

PULASKI STREET BULLETIN

PULASKI STREET CHURCH OF CHRIST

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How to Rise Above Discouragement

Do you recall the hymn “What a Friend We Have in Jesus”? The second verse contains these words: “Have we trials and temptations? Is there trouble anywhere? **We should never be discouraged;** take it to the Lord in prayer” (emphasis added). Perhaps in an ideal world we should never feel discouraged, but discouragement is a normal part of living as a human being in a fallen world. Because life is difficult, we all experience discouragement. Not one of us is immune to it.

In his book entitled *Heart Diseases and Their Cure*, Wendell Winkler writes the following concerning discouragement: “The best of all people will become discouraged or frustrated. [. . .] Some of the very finest Biblical characters were victims of discouragement. Correspondingly, elders, preachers, teachers, parents; yea, everybody, at one time or another, becomes discouraged. Life cannot be lived exclusively on an incline. It will have its valleys and peaks, its downs and ups, its lows and highs. The problem is getting down, getting low, getting into a valley, and not getting out. . . .” (85).

Becoming discouraged is a matter of *when*, not if, and your *when* may be right now. Below are some thoughts from both Scripture and experience that will help you and me ascend above discouragement whenever it descends upon us:

- **Admit discouragement.** If we are discouraged, we should not pretend otherwise. Discouragement, like anger or any other emotion, is not sinful in and of itself (cf. Eph. 4:26). It’s how we react to it that makes the difference. There’s no shame in admitting we’re discouraged. More importantly, it’s impossible to defeat what we deny.
- **Remember who God is.** After admitting he had been discouraged (2 Cor. 1:8-9a), Paul surmises, “But that was to make us rely not on ourselves but on God who raises the dead” (vs. 9b). When we are discouraged, we must remember the God on whom we rely. Notice that Paul doesn’t just refer to God as God; he refers to Him as the “God who raises the dead.” God is really powerful. He’s the Rock. Let’s lean on Him (Ps. 18:1-2; 1 Pet. 5:6-7).
- **Find encouraging voices.** Sometimes our perspective on things gets skewed, and we need somebody who is seeing clearly to remind us that things are not quite as bad as we think they are. Sometimes we want to throw a pity party, and we need somebody who will decline the invitation and push us to cancel the party. We all need encouraging voices in the midst of discouragement, and that’s one reason among many others that God brought us together in Christ. If there is one “place” we should be able to go to find encouraging voices, it’s Christ’s church (Heb. 10:24-25; 1 Thess. 5:9-11).
- **Evaluate your expectations.** Discouragement frequently occurs whenever a given expectation falls flat on its face, and more times than not, our expectations were unrealistic. The person who says, “Hey God, umm, I’m a Christian, so what’s up with this setback” hasn’t quite learned the oldest lesson in the Book. Job ultimately understood that sometimes pain, even inexplicable pain, is a part of the process. Expect your plans to blow up in your face from time to time. Expect obstacles. Expect frustration. Expect some failure. Expect some loss. If you want to wear the rose-tinted glasses, I can’t stop you, but rest assured you will become discouraged more often than those whose expectations are more in line with reality.
- **Focus on the future.** Discouraged people tend to live in the past. They think of what might have been if they had done this or that. They dwell on what should have been done or what should have not been done. They just can’t seem to get past their past. Let’s work on not misplacing our past. It does not belong in the present, nor the future. God desires for His people to focus on the future, not ponder the past (Phil. 3:13-14).
- **Accentuate the positive.** In his commentary on Numbers, Gordon Wenham writes, “Despair is always color-blind; it can only see the dark tints” (212). Doesn’t that observation accord with your experience? When we’re discouraged, our brain wallows in the ugly and overlooks the beautiful. While God wants us to be realists, I do believe that He would like for us to look for the silver lining in difficult, discouraging circumstances. Read 1 Thessalonians 5:16-18. We won’t be able to obey these commands, if we don’t accentuate the positive.
- **Choose to endure.** When discouraged, everyone entertains thoughts of giving up. But the key is choosing to endure. Some things that discourage or burden us don’t go away quickly. They linger. In those times, our responsibility is to remain steadfast (Heb. 10:32—12:3).

