

# THE PROCLAIMER



WILLOW AVENUE CHURCH OF CHRIST VOL. XXXVII ISSUE #1 JANUARY 4, 2017

## **Overcoming Seasonal Depression**

Depression is real, and its effects are not only felt by those who have some type of mental health disorder. According to *The Journal of Biological & Medical Rhythm Research*, "Seasonal Affective Disorder is a mood disorder subset in which people who have normal mental health throughout most of the year experience depressive symptoms at the same time each year, most commonly in the winter."

Winter can be a very difficult time of the year. The weather is harsh, the sun is rarely seen, and those who are elderly, alone, bereft, handicapped – really just anyone dealing with a difficult circumstance – are likely to be affected by this seasonal challenge. While there are chemical changes in winter that affect the mood, such as low Vitamin D that can be addressed by adequate supplements, what should we do when we just can't get over the overall feeling of being down and out and spiritually weak?

In 1 Kings 19 we meet up with Elijah, God's powerful prophet. Even though he had just experienced a great victory at Mt. Carmel over the prophets of Baal, we find him away from the public, alone and depressed and asking for God to take his life. He was exhausted because of Jezebel's constant threats, and he felt as if he were the only person left trying to do what God wanted. In this moment God taught Elijah how to be restored inwardly. Consider some of the things Elijah heard:

1. "Arise" – (1 Kings 19:5). You won't change your mood by hiding under the covers. You won't feel bright and cheerful in the darkness. Even though it is cold and dark outside you need to force yourself into the habit of getting out there and facing reality. You will find that you can be just as active in winter as in the summer under the right conditions and with enough determination and will power.

2. "Eat" – (1 Kings 19:5). You may be saying, "Eating is all I have been doing since the candy bowl came out at Halloween." That may be true. Then consider what you are eating and change the content. In a spiritual sense we need the living bread which will give us spiritual life. There is nothing more uplifting than time in the Scriptures. Read the Psalms – they are hymns of praise and calls to God for deliverance in difficult times. You will be encouraged.

3. "Stand before the Lord on the mountain" – (1 Kings 19:11). Elijah was called into the presence of God so that he could see what the Lord was doing in his life. On the mountain He discovered that God was not in the wind or the fire or the earthquake but in the form of a still small voice. It is important for us to faithfully come into the presence of God in all of life's seasons. The winter weather will cause many to stay inside, but it's better for us to face the elements and receive our sustenance in the quiet and peaceful whisper of God's holy assembly.

4. "Anoint others" – (1 Kings 19:15-16). Elijah felt alone but in reality he was not. God told him there were still 7,000 faithful people. Among them were Hazael, and Jehu, and Elisha, who God called Elijah to anoint as either king or prophet. Sometimes the best way to overcome depression is to anoint other people to help you in your struggle. People are the closest thing on earth we have to being with the Lord. They are made in His image, and those who are faithful to Him will help us cling to Him in hope.

Are you depressed? Get up! Find nourishment! Seek the Lord! Fellowship with His people! If it worked for Elijah it can work for you!

Our God is a God of hope. Difficult seasons won't last forever. The irises and aconites will push up through the snow once again, and we will feel the warmth of His Son and blessings of spring.

"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart."

– Galatians 6:9

*Jeremiah Tatum*

## SERMON TOPICS January 8, 2017

9:00 a.m. – Jeremiah Tatum

“Recommitment”

2 Chronicles 34:29-33

6:00 p.m. – Jeremiah Tatum

“Tools For Stronger Relationships”

Colossians 3:12-14



## PANTRY ITEMS

**January 4 - 17**

#14 - Dewight Stamps' Class

Vegetable Beef Soup

#15 - College Class

Spaghetti

#16 - Mike Dyer's Class

Beanee Weenee

#17/18 - Jeremiah's Class

Baked Beans

#19 - Roy Johnson's Class

Spam

Auditorium Class

Canned Baked Beans

### FOR THE RECORD, – January 1, 2017

9:00 a.m.	454
10:15 a.m.	327
6:00 p.m.	281
Wed 12/28	293

## NEW MEMBERS

On Sunday, January 1, Rhonda Leonard, met with our elders and expressed her desire to be a working part of the congregation at Willow. Be sure to see her and welcome her to the family at Willow Avenue.

Her address is PO Box 852, Gainesboro, TN. 38562  
Phone: 931-704-8882



## BUS DRIVER

Bus driver for Sunday, January 8 and Wednesday, January 11 is:  
David Lancaster (931-644-3192).

