

## Monthly Calendar

**The Men's Breakfast:** The first Saturday of the month, 8:00 am at the Lakeview church of Christ. The cost is \$4.00 with the proceeds supporting Delano Bay Christian Camp. Contact person: Gene McCaul.

**Ladies Night Out:** Usually, the second Tuesday of the month, 6:00 pm at an area restaurant. Contact person: Carolyn McCaul.

**The Monday Night Bible Study:** Monday nights, 6:30 pm, at the home of Keith and Lindsey Petty. They are currently studying on marriage. Contact person: Keith Petty.

**The Senior Saints Bible Study:** Tuesdays, 10:30 am in the downstairs SIBI classroom. Class topic will be "The Gospel of John." Contact person: Ken Wilson.

**Friday Night Singing:** Every other Friday night 7:00 pm at various members homes. We are going through the songbook starting at the beginning and singing each song. Contact person: Gene McCaul.

## Speakers and Sermons

Mar. 15 **AM Sermon: Robert Henton - "In the Beginning...WAR Genesis 13:8-13"**

**PM Sermon: John Dacca - "Get Up and Do Something!" Ecclesiastes 12:1**

To Request Recordings: [jcdstorm300@yahoo.com](mailto:jcdstorm300@yahoo.com)

## Class Topics



**Sunday Morning Adults:** Auditorium - "Equipping the Saints"

Adults: SIBI classroom - "Personal Evangelism"

**Wednesday Evening Adults:** Auditorium - "Thessalonians"

ATTENDANCE 3/08: 111 CONTRIBUTION 3/08: \$2,629.00  
AVG. CONTRIBUTION FEB.: \$2,973.00

**Elders:** [elders@puyallupcofc.org](mailto:elders@puyallupcofc.org)

Chris Bartlett (253) 537-0734  
Gene McCaul (253) 863-1234  
Bob Sallee (253) 435-7658  
Ken Wilson (253) 820-9150

**Deacons:**

Mike Farnsworth Education (253) 861-7358  
Hugh Kile Building (253) 507-7060  
John Dacca Fellowship (253) 445-4854

**Minister:** Robert Henton

[robert@puyallupcofc.org](mailto:robert@puyallupcofc.org) (253) 970-4819

**Secretary:** Carolyn McCaul

[carolyn@puyallupcofc.org](mailto:carolyn@puyallupcofc.org) (253) 845-6312

**Bookkeeper:** Sue Pedersen

[sue.pedersen@puyallupcofc.org](mailto:sue.pedersen@puyallupcofc.org) (253) 848-5538

**Counselor:** Ken Wilson

[ken.wilson@agapecc.us](mailto:ken.wilson@agapecc.us) (253) 864-3004

**SIBINW Director:** Bob Stump

[bob.stump@sibinw.org](mailto:bob.stump@sibinw.org) (206) 664-1814

**OFFICE HOURS: Monday-Friday 9:00 am - 1:00 pm**

## Worship Assignments

### MORNING SERVICE

Announcements/Prayer  
Song Leader  
Head of Lord's Table  
Assist  
Assist  
Assist  
Assist  
Scripture Reading  
Sermon  
Closing Prayer  
Greeter/Usher

### EVENING SERVICE

Announcements  
Song Leader  
Sermon  
Table  
Closing Prayer  
**WEDNESDAY - MAR. 18**  
Elder for Mar.  
Deacon for Mar.  
Ladies' Committee for Mar.

### MAR. 15

K. Wilson  
G. McCaul  
G. Linton  
J. Monts  
R. Miller  
G. Gilbert  
F. Reiff  
R. Henton  
J. Santiesteban  
B. Sallee

### MAR. 22

C. Bartlett  
M. Brown  
B. Stump  
A. Thomas  
B. Hevly  
J. Heath  
B. Reiff  
C. Pfeiffer  
R. Henton  
J. Monts  
H. Kile

J. Monts  
J. Johnson  
J. Dacca  
J. Santiesteban  
J. Santiesteban  
R. Henton  
G. McCaul  
J. Dacca  
C. McCaul and S. Dacca

G. McCaul  
M. Brown  
J. Johnson  
J. Monts  
J. Monts

# Puyallup church of Christ

March 15, 2015

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## WELCOME VISITORS!

Sunday Bible Study: 10 am

Sunday Worship: 11 am & 5 pm

Wednesday Bible Study: 6:30 pm

## God Wants To Pump You Up

As our 1970's philosophers, Nazareth told us in a song they borrowed from the 1960's *Everly Brothers*, *Growth Hurts...* Oh, wait a minute, that's *Love Hurts*. Well for what it's worth growth hurts too.

In every case it seems that growth brings with it some pain. But pain is good. For me, lifting weights has become something I really enjoy. Finding how much you can lift without dropping the bar on your neck is exhilarating.

When you lift, the muscle experiences a micro-trauma where the fibers can become micro-torn. The body then will repair the muscle to help handle whatever it was that caused the damage. If the workout is not stressful enough very little or maybe even no growth will happen. The opposite it also true, too much trauma and the body will not repair itself fully and growth will be stunted. The bottom line is muscles only grow if they are required to; you have to purposefully work at it.