Jacob Evans

ELDERS: Tim Hammond, 931-852-4832 Biff Helton, 931-242-8785 Bob Markus, 931-762-9779 Eric Nutt, 931-242-3566

Please speak with the elder chairman regarding anything you'd like the elders to discuss or to arrange a time to meet with them.
The elder chairman for July, August, and September is **Biff Helton**.

DEACONS: Shayne Adams Joe Cook Jacob Cothren Jim Donnelly Mark Evans Scott Harris
Billy Helton III Reggie Holt Shane Hughes Andy Lee Mark Miller Brad Nielsen Caleb Shadrick

MINISTERS: Jacob Evans, 731-343-5325 Jeremy Gargis, 931-231-9557 **Hispanic Ministry:** Rodolfo Espinoza, 615-516-0650 **AGAPE COUNSELOR,** 931-762-8502

UPCOMING WORSHIP INFO

For the time being, “those to serve” assignments will not be listed in the bulletin.

We will be meeting in person for Sunday morning worship on Sunday, July 5, with guidelines and parameters in place in order to keep us all as safe and healthy as possible. (See safety measures listed below.)

If you are sick in any way or running a fever, we obviously expect you to continue to worship with us online or on the radio. If you are especially vulnerable to the more drastic effects of Covid-19 and/or these safety measures will be difficult or impossible for you to follow, then we understand if you choose to stay home and worship with us online or on the radio.

safety measures:

- Enter through the open doors in the foyer.
- Pick up PCK(s) and mask(s) (optional, but encouraged) as you enter.
- Find a seat for your family (every other pew is taped off).
- Maintain social distancing (e.g., no handshaking or hugging; no sitting next to another family on the same pew).
- Minimize use of nursery and restrooms.
- Refrain from using the water fountains (bottled water available).
- Exit your row at the end of the service when your row is called.
- Deposit your contribution in a basket, and throw away your PCK(s) as you leave through the foyer.

REMOTE ACCESS

SUNDAY MORNING WORSHIP SERVICE

Via Internet: Go to (1) [Pulaski Street’s Facebook Page](#) or (2) [Pulaski Street Church of Christ’s YouTube Channel](#).

Via Radio: The Sunday morning services will air at about 6 p.m. (6 p.m. is not an exact time; the broadcast should begin sometime between 6 p.m. and 6:30 p.m.) on Sunday evenings at 106.1 FM (Lawrenceburg), 93.1 FM (Loretto), or 590 AM (Lawrence County) and via X Radio App on both Apple and Android.

Sunday Evening Bible Class Livestream: Go to [Pulaski Street’s Facebook page](#) or [Pulaski Street Church of Christ’s YouTube Channel](#) at 6 p.m.

Wednesday Evening Devotional Livestream: Go to [Pulaski Street’s Facebook page](#) or [Pulaski Street Church of Christ’s YouTube Channel](#) at 5 p.m.

During church office hours (Monday through Friday from 9 a.m. until 4 p.m.), you may pick up personal communion kits and/or drop off your weekly contribution. You may also mail contributions/donations to 247 Pulaski Street, Lawrenceburg, TN 38464.

June 24 and June 28, 2020

Mid-Week Bible Study.....	—
Sunday Morning Bible Study.....	—
Sunday Morning Worship.....	147
Sunday Evening Worship.....	—
Contribution (2020 Budget \$10,635.48).....	\$8,157.00
Average (last available).....	\$10,003.52

Pulaski Street Church of Christ
247 Pulaski Street
Lawrenceburg, TN 38464

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U. S. POSTAGE PAID
LAWRENCEBURG, TN
PERMIT NO. 112

RETURN SERVICE REQUESTED

SCHEDULE of SERVICES

Sunday Bible Classes.....	9:30 a.m.
Sunday Morning Worship.....	10:25 a.m.
Sunday Evening Worship.....	6:00 p.m.*
Wednesday night.....	7:00 p.m.

