

WORSHIP ASSIGNMENTS

SUNDAY MORNING SERVICES

<i>December 18th</i>	<i>December 25th</i>
Quentin Holloway	Don McKee
Ken White	Tim Hall
Mark Pettit	Barry Kingsley
Ross Cochran	Spencer Hall
Curtis Kingsley	Marvin Pritchett
Tom Hall	Richard Bohannon

Announcements
Open Prayer
Song Leading
Scripture Reading
Close Prayer
Head Table

Assist

Don Kerley	Jay Hall
Ben Kingsley	George Hall
Donnie Bailey	Jackie Cochran
Russell Cochran	Tim Hall
Ross Cochran	Tom Hall
John Stephens	Jerry Cole
Rob Burton	Mark Wilson
Seth Carswell	Billy Green

Usher

M. Wilson	J. Ralston	Tu. Hall	Z. Pritchett
R. Burton	C. Cody	W. Pettit	Ry. Cochran
P. Kingsley	Ry. Cochran	C. Cody	M. Brackett
William Parker		William Parker	
Danny Hensley		Jackie Cochran	
Q&J Giannone		L. Cantrell	P. Walker
S. Norton	L. Cantrell	A. Crow	
E&S Busby		J&T Stephens	

Sound Board
Projector
Greeters

SUNDAY NIGHT SERVICES

Announcements
Open Prayer
Song Leading
Close Prayer
Communion
Sound Board
Projector

Tim Hall	Barry Kingsley
Rob Burton	Daniel Sisson
Ed Busby	Men
Marlin Brackett	Ben Kingsley
Tom Hall	Richard Bohannon
William Parker	William Parker
Danny Hensley	Jackie Cochran

DECEMBER

Curtis Kingsley
Alan Hall

JANUARY

Billy Weeks
David Green

Announcements
Song Leading
Prayer
Sound Board
Projector

December 21st	December 28th
Butch Jones	Quentin Holloway
Men	Marlin Brackett
Men	Greg Burrell
Seth Carswell	Jackie Cochran
William Parker	William Parker

Please contact Roy Walker, 706-632-7052, if you have a conflict and are unable to serve.

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Church Office 706-635-2950
Newsline 706-276-7283

Our Minister

Butch Jones.....706-635-7850
E-Mail: butchjones@ellijay.com

Our Elders

Bob Burton.....706-698-1345
Curtis Kingsley.....706-276-6045
Marvin Pritchett...706-635-7674

Our Deacons

George Hall.....706-635-4766
Tim Hall.....706-636-4255
Tom Hall.....706-635-2914
Don Kerley.....706-635-1706
Barry Kingsley.....706-276-7842
Tate McCoy.....706-273-3538
John Painter.....706-636-4366
Mark Pettit.....706-276-6610
Barry Pritchett.....706-276-3799
Garry Rittenberry706-276-4846
Daniel Sisson.....770-737-5008
Roy Walker.....706-632-7052

