



Sunshine Church Of Christ

Volume 56, Issue 24

www.sunshine-church.org

Sunday, Jun. 10, 2018

Elders

Rich Book	820-3213
Don Coriell	464-9994
Jon Coriell	820-6145
Wayne Gampp	820-3444
Tom Kelley	259-2258
Shaun McCray	935-9701

Deacons

Dewey Cordle	820-4624
Gabe Coriell	820-8652
Shawn Gragg	820-5346
Dale Kuhn	820-4690
Aaron Kallner	285-0738
Eric Miller	820-4944
Eugene Risner	820-2256
Mark Risner	820-2948

Pulpit Minister

Dr. Jon Partlow	716-8741
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Family Life Minister

Jamie Riley	935-7812
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Youth Minister

Tim Gampp	250-9460
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Sunshine Church of Christ
20 Barklow Road
Portsmouth, OH 45662
Church Building - 820-3415
Building Fax - 820-5450
Innermission—355-3186

(I wrote this in August of 2014 following the suicide of Robin Williams. After the tragic suicides of Kate Spade and Anthony Bourdain this week, I felt like we needed this article again. JAP)

The tunnel was dark, black, and bleak. Not right. If there was a tunnel, there might be an exit, and light ahead, and if there is light, hope exists for an escape. No, it feels like no hope exists. It's not a tunnel but a prison, with a lifetime sentence and no chance for parole. The darkness, blackness, and bleakness felt heavy, like a thick fog, disabling your vision. Or the darkness, blackness, and bleakness is pounding like a rainstorm, so strong you cannot see the road before you. It felt heavy, like a hundred pound weight strapped around your neck, and every step takes all your effort. Inches for everyone else is miles for you. The message you hear between your ears is loud and clear, like an announcer at a stadium for all to hear,

"You are a failure!

You are worthless!

You are unloved!

The world is better off without you!"

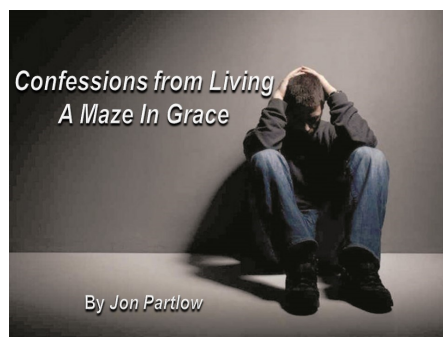
Do you remember the video from the 9-11 attacks? The planes struck the World Trade Center, the fire consumed the buildings and they were about to fall. People, hundreds of people, were trapped in the building. If they stayed where they were, they would have either been consumed by the smoke and fire, or become the rubble from the fallen building. Some 200 people saw no other option, and in order to escape the inferno, they jumped to their deaths.

Depression is the silent killer. It feels like you're living in a dark hole, and no hope of escape reveals itself. No one loves you, and if they knew you they would hate you, so the depressed person believes. Suicide is rationalized as the only means possibly of escaping the hole. Reports tell us that about 10% of the American population suffers from depression (10% is probably a low estimate). Do the math, make the count; at least one in every 10 people you know probably suffers from depression, and its cause is varied in form: chemical imbalance, medications, chronic illness, sedentary lifestyles, abuse, ADHD, life setbacks, alcohol etc.

The outward signs of our lives may have nothing to do with the inside of our hearts. The perceived success in business or in beauty only cover up the failure and ugliness realized within our own lives. I once sat with a successful, beautiful middle aged woman and talked. From the outside looking in, she had everything: A respected business, a godly husband, wonderful children, a spiritual depth to be admired, and she looked ten years younger than her age. However, out of the depths something was swelling. "I fight it every day," she confessed. "What's that?" I wondered.

"Depression. Sometimes getting out of bed takes all my energy." She continued to explain, "I would never commit suicide," a long pause emerged as she tried to find the right words, "but every night I pray that God will give me a heart attack while I sleep so that I will not have to wake up in the morning."

Maze continues on back page...





Prayers For Sunshine Family

Jacob Click good results from doctor visit, preparing for physical therapy.

Alma Coriell receiving hospice care from home.

Jon Coriell appointment June 29 to determine when his procedure will occur.

Vanessa Coriell recovering from back surgery.

Karren Griffith doing physical therapy at SOMC.

Ronnie Hardin is improving from back surgery.

Garnet Lindeman ongoing health concerns.

