit*
Send Card

"Worship by Giving"

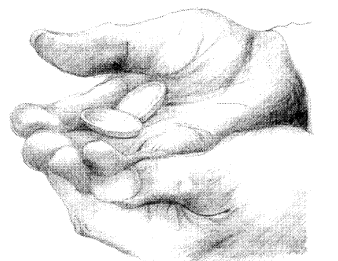
Worship Leader - Mal. 3-8. Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings. **Mal. 3-9.** Ye are cursed with a curse: for ye have robbed me, even this whole nation. **Mal. 3-10.** Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.

Worship Leader:
"Worship by Giving!"
Congregation:
"Praise the Lord!"

Worship Leader:
"Worship by Giving!"
Congregation:
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Worship Leader:
"Worship by Giving!"
Congregation:
"Praise the Lord!"

"...she...put in
everything -
all she had..."
Mark 12:44



Mission: "Study. Serve. Send." ~ Vision: "Word. Worship. Witness." ~ Values: "Learn. Love. Lead."

National NIGHT OUT

★ JOIN DREXEL POLICE AS WE HOST ★
NATIONAL NIGHT OUT!

TUESDAY, AUGUST 4, 2026 | 5:00PM-8:00PM

ON LANCASTER WALK (3300 BLOCK OF LANCASTER AVE, BEHIND THE DREXEL REC CENTER)

FOOD ★ GAMES ★ MUSIC ★ RESOURCES

Bring your dancing shoes and your family for a memorable night as we strive to make communities safer.

We also welcome back Groove City Band featuring our own **Officer Chuck Hendricks!**

Scan the QR code to register for a resource table by July 10th!

UNITED BLOCK CAPTAINS ASSOCIATION HOSPITAL & POLICE DISTRICT 16 PSA2

★ **COMMUNITY MEETING** ★

AUGUST 5 | 7:00 PM | 4017 POPLAR ST

★ **FEATURED SPEAKERS** ★

- Tess Williams**
Engagement & Partnership Coordinator,
Community Services - Philly311
- PA State Rep. Amen Brown**
- City Councilmember Jim Harrity**

Join neighbors and community leaders for an informative discussion about neighborhood concerns, city services, and community engagement.

CHILDREN'S BLOCK PARTY and BOOKBAG GIVEAWAY

- ★ Provide kids with book bags and school supplies.
- ★ Support youth reading readiness and school preparedness.
- ★ Connect families to local resources, education programs, and community safety initiatives.

7 Aug | 12pm- 3pm | 3900 Spring Garden St

BOOKBAGS WITH SCHOOL SUPPLIES

★ FOOD ★	★ ENTERTAINMENT ★	★ RESOURCES ★
- Hot Dogs - Chips - Water Ice/ Ice Cream - Popcorn - Cotton Candy	- Art Bus from Ms Cass - Books and Toys by Ms Diane Mills from West & South West Reading Captains - Fire Truck from Philadelphia Fire Dept - Bounce House from Rep Amen Brown - Games from Drexel University - Raffle Prizes	- Free Library of Philadelphia - Philadelphia Parks & Recreation - Drexel Dornsife Wellness Hub - West Belmont Civic Assoc - PDAC - Keya Cares

Our Community.

Berean's TV Ministry

TUNE IN EVERY SUNDAY MORNING AT 7:30 A.M.

FOR
BEREAN'S TV MINISTRY ON
XFINITY 66/966 HD/967HD & VERIZON 29/30
& EVERYWHERE ON ROKU, APPLE TV
& PHILLYCAM LIVE TV

Music can reach a hidden part of you, that sometimes you forget you have!

GOD is so GOOD!

