



September 22, 2019

Volume XXVII—Issue 38

Why Is It So Hard to Say Thanks?

Would you like to be happier?
 . . . I'm going to tell you how to become a happier person. - EXPRESS YOUR GRATITUDE. If you make a practice of doing this, you will become a happier person. It will actually transform your life.
 "Gratitude is more than an emotion; it is a WAY OF LOOKING AT THE WORLD." - It is something you can choose for yourself.

Keep a Gratitude Journal, Write Down What You Are Thankful For

A health psychology teacher assigned his students to write down five things they were thankful for each day. Other students were told to record their complaints.
 Three weeks later, the students who kept track of their blessings reported measurable improvements in psychological, physical and social well-being. The complainers were significantly less satisfied with their lives after just three weeks.

Study: Happiness Increased With Letters of Gratitude

Steven Toepfer of Kent State University, Salem, had students in six courses write letters of gratitude to people who had positively influenced their lives. Over a six-week period, the students wrote one letter every two weeks.

After each letter, the students completed a survey to gauge their moods, satisfaction with life and feelings of gratitude and happiness.

The result, Toepfer said, was dramatic. The more letters they wrote, the better they felt.

"We are all walking around with an amazing resource: gratitude," Toepfer said in releasing his study. "It helps us express and enjoy, appreciate, and be thankful and satisfied with a little effort. We all have it, and we need to use it to improve our quality of life."

Sara Algoe of the University of North Carolina at Chapel Hill, studied 65 couples and found that expressing gratitude was immensely important in maintaining a committed relationship, but the expression had to be genuine. If it seemed more like revealing indebtedness, it didn't work.

Why does expressing our gratitude have such power to improve our lives?

- It causes you to focus on blessings rather than burdens, gifts rather than curses, others rather than yourself.

Expressing gratitude causes you to *see yourself in relation to others... including God!*

- Reminds us of the debt we owe!
 You cannot have a relationship with God that is built on any other foundation!

Welcome to Woodland Oaks Church of Christ

We are honored you have chosen to worship with us this morning. Thank you for visiting us today! We look forward to meeting you!

Schedule of Services

Sunday 9:00 AM Bible Classes (Offered for All Ages)
 10:15 AM Morning Worship Assembly
 6:00 PM Evening Assembly
Wednesday 7:00 PM Bible Class

September 22, 2019

Elder of the Day Elton Stubblefield

Communion Leader Kevin Holland

Adult Bible Classes:

- "A Study of Romans Chapters 1-8"**
by Ken Stegall Sundays in Chapel Center Auditorium
- "How to Keep Fear from Scaring you to Death"** by Nathan Ingram
Sundays in Worship Center A101
- "Getting to Know the Apostles"** by James Parker
Sundays in Worship Center A102 (20s, 30s, & others)
- "Read Through the Bible Discussion Class"**
by Rick Medford & Gary Tannahill Sundays in the Magnolia Room (C106)
- "Traits of Christian Discipleship"** by Various
Wednesdays in Worship Center Auditorium
- "We Saved You A Seat" (Ladies Class)** by Various
Wednesdays in Worship Center A101

Teen Bible Classes:

- "Ezra & Nehemiah"** by Jordan Fontenot & Joshua Watrous
Sundays in Education Center B107 (7th-12th)
- "Identity"** by Jordan Fontenot
Wednesdays in Education Center B107 (7th-12th)

Treehouse Kids Bible Classes:

- | | |
|----------------------|--------------------|
| 0-1 years A103 | 1st grade B202 |
| 1 year-olds A105/106 | 2nd grade B203 |
| 2 year-olds A107 | 3rd grade B206 |
| 3 year-olds A108 | 4th grade B208 |
| Pre-K A109 | 5th-6th grade B209 |
| Kindergarten B200 | |

A **Facility Map** and other information is available at the Welcome Center.

A **Secure Check-in System** is active for children ages 0 to 4 years.

A **Nursery** is available during Sunday morning worship for children 0-23 months. For children 24 months and up, there is a **Training Room** available at the back of the auditorium, behind the glass windows.

