

**A Publication of the Port Orchard Church of Christ  
January 24, 2021**

***Our Refuge and Strength***

*God is our refuge and strength, a very present help in trouble (Psalms 46:1)*

Many are the thoughts that run through my mind as I reflect on the powerful, comforting message that comes from this passage. The road we travel in this life is not always going to be smooth and easy. For all of us there will be times when burdens, cares and trials common to all mankind will engulf us bringing a feeling of weariness and often deep grief into our hearts. Sometimes we may go for a long period of time in which nothing but good enters our life. Then one day, suddenly some adverse condition strikes us turning our lives upside down.

Thanks be to God, there is help for us as we deal with the hardships of life Aren't you thankful that we serve a God who provides us with strength and a place of refuge to turn to when we are burdened and weary, a God in whom we can always find mercy and help in times of need. Isn't it wonderful and so comforting to know that our God cares for us and will take care of us (Hebrews 4:14-16; 1 Peter 5:7; Romans 8:31. 35-39; Psalms 34:1-4, 17-19)? When the way becomes difficult, when burdens and cares distress, when it seems that the load is too heavy, don't panic, just turn it over to the Lord (Philippians 4:6-7; 1 Thessalonians 5:17).

On this pilgrimage all of us will be confronted with struggles that must be dealt with. Many will be the times when there will be a Red Sea of sorts in front of us and like Israel of old, for a moment we may have a lapse in which we can see no way out. But regardless of what that Red Sea moment may be, thanks be to our God, he will provide a way of escape for us (1 Corinthians 10:13; Hebrews 13:5; Romans 8:28). It matters not how the cares of this life may press down upon us, it doesn't matter how weak and inadequate we feel ourselves to be, our God is with us, a very present help in times of need. Think about these words from a song we often sing: "Where could I go but to the Lord? Needing a friend to save me in the end, Where could I go but to the Lord? Where could I go, O where could I go, Seeking a refuge for my soul?" I know not how you may feel but for me, my life would be most miserable if I did not have the privilege of going to the Lord for refuge, finding in him the strength and help I need each day as I press onward and upward (Philippians 3:12-14).

May these inspiring words echo in our hearts today:

"Lord lift me up and let me stand, By faith on heaven's tableland  
A higher plane than I have found; Lord plant my feet on higher ground"

- Charles Hicks

## Gospel of Luke

Bible Class

Led by Trent Herbert

### Study Questions Chapter 6

1. What is sabbath?
2. What does the Old Testament say about the sabbath Gen 2:1-3, Ex 20:8-11/Deut 5:12-13?
3. Why was it unlawful to pick grain to eat on the sabbath?
4. Why did the Pharisees get so angry at Jesus for healing on the sabbath?
5. Why did Jesus bring up David and the show bread?
6. What claim did Jesus make about the sabbath?
7. Why do you think Jesus chose twelve disciples or apostles? What does apostle mean?
8. Would you have chosen the same people to be leaders today, why/why not?

In chapter six Luke shares the conflict that will become common in His ministry. He chooses His twelve apostles and gives a sermon. We will be talking about the sabbath and who Jesus is in relation to the sabbath and digging deep into His sermon. I hope that you will join us as we seek to know our Lord better.

