

The Benefit of Light

by Jay Launius Maud church of Christ Maud, Texas

During the last 14 years of my career I worked in an office that had no windows. There were times when I would be very busy and work most of the day without venturing outside the building. Because I had no exposure to the outside I had no clue as to what it was like outside. As we'd head out the door at quitting time and walked out into the sunshine I would suddenly feel better. The grogginess of the day seemed to go away and I felt a strange sensation of wellbeing. This little phenomena is just one of the benefits of light. Science tells us that we receive many health benefits from natural light. Our bodies absorb Vitamin D which helps with bone loss and heart health. Sunlight also can ward off depression and improve sleep. Best of all this health benefit is free, all we have to do is go outside into the sunlight.

With this in mind it's easy to see why God used the illustration of light so often in the Bible. Is it any wonder why light was the first thing He made during the creation of the world? (Gen. 1:3) In John Chapter 1 Christ is described as the "Light". Jesus said, "I am the light of the world." (John 8:12) Without sunlight plants don't grow, so it is easy to understand that if we're not exposed to the "Light" that is Jesus Christ we won't grow spiritually.

So just as our bodies need exposure to sunlight to benefit our health our spirits need exposure to the True Light so to continue our relationship with our Heavenly Father.

NEWSLETTER

Feb. 27, 2022

Mark Dailey, evangelist
(716) 754-2752

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Schedule of Services

Our current schedule is:

Sunday AM Worship 11:00 AM

La Salle
church of Christ
A place of worship and healing.

1121 N. Military Rd.
Niagara Falls, NY 14304
(716) 283-1214

lasallechurchofchrist.org



We welcome all who are here today.

If you are a visitor we are honored to have you with us. Please fill out a *Visitor Card* (on the back of the pew in front of you). We would like for you to place the *Visitor Card* in one of the receptacles provided at the front and rear of the auditorium. There will be an opportunity to give but as a visitor it is not expected of you. Thanks.



There is a nursery at the rear of the auditorium up the stairs if you need to care for your infant.



Read God's Word

If you have an announcement or prayer request for the bulletin please contact Wayne Carter before noon on Friday.

Please keep cell phones and other noise making devices silent. Thank you.

Condolences

Our deepest sympathy to Maria Swindlehurst on the recent passing of two family members.

Condolences

Jim Miller passed away Tuesday. He is related to Jessica Alcorn and the Flanagan family.

Prayers *In our prayers, let's praise God, recognize His greatness, thank Him for His Son and His blessings.*

Please pray as we continue our search for a gospel preacher.

Anna Brink Let's keep her in our prayers as she undergoes cancer treatments. Prayers, cards, and phone calls would be appreciated.

Diane Mellott is dealing with severe arthritis in her right hip causing her difficulty walking. She is facing surgery in the future. She had Cortisone shot Feb. 16 and is scheduled to see her doctor in April.

Darlene Reed Because of the current Covid situation in the area her hip surgery scheduled for Feb. 23 has been postponed until further notice.

Barb Stortz, Amherst member, had foot surgery and is recovering. Let's pray things go well.

Glen Mueller Glen is in Jennie B. Richmond Nursing Home in Springville, NY, (Located in Bertrand Chaffe Hospital). Let's continue to pray for him and his family.

Sharon Alcorn, Jessica Alcorn's sister-in-law, has recently been diagnosed with brain cancer.

Janine Galuppo, Ray McArthur's sister near Syracuse, remains hospitalized in Upstate Medical Center and is undergoing tests. She spent hours with eye Dr. recently and is basically blind in her left eye, possibly permanent. Let's pray for her and her family.

Marvis Garrett It was learned recently that he is in rehab. Please see info in back to send cards.

Let's pray not only for those that are physically sick but those that are spiritually sick as well.

Please keep our loved ones and their caregivers in your thoughts and prayers.

Let's pray for our members that have ongoing health and other issues.

Let's pray for family, friends, and loved ones of our members who are having health and other issues.

Let's pray for our shut-ins, widows and widowers, and call, send cards, and be of service.

Let's pray for those dealing with family situations as well as work situations.

Let's pray for those dealing with weather related disasters.

Let's pray for those of our number who are looking for employment.

Let's pray for those that are traveling. May they have a safe journey.

Let's pray for God's people that are doing mission work all over the world.

Let's pray for people the world over that we may all learn to get along with each other.

Let's pray for those taking Bible correspondence courses at the present time.

Let's pray for children, families, and the staff at *Potter Children's Home and Family Ministries*.

Let's pray for the work being done at Great Lakes Christian High School in Beamsville, ONT.

Let's pray for our neighbors receiving *House to House/Heart to Heart* that they have receptive hearts.

Upcoming Events *(Lord willing)*

Feb. 27 Today. Men's Business Meeting

Mar. 20 Men's Business Meeting

Apr. 10 Men's Business Meeting

Weekly Budget Amount \$1,843.00

Contribution Last Sunday \$535.00

Attendance Last Sunday 28

Financial Reports and Meeting Minutes are posted in the back of the auditorium.

Pictures

Over the next several weeks, we will be working on updating/enhancing the photo board. To assist us in this update, we are asking for everyone to submit a photo of themselves/their family via email at ... Lasallephotos11@gmail.com

We are asking for 2 photos, per couple or family or per person, just in case the lighting in one does not work with the photo system. Photos should include members of the congregation only.

Photos need to be submitted by March 13th, 2022.

**If you do not have a photo and are interested in having your picture taken at the building, we will be taking photos in person on March 13th and March 20th.

Any questions or concerns or inquiries regarding emailing their photos, please see Hope Rice or Erin Orton in person.

Thank You Note

A thank you note has been received from Churches of Christ Disaster Relief Effort, Inc. for our recent donation toward help with recent disasters in Kentucky. It is posted on the back bulletin board.

Please see the "**Directory**" updates posted in the back.



The mask mandate has been lifted, but it is still recommended we all wear a mask.

March Birthdays

04 Kent Blakelock	13 Cassandra Kern
04 Marjorie Reed	22 Sharon Wheeler
07 Edie Sumner	27 David Alcorn
11 Logan Bennett	28 Jordan Schnell

March Anniversaries

09 Kent & Phyllis