Elders

Gary Erwin John Rowe
 Mark Freeman Elton Stubblefield
 Nathan Ingram Raymond Walker
 Butch Merriman

Staff

Pulpit Ken Stegall
 kstegall@woodlandoaks.org
Youth Jordan Fontenot
 jordan.fontenot@woodlandoaks.org
Children's Coordinator Jennifer Tolbert
 jennifer.tolbert@woodlandoaks.org
Office Administrator Karen Ardito
 karen.ardito@woodlandoaks.org

Deacons

Administration/Communications Joel Blake
Audio/Visual & Media Mark Jetton
Building & Grounds Larry Brabham
 Ken Purvis
Children's Programs Richard Hyde
Education Matt Fitzgerald
 Adam Fracht
 Quinn Tolbert
Family Life Center Fellowship Chris Davis
 Tim Riggs
Finance Jeff Fleming
 Brandon Smith
Foreign Missions Paul Gidden
 Brian Lee
Involvement Sharing Frank Kerze
 Kyle Gordley
 Bradley Welborn
Special Ministries
Ushers
Welcome Center/Visitor Contacts Ben Brockman
Visitation - Hospital & Homebound/Men's Ministry Robert Shock
Worship Scott Blake
 Bill Malone
 Brant Mathis
Youth Matt Hemphill
 Terence O'Connor

Last Week's Attendance

Sunday, September 15, 2019

9:00 AM Bible Class	353
10:15 AM Worship	564
6:00 PM Worship	254
Contribution	\$30,452.00

Wednesday, September 18, 2019

7:00 PM Bible Class	248
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Missions

For updates regarding the mission efforts supported by WOCC, please visit our church website, woodlandoaks.org, under Connect, click Ministries and Missions.

Budget

Through July 31, 2019, Actual Unrestricted Contributions are \$791,028 versus Budgeted Unrestricted Contributions of \$845,177 for a deficit of (\$54,149).

Notes

September 22



Woodland Oaks Church of Christ
 7300 Crownridge Drive, The Woodlands, TX 77382
 Phone/Voicemail: (936) 273-0010
 Email: information@woodlandoaks.org
 www.woodlandoaks.org



Announcements

From Kevin Montgomery (assistant director of the Texas International Bible Institute (TIBI)): I am blessed to get to see the amazing things that God is accomplishing through the students and faculty of TIBI on a regular basis. Since WOCC is involved so directly in this ministry, we simply want to share this blessing. We will begin sending out brief emails highlighting a particular student, activity or accomplishment on a weekly basis. If you would like to receive these encouraging notes, please contact me at: montgomery.texasbible@gmail.com.

Celebrate Recovery is seeking additional childcare workers for the nursery. This is a paid position - 3 hours every Thursday evening at \$15/hr. A background check is required. Please contact Kallie McKown-Reece if you are interested at: 832-392-5518.

Please join us for a **Baby Shower honoring Alyssa Nix**, Sunday, October 6 from 3:30 p.m. to 5:00 p.m. in the Chapel Center. Alyssa is having a baby girl and is at Amazon and Buy, Buy Baby.

There will be a **Guys Conference Planning Meeting** Sunday, October 6 immediately following morning worship in room A102 for those interested in helping.

Young Professionals

We will meet for a **Board Game Night** Friday, September 27 at 7:00 p.m. in the Family Life Center.

Thank you

I want to thank my family at WOCC for their prayers and precious cards of encouragement for the illness and loss on earth of my precious daughter Megan.

It is only by the grace of God, the daily Bible reading, and Celebrate Recovery that I have the tools to walk this season.

Sincerely,
Ann Birdwell

Sympathy

Heartfelt condolences to Bob Burright at the loss of his mother, **Avis Burright** Tuesday, September 17. There will be no memorial service. Please keep Bob and Lorene in your prayers.

Deepest sympathy to Kaye Shock at the loss of her brother, **D.C. Bass** who was killed in a car accident Sunday, September 15. The funeral was September 20 in Conway, AR. Please keep the family in your prayers during this difficult time.

Expectant Families

Cecilia & Tony Bloom
Alyssa & Keith Nix

Youth News

There will be a **Youth Invasion TONIGHT** immediately following the evening assembly at Whataburger on 1488.

Youth Weekly Bible Study meets each Tuesday 7:00 p.m. at the Fontenot home.

The **2019 Girls Conference** for girls 6th-12th grade and will take place Saturday, October 5 from 9:30 a.m. to 2:00 p.m. in the Chapel Center. The cost is \$10 per person.

There will be a **Youth Devo Sunday**, October 6 immediately following the evening assembly in the Chapel Center. Please bring \$3 for food.

Treehouse Kids' News

Sprouts Story & Craft Time meets Wednesdays at 10:00 a.m. in the church foyer.

Bible Builders for children ages 2 to 5 will be dismissed at the Sunday evening assembly to go "through the Bible in a year." The memory verse for September is Matthew 16:16 -"You are the Son of the living God."

