

Prayers.

Winifred and her family.

Agnes

Trevor; Irene.

Margaret and John.

Roy and Beryl.

Joel's work in India

Joel's Father.

Joyce and her son
Keith.

Yemi and family

Val, Daryl and family

Blossom and her Family

Rosaely

Those have Fallen
Away

To all our members who
are not here for one
reason or another.

That God may open
people's hearts to the
gospel and that God will
add to our number.

Study

Summerlanecoc.com
ScripturesSay.com.

Address:

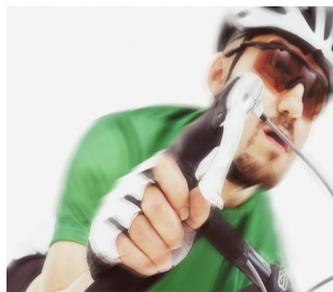
Summer Lane Church
of Christ, Geach
street, Summer lane,
Newtown, Birmingham.
West Midlands.
B19 2NN.

Excellent Endorphins!

It is no secret that I have been involved in a good amount of exercise over the past several weeks. One of the things that I have experienced in exercising is the so-called "Cyclists high." During cardiovascular exercise, the body reaches a point where it releases "feel-good" chemicals known as endorphins. One of the effects of endorphins is (among other things) to minimize minor aches and pains—which, in turn, encourages a person to continue exercising. This "high" can be experienced at different ranges—from a mild "good feeling" to a strong sense of euphoria, depending on how much an individual exerts himself. The result is that the person doing the exercise is encouraged to do more, and also is encouraged to make exercise a general habit.

Endorphins are not only responsible for aid in exercise, but also may prevent the body from experiencing excruciating pain in severe trauma. In the

1970s, this chemical was first discovered by scientists studying the drug morphine. Prior to the 1970s, emergency medical personal were often amazed that some people with serious injuries were lucid enough to communicate and in apparent lack of pain. Researchers discovered that endorphins were an even more powerful chemical than morphine, but without the unpleasant side effects of drug addiction.



Endorphins are now known, by scientists and emergency technicians alike, as the morphine made by the body.

Endorphins may also be released from other positive behaviors such as smiling, laughing, meditating, singing, listening to good

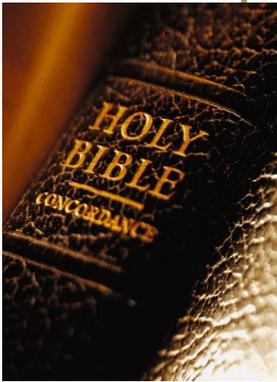
music, and even eating good food. Is this ability of the body to provide chemicals that encourage good behavior not evidence of good design? Consider the following facts. **First**, endorphins are dispensed only when needed. **Second**, they are released only in the dosage that it is required. **Third**, they are powerful enough to counteract strong pain.

Fourth, they are not addictive. **Fifth**, they encourage good behavior. **Sixth**, a person must exert a certain amount of positive effort to enjoy their benefits. Those are some of the same types of standards that pharmaceutical companies use as they try to develop beneficial new medicines.

The psalmist wrote, "I am fearfully and wonderfully made" (Psalm 139:14).

How wonderful it is to know that the human body that God made for us has such incredible design!

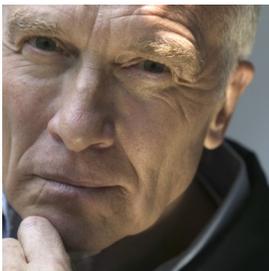
Bible Studies for the Week of Oct 14th, 2007



AM Sermon.....	The Lord Speaks (Ricci)
Scripture Reading for Sermon	Hebrews 1:1-2.
Adult Bible Study	The Bible (Ricci)
Scripture Reading for service.....	Deut. 1:1-18; Luke 22:54-71.
Sunday School Class.....	No Details Given
Thursday Bible Class.....	Galatians (Trevor)
Ladies Bible Class	No Details Given
Men's Bible Class	

Looks to Lust!

Reliable studies indicate that 86 percent of rapists use pornography regularly."



In the great Sermon on the Mount Jesus said: "That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart." (Matthew 5:28). Such a sin is amazingly easy to commit. The world around us parades nearly nude women before us. If not nearly bare, then designed to seduce.

The entertainment industry honors no guidelines for decency. Therefore, anything goes.

Many of us never heard of pornography until a few years ago.

The worst we saw as teenagers was pin-up girls but no nudity. Pornography is a growing problem in our world today. It is recognized as the third largest money-maker for organized crime. It follows close behind drugs and gambling.

Someone asks, "**does it hurt to look?**"

You are not the same person after having looked. Reliable studies indicate that 86 percent of rapists use pornography regularly.

Approximately 72 million visits are made yearly to pornographic sites. 100,000 young

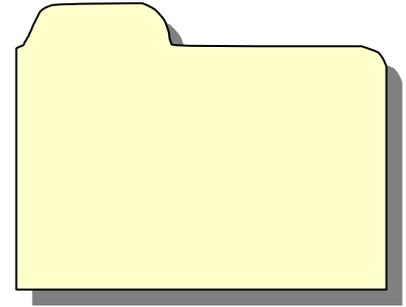
people are solicited for sex via the Internet every day.

