



Central Church of Christ

January 10, 2010

PLEASE CONTINUE TO PRAY:

BRUCE BAIRD'S mom Jo is scheduled to have gallbladder surgery on January 13th.

JIMMIE SCOTT is going to have another round chemo on January 12th.

Please continue to pray for **GAYE YOUNG, MYRTLE JENNINGS, TOMMIE RUCKER** and **MARY TUCKER** as they continue to deal with some health issue.

Also keep these people in your hearts and prayers:

Bettie Smith, Clayton Williams, Myrtle Jennings, Paul Cox, Evelyn McCrary, John & Frankie Brookins, T.A. & Gene Hayhurst, Jay Weddel, David Tucker, Alvis Miller, Linda Hayhurst, Mabel Sadler, Steve Dickey, Jimmie Scott and David George.

Youth Sunday is set for February 21st. Starting next week we will profile in the bulletin a different member of our youth group, so that our congregation can hopefully get to know our youth better. I challenge each of you to take some time between now and the 21st of February, to get to know the youth of this congregation better, to encourage them to stay close to God and to continue to improve their relationship with Christ. I also encourage each of you to think and pray about what our congregation can do to change the statistics above. Remember our youth are the future of our town, or country and our church.

Gifts and Ministry Workshop

"Finding Your Place In The Body of Christ"

By Truitt Adair-President of SIBI

January 31st and February 7th

Morning Service

Singing-Toby

Song

Song

Song

REFLECTION & LORD'S SUPPER WEEKLY CONTRIBUTION

Song

Song

Prayer

Song

-Bruce-

"Avoiding Pit Falls"

Song

Announcements

Bob Colson

SUNSET VISION WORKSHOP

"What a Fellowship"

January 20th-23rd - \$40.00 registration will be paid by the

Church if you wish to attend

Monthly Reminders:

MISSION SUNDAY

CONTRIBUTIONS

9th-Men's Breakfast @

7:00 a.m.

10th-Men's Business

Meeting

13th-KFC @ 6:00 p.m.

17th-Potluck

Happy Birthday!!!

3rd-Irita Colson

4th-Samual Aguilera

6th-Joann Hayhurst

Carolyn Stewart

7th-Melody Jennings

9th-Dakota Hayhurst

11th-Linda Hayhurst

13th-lanelle Dovel

15th-Callis Love

16th-Kristen Adams

Brent Hodges

Records for 1-3-10

Bible Class: 89 Worship: 128 Contribution: \$2,538

I thought these excerpts from TIME were particularly interesting since many people try to make and keep New Year's Resolutions.

A Word from Bruce

How to Keep Your New Year's Resolutions: Advice from the Experts
<http://www.time.com/time/health/article/>

About half of all American adults (48%, according to a Marist poll taken in December) say they are at least somewhat likely to make a New Year's resolution this year. Their top vows: to lose weight (19%), quit smoking (12%) and exercise more (10%). Sound familiar?

"Between stimulus and response, there's a space, and in that space is our power to choose our response, and in our response lies our growth and freedom," says Marlatt, quoting author and Holocaust survivor Victor Frankl. Marlatt says, "Mindfulness gets you into that space."

Being mindful may involve traditional meditation, in which you sit quietly and observe your thoughts and breathing without judgment. But here, it is also used to focus awareness on thoughts and feelings that lead to unwanted behavior. Simply recognizing the triggers to relapse can help you choose not to give into them. "When there's a fork in the road, craving is pulling you one way. Well, what's the other way? You have to look down the other road and see where it takes you. Then you have a choice, instead of being on autopilot," says Marlatt.

Consciously and unconsciously, people tend to imitate those around them. That's why the latest research shows that things like happiness, smoking cessation and obesity can spread like a contagion through social networks. So surround yourself with friends who can also be role models. "Make sure that people you hang out with are people who look and act the way you would like to. Social imitation is the easiest form not only of flattery but of self-improvement," says Stanton Peele, author of *Seven Tools to Beat Addiction*.

Those tips sound familiar ... say like Joshua 1:8 – "Do not let this Book of the Law depart from your mouth; **meditate** on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." And Galatians 6:7-9 – "Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." And I Cor. 15:32-33 - Do not be misled: "Bad company corrupts good character." Come back to your senses as you ought, and stop sinning; for there are some who are ignorant of God—I say this to your shame."

Why Are We Losing Our Children?

The telephone rings in the middle of the night. The caller weeps uncontrollably. A teenager is....dead. Hearts break; words of comfort flee; advice fails. A funeral takes place; final "good- byes" are whispered in muted tones; classmates mourn; friends grieve. Everyone want to know-

WHY?

The telephone rings in the middle of the night. The caller weeps uncontrollably. A teenager is...dead. Hearts break; words of comfort flee; advice fails. But there will be **NO** funeral, or hushed "good-byes." Classmates will not mourn; few friends will grieve. Fewer still will bother to ask,

WHY?

What is the difference in these two scenarios? The first describes the **physical** death of a teenager; the second describes a **spiritual** death. The former causes our hearts to ache, and our eyes to mist. But does the latter? The spiritual death has, at least potentially, far greater implications. Suppose, for example, that the teenager who died physically was very much "alive" spiritually. Suppose this child had obeyed the biblical commands in regard to becoming a Christian, and had lived faithfully to the very hour of his demise.

Conservative estimates suggest that we are now losing 50% or more of our young people after graduation from high school. In many areas, the numbers approach 90%. These statistics are not just meaningless strings of numbers about "other folks' kids" when you suddenly awake to the heart-rending fact that it is **your** child or grandchild who is lost.

The situation is more real and more urgent than you ever thought possible. So these are the obvious questions.

Why are we losing our children and what can we do about it?