Norm McGinnis still recovering.

Irish Young has a green card meeting on Jun. 14.

Shaun Young sees surgeon on Jun.12.

Special Members

Judi Allison Elbrooke room #535.

Gene and Esther Crisp Riverbend #123.

Sarah Gililand moved to Hill View, room #3223.

Ike Hardin Edgewood Manner.

Merritt and Helen Hayward are home bound.

Ruth Morris at Best Care room #10.

Prayer Requests

Olan Mooneyham (Derrick's father) not doing well.

David Sorroll (Stephanie Miller's brother) deployed to desert region.

Pete Taylor is home recovering from stroke.

Expecting Mothers

Taylor Brothers—Oct. 16

Brittany Gampp—Oct. 3

Michaela Miller—Oct. 14

Elders Meeting Together

June 2018

Meetings:

Sunday, June 10 and 24 at 5:00PM

Prayer Session:

Thursday, June 28 at 7:30PM



6/18-22	2018 Vacation Bible School
6/24	Area Wide Singing
6/28-7/1	Youth Work Camp
7/8-7/14	Church Camp
8/6-11	Scioto County Fair

Sunshine Church Service Info

Anonymous Prayer Request Hotline:

Text **94706 & your request** to the phone
22333

Sunday Morning Live Streaming: <http://media.sunshine-church.com> or <http://sunshinecofc.sermon.net>

Welcome To All of Our Guests

We give a special welcome to all of our guests today. If this is your first time to visit with us this year, please stop by the Welcome Center in the foyer at the conclusion of services, sign our guest register and pick up your gift for being one of our guests today.

Gluten Free Communion Available

We have gluten free communion available for anyone who needs it. It can be found at the Welcome Center. You can simply pick it up before the services or on your way into the auditorium.

Area Wide Singing At Sunshine

June 24 from 2:00-4:00pm Sunshine will be hosting an Area Wide Singing. We will be having light refreshments and fellowship after the singing.

Sympathy Extended

We extend our sympathy to the family and friends of **Violet Barnard**, Helen Hardin's mother. She passed away May 31 and her funeral was this past Sunday.

VBS Announcements:

VBS Invitations

VBS Invitations are in the foyer. Please take them and hand out to your family and friends!

VBS Shirts Pick-Up

Please see Jamie Forbes to pick up your VBS shirt or to pay for your shirt.

VBS Sign-Up Sheets For Responsibilities

Sign-up sheets for VBS jobs are out in the foyer. Please take time to look and consider signing up for a job! Any questions see Heather Gragg!

VBS Cookie Sign-Ups

Please consider making cookies for our VBS! Sign-Up sheet is in the foyer at the Welcome Center.

Donation Give-Away

We are hoping to have a "free" yard sale at the building towards the end of summer. The idea is to give away "gently-used" clothing and household items. Please keep this in mind as you are decluttering this summer. Thank you!

VBS Craft Supplies Needed

Cile Partlow is collecting empty toilet and paper towel rolls for a craft she is doing with her VBS class. If you have any, please bring them to the church office! Any questions contact Cile!

Deacon Selections

The Elders would like the congregation to prayerfully consider Josh Coriell, Ryan Coriell, and Rick Coriell as deacons here at Sunshine. We feel these men meet the scriptural qualifications as would ask you to search the scriptures and let us know if there is any reason they should not serve.

Father's Day Presentation

June 17th is Father's Day and we'd like to show our appreciation for all our fathers out there by having a photo of them with their kiddos. It can be a funny, sweet, serious, cute, or down right goofy photo, but we won't be able to use it unless you send them in before the deadline, **Friday June 15th**. Photos can be sent to **Jacob Miller** via **Facebook Private Messaging**, or by sending them to info@sunshine-church.org

Blood Drive

American Red Cross will be having a blood drive here at Sunshine on Saturday, July 7 from 9:00am-2:30pm. Please bring photo id or donor card.

Get Registered For Church Camp!!

It's time to start thinking about registering for Church Camp at Fort Hill! Our camp dates are July 8-14! Any questions see Shaun or Lisa McCray.

Men's Class In July

Dave Deacon will be teaching a men's class on how to prepare a Bible class/lesson this coming July. He has prepared four Wednesday night lessons for men.

