

FOR THE KIDS.....

F L U F T I U R F S A H L R F  
 D O O F H T R A E T H E K A I  
 O S O O E M T S I N L A C V R  
 T K M R G S A L T A R V O E E  
 C C U T R I O T M D C E T N D  
 L O L Y E S L E E N O N S W V  
 O D T D A E F Y S E V S E O I  
 U N I A T N U O M C E A V B O  
 D A P Y F E H R A S N N I N L  
 S L L S L G C T L E A I L I E  
 R Y Y A O G T S L D N M O A N  
 I L W N O F I E R U T A E R C  
 A O O D D E P D O O R L V H E  
 P H R I G H T E O U S S O N S  
 R S A R A R A T N E M G D U J

Altar, Ararat, Clouds, Covenant, Creature, Descendants, Destroy,  
 Docks, Door, Dove olive, Earth, Female, Fire, Float, Food,  
 Forty days and, Fruitful, Genesis, God, Heavens animals, Holy land,  
 Judgment, Livestock, Mate, Mountain, Multiply, Noah, Pairs, Pitch,  
 Rainbow, Raven, Righteous sons, Roof, Shem, Sin, Small,  
 The great flood, Violence

*Today's Sermon..... Doldrums*  
*Next Week's Sermon..... Spirit Week*  
*Sun. Adult Bible Class... Sanctification*  
*Sun. Night.....Infractions Of The Law Of Love - III*

Service Times: Sunday:     *Bible Class..... 10:00 a.m.*  
    *Worship:.....11:00 a.m.*  
    *Evening.....6:00 p.m.*  
    *Wednesday:..... 7:00 p.m.*

# *Coldwater Church of Christ*

*Welcome to our services! February 24, 2013*

Joyce Fosdick will be having knee replacement surgery on Tuesday. Please keep her in your prayers.

Charles and Ella were not able to be with us on Wednesday evening because of the death of his aunt.

Wendi Baker has come home just in time for the family to go on a vacation to Florida. Please pray for their safe return.

The Slomers are out of town this weekend. Pete has graciously offered to lead singing for us. Thanks Pete.

Loretta's mom will be coming home on Thursday. She still is not walking very well and will need 24 hour care. Please keep her and the family in your prayers.

Paula, the daughter of Ray and Nora Pippin who are friends of Wanda, passed away unexpectedly. She was 55 years old. Please keep this family in your prayers at this terrible time.

The Financial Seminar is on March 24<sup>th</sup> -25<sup>th</sup>. Steve Diggs will be our speaker. There's a flyer on the wall near the bulletin board with more information. Tammie and Loretta have volunteered to help care for the children during the seminar but we are still in need of nursery attendants and helpers. \* Please see Dave or Loretta if you'd be willing to help. \*

We also need a few of the ladies to bake cookies to serve after the seminars. Please see Loretta if you're able to do this.

If you are on Facebook, David would like you to "share" the information on the Financial Seminar. That would help get the word out. Also, invite your friends and family!

A new Sunshine Basket is in the works. This one will be for an elderly couple. Please bring any donations you'd like to contribute and place them on the table in the vestibule

Ladies, mark your calendars! We will be having a "Lavender and Lace Ladies Luncheon" on April 13<sup>th</sup> (date has been changed) beginning at 12:00 p.m. ☺. This will include beautiful decorations, a special meal, a devotional, singing, games and prizes. Please plan on attending this time of Christian fellowship with sisters in Christ and bring your friends. There will be a sign-up sheet on the bulletin board so we can know how many to expect. It promises to be a special time for all.

Coming soon: Camp Indogan Lock-In, March 15<sup>th</sup>. Applications for the Lock-In will be available soon.

## Upcoming Events: Mark your calendars...

1<sup>st</sup> Sunday night- Devotion: singing, prayer service

3<sup>rd</sup> Sunday – potluck – no evening service

4<sup>th</sup> Sunday Night - Youth Group

Mar. 24-25 -Sun./Mon. night 6 :30pm Financial Seminar -Steve Diggs

Mar. 15@ 9 pm -6 am-Camp Indogan Lock-In @ the Angola YMCA

April 13 – Sat. - 12:00 pm - Lavender and Lace Ladies Luncheon

April 14 - Sun. - Josh Tilton update on Ghana Well Drilling Work

May 12 – Sun. - Mother’s Day Breakfast

May 19 – Sun. - Friends/Family Day- Potluck

### \*\*\*Prayer List\*\*\*

Wendi Baker – possible candidate for new asthma treatment

Lenore – granddaughter of Huey and Cathleen – liver tumor

Joe Fitts – general health

Bonnie Dalman – sister of Shirley and Joyce – lung cancer

Meaghan Boston – cyst in brain – wait and see

Karen – friend of Joyce Aker – disease damaging bones

Shirley Flaughter – continued healing

Joyce Fosdick – many health problems – knee surgery Tuesday

Sharon Keifer – liver cancer – growing

Diane – Ruth’s daughter –lymphoma – doing well

Thad – Beth’s son-in-law – foot infections – more surgery

Taylor – friend of Shyanne – heart arrhythmia

Know Your Bible Charter 10:30 pm Mon-Fri. on channel 19

Website: [coldwatercoc.com](http://coldwatercoc.com) e-mail: [coldwatercochristoffice@gmail.com](mailto:coldwatercochristoffice@gmail.com)

## Steps of Salvation

Hear Romans 10:14, 17 Believe Acts 16:31 Repent Acts 2:38

Confess Acts 8:36-37 Baptism Acts 2:38 Faithful Mt 7:21

Our Elders: Tom Cornett 269-719-5748

Dave Sherfield 517-227-8867

Huey Waites 517-639-8390

Bummed!

What do you do when you feel bummed? How do you get yourself back up? Do you have a method you use to LIFT YOUR SPIRITS UP?

Also, whenever you experience down moments do you wonder about your spirituality? Do you wonder if you are drifting away from God because "Christians should never feel down"?

Well, I don't know who started the idea that God's followers never have down times, because it's not true. The truth about life is that it has its ups and downs and with them come the changing of moods. Read through the Psalms and you will find times when David was down, but he always seemed to know where to look to regain a proper perspective of things, and thus was able to begin the journey back up.

One of the Psalms (noted as a Maskil of the sons of Korah) that reflects this type of focus is **Psalm 42**. Here the Psalmist remembered the up times and wondered about why he felt so downcast. He asked questions such as:

-- "Why are you cast down, O my soul, and why are you in turmoil within me?" (vs.5)

"Why have you forgotten me?" (vs.9)

"Why do I go mourning because of the oppression of the enemy?"

Do those words reflect a gloomy spirit? But note the focus connected to those words:

Hope in God; for I shall again praise him, my salvation and my God." (vs.5)

Do you see the method used to begin THE JOURNEY BACK UP?

Focus on prayer.

Focus on a song in your heart.

Focus on your remembrance of God.

Remember blessings you have received in the past.

Remember He is mindful of you today.

Remember His promises for the future.

Keep your hope there.

Keep praising Him.

Keep acknowledging Him as your Savior and God.

It has been said: "When you're down, everything is looking up!" So, when you are down, stop for a moment and collect your thoughts and once again set your sights heavenward. borrowed