Weightlifting has always reminded me of spiritual growth. It is not easy to grow, it takes work and if you are not consistent you lose what you gained and it is



harder to start back on the training regiment again. Paul mentioned something about the training of the body, “for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come” (1 Tim. 4:8).

Weightlifting is intense, every day I do it I enjoy the soreness I feel even when I didn't feel like doing it. I know I am stronger for having done it. The same is true with my spiritual training. It is tough, it is time consuming, it takes work, but it is so very much worth it. And by the way, the growth you experience from spiritual training benefits you in more than one way, can't say that for weightlifting.

So how is your spiritual training going? What is your one rep max? Give those spiritual muscles a micro-trauma and get ready for the growth.

*Robert*

## Family News



**Good Bye:** Today we will be saying goodbye to our sister Sandy Webster at a special fellowship meal. She is moving to Shelton later this month. Everyone is invited to stay and say their goodbyes to Sandy. Please see Carolyn McCaul if you would like to sign the card or give some money to help with moving expenses.



**Baked Potato Feed:** The annual Bake Potato Feed will be Saturday, March 21st, 5:00 pm at the building. Everyone is invited to come and get their fill of potatoes. Make your Irish ancestors proud. There is a sign up sheet on the foyer bulletin board.



**Ladies' Day:** The Central Kitsap church of Christ is hosting a Ladies' Day Saturday, March 28th, 9:00 am - 2:00 pm. The theme of this Ladies' Day is *Don't Just Survive...Thrive!* Please RSVP by March 16th. There is a flyer posted on the bulletin board with more information.

## Family News (cont'd)



**Ladies' Retreat:** The Bellevue church of Christ is hosting a Ladies' Retreat Saturday, March 28, 8:30 am to 3:00 pm. The theme of this retreat is “*Be the Light*”. More information can be found on the flyer posted on the bulletin board.



**5th Sunday Area-Wide Singing:** The 5th Sunday Area-Wide Singing will be Sunday, March 29th, 5:00 pm at Springbrook. There will be a potluck meal after the singing. Puyallup has been asked to bring salads and desserts.



**WEI Benefit Dinner:** World English Institute was founded in Oregon twenty-five years ago. Dick and Maudine Ady have been sponsored and supported by the Metro congregation in Gresham, OR from the beginning. God is now using WEI to introduce people to Christ through postal mail, e-mail, Internet, short and long term mission efforts, national preachers and ESL ministries in the U.S. To learn how you can get involved in this world-wide soul-winning ministry, you are invited to attend the WEI benefit dinner Saturday, April 4th, starting at 5:00 pm. A poster with more information can be found on the foyer bulletin board.



**DBCC Work Day:** There will be a work day for Delano Bay Christian Camp Saturday, April 11th, starting at 9:00 am. Come on out and check out our adopted cabin, Bamboo and help get the camp ready for the summer camp season. Please see Gene McCaul for more information.



And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose. Romans 8:28

## Prayer List

- ♥ Please continue to pray for **Arlene Luton's husband** for improvements in his health and strength for **Arlene** as she cares for him.
- ♥ Please continue to pray for **Michael Seay's** battle with the cancer. Also, for strength and encouragement for both him and his wife, **Morgana**.

## Prayer List (cont'd)

- ♥ **Glenda Reiff** is recovering from surgery. Please pray for a quick recovery with no complications.
- ♥ Please continue pray for **Don Jackson** that his health situation would improve and for strength and encouragement.
- ♥ Please pray for **Pat Conrad's** health to improve and for strength and encouragement.
- ♥ **Barbara Clark** is having problems with her eyes and her eye doctor doesn't think it is a vision problem but a medical problem. Please pray that it is nothing serious and can be treated.
- ♥ **Sue Pedersen** has injured her knee and tore some ligaments. Please pray for healing.
- ♥ **Ida Reiff** is dealing with edema and not doing well. Please pray for her health to improve.
- ♥ **Mark Farley's site general manager** has an aneurism and will be having surgery soon. Please pray for surgery to go well.
- ♥ Please pray for **Tom**, Marjorie Eldred's neighbor, as she has shared God's Word with him.
- ♥ Please pray for **Paris Rogers and the evangelistic ladies** who are part of the Bible study that started recently.
- ♥ **Our Missionaries:** Roman Halamicek (Slovakia), Clio Eldred (prison ministry), Mountain States Children's Home (Longmont, CO).
- ♥ **SIBI NW Students:** Doug Sears, Bobby Lumpkin.
- ♥ **Traveling:** John & Ruth Bailey.
- ♥ **Pray for Our Military:** David Gebbie, Logan Peterson, Eric Buggeln, TJ Bostic, Ryan Brown, Curtis Ringus, Tim Chafins.
- ♥ **Continuing Prayer Concerns:** Ida Reiff, Jorene Dake, Clio Eldred, Pat Conrad, Darryl & Debra Reitan, Kim Speck, Joe & Erin Davis, Kristi Whitaker, Jolene Bartlett, Ruth Bailey, Michael Seay, Roger Dayton, Don Jackson, Brian Hevly, Daniel Zimmerman.

**Recent Visitors:** Sandra Philips - Graham, WA