

## ANNOUNCEMENTS:

- **Next Men's Business Meeting:**  
March 2nd after services

## March Birthdays:

6th – Michael Baldasaro  
10th – Bob Cook  
23rd – Sophia Colvin  
30th – Amber Williams

## Happy Anniversary:

Tony & Nancy Grant — March 3rd  
Henry & Carolyn Terrill — March 31st

## Ladies Bread Ministry

February 23: Betty

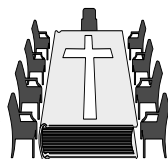
## SNACKS!

February 23: Amber

March 2: Shirley

## Men's Business Meeting

Due to a scheduling conflict, our next business meeting will be held on March 2nd, instead of today. Please note this on your calendars. Thanks! ☺



## WORSHIP ASSIGNMENTS FOR MARCH

Opening Prayer: Tony Grant  
Scripture Reading: George Nick  
The Lord's Supper:  
Wayne Sampson & Terry Schmidt  
Closing Prayer: George Nick  
Greeter: Terry and/or Betty Schmidt  
Lord's Supper Prep: Betty Schmidt

## Order of Worship

"Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord." — Colossians 3:16

Song Leader: *Nate Hios*

Song

Opening Prayer: *Wayne Sampson*

Song

Scripture Reading: *George Nick*  
- Psalms 42 & 43 -

Song

The Lord's Supper:  
*George Nick & Wayne Sampson*

Contribution

Song

Sermon: *Terry Schmidt*  
"Beneficial Self-Talk"

Song

Announcements: *Nate Hios*

Closing Prayer: Tony Grant

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Greeter: Blake and/or Amber Williams

Lord's Supper Prep: *Jan Sampson*

## Southern Maine Church of Christ

1228 Portland Road (Rt. 1)  
Arundel, ME 04043



**February 23, 2014**

### Sunday Assembly Times:

9:30 am - Bible Classes for all ages  
10:30 am—Worship  
6:00—Bible Study

### Wednesday Assembly:

7:00 - Bible Study for all ages

Website: [www.sm-cc.org](http://www.sm-cc.org)  
Phone: 207-229-4174  
Email: [info@sm-cc.org](mailto:info@sm-cc.org)

Mailing Address:  
P.O. Box 344  
West Kennebunk, ME 04094

## Prayer Requests:

- Becky (Terry & Betty's daughter) - migraines
- John Bonner & the Sabattus church
- Larry Bosworth - mental confusion, in rehab
- Caren - planned trip to South Africa in June
- Caroline (Caren's sister) - planning a trip here in May; prayers requested for her safety
- Carrie - has auto-immune disease; chemo
- Mrs. Cleary (Wayne & Jan's neighbor) - diagnosed with diverticulitis
- Bob Cook - in rehab at Pine Point; recovering from broken left shoulder; trouble breathing
- Paul & Sandy and family - making steady progress with Paul's rehabilitation
- Sandy - no infections in either foot!
- Grabowski's - recently promoted, with a raise
- Tony - torn muscles in right shoulder require surgery & 3-6 months rehab; MRI this week
- Nancy - recovering from flu; still having pain in left shoulder
- Nate & Rebecca - enduring ongoing sickness
- Josh - 22 year old fighting a heroin addiction
- Kathleen Judkins - at home recovering from recent para-esophageal hiatal hernia surgery
- Richard Judkins - Parkinson's/Alzheimer's
- Kim Murray & family (friend of Amber) - 2 year old Tripp completing cancer treatments
- Nick Family - sickness; prayers for strength
- Ariana - struggling with complications from her surgery; needs shots on a daily basis
- Nicholas & family (George's nephew) - twin son's cancerous growth has decreased 50%
- Ernie Perry - respiratory related problems
- Jan Sampson - ankle & shoulder pain
- Teal & Mike - for a normal pregnancy; that the baby will be healthy in all respects
- Philip Schmidt - exp. difficulties & challenges
- Williams family - Anthony: tubes removed; next appt will be tomorrow 2/24 to schedule surgery for cyst removal
- Hunter Wells - recently made the honor roll!
- Prayers for those not with us today



## Talking to Yourself

Someone has said that talking to yourself is the mark of a genius! It's only when you begin to *answer* yourself that you should become worried! Someone else has observed that it is good to talk to yourself...because you can be sure that at least one person is listening! While we can enjoy the humor in these amusing statements, reputable research *has* confirmed that talking to yourself, whether silently or out loud, offers many benefits and has great therapeutic value.

Intra-personal communication, or self-talk, is inextricably linked to our attitude, disposition and overall sense of well-being. Our self-talk can be positive, helpful, encouraging and nurturing. Or, it can be negative, harmful, discouraging and debilitating. For most of us, it is a mixture of the two. The Christian has an advantage in that we can routinely examine our self-talk to see if it is in harmony with the solid truths found in God's word.

These Biblical truths are rooted in the very nature and character of Almighty God who gave us His inspired revelation. While things in our world are often temporary and constantly changing, these Biblical truths are eternal and unchanging—fixed, firm and trustworthy. Failure to regularly examine our self-talk in light of Scripture could result in our inner conversations becoming overly emotional, highly subjective and irrational. But doing regular checks on our self-talk will help keep our inner conversations rational, objective and God-centered.

Solomon exhorts: “be careful how you think; your life is shaped by your thoughts [self-talk]” (Pr 4:23 TEV). The Lord is certainly aware of how we talk to ourselves (Mk 2:6-8). Working to insure that our inner conversations are in harmony with His word will please Him and will be a blessing to us, as well as those around us.

Realizing the importance of our self-talk, we should let our inner conversations be always full of grace [gracious; sensible; pleasant; kind; appealing] (Col 4:6), and not allow any unwholesome [bad; foul; worthless; harmful; abusive] talk to dominate our intra-personal communication (Eph 4:29).

Since we will have to live with the consequences of what we say to ourselves, may our prayer be that of the Psalmist: “Let the words of my mouth, and the meditation of my heart [my self-talk], be acceptable in thy sight, O Lord, my strength and my redeemer” (Ps 19:14). — **Terry Schmidt** ✍

## POINTS TO PONDER:

It's not always *what* you say that matters most, but the *way* you say it.



*When you get knocked down by circumstances of life, the best way to get back on your feet is get down on your knees.*

Numbers for 2/16/14

Attendance - 14

Contribution - \$571.

😊 Welcome Visitors! 😊

We are glad you have come to worship with us today. We want you to know that you are welcome. Please don't hesitate to ask if you have questions or if we can help you in any way. Please fill out a visitor's card and sign our guest book before you depart. Have a great week!

