

## Dealing With Stress

by Alan Smith White House church of Christ White House, TN

After spending three and a half hours enduring the long lines, surly clerks and insane regulations at the Department of Motor Vehicles, a man stopped at a toy store to pick up a gift for his son.

He brought his selection -- a baseball bat -- to the cash register. "Cash or charge?" the clerk asked.

"Cash," he snapped. Then apologizing for his rudeness, he explained, "I've spent the afternoon at the motor-vehicle bureau."

"Shall I gift wrap the bat?" the clerk asked sweetly. "Or are you going back there?"

Ever had one of those days? Traffic, deadlines at work, rude customers, fussy children, registration for classes!!! There are perhaps some days that you're tempted to stop off at the store for a baseball bat.

What is the key to surviving all the stress we encounter? Simply this -- we must decide that we will not allow people and circumstances to determine our attitude ..... (I said it was simple, I didn't say it was easy).

(James 1:19-20) "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God."

May you deal with the difficulties you encounter today with the spirit of Christ.

## NEWSLETTER

Oct. 30, 2016

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## Schedule of Services

Sunday AM Bible Class 9:45 AM

Sunday AM Worship 11:00 AM

\* Sunday PM Worship 6:00 PM

Wednesday PM Bible Class 7:00 PM

## La Salle church of Christ

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

lasallechurchofchrist.org

*\* There is no PM service on the 5th Sunday of the month.*

Ladie's Bible Class  
Tuesday - 10 AM at the building.



### 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) so we may have a record of your visit. Later in the service we will pass around a collection plate. As a visitor you are obviously not expected to give but we would like for you to place the *Visitor Card* in the collection plate. Thanks.

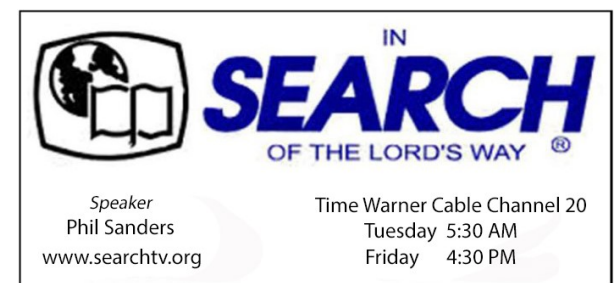
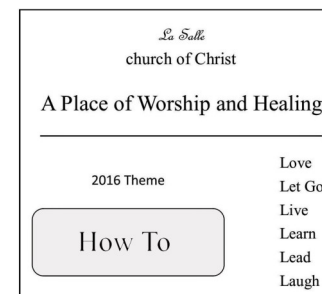
*There is a nursery at the rear of the auditorium up the stairs for infant care.*

### Why Attend Bible Class?

We are commanded to study the Bible (2 Tim. 2:15).  
To gain knowledge with which to teach others (Heb. 5:12).  
That we may be ready to give an answer for our hope (1 Pet. 3:15).  
That we may be prepared to defend the faith (Jude 15).  
To feed our souls (1 Pet. 2:2).  
To help us prepare for judgment (John 12:48).  
To be with the Lord (Mat. 18:20).

***Why would a faithful Christian not want to attend Bible Class?***

**Please keep cell phones and other noise making devices silent during worship.**



We offer a **free** Bible Correspondence Course



Smile and pay someone a compliment today.



Condolences

Denise Garlitz’ friend Pauline Todaro’s granddaughter Carmella was killed in a car accident. Carmella was 9 yrs old. Please pray for the family. The funeral was Monday in Ohio.

Condolences

Word has been received that Norm Lyons passed away. No further details as of this writing.

Prayer List In our prayers let’s praise God, recognize His greatness, and thank Him for His blessings.

Those that attend: Joe Pitts, Mildred Lynum, Bill Flanagan, Anna Brink, Red & Goldie Crow, Frank Marsden, Bill Kinney, Pat Hazlett, David Alcorn, Willow, Darlene Reed, Leo & Jeanne Johns, Butts & Edie Sumner, Rick & Fran Fees, Jodie Kelly, Chris Highway, Keith & Glory Marten, Bev McArthur, Candi Butcher, Cheryl Mellott, Ron & Jean Cameron, Joyce Cameron, Carol Jones, Brenda Nelson, Matt Nichols, and Kent Blakelock.

