

# In Touch

A publication of Parma Heights Baptist Church

Summer 2017 | Volume 32 | No. 2

## ***Busy Little Bees***

A Heart Of Thanks  
Kids' Days Out  
Galactic Starveyors VBS  
And More!

## ***Leap Of Faith***

Pasta Dinner Thanks  
Welcome Our Summer Interns  
Students On Mission

## ***Weekend Experience***

All-Church Survey Results





# CONTENTS

## Busy Little Bees

A Heart Of Thanks.....	2
Kids' Days Out	
VBS Work Day.....	3
Galactic Starveyors VBS	
Join The Galactic	
Starveyors Team.....	4
Baking With Love	
VBS Mission Project	
Follow-Up Picnic Helpers.....	5
Opportunities To Make	
A Difference	
Kids Are Growing Up	
And Moving On.....	6

## Training Your Child

The Privilege Of Parenting.....	7
---------------------------------	---



## Leap Of Faith

Pasta Dinner Thanks.....	8
Welcome Our	
Summer Interns.....	9
Students On Mission.....	10
Important Dates And Info.....	12

## Weekend Experience

All-Church Survey Results.....	13
--------------------------------	----



# Financial Report as of May 1, 2017

## income to date

offering	513,815.11
misc. income	7,736.64
total income	521,551.75
year to date budget	539,297.00

## expenses to date

missions	63,126.36
worship	10,447.98
evangelism	3,093.42
para-church ministries	2,500.00
care giving	320.69
children	2,613.43
youth	40.69
discipleship	5,670.57
operations	471.11
utilities	37,693.64
insurance/taxes	11,520.26
housekeeping	6,737.07
maintenance	31,588.09
admin services	20,259.64
preaching/admin	2,808.50
salaries/benefits	230,699.78
other	37,824.91
total expenses	480,097.67
excess income/expenses	41,454.08

## RG+Vision

balance	27,960.28
---------	-----------



## A HEART OF THANKS

A week before Easter, my doctor gave me the news that surgery was my only option, and the sooner the better. So, I proceeded to share with him the importance of Easter, and asked if we could wait until after the holiday. He agreed. I left his office with a heart of thanks.

Saturday night before Easter, I was getting ready to do my final review of the kids' message for Easter Sunday morning. And who showed up at my door by God's providence? My big brother. As we were talking, I started seeing smoke and found the indoor gas grill and exhaust hood totally engulfed in flames. We had about 30 seconds to get it under control, as the flames were already licking the ceiling. Thankfully, big brother came to the rescue and got it under control. A black cloud of smoke traveled through the house. But thankfully, the fire was out and we only had some singed hair and a few blisters. We cleaned what we could that night as the black smoke settled and left soot throughout the house. But I went to bed with a heart of thanks. I still have my house, and no one was hurt.

Regardless of all these things that are beyond our control, we need to celebrate. It's Easter! He is risen, and gives us life eternal. I'm so thankful.

The Thursday after Easter, I had my surgery, and then spent a couple of days in the trauma unit, which was the only available space. There was a constant presence of police right outside my door. I'm not sure if they were there for me or the prisoners, but either way, it was interesting. But again, I give thanks that the Lord spared me from lifestyles that can be destructive.

Once I was released from the hospital, I was lovingly taken in by my sister and brother-in-law. I couldn't be alone for a week, but then it stretched into a couple of weeks because of all the cleaning being done at my house from the smoke damage. Again, my heart is full of thanks for a loving family, and now a clean house, that I couldn't have taken care of on my own.



I also have a heart full of thanks for my wonderful church family – for your cards, visits, meals, help with the “puzzle” for VBS, help with house cleaning, lots of yard work, phone calls and texts (that’s the modern thing), and especially your prayers. Thank you for being a wonderful church family.

We don’t know what each day holds for us, but we do know WHO holds the future. And for that, we should all be thankful. *“For the LORD is good. His unfailing love continues forever and his faithfulness continues to each generation”* (Psalm 100:5).

With a heart full of love and thanks,  
Pam Scott

## KIDS’ DAYS OUT

This day of exploration, games, and discovery is something that all of our elementary kids look forward to every year. It’s also a great day to invite a friend to join you. This year for kids who finished grades 1-4, we will be doing something new and exciting in our Cross of Hope Pavilion and adjoining woods. Our Kids’ Days Out at PHBC will allow us to discover some new things along our trails and enjoy this wonderful space that God has provided. We will also have the opportunity to invite some new kids from the apartments to join us for this special day.

Kids who finished grade 5 will take a mystery trip in search of the Ice Box. Permission slips are due the Sunday before your Kids’ Day Out (for the grade you just finished).

