



# Woodland Hills

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# HERALD

Sunday, March 3, 2019

Volume 63, Number 8

**Minister**  
David South

**Minister of Songs & Praise**  
Dennis Sangster

**Family Minister**  
Matt Mitchell

**Youth Minister**  
Thomas Williams

**Missions**  
Malawi – Preacher Training  
Baxter Institute, Honduras

**Benevolence**  
AGAPE  
Sunnybrook Children's Home  
Hope Works  
Fleming Tarpidu Institute, India

**E-MAIL/WEB PAGE**  
info@woodlandhillschurch.com  
www.woodlandhillschurch.com

Bible Classes           9:00 a.m.  
AM Worship Svc.       10:00 a.m.  
PM Worship Svc.       5:00 p.m.\*  
Wed. Bible Study       7:00 p.m.  
(Attended Nursery at all svcs.)

\*No 5:00 p.m. service on the third Sunday of the month

**Phones:**  
901-755-7709 (office)  
901-755-7214 (fax)

## World Hearing Day

**March 3 is “World Hearing Day” sponsored by the World Health Organization. They pick a theme each year. This year, the theme is “Check Your Hearing.” They have discovered that many people with hearing difficulties wait significant amounts of time before having their hearing checked or treated. So, they are trying to urge people to get their hearing checked.**

**It sounds a like a good time to urge people to check their spiritual hearing. An even bigger problem than people waiting to check their physical hearing is people waiting to check their spiritual hearing. No less than ten times did Jesus say something like, “He who has an ear, let him hear” (e.g., Mt. 13:9, 43; Rev. 2:7, 11, 17, 29). The point is that God has spoken (Heb. 1:2), and we need to make sure that we can hear him. What he has to say is what brings life (Jn. 6:63).**

**How's YOUR hearing?**

***See you Sunday, listening...***

***David***

## **Marriage and Cognitive Therapy**

David South

Sometimes people end up depressed because of the way they talk to themselves. (Come on, we all “talk” to ourselves. We do not all do it out loud. We do not all do it from some mental breakdown. But, we all talk to ourselves). If you tell yourself often enough that you are worthless, then you start to believe it. Cognitive therapy is an approach that teaches people to counteract their negative thoughts by thinking of things that they do right. Mental health, of course, is broader than this, but this therapy has proven effective in many cases.

Can we apply this same thinking to our marriages? How often do you think about all the things that your spouse is doing wrong? How many times in a day do you tell yourself that your spouse has done something wrong – again? On the other hand, how often do you think about all the things that your spouse is doing right? How many times in a day do you tell yourself that your spouse is doing that great thing – again?

It is possible that you are talking yourself into an unhappy marriage – when you could just as well be talking yourself into a happier marriage. If you are unhappy with your spouse, it could be because he or she needs to make some changes. It could also be because you have been guilty of only focusing on the mistakes she or he made while ignoring all the good.

What can you do about it? Try every day to tell yourself the good things your spouse is doing. Every time you think to yourself something that he or she did wrong, make yourself also think of something she or he did right. This will take some personal discipline. Better yet, make time every day to give thanks to God for your spouse. In that prayer, list the kinds of things your spouse does that are a blessing to you.

I know that there are some marriage difficulties that are beyond the scope of this approach. Perhaps you and your spouse need to seek some counseling to work through your issues. There is no shame in pursuing that kind of help. There are some Christian counselors in our area. (And I am using that term “Christian” in its true biblical sense). Please do not let any strain in your marriage lead to misery and divorce. Find the help you need.

But, I am also convinced that this “cognitive therapy” approach could help to improve our marriages. It certainly follows some solid biblical principles. Christians are to be thankful people (Col. 3:15). This, of course, means primarily that we give thanks to God (16, 17; cf. Eph. 5:20; Jas. 1:17). Part of that “everything” that God gives us and for which we should be thankful is our spouse. Further, being thankful extends to our attitude toward all. Thankfulness is an attitude, a demeanor, a disposition that characterizes the Christian. Thus, we are thankful to others along with being thankful to God.

Further, following the examples set in the Song of Solomon, we ought to express to our spouses the love and appreciation we feel toward each other. This has always been God’s plan for married people.

## OUR PRAYER LIST

**Our Woodland**, Dwain Coleman, Norma Davis, Sharon Estes, John & Jackie Greene, Rebecca Karr, Bill Lewelling, Raymond McClendon, Jerry Mathis, Judy Milligan, Mary Ann Morrison

**Our Friends/Relatives:** Jim Adams, Lillie Baker, David Bartley, LaVerne Baxter, Carla Bray, Jan Burks, Shelby Callahan, Garrett Carroll, Ramona Carter, Dan Clemenz, Byron Coleman, Todd Collier, Gabbi Cook, Colby Cresswell, Corrine Crowell, Brittney Dailey, Sharon Davis, Eleanor Donald, David Dudek, Roy Ghormley, Kristy Hearn, Eleanor & Jordan Herron, Chris Houston, Dr. Heather Blackburn Irizarry, Bill Joshlin, Molly Kelly, Christian Krogh, James Langston, Carol Lynn, David & Wayne McMillan, Sheryl Menz, Sharon Olsen, Billy Joe & Brenda Powers, Keith Ricks, Carol Rimmer, Selina Rivieria, Bill Simmons, Cindy Soenkson, Charles South, Larry Wilkinson, Connie Waddell, Ron Waddell and William Wilson