## CENTURION OF SCRIPTURE

**January 1 – January 8**

**Fruits of the Spirit**

Galatians 5: 22-23

22) *“But the fruit of the spirit is love, joy, peace, longsuffering, kindness, Goodness, faithfulness,*

23) *gentleness, self-control. Against such there is no law.*

*Attention: If you are interested in working on Centurion of Scripture, young or old, please let Donna Johnson or Monica Mayer know to receive memory cards.*



*A Special Happy Anniversary to:*

*Doug & Pearlene McCulley celebrating  
62 years on January 12*

*We have received “Thank You” cards from:  
Bud & Cheri Bartlett*



## WILLOW MEALS

Make a difference in someone's life – sign up to prepare a dish to help with Willow Meals. The menus are posted on the bulletin board by the kitchen. **WE NEED COOKS!**

The annual Young at Heart Banquet will be on Sunday morning, February 5th after Bible class. Please sign up on the Goldenaire bulletin board if you plan on attending. There is also a sign-up sheet for anyone who is NOT a Goldenaire that would like to help prepare food for the meal. If you sign up to bring a particular item that has a recipe posted beside the sign-up sheet, please use that particular recipe so that all the dishes are the same.

There will be an IMPORTANT Mexico meeting Sunday evening on January 22nd at 5pm for anyone interested in going on the Mexico mission trip this summer. The dates for the trip are July 15-21.

Contact elder for January is John Hudson  
931-319-1602

**DEACONS – REMEMBER TO CHECK YOUR  
MAILBOX IN THE TEACHERS’ WORKROOM.**

**ELDERS – DEACONS – PREACHERS  
BREAKFAST**

Saturday, January 14

8:00 a.m. at Maddies Restaurant

Please respond to John Hudson to let him know if  
you will be attending.

**IMMEDIATE NEED FOR HOUSEPARENTS**

Do you have a heart of service for helping children?  
Happy Haven Children’s Home, sponsored by  
Churches of Christ and individuals has a need for  
additional houseparents. We provide residential  
child care for girls. For additional information, see  
the flyer on the bulletin board or contact Houston  
Bynum at 931-526-2052 or  
[happyhaven@frontiernet.net](mailto:happyhaven@frontiernet.net). Applications are  
available at the web site:  
<http://www.happyhaven.org/>

The Kindred Spirits will be singing at Morningside,  
Sunday afternoon. Everyone is invited to join them.  
The residents really enjoy singing with them.

We want to express our sympathy to Sara Blaylock  
in the death of her 4yr. old great nephew, Halsey  
Dukes in Austin Texas.

**PRAYER LIST**

*It was good to see Ann Walker back at worship.*

- > Robert Cowan will be having surgery at Vanderbilt,  
March 13th.
- > Isaac Fletcher spent a few days in the Cookeville  
hospital.
- > Dora Freed had her surgery December 21 and is at  
home.
- > Wilma Lambert is in Bethesda Room #208
- > Larry Cyphers (brother of Judy Bybee) –  
is in Livingston Hospital under hospice care.
- > Peggy Sparks is at home with back problems.

**Sick or Recuperating at Home:** Ricky Sherrell

**Those dealing with cancer:** Rosemary Andrews, Harold  
Kinnaird, Bud Scott, Sandra Sitto, Brenda Carroll  
(taking treatments), Joy Carter (taking treatments), Janet  
Craighead, Larry Cyphers, Julie Denny, Darlana  
Robichaud, Alexis Szymczak (taking treatments)

**Those dealing with ongoing health problems:** Michael  
Allison, Carl & Aileen Alred, Susan Ashburn, Helen  
Burgess, Kelly Fletcher, Pat Goodpasture, Sherree  
Hawkins, Judy Hix, Rose Keith, Donna Kinnaird, George  
Reitenour, Billy Sliger, Owen & Maudean Sparks, Peggy  
Sparks, Amos Spurlock, Jimmy Sitto

**Shut-Ins at Home:** Dib Anderson, Bud Bartlett, Patti  
Boyd, Belle Butts, Robert Cowan, Florene Davis, Ruth  
Gentry, Ben Gore, Rick Grimes, Mamie Henry, Marie  
Jackson, Reda Judd, Doug & Pearlene McCulley,  
Virginia McGee, Ressie Pharris, Jean Pitts, Rachel  
Stafford, Betty Tinch