**Kids’ Days Out Schedule:** (For the grade just finished)

- Grades 1 and 2: June 13 (Tuesday), 11:00am to 3:30pm
- Grades 3 and 4: June 15 (Thursday), 11:00am to 3:30pm
- Grade 5: July 6 (Thursday), 10:30am to 3:30pm



## VBS WORK DAY

Join us on Wednesday, July 12 from 9:00am to noon as we partner together to put the final touches on our VBS preparations. There will be something for everyone. Some will be counting daily handouts, others will be sorting supplies and sharpening pencils, and then of course there’s much decorating to be done to get ready for our Galactic Starveyors. Meet in B-5 and then we will divide up from there. Come and enjoy the fun and fellowship while we make final preparations for this great outreach.



## GALACTIC STARVEYORS VBS

What a great opportunity we have this summer to introduce kids to the God of the universe. *Galactic Starveyors* Vacation Bible School will take place July 17-21 from 9:30am to noon for kids ages 4 through grade 6. At VBS, they will learn that:

- God created me and wants a relationship with me.
- Sin messed everything up, but God is still in control.
- God sent His Son Jesus to be the Savior of the world.
- Jesus gave His life to be my Savior.
- Even though I mess up, God still loves me and will never leave me.

These truths will be the foundation of everything we do, including crafts, games, skits, Bible stories, singing, wacky experiments, and exposure to God's great creation above and beyond the earth. Invite your friends to this fabulous, life-changing week. There are classes for age 4 through grade 6 (grade finished by June 2017). Ages 0-3 will have childcare available **if a parent is on the premises at all times**. Register online at [www.phbaptist.org](http://www.phbaptist.org), or for more info, call the church office at 440.886.6100.



## JOIN THE GALACTIC STARVEYORS TEAM

In less than 2 months, PHBC will be venturing into a galactic world of mystery and great revelations about our wonderful Creator. What a great opportunity we will have to introduce children to Jesus, who will make all the difference in each of their worlds. But we need **YOU** to make it happen. There is a job for everyone: nursery, working with preschoolers, assisting with small groups in elementary ages, kitchen crew, craft helpers, recreation, and much more. VBS week changes kids' lives, and it also can change yours, too, as you volunteer to "make impressions that last for eternity." We need to get our Galactic Starveyor teams in place now to be ready for this great adventure, so sign up in the glass walkway or the church office today.



## BAKING WITH LOVE

It's time to warm up those ovens and start baking some of the 8,000 homemade cookies that are needed for the week of VBS, July 19-21. Our kids so look forward to these special treats, and I know if we all pitch in and do a little, it will add up to a lot. Your cookies baked with love make the kids feel special. You can start baking before the heat of summer hits and put them in the freezer for safekeeping. ***Because of allergies, we ask that you do not bake with nuts.***



## VBS MISSION PROJECT

Can you imagine owning one pair of shoes, and then they wear out and there's no money to replace them? Or what about living in a place that has an extensive rainy season, but no umbrellas are available to shelter you as you go from one building to another throughout the day.

This year during VBS, we have the privilege of partnering with Chain of Love Homes in Brazil to help provide these needed items. As one of our NAB orphanages, we try to connect with them during VBS to find out their biggest needs. We can help them greatly by providing 70 pairs of shoes at \$26.99 each, totaling \$1,889.30. We would also like to provide the needed 78 umbrellas at \$5.98 each, totaling \$466.44. So, our goal for our VBS Offering is \$2,400 to cover both of these needs, and any additional funds beyond that can purchase socks to go with their new shoes. It's so great that we can help others in need.



## FOLLOW-UP PICNIC HELPERS

Join us on Tuesday, July 25 from 10:45am to 2:00pm and reconnect with kids that made decisions for Christ at Sports Camp or VBS. Extra hands are needed to help with sign-in, food, games, and just to be with the kids. Call the church office at 440.886.6100 if you can help.



## OPPORTUNITIES TO MAKE A DIFFERENCE

With the arrival of summer, it's a great time to start finding your niche in an ongoing ministry. I encourage you to check out some of the possibilities. See Pam Scott to observe in an area or to talk about the opportunities.

**9:30am Sunday School for Grade 1** – Partner with Sue Eaton as kids discover God in a whole new way and how He impacts their daily life.

**11:00am Churchtime helpers with 4s and 5s or Grades 1-4 (with our interns).**

**Year-round Churchtime (or by quarter) for Grades 1-4** – Helping kids connect with God not only on Sunday, but every day of the week, and understanding how they can impact their world for Christ.