(*Each 4th and 5th Sunday evening service is at 1 p.m.)

SEARCHING THE SCRIPTURES

◆ On WDXE AM 1370/FM 102.5 ◆ 12:45 p.m. ◆ Monday – Friday ◆
The upcoming week of July 6 – July 10 will be hosted
by the COUNTY LINE Church of Christ.

PANTRY LIST

instant potatoes/8 oz. pkg. rice/1 lb. bag
crackers/1 lb. box macaroni & cheese/7.25 oz. box
quick oats/18 or 42 oz. OR boxes of individual packets
dried beans/1 lb. bag ramen noodles/3 oz. pkg.
cans of: tuna/6 oz. Vienna sausage/5 oz. salmon/ 15 oz.
SpaghettiOs, ravioli, etc./15 oz. can
fruit or vegetable juice/46 oz. can or bottle
peanut butter/18 oz. jar soup/10.5 oz. can
canned vegetables/14.5 oz. can...
(corn, green beans, peas, baked beans, pork & beans, etc.)
canned fruit/15 ¾ oz. (peach, pear, etc.)
canned meat/12-24 oz. (Spam, Treet, Chicken, etc.)
jelly, jam, or preserves/18-32 oz. jar

Monetary contributions are always welcome!
Make check payable to Pulaski Street Church of Christ,
and please indicate “PANTRY” on the memo line.
Thank you!

Some services and events have been altered, postponed, or cancelled due to recommendations regarding the current coronavirus situation.

HELP NEEDED FOR BRETHREN in LIMA, PERU

Due to Covid-19, there are already three months of mandatory quarantine for the inhabitants of Lima, Peru. This includes brethren in the churches of Christ in Lima and the provinces. The vast majority depend on daily work to earn income and due to the impossibility of leaving home, they are facing a double crisis, not only the Covid-19 crisis, but also the economic crisis.

For this reason, I am turning to brethren of good will who are kind enough to make some financial contribution, even a small one, to ease a little of the burden of our brethren in the faith in Lima.

The elders of the Pulaski Street Church agree that you can send your voluntary contributions to 247 Pulaski Street, Lawrenceburg, TN 38464. Any contribution will be well received and used on behalf of our dear brethren, who need us now. Please earmark your check, "Peruvian church relief."

Please, feel free to share this information with others who might like to help. If you have questions or suggestions, please email or text me. Thank you so much!!

Also, thank the Most High for His generous children in this beautiful country.

Respectfully, **Rodolfo Espinoza**

Cell phone: 615-516-0650

Email: rodesp1@msn.com

COMING SOON

Saturday, July 4: Have a safe and happy **Independence Day!**

Sunday, July 5: **Jim Collins**, Enrollment Director at Heritage Christian University, will be our Sunday morning guest speaker on this date. (**Jacob and family** will be on vacation.)

Sunday, July 12: **Honoring our Graduates.** Abbreviated slideshow immediately following the morning worship. There is a basket in the church office for each one of our six high school graduates. You may drop off cards, gifts, gift cards, etc., that will be placed in the baskets to encourage these young people and help them celebrate this milestone in their lives.



Tuesday, July 14: **Dorcas Sewing.** 10 a.m. – 3 p.m. in the FB.

Tuesday, July 28: **Dorcas Sewing.** 10 a.m. – 3 p.m. in the FB.

PEANUT BUTTER DRIVE: updated info

Each year during VBS, we have a peanut butter drive to help children at local orphanages in Port-Au-Prince, Haiti. Though we are not having VBS this year, we are continuing with our peanut butter drive. However, we are actually going to be doing something different with the money that is donated this year.

Instead of using the donated money to purchase jars of peanut butter, we will use the funds that are donated to help offset the freight cost for shipping peanut butter to Haiti. Individuals/groups that in years past have fulfilled this monetary need will not be able to do as much this year, so we are stepping in to help. This will ensure that all of the donated peanut butter will get to Haiti.

You can still donate jars of peanut butter, and they will be delivered to Haiti.

Thank you!