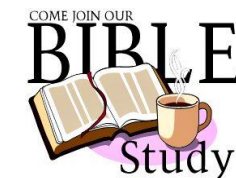


Sunday, August 16, 2026, 9:00 A.M.
(Holy Communion)
Dr. Kevin M. Aiken
Pastor & Guest Preacher
Heart of Worship Restoration Center
Philadelphia, PA 19120-3247



UPcoming EVENTS

Prayer, Praise & Study
Resumes in September



Sunday, August 2, 2026, 9:00 A.M.
(Focus on Evangelism)

Reverend Michael S. Robinson, M.S., Associate & Guest Preacher
Monumental Baptist Church
Philadelphia, PA 19139-4207



Sunday, August 9, 2026, 9:00 A.M.
(Youth & Young Adult Service)

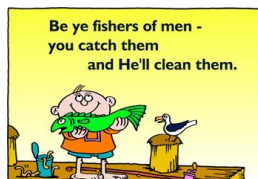
Reverend Malary Edward Wood, Jr., Associate & Guest Preacher
Mt. Sinai Tabernacle Baptist Church
Philadelphia, PA 19132-3129



Sunday, August 23, 2026, 9:00 A.M.
(Focus on Family Harmony)
Reverend Robert Pinkney
Pastor & Guest Preacher
Pentecostal House of Prayer
Philadelphia, PA 19133-1508

Sunday, August 30, 2026, 9:00 A.M.
(Social Justice Sunday)

Bishop Juan Marrero, Pastor & Guest Preacher
Lower Skippack Mennonite Church
Collegeville, PA 19426





MATTHEW 19:14

We invite you and your children, of all ages,
to join us for Sunday School

Every Sunday Morning @9:00 A.M.

We Look forward to seeing you!

(Will resume in September)

Berean Baptist Church
2425-33 W. Indiana Avenue
Philadelphia, PA 19132-1304

Prayer, Praise & Study



Every Wednesday on Zoom at 6:00 P.M.
& In-House at 12:00 Noon
(Resumes on September 16, 2026)

Connect on your Computer
or Smartphone for Free:

Join Zoom Meeting

<https://us02web.zoom.us/j/86840810473>

Connect via FREE Phone Conference
Dial (301) 715-8592, At the prompt, enter
Meeting ID: 86840810473

Come Pray, Praise & Study God's Word With Us!



The Hardest Prayer You Can Pray!

"Jesus said, "Father, forgive them, for they don't know what they are doing" (Luke 23:34).

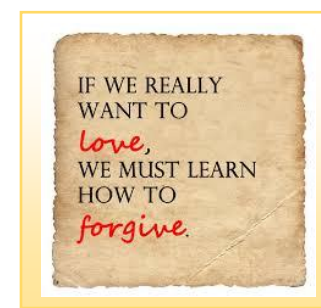
The context of this verse occurs when Jesus is being crucified. Though He was innocent, He carried His cross alongside two criminals to the place where they would be crucified, called The Skull (Golgotha). On the cross, the Son of God - situated between two sinners deserving of death - spoke to His Father and said, "Father, forgive them, for they don't know what they are doing" (Luke 23:34). This was and is the worst crime in the history of the world, the only Man undeserving of death and punishment was put to death in the most humiliating and unfair way...and He said what?



On our own, we know we cannot pray this prayer - for we are too angered by injustice, by acts of evil, by selfish deceit.

But with the Holy Spirit as my Helper and my Advocate, I can seek to grow in this prayer, To see people as not just wrong or evil but incredibly lost...and to pray most of all for God to make Himself known to them, for He is the One whom all wrongs are ultimately committed against.

Jesus forgave those who murdered Him not only on the cross but also in their hearts. He saw their state of lostness and just as He had compassion on the crowds who surrounded him during his ministry, He had compassion on His persecutors.



