

FAMILY CONCERNS

IN THE HOSPITAL:

LEBONHEUR CHILDREN'S HOSPITAL

Virginia Barron

METHODIST HOSPICE RESIDENCE

Anita Thomsen

CHURCH FAMILY:

Dale and Mary Beck (Joint Heirs)

Annabelle Chumney (Joint Heirs)

Judy Coughlin (Bereans)

Billy Evans (Lifesavers)

Gennie Flake (Joint Heirs)

Lea Ann Flatt (Joint Heirs)

Scotty Little

Devoe Mack

Pam Martin (Joint Heirs)

Emogene Moore (Singles Blended)

Yvonne Morris (Joint Heirs)

Linda Nelson

Brad Oster

Evelyn Poag

Dave Robbins (Joint Heirs)

Jerry Blair Schlosser

Michael Semore (Joint Heirs)

Coretta Vaughn (Seekers)

Doris Watson (Singles Blended)

Rhee Williams (Joint Heirs)

ST. FRANCIS - PARK

Jessie Taylor Sanders

David Walker

IN THE MILITARY:

John Berger (Army National Guard)

Quadrell Brumfield (Airforce)

Jeffrey Cigrang (Navy)

Major Jennifer Conk (Airforce)

Major Ryan Conk (Airforce)

James Cooper (Army)

Major Lauren Cotney (Air Nat. Guard)

Colonel Whitney Gardner (Army)

Brooks Gatlin (National Guard)

Sgt. Tommy Glasscock (National Guard)

John Grady (Army National Guard)

Major Aaron Hines (Air Force-abroad)

Major Stefan Lockton (Army)

Jesse James Lucas (Airforce)

Gerri Ripple (Navy-abroad)

Jacob Robinson (Army)

Paul T. Robinson (Army)

Shawn Royer (Army)

Col. Clarence David Turner (Army)

FAMILY & FRIENDS:

Betty Jo Barber

Gretchen Blair

Lucy Bradley

Sheila Cason

Julie Chester

Alicia Clark

Polly Cox

Brooks Dobson

June Powell Emerson

Shirley Sternberg Geiger

Larry and Debhora Hobson

Mary Ann Lazar

Janet Mitchell

Kristen Pack

Jamie Sanderson

Rachel Smitty

Dennis Smool

Bob Schneller

Dennis Taylor

Von Verner

Faith Wicks

Mary Williams

Willie Williams

Kathy Wise

ON THE MISSION FIELD:

Bruce, Janet, and Annie Bates

Cumberland, RI

Caleb, Fran, Abigail, Elizabeth, Ruth,

and Mariam Borchers

Providence, RI

Colette Daugherty

Meudon, France

Arlin and Pamela Hendrix

Mezzieu, France

William and Helena Horace

Providence, RI

Frank and Gladys Hotorwoshie

Accra, Ghana

Ananias Moses

Gaborone, Botswana

Ralph and Twyla Williams

Moduli, Tanzania

LAST WEEK'S STATISTICS

ATTENDANCE:

Sunday, 11.11

AM Worship Services..... 444

AM Classes 324

PM Worship Service 95

Wednesday 11.7 181

CONTRIBUTION:

Sunday, 11.11

Weekly Actual.....\$29,337

Weekly Budget.....\$27,500

Red Tub Day and DCS Christmas Party

Thank you to everyone who took a red tub to fill for a child in foster care! We started with 70 tubs, and 69 have been taken. If you would like to take the last tub, please see Brittney Ragin today. We also have the opportunity to fill age specific tubs for children who may enter the foster care system over the next few weeks, so our opportunities are not limited to the one red tub that we have left.

If you volunteered to fill a tub for a child, please return the tub on **Sunday, December 2nd** to where you picked them up. Please do not bring tubs back early or drop your filled tubs off at the church office if at all possible due to storage and security concerns.

On **Saturday, December 8th**, we will host our annual DCS Christmas Party. This party is for children in foster care and their families. This event requires a lot of volunteers, and we hope you will want to be a part of it! Please look for sign-up sheets in all adult Bible classes over the next few weeks to sign up, or you can contact Brittney Ragin (Brittney.JordanRagin@youthvillages.org) to sign up to volunteer.

