



Seymour Sayings

The Weekly Bulletin of the

Seymour Church of Christ

Meeting at 269 Business Park Lane
Seymour, TN 37865

December 18, 2022



Person to Person . . .

Tom Miller



STRESS

Are you ever stressed? Yeah, me, too.

The OnePoll, a nationally known and respected Market Research Agency, headquartered in London, recently surveyed 12,500 Americans in regard to stress.

Their results are interesting, and some are even amusing.

For instance, they found that Missouri is the most stressed out state. A little surprised there! Can't help but wonder why.

They also found that 2022 has been the most stressful year people can remember. Not surprised at all by that. Contributing factors were unemployment, Covid, political tension, and rising prices.

88% of those surveyed said that the holidays were the most stressful time of the year. This was due to travel problems, family interaction, and gift giving dilemmas. Here I thought the holidays were supposed to be filled with peace, joy, and celebration. Oh, well.

One of the most amusing things was what people said they would give up for just one stress free day. The answers ranged all the way from an entire week's paycheck to chocolate to sex. See, I told you that some results were amusing.

How about a little "down home" advice. Take a moment to just breathe. Be thankful for good things and good times instead of focusing on what is bad. Prioritize. Talk to God about all your problems. He really does care. Read some encouraging words from Scripture. Make sure your relationship with Jesus is what it should be. Keep looking up. It's not magic, but it will help.

FAMILY MATTERS



PRAYER LIST—Since this bulletin is being prepared more than a week in advance, there is no prayer list published. Please be sure to listen carefully to the verbal announcements made at the beginning of today's services.

WELCOME—We want to welcome the **McHone family** to the Seymour congregation. They had been worshipping with the Karns congregation but are closer to us. There are four members of this family: **Bret and Tess** and their two sons, **Gabriel and Eli**. We look forward to working and worshipping with this good family.

COAT COLLECTION—**Will Curtis** reports we have given 40 coats to the **Hands & Feet Ministry** at South Knoxville. Way to go, Seymour. There is still a need, however, so bring your gently worn coats for donation to the homeless and working poor.



✓ ***Carols and Cookies/Milk***—*Sunday Evening, December 18, following services. Everyone invited.*

✓ ***Christmas Day***—*Sunday, Dec. 25, 10 a.m. service only.*

✓ ***New Year's Eve Finger Food, Games, "Dirty Santa" Gift Exchange (\$10.00 limit)***—*Saturday, Dec. 31, at 7 p.m.*

"The joy of brightening other lives, bearing each others' burdens, easing each other's loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the holidays."

—W. C. Jones



SERMONS FOR SUNDAY, December 18

A.M.— **"Don't Give Up!"**

Galatians 6:9-10

(Rusty Curtis)

P.M.— TBA

THOSE PRIVELEGED TO SERVE TODAY

	<i>Morning</i>	<i>Evening</i>
Announcements:	John McBroom	John McBroom
Song Leader:	Will Curtis	Kenny Brown
Opening Prayer	Darrell Whitaker	Sam Martin
Bible Reading:	Chris Bragwell	
Preside at Lord's Table:	Jeff Whitaker	Jeff Whitaker
Serving at Lord's Table:	Ricky Spears, Mark Neal Al Flores, Bret McHone	
Closing Prayer:	Brian Lane	Jeff Cronin

*Wednesday: Singing. Will Curtis; Devotional, Brian Lane
Closing Prayer, Al Flores*

Seymour Church of Christ

269 Business Park Lane — Seymour, TN 37865

865-661-8126 — www.seymourcoc.org

Elders:

Rusty Curtis
Brian Lane
John McBroom

Deacons:

Chris Bragwell
Kenny Brown
Jeff Cronin
Tom Miller
Tim Wheeler
Jeff Whitaker

Minister:

Tom Miller
(865) 386-3829
tom@seymourcoc.org

Services: Sunday—9:00 a.m., 10:00 a.m., and 6:00 p.m.

Wednesday—7:00 p.m.



Just checking on you. You all okay? Well, have a good day!