

# 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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Tulia, TX 79088  
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February 16, 2020

## Stress Reduction

I came across this in an article this week.

### *The Ten Commandments of Stress Reduction*

1. *Thou shalt not attempt to be perfect.*
2. *Thou shalt not attempt to be all things to all people.*
3. *Thou shalt be willing to leave some things un-done.*
4. *Thou shalt not spread thyself too thin.*
5. *Thou shalt schedule time for thyself.*
6. *Thou shalt learn to say "no."*
7. *Thou shalt be willing to do "nothing" for a period of time.*
8. *Thou shalt not feel guilty for saying "no" and doing "nothing."*
9. *Thou shalt allow thyself to be unkempt and unsocial for a period of time.*
10. *Thou shalt not be thine own worst enemy by beating thyself up over any of the above.*

These are great stress reduction commandments to apply to each of our lives. But there is one that comes from God that trumps them all:

### **1 Peter 5:6-7**

***<sup>6</sup> Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup> Cast all your anxiety on him because he cares for you.***

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**

15

139

155

Prayer

373

## **COMMUNION**

622

Lesson

907

*Announcements and Prayer*

## NEWS AND NOTES

- ❖ We extend our sympathy to Tim and Trish on the passing of their friend, Jo Brumfield. Her husband, Jeff, lives in Perrin, TX.
- ❖ Hayley Klein will have a heart procedure this Thursday, February 20<sup>th</sup>. Please keep her and her family in your prayers.
- ❖ Ashley Pittman appreciates all of the prayers and acts of kindness. She is having some health issues and will see her doctor this Tuesday.
- ❖ Dear Central Church Family, Just a note to say thanks for the beautiful cross you gifted us at the loss of our grandson, Logan. We have a perfect place to put it where we will be reminded each day of the love Christ has for us as well as the love you all have shown us. You have never failed to support us in all of our ups and downs. We love you with all our hearts. In Him, Don and Gaye

### Happy Birthday!

19<sup>th</sup>-Judy McDaniel, 21<sup>st</sup>-Toby Brown, Rebecca Cobb, Judy Leatherman

### THE ACTIVITY TABLE IS NOW BY THE CHURCH OFFICE.

- ❖ Anna Leatherman is still taking t-shirt orders. Styles and colors to choose from are in the youth minister office.
- ❖ If you would like a 5x7 print of your picture from the Valentine banquet, check the proofs on the activity table. Circle the proof you want and how many, for those with more than one family represented. We will get those printed for you.
- ❖ Please join us for potluck today.
- ❖ Family movie night is this evening at 5:00, featuring the Kendrick Brothers movie "Flywheel".
- ❖ Ninth and Columbia Church of Christ invites all ladies to a Ladies Day this Saturday, Feb. 22<sup>nd</sup>. Details are on the table by the church office.
- ❖ Zane Perkins from Sunset will be bringing the message next Sunday morning, February 23<sup>rd</sup>.
- ❖ We will be meeting in our small groups next Sunday evening.
- ❖ We are collecting onesies, (baby sleepwear), size 0 to 3 months with bright colors preferred. Please give them to Jennifer or bring them by the office before March 1<sup>st</sup>. The onesies will be sent to Nicaragua.

#### 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	David George
Janet Wright	Butch Moore	Bill Huff
Don Elliott	Terry Cash	Margaret Huff
Sean Chambers	Linda Hayhurst	Jim Kiker
Lena Allison	Yvonne Nevins	Haley Klein
Noe Jackson	Mickey White	
Charles McKone	Carolyn Cox	
Service men and women	AIM Mission Teams	College Students

#### Records for 2/9/2020

Classes: 69  
Worship: 112  
Contribution: \$3,534  
Budgeted  
Contribution: \$3,595

*Central*  
**Church of Christ**