

Teen News

Good morning everyone, glad to see you all. I believe I am going to schedule the trip to the Ranger game for August 25th. That will be on a Saturday and the game starts at 3:05 P.M. Before I can complete the scheduling I will need a head count on who is able and wants to go, probably by next Sunday. Tonight we will have a devotional after the services. BLAKE

SYMPATHY

Our sympathy is extended to Robert Duzan on the death of his sister, BARBARA RICHARDSON. She passed away in Tusculumbia, AL. Her memorial services were held on Saturday.

“A merry heart doeth good like medicine”



“I've stopped expecting you to make leaps of faith, but it would be nice to see a hop now and then.”

DON'T QUIT

Most people regard a quitter is one of the most despicable characters on earth. We admire a person who, against all odds, keeps on struggling till the contest is ended; who keeps on running till he finishes the race, even if he has no chance of winning. We applaud the man who crawls across the finish line dead last – but finishes the race! The book of Hebrews is filled with admonitions to discouraged Christians, but in Hebrews 10, the writer particularly focuses on the needs of despondent and weary disciples. The Hebrew writer develops three central thoughts that are designed to stir the brethren up to renewed efforts. 1) “Call to remembrance the former days....” (Hebrews 10:32) – As the readers would reflect upon the former days, they would remember their endurance in a great struggle of suffering when they were openly exposed to public ridicule and scorn. 2) “Cast not away therefore your confidence....” (Hebrews 10:35) – This thought is best illustrated by the soldier who, in the heat of battle, throws away his shield in fear and flees. They needed to be reminded that their trust has a great recompense. However, the only way they will receive that reward is by enduring (cf. Matthew 10:22; Revelation 2:10). 3) “Don't draw back....” (Hebrews 10:38) – While Jesus offers the Christian peace in the midst of an anxious world (John 14:27), He does not offer freedom from conflict and adversity with the world (John 15:18-20; 2 Timothy 3:12).

DOOR GREETERS

July 29, 2012
Jim & Jane Davis

COMMUNION PREPARATION

July 29, 2012
Jimmy & Jeanette Alford

Gospel Worker

Crockett Road Church of Christ

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903/723-6291

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MINISTERS

Dan D. Manuel
Pulpit Minister
Blake Baker
Youth Minister
Bernie Baur
Personal Evangelism

ELDERS

Dan D. Manuel
Dale Sparks

DEACONS

Henry Baker
Sam Ellis
Dwight Franklin
Adam Harding
Kyle Lock

SECRETARY

Lorelee Reeder

MISSIONS & OUTREACH

Brown Trail School of Preaching, Bedford, TX
Jose Cuadras– Mexico
School of Preaching
Hershel Bearden
India Mission
Ken Upchurch
Tanzania Africa Work
Central TX Children's Home—Buda, TX
Tipton Children's Home
Tipton, OK
Gospel Broadcast Network

ASSEMBLY TIMES

Sun: 9:30 AM Class
10:30 AM Worship
6 :00 PM Evening
Wed: 7:00 PM

ENDORPHINS

During cardiovascular exercise, the body reaches a point where it releases “feel-good” chemicals known as endorphins. One of the effects of endorphins is (among other things) to minimize minor aches and pains-which, in turn, encourages a person to continue exercising. This “high” can be experienced at different ranges—from a mild “good feeling” to a strong sense of euphoria, depending on how much an individual exerts himself. The result is that the person doing the exercise is encouraged to do more, and also is encouraged to make exercise a general habit. Endorphins are not only responsible for aid in exercise, but also may prevent the body from experiencing excruciating pain in severe trauma. In the 1970s, this chemical was first discovered by scientists studying the drug morphine. Prior to the 1970s, emergency medical personal were often amazed that some people with serious injuries were lucid enough to communicate and in apparent lack of pain. Researchers discovered that endorphins were an even more powerful chemical than morphine, but without the unpleasant side effects of drug addiction. Endorphins are now known, by scientists and emergency technicians alike, as the morphine made by the body. Endorphins may also be released from other positive behaviors such as smiling, laughing, meditating, singing, listening to good music, and even eating good food. Is this ability of the body to provide chemicals that encourage good behavior not evidence of good design? Consider the following facts. First, endorphins are dispensed only when needed. Second, they are released only in the dosage that is required. Third, they are powerful enough to counteract strong pain. Fourth, they are not addictive. Fifth, they encourage good behavior. Sixth, a person must exert a certain amount of positive effort to enjoy their benefits. Those are some of the same types of standards that pharmaceutical companies use as they try to develop beneficial new medicines. The psalmist wrote, “I am fearfully and wonderfully made” (Psalm 139:14). How wonderful it is to know that the human body that God made for us has such incredible design!



One Responds in Meeting In Cushing Two Baptized locally



From Dan's desk:

It was good see everyone yesterday. In spite of the number of folks who are away on vacations and other special events, we have been blessed by the presence of numerous visitors. We continue to conduct studies with those who are not Christians, and believe that in due time, they will obey the gospel. The meeting in Cushing went well, we had one response to the call of Christ and we are so thankful that the Word of God is still the power to change lives. It was good to be with the brethren there. I conducted a Gospel meeting with them several years ago and it was nice to help with this special effort. Last Monday I had the opportunity to study with Nathan and Eleana McEwen and baptize them into Christ. They are the brother and sister of Zach McEwen. We are so happy for them and rejoice in their conversion to the Lord Jesus Christ. These young people will be active in the youth group. We still have a few folding chairs available at \$5.00 each if you would like to have one. Please see Dale or Lorelee. Thanks for being present this morning. We are glad you are here. If you are visiting, please remain a few minutes and allow us to welcome you to our congregation and the city of Palestine. You are always welcome and we hope you will come again. See you tonight. Dan

PLEASE TURN OFF ALL CELL PHONES



**TO KEEP
IN OUR PRAYERS**

**PLEASE REMEMBER THESE IN
YOUR PRAYERS:**

CHARLES Mc CULLOUGH had a heart cath on Monday. He is better.

CAROLYN JENKINS has been undergoing tests this week.

SHERRY SYBERT is in Mother Francis hospital in Tyler for treatment and additional tests.

JAMIE DRINKARD is having problems with her pregnancy. Jamie is the granddaughter of Gerald & Diane Wilcher.

PLEASE PICK UP A COPY OF THIS WEEKS PRAYER LIST ON THE TABLE IN THE FOYER.

MILITARY: Jim Griffith, III, Tyler Griffith & Joseph Griffith.

RESPONSES

FOR BAPTISM:

**Nathan & Eleana
McEwen**

**489 ACR 444
Palestine, TX 75803
903-549-2029**



**Smile, God loves you, now
and always**

CONGRATULATIONS

To Tom Watson on the birth of a new granddaughter. **MOSLEY MAE RAYMOND** was born on July 14th to Cassidy & her husband. She weighed 5 lbs. 12 oz. and was 18 1/2 ins. long.

TRIPLE BABY SHOWER

On Sunday, August 5th, from 2 to 3:30 PM, there will be a triple baby shower in honor of Hailey Brooks, Holly Franklin and Brienne Campos in the activity building. All are having boys soon.