SYMPATHY

We extend Christian love and sympathy to **Connie Powell and family** on the death of her sister, **SHIRLEY JACO**. A graveside service was held on Monday, June 29, at Pleasant Grove Cemetery in Lawrence County, TN.

Condolences may be sent to **Connie** at *66 Jordan Rd, Lawrenceburg, TN 38464*.

THANK YOU

Want to say thank you for all the thoughts, prayers, and assistance through this time I have been going through. I really appreciate it all. You are all a blessing to me. May God bless you all. Thank you. Love, **Chad Brown**

"SENT" theme T-shirts are here!

If you ordered a shirt or shirts, please go to the **church office between 9:30 a.m. and 4 p.m. on weekdays with your money** and pick up your order.

The prices are as follows:

Youth Short Sleeve Soft Tee, \$7

Adult Short Sleeve Soft Tee, \$8

Adult Long Sleeve Comfort Colors, \$13

Jacob will also be available on **Sunday mornings*** as soon as he can get there **following the worship service** to fulfill shirt orders.

*Jacob will be on vacation this Sunday, July 5.

FOR YOUR INFORMATION

CHURCH OFFICE HOURS ARE 9 a.m. -4 p.m., Monday thru Friday.

Call (931) 762-5161 or e-mail pulstch@pulaskistreet.com.

I, **Melanie Nutt**, work in the church office on **Mondays, Tuesdays, and Wednesdays**. If you have any questions, comments, information to share, or requests, please call (931) 762-5161, or send an e-mail to pulstch@pulaskistreet.com. You may also **text** or call me **any time at my number listed in the church directory**. Text messages are best, because I can refer back to them for your correct information. If you call me on my cell phone, please leave a voice mail, and I'll get in touch with you. (Phone calls can be tricky due to frequent spam/ghosting calls.)

Cindy Gobbell works in the church office and in our Agape counseling office on **Thursdays** and in the church office on **Fridays**. If you have any questions, comments, information to share, or requests on Thursdays or Fridays, please contact Cindy. Call (931) 762-5161 or e-mail pulstch@pulaskistreet.com.

Sandy Adams and **Billy Helton III** do the church bookkeeping. Sandy and Billy do not keep regular office hours; they work as needed and as their schedules permit. You may leave a message for Sandy or Billy with any of the office staff or email admin@pulaskistreet.com.

Joe Cook is responsible for the church website. The website address is www.pulaskistreet.org. If you have any comments or requests concerning the church website, please contact Joe.

YOUTH NEWS

Look for God in the Good Times

Life is difficult and more than challenging. Everyone has had their fair share of hard times. For Christians, with our prayer life, we often draw close to God during our most difficult moments. We pray for comfort, strength, and help from God to bless us. We study His word, obey His word, and worship Him gratefully. With His infinite wonder and grace, he helps us through some of these difficult times. When life seems to be becoming easier, with the bad times turning into good, we forget to thank, pray, and continue our closeness with our loving God. When life throws us another curveball, who do we come running back to? It is almost as if we forget that God is around us and blesses us during the good times.

This seems backwards to most of us, right? When we're happy, we should be giving thanks more, diving deeper into His word, and enjoying His blessings. So why don't we? Why does it take something bad to happen to us before we realize that we should have been seeking God the whole time? Why can't we seem to understand that God doesn't just bless us by pulling us out of these hard times, but continuously blesses us by letting us enjoy the good in our lives? When questions such as this are asked, there are always three types of answers. We can either blame ourselves, blame the world, or look at the true biblical answer. These answers can sometimes overlap. But the biblical viewpoint gives us the clearest view as to what is the true answer.

First, if we blame ourselves, then we need to realize that we must do better. We must pay more attention to God, and we must thank Him for everything He's done. But we must also know that it's more than just realizing this fact. Realizing what we need to do and putting it into action are two different things. If we blame ourselves for our reluctance to thank and look for God during the good times, then we must make a change. We cannot understand the problem and then stand by as if nothing happened.