**IMPACT Night (Wednesdays from 7:00-8:30pm beginning in September)**

- **2s and 3s** – This moldable age group soaks up everything, so it's a great opportunity to share God's love.
- **Pioneer Clubs** – Girls learn life skills along with the truths about God's love and impact in their lives. You can choose the age group where you see your best fit: Voyagers (Grades 1-2), Pathfinders (Grades 3-4), or Trailblazers (Grades 5-6). See Pam Scott or Patty Buncher to get involved in Pioneer Clubs. Our girls need your guidance and influence.

## KIDS ARE GROWING UP AND MOVING ON

By the end of the summer, children will be gearing up to move into their new grade level at school. Our 6<sup>th</sup> graders officially join the Jr. High Ministry on June 4, but all the other grade levels will move up to their new classes in Sunday School on September 3. Throughout the summer, children will participate in activities for the grade they just finished. On August 27, Promotion Sunday, children will celebrate and reflect on their year together in their Sunday School classes, before moving up the next week. Children going into 1<sup>st</sup> and 4<sup>th</sup> grade will receive new Bibles in Sunday School on Promotion Sunday. If your child isn't involved in Sunday School, there is no better time to get them started than now. In small groups, children learn important truths from God's Word and where they fit into God's story. Join us on Sundays at 9:30am. Let's help build that important biblical foundation early in the lives of our children. You can help your child get the most out of Sunday School by bringing them on time, so they don't miss any of the important activities that lead into their lesson, and then by reviewing with your child what they've learned and remind them how to apply that to their daily lives.

# Training Your Child

**ONE OF THE GOLD NUGGETS IN SCRIPTURE** that I believe presents a comprehensive curriculum guide is in Luke 2:52: *“And Jesus grew in wisdom and stature, and in favor with God and man.”*

Are your children growing in wisdom, stature, and favor with God and man? First, let’s establish a simple definition of these four areas, and then we will look at specific practices that allow you to guide and mentor your children. Jesus grew **in wisdom**: God’s opinion on all knowledge; application of biblical principles to life areas. **In stature**: physical growth; spiritual or “heart” wellness; emotional balance. **In favor with God**: personal relationship with God; Christlikeness; obedience; passion; love for Jesus. **In favor with man**: relationships with people; social skills, character traits; having a good name.

How do we know if our children are growing in these areas? By talking to them, observing them, listening to them, asking them questions, and having conversations with them. We support their growing in these areas by channeling them to people who are like-minded and who are also endeavoring to mentor children in these areas. Therefore, partnerships with a Christ-centered school and a church focused on authentic discipleship are vital. Take time to review Deuteronomy 6 with your children. This passage provides not only the central theme of the book, but it sets a pattern that helps us relate the Word of God to our daily lives. God emphasizes the importance of parents teaching the Bible to their children. The church and Christian school cannot be used to escape from this responsibility.

There’s no use beginning the building process of our child’s heart unless we are committed to God’s Word as the foundational source of all truth and wisdom. For example, wisdom must be built on the foundation of God’s Word, or else the prevalent human wisdom and empty philosophy will form the child’s thinking and values.

The Luke 2:52 maturity paradigm provides insight for us in that our training plan must be complete in nature. As we *“do life”* with our children, we want to teach them about God’s great purpose for their lives; develop their reverence for God; help them develop their internal strength through trials and tribulations; and finally, prepare them for practical life skills such as work, financial management, family, etc.

The privilege of a parent is to see their children choose to walk with the *“God of their father.”*

Dave Griffey, PHCA Administrator



student ministries

# LEAP OF FAITH



ON THE MOVE FOR GOD

## PASTA DINNER THANKS

Thank you for your strong and generous support at our 13<sup>th</sup> Annual Pasta Dinner and Dessert Auction in April. We had a lot of fun and were encouraged by your strong show of support. This event raises money for our students to go on life changing ministry trips: Mission Trip to Indianapolis (June), Mission Trip to Haiti (July), and our Algonquin Canoe Trip (August). Our students, families, and youth ministry were blessed by your support on so many levels. Every ticket purchased, meal enjoyed, donation, and auction bid helps our students and their families directly.



Because of PHBC's generous help we were able to raise approximately \$4,400! Thank you for your part in all of this. Your hard work, generous donations, time in the kitchen, volunteering, etc., have blessed more than words can express.



Thank you for your strong and generous support!

Dan Adams

Pastor of Student Ministries

## WELCOME OUR SUMMER INTERNS

With the summer ministry season comes a lot of excitement and additional ministry opportunities. Along with that comes a lot of ministry needs, as well. That is why we're so excited to be welcoming our Summer Interns to our team. We're looking forward to all of the excellent help and hard work that they will provide. The benefits to our internship program go far beyond the summer months, though. This program helps train and equip future ministry leaders. Our interns gain practical ministry experience that helps them grow, mature, and be prepared for their ministry careers. We're grateful for God's provision and your generous support to make these positions possible.