ADULT BIBLE CLASS

Summer Quarter | June/July/August

The Lord's Patience with His People

Unit I: Slow to Anger

June 7 - Moses Prays for Mercy - Numbers 14:11-24
June 14 - God Renews His Covenant - Exodus 34:1-14
June 21 - God's Mercy in History - Joshua 24:2-13
June 28 - God Grants Israel a King - I Samuel 8:1-18

Unit II: Faithful to His Promises

July 5 - God Gathers All Nations - Jeremiah 3:11-20
July 12 - God Sends a Righteous Branch - Jeremiah 23:1-8
July 19 - God's Faithful Justice - Jeremiah 26:1-13
July 26 - God's Hope for Exiles - Jeremiah 29:1-14
Aug. 2 - God's Promised Land - Jeremiah 30:1-11, 18-22

Unit III: His Compassion Never Fails

Aug. 9 - God Reconciles His People - Jeremiah 31:1-14
Aug. 16 - The Good Shepherd - Ezekiel 34:1-16
Aug. 23 - God's Love for Israel - Hosea 11:1-11
Aug. 30 - God's Faithfulness to Israel - Micah 7:14-20

Bible Reading ~Pray Then Read~

Devotional Bible Study means reading and studying the Word of God in order that we may hear God's voice, discern His will, and live a better Christian life. The first step as you begin devotional reading and study of the Bible is to pray. Here is a verse that you can read or recite as you pray to deepen your time in the Word of God.

"Open thou mine eyes, that I may behold wondrous things out of thy law." ~Psalm 119:18

This prayer was directed toward the taunting crowd, religious leaders happily observing His death, apathetic Roman soldiers placing bets for His clothing, and the criminals on either side of Him. Could you forgive someone for a terrible crime simply because they do not know God? This is the hardest prayer anyone can pray. To forgive someone undeserving of forgiveness; to forgive someone who does not even recognize their need for forgiveness.

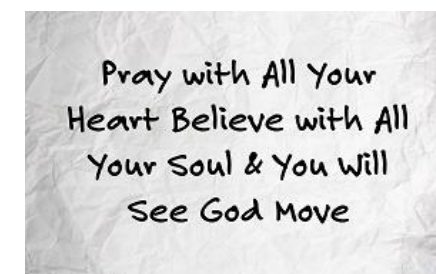
Could you pray this prayer for terrorists, for killers, for gunmen, for bullies, for family members who hurt you deeply, for friends who stab you in the back, for co-workers who use you, for any number of circumstances that cause you or someone you love pain?

Hurting back the people
who hurt you,
makes you
become
just like them.



Intersecting Faith and Life:

If Jesus is our utmost example for Holy living according to God's will, then we can follow His example even in this - the offering of forgiveness to those who persecute us. Let us pray for our persecutors and our enemies that they might know the love of God and the freedom of forgiveness and grace.



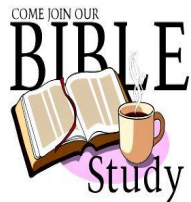
Further Reading: Acts 3:17, Acts 13:27, Acts 14:16, Acts 17:30 & Acts 26:9

Taken from Crosswalk.com Editor

Core Commitments



- I. **Bereanites**, start each day the Right Way:
- Commit to personal development by reading one chapter of the Bible every day and every night.
 - Listen to fifteen minutes of an inspirational audio/video.
 - Reflect on your action steps for that day.
- II. Stay Connected:
- Discipleship Training Zoom “Bible Study” on Wednesday at 6:00 P.M.-7:00 P.M.
 - Discipleship Training “Sunday School” 9:00 A.M.-9:45 A.M.
 - Discipleship Training “RightNow Media” our streaming library of more than 20,000 Bible Study videos for you and your family.
- rightnow MEDIA | Free Gift for Your Family
- III. Commit to planting two seeds Every Day:
- Share your story or the Gospel story with two people every day.
 - By texting, emailing, tracts, social media, Berean Newsletters, and by any means necessary = (48 seeds planted every month).
 - Proverbs 11:30
- IV. Attend weekly service with Guests:
- Invite guests each week by sharing your story or the Gospel story to grow the ministry.
 - Make a 52-week commitment.
- V. Help new members get started right:
- Help new members plug into Bible Study on Wednesday at 6:00 P.M.-7:00 P.M.
 - Help new members plug into Sunday School from 9:00 A.M.-9.45 A.M.
 - Help new members plug into RightNow Media
 - Help new members to share their story or the Gospel story by texting, emailing, tracts, social media, Berean’s Newsletter, etc.
- VI. Retain membership:
- Pray for the Berean family every day and every night.
 - Check-in with other Berean members.
 - Show love and encouragement to all your Berean family and guests.
 - Follow-up with Berean family and new members.
- VII. Find a Biblical workout partner:
- Partner with someone who will hold you accountable, motivate you, and help you stretch for more.
- VIII. Be here next year if the Lord allows it:
- Commit to the commitments.
 - We will see a harvest in you and the ministry.
 - Strength & Honor



