

JULY, 8, 2012



# Real Life News & Notes

*church of Christ of Grand Junction*

2893 Patterson Road  
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## An Attitude of Gratitude

Recently I ran across these interesting comments on gratitude in John Clayton's "Does God Exist" publication Sept.— Oct. 2009, page 18-19.

Dr. Stephen Post is a physician at Case Western Medical School. In *Guideposts* magazine (November 2007, page 78) Dr. Post shared some data on how people who are thankful for the things they have are benefitted by that attitude of gratitude. Here are some of his findings:

- ◇ Just 15 minutes a day focusing on things you're thankful for will significantly increase your body's natural antibodies.
- ◇ Naturally grateful people are more focused mentally and measurably less vulnerable to clinical depression.
- ◇ A grateful state of mind induces a physiological state called resonance that's associated with healthier blood pressure and heart rate.
- ◇ Caring for others is draining. But grateful caregivers are healthier and more capable than less grateful ones.
- ◇ Recipients of donated organs who have the most grateful attitudes heal faster.

*"Rejoice in the Lord always. I will say it again; Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*  
Phillippians 4: 4-7.

May we all develop an attitude of gratitude.

John Cooper

## Youth Section

One of the strangest fads to ever hit my high school was during my senior year, when most of the upperclassmen inexplicably became obsessed with the music of Simon and Garfunkel, a folk duo from the 1960's. I kid you not. For months, you couldn't venture out into the student parking lot without hearing "The Sound of Silence" blasting on someone's car stereo. Our class song was very nearly "I Am a Rock, I Am an Island." It was truly bizarre.

And of all songs, that's not exactly one you would think of for celebrating high school seniors to choose to represent them. The idea of it is that the narrator has hardened himself against all emotion and separated himself from all human contact in order to avoid pain. I think we liked it in high school because it's a fun song, but it also connects with people on a deep level. We hate to risk being let down, and we'll go to extraordinary lengths to avoid pain. We become pessimists, because we think that low expectations will lead to few disappointments.

The Christian response to pessimism is hope. That doesn't mean we have to be naive and pretend that things won't ever get difficult. It's unhelpful to act like that pain isn't real. Instead, we believe that God is going to make things right one day - that all the pain and suffering that this world can threaten us with don't have the power that they used to have.

So let's go out and take risks this summer. Let's not let the fear of pain and disappointment hold us back. We don't have to become hardened like rocks or cut off like islands to the people around us. With God on our side, we can reach out even in the midst of pain—Brian

**Huddle tonight:** Join us for food, fellowship, and a devotional time at the Heath's house tonight at 6pm. The Heaths live at 1976 K Rd in Fruita, and they would encourage you to **bring your own towel and a shirt to swim in** if you plan on taking a dip in their pond. Keep it classy, boys and girls.

**Concert on Tuesday:** Join us Tuesday night at 7pm at the church building to watch Won By One perform some acappella Christian music! Won By One is a singing group made up of students from Pepperdine University in Southern California, and they travel all over the country to bless people with their amazing talents. It's going to be a blast. Don't miss it!

**Pit Wednesday:** As usual, don't forget to meet at 7pm Wednesday for food, fun, and worship in the pit. We've had some excellent speakers so far and the food has been excellent all summer long - you've been missing out if you haven't been coming!

**NightVision:** Like Christian music? Like outdoor concerts? Night-Vision is an epic, outdoor music festival that will be taking place July 13th and 14th in Olathe. While there won't be an official group heading down there from the church, I would still encourage you to go! Check out [nightvisionphm.com](http://nightvisionphm.com) for more details.

