

## 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

Apr. 19 **AM Sermon: Robert Henton - "120 Good Reasons" Acts 2:1-4**

**PM Sermon: John Dacca - "Three Things"**

**To Request Recordings:** jcdstorm300@yahoo.com

## Class Topics



**Sunday Morning Adults:** Auditorium - "Spiritual Disciplines"

Adults: SIBI classroom - "Personal Evangelism"

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

ATTENDANCE 4/12: 123      CONTRIBUTION 4/12: \$2,205.00  
AVG. CONTRIBUTION MAR.: \$2,533.60

**Elders:** elders@puyallupcofc.org  
Chris Bartlett (253) 537-0734  
Gene McCaul (253) 863-1234  
Bob Sallee (253) 435-7658  
Ken Wilson (253) 820-9150

**Deacons:**  
Hugh Kile Building (253) 507-7060  
John Dacca Fellowship (253) 445-4854

**Minister:** Robert Henton  
robert@puyallupcofc.org (253) 970-4819

**Secretary:** Carolyn McCaul  
carolyn@puyallupcofc.org (253) 845-6312

**Bookkeeper:** Sue Pedersen  
sue.pedersen@puyallupcofc.org (253) 848-5538

**Counselor:** Ken Wilson  
ken.wilson@agapecc.us (253) 864-3004

**SIBINW Director:** Bob Stump  
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 - Apr. 22**  
Elder for Apr.  
Deacon for Apr.  
Ladies' Committee for Apr.

### APR. 19

B. Sallee  
D. Reitan  
C. Johnson  
J. Heath  
G. Gilbert  
R. Miller  
F. Reiff  
C. Ebenstiner  
R. Henton  
J. Monts  
H. Kile

### APR. 26

C. Bartlett  
M. Brown  
D. Collins  
J. Santiesteban  
D. Reitan  
K. Petty  
B. Reiff  
M. Farley  
R. Henton  
H. Kile  
B. Sallee

M. Brown  
J. Johnson  
J. Dacca  
J. Monts  
J. Monts  
K. Wilson  
K. Wilson  
H. Kile  
J. Bartlett and

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

S. Farnsworth

## Puyallup church of Christ

April 19, 2015

402 5th St SW  
Puyallup, WA 98371

(253) 845-6312

office@puyallupcofc.org  
www.puyallupcofc.org

## WELCOME VISITORS!

Sunday Bible Study: 10 am

Sunday Worship: 11 am & 5 pm

Wednesday Bible Study: 6:30 pm

## You Never Truly Isolate the Long or Short Head of the Bicep Completely

What every joint supplies...

Paul said to Steve, "I watched the Olympic weightlifting competition."

"Men or women's?" asked Steve.

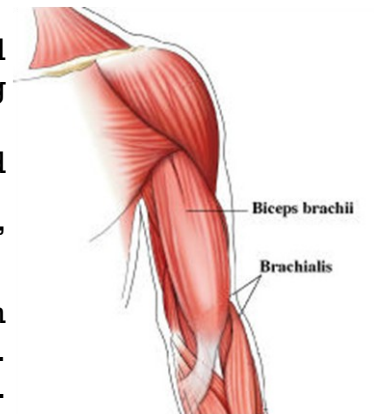
"I haven't got a clue," answered Paul.

Oh great another article with weight lifting in it, boo-hiss. Anyway, let's crack on. Sometimes people like to talk

about targeting a specific muscle group and really concentrating the exercise on that one muscle. I am sure you already know that you never truly isolate just one muscle.

In your arm there is a long head and a short head to the bicep muscle. The biceps curl targets the muscle that runs from your shoulder to your forearm. The brachialis and brachioradialis, small muscles in your upper arm and forearm, assist the biceps muscle. Muscles in your upper back contract without shortening or lengthening in order to stabilize your torso, and muscles in your forearm contract without movement to stabilize your wrist joint.

You are never truly isolated in the body of Christ either. Each one has a gift and everyone uses that gift not for self but



for the purpose of the kingdom of God (1 Pet. 4:10; Rom. 12:6). Paul talks about the body in 1 Corinthians 12, everyone is a vital part and the Spirit has a specific gift in mind for each person. You may be a part of the long head of the bicep but you are not going to get much done without the rest of the muscles.

