

CHURCH OF CHRIST

**Elders: Robert Beard, Bill Eads, Johnny Mitchell, Ralph Mitchell,
Walter Pruitt, Bob Turner, Don Webb**

Anger - August 6, 2017

CHILDREN'S CHURCH

Children's Church is available for children ages 3-10. We will announce when it's time for your child to be dismissed.

There is a nursery upstairs for your convenience.

Second Harvest

We will be packing 150 Second Harvest Boxes Tuesday morning. Please be here at 9AM if you can help.

This Friday is our Second Harvest Community Food Distribution. Please be here by 12 noon if you are able to volunteer.

There is a story about a little boy who had a very bad temper. His father decided to hand him a bag of nails and said that every time the boy lost his temper, he had to hammer a nail into the fence.

On the first day, the boy hammered 37 nails into that fence. The boy gradually began to control his temper over the next few weeks, and number of nails he was hammering into the fence slowly decreased. He discovered it was easier to control his temper than to hammer those nails into the fence.

Finally, the day came when the boy didn't lose his temper at all. He told his father the news and the father suggested that the boy should now pull out a nail every day he kept his temper under control.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence.

"you have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there."

Solomon said that the strongest person in the world is the one who can control his temper (Prov 16:32). Our anger not only causes us to say and do things that are hurtful, but it leaves scars that are almost impossible to erase. In Ephesians 4, Paul warns his church: "In your anger, don't sin" (Eph. 4:26). Paul knew that while everyone experiences anger, those who do not learn to control it head down a path that is often a dead end.

Something that I myself have tried over the last couple of years is to always give any moment of anger the "120" treatment. When something causes me to lose my temper, I do not react in anger until at least two hours. This has helped me to give myself space and time in order to digest and absorb whatever has caused me to be mad. Often times, the anger passes or subsides enough to allow me to deal with the situation logically instead of emotionally.

How many nails would you have to put in the wall this week? Let us take charge of our emotions before the walls are too damaged to repair.

Love you all, Adam

Privileged to Serve

Sunday AM

Worship Leader: Adam Medley
Opening Prayer: Harold Smith
Communion: Roy Hunt
Contribution: Robert Beard
Read Scripture: Ross Musgrave
Ezekiel 36: 26-28
Sermon: Adam Tune
"Open Heart Surgery"
Closing Prayer: Wallace Primm

Sunday PM

Worship Leader: Adam Medley
Opening Prayer: Bill Eads
Communion: Bob Turner
Contribution: Don Webb
Closing: Calvin Duncan
Attendance 07/23/2017 - 373
Sunday Evening - No Service
Contribution: \$8,734

Care Center

Our Care Center items for this week are Spaghetti Sauce and Spaghetti. You may leave your items in one of the white boxes provided in the foyer or by the Care Center door.

Prayer List

Tommy Bolden, Mary Boucher, Bill Bryan, Ron Bussell, Margaret Campbell, Ivon Claud, Doris Copeland, Scott Davis, Edith Eakin, Jeanette Foster, Shelia Glover, Billy and Faye Greenfield, Rafaela Hernandez, Dorothy Hinds, Mary Hopper, Jeannie Hopper, C.D. Mangrum, Lou Montgomery, Ida Palmer, Pete Rieschick, Jeremy Sartain, Scott Sawyer, Angie Scott, Peggy Stinson, Shirley Waggoner, Mattie Ward, Mindy Wilson, Elleine Witty, Lucille Young

Wednesday, Aug 9th 5:30 PM

Vanderbilt University Dyer Observatory speaker Natasha McMann is coming to Una for a presentation on the eclipse Wednesday evening at 5:30PM. We hope each of you will come and take part in this opportunity to learn about the upcoming eclipse! **Everyone is welcome!!! Invite your friends and family!!! Remember to bring sandwiches, chips and desserts for a light meal together before Wednesday evening Bible Class.**

Baptism

We rejoice with Annika Beasley as she was baptized into Christ Sunday morning. Please welcome our newest sister in Christ here at Una. 3805 Dahlgreen Ct Antioch, 37013

August Cooks

Coordinator - Jen Green
Cooks - Jackie Roberts, Joan King, Michelle Barnes, Toni Donegan, Thelma Chandler

GYC's

The GYC's will have their August Dinner meeting this Thursday evening at 6PM. Please see Ken if you have any questions.

Christmas in July M.A.G.I. Project

(Making a Godly Impact)

Our items this week are some **very specific School Supplies.**

We are lacking Pens, Colored Pencils, and Rulers.

We no longer need regular pencils. We have received about 1000 already which is great. Thank You!

If you have questions see Toni.

Many of you know Dorothy Hinds, Carol Johnson's mother. Dorothy has been moved to a Skilled Nursing facility in Texas. The address follows here as she would love to receive cards.

San Remo Skilled Nursing
3550 Shiloh Road, RM. 203
Richardson, TX. 75082

Pictures - Sunday, Aug. 13th - following AM class

If we do not currently have a picture of you or you would like to update your picture, you can get your picture made here at Una for our Breeze Directory. It will only take a minute - *no paperwork or salesman!* You want your family album at home complete. We also want our directory complete.

Help us complete our Una Family Album!