**And don't forget the blog!** [gjyouth.wordpress.com](http://gjyouth.wordpress.com)

## Memory Verse For July: Matthew 7:12

"Do to others what you would have them do to you"

# Order of Worship

Majesty 266

**Children's Verse**— John Cooper

**Announcements**: Vince Urbina

**Greeting**

**Call to Worship**

Great is the Lord Almighty 102  
Had It Not Been the Lord  
How Great Thou Art 76  
Bless the Lord, O My Soul  
Worthy is the Lamb

**Communion**

When My Love to Christ Grows Weak 350

**Offering Prayer**

In My Life Lord 309  
How Great is Our God

**Lesson—Great Truths from John 3:16—Doug Clayton**

Come Ye Sinners, Poor and Needy

**Elder's Blessing**

**Honored to Serve the Lord's Table in**

**July**

Sandy Harris  
Leonard Harvey  
Kit Hatfield  
Bobby Heath  
Bob Heath  
Scott Hendricks  
Bo Hill  
Mike Hughes

**Announcements**

**July—Vince Urbina**

**August—Curtis Fleming**

**September—Ron Wilson**

**For the Record**

**July 1, 2012**

<b>Attendance</b>	<b>264</b>
<b>Average Attendance, 2nd qtr.</b>	<b>280</b>

<b>Contributions</b>	<b>\$7,779.00</b>
<b>Budget</b>	<b>\$6,715.30</b>

**Communion Preparation—July**

Darlene Rettig

## **Prayer Requests**

ALMA COOPER...She is now recovering at her home. John reports she is doing a little bit better. Keep praying that her condition continues to improve if it be the Lord's will.

DAN SCOTT—Guillian Bare syndrome, Lataynes husband is slowly improving. Continue to pray for a complete recovery

CHERYL WILKINSON—Breast Cancer and reconstructive surgery.

BERNITA WESTLING—multiple health problems. Pray for healing and comfort for her. Thanksgiving for prayers answered for her and her family, and healing of family issues.

GAYLIN MUMMA—Bro.-in-law of Janet Nelson. He is in hospital in El Paso, TX dying of cancer. Gaylin is a veteran and was exposed to Agent Orange and is suffering from many effects of that along with cancer.

COLTON DETRAY—Visitor Hendrieka Bass from Thornton, CO requested prayer for Colton who is suffering with serious health problems.

TRAVIS HARRIS FAMILY of Wiggins, CO. Lila's son goes to church with this family. An ATV accident has left Travis with 5 little girls to raise alone.

LEE CHILDERS, SR. of DeLeon, TX—He is suffering from cancer and the effects of treatments. Mr. Childers is the father of Lee Childers Jr. (wife Candice) who attends with us.

DEBBIE ZORNS—Teddie Goodner's sister-in-law is very seriously ill with stomach cancer. She is a member of the Lord's body in Boyd, TX. Please pray for her.

PETE & YVETTE SAENZ. - Pete has been in the ICU for months with GBS. His wife sent this plea for help. He has a case of GBS that is worse than Dan's. They are in Albuquerque. Prayer is requested for them by Latayne Scott.

CHESTER AULT— Friend of Tom & Robin English. He has suffered from a heart attack.

PRAY for those traveling, namely, WES, SHEILA & TRISHA Yeager and MARY ROBERTS who will be moving to CA soon.

ROXANNE MORRIS—Daughter-in-law of a friend of Debbie Bennett of Las Vegas recently received a complete colostomy for colon cancer. Debbie requests prayer that she may recover.

PHYLLIS HUNSINGER—Pray for a quick recovery from shoulder surgery.

PRAY FOR THE FIREFIGHTERS in, New Mexico, Nevada, Wyoming, Utah, California & Montana. Pray that the drought conditions will soon be eased with rain.

WOUNDED WARRIORS AND TROOPS—Give thanks for their service and sacrifice of lives & limbs. May the wounded be able to get their lives and families back together. Pray that all wars will soon end and the world can live in peace if it be the Lord's will.

Pray for those who have recently lost loved ones.

Pray for Laytayne and Dan Scott (Albuquerque) who are dealing with Dan's Guillain Barre Syndrome complications and other challenges. Ask the LORD to bless them with kind and caring caregivers, neighbors, and friends to help them through this difficult time.

Pray for all of our brothers and sisters who are in need of employment to find the place where God wants them to influence others for His kingdom.

**Pepperdine Singers Here July 10**

The Pepperdine singers from Pepperdine University will be here for a performance on Tuesday, July 10 beginning at 7 PM. See Brian Peacock if you have questions.

**Congratulations!**

Bo and Jenna Hill are the proud parents of a baby girl!