Submitted by Pastor Couch

Adult Mental Health Resources

Mental Health has taken our community by storm.
Here are some Resources available to help the Congregation and Community!

Community Behavioral Health

CBH is the city-operated health maintenance organization for persons needing mental health care. Most Medical Assistance patients must call this number first for information and referrals (215) 413-3100, or 1 (888) 545-2600 - Crisis Hotline (215) 686-4420 www.dbhids.org/community-behavioral-health/

Online Mental Health Screening

Through Dept. of Behavioral Health - Free online screening and resources.

Go to healthymindsphilly.org/screening to check it out.



National Suicide Prevention Hotline

24-hour a Day National Hotline. Call 1 (800) 273-8255 or go to website below:
<http://www.suicidepreventionlifeline.org/>

Mental Health Association of Southeastern PA

Organization that develops, promotes, and supports education and advocacy programs and serves children with mental health needs - 1211 Chestnut Street - (800) 688-4226 or (215) 751-1800.
www.mhasp.org

Magellan Behavior Health (Health Partners, KHPE, BCBS)

Call (800) 688-1911 for intake.

www.magellanofpa.com



BHSI (Behavioral Health System Initiative)

City-funded agency for individuals without health insurance with **substance abuse**. 801 Market Street, (215) 546-1200. bhsi-dbhids.org



Drug and Alcohol Helpline

The Center for Substance Abuse Treatment hotline. Call 1 (800) 662-4357 to find a resource near you.
<http://www.samhsa.gov/>



Nar-Anon

Support for families of addicts. Call 1 (800) 477-6291
<https://www.nar-anon.org/>

Alcoholics Anonymous

Call (215) 923-7900 for information or go to their website below.

www.aasepia.org



Narcotics Anonymous (NA)

Support groups for clean addicts and active users. Call 215-NA-WORKS.

<http://www.naworks.org/>



CRISIS TEXT LINE:
TEXT "MHFA" TO 741741

Available 24/7, 365 days a year, this organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.
<https://www.crisistextline.org/>

Submitted by Pastor Couch

DCHD
DELAWARE COUNTY HEALTH DEPARTMENT

3rd Annual

BACK TO SCHOOL FAIR

August 15th, 2026 from 10 am- 2 pm at the Delaware County Wellness Center in Yeadon, PA

SAVE THE DATE

Vaccines for School (Must Qualify)
Health Screenings
Backpacks
School Supplies
Haircuts
Resources

Registration Opens June 15th, 2026

5/2026

FORGIVENESS
doesn't excuse
their actions.
FORGIVENESS
stops their actions
from destroying
your heart.

AUGUST is National Immunization Awareness Month

When was the last time you checked to see if your immune system is up to date? This August, National Immunization Awareness Month raises awareness and encourages everyone to make sure they are current on the necessary vaccinations for potentially harmful diseases. Many diseases can be easily prevented by administering vaccines, and thus, protecting you from unseen viruses. Take the necessary precautions with a simple call to your doctor, and avoid potential harm while leading a healthy, happy life.

1995 - We finally have a chickenpox vaccine

Prior to the introduction of the vaccine in 1995, there were around 4 million cases per year in the United States. Ten years after the vaccine was recommended in the US, the CDC reported as much as a 90% drop in chickenpox cases. One dose of the vaccine prevents 95% of moderate disease and 100% of severe disease.