Missionary

Highgate Church of Christ
P O Box 6
Highgate, St. Mary's Jamaica
706-363-6249

Week of December 11th

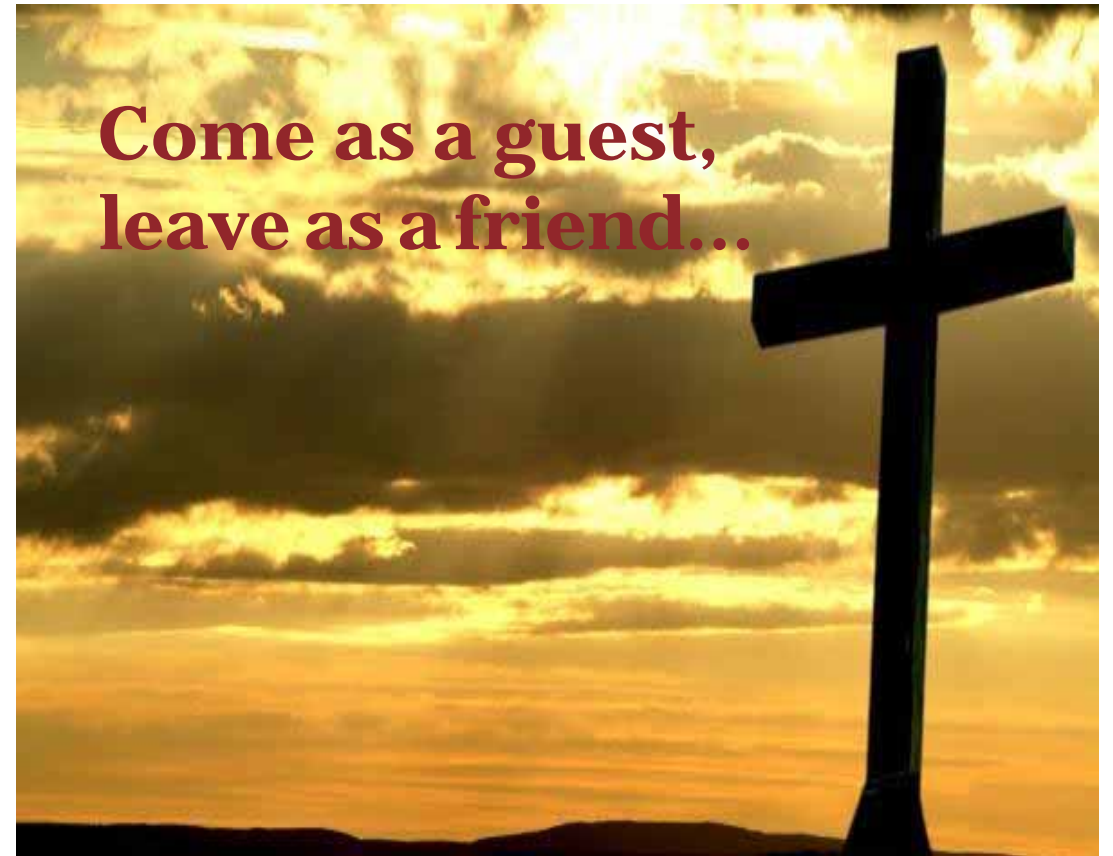
Contribution.....	\$5544
Budget.....	\$5800
Under Year to Date.....	\$5596
Bible Study.....	124
AM Worship.....	201
PM Worship.....	121
Wednesday Evening.....	121

Gospel Broadcasting Network, 24hours/7days,
Channel 21 on ETC Cable
"Truth For The World," Sunday, ETC Channel
3, 9:00 AM
"In Search Of The Lord's Way," Sunday,
Channel 24, 7:30 AM

Ellijay Church of Christ

...Spreading the Good News

December 18, 2011



Welcome to our Visitors! Please complete the visitors card so we will have a record of your visit. You are always welcome at all of our services. We hope you will stay after services and let us get to know you.

SUNDAY: Bible Study 9:30 a.m. Morning Worship 10:30 a.m. Evening Worship 6:00 p.m.
WEDNESDAY: Bible Study 7:00 p.m.

Copies of all sermons from our pulpit are available on CD for \$1.00. The request sheet is posted on the bulletin board. Free Bible Correspondence is also available. Please contact the church office or Cleah Boaz, at 706-636-4516.

In Our Prayers

Spencer Hall's dental surgery went well.

Kathleen Jones, Butch's stepmom, remains in critical condition in Erlanger.

Mary Giannone found out last week she broke her shoulder when she fell a couple of weeks ago.

Zach Pritchett had more tests done at the Mayo Clinic and waiting on results.

Laura Pettit has been sick the last several days.

Rechell Griffith is under dr's care. Her cancer has returned.

Scotty & Sylvia Messer, Ronnie and Tina's family, lost all of their belongings in a house fire last week.

BIRTHDAYS & ANNIVERSARIES



Robin Jones - 18th
Morgan Holland - 19th
Jackie Cochran - 20th
David Jones - 21st
Brenda Ritterberry - 21st
Laurie Kay Pettit - 22nd

Al & Stacey Hadden - 18th
Curtis & Shirley Kingsley - 24th
Lee & Joyce Long - 24th

Family & Friends In The Military:
Reid Cochran, Jonathan Hensley, Zach Hill, Stephanie Hunter, Jacob Mahaffey, Patrick Mahaffey, Taryn Mooney, Evan Pankey, Rushton Pettit, Winston Pettit, Travis Sisson

Tips for Relieving Stress

Stress may begin for some of us with Thanksgiving when family gets together, then continues with the crazy shopping of Black Friday, then the Holiday season, followed by New Year's and resolutions that we won't keep (an added stress by February). And debt which goes on and on.