**Bethesda:** Nola Judd, Wilma Lambert, Irene McBroom,  
Jimmy Sitto,

**Cedar Hills Senior Living:** Phyllis Julian, Sara Lewis,  
Zina Mitchell

**Heritage Point Assisted Living:** Bud Scott

**Life Care Center Sparta:** Leslie Cole, Eddie DeLoach,  
Billie Watson

**Senior Lifestyles:** Shelby & Bonnie Forkum

**Signature Healthcare:** Doris Haile, Juanita Nation,

**Mabry Healthcare Gainesboro:** Olga Szalay, Kathleen  
Ragland, Betty Richardson, Glenn Webb

**Morningside:** Pearl Cockrum, Mildred Palk, Edith  
Stewart

**NHC:** Ann McWaters, Rebecca Brown

**Overton County Nursing Home:** Carson Vaughn

**CARE LINE: 931-432-6333**

Willow Avenue Church of Christ  
1150 South Willow Avenue  
Cookeville, TN 38506

**ELDERS**

Jeff Gaw - Larry Harp  
Dan Huffines - John Hudson  
Roy Johnson - Gary Risley  
Reed Wilson

**DEACONS**

Barry Allison - Ralph Bryant  
Tom Bumbalough - Mark Caldwell  
Charles Cobb - Tyler Gaw - Dennis Hood  
Todd Hudson - Buddy King  
David Lancaster - Phil Phillips - Paul Pippin  
Steve Qualls - Rick Ramsey  
Denny Richardson - Tim Richardson  
David Ray Smith - Ryan Smith  
Tom Stafford - Glenn Stockton  
Don West - Richard Wood

**MINISTERS**

Jeremiah Tatum - Preacher  
Mike Dyer - Involvement Minister  
Chase Fletcher - Youth Minister

**SECRETARIES**

Vickie Stockton & Cathy Whiteaker

**SCHEDULE OF SERVICES**

Sunday Morning Worship 9:00  
Sunday Morning Bible Study 10:15  
Sunday Evening Worship 6:00  
Wednesday Evening Bible Study 7:00

**RADIO BROADCASTS**

Sunday Morning Worship 10:15 AM  
WHUB - AM1400  
"Minutes of Meditation"  
Three Times Daily Monday - Friday  
WLKQ 95.9 FM and WLIV 104.7 FM

**OFFICE HOURS**

Monday - Friday 8:00 a.m. till 3:00 p.m.  
Office Phone 931-432-2333  
Fax Line 931-432-2338  
Care Line 931-432-6333  
Website [www.willowcofc.net](http://www.willowcofc.net)  
Email [willowcofc@twlakes.net](mailto:willowcofc@twlakes.net)

**PRIVILEGED TO SERVE**

**SUNDAY MORNING WORSHIP – JANUARY 8**

Lead Singing – Gary Risley  
Read Scripture – Tom Tomberlin  
First Prayer – Toby Russell  
Last Prayer – Loyd Birdwell  
Announcements – Jeff Gaw  
Give Thanks – Ron Johnson

**Serve the Congregation –**

<u>South Side</u>	<u>North Side</u>
Danny Phillips	Hollis Walker
David Mayberry	Joe Paul Tackett
Todd Hudson	Dominic DeLuca
Johnny Goodwin	Ty Briggs

Take Communion to the Shut-ins – Paul Bybee  
Hubert Qualls

Usher in the Auditorium – Lewis Coomer & Rick Ramsey

Usher in the Vestibule and Assist with Outside Doors  
(Please be here by 8:30 am)

North Door – Jim Loftis  
South Door – James Tiensvold

Sound Booth: Sunday & Wednesday  
Songs – Ethan Hammond  
Sound – Tom Spohnholtz

Parking Lot Patrol – Tom Stafford

Keep Nursery – Lisa West & Frances Walker  
(If you cannot serve call Lisa Bumbalough at 931-260-8817)

Greet at Doors before Service & Hand Out Flyers  
(Please be here by 8:30 am)

Door #1 – Marcia Borys  
Door #2 – Ronnie & Belinda Brown  
Door #3 – Ralph & Melba Bryant  
Door #4 – Tom & Lisa Bumbalough  
Door #5 – Debbie Birdwell

**SUNDAY EVENING WORSHIP – JANUARY 8**

Lead Singing – Jacob Howard  
Read Scripture – Tim Richardson  
First Prayer – Robert Oakes  
Last Prayer – Phil Phillips  
Announcements – Jeff Gaw

Serve At The Lord's Table – Kevin Smith & George Dudney

Keep Nursery – Monica Mayer & Mary Chaffin  
(If you cannot serve call Lisa Bumbalough at 931-260-8817)

Parking Lot Patrol – Tom Stafford

**WEDNESDAY BIBLE STUDY – JANUARY 11**

Lead Singing – Dan Huffines  
Invitation – Ryan Smith  
Announcements – Jeff Gaw  
Prayer – Austin Thomas  
Parking Lot Patrol – Tom Stafford

Pens-Pencils-Pews – Week of January 8  
Vickie Stockton

**IF YOU CANNOT SERVE CALL:  
Charles Cobb 526-4337 or Lewis Coomer 252-2051**