

A HEART *Healthy* Recipe for the Year



"...love one another earnestly from a pure heart..." 1 Peter 1:22

Take 12 fine full grown months; see that these are thoroughly free from all old memories of bitterness, rancor, hate, and jealousy. Cleanse them completely from every clinging spite; pick off all specks of pettiness. Cut each month into 30 or 31 equal parts. Do not attempt to make up the whole batch at one time.

Prepare one day at a time as follows: Into each day put equal parts of faith, patience, courage, work, hope, fidelity, liberality, kindness, rest, prayer, meditation. Add about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor. Pour love into the whole and mix with a vim.

Serve with quietness, unselfishness, and cheerfulness.

- Chester bulletin, January, 1972

This New Year, Let Us Be Reminded Of

- ...the New Song that the Lord can put into our hearts (Psalm 96:1).
- ...the New Name the Lord has given to His people (Isaiah 62:2).
- ...the New Covenant we now live under (Jeremiah 31:31).
- ...the New Commandment of love that we are to express (John 13:34).
- ...the New Creation that we have been made in Christ (2 Corinthians 5:17).
- ...the New Way we are to live our lives (Hebrews 10:20).
- ...the New Jerusalem we are to look forward to in heaven (Revelation 21:2).

"He who sat on the throne said, 'Behold, I make all things new.'"
(Revelation 21:5)

- by Edd Sterchi, Jackson Church of Christ, Jackson, MO - via *Bulletin Gold* -

Not yesterday's load we are called on to bear,
Nor the morrow's uncertain and shadowy care;
Why should we look forward or back with dismay?
Our needs, as our mercies, are but for the day.

- Flint -

Today is the tomorrow we worried about yesterday.

News & Notes

BAPTISM: Hannah Ireland, daughter of Jerry & Paula Ireland of Clarksville, TN. She is granddaughter of Glenn & Mae McMahan.

CONFESSIONS: Daniel & Cindy Mehlmauer and Geraldine Snider.

SYMPATHY: To Gary & Marlene Evans at the passing of their daughter, Tammi Machelle Evans. God bless and comfort Gary & Marlene in their sorrow at this difficult time.

CARE & SHARE BEARS: RESUMES this Tuesday, January 5th.

PANTRY ITEMS: Tuna fish & noodles.

THOSE WITH HEALTH CONCERNS: City Hospital: Vera Groves.

Weirton Medical Center: Mike Harris. Passavant Hospital, Pittsburgh: Geraldine Barrett. At Home: Eva Stefl, Helene Wilson, Betty Carlin, Leo Cameron, Michelle Hanlon, Linda Parkes, Harry Nice, Virginia Rickerd, Crystal Baker. In Iowa: Jack Board. Check the bulletin board for others who are shut in.

11 REASONS I QUIT ATTENDING GAMES

I am giving up on sports! Football in the Fall ... baseball in the Summer ... basketball in the Winter ... I've had it! I quit attending sports once and for all, and here are my reasons:

1. Every time I went they ask for money!
2. The people I sat next to didn't seem friendly!
3. The seats were not comfortable at all!
4. I went to many games, but the coach never came to call on me!
5. The referees made decisions I could not agree with!
6. The game went into overtime, and I was late getting home!
7. The band played numbers I'd never heard before, and it wasn't my style of music!
8. It seems the games are always scheduled when I want to do other things!
9. I suspect that I was sitting next to some hypocrites. They came to see their friends, and they talked during the whole game!
10. I was taken to too many games by my parents when I was growing up!
11. I hate to wait in the traffic jam in the parking lot after the game!
So ... I quit ... I won't attend another sports game!!!

NOW TURN AND READ HEBREWS 10:25

- Dewey Avenue Church of Christ, St. Marys, WV