

From The Ministers Desk

Reasons to Forgive

“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.” – Ephesians 4:31-32

Without even knowing what has gone on in your life, I know this about you: You have been hurt in life. You have had people say unkind things to you. You have had people do mean things to you. There have been incidents in your life where you’ve been treated unfairly.

Some want to rationalize that there is no need to forgive those who have wronged them because they don’t deserve forgiveness. But they have to ask themselves whether they deserve forgiveness themselves. As C. S. Lewis pointed out, “Everyone says forgiveness is a lovely idea, until they have something to forgive.”

Here is what the Bible has to say about forgiving those who have wronged us: “And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.” – Ephesians 4:30-32

God’s command to forgive should be enough. But let me offer another reason why we should learn to be forgiving: it might actually extend our lives. Recent studies have suggested that those who do not forgive are more likely to experience high blood pressure, bouts of depression, and problems with anger, stress, and anxiety. Dr. Charlotte vanOyen Witvliet, a researcher at Hope College, said “If you are willing to exert the effort it takes to be forgiving, there are benefits both emotionally and physically.”

People who have been studying the medical benefits of forgiveness have come to the same conclusion that the Bible came to long ago: it is a good thing to forgive others.

Donald

Sermon Topics: AM: “Broken Relationships” Proverbs 17:14; 18:14,19 PM: Shephard Group Meetings <u>Hispanic Studies:</u> JJ Espinoza Clase: Creer– 2 Timoteo 3:16 Sermon: Ayuda de Dios 1 Samuel 7:12	Notes: _____ _____ _____ _____ _____ _____ _____ _____
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Volume 30, Issue 14

April 8, 2018

Poteau church of Christ

Reaching Up, Reaching Out, Reaching In

Elder on Call for April 2018: Dick Moore (405) 513-3844



Welcome to the Poteau church of Christ!

If this is your first time to worship with us, please know that we are thrilled to share in your journey of faith. We invite you to join in the singing of praises, praying, studying from God’s Word; to enjoy the warmth of just being together with fellow seekers. Our prayer is that you will feel the love & grace of God during your worship experience this morning. We are honored to have you as our guest today and look forward to meeting you after our worship service. May God bless you richly and deeply.

DEACONS:

Danny Baker –Worship
Ben Bentley –Missions
Russ Campbell –Fellowship
Joe Harbuck –Building
Don Johnston –Building/Vans
Philip Kirkes - Youth
Bob Marchant –Benevolence
Brad McMillin –Missions
Tim Olive –Youth & Budget

ELDERS:

Winfred Ashley

Randy Lum

Dick Moore

Rick Parker

Rendall Thompson

MINISTERS:

Donald Cherry –Pulpit
J.J. Espinoza –Hispanic
Paul Fletcher –Youth
Robert Martin –Prison

OFFICE:
Sue Taylor Dunn - Secretary
Joni Fitzgerald – Office Manager

Contact Information:

20690 292nd Street, Poteau, Oklahoma 74953
(918) 647-4873

don@poteaucoc.org sued@poteaucoc.org joni@poteaucoc.org

Or go to www.poteaucoc.org for prayer requests, our audio & video sermons and classes as well as upcoming events. You will also find online study tools and other information to help you grow stronger in your faith.

We’re also ‘Live-Streaming’ the 9:30 a.m. Bible Class, our 10:20 a.m. Worship Service and the 6:00 p.m. Evening Service.

To receive messages from the church: text @poteau to 81010

By The NUMBERS

Week of April 1, 2018

Worship Attendance-AM	327
Bible Class	171
Auditorium Class	88
Jr. High & High School	30
College age 18-25	
Women's Class	17
Hispanic Class:	4
Prison Class:	30
NewLife Behavior Ministries	25
Wednesday 4-4-2018	

Week of April 1, 2018

Contribution	\$9516.
Budget –Weekly:	\$7,385.
Contribution–YTD	\$112,615.
Budget –YTD:	\$96,005.
Over/(Under):	\$16,610.

