

Port Orchard Church of Christ

"The earth is the Lord's and the fullness thereof the world and those who dwell therein, for He has founded it upon the seas and established it upon the rivers." Psalm 24:1-2



Can We Heal Our National Anxiety?

How much more can we take? A mass shooting in Las Vegas. Puerto Rico continues to reel in the wake of yet another devastating hurricane. Mexico City remains in a state of earthquake induced decimation--families left homeless and innocent lives taken. Wars and rumors of wars rumble in North Korea, threatening our allies and our homeland. And when we turn to our personal lives, it doesn't seem much better: financial stress, health crises and relational strife.

Do you ever just feel worn out? Ready to check out, you turn off the TV, shut down your phone, pull the blanket over your head and hope it will go away by morning?

What you're feeling has a name: chronic anxiety. It's a feeling of dread, an edginess, a cold wind that won't stop howling. And even when the storms abate, there is a sense that the next one is coming. Always...coming. Sunny days are just an interlude. You can't relax. All peace is temporary, short term. Anxiety is a thief, taking our sleep, our energy, our well-being and our peace.

Chances are you or someone you know seriously struggles with anxiety. According to the National Institute of Mental Health, anxiety disorders are reaching epidemic proportions. In a given year more than 50 million Americans will feel the effects of a panic attack, phobias, or other anxiety disorders. The United States is now the most anxious nation in the world. Congratulations to us! The land of the stars and stripes has become the country of stress and strife.

Why? What is the cause of our anxiety?

Certainly the onslaught of national disasters, global tensions and personal challenges is real. You or someone you know is facing foreclosure, fighting cancer or mucking out their home decimated by a flood.

And we have to navigate our lives awash in a sea of adrenaline. Every few seconds changes and new threats are imported into our lives thanks to smart phones, TVs and computer screens. In our grandparents' generation news of an earthquake in Nepal would reach around the world some days or weeks later. In our parent's day the nightly news communicated the disaster. Now it is a matter of minutes or even seconds. We've barely processed one crisis before we hear of another.

We are experiencing the exhaustion that comes with a life steeped in turmoil and chaos. And this leads to sagging compassion ("I can't give any more to Salvation Army") and personal hopelessness ("If this world's as good as it gets, it's just not that good.")

Where can we turn? First of all, don't beat yourself up. Don't feel anxious about being anxious. We all worry at times. Even Jesus experienced anxiety. The night before His crucifixion, he was filled with dread. I think we can take our cue from him. When Jesus felt anxious he turned to prayer.

(Continued on back page.)

Church Staff:

Kelli Keagle..... 757.389.1382

Deacons:

Gary Chasteen 360.895.4143
Gene Gerard 360.876.4612
Troy Hill 360.674.7181
Brad Orser.....360.874.8184

Welcome Guests

We are so glad that you decided to visit Port Orchard Church of Christ this morning! Since you took this step to join us for worship, we would like to extend to you a warm welcome. Wherever you are this morning, as we lift worship to God, we pray that you are able to leave feeling uplifted, convicted, or encouraged in your faith.

We seek to worship God like the first century church did, with a sense of awe and with a fear

of the Lord. Some things we do might seem old fashioned or traditional, but we want you to know that at its core, it is for the praise of God's glory.

You are not required to do anything weird or ostentatious. We hope that you feel free to join us in worshipping God to the best of your abilities. If you have any specific needs, we have a ministry staff that would love to connect with you. Ask the people sitting around you for

names of the ministry staff and to point them out!

Once again, we are so happy to have you here worshipping with us and we hope this is a chance to worship God in a deep and meaningful way.

Port Orchard Church of Christ

Save the Dates!

Friday 10/6-Sunday 10/8 Apple Cider Press

Friday 10/6 Game Night at the Orser's House

Sunday 10/8 Senior Saints Potluck

Friday 10/13 Kids' Movie Night

Saturday 10/28 Kids' Harvest Party

Port Orchard News and Events

Pulpit Preview

James Greer will be preaching this upcoming Sunday. Worship Service begins at 10:45. We hope to see you here!

Happy Birthday!

It's October. If you see any of these brothers and sisters wish them a good one: Ari Esquivel-01, Andrea Hanson-02, Darren Hanson-02, Tim Duffy-04, Kristi Hall-04, Bob McDaniel-08, Lisa Bratcher-13, Len Lewis-13, Cindy Snead-17, Brittany Pringle-19, Paula Hill-20, Gene Cartwright-24, Laura Fry-24, Sandi Warner-25, Ron Nystrom-26, Amanda O'Dell-28.

ANNOUNCEMENTS

Dale Sanders

Dale Sanders shared a sermon with us last Sunday. If you missed his message and would like to hear it, please visit the church website at pococ.weebly.com

Sunday Morning Bible Class

We need a teacher for this class. Contact Jim Snead, a deacon, or Kelli Keagle if you would like to supply this service.

