

# Central Church of Christ

## Schedule of Services

### SUNDAY

Bible Class 9:30 A.M.  
Worship 10:30 A.M.  
Life Groups 6:00 P.M.  
*1<sup>st</sup> & 3<sup>rd</sup> Sundays each  
month potluck lunch &  
afternoon service.*

### WEDNESDAY

Bible Study 6:00 P.M.

### SHEPHERDS

Mike Allison  
Toby Brown  
Larry Stewart  
Daryl Tucker

### DEACONS

Brian Bailey  
Richard Combest  
Ross James  
Kevin Leatherman  
Bobby Moudy  
Danny Tucker

### MINISTERS

Tim Johnson  
Delphine Ruiz

3<sup>rd</sup> & Donley  
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August 2, 2020

## **Don't Be an Ouch Looking for a Hurt**

Will Bowen, a Kansas City minister, has designed an innovative tool in the fight against negativity, murmuring, and complaining. It comes in the form of a simple purple bracelet, which he first offered to his congregation with a challenge to go 21 days without complaining. Each time one of them complained, they had to switch the bracelet to their other wrist and start again from day one.

*"It was simple but effective awareness training,"* reports Tim Ferris of the Huffington Post. *"The effects were immediate and life-changing."*

*"Complaining",* Bowen suggests in his book "A Complaint Free World", *"is a habit which can be broken. And once broken, one can be liberated to enjoy a life of greater gratitude, contentment and happiness."*

According to research, it can take as little as 21 days to replace an old habit with a new one. Switching the bracelet from one wrist to the other after each complaint, until the bracelet eventually stays put for 21 days, is a simple and easy exercise that yields huge rewards.

As Bowen puts it, *"Don't be an ouch looking for a hurt."* Break the habit of whining and complaining about life. Take the 21 day challenge to help reset your mind's default setting from the negative to the positive. As you speak fewer and fewer negative words, you'll generate fewer and fewer negative thoughts.

### ***Philippians 2:14-15***

***Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.***

I love you all,  
Tim

## ***WELCOME TO CENTRAL CHURCH OF CHRIST!!!***

If you are visiting us today, we are honored you have chosen us. We hope that today's time together will help deepen your relationship with God and widen your circle of friends. We are a church family who seek to follow Jesus and be true to the Bible.

Please stay around after our assembly so that we might get to know you better. Thank you again for worshipping with us today.

## ***ORDER OF WORSHIP***

"Hosanna"  
"Jesus is Lord"  
"Just a Closer Walk with Thee"  
Prayer  
"It Is Well with My Soul"  
"When All of God's Singers Get Home"  
Message  
"Nothing But the Blood of Jesus"  
"Tis Midnight and on Olive's Brow"  
COMMUNION  
Prayer

**NEWS AND NOTES**

- ❖ Virgie Webb has tested positive for coronavirus. Please keep her in your prayers.
- ❖ Avreelynn Moreno’s grandmother, Rebecca DeLaRosa, has been in the hospital. She’s home now but continues to need our prayers.
- ❖ Gaye Young is stable for now. She will go back to Houston in three months for check-ups.
- ❖ Gayle Scott fell and broke her femur. She had surgery at UMC in Lubbock last Thursday. She needs our prayers.
- ❖ Also be praying for Patti Allison as she struggles with health issues.
- ❖ We extend our sympathy to the family of David George. He passed away July 24<sup>th</sup>. Family members include his sister, Melody Jennings, and niece, Shana Bailey. No services are planned at this time.
- ❖ Congratulations on the birth of a new son, Koley Everett, to Taylor and Lizzie Dutton and big sister, Bria. Proud grandparents are Barry and Jana Dutton. Proud great-grandparents are Verna Dutton and Sib and Ed Workman.

**HAPPY BIRTHDAY!**

**4<sup>th</sup> -Tim Johnson, 5<sup>th</sup> -Cynthia Yarbrough**

**ACTIVITIES**

- ❖ We are again collecting Christmas boxes for the children of Nicaragua. This year we are asking that you fill a plastic shoe box with the requested items, or you may make a monetary donation and we will purchase the needed items. Money is also needed to cover the cost of shipping. You may pick up a box and instruction sheet at the back of the auditorium or give a donation to an elder. We will need your boxes brought to the office no later than Sun., August 30<sup>th</sup>.
- ❖ We continue today having one Bible class for all ages, beginning at 9:30 a.m. We are also having one worship service, starting at 10:30 a.m. We ask everyone to sit throughout the auditorium for social distancing. If you do not feel comfortable in this setting, we understand and encourage you to watch at home on our YouTube channel.
- ❖ All of our other group worship, children’s classes, and other activities continue to be canceled until further notice.
- ❖ Our Wednesday evening “Pick Me Up” devotional is available every Wednesday evening at 6 p.m. on our YouTube channel, “Tulia Central Church of Christ”.

**Supported**

**Missions**

Bible Chair  
 High Plains  
 Children’s Home  
 AIM  
 Sunset School of  
 Preaching

***Please keep the following people in your hearts and prayers:***

Ray Jennings	Darla Young	Gaye Young
Melody Jennings	Linda Hodges	Lanelle Dovel
Dwight Rampley	Wynelle Waldo	Bill Huff
Janet Wright	Butch Moore	Virgie Webb
Terry Cash	Margaret Huff	
Sean Chambers	Linda Hayhurst	
Lena Allison	Gigi Barlow	
Noe Jackson	Haley Klein	
Charles McKone	Carolyn Cox	
Service men and women	AIM Mission Teams	College Students

**Records for**  
**7/26/2020**

**Bible Class: 40**  
**Worship: 68**  
**Contribution: \$2,927**  
**Budgeted**  
**Contribution: \$3,595**

*Central*  
**Church of Christ**