

# A Publication of the Port Orchard Church of Christ

June 12, 2022

## Who's Dealing with Anxiety? Everyone

Anxiety is a word we hear often these days - because so many people are struggling with it. We know there are different kinds of anxiety, some of which disrupt our lives. It can be characterized by panic, sleep issues, racing thoughts, and more. One article I read suggested that about 31% of Americans will experience an anxiety disorder in their lives, making it one of the most common mental health conditions in our country. There is no shame in seeking mental health help for feelings of anxiety that are out of control - so do that if you suffer from that kind of anxiety.

On a lower level, there is a type of anxiety that is commonly called worry. If you don't have an overwhelming anxiety disorder, you certainly know what it means to worry. There are so many things that trigger the restlessness, distracting thoughts, and focus on the things that can go wrong. We worry about our children, our finances, our marriages, our work ... anything we are concerned about can morph into a sense of worry.

Apostle Paul had many things he could be worried about. He was in prison, but not for a crime. He wanted to be out sharing the gospel, but was in chains. On his heart were many churches and Christians who he knew needed his help and encouragement. So he had a lot to worry about, but he wrote something that should help us in stressful times.

**DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. - PHILIPPIANS 4:6**

He encourages us to turn to God when all of the concerns of life are weighing us down. In his writings, the Bible tells us what to do with our anxiety, our worry: Present your requests to God, and we do that along with thanksgiving.

When we are dealing with worry, it may seem an odd time to be thankful - but shifting our attention to our blessings and the things for which we are grateful reminds us that God is present, he hears, he is moved by our prayers, and he loves us. That may not answer every question we have, but it does give us a pathway forward.

Who's dealing with anxiety? Everyone. Who needs to pray and be thankful? Everyone. When should we start? How about now!

- John Dobbs

### Judy Van Leuven

Please join us in celebrating 80 years for Judy Van Leuven.  
Saturday, June 25th, 2pm  
Port Orchard Church of Christ

Please no gifts, but we would like to shower her with cards.  
We would like to receive the cards in advance if possible.

Thank you!

Cards can be mailed to:  
Judy Van Leuven  
c/o Tammy White  
13975 Crestview Cir NW  
Silverdale, WA 98383

Or handed in person to  
Tammy White or Tanya Howard.



Though we are unable to host our camps this summer, we wanted to inform you of the plethora of opportunities, including heavily discounted summer camp for DBCC Campers at Camp Yamhill.

The 2022 STS rafting trip  
has not been canceled.

For more information, go to  
[delanobay.org](http://delanobay.org)

# Our Prayer List

- Pray for Janet McKinley, as her cancer has come back. Pray also for Larry.
- Virginia Chapman fell last week and broke her hip. Her surgery went well. She has been released to a rehab facility for at least two weeks. She had her first PT and was pleased. The doctor said she was lucky as it was a clean break but not completely through, so they were able to fix it with screws and it was below the joint, so no replacement is needed.
- Obi Herbert has a doctor's appointment on June 9th to determine treatment for a sty on his eye that isn't healing. Pray for the medical staff to be able to diagnose and treat the problem.
- Please pray for Wayne Hammock. He has pneumonia and has been sick for a couple of weeks. He's on some antibiotics so we hope that will fix them up right away! He did say he misses us all!
- Karen Nance has a brain tumor. Thankfully it is benign. However, they are going to do surgery tomorrow is the prep for the surgery and if everything goes well, she will have the surgery on Monday morning. Please keep this precious sister in your prayers!
- Please continue to pray for Kellie and her children they need a lot of prayer for all the changes going on in their lives and that God would bless the decisions they need to make it this time!
- Pray for Lori Warnke. She will be having brain surgery for an aneurism, but it has not yet been scheduled.
- Pray for our sisters Barbara Byrd and Charlotte Hahn.
- Always be mindful in your prayers for those who are lost, lonely, hungry, trafficked, depressed etc.
- Pray that we will walk with an Attitude of Gratitude for all God has blessed us with - especially His son Jesus.
- Continued prayers for the citizens of Ukraine and also pray for their enemy.
- Many blessings and thanks for all the work the Deacons, Minister, Leadership team, Missions do for us, for our nation and its leaders. May all of their decisions be God led.
- Pray for many blessings to our brothers and sisters.

