

The PRISM



Sunshine Church of Christ

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October 30, 2005

Vol. 40 — Issue 44

The Prejudice Against Tears

Joseph, who became the prime minister of Egypt, met his brothers after 20 years. They were his stepbrothers, who had sold him into slavery and lied to their father that he had been killed by a wild animal. When his brothers came to Egypt to beg for food because of the famine in Canaan, Joseph recognized them at once. It was because he could not forget the mean things his brothers had done to him. However, his brothers could not recognize Joseph.

Joseph kept his identity a secret and questioned his brothers. "Aren't you spies? If you are not spies, prove it by bringing your youngest brother Benjamin to Egypt." When his youngest brother Benjamin showed himself in Egypt, Joseph shed tears. After giving his brothers food, he pretended to be sending them back home, but he brought Benjamin back by accusing him of stealing a silver cup.

At that moment, all the brothers protected Benjamin. They volunteered to be slaves and asked him to set Benjamin free. At last, Joseph revealed his identity. He was sobbing out loud and made gestures to make up with his brothers. What kind of sobbing would this have been? Wouldn't it have been a cry that cleared up the complicated feelings within himself? Since it was a cry that dispersed the feeling of hatred, it would have been possible for Joseph to forgive and reconcile with his brothers.

University of Minnesota researchers studying the chemical composition of tears have isolated two important chemicals, leucine-enkephalin and prolactin, in emotionally shed tears. The researchers say that leucine-enkephalin may be an endorphin, one of the natural pain relievers released by the brain in response to stress. The research team suspects that tears cleanse the body of substances that accumulate under stress. In other words, crying seems to be an appropriate way to respond to stress. Tears released in response to an unemotional activity, like cutting an onion, didn't contain these chemicals.

During the funeral of Diana, the Princess of Wales, who died in August 1997, all of England was full of tears. For the next month, the number of patients visiting mental hospitals declined by half. Experts called this the "**Diana Effect**," referring to the cathartic effect of crying. There are some reports saying that the reason the life expectancy of men is shorter than that of women is because they cry less and have less chance to release their stress.

Some people think that crying is a shameful and embarrassing thing. That is why people suppress tears and get stressed by this. If you wish to become happy like Joseph, try to eliminate the prejudice against tears.



Prayer Requests

For those in the gulf area that are suffering through the effects of Katrina and Rita

For our national leaders and world leaders as they lead their respective nations.

For our troops in Afghanistan, Bosnia, Korea, Iraq, Liberia, Haiti and other places.

For the lost in our families and community.

For the ban on partial birth abortion to stand as law.

For marriage to stand in our laws as God ordained it.

For the church in Siliguri and Naresh Chetri

For **Tim and Jennifer** in the adoption process and the health of baby **Zoe**.

Chris Holbrook (husband to Brandy Gampp's coworker) is scheduled for another surgery in the near future. Prognosis is not good for Chris.

Geneva Miller is still dealing with a lot of pain in her rehab.

Louella Ridley (95 year old woman on Jim Jacob's meal route) is recuperating. She has no memory of what happened but a witness has come forward to identify the perpetrator.

Albert Cunningham had another stroke and is in SOMC.

Ola Cunningham is under hospice care at Jack and Janie Cunningham's home. Cards, prayers and maybe a visit requested. Call before you go.

Terry Knicely is in a long-term hospitalization. Cards and notes of encouragement are requested.

George McCain (Cheryl Sims' brother, 39 yrs of age) is in SOMC after a second heart attack.

Jill Milligan (36 yrs of age, mother of 3) diagnosed with cancer.

Manford Elkins (Amy Graff's father) has been diagnosed with advanced cancer.

Jenny Banks, a member of Minford Community Church and a friend of several of our members, has had some unspecified health problems.

Helen Goodman (grandmother of Jeanette Siebert) had a heart attack last Saturday morning and was taken to Grant Hospital in Columbus.

Edna Gampp is in SOMH no details are available at the time the bulletin was published.

Christmas Program

SINGERS for the Christmas program: There is a rehearsal today at 4:30 here at the building. We are meeting a little early so there is plenty of time to get to your home group afterwards! Be sure to bring your music if you already have it.

LAST CHANCE: This is the last Sunday for signing up for you or your children to help with or be in the Christmas program. The sign-up sheet is on the table in the foyer! Thanks to all who have signed up so far!

Flu Shots Scheduled

Flu vaccines at Sunshine are tentatively scheduled for **Sunday November 20** starting at 9 a.m. Our supply of vaccine comes from SOMC, and is due to be delivered toward the end of November, so this date could change if there is a delay. There are two new providers of vaccines this year, and the FDA is checking every lot. (Kroger, Staker's, Wal-Mart & K-Mart stores will have theirs prior to this due to the bulk they are ordering nationwide, if someone is anxious to get theirs before this.) As far as we know, the vaccines will be open to all adults who want one. Cost will be \$15 with Medicare billing available.

Pneumonia vaccines will also be available, however, you only need a pneumonia shot every 5 years and only if you are a senior or at risk. Pneumonia shots are \$25 with Medicare billing available.

As always, the best defense against the flu is frequent hand washing, using disposable paper towels/tissues, and avoiding people who may sick.

NURSES - Watch the bulletin, we will need your help!! :)

Elbrooke in November

We are getting ready for Elbrooke Services in November. Our first date is Thursday, November 3, at 7 pm. We need teachers for the Bible Study on Thursday nights and speakers for the worship service on Sunday's at 2 pm. In addition we need song leaders and people to help with singing and prayer, etc. The sign up sheet is on the bulletin board. Please sign up for the spots which you can and will cover.

