



July 14, 2019

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Pastor David Gardner

Susan Krauss Whitbourne, Ph.d writes about "Handling emergencies: A psychological first-aid kit." She says (condensed):

"When tragedy strikes, whether it's caused by humans or nature, psychology has a wide range of ways to intervene.

Let's start with a relatively small-scale emergency. A passenger faints on an airplane. Immediately, the call goes out: 'Is there a doctor on board?' This situation occurs with surprising frequency. Medical attention is, of course, appropriate to seek in such situations. However, there are times when psychological attention could be just as - if not more - effective.

Whether you're a mental health professional or not, there are ways to employ psychology to help engage people's abilities to cope successfully in emergency situations.

1. Listen to people's concerns. Sometimes people just want to be heard. Showing that you understand how a person is feeling can help that person gain control over his or her own emotions. Often, emergencies bring out our own empathy. These can be put to good use in helping victims (and ourselves) to cope more successfully.

2. Put yourself in the other person's shoes. We tend to make excuses for our own rude behavior but blame the personal flaws of others if they are rude to us. By recognizing the influence of situations on behavior, you'll be more willing to help someone in need.

3. Provide information. Details about the problem and possible strategies allow people to make contingency plans.

4. Overcome the bystander effect. According to the bystander effect, people will watch but not offer to help when an emergency occurs. Although you may not have the relevant skills to intervene, if you do then you need to overcome 'diffusion of responsibility.'

5. Be aware of the limits of your ability to help. Sometimes, the best way to help is to provide referral.

The next time you hear the request for a 'doctor' to help out in an emergency, remember that help can come in many forms and from many types of helpers including, possibly, yourself."

This is helpful advice when things seem to turn upside down...however, in the text from the very first part of Hebrews (Voice):

"1 Long ago, at different times and in various ways, God's voice came to our ancestors through the Hebrew prophets. 2 But in these last days, it has come to us through His Son, the One who has been given dominion over all things and through whom all worlds were made."

So now, for us who read this text, we now understand that God's voice USED to be through the prophets - but now God's revealing of God's character NOW comes to us, not only through the words of Jesus, but in the life of Jesus as well. For God, nothing is different - but for us, everything has changed.

God, thank You for rewriting our life's stories. Once we were Paula and Dwight and Joe and Jo Ann and Addie and Mary Jo and Bob and Kevin and Lisa and Pat and Heather and Parker and Billy and Mary and James and Brenda and Garry and Kathy and Fran and Donna and Ron and Terri and JC and Louise and David and Don and Ray and Sandy and Trish and Paula and Gerry and Johnny and Michelle and Michelle and Ron and Sara and Leo and Fran and Bob and Pat and Donnie and Sherie and Edith and Jana and David. Now we are Christians. Keep changing us to grow more into the likeness of Jesus. Amen



Baby Carter came to church with G-ma and G-pa (Billy and Mary Branch)

Pat Bowles grandkids and great grandkids were at church

Mercedes going to Camp this week

3 more kids starting Confirmation Class

Berscheidt's friend's Son is home after motorcycle accident.



For the Love of Lutie



July 21st at Noon

(during the Fellowship Meal)



1 - Sandy Howard

19 - James Benkley

22 - Trish Lister

23 - Lisa Berscheidt

24 - Dorrie Pipkin

26 - Kathy Henson

30 - Winnie Pipkin

31 - Ron Gibson

Faithweavers presents...



July 17th - Simmons Center Pool

July 24th - Water Balloon Volleyball



The Fellowship Meal will be this Sunday July 21st at Noon. Burgers are on the Menu. This will include a Celebration remembering and honoring Lutie McClennen.

Pat Bowles is taking a group to visit the Pioneer Woman Mercantile in Pawhuska on July 16th. They will leave the church at 7 am. If you are interested in going please contact Pat Bowles or the office.

Stephens County American Cancer Society is hosting the Survivor Dinner on July 20th at 5 pm at Chisholm Trail Church of Christ. Please contact Pat Bowles for more information.

The Toy Shop of Duncan is seeking a full time Coordinator to serve as the point of contact for all Toy Shop Programs, with the major emphasis on fundraising activities and our Christmas Season. For more information, please look at their Facebook page. Submit resumes by July 15, 2019 to Toy Shop of Duncan, PO Box 206, Duncan, OK 73534.

Men's Emmaus Walk – Sept 12-15

Ladies Emmaus Walk – Sept 19-21

Ladies Kairos Outside – November 8-10

Contact David Griffin or Gerry Mortson Rawlings if interested in attending.



Book Study – Sundays 6 pm

Bible Study – Mondays 6 pm

Men's Breakfast – 1st Sundays 8:00 am

Ladies Night – Mondays 7 pm

Keno Group – 2nd Tuesdays 5:30 pm



Addie McMurrin – Upcoming Surgery

Tiffany – Lisa Berscheidt's friend diagnosed with rare condition and will be taking treatments

Louise Golden – Travel mercies to Cancun

Carrigan (Trish Lister daughter-in-law) – Upper Respiratory Infection

Josh and Family – Elementary Principal Mom passed away

Pat Weber – Continued healing

Family of Dorothy Kolher (Carla Johnson's grandma)– Passed away

James Crow – Cancer

Jason Poorman - Lymphoma

Matt Roberts mom in ICU with Cancer

Gardner's neighbor recovering from hip surgery

Trish Lister's mom Ann and her son John

Transition as Denise and Noel move to Arkansas

Bill Gossett – Cancer Scare

Family of Beth Horn – Her Celebration of Life is this Week

Mason Teakell and Family

Sara Riggs – Patience

James Clifton – Kidney Cancer

Lakyn Anderson – Newborn with Breathing Issues

Keith Crain – Surgery

Parker Bowles – Joy

Ann Starrett – Dementia and broken Hip. In Memory Care.

Kay Martin – Dementia and Fell and Broke a Bone

Marcia Haskins – On going foot sores

Drew Cole - Cancer

Connie Green – Cancer

Stacy Mettler – Cancer

Karen Gibson – Cancer

Gary Gibson – Cancer

Kathy Bridges – Cancer

Margaret Averre – Throat cancer

Daniel Whitney – Cancer

Jennifer Allred – Spinal pain and fibromyalgia

Melinda Douglas – Lung Cancer