Pornography is a very insidious evil. It quickly becomes addictive and is readily available. It very quickly destroys a home, alienates parents from their children and separates one from salvation.

Do you know what your children are watching? What about your husband/wife?

For The Files: Week Beginning October 7th 2007

Sunday Bible Class.....	10
Sunday AM Worship.....	40
Sunday School.....	8
Sunday Prayer Time	10
Sunday Night Study - Once in the Month.....	
Thursday Evening Study	12
Contribution.....	£195.00
Budget.....	£100.00.



Ricci's Corner. (Another question asked by me. Like to keep you thinking)

Personal Thoughts and Actions for the Week

“...and give thanks in all circumstances, for this is God’s will for you in Christ Jesus”(1Th 5:18). When circumstances are good and bad, difficult and easy, common and rare, joyful and sad, in sickness and health, frustrated and calm, do I always remember to thank God?
It is never too late to start...

Have ago and answer this one!

Paul recalls in 1 Cor 15:3 For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, 4 and that He was buried, and that He was raised on the third day according to the Scriptures, 5 and that He appeared to Cephas, **then to the twelve.**

In Acts 1 it reads

13 And when they had entered, they went up to the upper room, where they were staying; that is, Peter and John and James and

Andrew, Philip and Thomas, Bartholomew and Matthew, James the son of Alphaeus, and Simon the Zealot, and Judas the son of James.

26 And they drew lots for them, and the lot fell to Matthias; and he was numbered with **the eleven apostles.**

So the next question is when did Jesus appear to the twelve?

It can't be after Matthias was installed???? Jesus left for heaven and Judas was dead. And if Judas was part of the twelve, then Paul is saying Christ came to Judas after His death and resurrection.

Did He?

Note From Mandy.

Can I take this opportunity to thank all of you who buy from the **“Tuck Shop”**. The money raised has meant that our **No- vember 2nd** party at Summer Lane for members has been

funded in its entirety with the proceeds from the Tuck shop. Thank you brethren, and please continue **to buy or even help supply** if you can.

Chairs.

The Chairs have now arrived. They will require a clean before use. If you would like to help in the cost, they are **£3 each.** That’s what we paid for them.

Our Gospel Meeting

Brethren as you are all aware we have another gospel meeting planned for the **8th December.** All songs sheets and order of service have now been designed and handed to Trevor to print off in numbers nearer the date. I have printed off 240 leaflets which will be handed out via a news paper on the **29th November.** I will printing off more leaflets so you can also handout where you see fit. This will be done in the next few weeks.

30 A4 type posters have been printed off which have been placed at the back of the church. Please feel free to take one to place in a local shop or library. If more are required let me know.

Titus

I have now prepared the first lesson from **Titus,** for those of you who asked.



“...teens
whp listen to
sexually explicit
lyrics often end
up having
sex...”

IMPORTANT INFO

We are thankful to God for this new Lord's Day. It is the day we honor His Son and the Love that He has shown us through Him. Let us worship in spirit and in truth!

Phone:
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0121 4433 145

E-mail:

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trevor.ralph@skv.com

Can I remind you that classes start on time. Remember it's the Lords day.

Ladies Class, 15.10.07;

6pm-7.30pm

Gospel Meeting Here; 08.12.07

Birthday: Stan.

Ask A Bible Question, Log onto;

ScripturesSay.com

God's Salvation Plan

1. **Hear** the Gospel—Romans 10:17
2. **Believe** on the Lord & His Word—Mark 16:16; John 8:24
3. **Repent** of your sins—Luke 13:3,5; Acts 17:30
4. **Confess** Christ—Matthew 10:32,33; Luke 12:8; Romans 10:9
5. **Be Baptized** for the remission of sins—Acts 2:38; Mark 16:16; Galatians 3:27
6. Live a **faithful**, dedicated life—Revelation 2:10; 2 Peter 1:5-10

Welcome!

Visit our web site: www.SummerLanecoc.com

Times for Worship and Study.

Sunday Morning Worship.....	11:00 AM
Sunday Morning Bible Study.....	10:00 AM
Sunday School.....	10:00 AM
Ladies Bible Class	Every Second Monday 12:30 PM
Thursday Evening Bible Class.....	7:30 PM
Men's Bible Study Class.....	First Tuesday in the Month 7:30 PM

Serving Each Other

October 14th 2007

October 21st 2007

Sunday Morning

President

Trevor

Ricci

Preaching:

Ricci

Gareth

Opening Prayer:

Scripture Reading:

Norman

Trevor

Lord's Table

Gareth

Norman

Roy

Edwin

Eric

Philip

Closing Prayer

Duties

Flowers

Margaret

Rita

Tea

Rita

To Be Arranged

Building clean for Oct:07

ALL PLEASE

ALL PLEASE