

# The Fairfield church of Christ



August 7, 2011

## GREETINGS!

A heartfelt welcome to you in the name of our Lord and Savior Jesus Christ .

The Fairfield Church of Christ is a body of Bible-believing Christians who strive to follow the Lord in all we do.

Our goal is to equip the saints here in body, soul, mind, and spirit from the cradle to glory.

## SERVICE HOURS

Sunday 9:00 AM  
Bible Classes for all ages

Worship

10:00 AM

Wednesday Night

7:00 PM

Small Groups meet throughout the week at the building and at members' homes

## THE NEGATIVE EFFECT OF ANGER

Did you know that we were not designed to harbor anger and grudges? Anger can have a negative impact on your emotional and physical well-being. Anger is usually the result of not getting your way, or of refusing to submit yourself to the guidance of others. I have known numerous people that did like their job because they saw their supervisor as incompetent or overbearing. Too many husbands and/or wives are angry with their spouse because they see them as hindrances to their growth as a person. Whatever causes your anger, do you know what anger does to you physically?

I have read that many ailments are now believed to be caused by the way we think or the way we process our emotions. Anger is now ranked along with smoking and high cholesterol as negative health factors. Anger triggers the following reaction: your blood pressure goes up, you begin to perspire, your heart will beat faster, your stomach tenses and your digestive system is hindered, muscles tense up, and you will speak in a louder and higher voice. Adrenaline is released into the blood stream which causes your entire body to be hyper ready to act or react. Unresolved anger that is allowed to linger without being released causes a conflict within the body that can ultimately lead to ulcers, heart problems, strokes, and depression. Prolonged anger has been compared to driving while keeping one foot on the brake. The performance of the car will be hindered and failure of parts will result.

There is a reason the Bible reads, "Do not let the sun go down on your anger" (Ephesians 4:26). Do you know it is much more difficult to sleep when your body is in the fight or flight mode of anger than when you have put to rest the stress and anger of the day. Anger leads to bitterness which is manifest in intense animosity toward others. Did you know that when you are angry and bitter with someone it shows forth in your actions. You tend to stay away from those with whom you are angry. How can fellowship exist between the children of God when we harbor anger and/or hold grudges? May the Spirit of the Lord open our hearts and our arms to those whom Jesus gave His life. "Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you" (Ephesians 4:30-32).

Dwight <><

2200 Fairfield Avenue, Fairfield CA 94533 (707) 425-2373

cofcfairfield@hotmail.com

www.ffchurchofchrist.org

# PRAYER LIST

Jean Cain's son, David was diagnosed with cancer of the tongue

Irene Deister as she recovers from a broken hip

The family of our late sister Darlean Warren

Sherry Bell

Bev Leyba's mother, Marge Masters, is in the hospital in Tennessee; Brian Leyba is home recovering from surgery

Zenobia Taylor

Terrel Williams

Leadership Team

If you have a prayer request for the bulletin please contact the church office at (707) 425-2373

or email at [cofcfairfield@hotmail.com](mailto:cofcfairfield@hotmail.com)



**Mark your calendars!**

**Friday, September 2nd—Sunday, September 4th**

*COME FELLOWSHIP WITH US!*

**ALL DAY EVENTS ON SATURDAY— DAY: JUMP HOUSE FOR KIDS, WATER SLIDES,**

**COTTON CANDY, GAMES, DAY TRIP FOR ADULTS**

**EVENING: BANQUET, ENTERTAINMENT**

**COME AND CONNECT WITH OLD FRIENDS AND MAKE NEW ONES!**



**SUNDAY, AUGUST 14th, AREA-WIDE SINGING 2:30 HERE AT THE BUILDING**

**SATURDAY, AUGUST 20th COMMUNITY MEAL 11 AM**

---

## **HYMN STORY—** “Abide with Me

Henry Francis Lyte (1793-1847) was an Anglican clergyman who served nearly half his life as vicar of a church at Brixham, a fishing village in Devonshire, on the southwest coast of England (he died at the age of 54, and served that congregation for 24 years).

Lyte had shown promise as a poet even as a child, and wrote religious poetry and hymns throughout his life. However, it was only near the end of his life that he wrote the hymn that would make him famous — “Abide with Me.”

