

# NORTH END CHURCH OF CHRIST

## September 3, 2023

Sunday Morning Worship - 9:30 am  
 Bible Classes - 10:45 am  
 Sunday Evening Worship - 6:30 pm  
 Wednesday Bible Study - 7:00 pm

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 1301 West Virginia Avenue  
 Parkersburg, WV 26104  
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 Office Hours: Tues. — Fri. 9:00 am — 2:00 pm

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### Diet And Exercise

by Mark Aites

America has a problem with obesity. Based on the data collected between 2017 and 2020, 41.9% of adults in the United States are considered obese. Back in 2016, the cost related to obesity was \$1.72 trillion.

The former Surgeon General, C. Everett Koop, stated that weight related deaths are the 2nd leading cause of death, with some 300 thousand preventable deaths each year. He also noted that a moderate daily exercise regimen could significantly reduce a number of diseases, including heart disease and cancer. Through the years some have taken the need for diet and exercise seriously, and others have paid a heavy price (pardon the pun).

There were those in Scripture who were obese. The Bible speaks of Eglon, king of Moab, who was referred to as a "very fat man" (Judg. 3:17). And there are also passages which address gluttony. The Proverb writer warns that you can eat honey to the point that it will make you sick (Prov. 25:16). We have the biblical example of the children of Israel who very greedily crammed their mouths full of food, and God smote them with a great plague (Num. 11:33). We even have Paul's statement of those who were worldly, whose god was their belly or appetite (Phil. 3:19).

There is no doubt that obesity is a serious problem. But Scripture makes us aware of an even greater problem. "But reject profane and old wives' fables, and exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come" (1 Tim. 4:7-8). We note with interest that Paul did NOT say bodily exercise is of no value. It does profit a person, but obviously that which is spiritual far "outweighs" the physical (pardon the pun again).

We can diet and exercise all we want and keep in tip top physical shape, but we still know that eventually we will die (Heb. 9:27). And the Psalmist declared that some will make it to 70 years of age, and the stronger even to 80. With our great technology we will go well beyond that, but death is still inevitable.

Exercising ourselves unto godliness, and being cautious in our spiritual diet, i.e. what we read or see is of greater importance than what we eat or our physical bodies in this life. It is not only to our benefit, but even to the nation in which we live. "Righteousness exalts a nation" (Prov. 14:34).

## SERVICE ASSIGNMENTS

SUNDAY AM	Sept. 3	Sept. 10
Announcements	Berry	Hamm
Song Leader	McIntire	Oblisk
Opening Prayer	Cox	Dean
Scripture	E. Kupfner	Berry
Lord's Supper	Duncan	Lyons
Usher - Auditorium	Kv. Grose	Hoschar
Usher - Foyer	Kerns	Heaney
Usher - Security	Kidder	L. Cook
P.A. System Audio	Ferrebee	R. Cook
P.A. System Video	T. Jones	Oblisk
Pick up cards	Miller/Miller	Duncan/Duncan
Pick up cards	Duncan/Duncan	Cook/Vaughan
Door Greeters	Kerns	Kidder
SUNDAY PM	Sun. PM	Sun. PM
Announcements	Butterfield	Duncan
Song Leader	McIntire	Oblisk
Opening Prayer	West	Mathers
Scripture	A. Grose	G. Kupfner
Closing Prayer	Egnor	Ja. Eaton
Lord's Supper	Meredith	Merrill
Door Greeters	Meredith	Egnor
WEDNESDAY	Sept. 6	Sept. 13
Announcements	Butterfield	Duncan
Song Leader	Ja. Eaton	Aites
Opening Prayer	Butterfield	Duncan
Invitation	Aites	Vaughan
Door Greeters	Heaney	Ja. Eaton

If you are unable to serve call Dave Butterfield at 304-482-8917

\*Those serving as ushers, PA and pick up cards are only shown on AM, but they are the same for PM & Wed.