As in the past, we have hired two interns to support our Children and Youth Ministries. This summer we've added a third intern, one to help with our Worship Arts Ministry. So, our interns will be helping with a variety of ministries such as: FOCUS Sports Camp, VBS, Summer Mission Trips, Kids' Days Out, Youth Outings, Worship Service Planning, and leading worship services, just to name a few. Each of our interns is currently involved in and looking to pursue ministry in the future.

Our Summer Interns started mid-May and will work closely with Dan Adams, Pastor of Student Ministries, Pam Scott, Minister to Children, and Kraig Anderson, Pastor of Worship and Administration. We meet at least weekly for devotions, prayer, training, evaluation, and planning. Each of our interns are former students of mine and have come through our Youth Ministry. We want you to get to know these fine young adults.



### CAMILLA BUSH: CHILDREN AND YOUTH INTERN

Hi, everyone! My name is Camilla Bush and I am so excited to be returning for round two of summer interning with PHBC! I had too much fun amidst all the hard work that I had to come back for more. I grew up in PHBC and it is such an honor to be working alongside some of my spiritual heroes (Pam Scott and Dan Adams). I have just finished my junior year at Baldwin Wallace University where I am pursuing Middle Childhood Education. I worked as a tour guide in the admissions office as well as being highly involved with CRU (Campus Crusade for Christ). My ultimate goal is to take my education degree overseas into full-time missions. To know me is to know that I love being outdoors, singing at the top

of my lungs, science, sci-fi, Disney, trying new things, adventures, mac n' cheese, coffee, and ice cream. I am looking forward to all of the amazing ministry opportunities and what God has in store for this summer.

### JOHN THOMPKINS: CHILDREN AND YOUTH INTERN

My name is John Thompkins. I am 21 years old, soon turning 22 on June 19, the first day of Sports Camp. I just finished my third year in college as a Computer Science major. One thing that I tell people right off the bat is that I am 100% extroverted. This was proven with the 5 personality tests that I have taken and got 100% every time. I love talking to people, and will share my stories and life experiences with anyone that asks or cares to know, so please talk to me.

I am a small group leader for the second time at my college. I mentor and disciple a small group of 8 freshmen males to grow as an adult and towards God. I also worked at a summer camp called LMC, where I got to work with teens and kids.



Why am I an intern at PHBC? I had a similar experience as Pastor Dan Adams did in college where I faced a big decision in my life. I had the choice to pick two majors: Computer Science or Ministry. I felt called to both of these as I grew in my faith during high school and at PHBC, but it didn't hit me until I was a senior in high school. I decided that I was called to major in Computer Science and use my knowledge and skills to move churches and the next generation to an era that will be leading with God by their side. But I did not want to give up on my passion and gift with youth and children. I am here to lead with God by my side and make a difference and grow spiritually.

What do I do for fun? I like to do many things with my high energy, which can lead to anything. I play all sports and love to play board games. I make and play video games for my career. I am moving into virtual reality as a career. I have already made an application on the phone. Feel free to ask me all about it if you want to know more.



### JAMIE MITCHELL: WORSHIP INTERN

Jamie Mitchell just finished his freshman year at Spring Arbor University in Michigan. He is a Worship Arts major with a passion for leading music and reaching out to millennials. In the past several years, Jamie has been involved with PHBC's Youth Ministry for mission trips, SLAM Team, and the youth worship band.

After graduation, he wants to pursue a leadership position in a church that allows him to lead worship and reach out to millennials in some way. While at school, he leads worship for Sandstone Congregational Church. Throughout his musical career, he has played multiple instruments including guitar, drums, bass, ukulele, mandolin, keyboard, and multiple vocal parts. He is very excited to be

able to serve the congregation of PHBC this summer and gain experience organizing worship and reaching out to younger members of the church.

Please join us in praying for each of our interns and their summer ministry at PHBC. As you have opportunity to meet them throughout the summer, please take a moment to help them feel welcome.

Dan Adams  
Pastor of Student Ministries

## STUDENTS ON MISSION

This is my 8<sup>th</sup> summer as Pastor of Student Ministries at PHBC, and each summer I've had the privilege of working with short-term missions teams. In previous summers we've sent teams to: Waterbury, New York City, Cincinnati, Haiti, Cleveland, and Indianapolis. This summer we are training and sending out 40 people in two teams to Indianapolis in June and to Haiti in July. I believe that our short-term mission trips are one of the best discipleship and service opportunities for our students. Nearly every participant would say these trips are life-changing, not only for them, but for those to whom we minister. These trips also often move people into spiritual growth spurts.

