

GOOD EXERCISE

Did you get your exercise today? What if we would walk with the Lord? Walking with the Lord in the Bible means living for the Lord daily. Second Corinthians 4:16 reminds us to be renewed day by day. We do this by:

1. Every day let God say something to you (Psalm 119:11, 105; Acts 17:11). Read and study your Bible.
2. Every day say something to God (1 Thessalonians 5:17). Pray.
3. Every day do something for God (Galatians 6:10, James 1:27). Be a servant. Be helpful to your neighbor. Let's do good to one another.
4. Every day say something for God (Mark 16:15). Tell something about Christ. Invite someone to church. Will you be my guest this Sunday?

The Bible challenges us to be like Christ every day! Will you do your spiritual exercise and walk with the Lord?

- Mark Tonkery, Parkersburg, WV (*BulletinDigest.com*)

What Is Really Important In Life?

Not when you were born:

Winston Churchill was born in the ladies' cloakroom in the castle of Blenheim. His mother was attending a social function there when she gave premature birth to her son.

Not your education:

Did you know that nine of our presidents did not attend college? (They are Truman, Cleveland, Jackson, Lincoln, Filmore, Taylor, VanBuren, Johnson, and Washington.)

Not size:

President William Howard Taft weighed 350 pounds. President John Adams was only five feet six inches tall.

Not your looks:

Did you know for example, that President U. S. Grant's wife was "cross-eyed?" She wanted to have it corrected with an operation, but he said he "liked her that way."

What really counts? If you want to enjoy life, then check:

Your Attitude:

"The spirit of a man will sustain his infirmity, but a wounded spirit who can bear?" (Prov. 18:14).

Use of your time:

"See then that ye walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil" (Eph. 5:15-16).

Your belief:

"... Fear God, and keep his commandments: for this is the whole duty of man" (Eccl. 12:13). Jesus said, "Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you" (Matt. 6:33).

Center in on the things that really count. If these are right, then you can overcome any other obstacles that may be in your way.

- Author Unknown

The Beacon, Bellview Church of Christ, Pensacola, FL

God has promised to supply all our needs, not all our wants.

News & Notes

NEW CONVERT CLASS: Beginning with today's a.m. Bible Class in Room 406. This is for those who were baptized in the last 3 years. ALL new converts are encouraged to participate in this class.

CONGRATULATIONS: Keith & Elaine McClung have a new grandson, Christian Henderson (1 lb. 4 oz.), born to Mike & Rebecca Henderson, 1800 McDermott St., Conway, SC 29526. Best wishes to all.

DISASTER RELIEF: All of today's contribution will be sent to the Churches of Christ Disaster Relief Effort to help with relief efforts in Texas. The money will be used to purchase supplies needed in that region and distribution is supervised by Churches of Christ in the affected area.

COVERED DISH DINNER: Today at about noon at the Fellowship Building. Come and enjoy the food and fellowship

CARE & SHARE BEARS: Each Tuesday at 9:00 a.m. All ladies are invited to participate in making small stuffed bears for the hospital.

FRIDAY NIGHT SING: Sept. 8th at McKinleyville.

MEN'S BREAKFAST: Next Saturday, Sept 9th, 8:30 a.m. at the Church of Christ, Columbiana, OH. Sign-up sheet on the desk in the foyer.

LADIES INPIRATION DAY: Saturday, Sept 30th at Southern Hills Church of Christ. Registration begins at 9:00 a.m. "Love is the KEY." Speakers: Tam Raynor, Latisha Brown, and Patty McCullough. Lunch provided.

PANTRY: Instant potatoes.

REMEMBER WITH PRAYER & CARDS:

Rose Higginbotham, 14 Greenwood Dr., Fairmont, WV 26554.

Cindy Moore (Pat Allison's cousin), 2760 Craig Circle, Fullerton, CA 92835.

Ruth Wright (Sharon Williams' sister), 1211 Mound St., Salem, OH 44460.

SICK & SHUT-IN: Emma Rine, Linda Wiersbicki, Shirley Beagle, Fred Larimore, Bill Robinson, Blondenia Orr, Betty Henthorne, Doris Dunham, Lewis Call (Cindy Miskimen's dad), Tom Wells (ex-husband of Claudette Miller). **FOX NURSING HOME:** Mary Nelson. **CROSSROADS:** Sarah Miller, Jim Mick. **CALCUTTA HEALTH CARE:** Ella Beagle. **IN FLORIDA:** Ilene Rayl.

GOSPEL MEETINGS

McKinleyville.....	Aug. 27- 31.....	Different Speakers
St. Clair Ave., E. Liverpool.....	Sept. 17-20.....	Terry Jones
CHESTER.....	Sept. 24-28.....	Ed Melott
Lisbon.....	Sept. 24-26.....	Rico Brown

Blessed is the man that trusteth in the Lord,

and whose hope the Lord is.

Jeremiah 17:7