

Kingston Church of Christ

Meeting at 446 College St., Kingston, ON K7L 4M7
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KingstonChurchofChrist@yahoo.com
Every member a minister

May 9, 2021

Quote of the Week:

"Experience is the worst teacher; it gives the test first before presenting the lesson."

—Vernon Law

Let's Keep Praying For

- Glenn as he faces upcoming tests at the hospital
- Robyn and her siblings as they mourn their mother's passing
- Ron C as he continues his recovery at home
- Levi's recovery
- Alex as she faces ongoing health issues
- Ruby during her ongoing recovery
- Anne
- Joan
- Brian as he struggles with Tinnitus
- Glenn and Betty
- Dan's father, Tim F
- Chad's parents Marilyn and Roy. Health issues

**Now meeting virtually
at 10:00 a.m. Sundays**

Read the New Testament in a Year: May 9-15.

Mon Acts 20
Tues Acts 21
Wed Acts 22
Thurs Acts 23
Fri Acts 24:1-25:12
Sat Acts 25:13-26:32
Sun make-up day

News:

Nest Sunday is **Camp Omagh Day**. We are asked to pray for the camp. As well, we are each being encouraged to make a donation to the camp. Donations are being matched by The Church of Christ Development Fund.

You can send yours via mail to Omagh Bible School c/o Cheryl Toohey, 579 10th St. E., Owen Sound, ON N4K 1S9 or by e-transfer to secretary@campomagh.org or via their website.

Contributions: send to churchcollege@yahoo.com or leave at building.

Key to the Kingdom – Fridays 8:30 am on Vision TV

Can't Sleep? Try Counting Your Blessings

The old method of counting sheep to go to sleep actually has some merit. Many years ago I attended a stress management seminar taught by a man who was both a medical doctor and a doctor of psychology. He taught us some relaxation techniques. He explained that, in most cases, we can't sleep because our mind won't shut down. We may not realize it, but if we rule out actual physical pain, insomnia is largely an issue of mental activity preventing relaxation.

He suggested that the solution is not to try to shut the mind down but to channel it into another activity that is either "boring" to the mind or "pleasant" to the mind. Counting sheep is "boring" to the mind and you know what happens when you get bored. You go to sleep.

So he had us focus on a door knob and count slowly to 100. "Boring!" It worked! A dentist actually went to sleep in the seminar at 10 a.m. and had to be woken up.

Thinking about something "pleasant" to the mind reduces the anxiety of even subconscious troubling thoughts. He explained that thinking about something pleasant is more difficult because we have to identify something that is genuinely pleasant to us. He went on to say that people fool themselves all the time. Some think that lying on the beach in the sun is a pleasant experience when to most active people it is sheer torture, and we only convince ourselves into thinking it is pleasant.

He then said something that will always remain in memory. He stated, "Most people will find relaxation in focusing on the good things that have happened to them. For those of you that are religious you call them 'blessings'. For those of you that aren't religious you call them 'good for-tune'."

John says, "From the fullness of His grace we have all received one blessing after another." John 1:16. If blessings are pleasant, relaxing things to think about, we all have plenty of material for thought.

Our lives are abundant in physical blessings but it is the spiritual blessings that often bring us the greatest peace of mind. "Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ." Eph. 1:3. So if you can't sleep, try counting your blessings. If it doesn't put you to sleep it will make you feel better about staying awake.

~ Les Cramp