### SERVING IN THE MILITARY

**Chance Gordon** (grandson of Ken & Parma Heaney)  
**Chandler Hamilton** (grandson of Jeff & Mary Smearman)  
**Allen Hardbarger** (nephew of Ruth Dickson)  
**Nicholas Linville** (grandson of Jim Kerns)  
**Andrew Miller Jr.** (grandson of Curtis Dickson)  
**Dustin Miller** (brother of Chris Miller)  
**Nate Ruble** (son of Patty Ruble)  
**Josie Thomas** (sister of Jen Miller)

## AREA EVENTS

**BBQ** to benefit WV Christian Youth Camp, Sept. 9, 12:00 pm - 5:00 pm

**Ladies Tea:** September 9, 6th & Washington St. church of Christ, Marietta, OH, Speaker: Morgan Ball, 2:00 pm

**Friends & Family Day,** September 10, 6th & Washington Sts. church of Christ, Marietta, OH, Speaker: Joshua Ball

**Gospel Meeting:** September 10-13, Oakwood Rd. church of Christ, Fairmont, WV Speaker: Roger Rush, 7:00 pm

**Gospel Meeting:** September 15-17, Sissonville church of Christ, Sissonville, WV, Speaker: Ron Laughery

**Gospel Meeting:** September 24-27, Sunrise church of Christ, Speaker: Bob Vincent, 7:00 pm

**Sing:** October 28, McConnelsville, OH, hosted by 7th St. church of Christ. The sing will take place at the Twin City Opera House on the square in McConnelsville, OH, 7-9pm

**29th Annual Lectureship:** October 22-26, West Virginia School of Preaching, Moundsville, WV

## Youth Events

**Traveling Youth Group:** September 24, Lubeck church of Christ - 6:00 pm

**Bible Bowl:** October 6 & 7, Camden Ave. church of Christ, The questions will be on the book of Romans. There are flyers on the table in the foyer.



WTAP- Sunday, 7:30am

September 3 - Misinformation  
 September 10 - Obeying the Lord

### OUR GROWTH FOR 2023

Baptisms.....2  
 Request for prayers, Restored.....5  
 Placed Membership.....9

Our Record	Aug. 27	Average 2023
Sunday AM Worship	137	139
Sunday Bible Class	114	110
Sunday PM Worship	116	104
Wednesday Bible Class	107	105

## MISSIONS

Congregational  
 Mission Efforts

Dalraida church  
 of Christ  
 Chimala

Greenville  
 Church of  
 Christ  
 Greenville, OH

Indian  
 Missions

Panama  
 Missions

Aldrin Peter  
 Anson Paul  
 India

Andy Robison  
 WV School of  
 Preaching

Search TV  
 Edmond, OK

Mike Tincer  
 Seth, WV

West Virginia  
 School of  
 Preaching  
 Moundsville, WV

## Prayer List

### Our Members

Mark Berry  
Karen Blair  
Bob Cameron  
Richard & Eva Cook  
Cathy Clegg  
Curtis & Ruth Dickson  
Fran Egnor  
Van & Ronnie Ferrier  
Ken Long  
Sue Mahan  
Ethel Mathers  
Helen May  
Lana McFee  
Marvin & Joan Petty  
Sharon Pugh  
Leonard Shears  
Mary Rose Talbott  
Barb Walker  
Kris Warne

### Family & Friends

Javier Alvarez (*Vaughan*)  
Jenny Deagel (*Clark*)  
Sandra Keith (*Dickson*)  
Laura King (*Warne*)  
Michelle Layman (*S. Kress*)  
Tony Police (*Carter*)  
Jeff Romine (*Egnor*)  
Gary & Loretta Sawyers  
(*Shockey*)  
Elsie Smith (*May*)  
Fred Steed (*Steed*)  
Tracey Steed (*Steed*)  
Brent West (*West*)  
Linda Workman (*A. Clegg*)

## Remember In Prayer

We rejoice that **Mike Kress** was restored on Wednesday evening. Please keep Mike in your prayers.

**Josh Fouss** had surgery on Thursday. He is doing well and recovering at home. Josh will be off work for about two months.

**Ken Long** received the results from his MRI. His liver condition is stable and the doctors were pleased. Ken will have another procedure in December.

