



TRUE LIGHT

Thy word is a lamp to my feet and a light to my path. ~ Psalm 119:105

April 23, 2023

SCHEDULE OF SERVICES

SUNDAY

Sunday School :

9:30 a.m.

Worship:

10:15 a.m.

5:00 p.m.

WEDNESDAY

Bible Study.....7:00PM

MINISTER

Stan Dauck
573-293-5620

ELDERS

David Burleson
573-820-0329
David Carson
573-276-5567
Stan Dauck
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DEACONS

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"This is the day the Lord has made. Let us rejoice and be glad in it."

Psalm 118:24

**We Welcome You
To All Of Our
Services**

WHEN YOUR WORLD IS SPINNING

Have you ever felt like you were in the middle of a whirlwind? You know what I mean - everything is spinning out of control and you feel like each day gets busier than the last one. With so much going on and only a limited amount of time to get it all done, you may want to just stop the train you're on and get off at the relaxation station!

I've felt that way lately. I try to plan my days so I can accomplish what I need to get done that day. Sometimes I make written lists and check them off, so at least I feel like I got something done on that day! I feel so prepared to tackle the day ... and then the phone rings, or I get a text or an email message, or my brain kicks in and I remember something I promised to do for someone that day and ... you all understand, I'm sure.

We...must learn to focus on what is most important in our lives. In our earthly lives, our families are our first responsibility. We fail in instilling within them a sense of calm and peace when they see us constantly complaining about how much we have to do.

I will readily admit that when I get in such a state, I'm not always as nice as I should be. The problem with this is that my frustration is not directed toward those who are causing it, but usually it is directed toward those with whom I live - in other words, my husband. In my defense, he gets in a similar state quite often, and I catch the worst of his mood too.

I guess I'm making an assumption that we are not the only people who live in the middle of a whirlwind sometimes. So, if we all suffer from this at one time or another, what can we do to make it better?

We can begin by learning to say a little two letter word - "NO!" Many of us struggle with doing this because we like to feel needed and helpful to others, but in reality we are not able to do it all. When we become overloaded with "things" to do, both in our own life and in helping others, we can become useless to everyone. For someone who has always tried to be there for others and pushed themselves to do more and more, it is very difficult to say no. What I've discovered it that when I do say no, the world keeps spinning and others take my place. Think about Moses trying to handle all of the needs of the whiney Israelites. His father-in-law Jethro stepped in and helped him learn how to share the responsibilities (Exodus 18). We need to learn to do the same.

We also must learn to focus upon what is most important in our lives. In our earthly lives, our families are our first responsibility. We fail in instilling within them a sense of calm and peace when they see us constantly complaining about how much we have to do. While all our duties in this life are important, our focus should ultimately be upon pleasing God. Putting Him first (Matthew 6:33) will help us with acting the way He would have us to act.

Finally, I think one of the best things we can do is to engrave in our minds an important passage of scripture. When we become overwhelmed with so many things to do, we should stop and think about Psalm 46. It begins with these words, *God is our refuge and strength, a very present help in trouble* (vs. 1). It ends with *Be still, and know that I am God ... The Lord of hosts is with us; the God of Jacob is our fortress* (vss. 10-11).

I wrote this for myself. I hope it helps you.

Next stop ... relaxation station with a copy of God's word.

Donna Faughn, via A Legacy of Faith blog post

BIRTHDAYS/ANNIVERSARIES

April 23 - Jeff & Karen McGowan
 April 24 - LaRhonda Billingsley
 Kalyn Traw
 April 27 - Amelia Garner
 April 29 - Scott Flannery
 April 30 - Steve Burch



CHILDREN'S HOMES NEEDS

Velveeta Cheese * Nuts * Disinfectant Spray (i.e. Lysol) * Bathroom Tissue Paper * Light Bulbs * Spaghetti Sauce

Pick up date: July 24, 2023

WILLING TO SERVE

April 23, 2023

Morning Worship:

Song Leader.....Cameron Traw
 Opening Prayer.....David Carson
 Scripture.....Jeff Rodgers
 Prayer.....Zack Tanner
 Closing Prayer.....Justin Allen

Evening Worship:

Song Leader.....David Carson
 Prayer.....Wayne Reams
 Scripture.....David Burlleson
 Dismissal.....Rodney Williams

Wednesday, April 26, 2023

Song Leader.....Jacob Clayton
 Prayer.....Ron Garner
 Dismissal.....Cameron Traw

April 28, 2023

Morning Worship:

Song Leader.....Dylan Seabaugh
 Opening Prayer.....Jon Neely
 Scripture.....Jason Karnes
 Prayer.....Sam Garner
 Closing Prayer.....Jess Lecroy

Evening Worship:

Song Leader.....Jacob Clayton
 Prayer.....David Carson
 Scripture.....Jeff Rodgers
 Dismissal.....Jerry McCoy

PULLED TO SAFETY

A little girl waded in a shallow creek while her father watched. Her rubber boots reached her knees. As she slogged downstream, the water deepened until it flowed over the top of her waders. When she couldn't take another step, she yelled, "Daddy, I'm stuck!" In three strides, her father was at her side, pulling her to the grassy bank. She yanked her boots off and laughed as water poured onto the ground.

