

Teen News

I missed those of you that were unable to come to the movie last Sunday night, as it had a great message. A big thank you to Dwight & Shelly Franklin for donating the funds to go to the movie. Tonight's devo will be held in the activity building and I hope everyone will be able to attend.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

CONGRATULATIONS

To Kelly Collins, son of Lorelee and grandson of Bill Chandler, for being selected to design all the programs for clients of Epsilon, the largest direct e-mail marketing firm in the world. Epsilon is based in Irving.



Those to Serve Oct. 2011

AM . Opening

2 Henry Baker
9 Kyle Lock
16 James Singleterry
23 Ike Weatherly
30 Dale Sparks

A.M. Closing

2 Ed Furman
9 Ben Rhone
16 Clint Ellis
23 David Sparks
30 Phillip Foreman

P.M. Opening

2 Steve Camp
9 Blake Baker
16 Dwight Franklin
23 Bernie Baur
30 Ben Rhone

P.M. Closing

2 Jack Thomason
9 Robert Duzan
16 Marty Nash
23 Jim Ricard
30 Luke Lane

Serve Communion

Sam Ellis
Billy Lane
Kyle Lock
David Sparks

Henry Baker
Jacob Britton
Jerry Sturgess
J.B. Matlock

Communion Preparation



2 Henry Baker
9 Mike Whitely
16 Sam Ellis
23 Danna Collins
30 Jack Thomason

DOOR GREETERS

Oct. 2, 2011

Mark & Linda Johnson

COMMUNION PREPARATION

Oct. 2, 2011

Henry & Sonda Baker

Gospel Worker

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Crockett Road Church of Christ

www.crockettroadchurchofchrist.org

MINISTERS

Dan D. Manuel
Pulpit Minister
Joshua Shellenbarger
Youth Minister
Bernie Baur
Personal Evangelism

ELDERS

Dan D. Manuel
Dale Sparks

DEACONS

Henry Baker
Sam Ellis
Dwight Franklin
Adam Harding
Kyle Lock

SECRETARY

Lorelee Reeder

MISSIONS & OUTREACH

Brown Trail School of Preaching, *Bedford, TX*
Jose Cuadras—*Mexico*
School of Preaching
Hershel Bearden
India Mission
Ken Upchurch
Tanzania Africa Work
Central TX Children's Home—*Buda, TX*
Tipton Children's Home
Tipton, OK
Gospel Broadcast Network

ASSEMBLY TIMES

Sun: 9:30 AM Class
10:30 AM Worship
6 :00 PM Evening
Wed: 7:00 PM

"ENDORPHINS"

During cardiovascular exercise, the body reaches a point where it releases "feel-good" chemicals known as endorphins. One of the effects of endorphins is (among other things) to minimize minor aches and pains—which, in turn, encourages a person to continue exercising. This "high" can be experienced at different ranges—from a mild "good feeling" to a strong sense of euphoria, depending on how much an individual exerts himself. The result is that the person doing the exercise is encouraged to do more, and also is encouraged to make exercise a general habit.

Endorphins are not only responsible for aid in exercise, but also may prevent the body from experiencing excruciating pain in severe trauma. In the 1970s, this chemical was first discovered by scientists studying the drug morphine. Prior to the 1970s, emergency medical personnel were often amazed that some people with serious injuries were lucid enough to communicate and in apparent lack of pain. Researchers discovered that endorphins were an even more powerful chemical than morphine, but without the unpleasant side effects of drug addiction. Endorphins are now known, by scientists and emergency technicians alike, as the morphine made by the body.

Endorphins may also be released from other positive behaviors such as smiling, laughing, meditating, singing, listening to good music, and even eating good food. Is this ability of the body to provide chemicals that encourage good behavior not evidence of good design? Consider the following facts. First, endorphins are dispensed only when needed. Second, they are released only in the dosage that is required. Third, they are powerful enough to counteract strong pain. Fourth, they are not addictive. Fifth, they encourage good behavior. Sixth, a person must exert a certain amount of positive effort to enjoy their benefits. Those are some of the same types of standards that pharmaceutical companies use as they try to develop beneficial new medicines. The psalmist wrote, "I am fearfully and wonderfully made" ([Psalm 139:14](#)). How wonderful it is to know that the human body that God made for us has such incredible design!



**Fellowship Luncheon
Today
*Monday Night For The
Master tomorrow night.***

From Dan's desk:

Our meeting in Groesbeck resulted in one responding to the invitation of Christ. It was good to be with the brethren again in such an effort. We had a good meeting. Attendance was great and numerous visitors came from all over the area. My thanks to Perry Hall for preaching for me last Sunday morning and a big thank you to the Deacons who conducted the service last Sunday night. I understand they did a great job, as well. We appreciate them and what they do for the congregation here. Thanks also to Owen for teaching the chapel class last Wednesday and to Millie Baur for teaching the ladies Class on Tuesday morning. Monday night for the Master resumes again tomorrow night. We are looking forward to the time we spend together in working for the Lord. We hope you can make the effort to be with us. The meal will take place at 6:15 P.M. and we will work for one hour following the meal. This is a great time of fellowship and an opportunity for us to work in God's Kingdom. We have a list of things that need to be done and we hope you can come and help. Please bring yard tools for those working outside. Please remember we are having our church fellowship luncheon today following the worship service. Please plan to stay. Visitors are always welcome. There will be plenty of food, so please plan to stay. The Children's Bible Hour has gotten off to a great start. Thanks to all who work with this program on Sunday evening.

PLEASE TURN OFF ALL CELL PHONES



**TO KEEP
IN OUR PRAYERS**

**PLEASE REMEMBER THESE IN
YOUR PRAYERS:**

JANE GRUMBLES had a stress test on Monday. The results were good, but they still don't know what her problem is.

JESSIE KRAUS had cataract surgery on Tuesday of last week.

TONI DEGELIA will be transferred to a nursing home here in Palestine soon for continued treatment. She will be there 8 weeks.

DAPHNE PRINCE has gone home from rehab.

CONTINUE TO REMEMBER: Dennis Ellison, Marlene Thompson, Gayle Hamilton, Gary Oliver, Toby Williams, Gerald Wilcher.

Servicemen: Jeffery Dixon, Blaine Klein & Jason Mottern.

Quarterly Fellowship luncheon immediately after worship TODAY! If you are visiting with us today, please consider this your invitation to join us. There will be plenty of food.

"Monday Night for the Master" tomorrow night. Please meet at 6:15 PM if you will be eating with us, and 7 PM if you aren't. We will have Chili Dogs. If you can provide a dessert, please see Mary Stech or Sandra Ives.

God's Love

We do not see the wind,
We only hear it sigh;
It makes the grasses bend
whenever it goes by.

We do not see God's love,
But in our hearts we know
He watches over us
Wherever we may go.

We do not have to see
To know the wind is here;
We do not have to see
To know God's love is near.

**Fear is the darkroom
where negatives are
developed.**