Looking Ahead at Sunshine

- Nov. Sunshine's month at Elbrooke
- Nov. 12 Senior Members Banquet
- Nov. 20 Sunday PM Home Groups **End**
- Nov. 27 Men's Thanksgiving Service

Bible Study Text

<i>Sunday</i>	<i>Wednesday</i>
10/30 Rom 9-10	11/2 Num 25-27, 31
11/6 Rom 11-12	11/9 Num 32-36
11/13 Rom 13-16	11/16 Deut 31-36
11/20 I Cor 1-2	11/23 Joshua 1-2
11/27 I Cor 3-4	11/30 Joshua 3-4

Fellowship Dinners Scheduled

Ladies, please mark November 27th and December 18th on your calendars and treat us to some of that wonderful food you're famous for! Fellowship dinners are scheduled after morning worship services on those dates. For more information, contact Scott Gampp.

Spirit Club

There are slips of paper on the table in the foyer for parents to fill out so that your child can be recognized for memorization with the Spirit Club. Pictures will be taken in the teen room immediately after services on the last Sunday of every month (today!!). Your child does *not* need to get a new picture every month if we already have one on file, but you will still need to turn in your slip at that time! Congrats to parents and students who are investing in eternity!

Picture Day - Today, October 30, after morning services will be our time to make pictures of those who have completed their Spirit Club memory work for the month of October.

Teen Devo

Devo at Mike & Sharon Gampp's at 6 p.m. Tuesday

Men's GYAT Class

Next Sunday, November 6, 7:30-8:30 am. Read Chapters 11 and 12. Underline the good stuff and be ready to talk about it.

The Sunshine Blog is Growing!

The Sunshine-Church blog page appears to be a big hit! Several of our members are posting regular commentary on a daily basis. Drop in and see what they have to say or add your own comment to the dialogue! The address is <http://sunshine-church.blogspot.com>

Home Groups Continue

This evening is the second session of our Sunday Evening Home Groups. Groups should meet at 6:30 pm and be wrapping things up around 8:00 pm.. If you haven't been attending, check the table in the foyer and sign up for the group that you would like to attend.

- **Group Leaders**, if you have several teens in your group, you may want to download a modified version of the material from our website that has been re-worded to apply to a broader audience. Just click on the picture of the house near the bottom of our home page.
- * **Hosts**, don't forget to post your attendance numbers!

Senior Members Banquet

The teens will be hosting our annual Senior Members Banquet this year on Nov. 12th at 5 p. m. here in the fellowship hall. If you are 55 or older, please plan to attend if you possibly can!

Sunday PM Services

Home Groups continue tonight. There will be a group meeting here at the building.

THOSE WHO SERVE

Sunday Morning

Bible Class Text
Welcome & Prayer
Song Director
Scripture Reading
Prayer
Lord's Supper - Server 6
Server 5
Server 4
Wine
Bread
Server 3
Server 2
Server 1
Message
Closing Prayer

October 30

Romans 9-10
Wayne Gampp
Ralph Gampp
Steve Williams
Dewey Cordle
Jim Jacobs, Sr.
Troy Gahm
Jerry Gampp
Mike Coriell
Bud Coriell
Eric McLaughlin
Matt Cram
Mike Gampp
Jamie Riley
Gabe Coriell

November 6

Romans 11-12
Tom Kelley
Taylor Hoskins
Al Graff
Jason Coriell
Ira Coriell
Travis Scott
Kevin Stimpert
Terry Sullivan
Rich Book
Josh Coriell
Ryan Coriell
Zach Coriell
Jon Coriell
Mark Risner

Sunday Evening

Song Leader
Opening Prayer
Lord's Supper
Closing Prayer

HOME
GROUP
MEETINGS

HOME
GROUP
MEETINGS

Wednesday Evening

Song Director
Prayer
Bible Class Text

Jeff Hayward
Jacob Miller
Numbers 25-27, 31

Gabe Coriell
Mark Gampp
Numbers 32-36

Scheduled Services

Sunday

Bible Study - 9:45 am
Worship - 10:30 am
Home Groups - 6:30 p.m

Wednesday

Bible Study - 7:30 p.m.

The Prism 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 5 p.m. Friday. News items may be called to Al Graff or Steve Miller or e-mailed to:

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or

srmiller1522@yahoo.com

VISIT US ONLINE AT
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sunshine-church.blogspot.com

Elders

Don Coriell	776-6346	dcoriell@sunshine-church.org
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Wayne Gampp	820-3444	wgampp@sunshine-church.org
Tom Kelley	259-2258	tkelley@sunshine-church.org

Evangelists

Steve Miller	820-4379	smiller@sunshine-church.org
Pager	290-0156	
Jamie Riley	820-3348	jriley@sunshine-church.org
Pager	290-0158	

Building	820-3415
Building Fax	820-5450
Campus Ministry	355-3186

Church Office Hours
8-12 M-F

Deacons & Areas of Ministry

Rich Book	820-3213	Education, Elbrooke Services, Library
Bud Coriell	776-3452	Building Remodeling
Mike Coriell	820-3415	Local Benevolence
Jason Coriell	820-4739	Treasurer, Office Supplies
Scott Gampp	820-3545	Worship, Special Events
Gary Glispie	776-4279	Church Directory, Program of Work
Alan Graff	776-7905	Bulletin, Advertising, Front Sign, Computers
Dick Havens	456-5009	Building Maintenance, Supplies
Taylor Hoskins	820-4645	Worship, Insurance, Budget
Shaun McCray	776-7738	Treasurer, Office Supplies
Homer Miller	776-7550	Funerals, Hospital Visitation, Attendance
Eugene Risner	820-2256	Fire, Health, Seniors, Joy of Giving
Willis Shumway	820-2833	Building Use & Security, Baptistery
Terry Sullivan	776-7056	Youth Ministry