Second, if we blame the world, then we need to think of how we can prevent the world from influencing our actions. We must pay more attention to how the world influences us, whether it is through the news, celebrities, or social media. But we must also realize that not all of the blame can be on the world, if we are allowing the world to influence us. If we blame the world for our reluctance to thank and look for God in the good times, then we must also look for ways to better ourselves so that we are not influenced by the world.

Third, we can see how humanity has acted in the past. In Exodus, we see how Pharaoh promised to let God's people go and that he feared the Lord. But, when things began to turn in his favor, and Egypt returned to some normalcy, he hardened his heart. We cannot become like Pharaoh and refuse to search for God in the times with which he has blessed us.

"Bless the Lord, O my soul, and forget not all his benefits"

– Psalm 103:2

Daniel Ross

PRAYERS ARE REQUESTED

As of Tuesday, June 30:

MARY LOUISA BELEW had pacemaker surgery last week at Maury Regional and is recovering at home. She has noticed some improvement in her symptoms since the surgery. At around the time that Mary Louisa was found to have heart rate problems, she was diagnosed with and treated for melanoma. She was scheduled for an appointment on Wednesday, July 1, for a checkup with the cancer doctor. *514 West Point Rd., Lawrenceburg, TN 38464*.

ROBBIE GUTHRIE was diagnosed with lymphoma several years ago. She has been cancer-free for the past five years. At an appointment this past Friday, June 26, Robbie was told that she has three growths in lymph nodes near her left kidney. She is scheduled for another appointment this Friday, July 3, to find out more information about her situation and to set up a series of 20 radiation treatments. She will need help with transportation to and from her treatments. After her appointment this Friday, we will update with more details and contact info. (The landline number listed in the directory is no longer in use.) *1804 Jean Street, Lawrenceburg, TN 38464*.

DARRIN MCKAMEY is doing okay as he continues to recover at home after his recent emergency intestinal surgery. Nutrition is extremely important for his recovery, but it is difficult for Darrin to take in enough. He was scheduled for appointments with doctors this week and is hoping for more answers. NO VISITORS, PLEASE. *614 Aspen Court, Lawrenceburg, TN 38464*.

RAY BAKER, son-in-law of **Robbie Guthrie**, continues to battle multiple serious health conditions. He is now confined to a bed at home. *200 Bumper Crop Lane, Madison, AL 35757*.

RUSSELL JOHNS, father-in-law of **Kathy Sisk's** sister, had improved to the point that he was transferred to a stepdown unit at Maury Regional on Monday, June 29. Mr. Johns has been battling Covid-19 for several weeks. *42 Jordan Rd., Lawrenceburg, TN 38464*.

JAY THOMAS, brother of **Brent Thomas**, did not get a good report from his follow-up visit at M.D. Anderson. The cancer is now in his liver and two areas of the spine (thoracic and lumbar). Due to the cancer, his adrenal gland is not functioning. Jay will be undergoing more chemotherapy and radiation treatment. *484 Rabbit Trail Rd., Leoma, TN 38468*.

KATHLEEN WARREN, grandmother of **Jeff Hughes** and **Patrick Hughes**, had an ERCP procedure last week in which a stent was placed to relieve a stricture in her bile duct. It's believed that the cancer originated in her gallbladder and spread to the liver. Until the bile duct blockage is relieved, the cancer can't be treated. *112 Thomas Street, Moulton, AL 35650*.

HOLLY WINKLER, daughter of **Billy and Donna Helton**, was hospitalized at Centennial Medical Center as of Tuesday, June 30, with pancreatitis and pneumonia. *2300 Lucerne Lane, Franklin, TN 37064*.

Please remember: Kym Bilbrey Brown, Willodean Campbell, Lorene Chandler, Nell Dixon, Ruth Goff, Jeffrey Hughes, Donna Marston, Michael Mashburn, James and Thelma McCloud, Chad Brown, Eddy Cothren, Phillip Gattis, Scot Hughes, Clifford Doyle Johnson, Vikki Luffman, Linda Kelley, Dr. Gari Lynn, Emma Moore, Jack Sanders, and all those recently mentioned.