**TEAM INDY:** Our Indianapolis team, led by Matt and Bethany Vince, is returning to expand on the work we started the last two summers. They will be in Indianapolis from June 26 through July 1, working closely with KIDS Inc., which is a church-based inner city ministry. We will focus our efforts on strengthening their ministry, facilities, community impact, and relationships with outreach kids, teens, and families. Our projects may include: basic facility maintenance, prayer walks, and evangelism.



**TEAM HAITI:** I will be leading our team to Haiti July 22–29. The need in Haiti is great. They're still recovering from the magnitude 7 earthquake in January 2010, which killed 230,000+. Then Hurricane Matthew hit in October 2016. The death toll rose quickly to over 1,000. 200,000+ homes were destroyed and most of the food crops of this already impoverished nation were wiped out. The UN reports that over 1.4 million people are in need of humanitarian help. We will be working with Mission of Hope in various villages to help with sustainable food supplies, clean water sources, hygiene clinics, and various children's ministries.

Some of you have already helped support our team financially at our Pasta Dinner and through support letters you've received. Thank you! Your generosity is a huge help and blessing. You can also support us through prayer.

***Please pray for:***

- Team unity
- Safety
- Opportunities to share Christ with the kids, teens, and families
- Student to learn to have eyes for the needs around them

There is one last way we're asking for help. Both our Indy and Haiti teams need to collect and bring a variety of ministry supplies. Be on the lookout for a bulletin insert and our table in the glass walkway.

Thank you for your strong support!

Dan Adams  
Pastor of Student Ministries

## IMPORTANT DATES AND INFO

### JUNE 2017

- 6.2 7-Up Party, 6:00-8:30pm**  
Upcoming 7<sup>th</sup> graders and their parents are invited to join us for a fun and informative evening. We'll enjoy dinner, games, meet the youth ministry team, and get an introduction to OneEightyOne Student Ministries.
- 6.4 Graduation Sunday**
- Upcoming 7<sup>th</sup> graders join our Junior High ministry at 9:30am in the Youth Diner.
  - Students going into 9<sup>th</sup> grade join our Senior High Ministry at 9:30am in the Youth Diner.
  - We'll celebrate with our graduating seniors at 9:30am during Sunday School. Graduates should register at [www.oneeightyone.org/graduation/](http://www.oneeightyone.org/graduation/).
  - We'll celebrate with our high school and college graduates during the 11:00am service.
- 6.9 Intern Lock-In**
- 6.11 Mission Trip Training #4, 12:30 to 2:30pm**
- 6.14 June Youth Outing and Sports Camp Prep**
- 6.19–22 FOCUS Sports Camp**
- 6.25 Sports Camp Celebration Picnic**
- 6.26 Indianapolis Mission Trip Begins**

### JULY 2017

- 7.1 Indianapolis Mission Trip Ends**
- 7.12 July Youth Outing and VBS Prep**
- 7.17–21 *Galactic Starveyors* Vacation Bible School**
- 7.22–29 Haiti Mission Trip**

### AUGUST 2017

- 8.2 August Youth Outing**
- 8.3 SLAM Team Applications Due**
- 8.5–12 Algonquin Canoe Trip**
- 8.27 School Year Kickoff Cookout**

Go to [www.oneeightyone.org](http://www.oneeightyone.org) for additional and updated info, sign-ups, and forms.

### STAY IN TOUCH:

- **Blog:** Sign up at [www.oneeightyone.org](http://www.oneeightyone.org) to receive weekly update
- **Twitter:** @phbc181
- **Instagram:** phbc181
- **Facebook:** [www.facebook.com/181studentministries](http://www.facebook.com/181studentministries)

# WEEKEND EXPERIENCE

## All-Church Survey Results

**One of the pillars within our PHBC** strategic planning process is called “Weekend Experience”. We have a large team of leaders closely examining the Sunday experience. As part of our investigation, in April, 367 people completed an all-church survey. The survey was available in paper form as well as online. In addition to the fill-in-the-blank responses, there are hundreds of individual comments which all represent very personalized assistance to the people on our team. This survey has given wonderful insight to pray through and process as we seek God’s wisdom to maximize the Sunday morning experience for people currently attending PHBC, while also helping to create an experience to more effectively draw in and connect young adults and families to Christ and this church.

While we are still mining through all the information that was received, the following is a sample of some of the results received:

- 17% of respondents have attended PHBC less than 3 years.
- Over 60% of respondents serve in a regular ministry at least once a month with nearly 40% of those serving at least one time per week.
- Over 90% of people in Growth Groups said their group is either primarily interactive or an appropriate blend of prayer, fellowship, and teaching/discussion.
- Approximately 19% of respondents were under the age of 36.

