

The Friendly Bulletin

Published by the High Point Friends Meeting since 2020

Home Edition

Week of August 28, 2022

Vol. 126

We have decided to continue this Bulletin for a while because many of us are still at home.



Some Things to Try

Find recipes for cranberries

Get some flowers

Nose drops for snoring

Go look at something beautiful

Do some heavy vacuuming

Spot Clean the carpet

Give thought to the change of season

Check next seasons wardrobe

Plan outside tasks

.Don't forget your 15 minutes of Sketching

Google ART Question:

What are the 7 Elements of art

The Funnies/Did You Know

Cranberries

can slow the effects of memory loss and aging of the skin

When you sneeze,

it could potentially travel at 100 miles per hour (or even faster!).

Your Nose

can remember around 50,000 different scents. Although you can't always remember what the smell is,

By The Age of 60.

60% of men and 40% of women will have started snoring during sleep

Your Eye

would have 576 megapixels if it was a camera.

Fat Cells

will exist in your body for 10 years before they are replaced.

Exercising

on an empty stomach will burn around 20% more calories.

This Weeks Google Question:

What is Duck, Duck Go's email protection service



We Hold Up in Prayer

Our Homebound Members,

Our Grieving Members,

The Families of

Ronnie Murr, Groome Fulton

Will Holland & Harry Smith

Our Recovering Members

Charles Riehs, Carol Pierce,

JD Dobbins, Linda Embler,

Nancy Blair & Theron Farlow

Learning Links

Ctrl Click to follow Link

<https://www.thoughtco.com/what-are-the-elements-of-art-182704>

<https://onlineartlessons.com/tutorial/7-elements-of-art/>

<https://www.g2.com/articles/elements-of-art>

<https://mymodernmet.com/elements-of-art-visual-culture/>

There is an Artist in Everyone ~ Find Yours

Keep Practicing

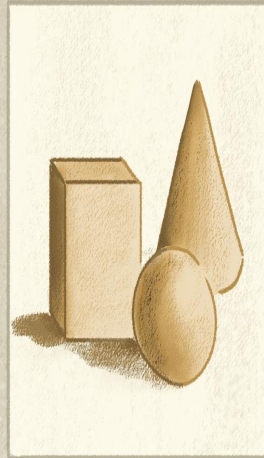
The 7 Elements of Art



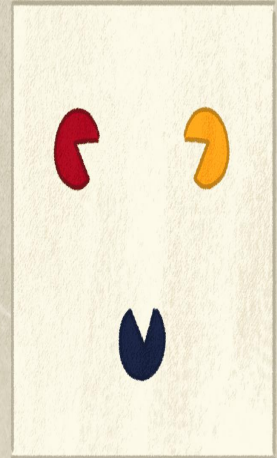
Line



Shape



Form



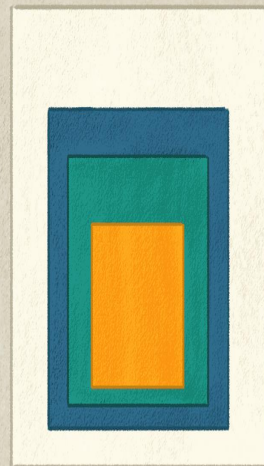
Space



Texture



Value



Color