1 - Deep Breathing - Start now by breathing deeply - deeply from the abdomen which allows your lungs to take in more oxygen.

2 - Sing a Song - Singing helps increase deep breathing and increases serotonin, a mood stabilizer.

3 - Roll Your Eyes in A Circle - Do this by closing your eyes and moving clockwise for 30 seconds then do the opposite for 30 seconds. This will stimulate the connections between the two hemisphere's of the brain. This short-circuits the body's stress response because the brain and your eyes are so closely connected.

4 - A Good Soak - in the tub. A 10 minute soak will do it. Adding Epsom salts makes it even more relaxing.

5 - Laughter - Laughter has been shown to decrease blood levels of the stress hormone known as cortisol & increase blood levels of endorphins - known to soothe the mind and help relieve pain.

6- Change Your Diet - Healthy whole foods will boost the immune system and neutralizes free radicals in the body that cause damage. Beneficial foods to eat now includes fruits like oranges, mango and tomatoes, and vegetables like spinach and broccoli. Dark chocolate (never milk chocolate) is a stress reliever because it contains magnesium.

Upcoming Events

DECEMBER

TODAY - Van Ministry Holiday Party, 4pm-5:30pm. We still need help with snack and drinks.

21st - Special Prayer Service

25th - P.M. service will be a devotional in songs, prayers & scripture readings.

28th - Special Prayer Service

JANUARY

1st - P.M. service will be a devotional in songs, prayers & scripture readings.

8th - Elders will be presenting the **Growth Plan for 2012** during Bible Study.

9th - Georgia School of Preaching begins. Bob Burt, of Cleveland, "Christian Evidence" Mondays, 6:30pm-8:30pm, for 7 weeks.

We regret that Dennis & Brenda Nicholson have decided to worship at Northside Church of Christ in Jasper. We miss them and wish them well.

CHANGE OF ADDRESS



Laura Garth recently moved to Florida to be closer to her family. Her new address is:
2511-A Irene Street
Lutz, Florida 33549

Not Enough Time

USA Today consulted the advice of experts from various fields to chart how much time was needed for the daily necessities of life — if you did everything the experts said you were supposed to, for as long as they said you should.

For example, the experts cited in the article stated:

- You should sleep for 7.5 hours
- Exercise for 30 minutes
- Need 45 minutes for personal grooming
- Allow 1 hour for cooking and eating
- Spend 1-2 hours for housekeeping and chores
- Work – 7-10 hours
- Grocery shopping should require about 20 minutes.

The *USA Today* article also contained expert advice on how much time to spend with children, with your spouse, commuting, reading, and other daily activities. *USA Today* counted up all those minutes needed for our daily tasks, according to the experts, and it came to **42 hours!** *

Obviously, no one has that much time in a day! According to these experts, there is just not enough time to accomplish everything that we need to accomplish!

What do we do? We have to prioritize to get done what needs to be done.

"Be very careful, then, how you live — not as unwise but as wise, redeeming the time (or 'making the most of every opportunity'), because the days are evil" (Ephesians 5:15-16).

The word "redeem" means to buy up, i.e. ransom; figuratively, to rescue from loss. Therefore, we are instructed to make the most of our time by "buying up" opportunities to address those things that are most important.

THE most important matter in our lives is our relationship with God...

The problem is that our SIN separates us from God and condemns us (Isaiah 59:1-2; Matthew 7:13-14).

But God loves us so much that He gave His one and only Son to die on the cross for our sins (Ephesians 1:7). The precious blood of Jesus redeems us from our sins when we accept His offer of salvation on His terms (1 Peter 1:18-19).

The greatest way to redeem your time today is to be sure that you have been redeemed by the blood of the Lamb!

Won't YOU use your time wisely by responding with trusting obedience to the One who have given you time?