Send Off Party For Casper Rasmussen

On June 11, 7:00p.m. (Sunshine Fellowship Annex) there will be a going away send off for Casper who will return to Denmark of June 13. Join us for the "Great American Send off of 'The Great Dane.'" RSVP on the church event page, Mike and Sharon Gampp at (740) 285-8172 , or give Mike an email at mike.gampp@falcon1.net.

Sponsoring Haiti Children

TO ALL WHO SPONSOR CHILDREN IN HAITI: I will be making arrangements to pick up "goodie bags" for Cheryl and I to deliver to Haiti for you. Please get these to either **Heather Gragg** or **Lisa McCray** by Sunday, June 24.

Toys, books, socks, flip flops, etc., as long as it fits in a ziplock bag. TAG the bag with your child's name and school they attend, along with your name, please.

Family Bible Time

Week 24 Text:

June 10—Lesson 151 2 Samuel 11

June 13—Lesson 152 2 Samuel 12 & Psalm 51

Week 25 Text:

2 Samuel 13-14 and 2 Samuel 15

Those Who Serve

<u>Sun. Morning</u>	<u>6/10/2018</u>	<u>6/17/2018</u>	<u>6/24/2018</u>
Welcome	Shaun McCray	Rich Book	Don Coriell
Midservice Prayer	James Jacobs Sr.	Aaron Kallner	Jared McCray
Communion	Eugene Risner	Mark Risner	Dewey Cordle
Reading	Jacob Miller	Derek Miller	Shane Mougey
Closing Prayer	Jeff Vanatta	Sam Williams	Shaun Young
<u>Sun. Evening</u>	<u>6/10/2018</u>	<u>6/17/2018</u>	<u>6/24/2018</u>
Song Leader	Johnny Beekman	Jon Coriell	Zach Coriell
Reading	Rick Coriell	Tim Coriell	David Deacon
Communion	Dale Kuhn	Aaron McCray	Caleb Miller
Assist	Adam Cordle	Alex Cram	Levi Coriell
Prayer	Josh Coriell	Zach Coriell	Jason Foster
<u>Wed. Evening</u>	<u>6/13/2018</u>	<u>6/20/2018</u>	<u>6/27/2018</u>
Song Leader	Wayne Gamp	Matthew Hoskins	Shaun McCray
Prayer	Shawn Gragg	Dusty Henry	Greg Shepherd

Regular Service Times

Sunday

Early Worship - 8:15 am

Late Worship - 10:00 am

Bible Study - 6:30 p.m.

Wednesday

Bible Study - 7:30 p.m.

This bulletin is a publication of the Sunshine Church of Christ. To learn more about the Church of Christ you may contact us at the telephone number or address on the front cover. Deadline for each issue is 8 am Friday. Content should be emailed to info@sunshine-church.org

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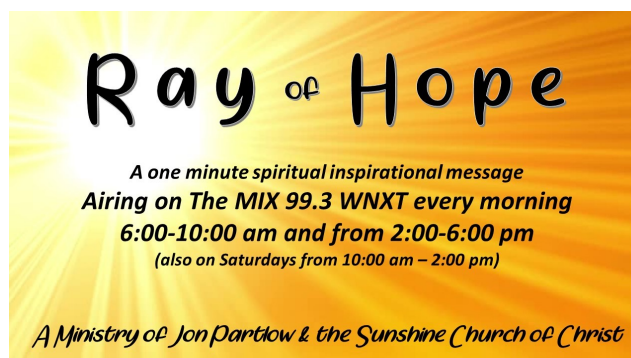
Maze from front page...

I wanted to dismiss her feelings and tell her to “snap out of it,” but you cannot simply snap out of depression. I wanted to minimize her pain by telling her to listen to more upbeat, praise songs, but her heart needed to read more of the Lament Psalms. I wanted to ignore her journey and tell her that the road will get better, but what she needed to know was that God would continue to give her the strength to face each day.

Depression is a heavy burden, and those who suffer from it often hide the symptoms, and they're often experts at hiding the symptoms. They can make you laugh and be the life of the party. They have good days, and they have bad days – and when they have bad days, it seems that they're strung together like stringed popcorn wrapped endlessly around the Christmas tree. They feel very weak, but demonstrate a strong faith by bravely facing each enclosing storm. Sometimes those suffering from depression just need to know you care, that you love them, and that “God's grace is sufficient, for his power is made perfect in weakness.”

My name is Jon Partlow. I am your minister. I have battled depression since 1999, and my life has been *A Maze in Grace*.

Solo Deo Gloria!



Have a wonderful day! :)