We are so thankful for all the people who took the time to complete the survey. Take a look at the graphs on the following pages and see the vital information that we are sifting through to help in the planning process.

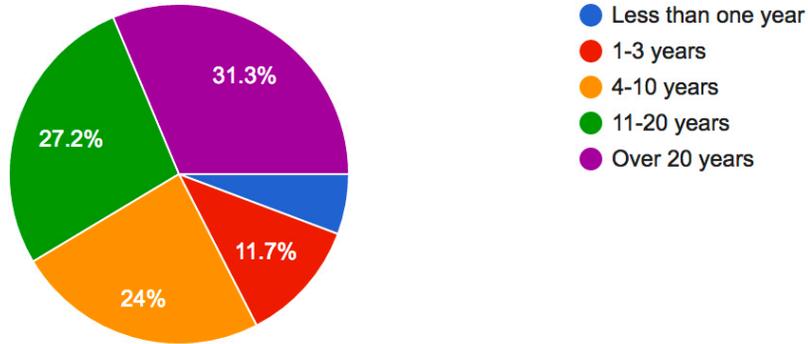
Kraig Anderson

Pastor of Worship and Administration



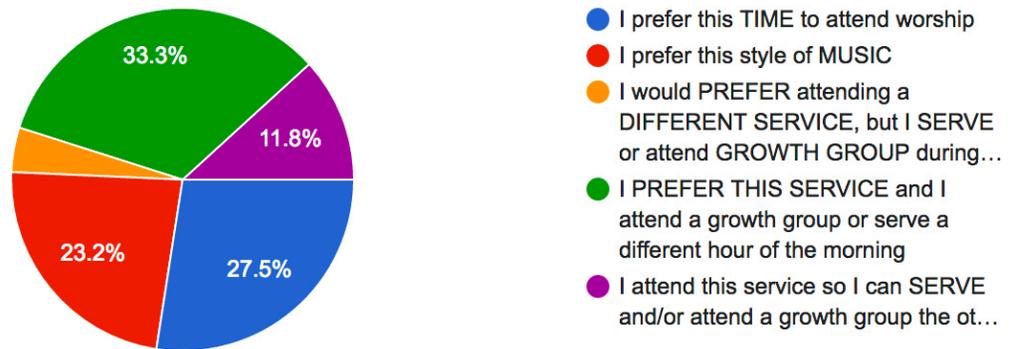
### How long have you attended Parma Heights Baptist Church?

367 responses



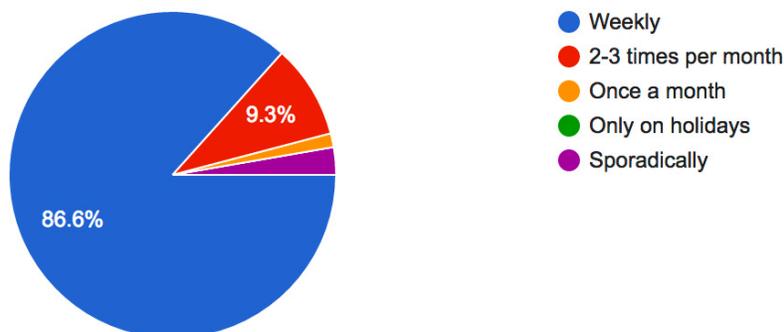
### Why do you primarily attend this service?

357 responses



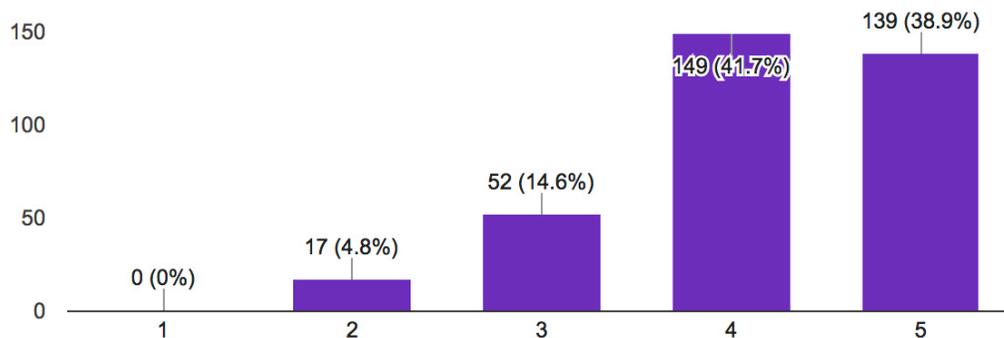
### How often do you typically attend a worship service?

