

The 7 Ups!

1. Wake Up!! Decide to have a good day. This is the day the Lord hath made; Let us rejoice and be glad in it." Psalms 118:24

2. Dress Up!! The best way to dress up is to put on a smile. A smile is an inexpensive way to improve your looks. "The Lord does not look at the things man looks at. Man looks at outward appearance, But the Lord looks at the heart." (I Samuel 16:7)

3. Shut Up!! Say nice things and learn to listen. God gave us two ears and one mouth, So He must have meant for us to do twice as much listening as talking. "He who guards his lips guards his soul." (Proverbs 13:3)

4. Stand Up!! For what you believe in. Stand for something or you will fall for anything. "Let us not be weary in doing good; for at the proper time, we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good..." (Galatians 6:9-10)

5. Look Up!! To the Lord. "I can do everything through Christ who strengthens me". (Philippians 4:13)

6. Reach Up!! For something higher. "Trust in the Lord with all your heart and lean not unto your own understanding. In all your ways, acknowledge Him, and He will direct your path." (Proverbs 3:5-6)

7. Lift Up!! Your Prayers. "Do not worry about anything; instead PRAY ABOUT EVERYTHING." (Philippians 4:6) I hope every day is a good day full of 'ups' for you!!!

Life is too short to be little.

Benjamin Disraeli



That meets at 701 South Wilbur, Sayre, PA 18840
(570) 886-1838
Arthur Barry, Evangelist- (607) 280-1732

January 14, 2024

All the Churches of Christ greet you.

Romans 16:16

WELCOME!

Sunday

Bible Class- 9:30 a.m.

Worship- 10:30 a.m.

Wednesday

Bible Study-6:30 p.m. on Zoom

Today's Sermon: The Eyes of Isaac

Scripture Reading: Hebrews 11:17-21

Sermons are recorded and are available for listening on the church website.

Bulletins are archived on the website.

Notes for Sunday morning and Wednesday evening classes are available on the website.

valleycitieschurchofchrist.org

Find us on Facebook:

www.facebook.com/valleycitiescoc

Headphones are available for the hearing impaired.

ANNOUNCEMENTS / UPCOMING EVENTS...

- ❖ **Wednesday Evening Bible Class:** 6:30pm January 17, on Zoom, Arthur will continue the study from G.R.O.W. We will be in lesson #35 (Obeying).
- ❖ **Ladies' Class** –Tuesday, January 16. We will begin our study of Zephaniah.
- ❖ **Next Potluck & Bring-a-Friend Sunday** – January 21. Next week! Please plan on sharing a New Year's Resolution.
- ❖ **Next 5th Sunday Singing**- March 31 at Horseheads.



Listen for our church message being broadcast on WEBO (FM) WATS (AM) and Choice 102.1. Pray this will be a source of contact with area residents.

Plans are underway to open our coffee house, possibly on Saturday, the 10th of February. Suggested hours are 1-3pm. This is all up for discussion, plus ideas for a name and how often to meet. Coffee, tea and cookies, plus music as a means to meet local people.

Preacher Search: We have officially launched our preacher search as we seek to bring a minister who will live in this community and build this church in the coming years, LORD willing. Arthur has drafted an introductory letter and asks that we all share it with our network of contacts.

Jim Sexton passed away on Monday, January 8th from esophageal cancer. We have been praying for Jim and his wife Debbie for a long time now. Jim is from Rochester, NY, and is a former preacher at the Lawson Rd. church. Many people knew "Jimbo" from his ties to Camp Hunt. He had most recently preached for the church in Cherokee, NC.

PRAYERS

- **Please pray for peace and comfort for the Sexton family after the passing of Jim on Monday.**
- **Please pray for Steve's brother Brian** who has prostate cancer. **Also, Steve's sister Deb, who has leukemia and has recently also been diagnosed with breast cancer.**
- Pray for Darlene and Doug Elsbree as they continue their sojourn in FL for a few more weeks. They will be returning to Sayre the first week of February.
- **Dawn Cowles**- breast cancer, awaiting a date for surgery later this month. Pray there is no cancer in her lymph nodes, which will be checked after surgery.
- **Bonnie's sister Marsha in MD** is in need of prayers for mental and physical health problems.

Continue to pray for these people:

- **Monique (Miki's friend)**- gradual withdrawal from morphine pain killer
- **Bonnie's brother Greg** upcoming hernia surgery
- **Pat Guthrie**-he has lung cancer, stage 4, and his wife Robin
- **Paulette**- Pain coming from her spine and affecting her hip and leg.
- **Mike Walls**, frontal lobe dementia. Pray also for Carrie who has decided to leave the marriage and move to TN. She was unable to handle the stress. Mike's health care is being overseen by his sister.
- **Sue Barry**- stage 4 breast cancer. (currently in remission)

If you have any PRAYERS or NEWS that you would like included in the bulletin, please contact Sandy at barncat7237@gmail.com or text or call (607) 261-0911.