

Lord, Help Us

Psalm 12:1, 2

HELP! This is the cry of millions around the globe. We hear the anguish in divorce courts, in bankruptcy courts, in unemployment lines, in sick rooms, and around the flower-decked mounds in the silent cities of the dead.

Help! This is the cry of our distress. It is proof of our inadequacy. If we were big enough, strong enough and smart enough to solve our problems, why beg for assistance? Thus a million cries for help are audible proof of our weak humanity, that it is not within frail and ailing man to supply all his needs.

But why did David cry for help in this instance? Godly men were disappearing; the faithful were failing; and in their place, people with lying lips and double hearts were prevailing. Enough to frighten anybody!

Whatever the cause, the forlorn feeling comes to all. When it does, let's say more than, "Help!" Let's say, "Help, Lord." May we address the powerless feeling to Him who is the ablest to help, as David did; for humans can go only so far and do only so much. And now let us remember:

God helps them that help themselves. - Benjamin Franklin -
- A Psalm In My Heart, Leroy Brownlow © [used by permission] -

*Every morning lean thine arms awhile
Upon the window-sill of heaven
And gaze upon thy Lord,
Then, with the vision in thy heart,
Turn strong to meet the day.
- Author Unknown -*

BE—ATTITUDES

We are familiar with the beatitudes in Matthew 5. Here are a few additional *Be-Attitudes to be* to help you enjoy a better life.

BE ...

Content with what you have.

Willing to share what you have.

Loyal to your friends.

Patient and understanding with others.

Strong in the face of adversity.

Weak enough to seek God's help.

Charitable to those in need.

Wise enough to know that only God is wise.

Quick to share your smile.

Willing to weep with others.

A leader when others are lost.

First to lift up a fallen opponent.

Last to boast of your own victory.

Sure you know the path, so you will not stumble.

- Author Unknown, via *The Beacon*, Bellview Church of Christ, Pensacola, FL -

"Casting all your care upon him; for he careth for you." 1 Peter 5:7

News & Notes

NOTICE

At the direction of our Elders and **until further notice**, please be advised of the following changes for our services:

- We will assemble each Sunday morning for worship at 10:30 a.m.

The following will be suspended:

- Sunday morning Bible classes.
- Sunday evening worship.
- Tuesday morning Care & Share Bears.
- Tuesday evening men's Bible study.
- Wednesday evening Bible study.

For those who will be joining us for Sunday morning worship services, **please exercise your best judgment in deciding whether to attend.**

We ask God's blessings on all during these uncertain times.

MEALS NEEDED: For **Randy & Susan Beagle** on **Mondays and Fridays**. Sign up sheet on the table under the bulletin board.

GOSPEL MEETINGS CANCELED:

McKinleyville, Mar. 22-26, Weirton Hts., Apr. 5-10

LADIES WORK DAY: Saturday, March 28th - CANCELED.

CHESTER'S SENIOR DAY: Saturday, April 11th - CANCELED

PANTRY: Canned fruit

REMEMBER WITH PRAYERS & CARDS: Marlene Evans, Andrew Malcomson, Beulah Walker, Emma Rine, Randy Beagle, Mae & Glenn McMahan, Charlie Delong, Alex Harless, Russell Martin, Blondenia Orr, Joann Webb, Doris Dunham, Mary Jane Bowers, Connie Staley (Sue Haught's sister), Chris Lamb (David Roach's sister), Rick Beck (minister at Weston, WV). **CROSS-ROADS:** Sarah Miller. **VALLEY OAKS CARE CENTER:** Fred Larrimore, (Room 210). **IN FLORIDA:** Ilene Rayl, 1745 Pointe West Way, Vero Beach, FL 32966 (new address).

OTHERS WITH HEALTH ISSUES: **Sally Watson** (Sue Collins' sister), 500 Virginia Ave., Chester, WV 26034. **David Malcomson II** (David & Janet's son), 2322 S. 8th Ave., North Riverside, IL 60546. **Brooke McClung** (Keith & Elaine's daughter-in-law), 123 Fredricksburg Dr., Stephens City, VA 22655.