367 responses



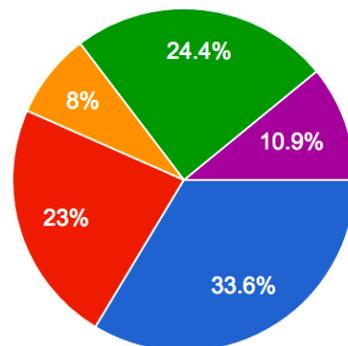
### What is your CURRENT SATISFACTION with the worship service you primarily attend?

357 responses



### Which musical worship style do you MOST prefer

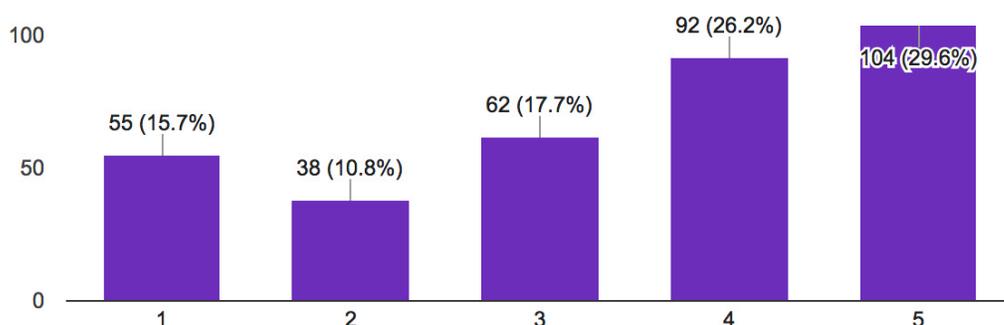
348 responses



- Classic - mix of hymns and choruses lead by choir, organ, orchestra, wor...
- Contemporary - Worship band-led music, (i.e. similar to our current 11:...
- Traditional - only hymns, led by choir, organ, piano, etc.
- Blended - a mixture of hymns/ choruses lead by traditional and co...
- Modern/Emerging - one individual fronting the band, louder, immersive...

### How important is the start time for you in choosing which service you attend?

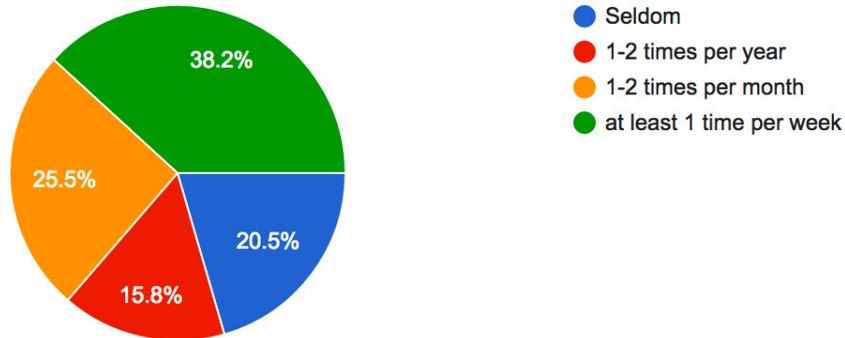
351 responses



## worship arts

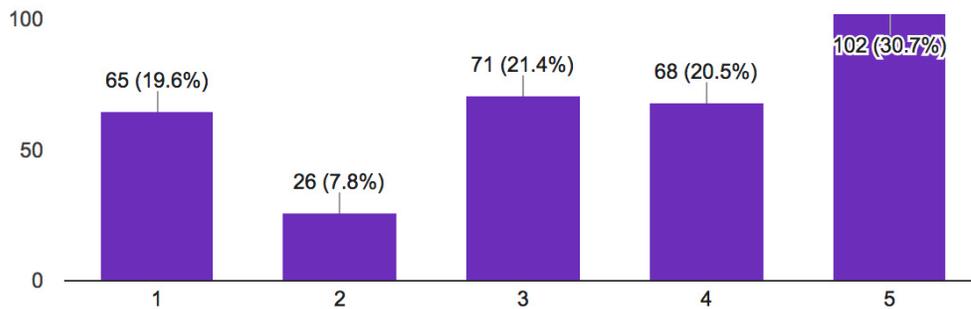
### How often do you serve in a ministry (the same or different ministries).

