



THE MESSENGER

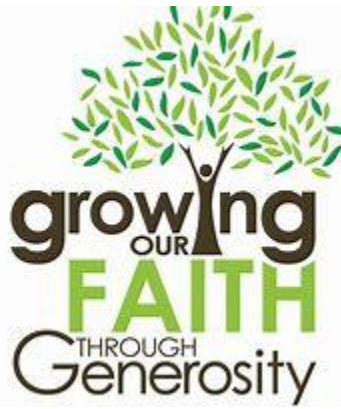
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November 8, 2018



**Our focus for November is Heaven. Our final focus for the year is
Endurance during the month of December.**



October 28, 2018

Bible Study.....	453
Sunday a.m.	615
Sunday p.m.	493
Wednesday	808
Contribution.....	\$16,695

November 4, 2018

Bible Study	436
Sunday a.m.	619
Sunday p.m.	495
Wednesday	832
Contribution	\$16,014

**FINANCIAL STATEMENT
September 2018**

Book Balance.....	\$33,599.59
September Deposits	71,286.70
September Disbursements	(54,701.67)
Balance 9/30/18	\$50,184.62

Funds Used:

Benevolence	\$2,616.52
Buildings & Grounds	4,785.64
Missions	17,531.84
General Miscellaneous.....	2,163.20
Salaries	18,026.46
Office Supplies	1,300.55
Payroll Taxes.....	2,394.67
Evangelism.....	500.00
Seniors.....	96.00
University.....	889.83
Youth	3,452.75
Education.....	944.21

Total..... \$54,701.67

November EVENTS

Saturday November 10	FHU Associates Silent Auction and Vendors @Gano Dining Hall Auction Hours: 9-1pm Vendor Hours: 9-3pm
Tuesday November 13	Sew Sisters 9-noon
Saturday November 17	Men's Breakfast Breakfast starts @8am/Come @6am if you want to help cook.
Saturday November 17	Come @10:30am to help pack & deliver hot Thanksgiving meals. See Ethan Hardin if you have questions.
Sunday November 18	Henderson Health & Rehab Worship Service hosted by the CIA class @2:30pm.
Monday November 19	Deadline to order a poinsettia in memory or in honor of a loved one to display during the holiday season in the auditorium. Prices: 6½" - \$10.00/10" - \$25.50
Wednesday November 21	4th Annual ThankSinging held at Estes Church of Christ 7pm (no services in our building)

Roy's Sidelines

Roy Sharp

The Attitude of Gratitude Can Change Your Life

Many sermons and many articles have been written about the "Attitude of Gratitude" from a spiritual standpoint but research shows that gratitude can change your life. In an article found at happierhuman.com there are listed at least thirty-one benefits of being a person of gratitude. This is the month for celebrating thanksgiving, especially as a special holiday but gratitude should be a part of our everyday life. Great life benefits come from being grateful and expressing it. First, gratitude makes

us happier. "A five-minute a day gratitude journal can increase your long-term well-being by more than 10 percent. That's the same impact as doubling your income". However, income gets to be something we get used to but being grateful and expressing it increases our gratitude which increases our happiness consistently.

Second, gratitude makes people like us. "Gratitude generates social capital – in two studies with 243 total participants, those who were 10% more grateful than average had 17.5% more social capital. Gratitude makes us nicer, more trusting, more social, and more appreciative. As a result, it helps us make more friends, deepen our existing relationships, and improve our marriage."

Third, gratitude makes us healthier.

Benefits at a Glance

Results ¹	Study	Date
Keeping a gratitude journal caused participants to report 16% fewer physical symptoms, 19% more time spent exercising, 10% less physical pain, 8% more sleep, and 25% increased sleep quality.	Counting Blessings Versus Burdens	2003
The emotions of appreciation and gratitude shown to induce the relaxation response.	The Grateful Heart	2004
A gratitude visit reduced depressive symptoms by 35% for several weeks; a gratitude journal lowered depressive symptoms by 30%+ for as long as the practice was continued.	Positive Psychology Progress	2005
Patients with hypertension were instructed to count their blessings once a week. There was a significant decrease in their systolic blood pressure.	Gratitude: Effects on Perspectives and Blood Pressure	2007
Gratitude correlated with improved sleep quality (r = .29), less time required to fall asleep (r = .20), and increased sleep duration (r = .14).	Gratitude Influences Sleep Through the Mechanism of Pre-Sleep Cognitions	2009
Levels of gratitude significantly correlated with vitality and energy.	Multiple Studies	Many

Fourth, gratitude strengthens our emotions. "Gratitude reduces feelings of envy, makes our memories happier, lets us experience good feelings, and helps us bounce back from stress."

