

Melbourne Church of Christ

"A family of believers seeking to grow spiritually while sharing Jesus and serving others."

They're Your Buttons

by Neil Richey

I've been told more than once, *"Don't blame others for pushing your buttons. They're your buttons."* Be careful, it's easy to blame others for our thoughts and actions. *"Well _____ just made me so angry that I couldn't control myself", we might say. Or, "I just had to give him a piece of my mind. He had it coming after all."*

The decision to become angry and negatively react is solely ours. It could be that we have stressors in our life that contribute to these buttons being pushed. If you find yourself becoming easily agitated, then here are some things to consider.

Try not to set unrealistic expectations of yourself relative to your time. Self-imposed stress makes it easier for buttons to be pushed. Let yourself off the hook. It's okay to do something other than work—like have a hobby, play with the kids, or work in the yard. Too much time in the office is likely to make it easier for those buttons to be pushed. Get to know yourself. You know what makes you tick. You, better than anyone, know what allows your buttons to be pushed. Be flexible. Life around you is always changing. Learn when and where it's okay to make adjustments. You don't always have to be so rigid with your schedule. A failure to adapt at times can make it easier for those buttons to be pushed.

"Take heed to yourself." (Acts 20:28)

"Come ye yourselves apart into a desert place, and rest awhile." (Mark 6:31)

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself." (Matthew 6:34).

Everyone experiences stress, choose not to let stress make a mess out of you. Remember, they're your buttons.

Dates to Remember

October 29th **Ladies Night Out** @ 6pm, bring item for Manna House
 November 17th **Men's Breakfast** @ 8am
 December 29th **Potluck** after services



Sunday Bible Class 9:15 a.m.
 Sunday Worship 10:15 a.m.
 Sunday Bible Class 11:15 a.m.
 Wednesday Evening 6:00 p.m.
 Nursing Home 3rd Sunday 2 p.m.

Please bring money or items for the Children's Homes

Tuna Ivarest Gatorate Canned Chicken Bottled Water
 Diapers (Newborn & Size 1) Rotel Velveeta Cereal Flour
 Granola Bars Pringles Vienna Sausage Healthy Snacks

Elders

Danny Brightwell
 291-3439

 Shelby Qualls
 346-5255

Deacons

Bryan Phillips David Brightwell
 373-0546 291-1122

 Alan Love Frank Fowler
 243-4608 291-1784

 Joe Cooper
 291-4653

Minister

Ryan Lloyd
 217-1109

fireproof42@gmail.com
 Melbourne CoC
 Box 267
 Melbourne, AR 72556

Family News

- Hayride at Shelby and Ramona's house this afternoon at 4pm
- Cookout at the fellowship hall Wednesday night, October 30th, 6pm
- * Communion is gluten-free and travel communion is available.

	TODAY	NEXT SUNDAY
SONG LEADER	Doyle Wyatt	Doyle Wyatt
OPENING PRAYER	Danny Brightwell	Alan Love
CLOSING PRAYER	Larry Young	Frank Fowler



Randy Haney
Shelby Qualls

Joe Cooper
Kelly Webb

Brad Sipe
Dale Byler

DOOR GREETERS

OCTOBER 27TH **JEFF, SARENA & JIMMIE FAY YOUNG**

NOVEMBER 3RD **SHELBY & RAMONA QUALLS**

CHILDREN'S GATHERING TEACHERS FOR OCTOBER

HOLLY, HALLE & LISA COOPER

Nursery

October 27th **Tiffany & Kiley Webb**

November 3rd **Tamra Brightwell**

Power in Prayer Project

Father, there are times I worry and am afraid and it creates stress in my life. When I cannot control the situation, give me Your grace and mercy to control myself well. As I learn to manage myself better through the practical application of self-control, I pray You will increase my inner peace and hope.

We have a critical shortage of Bible teachers in the children's classes. You are needed in this area. Please pray about it and if you would like to teach for a quarter talk to David or Betty.

Prayer List

Military: Derek Love, Tyler Talkington, A.J. Talkington, Blake Johnson

Officers: Steven & Sherry Davidson, Josh Morehead, Jamie Irvin, Tyler Webb, Caeden Wolfe

Health: Dot Sanders	Joyce Newbrey	Cal Gillihan	Joanna Smith
Joe Guiltner	Jane Sullivan	Wilma Cooper	Wayne Crosby
Tracy Thomas	Brooke Pritchard	Troy Gaston	James Nicholson
Bill Roland	Hayden Phillips	Donny Smith	Joanne Weston
Bill Wiseman	Debbie Nicholson	Helen King	Phil Haagenon
Eutha Vest	Tommy Washington	Jim Fowler	Dale Smith
Andrew Pearson	Ivy Jo Slade	Toni Lawrence	Andrew Weaver
Sue Washington	Johnny Guthrie	Charlotte Cooper	Dan Clark
Nick & Mary Kosmitis		Earnie Blackley	

Nursing Home: Lucille Linn, Audrey Eddings, Debbie Hoskinds, Holly Stroud, Jimmy Gillihan, Emma Jean Cooper

October Birthdays

Trena Humphrey 5 th	Ronnie Adkisson 6 th	Ethan Phillips 8 th
Chad Lawrence 10 th	David Brightwell 12 th	Tyler Wammack 15 th
Joe Washington 18 th	Toni Lawrence 20 th	Julie Qualls 22 nd
Sue Campbell 22 nd	Melanie Crosby 25 th	Rita Hoskinds 26 th
Brooke Pritchard 26 th	Thomas Lamb 27 th	Heather Elms 30 th

October Anniversaries

Mary & Ken Bone 14th

Nick & Mary Kosmitis 16th

Clifton & Melba Gillihan 18th

1 Peter 1:13, "Prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. "