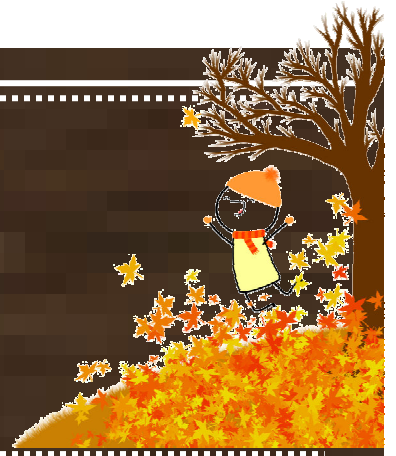
Senior Saints Potluck

When: Sunday, October 8 after services

Where: POCOC Fellowship Hall

Serving October 8, 2017 :

Prayer Leader:	Wayne Hammock	Communion Prep:	Kelli Keagle
Scripture Reader:	James Greer	Communion Cleanup:	Wilson Family
Offering Thoughts:	Brad Orser	Praise Leader:	Gene Gerard
Communion Meditation:	Troy Hill		
Servers:	Tim Duffy & Greg Warner		
Ushers:	Wayne H. & Brandon Zepf	Children's 9:30 Helper:	Kelli Keagle
Greeters:	Paula Hill & Carla Duffy	Children's Church:	Laura Fry
Prayer Partners:	Bob & Sharon McDaniel	Preaching:	James Greer
Sound:	Charlie Hammock		
Slides/Lighting:	John Bickle		



Addition to the Directory

If you took home a new Directory last Sunday, pick up a sticker in the lobby so you can add the McDaniel's to your new directory! *Do not take a sticker if you are picking up a Directory today, October 8, for you have already been "stickered."*

Apple Cider Press

When: October 6th-8th

Where: Central Washington

Contact Info: (509) 720-TRUE

Email: registration@acpyouthrally.org Forms and info available at <http://www.acpyouthrally.org>

Game Night

If you have CLUE, LIFE is how you spin it, some of you may like to MONOPOLIZE all of the CANASTA cards, OR for those of you who have the HEARTS and not afraid to hurt your PINOCHLES to bring your SPADES to help weed our garden,...OR if you would like to go on a trip to TEXAS or to the island of CATAN, this Friday, October 6th, the Orser's are inviting you to their house located at 8032 E Commons Ct, Port Orchard, WA at 6ish. You want food to share, bring it!

Tiny House Info Board

As you know, there was a meeting at the building October 4th with the Kitsap County Commissioner for District 2 (South Kitsap) Charlotte Garrido and Jeff Rimack from Kitsap County Community Development. Please know that this meeting was simply a chance for members of the body to ask questions about the lease of the land to the county for a Tiny House Village, and also a way for us to meet some of the people who are spear-heading this movement. *No decisions were made and no decisions are imminent.* Handouts that were provided by the Commissioner to those in attendance have been posted on the small board in the foyer. A long list of questions typed up by Tim Duffy were provided to Jeff Rimack for him to address in future. Our past issues with Case Managers were also mentioned and Gene Gerard will be addressing those concerns with Ms. Garrido. One thing is clear: the county is responsible for all utilities installation, etc. If we decide not to renew the lease at the end of the two years, utilities installed on our acreage will be left behind for church use. There will be more meetings in the future. If you have any questions or concerns, please ask a deacon. They are listed on the front of this bulletin. Please continue to pray and have patience as our congregation and its deacons continue to piece through this complicated process to discover if this lease is something we are willing to enter into.

Our Prayer List

Healing:

Delores Brun

DJ Magneson

Delores Lawler's daughter Elaine

Delores Lawler's friend Linda

Runell Mason

David Latham

Connie Greer

Wayne Hammock's friends Lewis & Rick

Kelli Keagle's mom Deena

Encouragement:

Our loved ones' caregivers.

John & Rachelle Gardner & family travelling to Honduras

Sneads and Sanders-travelling

Other:

All those who are dealing with loss and recovery due to the fires, floods, and hurricanes.

Our children, church, nation, President Trump and ministries.

That God will bless our deacons with wisdom in reaching the many decisions they are entrusted with.

October 1, 2017

Worship: 84

Class: 34

Offering: \$2,556.09

(continued from pg 3)

W.O.W. 2017

Who: Women of the Word

When: Saturday, November 4th, 9:00am-3:00pm

Where: Valley church of Christ, Spokane

What: The ladies of the Valley church of Christ invite you for a day of fellowship and spiritual renewal. *Registration forms are available on the News & Events board in the foyer due October 14th.*

Theme: "What's in Your Toolbox?": 2 Corinthians 9:8

Guest Speaker: Nancy Banister of Wenatchee, WA

Cost: \$15.00

For scholarship, call (509)928-4084.

Background Checks

The Volunteer Application that allows us to perform background checks are available on the Secretary's Board in the hallway in front of same office. Forms are also available via PDF also. Email the Secretary at churchpococ@gmail.com to obtain an electronic form and instruction on how to fill it out in your own Adobe program on

your device. Also, check the listing on the Secretary Board to see your current status.

(Cont'd from front page.)

When your anxiety threatens to overwhelm you, take these steps:

Pray immediately. Don't stew over the problems that are besetting you or your neighbor. Ask God for help as soon as you identify a need.

Pray specifically. When we boil our concerns down to a specific request, they become right-sized. Vague threats loom larger than concrete challenges.

Pray for and with others. When we consider the problems of others and enlist their help with ours, our concerns become more manageable.

Pray with thanksgiving. Anxiety and gratitude cannot occupy the same space. When we catalogue what we are thankful for, our list of challenges grows less powerful.

Anxiety comes with life, my friend, but it doesn't have to dominate your life. The path to peace is paved with prayer. Let's invite God to reframe the way we face our fears and win the war on worry. With His help, we can find calm in a chaotic world.

Max Lucado is a San Antonio pastor and best-selling author. His latest book is "Anxious for Nothing: Finding Calm in a Chaotic World." He wrote this for the USA TODAY Network.

Port Orchard Church of Christ
4135 Carr Lane SE
Port Orchard, WA 98366
360.876.2604
churchpococ@gmail.com
www.pococ.weebly.com