322 responses



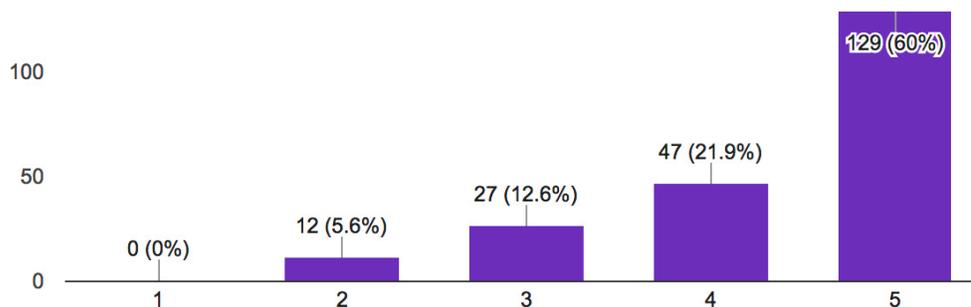
### How important is the time you serve on a Sunday morning to choosing which service you attend?

332 responses



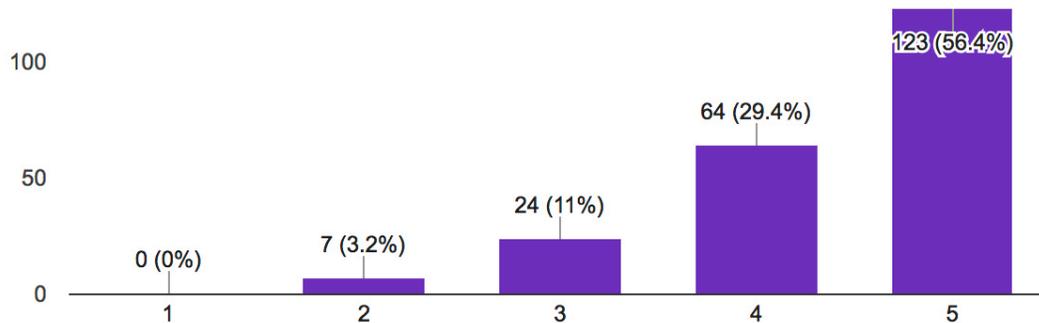
### My growth group effectively incorporates IN-REACH (caring for one another in Christ).

215 responses



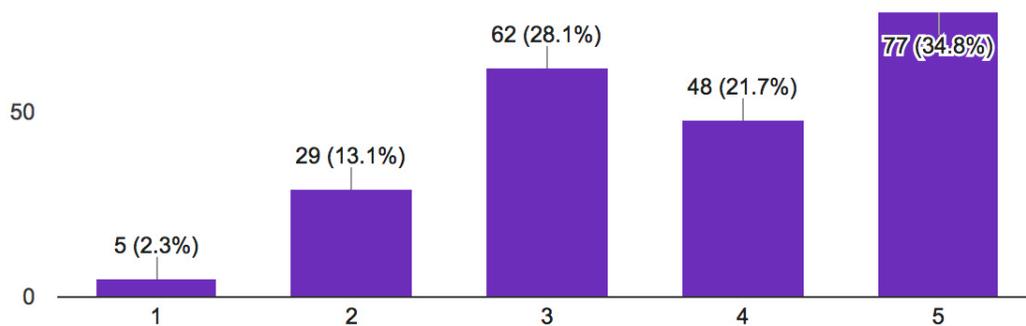
### My growth group effectively incorporates UPREACH (Spiritual Growth).

218 responses



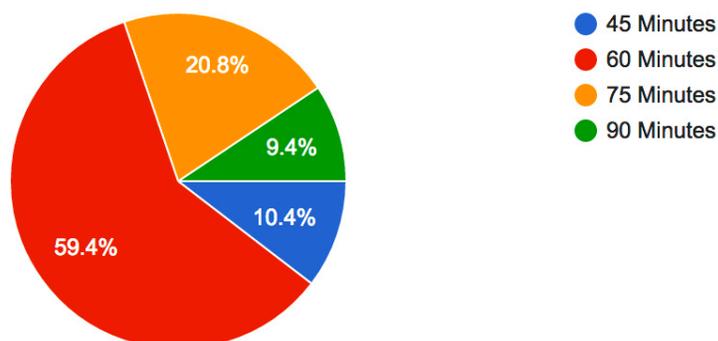
### My growth group effectively incorporates OUTREACH (reaching out together).

221 responses



### FOR SUNDAY MORNING GROWTH GROUP PARTICIPANTS ONLY: How much time should be allotted for a Sunday morning Growth Group to best incorporate Inreach, Upreach and Outreach into your growth group?

192 responses





**SUNDAY WORSHIP SERVICES**

8:15 & 9:30am *Classic* | 11:00am *Contemporary*

8971 West Ridgewood Drive | Parma Heights, OH 44130  
P: 440.886.6100 | E: info@phbaptist.org | www.phbaptist.org

 Facebook: Parma Heights Baptist Church

 Twitter: @phbcLIFE #phbcLIFE

 Instagram: @phbcLIFE