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# Port Orchard Church of Christ



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## A Spiritual Diet

I love it when people make 'innocent' comments that point out a truth we don't really want to hear. For instance, when I got my hearing aid last year the lady who was helping me told me that often people get their hearing aid in flesh color, but they actually hide better if you get them in a color to match your hair and she handed me a set of colored plastic tiles to choose from. I told her I couldn't see behind my ear well enough, so I handed the tiles back to her and asked her to match the color for me. She chose *gray*.

And then there are those wonderful 'friends' who see you for the first time in a while and say, "You've put on a little weight, haven't you?" This statement wouldn't be bad if you had recently been ill and had lost too much weight, but when you've been perfectly healthy and heavy this is not the statement you want to hear.

But over the years I have put on some weight. My doctor says I'm OK, but I would like to lose a few pounds so I put an app on my phone to help me track my caloric intake and my exercise so I can lose the pounds I want to lose.

I've never counted calories (probably the reason I've put

on the pounds) and keeping track of everything I eat has been an eye opening experience. I've also never kept records of my exercise and that, too, has been revealing. The goal is to make sure the number of calories burned in exercise is greater than the number of calories I take in. This equals better health.

On Tuesday morning we are starting our Walk In The Son program of walking/Bible study. The goal is to improve our physical health and our spiritual health. All this calorie counting got me thinking: shouldn't we do the same thing for our spiritual health? Shouldn't we take in more spiritual calories than the calories offered by the world? Think about how many calories you take in from the world each day: the shows you watch, books you read, music you listen to, conversations you have and thoughts you think. Then think about how many spiritual calories you take in: reading your Bible, meditating on God's word, prayer, service and worship. Which do you get the most of? Keep a record for a couple of days and see what you learn.

Moline church of Christ, IL  
February 28, 2015

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### Church Staff:

Kelli Keagle..... 757.389.1382

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### 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!

**Wednesday 8/2** Bible Class

**Saturday 8/5** Deacon's Meeting

**Sunday 8/6** Going-Away Gathering for Karri Schmeltzer

**Sunday 8/13** Senior Saints Potluck

**Sunday 8/13** Less-Than-Senior Saints Potluck

**Friday 8/18-8/20** Sauk River Men's Retreat

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## Port Orchard News and Events

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### **Pulpit Preview**

Dan Wilson, father of Josh Wilson, will be preaching this upcoming Sunday. Worship Service begins at 10:45. We hope to see you here!

### **Happy Birthday!**

August is finally here! We won't mention anything about going back to school soon, but will move on to happier things. If you see any of these brothers and sisters, wish them a Happy Birthday! Elijah Herbert-01, Tanya Howard-01, Winnie Wilson-02, Sha'lon Pyke-03, Lisa Blair-06, Scott Hall-06, Thias David-12, Alyssa Nystrom-12, Terry Bratcher-17, Cody Rousseau-17, Rodney Cormier-18, Connie Greer-20, Hanna Herbert-22, Karen Nance-23, Dave Snyp-25, David Latham-28, Brett Wheeler-28

### **ANNOUNCEMENTS**

#### **Going Away Gathering for Karri Schmeltzer**

There will be a finger food get-together right after services *this coming Sunday, August 6th* in honor of Karri Schmeltzer. She is permanently migrating back to FL where it is warm and sunny and humid. We thank her for all the work she did with our children and for the encouragement she has been to us all. We also pray for safety in travelling. Contact Karen Taylor for information.

#### **Trent Herbert**

Trent 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](http://pococ.weebly.com)

## Serving August 6, 2017 :

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Prayer Leader:	Bob McDaniel	Communion Prep:	Carla Duffy
Scripture Reader:	Dale Sanders	Communion Cleanup:	Bratcher family
Offering Thoughts:	Ken Reinke	Praise Team:	TBD
Communion Meditation:	Dave Snyp		
Servers:	Tim Duffy & Greg Warner		
Ushers:	Wayne H. & Brandon Zepf	Sunday School & CW Helper:	TBD
Greeters:	Paula and Sarah Hill	Children's Church:	Jennifer Delay
Prayer Partners:	TBD	Preaching:	Dan Wilson
Sound:	Dale Sanders		
Slides/Lighting:	TBD		

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## Our Prayer List

### Delano Bay Update

Over the past two sessions there have been 75 campers, 25 adult counselors, and five baptisms. The Port Orchard Church of Christ actively supports Delano Bay Christian Camp, providing a \$200 monthly donation. Lisa Bratcher and Jeff Duffy are our representatives for the Delano Bay board.

### Deacon's Meeting

**When:** Saturday, August 5 at 8 am

**Where:** Port Orchard church of Christ building

### Senior Saints Potluck

**When:** Sunday, August 13 after services

**Where:** Port Orchard church of Christ building

### Less-Than-Senior Saints Potluck

**When:** Sunday, August 13 from 12:45-3pm

**Where:** Dwight Park off of Sydney Ave in Downtown PO

**Who:** Contact Jennifer Delay for information. She will also be providing drinks.

### Sauk River Men's Retreat

**What:** Sauk River Men's Retreat

**When:** August 18<sup>th</sup> – August 20<sup>th</sup>

**Where:** Sauk River Christian Camp

**Cost:** \$60.00 per person

Contact Jay Keith at [jaykeith@hotmail.com](mailto:jaykeith@hotmail.com) or Nyla Jones at [Nyla@saukcamp.com](mailto:Nyla@saukcamp.com) with any questions or for more information.

### Mountain States Children's Home Cans

There has been a change in the schedule for returning your coin collection cans for the Mountain States Children's Home. We now have until September 17th to fill and return these cans.

### Deja Cormier

We wish Deja well in her new career. She served the congregation in an excellent manner for the past year as the office secretary. We thank her for all of the work she put in providing the materials and information we have all needed in order to fulfill our own tasks.

### Prayer requests:

#### Healing:

David Latham

Runell Mason

Delores Brun

Isaac Benjamin

DJ Magnuson

Melvin Byrd

#### Encouragement:

Seth and Sara Cartwright in China teaching. Widows and Widowers. Our brothers and sisters who are caregivers to their loved ones. Roy Knott Family. Our church, Deacons, Ministries, First Responders, Leaders and President Trump .

#### Other:

Herberts, travelling back to TX  
Karri Schmeltzer, travelling/moving to FL

Bonnie Mitchell, travelling

Delano Bay Campers

Kelli Keagle and girls, travelling to NM

Greers, travelling

#### Praise:

David Latham recovery k

**September 30, 2017**

Worship: 102

Class: 41

Offering: \$2,058.70

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(continued from pg 3)

**Apple Cider Press**

**When:** October 6th-8th

**Where:** Central Washington

**Contact Info:** (509) 720-TRUE

**Email:** [registration@acpyouthrally.org](mailto:registration@acpyouthrally.org)

Forms and info available at [http://  
www.acpyouthrally.org](http://www.acpyouthrally.org)

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