Soon we will have some ideas up around the building from the my greater purpose seminars. Each one represents an idea or muscle that someone is beginning to flex. Those with ideas will need all the brachialis and brachioradialis, wrist extensors, flexors, and maybe even a deltoid muscle or two working with them shortly. You all will be introduced to some new ideas too, that will give you, the “joints” at Puyallup, an opportunity to work together and alongside Christ to build up the body for the glory of God (Eph 4:16; Col.2:19).

Everyone, get ready to lift.

*Robert*

## Family News



**VBS Planning Meeting:** There will be a planning meeting today, 4:00 pm at the building for anyone interested in helping with Vacation Bible School this summer. Let's roll up our sleeves and all work together to make this another successful Vacation Bible School.



**Refuge in Christ Ministry:** The Refuge in Christ Ministry will be having a Christian Ministry workshop Saturday, April 25th, 10:00 am - 3:00 pm at the Bellevue church of Christ. The objective of this workshop is to bring words of encouragement and present more ideas and usable techniques for ministries. For more information or to RSVP, please email Clio Eldred at clio.b@q.com. Clio hopes everyone who attends to become encouraged, and even inspired, to go and continue with boldness and love in their own ministry for the Lord.



**Ladies' Day:** The Olympia church of Christ is hosting a Ladies' Day, Saturday, May 2. The theme is “*Staying Connected for the Long Haul.*” More information can be found on the flyer on the bulletin board.

## Family News (cont'd)



**Paintball Outing:** We have a private field reserved for Saturday, May 2nd at 9:00 a.m. at KC Crusaders in South Prairie. The cost is \$40 per person (which includes the field fee, all equipment, air and 500 paintballs). **Please RSVP to John or Shannon in order to participate.** Note: KC Crusaders needs every player to sign a waiver, which can be printed from their website at [www.kc-crusaders.com](http://www.kc-crusaders.com).



**Ladies' Day:** The ladies at Springbrook church of Christ are hosting their **8th Annual Every Woman Is A Daughter program** Saturday, May 9th from 10:00 am to 12:30 pm, with lunch to follow. The keynote speaker is Sandra Craft and the theme is “*I Will Love You Forever.*” Please see the flyer on the bulletin board for more information.



**Cle Elum Men's Retreat:** The Cle Elum Men's Retreat will be May 14th-16th. The title of this retreat is “*Entrust*” with the theme focusing on discipling, mentoring and leadership development. This year, tweens and teenagers are invited and encouraged to come. Brochures can be found by the foyer bulletin board. RSVP by May 1st to save some money.



*Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.*

*1 Peter 1:3*

## Prayer List

- ♥ **Minnie,** Gayle Kronewitter's step mother, has cancer through out her body and there is nothing the doctors can do. Please pray that Minnie doesn't suffer much and for comfort for **Bill,** Gayle's dad.
- ♥ Please continue to pray for **Jolene Bartlett's step-father** as he is in hospice care at this time and for her **mother** during this difficult time. Also pray for the decisions the family needs to make.

## Prayer List (cont'd)

- ♥ **Tina,** Sue Pedersen's friend, was recently diagnosed with diabetes and is recovering from surgery on her foot. Please pray for healing and for Sue as she ministers to Tina.
- ♥ **Alan Whitaker** will be having some medical tests done before surgery. Please pray for favorable results for Alan.
- ♥ **Brian Hevly** had a heart procedure done recently. Please pray that this procedure will help Brian.
- ♥ **Robbie Hevly** is recovering from bronchitis. Please pray for her to feel better soon.
- ♥ **Kimberly McGuire's great-grandmother McGuire** dislocated her hip. Please pray for healing and relief from the pain.
- ♥ **Retha Avey** fell and is in a lot of pain. Please pray for healing and relief from the pain.
- ♥ **Peggy,** Jim Johnson's friend was involved to a car accident. Please pray for her healing at this time.
- ♥ **Pat Conrad** is having a lot of pain. Please pray for her health to improve and for relief from the pain.
- ♥ **Arlene Luton's husband** had a couple of heart attacks this last week. Please pray for his health to improve and for Arlene as she helps care for him.
- ♥ **Pat,** John Dacca's friend had a heart attack. Please pray for healing and for John as he minister to Pat.
- ♥ **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, Ken & Sandy Wilson, Bob Stump.
- ♥ **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, Rod & Kaylee Wright, Sue Pedersen.

**Recent Visitors:** Eric & Erica VanGuilder, Graham, WA; Lillian Meier, Auburn, WA; Sean Greif, Puyallup, WA; Ida May Stuart-Ringus, Tacoma, WA