Colonial Middle School Chorus Concert

White Station will host the Colonial Middle School chorus on **Sunday, December 2nd**, at 5:00 p.m. in the Auditorium. Colonial Middle is White Station's adopted school and their chorus will be performing both a cappella and instrumental music. Everyone is encouraged and invited to attend!

A reception will be held immediately after the performance in the Children's Worship Room. If you can provide homemade cookies for the reception, please contact Terrie Elkins (text: 901-409-1633 or email: danandterrie@bellsouth.net).

"Ladies Night Out" Christmas Party

The "Ladies Night Out" Christmas Party will be **Tuesday, December 4th** from 6:00-8:00 p.m. in the Fireplace Room. We will have a catered meal at no cost, so we are asking everyone to bring one new gift valued at \$15-\$20 to exchange with one of your sisters. Please RSVP to Terrie Elkins (text: 901-409-1633 or email: danandterrie@bellsouth.net) if you will be able to come. We hope to see all of you all there!

Financial Peace University

Almost 5 million people have taken control of their money with the lessons they learned from Financial Peace University. They learned practical ways to create a budget, pay off debt, make wise spending choices, save for the future and much more.

White Station will host a Financial Peace University class that will begin **Sunday, January 6, 2019**. Contact Charlie Michael at cmichael@cocws.org to reserve a seat or for more information about the course.

Dates: January 6 – March 3, 2019 (9 sessions on Sunday evenings)

Time: 4:30 p.m. – 6:00 p.m.

Location: CLC Conference Room

Coordinators: Brian Bridges and Charlie Michael

Cost: \$35 per person



THE CHURCH OF CHRIST AT
WHITE STATION

Real faith. Real friends. Real life.

WWW.COCWS.ORG



NOVEMBER 18, 2018



To our guests...

Welcome to White Station. Thank you for choosing to worship with us today. We pray you will be uplifted by the worship assembly, challenged by today's lesson, and find connection in one of our Bible classes.

If you want to learn more about White Station and how you can join us as we serve God & our city, join us at our next Discovery Worship.

For more information: donmkinder@gmail.com.

This Week at White Station

Fellowship Every Weekday from 8 a.m. to Noon in the Coffee House

MONDAY (11.19)

- ◆ Walking Track open from 8 a.m. to 9 p.m.
- ◆ Devotional @ 9:30 a.m. in the Coffee House
- ◆ Community Exercise @ 10 a.m. in the CLC Gym
- ◆ Community Yoga @ 6:30 & 7:30 p.m. in the CLC Gym

TUESDAY (11.20)

- ◆ Walking Track open from 8 a.m. to 7 p.m.
- ◆ Ladies' Bible Class @ 10 a.m. in the CLC Conference Room
- ◆ Volleyball Free Play (Adv.) from 7 to 9 p.m. for ages 18+

WEDNESDAY (11.21)

- ◆ Walking Track open from 8 a.m. to 4:30 p.m.
- ◆ Pickleball from 9 a.m. to Noon in the CLC Gym
- ◆ Open Half-Court Basketball from 2 to 4 p.m.
- ◆ Sanctuary @ 6:30 p.m. in The Station
- ◆ No Fellowship Meal, No Bible Classes

THURSDAY (11.22)

- ◆ CLC, Church Office, and Coffee House closed

FRIDAY (11.23)

- ◆ CLC, Church Office, and Coffee House closed

SATURDAY (11.24)

- ◆ CLC closed

DOWNLOAD THE SERVER ONLINE AT WWW.COCWS.ORG



A staffed nursery is provided for children 0 - 36 months. The nursery is located on the green hallway, room E112 in the Education Building. We also provide an age-appropriate Children's Worship for children ages 3 through Kindergarten located on the south hall in Room 129.