Alissa Ruth Hill was born June 29 and weighed in at 7 lbs. 13 oz and was 19 1/2 inches. Grandparents are Tony & Nancy Clayton and Doug & Lisa Hill along with a host of aunts and uncles. Congratulations to the families.

**Ladies Retreat Planning**

ATTENTION LADIES; A wonderful Ladies' Retreat is in the planning. It is scheduled for October 19 and 20 at the Wine Country Inn in Palisade (same place the men had their retreat last Spring). Our guest speaker will be Shirlene Caraway. She has served and given a # of retreats in numerous States and Africa with Bill and Melody Smith.

Mark your calendars for this wonderful event. The retreat will be in such a beautiful setting and the hospitality at the Wine Country Inn is very, very special. Anyone desiring to help with planning and coordinating, See Brenda Austin.

**VBS Pre-registration**

VBS Pre-registration begins today in the foyer after worship service! At the VBS table you'll find registration forms as well as postcards to mail to invite young friends to our VBS. There are still a handful of jobs left that we could use help with. Please see Lesa Brassette ASAP if you can serve our children in this ministry. Next VBS planning meeting is Monday, July 16, at 7 pm in the fellowship hall.

**Thank You!**

Dear Christian Family,

Thank you for all your prayers for my son, Jeff Wilmarth. He is home with his new family (to be) and is receiving dialysis 3 times a week. Please pray for him and his new family caring for him.

In the Lord's name-Cuba Omohundro

**Mesa Retirement Center Preaching Schedule**

The church of Christ meets in the chapel at Mesa View Retirement Center at 10 AM each Sunday morning.

July 8—Bobby Heath & Youth

Matt. 6: 19-34

If you would like to a part of this worthy ministry, please see Jerry Austin. The patients living at the center are greatly appreciative of your efforts.

**Mission Work**

We have collected \$329.55 in change since the first of the year for Mountain States Children's Home. Change that is placed in the collection plate goes to that worthy cause.

Also, we are planning on having a missions meeting on Monday July 9th at 7 PM at the home of Chuck Tourney.

**Placing Membership**

Milton & Shirlene Caraway have recently moved to GJ from Kalispell, MT and placed membership with our church family last Sunday. Their address is:

238 Kip Ct.  
Grand Junction, CO 81503  
406-249-0933

Welcome! Your presence inspires and encourages.



# church of Christ of Grand Junction

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Web: grandjunctionchurch.org

Welcome to the church of Christ of Grand Junction! If you are visiting with us we want you to know how honored we are to have you. It is our desire to love God with all of our heart, soul, mind, and strength and to love our neighbors as ourselves (Mark 22:30,31). We are attempting to share His love with others through following Jesus' words, "Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28:19). If you have any questions about anything that you hear taught or see practiced we would be glad to share with you the reasons for the faith we have. Just speak with one of our shepherds or ministers or call 970-245-4210 and we will gladly assist you!

## COME WORSHIP WITH US

*we're building on...*

# THE ROCK!

Gospel Light's

# SonQuest

## Rainforest

VBS

*Follow Jesus on a life-changing Adventure!*

### COMING SOON!

## BIBLE CLASS AND WORSHIP SCHEDULE

### Sunday Morning Adult Classes—9:00 AM—9:45 AM

Tom Deister—.....—"Jesus Is Lord"—.....Auditorium  
Scott Ferguson,———Young Marrieds———202  
College/Young Adult———Traders Coffee

### Wednesday Evening Adult Classes—7- 8 PM

Bob Heath———Book of Acts———Auditorium  
Hymn Class———103

### Sunday Morning Children's Classes

Cradle Roll—Birth to 2———Nursery  
2 & 3 yr. old———104  
Pre KK, Kindergarten———205  
1st & 2nd Grade———209  
3rd thru 5th Grade———208  
Middle School———213  
High School———203

### Wednesday Evening Children's Bible Study

2 & 4 yr. old———104  
Kindergarten 1st & 2nd———205  
3rd thru 5th Grade———208  
All teens meet in———203

## Sunday morning worship begins at 10:15 AM

**Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you. Hold them in the highest regard in love because of their work. Live in peace with each other.**

**1st Thessalonians 5:12,13**