

WORRY—us to trust Him to provide the things we need in life. But even more, He wants us to allow Him to fill our lives with peace by giving Him all our anxieties and concerns. That sounds like a pretty good trade: my anxieties for His peace!

Instead of wasting your precious time in useless worry, displace the worry with its positive opposite. Everything negative has a positive opposite, including worry. Instead of fretting over people and problems, work with God toward good solutions. But by all means, don't allow worry to rob you of life and its joys.

Most of the things we worry about are a total waste of time. According to Bob Proctor, 40% of the things we worry about never happen, 30% of the things we worry about are over and done with and cannot be changed, 12% are over needless concerns about our health, and 10% are just petty miscellaneous worries. Only 8% of the things we worry about are legitimate concerns; 92% of our worries rob us of a joyful and peaceful life. But, as always, the choice is entirely yours!

## Those Privileged to Serve

10/25/2020

### Sunday AM Worship

Announcements.....Peter Ray Cole  
Song Leader.....Stan Haught  
Opening Prayer.....James Toothman  
Charge of the Table.....Toby Heaney  
Help Serve.....Kerry Moore  
Sermon.....Collin Matheny  
Closing Prayer.....Peter Ray Cole

10/25/2020

### Sunday PM Worship

Announcements.....Peter Ray Cole  
Song Leader.....Stan Haught  
Opening Prayer.....Bradley Powell  
Devotional Lesson.....Peter Ray Cole  
Closing Prayer.....Peter Ray Cole

10/28/2020

### Wednesday Bible Study

Announcements.....Collin Matheny  
Song Leader.....Stan Haught  
Opening Prayer.....Bill Frank  
Closing Prayer.....Collin Matheny

## UPDATES

Please remember to wear a mask and practice social distancing.

Kind words are thoughtful.

Remember our opportunities to send a card of cheer or encourage someone who has had some recent struggles.

“tomorrow will worry about its own things“

Matt. 6:34

# The Family Newsletter

Volume 14 Issue 35

10/18/2020

## Worry Robs Life

—Joe Chesser

Every one of us has the same amount of time each day – 24 hours /1440 minutes. Time is what life is made of. So, since time is so precious, why waste a single minute of it in useless worry? What's the point of worry? What good does it accomplish? None whatsoever! Read carefully what Bob Proctor has written:



Clearly understand, there isn't any situation that isn't made worse by worry. Worry never solves anything. Worry never prevents anything. Worry never heals anything. Worry only serves one purpose ... it makes matters worse. How? Well, quite simply, when you are focused on worrying about something you'll never be able to focus on a solution. Be aware that your mind can't focus on two things at the same time ... it can either focus on the current situation and worry, or on a solution. The choice is always yours.

James Kurtz says, "If we worry, we don't trust; if we trust, we don't worry. Worry does not empty tomorrow of its grief, but it does empty today of its joy."

More importantly, the Bible tells us that we are not to worry about anything (Phil. 4:6 ; Matt. 6:25-34). God wants—WORRY

**WASHINGTON STREET CHURCH OF CHRIST**

102 Washington Street—PO Box 357, Fairview, WV 26570

IN OUR THOUGHTS AND PRAYERS...

**Jason Repine—Recent Surgery, (John and Debbie Toothman’s Son in Law)**

120 Shady Grove Estates, Bruceton Mills, WV 26525

**Don Riggs—Appreciates the prayers**

110 Bluegrass Village, Morgantown, WV 26501

**Dave Howard—Ronnie McCord’s Brother-in-Law, diagnosed with cancer**

87 Miracle Run Road, Fairview, WV 26570

**Shirley Clelland—Thankful for prayers, calls, and cards**

PO Box 162, Fairview, WV 26570

**Dennis Straight—Appreciates your prayers**

PO Box 71, Fairview, WV 26570

**Brandi Bane—Battling Breast Cancer**

PO Box 106, Grant Town, WV 26574

**Oneita Opyoke—Hoping to be out**

3659 Crossroads Road, Fairview, WV 26570

**Rose Boggs—Unable to be out**

924 Robinson Run Road, Rivesville, WV 26588

**Kate Wells—Unable to be out**

PO Box 174, Fairview, WV 26570

**Aldene Efaw—Unable to be out**

PO Box 237, Fairview, WV 26570

Sermon Notes

**Pantry Item  
of the Week**

**Mac and Cheese**

Wednesday Night  
Bible Study

Hebrews 2

Elders

**Delmas Houghton**

449-1678

**Donley Rinehart**

449-1437

Deacons

**Bill Frank**

449-1628

**James Toothman**

449-1127

Ministers

**Peter Ray Cole**

304-288-1576

**Collin Matheny**

814-232-2512

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