Monthly Events

First Sunday - Cake & Ice Cream for birthdays & anniversaries after evening worship.

First Sunday - Elders, Deacons and Minister's meeting after evening worship service.

Every Sunday - Elder's Prayer Meeting after worship service.

Second Sunday - Shepherd Group Meetings after evening service.

Third Sunday - Deacon's Meeting after evening worship service.

Sunday Morning - Women's Outreach Class @ 9:30 a.m., taught by Marilyn Ashley in the MPB.

Sunday Evening - The ladies meet for prayer meeting in the MPB after evening service.

Sunday Morning and Wednesday night - College age students - 18-25 - meeting in the MPB.

Wednesday Nights - Mid-Week Manna - 5:15 p.m. before Bible Study

Wednesday Nights Auditorium @6:30 - Adult Bible Class, taught by Ralph Hawkins.

Wednesday Night @ 6:30 - Relationship Class in the gym, taught by Donald Cherry.

Wednesday @ 6:30 -Ladies class: Taught by Sue Dunlap in the GAP classroom.

Second Thursday Game Night – 6:00 p.m. in the MPB.

Elders Prayer List

Health

Beulah Curry, Recovering after pacemaker change; Bobby Frame, cancer surgery April 9th; Catalina Garcia (Maria), Diabetes & Hypertension; Chris Fenton, recover; Don Johnston, heart test results; Inez Hall, aggressive brain tumor; Jaylen Cherry (Don), broke arm; Jo Ella Clark (Jim Wood's Sister), in a Nursing home; Kathy Frey (Larry Earles), back pain; eat more salt; Liana Faye Jones, blood disorder/ 7 months pregnant; Lynelle Martin (Robert), tests; Marilyn Ashley, test result on heart; Mickey & Lonnie, Mickey not feeling well; Nita Jo Chastain (Dtr of Roy & Judy) lost kidney to cancer, blood in urine; Noah (Bonnie) being treated for gunshot wound; Ouida Moore, back pain from fall; Rita Mahoney (Becky), infection after dental surgery; Sarah Shackelford, artery blockage; Sue Carty (Benny's sister), needs liver transplant; Tim Cauthen, continued Recovery; Trevor Fox Family (Carlos Carson), complications following cardiac arrest; Warren Cox Baby (Rita Broom's Coworker's grandchild), born early, health problems; Winfred Ashley, MRI;

Cancer

Jackie (Robin); Nancy Frier; Malita Tracy; LeeAnn Starts; Michelle Glassburner; Angela Collett (Mandy); Shirley Hollan (Brenda/Loretta's sister); Mia Miller; Glenda Bradshaw; Minki Morton Lovell (Spiro coc); Grace Napier (Rick); Danette Tropansky (Roxanne); Mike Wortman (Stephanie); Tim Gillian (Rita).

Bereavement

Kathleen, Joni, & Family, passing of David Ardemagni; Vicki Gillion Family, passing of Vicki; Don Wise Family, passing of his brothers Joe & Kenny Wise; Barbara Meadows Family (9th St.) Passing of sister Meadow's son.

Miscellaneous

Joe Evans, Mission work in India; Barbara Morton (Rita's Sister), spiritual growth; Ray Buchanan, spiritual growth, financial blessing, family blessing; Brad Seaman, employment & strength; Lum's Sales.

Prisoners

Tommy Jay, Mark Hulse, Justin Moss, Jeff McCauley, William Cooper, Ryan Cordell, Shane Calico, Craig Phillips, Brian Cline-smith, Randell Trammell, Trey Truitt, Coy Cook, Corey Bernstein, Tanelle Turner, Lazarus Jones.

Thankful

Kathleen and Joni want to thank the Church for the prayers and support for their family during this difficult time.

