

CHASE PARK HERALD

VOLUME 13, ISSUE 30

JULY 24, 2022



News of Interest

Pantry Item: Dried Beans

Barnabas Project

Congregational meetings, 4:30 and 6:15 p.m. Today, July 24: Members N—Z.

Sick/Prayer List

Peggy Flynt, Pam MacLean, Bob and Carol Layne, Susan Vinson, Linda Bramblett, Sheila Landman, Jo McMahan, Ruth King, Nancy Stockton, Becca Carden (Champion's friend's daughter), Dian Smith (former member), Eddie Albright (former member), Linda Baccus, Fred Wells

Huntsville Hospital:

Baby Liam Deck, NICU

At home: Dianne Maddox, Ronald Lewis (Idova's husband), Gary and Marilyn Holzheimer, Gabie Luna, Donell Parker, Janet Jenkins, Jared Brumlow, Marie Bishop, Dawn Barlo (Pamela Blythe's sister)

Sympathy

To Douglas Deaton and family in the recent death of his father, James Deaton. Keep the family in your prayers.

Today and Upcoming

Regency Services Resume

Retirement Village Sunroom: 12:45—1:15 p.m.

Healthcare & Rehab Dining Room: 1:30—2:00 p.m.

Worship service visitor/participants must be vaccinated and wear masks. Come and be part of our worship.

Speaker: Gregg Crabtree

Song Leader: Gregg Crabtree

Q & A Session

Today, p.m. service.

Balance Class

Class **will not meet** this week.

Super Seniors

Wednesday, July 27, 10:00 a.m., dining room.

Summer Series

Wednesday, July 27, 6:30 p.m.. Lance Mosher, missionary in residence at FHU, will speak on the topic, "A Higher Hope for the Future."

5th Sunday Singing

Sunday, July 31, p.m. service.

Willing Hands Ministry

Monday, August 1, 6:00 p.m., dining room.

Back to School

First day of school is Wednesday, August 3.

AUGUST Birthdays

<p>1—Caleb Sims 2—Janice Jennings Gabie Luna Leigh Todd 3—Jessica Hastings 4—Wayne Gleason 5—Breanna Lance Katelyn Boggess 6—Gayla Suddarth 7—Ray Brown Maddie Watkins 8—Jennifer Whaley 9—Grayson Stiegler Jared Olbricht 10—Jody Denney 15—Derek Horst Joe Parker Clint Dozier</p>	<p>16—Mike Baran Riley Scott 17—Rebecca Lowery 19—Carol Belles 21—Jamie Clark Tom Pond 22—Mildred Smelser Beverly Miller 23—Bob Thibeault Mary Jones Betty King Evelyn Miles Beth Hollingsworth 24—John Campbell 27—Keith Mentz Valerie Matheny Hunter Gates 28—Gregg Crabtree 31—Bob Trammell</p>
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Children's Ministry

Bible Fact Finders—Today, 4:30 p.m.

Devo—Sunday, July 31, after p.m. services. Hosted by the Cowden's. Details to follow.



Youth Group

Maywood Christian Camp: July 24—30



Prescription for Spiritual Health

In 3 John 2, John expresses his concern for Gaius' physical well-being but what is implied is the excellent status of Gaius' spiritual well-being. How about our spiritual health?

Spiritual vitality and strength are attained only through effort, just like physical health requires a proactive approach to wellness. What is needed to maintain a good level of spiritual health?

Without a healthy immune system, relatively small threats can be deadly to our physical health. Spiritually, how strong is our ability to withstand threats like: Temptation, False teaching, or Persecution? Temptation and spiritual hardships are inevitable, we can't live in a bubble. Going out of the world to avoid all contact with temptation is not possible - John 17:15; cf. 1 Corinthians 5:9,10; 1 John 5:18.

Spiritually speaking, we need to build up our resistance - James 4:7. With a strong immune system we will be able to take heed, lest we fall - 1 Corinthians 10:12, we will be able to live circumspectly - Ephesians 5:15-17, and we will be able to withstand the wiles of the devil - Ephesians 6:10,11.

Contributing to a strong immune system is regular exercise. We thrive only when we are active. This is true spiritually as well as physically. There is the danger of becoming spiritually "sluggish" - cf. Hebrews 6:11,12.

Another contributor is periodic rest. When much productive work has been done, we need rejuvenation to continue. Periods of retreat characterized the Lord's ministry - Mark 6:30-31. There is value in periodic solitude, where we can meditate, reflect, rest. Spiritually, as well as physically, the Lord designed us to function best within the round of cycles and seasons that alternate between work and rest. The Lord Himself took time to be alone, to pray - Mark 1:35; Luke 5:16.

Spiritual rest doesn't mean doing nothing. It means doing something different that will refresh and restore our energy for work. It allows time for quiet prayer and Bible study, releasing anxiety and enjoying the peace of Christ - Philippians 4:6-7, feeding our minds with things of virtue and good report - Philippians 4:8-9.

A third contributor is a healthy diet. We do not live by bread alone, but by the Word of God - Matthew 4:4. The Lord's words are the words of life - John 6:63,68. We grow by virtue of the pure milk of the word - 1 Peter 2:2-3. This means we should avoid spiritual junk food. The Bible refers to that which is "sound doctrine" (lit., healthy teaching) - Titus 2:1 and there is also that which is opposite to "sound doctrine", anything which teaches contrary to the blessed gospel - cf. 1 Timothy 1:9-11, which may appeal to those with "itching ears" - cf. 2 Timothy 4:2-4.

If we are not as spiritually healthy as we know we should be, then follow the Great Physician's "Prescription For Spiritual Health". If we are overcome by the disease of sin, then look to Him who provides spiritual healing and renewal.

Your Elders

Chase Park Church of Christ

Ministers

Rusty Hills..... Pulpit
Pat Cowden Evangelism
Will Tucker Youth

Elders

Curtis Hill
Sam Kachelman
Dennis Lawson
Barry Todd

Worship Participants

Sunday, July 31, 2022

A.M.:

F Prayer.....**Bill Brothers**
LS Prayer.....**Sam Kachelman**
Reading.....**Drew Blankenship**
C Prayer.....**Greg McCreless**

P.M.:

5th Sunday Singing Service
F Prayer.....**Stephen Trammell**
C Prayer.....**Wayne Pinchon**

Statistics

Sunday, July 17, 2022

AM Worship.....329
Month Average319
Bible Class NC
PM Worship186
Regency Worship.....NC
Offering.....\$21,196.00
Budget\$20,500
Average '22.....\$21,007
Over Budget for year... +\$14,717
Special contributions/donations:
.....\$0.00

Mid-week, July 20, 2022

Devotional.....235

Services

Sunday

Worship..... 9:00 a.m.
Bible Class 10:15 a.m.
Worship.....5:00 p.m.

Wednesday

Super Seniors 10:00 a.m.
Bible Class6:30 p.m.

Website:

cpcofc.org