1958 -Measles meets its match

In 1958, there were 763,094 cases of measles in the United States. In 2008, there were 64 suspected cases of measles thanks to immunization from vaccines.

April 12, 1955 - Polio loses its punch

Jonas Salk introduces the Salk vaccine, or inactivated poliovirus vaccine, to the world. With two doses of the vaccine, 90% or more of individuals develop protective antibody to all three serotypes of polio, and at least 99% are immune to polio following three doses.

1797 - The vaccine makes its debut

Edward Jenner develops and documents the first vaccine for smallpox. It's the first vaccine ever developed in history.

Speaker of the House and
191st Legislative District State Representative

Joanna E. McClinton's

BACK To SCHOOL

Supply Drive & Food Distribution

Rep. McClinton's District Office
149 S. 60th St., Philadelphia, PA 19139

FRIDAY, AUGUST 21
12 P.M. – 3 P.M.

First Come, First Serve
While Supplies Last!

**Children must be present
to receive supplies**

Join Representative McClinton and her
staff for **FREE** Back 2 School Supplies,
Food, fun and games! The Rep. and
staff will distribute information on state
services, higher education and college
affordability.

**FOR MORE INFORMATION, CONTACT SPEAKER
MCCLINTON'S DISTRICT OFFICE AT:**
149 S. 60th St. | Philadelphia, PA 19139
(215) 748-6712 | Fax: (215) 748-1687

RepMcClinton.com
f/RepMcClinton @RepMcClinton



New**New*****New*****New*****New****New**

Mission:

“Study. Serve. Send.”

*Berean Baptist Church exist to **study** the Scriptures faithfully, **serve** Yahweh and neighbor lovingly, and **send** disciples into the world boldly with the Gospel of Jesus Christ.*

Vision:

“Word. Worship. Witness.”

*Berean Baptist Church seeks to be a Christ-centered church shaped by the **Word**, strengthened through **Worship**, and sent in **Witness** to transform our congregation, community, and world.*

Values.

“The Berean Way: Learn. Love. Lead.”

Learn - We search the Scriptures with eager hearts.
Love - We love Yahweh fully and our neighbors faithfully. **Lead** - We make disciples who serve, witness, and build Yahweh's Kingdom.

“Berean Baptist Church

Study the Word. Share the Love. Serve the World.

August is Children's Eye Health & Safety Month!

It's almost back-to-school time and you're prepared with your child's enrollment forms, orientation schedules and immunizations - but what about their eyes?

August is Children's Eye Health and Safety Month - a great signal for you to get your child's eyes checked before school starts.

Join us as we observe Children's Eye Health and Safety Month in partnership with Prevent Blindness America and the American Academy of Ophthalmologists.

Most children have healthy eyes. But there are conditions that can threaten good vision. Because you can't always "look" into your child's eyes to tell if they have eye health problems, set up some time today for an eye exam:

- Your child's eyes should be examined during regular pediatric appointments, and vision testing should be conducted around age three.
- Parents should be aware of signs that may indicate their child has vision problems, including:
 - Wandering or crossed eyes
 - A family history of childhood vision problems
 - Disinterest in reading or viewing distant objects
 - Squinting or turning the head in an unusual manner while watching television

August is Children's Eye Health & Safety Month, continued.

- Color deficiency (color blindness)
- Refractive errors (nearsightedness, farsightedness and astigmatism)

Let's Talk Eye Safety:

Use this month to discuss the importance of eye safety with your children.

More than 12 million children suffer from vision impairment, and eye injuries are one of the leading causes of vision loss in children. There are an estimated 42,000 sports-related eye injuries each year and the majority of them happen to children.

Children should:

- Wear protective eyewear while participating in sports or recreational activities
- Play with age-appropriate toys. Avoid toys with sharp or protruding parts

One of the best ways to ensure your child keeps his/her good vision throughout life is to set a good health example.

To find more information about Children's Eye Health and Safety, visit:

www.preventblindness.org
www.aaio.org