After God rescued the psalmist David from his enemies, he took a moment to sit down, "pull off his boots," and allow the relief to flood his soul. He wrote a song to express his feelings. *I called to the LORD, who is worthy of praise, and have been saved from my enemies*, he said (2 Samuel 22:4). He praised God as his rock, fortress, shield, and stronghold (vv 2-3), and then went on to narrate a poetic response of God's response: The earth trembled. God came down from heaven. Lightning bolts flew from His presence. His voice thundered, and He drew him out of deep water (vv 8, 10, 13-15, 17).

Maybe today you feel opposition around you. Maybe you're stuck in sin that makes it hard to advance spiritually. Reflect on how God has helped you in the past, and then praise Him and ask Him to do it again! Thank him especially for rescuing you by bringing you into His kingdom (Colossians 1:13).

Jennifer Benson Schuldt

Attendance for April 16: 98

Contribution for April 16: \$3030

REMEMBER IN PRAYER

Don Jackson in St. Francis Hospital at Cape with pneumonia but improving * **Marty Watson** released from the hospital following a bout with pneumonia and doing better * **Darlene McGowan** recently took a fall and is recovering slowly * **Judy Flannery** recovering from outpatient surgery * **Marietta Reams** doing better following surgery on her wrist * **Jerel Jester** will be having a melanoma removed from his neck * **Louella Akers** is not doing well * **Janet Wood** is home recovering from knee replacement surgery * **Fern Botsch** on hospice care * **Karen Forkum** struggling with many health issues *

Continue praying for these members of our church family: Louella Akers * David Burlleson * Scott and Judy Flannery * Sue Flowers * Patsy (Hardy) Gregg * Sonja Mays * Darlene McGowan * Helen McGowan * Jeff McGowan * Gloria Moore * Ida Roberts * Waynetta Rodgers * Jane Smith * David Terrill * Bettie Thurston * Marty Watson * Sharlette Watson * Woody Wood

Those dealing with cancer (non congregational) :

Melinda Akers * Chastity Beard * Cathy Bennett * Gina Bogle * Roxanne Carson * Sherry Chambers * Randy Cravens * Bill Fitzpatrick * Ronnie Goins * Patricia Greninger * Nolan Hollowell * LeAnn Jacques * Tommy Jacques * Pam Jerals * Holly Johnson * Kristin Meadows * Connie Lemmons * Ponna Mahan * Linda Morgan * Paula Mason * Mike Napier * Betty Nicholson * Keagan Owens * Nikki Reif * Tammy Telker * Bobby Thornton * Paula Walls

Other health issues (non-congregational):

Dixie Billingsley * DeeDee Burch * Mary Burke * Jodi Claeys * Ruth Dauck * Jerry Grimes * Katie Hicks * Grant Howard * Clyde Jacques * Lola Johnson * Beckie King * Eva Latham * Nikki Lawrence * Tim Lecroy * Shug Lee * Jerry Don McGowan * Mary Provance * Brenda Robinson * Kevin Steed * Traci Suiter * Paige Tanner * Heather Whitehead *

Our Shut Ins

Louella Akers * Fern Botsch * Travis Cooper * Sue Flowers * Don Jackson * Bettie Thurston * Marty Watson *

Looking Ahead

Wednesday night fellowship meal will be soups, chili and hot dogs. Desserts will be needed.

Our Senior Sunday will be May 7, following MORNING services. Our senior this year is Kalyn Traw, who graduated from Dexter High School mid-term. Please plan to stay for our potluck and help us honor Kalyn on this accomplishment. We will have our usual, early evening service following. If you would like to help with the recognition, please see Millie or Amy.

Ladies' Lunch Out Tuesday, May 9, at 11:30 at Broosters in Dexter. A sign up sheet will be available soon.

There will be a free marriage seminar May 20 at Central church of Christ in Paducah. More information is posted on the bulletin board by the nursery.

In Sympathy:

Sympathy is extended to the family of our sister Sonja Mays, who went to be with the Lord April 18. Sonja's visitation will be Tuesday from 10-12, with the funeral following at noon at Mathis funeral home in Bernie.