## Study Questions Acts Chapter 23-24

### Chapter 23

1. What was Paul's rebuke to group?
2. Why did change his opinion?
3. What did Paul say to divide the crowd?
4. What did the Pharisees want to do with Paul?
5. What did the Spirit way to Paul, where would he go?
6. What did the Jews plan to do?
7. How was Paul warned?
8. Where was Paul sent and with whom did, he travel?

### Chapter 24

1. Who came with the High Priest to speak?
2. What charges did they bring?
3. What was Paul's response?
4. What kind of knowledge did Felix have about the way?
5. How long was Paul in prison there?

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

- Weekly Bulletin – Click on **Bulletin & Newsletters**
- Current newsletters from Trent Herbert, Tristen 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) then click on the video.  
 Please subscribe to be notified when new videos post or when we go live.
- Pre-Covid audio sermons are also still online – Click on **Teachings**
- Current Event Calendar - Click on **News & Events**

### Sunday Worship for June 12, 2022 (10:30 am – 12:00 – noon) (Children are dismissed after communion for Children’s Church)

Watch live stream or after our worship time:

[https://www.youtube.com/channel/UCL\\_SrX11URAKOYw7JOR9ZIQ](https://www.youtube.com/channel/UCL_SrX11URAKOYw7JOR9ZIQ)

Speaker: Trent Herbert	Singing: Jon Powless	Scripture: Trent Herbert	Prayer: Levi Herbert	Communion: James Greer
<b>9:30am Adult Class:</b> Auditorium The Life of Christ: Trent Herbert		<b>Children Class:</b> Downstairs Combined Class		
Call Laura Fry or the Church Office (360-876-2604) for Zoom Meeting ID				
<b>Acts Class</b> (Zoom) Sundays: 6:00 – 7:00 pm		<b>Prayer &amp; Praise Meeting</b> (Zoom) Wednesdays: 5:00 - 6:00 pm		
<b>Men’s Fellowship</b> Downstairs Fellowship Room Tuesday, 10:00 am		<b>Ladies Prayer Group</b> (Zoom) Tuesdays: 10:00 am		
<p><b>The Sing Thing</b> – Thursday 6:00pm at the building          If you like to sing, this is the place.          We’ll sing our favorite hymns &amp; spiritual songs.          This will also be a great time to learn (or help someone else learn) to sing one of the harmony parts.</p>				

### **Communion and Tithes & Offerings**

Communion will again be available on the table at the front. Or you may pick up your communion supplies as you enter the auditorium. It contains both the juice and the bread.

There are also a few options for giving your tithes & offerings:

- 1) The collection box is in the foyer at the entrance to the auditorium.
- 2) Online bill-pay with your bank or credit union. Your bank will mail your check for you.
- 3) Mail your tithe/offering check directly to the Church address. We have a lock mailbox.

Port Orchard Church of Christ 4135 Carr Lane SE Port Orchard, WA 98366 360-876-2604 - churchpococ@gmail.com	June 5, 2022 Tithes & Offerings – \$ 5,536.00
If you have any questions, please give me a call. God bless you. Gary Chasteen (cell) 360-731-4104	

### Happy Birthday!

**June:** Judy VanLeuven – 11, Obidiah Herbert – 14, Lila Mason – 15, Miki Gross – 23, Kenny Benjamin, Pilita David – 26, Greg Warner – 29, René Powless – 29.

**July:** Yvonne Lawrence – 16, Peggy Hall – 19, Dale Sanders – 19, Sharon McDaniel – 23, Luke Orser – 25, Trent Herbert - 27