Sunday, 6:00 – 7:00 pm  
Call Laura Fry or  
360-876-2604  
for Zoom Meeting ID

## **Our Prayer List**

- Pat Woodrow was taken by ambulance Monday morning to St Michael's. She is still in the ER a/o this morning as there were no beds available. It was determined that she has pneumonia and gout in her left arm.
- Pray for Sue Newman's family grieving her passing and Karen Taylor who was caring for her.
- Pray for Darrell Fry's brother Norman who fell last week. Pray for his healing.
- Continue to pray for healing for Sandi Warner.
- Tammy White is requesting prayers for her friend, Maria who just found out she has stage 4 pancreatic cancer that has metastasized to her liver.
- Sunshine, from the Warming Center, is having her hip replacement surgery at St Anthony's on January 22nd. Pray for her and the medical staff that everything goes well and she has a smooth recovery.
- Continue to pray for Rosalie Palmer and her family as they grieve over the loss of Chuck. Her grandson Cutter, who is just 15 has been diagnosed with Covid-19.
- Tammy White met with the neurosurgeon. It is not an aneurysm. The surgeon stated that it was anywhere from a cyst to a brain tumor. She will have a test on the 31st and then will be tested every 6 months to monitor it. If she gets any more symptoms, she is to advise him. Prayers requested for it to be nothing invasive or life threatening.
- Continue to pray for Christopher and Lilly for spiritual guidance.
- Pray for healing for Charlotte Hahn's son Lou Harrison, who has a cancer diagnosis.
- Continue to pray for Daniel, and Lisa as she cares for him.
- Pray for Trent and those who are involved in the Zoom study of the Gospel of Luke on Sunday evenings.
- Pray for our nation and all our leaders worldwide to help bring peace through prayer and God's guidance.

*Just a  
thought...*

If people truly obeyed the greatest commandment to love God with their whole being, don't you think they'd be willing to truly obey the second greatest commandment with their whole being?

To the church everywhere - the world is and has always been evil since sin entered the world. We need to point people to Jesus and to teach them to love, fear, imitate, and obey Him!

That's the real solution to the problems in this world. The most loving and impacting thing you can do in someone's life is to teach them to know, love, and follow Jesus!

- Micah Powless

# POCOC Web Site ( <http://pococ.weebly.com> )

- Weekly Bulletin – Click on **Bulletin & Newsletters**
- Current newsletters from Trent Herbert, Tristan Herbert and Roy Merritt. Click on **Bulletin & Newsletters**
- Live stream of worship services on YouTube Channel - Previous recordings too:  
[https://www.youtube.com/channel/UCL\\_SrX11URAkOYw7JOR9ZIQ](https://www.youtube.com/channel/UCL_SrX11URAkOYw7JOR9ZIQ)  
Please subscribe to be notified when new videos post or when we go live.
- Past recorded sermons are still online – Click on **Teachings**
- Current Event Calendar - Click on **News & Events**

## Sunday Worship

There will be no “in-person” worship on

**January 24, 2021**

Preacher: Jon Powless

Watch live stream

[https://www.youtube.com/channel/UCL\\_SrX11URAkOYw7JOR9ZIQ](https://www.youtube.com/channel/UCL_SrX11URAkOYw7JOR9ZIQ)

## Happy Birthday!

### January:

Caleb Smith – 23, Forest Gerard – 24, Tammy White – 29, Myron David – 30

### February:

Israel Cormier – 2, Virginia Chapman – 2, Tammy Avery – 5, Laura Gerard – 7, Christopher Hill – 7, Carla Duffy – 8, Melvin Byrd – 9, Terri Wallon (Hall) – 9, Zari Keagle – 9, DeLoris Lawler – 9, Ken Avery – 10, Jennifer Delay – 14, Katrina Coley – 15, Rachel Karn – 18, Zari Cormier – 19, Jason Hall – 20

**Note: Be sure to check the bulletin each week for Sunday morning assignments**

The Ladies Prayer Group meets online using the Zoom app. The meeting starts at 10:00am on Tuesdays. If you would like to participate, contact Laura Fry for login information.

### Warming Center

Along with baked goods, clothes are needed; coats, socks, heavy shirts. I even had a guy ask me for a belt. (I took him an extra one I had); clothing that will help keep them warm in the winter. God Bless each one. Please bring with you on Sunday morning, or Jim will pick them up and deliver them. - Jim & Cindy Snead

## Tithes and Offerings

Since we are once again meeting inside the building, but not able to pass the offering plate, there is a tithe box at the entrance to the auditorium. However, the other options are still available:

- 1) Online bill-pay with your bank or credit union. Your bank will mail your check for you.
- 2) Mail your tithe/offering check directly to the Church address. We have a lock mailbox.

### Church Address:

Port Orchard Church of Christ  
4135 Carr Lane SE  
Port Orchard, WA 98366

January 17, 2020 – Tithes & Offerings - \$ 410.00

If you have any questions, please give me a call. God bless you. Gary Chasteen (cell) 360-731-4104