

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.

Attention Men

We encourage the men who participate in the service to use the microphone so as to be heard. Examples of participating in the service include the Lord's table which includes talking and praying. Please speak loud enough and please don't mumble.

Another example is opening and closing prayer. Sometimes this is done from the pew. Please speak up so as to be heard by everyone. The same is true for reading scripture, please speak loud enough to be heard by everyone. Thank you for your cooperation.

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Camp Agape is sponsored by Christian Youth Enterprises, Inc. (CYE). CYE is a charitable corporation with IRS section 501(c)(3) status, established in the 1960's by members of local churches of Christ to provide a Bible-based camping experience for young people of Western New York and Northwest Pennsylvania.

NEWSLETTER

Dec. 04, 2022

Mark Dailey, evangelist
(716) 754-2752

minister@lasallechurchofchrist.org

We seek to be a place of healing and worship.

Schedule of Services

Our current schedule is:

Sunday Bible Class	10:00 AM
Sunday AM Worship	11:00 AM

La Salle church of Christ

We Meet At

1121 N. Military Rd.
Niagara Falls, NY 14304

Phone (716) 283-1214

Website: lasallechurchofchrist.org

This bulletin can also
be found on our website.



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

We offer a **free Bible Correspondence Course**

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

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

James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

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

Let's pray for the situation in the Ukraine and surrounding areas.

Jessica Alcorn is waiting on PET scan results and then will begin chemo.

Charles Bennett had surgery this past Wednesday. It was learned he has had a setback in his recovery.

Maria Swindlehurst is recovering from hand surgery she had this past week.

Louella Hopkins is undergoing medical tests for herniated disks in her back.

Pam Schnell is dealing with a bad cold.

Sherry Carter is also dealing with a bad cold.

Frank Marsden is recovering from a bad cold.

Samantha Mellott is still waiting on test results.

Marissa Stine is doing somewhat better but still recovering from recent double pneumonia.

Elliot, Louella Hopkin's 4 yr. old grandson, will have eye surgery soon.

Cheryl Moore Johns, daughter of former preacher Matthew Moore at Linwood and a good friend of Bev McArthur, is dealing with health issues involving arm, hip, and dental issues and will need surgery.

Danielle, Maria Swindlehurst's daughter, is undergoing medical tests.



Directory & Phone Tree

We want to update the *Directory* and *Phone Tree* soon.

Please see the paperwork posted in the back concerning updating the *Directory*.

Notice:

If you are the last one out of the building please make sure to close the door between the foyer and the front of the auditorium and also between the foyer and the back of the auditorium. Please make sure all Entrance/Exit doors are locked and secure.

Letter from Potter Children's Home

Please see the letter posted in the back from Potter Children's Home



Frank Marsden says hello to everyone.

Upcoming Events *(Lord willing)*

Dec. 11 Next Sunday Men's Business Meeting.

Dec. 18 It is planned that Caleb Callari will be here and will conduct the adult Bible class and also preach for us. The men will meet with Caleb after services. There will be a *Potluck* also.

Dec. 24 Christmas Eve

Dec. 25 Christmas Day

Weekly Budget Amount \$1,843.00

Contribution Last Sunday \$2,273.00

Attendance Last Sunday 35

Financial Reports and Meeting Minutes are posted in the back.

Mission Info Please check the *Mission Board* in the back.

Ukraine Relief

John Kachelman, Jr. Cell (901) 626-4538 john@kachelman.com <https://kachelman.com>

For updated reports go to John's website and click on the tab for Mission Work.

Philippines We support Caleb & Vanessa Callari doing mission work in the Philippines.

Caleb Callari's Radio Program - "Everyday Follower"

Do a search on YouTube for: Everyday Follower, School of National Evangelism Philippines

Caleb will be here Dec. 18 and conduct the Adult Bible Class and also preach.

The men will meet with him after services that day. There will also be a *Potluck* that day.

Zambia

The LaSalle congregation has been involved in the Zambia mission work for many years.

If you would like to help support the Zambian Mission, please place funds in the offering basket marked for Zambia. More information may be found at www.zambiamission.org

Matthew 19:14

"Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."

Mission Sunday

There will be ***Fellowship Holiday luncheon*** (Potluck) ***on Sunday, 12/18 after morning service.*** *This time will also allow us to spend some time getting to know Caleb and Vanessa Callari and their children. There is a sign-up sheet posted on the back bulletin board to help with food for the luncheon.*

Also, we will present the Callari family with a book of encouragement for them to take back to the Philippines. The book will be passed around over the next couple of weeks. Please take a moment and write the Callari family some encouraging words. See Carol to sign the book.