During the last years of his life, Lyte suffered from tuberculosis, the disease that would eventually take his life. A few weeks before his death, he preached his last sermon at Brixham. He rested that afternoon, and upon arising took a walk on the beach. He then retired to his study, and emerged with his poem, “Abide with Me,” in his hand.

It seems clear that death was on his mind as he took his walk that afternoon. He was leaving the Brixham congregation because his poor health would no longer permit him to carry on an active ministry there. It must have been clear to him that he was dying. And so he wrote:

“Abide with me: fast falls the eventide;  
The darkness deepens; Lord with me abide;

When other helpers fail and comforts flee,  
Help of the helpless, O abide with me.”

The poem is lovely in both language and sentiment — but it seems odd that a hymn about death could become as popular as this one. But on closer observation, the reason seems clear. This hymn speaks to us, not only about death, but also about life. It assures us of God's presence and help in life and in death. As it says in the last line of the last verse: “In life, in death, O Lord, abide with me.”

“In life, in death!” It is not just in death that we need the Lord, but in life as well. And so, when we sing this hymn, we repeat again and again, “Abide with me” — a prayer for God's presence and a prayer for God's help.



— Copyright 2007, Richard Niell Donovan

---

## Sunday Morning Bible Class

Birth to 4 years old —Cradle Roll Room

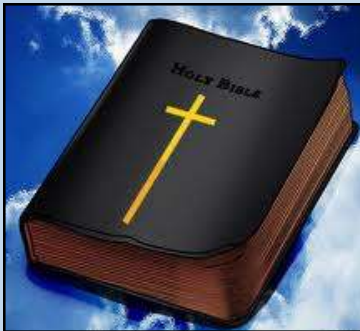
Kindergarten to 5th Grade—Portable 4

6th- to 12th Grade—Teen Room

Ladies—School Library

Gettin' Real Men's Group—Conference Room

Adult Class—Auditorium



## How Can I Help?

- ◆ **Communion Preparation & Lock-Up:** Sign-up sheet is located in the foyer
- ◆ **Community Feed:** Hosted every 3rd Saturday of each month.
- ◆ **Clothing Donations:** Items received will be handed out at the community feed.
- ◆ **Kids Nite Out:** We are always in need of chaperones. KNO is the 2nd and 4th Friday of the month.
- ◆ **Disaster Relief:** Churches of Christ Disaster Relief, Inc. 410 Allied Drive Nashville, TN 37211

[www.disasterrelieffort.org/](http://www.disasterrelieffort.org/)

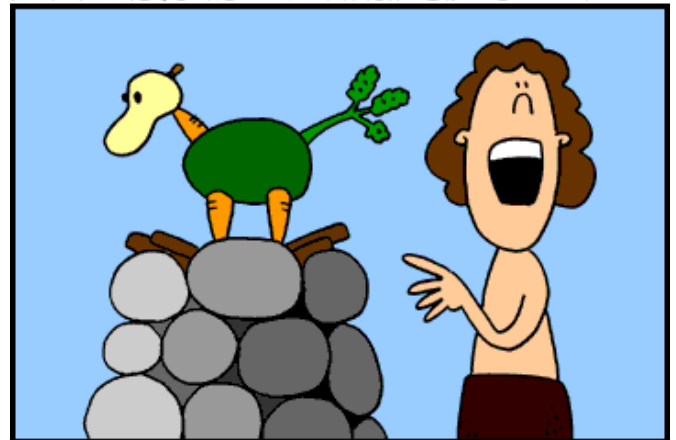
REGISTER OF ATTENDANCE AND OFFERING	
WEEKLY BUDGET	\$3000
CONTRIBUTION 7/31	\$2,845
ATTENDANCE 7/31	81

### Leadership Team Members

Robert Johnson, Mike Moshier,  
Dwight Perry, John Reed

Contact person for August: John

REVERENDFUN.COM COPYRIGHT BIBLE GATEWAY



(See Genesis 4:1-15)

02-09-1998

HEY GOD, IT'S CAIN ... MY SACRIFICE IS STILL VEGETABLES ... BUT NOW I'VE CLEVERLY SHAPED THEM LIKE AN ANIMAL