Fifth, it is a requirement for a great relationship with God. "**15 All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.** (II Corinthians 4:15) *You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.* (II Corinthians 9:11)

May each of us learn to celebrate an "attitude of gratitude" every day for all the benefits we receive from it.

Koinonia

Bill Wade

November includes one of my favorite “holidays” of the year, THANKSGIVING. We will all hopefully get to spend some time with our family, enjoying some down time to reflect a little on how blessed we are, and we can’t forget the spread of food that we will get to enjoy, too. (Mom, I can’t wait!!)

If we were to count our blessings, I am quite confident that we would get tired. The reason I say this is that we are blessed beyond measure. I used to listen to the Dave Ramsey show on the radio when I would drive back and forth from work and when asked how he was doing, he always responded with, “better than I deserve.” We are blessed. Sure, we all have things in our lives that we would like to be better at. We have wants and wishes. We have work to do in our relationships. We have plans. We have setbacks and even failures from time to time. But we are blessed. If we will focus on what is going well in our lives, it’ll make it a little harder to think about what isn’t going so well.

As it relates to this church, I am thankful for our elders. The sacrifice that these men make in order to effectively lead this congregation is immense. I am thankful for our deacons who accept the charge given by our elders to make the programs that we have at church work well. I am thankful for every single Bible class teacher, whether you may teach an adult class or one of our children’s classes. Your preparation, love of teaching, love of God’s Word and dedication to our education program cannot be appreciated enough.

I’m thankful for Billy and for Roy and the study that they do so they can give us lessons from God’s Word that motivates us to be better people, encourages us when we are down, gives us hope that we have a reason to keep fighting the good fight and blesses us with positive thoughts for the week ahead. I’m thankful for my partnership with Jared and the youth group. I’m thankful for his creativity and passion for young people. And I am thankful for our youth group. I would passionately argue that we have some of the best young people in our youth group right here in Henderson. We are blessed.

I’m thankful for every individual and family that makes up this church body. Every single person is a valuable, necessary part and I hope that you will feel that way. We aren’t a perfect church, no church is, but we are most definitely blessed. I challenge each person to get more involved. Look for things to do for the Lord’s work. Get out of your comfort zone. The more you are involved, the more connected you will be and the more you will realize how truly blessed we are.

Take time to count your blessings. Count your personal blessings, but also count the blessings that we all enjoy at church. Have a grateful heart, not a resentful heart. Express appreciation, not frustration. Know confidently that God loves you. What a blessing that is!!

OUR PRAYER LIST

Please help us keep the prayer list current by calling the office (989-5161) if you are aware of any updates.
Members: Ella Adams, Barbara Bell, Bobby Bush, Jacquita Butler, Loretta Cave, Joanna Cearley, Regina East, Tommie Faulkner, Debby Flatt, Sherry Jennette, Joe Jett, Danny Jones, James Koronka, Janis McCall,

William Meadows, Billie Noles, Margaret Record, Dorothy Redden, Trent Rhodes, Chris Smith, David Thomas, James Webb

Henderson Health & Rehab: Bill Benson, Ermer McNeil, Peggy Whitman **Henderson Villa:** Murdell Barker, Bob Brown, Minnie Gray **Southern Oaks:** Ramona Burns, Dennis Plunk, Dot Williams **Shut-in @ Home:** Virginia McAdams, Richy Butler, Mary Jones, Bobbie Newman, Lois Rhodes, Molly Young **Relatives:** Jon & Julie Adams (Ed & Ella Adams), Betty Barber (Adam Cross/Mark Barber), Annette & William Barham (Brandon Barham/Annetta Burton), Wayne Bender (Louise Waggoner), Taryn Bolton (Mike & Julia Bolton), Evelyn Brigman (Buddy Parsons), Holly Brock (Linda Gover), Joe Neil Brown (Kay Tignor), Joe T. Burton (Joe Burton), Carolyn Coleman (Kevin Coleman), Tom Davis (Julia Bolton), Mary Crosswhite (Joyce Morris), Chris Davis (Mike & Julia Bolton), Jennifer Fetters (Bob & Betty Bush), Imogene Fitts (Julia Bolton), MaryAnn Golson (Ken Golson), Dewayne Gunnels (Jana Dugger), Randy Haltom (Imogene Haltom), Mary Lee Hardin (June Roland & Joe Hardin), Mark Harris (Sylvia Harris), Jackie Hibbett (Lee Hibbett), Roy Hickman (Kevin Hickman), Allison Hill (Margaret Record), Ever Johnson (Paul & Patricia Johnson), Ted Lingren (Michele Kammanee), Vickie Malone (Mike Hurst), Ralph Mays, Marguerite McKnight (Ethan Hardin), Ermer McNeil (Debbie Lofton), Bob Mims (Clay Mims), Elizabeth Music (Julia Bolton), Martel & Doris Pace (Lehman & Maurene McKnight), Charlotte Peters (Damon Welch), Barbara Ray (Carol Webb), Jurilee Rouse (Donna Witten), Bruce & Gene Smith, Ann Weinberg (Don & Chris Smith), David Smith (Charlie Smith), Micke Smith (Micah Smith), Faye Stevens (Emily Marise), Jerry Steele (Algene Steele), Louise Tilley (Jean Smith), Vincent Todaro (Linda Hodges), Micah Trice (Jewell Trice), Renee Wheatley (David & Dwina Willis), Mildred Wheeler (Sherry Thomas), Peggy Whitman (Lona Bolton), Erin Williams (Clay Carpenter)