### **In Assisted/Senior Living/Homebound:**

Clemmie Allison is at 1730 Dorchester Dr, Southaven, MS 38671, Essie Brown at Germantown Plantation, 9293 Poplar Ave, Germantown, TN 38138, Dwain Coleman, 335 Fisherville Rd, Collierville, TN 38017, John & Jackie Greene, 308 Briarbrook Cv, Collierville 38017 new phone 854-2182, Mary Ann Morrison, 10083 Cross Valley Drive, Cordova 38018, Jane Nolen #205 & Clara Shipman #160 at 7820 Walking-Horse Cr., Germantown, TN 38138, Ruth Sain is at Carriage Court of Memphis, 1645 W. Massey Road, Apt. #314, Memphis, TN 38120, phone 365-9095.

## March 3, 2019

Song Leader	Dennis Sangster
Welcome & Announcements	Ron Barker
Opening Prayer	Jim Brown
Scripture Reading	Garrett Pilgrim
Sermon	David South
Communion Preparation:	Dennis & Annette Sangster
Serving Communion:	Dan Amar, Matthew Close,
	Dane Dacus, Ron Hinton, Jim Hubbert, Ryan Hubbert,
	Mark Mitchell, Matt Mitchell
Pick Up Cards	Eli Thomas & Owen Miller
AM Closing Prayer	James Wilson
Nursery	Renee Brittain

### ***Evening Worship***

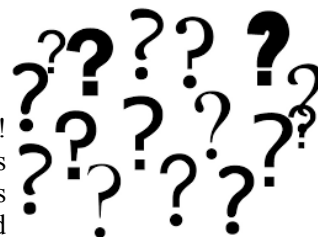
Song Leader	Dennis Sangster
Opening Prayer	Mark Mitchell
Sermon	David South
Closing Prayer	Pat Patchell
Nursery	Carol Spellings

## AREA-WIDE WORSHIP TONIGHT

The next area-wide worship service has been scheduled for 5:00 pm today, March 3<sup>rd</sup>, at the Germantown Church of Christ. The theme this year will be "Our Journey of Faith." Services will conclude no later than 6:15 pm.

### ARE YOU THE ONE?

Help please! Lesley Hillis Morrow has been given two baby gifts without cards. She would love to be able to thank the giver. Please let her know if you gave her either of these: (1) a onesie and a pair of pants and shoes; (2) 6 month summer green seersucker bubble suit with hat. Thank you. Kathy Hillis



### NEW DIRECTORIES



Our new directories are in the hands of the printers. They should arrive about the second week of March. We will all be so excited to have the updated directory and it will be available on your smart phones as well. We will give you the update when we get the directories..

### NEXT WEEK....

Next weekend we will return to Daylight Savings Time, so on Saturday evening, March 9<sup>th</sup>, remember to "Spring your clocks forward" one hour. At 9:00 pm. Turn your clocks to read 10:00 pm.



**Wednesday Night Dinner** Please sign the back of your attendance card the individuals who will be attending this week!

Why not join us each week for a great home style meal? Only \$6

## YOUTH CORNER

By: Thomas Williams

### *Adam's Rib*

In Sunday School, they were teaching how God created everything, including human beings. Little Johnny seems especially intent when they told him how Eve was created out of one of Adam's ribs. Later in the week, his mother noticed him lying down as though he were ill, and said, "Johnny, what is the matter?" Little Johnny responded, "I have a pain in my side. I think I'm going to have a wife."

- Copied -

Hello everyone! I hope you've had a wonderful week. I thought I would take this time to give you an update on what our class schedule is like in the youth group. There are three different Youth group classes: Sunday morning, Wednesday evening, and every other week we have a Sunday evening class. I'm just gonna talk about our weekly ones right now.

In our Sunday morning classes we are working through the Johannine epistles. We just wrapped up 1 John 2 this past Sunday. I like working through whole books, passage-by-passage, in our Sunday morning classes. This lets us get a full picture of the message of the whole book, while not missing any lessons within.

On Wednesday nights we have a discussion based class on the Proverbs. Every week we read through all the proverbs that have to do with a particular subject (wealth, anger, envy, etc.) and we discuss each one. It has been wonderful to hear every single drop of wisdom offered about these subjects, and gives us a deeper understanding about the wise way of approaching them.

What a blessing it is to study! Every week we get to know our Father a little more than we did before. I hope He teaches you this week!

## CALENDAR OF EVENTS

March 3 – Area-wide Worship Service tonight at 5:00 pm at Germantown C of C. Svcs will also be at WH for those who cannot attend area-wide.

March 17 – Area-wide Youth devotional at Woodland Hills

April 20 – Easter Egg Hunt and Picnic - 11:00 am

June 1 – VBS Workday

June 9 – 12 – VBS – Theme this year is "Noah"

July 12-14 Family Retreat – The Ark Encounter in Williamstown, KY

\* Softball: If anyone would like to play Men's church league softball, please see Matt Mitchell. Games are on Thursday evening from April to July in Germantown.

\* Anyone who would like to host a singing in their home, please see Matt Mitchell.

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