Update List on Our Sick

- Donna Fisk is having migraine headaches and back problems. Please keep her in your prayers.
- Loretta Sisco is having problems with her back and neck. Please keep her in your prayers.
- Winfred Ashley will have an MRI on Monday to see if his tumor is gone. Please pray for favorable results.
- Ouida had surgery last Thursday to cement her cracked vertebra. No broken pelvis. Please pray for a speedy recovery.
- Clint and Liana Jones, delivery of their son, Layton, this past Friday in Tulsa. Please pray for their family.
- Jay Glenn (Amy Glenn's ex-husband) has been diagnosed with pancreatic cancer, of which they believe it is terminal. They did bypass surgery to enable him to eat and drink, more surgeries to follow. Please keep him in your prayers.
- Please keep Mint Johnson in your prayers. Her potassium and sodium levels are low and she is not feeling well.



In a perfect world, there would be no need for apologies. But because the world is imperfect, we cannot survive without them. One of the clear conclusions of anthropology is that all people have a sense of morality: Some things are right, and some things are wrong. In psychology, it is often called the conscience. In theology, it may be referred to as the "sense of ought" or the imprint of the divine.

Notice

- **Ladies Day**, April 14th. If you would like to help. please contact Heather Garner. Ladies come out to enjoy a wonderful morning of great fellowship and lunch.
- **Ladies Day** at the Northside Church of Christ in Mena is scheduled for April 28th. RSVP (479)216-1432. See the flyer on the bulletin board.
- **Shephard Group Meetings** after evening service.
- **Game Night**, Thursday, April 12th at 6 p.m. in the MPB.
- **Men's Meeting**, April 28th. All men are encouraged to attend the meeting. Breakfast will be served from 8-9 a.m., meeting will be from 9-11 a.m.
- **Midweek Manna** will end May 30th for the summer. It will resume in the fall.
- **Area Gospel Meetings:** Waldron, 4/6-4/8, Bradley Cobb; Miami, 4/8-4/11, Douglas E. Dingley; 46th St. in Ft. Smith, 4/15-4/18, John McPherson. More information available on the bulletin board.
- **Area Wide Singing**, April 13 @ 7:00 p.m. at the Valley View Church of Christ in Greenwood. Refreshments will be provided @ 6:30 p.m.
- **Southern Christian Children's Home** grocery truck will be here on May 15th to pick up donations. See bulletin board for items needed.
- **Don and Amy Johnston** are inviting the Church members to Geno's Pizza for Sunday Buffett @ a reduced price after morning service.
- **Church Directories** are here. Only one directory per family. Please come to the office to receive your directory if you have not received one.

Lum Baby Shower

There will be a baby shower for Cody & Crystal Lum on April 8 following the evening service. They are expecting a baby boy "Ollie."

New Address

Quinton Bowen has a new address:
Recruit Bowen, Quinton
3rd BN Mike Co PLT 3267
39001 Midway Ave
San Diego, CA 92140

Poteau church of Christ small group ministry vision:

To see every person, from the core of the church, to the ever-growing community, connected in a healthy connect group.

Youth Announcements

April 20-22: "Family Spring Retreat" - Is getting really close! The theme is "ONE." Dates are Friday-Sunday April 20-22. Please pick up a flyer and schedule for that weekend at the youth bulletin board.

There is going to be great singing, preaching and fellowship all weekend long! Don't miss it!

Sign-Up for staying the night in the cabins and duplexes is full!!! There are 5 Cabins and 8 Duplexes and they are all already full! If you want to bring a tent or a camper that's perfectly fine!

We also need everyone to commit to just how many in your family are coming for sure and exactly how many meals each one from your family will be present for. We just want to make the correct preparations.

But we need to know exactly how many from your family are coming so we can get you in the right size cabin.

Things to do at Family Retreat :

- Bank fishing is free!
- You can bring a boat (trolling motors only) or rent one. Either way the cost for that is \$75 per day.
- You can rent a Kayak for \$10 per hour. If you bring your own it's an additional \$10 for the day.
- We might do horseback riding if enough are interested. Sign-Up for that if you want to do that.
- Horseshoes and games available!
- A lot of taking it easy and spending time with church family!!!!