Sunday Morning Worship

AUDITORIUMWorship Leader: Leon Sanderson
 Welcome/Scripture Reading [Psalm 27:1]/PrayerClay Fowler
 Songs: 143 - Come, Christians, Join to Sing
 611 - Heavenly Sunlight
 "Shout Aloud and Sing for Joy" Rodney Plunket
 Response Song: 903 - There is Power in the Blood
 Songs: OS - Rejoice in the Lord Always
 587 - Sing and Be Happy
 200 - Jesus, Thou Joy of Loving Hearts
 Lord's Supper and Offering Ellis Haguewood
 Song: 202 - Joyful, Joyful We Adore Thee
 Announcements..... Scott Herren
 New Elder Ordination/Prayer Jerry Collins

FELLOWSHIP HALL.....Worship Leader: Ron Norman
 Welcome/Announcements/Scripture [Psalm 105:1-4]/Prayer Terrie Elkins
 New Elder OrdinationJerry Collins
 Songs: My God Reigns
 Praise The Lord
 Shout to The Lord
 Lord's Supper and Offering Scotty Boone
 Bread and Cup: Agnus Dei
 Offering: Great Are You Lord (Holy Lord)
 Song: I Sing Praises
 "Shout Aloud and Sing for Joy" Rodney Plunket
 Songs: Create In Me A Clean Heart
 Said I Wasn't
 Prayer/Blessing..... Susan Vaughn

Sunday Evening Worship: "ThankSinging"

CHAPELWorship Leader: Leon Sanderson
 Welcome..... Leon Sanderson
 Congregational Scripture Reading: Psalm 100
 Songs: 103 - He Has Made Me Glad
 729 - Come, Ye Thankful People, Come
 435 - Come Into His Presence
 172 - I Just Came to Praise the Lord
 Prayer of Thanks..... Greg Muse
 Songs: 832 - Jesus, We Just Want to Thank You
 55 - I Will Bless Thee, O Lord
 474 - Thank, You, Lord
 68 - Give Thanks
 Lord's Supper & Offering.....Keith Therrell
 Song: 781 - Thank You, Lord!
 Prayer Greg Muse

WHAT ABOUT WEDNESDAY?

- @ 3:00 p.m. — **No Service in the Chapel**
- @ 5:30 p.m. — **No Fellowship Meal**
- @ 6:30 p.m. — **Sanctuary in the Station** - All are welcome for a night of praise and fellowship! **There will be no children's or adult Bible classes.**

Thanksgiving Holiday Schedule

TONIGHT **ThankSinging in the Chapel at 5 p.m.**
Join us for a special night of praise and worship.

Wednesday, 11/21 **Sanctuary in the Station at 6:30 p.m.**
Everyone is welcome for a night of praise and fellowship. There will be no 3 p.m. Chapel service, children's or adult classes.

Thursday, 11/22 **Thanksgiving Potluck in the Fireplace Room**
All are invited to celebrate Thanksgiving from 11 a.m. to 4 p.m. Join us for food, fun and fellowship. Bring a dish and share the joy of being with family!

The Church Office, CLC, and Coffee House will be closed Thursday, November 22nd-Friday, November 23rd for the Thanksgiving holiday.

TONIGHT: Joint Sunday Night Activity Planned for Youth Group and Senior Adults

Tonight following ThankSinging, two full-of-life groups will meet in the Station for pizza followed by pickleball in the CLC Gym. You may come to play or simply watch. Bring love for one another, comfortable clothes, and an appetite to join in on the fun. Pray for all between the ages of 12 and 92!

13th Annual Thanksgiving Day Potluck Dinner

You are invited to celebrate Thanksgiving with us in the Fireplace Room from 11:00 a.m. to 4:00 p.m. **Thursday, November 22nd.** Join us for food, fun, and fellowship as we give thanks for our many blessings. About 60-100 people attend each year, many of whom have come to rely on this meal to celebrate the holiday. Do you have other plans but still want to help? Make an extra casserole, side dish, or dessert and deliver it to the church by Wednesday. Don't want to stay all day? There's LOTS you can do in an hour: arrive early to help organize and warm food; make coffee and tea; help folks feel welcome, play games; help clean up by washing dishes, wiping counter tops, and taking down the tables. Bring your family and friends! There's nothing like the feeling you get working together to share God's light and love with those who can't be with family or who need a helping hand. Call the church office (901-761-2007) to sign up!

Seniors On The Go Again...