People in other places: Jennifer Walters, Renee Kinney, Diane Fritton, Tim Mellott and family, Billy Stine, T.J., Wednesday Rahelich, Congressman Ted Poe, Doreen Woods, Betty Leistner, James Proctor, Stephanie, Connie Stewart, Tim and Gina Mellott & family, Carol’s sister Holly, Frank’s niece, Sheila Donkley, Laval Baptiste, Mary Lou, Mila Roche, Tony & Eglá Grana, Susan Barrett & family, Patrick, Lula Hall, Jack Openshaw, Sue Garner, and Liz Holton.

Updates:

Sharron Gantt had outpatient surgery Friday. The surgery went well. Let’s pray for a quick recovery.

Carol Jones is scheduled for surgery on her right shoulder Monday Nov. 7. Let’s pray all goes well.

Leo Johns is undergoing PT at Autumn View Health Care Facility in Hamburg.

Kent Blakelock had a procedure on his right foot and had an infection but is doing somewhat better now.

Mildren Lynum was in Schoellkopf Health Center at Niagara Falls Memorial Medical Center. She was hoping to be released by now. Her new address is posted on the board in the back.

George Kohlbacher is in the hospital.

Mary Lou, Anna Brink’s sister, had an Oncologist appointment Tuesday Oct. 25. They found something on her lymph node. She is having a PET scan tomorrow. She has an appointment to see the surgeon Thursday Nov. 3.

Jack Openshaw. Prayers are requested for Jack. He is struggling dealing with Leona’s death.

Liz Holton, Noah Bennett’s best friend’s mom, is having surgery Nov 29 for thyroid cancer.

Wednesday Rahelich was scheduled to be at a hospital in Boston today.

Renee Kinney, Diane’s daughter, let’s remember to keep her in our prayers.

Diane’s granddaughter, Samantha, was recently bitten by a recluse spider and was hospitalized because of it.

Upcoming Events (Lord willing)

Oct. 30 Today. Area-Wide 5th Sunday Singing hosted by Niagara Falls church of Christ (assisted by LaSalle). No PM service at LaSalle.

Nov. 05 Set clocks back 1 hour before going to bed.

Nov. 06 Potluck (Groups 1, 2, & 3 to setup & cleanup)

Nov. 08 Election Day.

Nov. 11 Veterans Day

Nov. 13 Men’s Business Meeting

Nov. 19 Men’s Breakfast 8:30 AM

Sermon Topic Today: How To Love

Scripture Reading: Mark 12:28-31

Trays Today: Sherry Carter



Area-wide 5th Sunday Singing

Today at 3 PM - with fellowship to follow.

The Niagara Falls Church on Tennessee Avenue will be hosting today’s singing & fellowship. The LaSalle Church will be assisting the NF Church by bringing finger foods, love, and lots of smiles (song leaders please prepare of couple of songs). What a joy to be part of this event. See you there, and remember, LaSalle evening services are cancelled.



Pick It Up – Fill It Up

The Potter’s change cans will be picked up sometime next week.

They need to be in by next Sunday, Nov. 6.

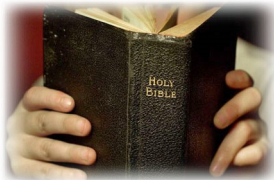
Make sure you fill out the address paper and put it in the change can.

Thanks for your participation.

Ongoing Events

Personal care items for the vets at the V.A. Hospital in Buffalo and also non-perishable food items for Casey House on Cedar Ave. in N.F. are being collected. If you can help in this matter it is greatly appreciated.

Zambia Baby Fund - Several members are contributing to this.



Pick it up, read it, and learn.

Address update for Mildred Lynum

Please check the back board for her new address.



Nov. Birthdays

- |                  |                    |
|------------------|--------------------|
| 01 Mildred Lynum | 19 Bev McArthur    |
| 04 Rick Fees     | 19 Brooklyn Brown  |
| 05 Ray McArthur  | 26 Joyce Cameron   |
| 05 Debbie Friend | 26 Laura Kyle      |
| 07 Anna Brink    | 28 Charles Bennett |
| 08 Lisa Nichols  |                    |

Nov. Anniversaries

- 27 Dennis & Darlene Reed