

# News & Notes

**Food Cupboard:** Donations are always welcome.

**Cleaning Schedule:** The new schedule begins this month.

**Songs for Wednesday Nights:** If you have favorites, you would like us to play on Wednesday evenings, please submit your selections to Art. You may select songs from our book or others not included there.

**Wednesday Evening Study:** We are now studying Luke.

**Bridges Kingston** is a Christian Canadian Not-for-profit that works with the marginalized and vulnerable in our city. Its mission is to bridge the gaps faced by this population, by responding to their Physical, Social, and Spiritual needs, through practical relational care & individual support. They provide assistance and advocacy in areas where someone might be finding life challenging. There is more information about their drop-in program on the bulletin board.

### Scheduled to Serve:

	Today	Nov 13	Nov 20
Chair	Tony	Chad	Tony
Speaking	Chad	Art	Chad

**Contributions:** send to churchcollege@yahoo.com or leave in box in foyer.

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

**Bulletin:** If you have news you would like to see shared in the bulletin, please get it to Art by Thursday noon (kingstonchurchofchrist@yahoo.com or 613-876-4605).

# Kingston Church of Christ

Meeting at 446 College St., Kingston, ON K7L 4M7

www.kingstonchurchofchrist.ca

613-546-5409

KingstonChurchofChrist@yahoo.com

*Every member a minister*

Email kingstonchurchofchrist@yahoo.com for zoom link to Bible study at 7:00 pm Wednesdays.

November 6, 2022

### “Quote” of the week

Worship is our rehearsal for how to live today and how to glorify God in heaven. It is not merely a Sunday morning exercise meant to make us feel good. — **Rosaria Champagne Butterfield**

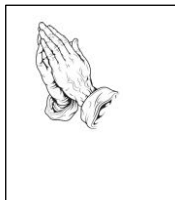
*Welcome to our gathering! Please join us in worship and fellowship.*

Please join us in worshipping God as we sing, pray and read the Bible. We also share communion each Sunday remembering the sacrifice of Jesus who gave himself to die for our sins. If you wish to partake with us, you are free to do so.

We hold the Bible to be God’s inspired message for us and hold it in highest esteem.

If a question comes to mind, please ask it. We will try to help you find answers from God. Please let us know of any way we can serve you.

## ***Let's Keep Praying For***



- The Hibbard family as they mourn Bobby's passing
- Thanks that Laura Lynn's tumor is not cancerous
- Meagan as she prepares for a new arrival
- Tohey's Mom in hospital
- Ron C facing heart issues
- The people of Ukraine & other war-torn areas
- Betty
- Dale and Marion's health
- Brian as he struggles with health issues
- Cancer patients: Shaun, Tim F, Patti-Anne, Anne

### ***After You've Done All You Can, Just Stand***

Recently, my family and I were at the water park, celebrating my husband's birthday. After much lamenting, I found myself going down a water slide at an alarmingly fast rate. This situation would not be so bad except ... I don't know how to swim.

As I exited the slide, I expected my body to slip safely into a puddle. Instead, I found myself fully submerged underwater. I panicked. I flailed my arms and legs frantically.

I thought, This is it. This is how it's going to end!

Through the sound of the water, I heard the whistle of the lifeguard. Then I saw an arm reach down and heroically pull me up to safety. Breathing heavily, I thanked the lifeguard, who was looking at me very strangely.

When I inquired about his puzzled look, he replied, "All you had to do was stand."

He then pointed to the inscription on the side of the pool that read "3 feet." I was drowning in 3 feet of water!

Isn't that how life is sometimes? We feel overwhelmed by the never-ending to-do lists, the children who are rebelling, the spouse who

doesn't understand us, the relationships that suddenly go awry or the house that never seems to stay clean. We feel like we cannot cope. We may not even be able to explain it. We just feel overwhelmed. We feel like we're drowning.

I'm not sure what is currently happening in your life, what overwhelming situations you may be facing, but what I do know is we will all face challenges and heartaches we didn't expect. In the midst of it all, we have a God who, just like that lifeguard, is ready to rescue us.

I can see Him looking at me, saying, "I've given you everything you need. Just stand." Ephesians 6:13-14 declares, "Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm ..." My heart is encouraged as I remember these truths:

- No matter how unqualified I feel for the tasks set before me, with God I am well-equipped.
- No matter how fast I seem to be sliding down the slippery slope of this thing called life, with God I am not in despair.
- No matter how overwhelming the situations of life feel, with God I am not drowning.

Friend, God has given us everything we need to stand victorious against the enemy's schemes. All we have to do is stand. Stand on His Word. Stand on His promise that declares we are "more than conquerors through him who loved us" (Romans 8:37, NIV). Stand on the command of Jesus to "take heart" because He has "overcome the world" (John 16:33, NIV). Stand on the truth that He will "fight for you against your enemies to give you victory" (Deuteronomy 20:4, NIV).

Let's declare it with our mouths and believe it in our hearts. After you've done all you can, just stand!

~ Avril Occilien-Similien