Military: Alex Carpenter, Johnathan Cronan, Will Hodges, Brice Thompson, Mark Thompson, Hunter Miller; **In Iraq:** Matthew Smith

REQUESTED PRAYERS

Cole Howard, Caleb Clifton, Colton Alexander, Mattianne Sparks, Rebecca Trivette, Tristan Facello, Casey Jackson, Chandler Ross and Cheyenne Slane requested the prayers of the church.

SYMPATHY is extended to **Anthony & Christy Moody** and family since the death of Anthony's father, Elvin Willard; to **Dee Richardson** since the death of his mother, Helen Richardson; to the family/friends of **Robbie Stanfill** since her death; and to **Richard & Regina Karnes** since the death of their son-in-law, Sam Aldridge (Mollie's husband).

BAPTISM

We rejoice with **Derec & Mollie Joblin** since they were baptized into Christ!

NURSERY ATTENDANTS

Nov 11: 10am Molly & Maggie Hopper, Avrie Weldon; **5pm** Cindy & Mallory Blackwell, Natalie Valentine

Nov 18: 10am Cristy Swope, Ashley Sims, Haley Johnston; **5pm** Kim Gott, Karen Sewell, Tori Browning

Nov 25: 10am Nina Mims, Katie Maxwell, Emory Perry; **5pm** Ally Rogers, Summer Judd, Brianna Parshall

4th annual
Thank Singing
 WEDNESDAY, NOVEMBER 21 @7PM
at Estes Church of Christ

**MEN'S
 BREAKFAST**
 SATURDAY 8AM

Saturday, November 17

Order a Poinsettia!
 6.5" - \$10
 10" - \$25.50
 Deadline to order: November 19

help needed

PACKING & DELIVERING HOT THANKSGIVING MEALS
 SATURDAY, NOV 17 @10:30AM IN FELLOWSHIP HALL

SEE ETHAN HARDIN FOR QUESTIONS

Everyone encouraged to attend!
 Sunday, November 18 @ 2:30pm

**NURSING HOME
 MINISTRY**

Henderson Health & Rehab
 Hosted by the CIA Class

**Please Pick Up
 Empty Baskets
 Sunday Dec 2**

**Return Filled Baskets
 Sunday Dec 9**

**Volunteers Needed to
 Help Deliver Fruit Baskets
 Sunday Dec 9**

**Check Tables in Lobby
 Dec 9th for Delivery Info**

Our Ministers

Roy Sharp - *Pulpit/Involvement Minister*

Billy Smith - *Pulpit Minister*

Bill Wade - *Associate Minister*

Jared Gott/Bill Wade - *Youth Ministers*

Bruce Lewis - *Senior Minister*

Lee Hibbett/Seth Stewart - *University Ministers*

Our Elders

Larry Bloomingburg
Mike McCutchen
Charlie Smith

Shawn Bolton
Gary McKnight
Keith Smith

Ron Butterfield
Stephen Morris
Algene Steele

Richard England
Larry Oldham
John Sweeney

Larry Gilliam
Barry Smith

Our Deacons

Tony Allen
Patrick Bolton
Darryl Culberson
Kerry Gott
Bobby Hysmith
Wayne Roberts
David Sweeney
Damon Welch

Tim Anderson
Dexel Burns
Larry Cyr
Michael Green
David Jackson
Scott Rogers
J. D. Thomas

Mark Barber
Bobby Bush
Jason Deffenbaugh
Jerry Hesselrode
Ronald Johnson
Tony Rush
Chad Thompson

Bryan Black
Brian Butterfield
Jason Elliott
Tyrone Hopper
Scott Kimpel
Wayne Scott
Joe Trice

Richard West
Richard Cave
Paul Fader
Todd Humphry
Dee Richardson
Donald Shull
Tom Vickery