Come and enjoy an evening of fun and fellowship in the country. There will be a **Kickball Game , BBQ supper and a Campfire Devo** this Friday, September 27 from 6:00 p.m. to 8:30 p.m. at the Ingram Home. Please bring camp chairs, a cooler of drinks or dessert to share. Please RSVP on the event on the Children's Facebook Page.

Prayers

- ✠ **Danyce Rundell**/having heart issues/she is having tests/please pray for diagnosis and the added stress involved.
- ✠ **Laurie Riggs**/irregular heartbeat/doctors are working toward a pacemaker.
- ✠ **Skip Foreman**/recovering at home after hospitalization following car accident.
- ✠ **Debi Hix**/will have surgery September 23 at Memorial Hermann The Woodlands Hospital/she is expected to stay 1-2 days/visitors welcome.
- ✠ **Mary Young**/will have MRI & tests for heart problems/experiencing trouble with vagus nerve disorder.
- ✠ Members battling cancer: **Tom Campbell, Cynthia Haney, Terry Hopper, Dean Hurlbert, Bob McDougal, Joanie Roberts, and Nancy Stucky.**
- ✠ Friends & family battling cancer: **Jennifer Woodward Banks, Teri Barker, Paola Bejaran, Brian Blake, Jeff Branton, Fred Conrad, Emily Cottle, Mike Ferdinand, Tom Ed Gooden, Larry Hall, Randy Hicks, Shawna Holland, Mike Howard, Kathy Kaaiohelo, Jordan Love, JJ Lovoi, Jerry Malone, Mallory Mitchen, Marty Pedranzan, Gerald Pereiro, Meghan Rudd, Becky Splawn, and Leon Taylor.**
- ✠ Please remember our members: **Ken Coleman, Robert Dozier, Bobbie Fellabaum, Ann Glenn, Bennett McMurray, Sharon Mynes, Nancy Palmer, Laurie Riggs and Elton Stubblefield.**
- ✠ Please remember friends & family: **Glenna Alexander, Roger Borne, John Clark, Gary Cook, Jimmy England, , Arvella Faulkner, Anika Matheidas, Leilani Palmer, Bill Peepers, Faye Potter, Verniece Priest, John Reika, Ryan Waters, and Brook Veale.**

This Week

Today	6:00 p.m.	Bible Builders - Jesus' Baptism and Temptation
	7:00 p.m.	Youth Invasion - Whataburger
	7:30 p.m.	Pickleball
Monday	4:00 p.m.	Women's Pickleball
	6:00 p.m.	Advanced Men's Pickleball
Tuesday	9:30 a.m.	Ladies Bible Class
	7:00 p.m.	Youth Weekly Bible Study
		Soccer
Wednesday	10:00 a.m.	Sprouts Story & Craft Time
	5:30 p.m.	Meal
	7:00 p.m.	Bible Classes (Adult: Kyle Gordley)
	8:30 p.m.	Pickleball
Thursday	6:00 a.m.	Men's Prayer Breakfast @ Denny's on 1488
	10:00 a.m.	Community Bible Class
	6:30 p.m.	Celebrate Recovery
Friday	6:00 p.m.	THK Kickball Game, BBQ, & Bonfire-Ingram Home
	7:00 p.m.	Young Professionals Game Night

Upcoming Events

September 29	PM Guest Speaker - Pat Sheaffer
October 1	Men's Luncheon
October 2	Quilting Group
October 3	Community Bible Class Potluck Luncheon
October 5	Girls Conference
	Men's Breakfast
October 6	Baby Shower for Alyssa Nix
	Guys Conference Planning Meeting
	Youth Devo
October 13	Congregational Singing
	THK Teacher/Preacher Appreciation Lunch
	Youth Invasion
October 19	Fall Festival
October 20	Elder/Deacon Meeting
	Congregational Meeting
	Youth Devo
October 26	Youth SNL Devo - Walker Home
October 27	Impact Church of Christ Meal
October 30	Youngest Men Lead Singing
November 1	Youth Guys/Girls Night Out
November 2	Men's Breakfast
	Youth Service
November 3	Senior Parent Meeting
	THK Thanksgiving Potluck
	Congregational Singing
	Youth Devo
November 10	Friends Day
November 15	Southern Sudan Banquet

A cart for all donations is in the Worship Center foyer.
SEPTEMBER DONATION NEEDS:
WOCC Sharing Pantry: Rice, Beans (dried), Boxed Potatoes
Arms of Hope: Paper Towels, Baby Wipes, Toilet Paper

If you could use meals during times of need, please contact the church office at 936-273-0010 or information@woodlandoaks.org