**Ethel Mathers** has been diagnosed with shingles. She is home recovering.

**Joan Petty** had surgery on Friday. The surgery went well and wasn't as extensive as they thought. Joan also receives dialysis when needed and her kidney function is improving. She is in Camden Clark Hospital, ICU room 4.

**Marvin Petty** has low lung function and has not been feeling well.

**Jimmy Sailor** will have surgery on his neck on Thursday, September 7th at Marietta Memorial Hospital.

**Polly Adams**, friend of Brent and Heather Clark, will be undergoing heart surgery. Cards would be appreciated. 5577 N Mountaineer Hwy., Newburg, WV 26410

**Lan Kelley**, sister-in-law of Pat Miller, is in the hospital being treated for blood clots. Lan lives in Arkansas.

**Pat Morris**, mother of Michele Long, has not been doing well. Michele requests prayers for her.

**Tony Police**, father of Krystin Carter, is not doing well. His health is declining, and he is no longer receiving treatments.

**Brian Sims**, son-in-law of Jeff and Mary Smearman, will be having open heart surgery in Cleveland.

## Announcements

**Attendance Cards:** Members, fill out a tan attendance card. Visitors, fill out a blue card. Please pass them to the aisles.

**Sermons:** Mark's sermon titles for today are: AM, "Jesus Marveled At Their Unbelief" PM, "The Providence of God"

**Opportunity Cards:** Group one will pick up their opportunity cards tonight. Send a card, make a visit, or a phone call.

**Address Changes:** Mike and Sally Kress have moved. Their new address is: 2711 Laurel Creek Road, Waverly, WV 26184. Tyson Maze is attending WVU, his address is: 2102 Chateau Royal Ct., Morgantown, WV 26505.

**Ladies' Luncheon:** All ladies are invited to meet at Western Sizzlin' for lunch on Monday, September 11th at noon.

**Men's Retreat:** North End is hosting a Men's Retreat September 29-30. It will take place at the 4-H camp in Mineral Wells. Flyers are located on the table in the foyer. The cost is \$35 per person. You can pay by check (made out to North End church of Christ) or cash. Please see Ken Heaney if you have any questions. There is a sign up sheet on the table in the foyer.

**Mission Trip:** Becky Kidder and Heather Clark will be going on a mission trip to Panama in November. If you would like to help with this trip you can make your checks out to North End church of Christ and write Panama Mission trip in the memo line.

**Bulletin:** The bulletin for September 10th will be printed on Thursday this week. Please have all announcements to Eydie by Wednesday evening.

**Hog Roast:** Our annual Hog Roast will be Saturday, September 16th at 6:00 pm, at the home of C.J. and Natalie Vaughan. Please bring side dishes, desserts, drinks and lawn chairs.

**Congratulations:** We extend our congratulations to Chuck and Nancy Merrill at the birth of their twin grandchildren. Hayes and Harlow were born August 31st weighing 4 lbs. each. They were born a month early and the family requests your prayers. Congratulations to parents Sean and Courtney Merrill.

**Thank You:** Words cannot fully express our feelings for our family at North End. We thank you in every way for your love, concern, prayers, support, kind words, cards, and phone calls - all were too numerous to mention fully. It has been a long, hard road but through the grace of God and our family in Christ, Leonard, a.k.a. Poppy, is on his way to recovery. Thank you and we love you all! In Christian love, The family of Leonard Shears

### Elders

Mark Berry  
David Hamm  
Randy Meredith  
Harvey West

### Elder Meetings

September 18 - 3:00 pm

### Deacons

Dave Butterfield  
Ron Cook  
Harley Cox  
John Duncan  
Ken Grose  
Kevin Grose  
Jim Kerns  
Josh Kupfner  
Dan Lyons  
Dennis Miller  
Mike Oblisk  
Jim Ullom  
C.J. Vaughan

### Minister

Mark Aites  
304-422-0567 - Office  
mark6302@gmail.com

### Secretary

Eydie McIntire  
Notary Public  
304-422-0489 - Office  
churchofchristnorthend@gmail.com

### Today's Scripture

AM~ Mark 6:1-6  
PM~ Romans 8:28