A condensed version of "A Christmas Carol" will be presented at Theatre Memphis on **Wednesday, November 28th** at 1:30 p.m. This play has been a holiday tradition at Theatre Memphis for 40 years. Since it is typically a sell-out performance, we will purchase tickets in advance for \$6.25. If you would like to join some fellow seniors, you may give your money for a ticket to Leon or Marilyn Sanderson or leave it at the front desk of the church office. If you wish to carpool, please be at the church office at 12:45 p.m. the day of the performance, or you may go directly to the theatre and Marilyn will meet you with your ticket. We ask that you arrive at the theater by 1:00 p.m., if possible. A reception will follow the program.

Wedding Invitation from the Daughertys

Bruce and Lynette Daugherty would like to invite you to the wedding of their daughter, Mary Kate to Ian Smith, son of Stacey and Alan Smith, former White Station members. Their wedding will take place in the Auditorium on **Saturday, January 5th** at 6:00 p.m. Please RSVP online at theknot.com/us/marykateandian or let Lynette know in person by Saturday, December 1st if you plan to attend.

FROM CLAY FOWLER AND SARAH GRIZZLE

Can Community Yoga in the CLC help you?

We live in a loud, fast-paced world. Caught between smart phones and busy schedules, we are constantly connected and bombarded with input from all directions. We're stressed out, and before we know it a long time has passed since we spent even just a few moments in comfortable silence before God. Prayer can even become difficult because our brains won't stay quiet long enough for us to focus. Sometimes, we need help practicing Psalm 46 and becoming still so we can know that He is God.

What's more, being routinely stressed and overwhelmed can cause us to frequently overreact because our physical bodies spend most of the time operating in "fight-or-flight" mode. It's a state that's good to visit when you need to flee a rampaging bear or save your child from falling, but it's not a good state to live in from day to day. We're tired all the time, yet we have trouble sleeping. We know we need to exercise, yet we have trouble getting off the couch.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." ~ Matthew 11:28-30, NIV

Yoga is both a physical and mental practice that benefits mind, body, and spirit. When we think of taking care of ourselves, we usually think only about the physical aspect and forget that we were created to be integrated beings — our bodies and minds are connected in ways we frequently don't even notice. In Mark 12, we find Jesus encouraging everyone to Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. In other words, we are to love with everything we have, the totality of our being.

In the Community Yoga classes in the CLC, you won't find students saying "om" or chanting in Sanskrit as you might in secular yoga classes. What you will find is an open and welcoming atmosphere regardless of your experience with yoga or your physical ability. We encourage yoga that incorporates praying, practicing gratitude, and meditating on whatever is true, noble, right, pure, lovely... anything excellent or praiseworthy in keeping with Philippians 4. Even though yoga is taught in a group setting, it is a personal practice in which students are encouraged to do only as much or as little as suits their current state, no matter what the rest of the class is doing.

If you find yourself longing for this sort of time, we encourage you to make Community Yoga a regular part of your **Monday evenings**. The **6:30 p.m. class** is a vinyasa-style class (continuous movement linked with breathing) intended for those who have practiced yoga before or who would like a class to be more physically challenging. The **7:30 p.m. class** moves more slowly, incorporates restorative postures, and is for those who are new to yoga or would prefer a gentle, calming practice. Take some time each week to exercise body, mind, and spirit and practice learning to be still. Join us Monday nights in the CLC gym. As always, CLC activities are free and all are welcome!

Thank You for Your Generosity!

Thank you for your prayers, your kindness, generosity, and food items donated to feed hungry families in our community! The food you've donated during our recent Fall Food Drive and over the years is greatly appreciated and has allowed our food pantry to advance one of White Station's missions, to serve everyone in our diverse community. Beginning immediately, your food boxes and prayer cards will be distributed to families that come to the Community Life Center for help this holiday season.

A special thank you goes to Karen and Sonny Hubbard for their tireless work leading White Station's Food Pantry Ministry. The time they have spent shopping for food items and selfless example helping those in need has been a blessing to the ministry but most of all the families in need that come to the CLC seeking assistance.

If you still have a food box that you haven't had the time to shop for or keep forgetting to load in the car, when you're ready, place it in any worship venue lobby through the month of December and it will find its way to a family in need.

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in. I will tell you the truth, whatever you did for one of the least of these brothers and sisters of mine, you did for me." - Matthew 25: 35, 40