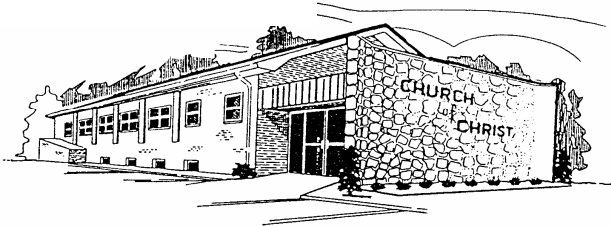


Teaching them to observe
all things...Matt. 28:20



The St. Joseph Observer

March 13 2010

The St. Joseph Church of Christ

Charlie McGee, Minister
Russell Hicks, Berrien General

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Schedule of Services

Sunday School
9:45

Sunday Worship
10:45

Sunday PM
5:00

Tuesday Ladies' Class
9:00 AM

Wednesday Bible Study
6:00

Elders

Leo Conkin	925-7688
Clyde Daniel	428-2322
Charlie McGee	861-5811
Steve Parsons	465-7901

Deacons

Dave Hipskind	468-4735
Eric Ramso	465-5965

Ladies' Prayer Chain

Kim Batson	428-7281
Barb Conkin	925-7688
Gayle Daniel	428-2322
Jan Mundy	473-1505

The Secret to Managing Frustrations

By Rick Warren

"A man's wisdom gives him patience..." (Proverbs 19:11 NIV).

It's amazing how fifteen minor frustrations at the office can add up to one big, bad attitude by the time you head for home. Frustrations come in three varieties:

1. **Interruptions:** Unexpected visitors or phone calls when you have a deadline to meet or something important requires your attention. Our best plans are often interrupted.

2. **Inconveniences:** While interruptions are usually from people, inconveniences are usually situations involving things: the copy machine breaks down, traffic jams up, or you can't find what you need when you need it.

3. **Irritations:** Long delays, unreliable people, playing telephone tag, catching a cold, obnoxious clients, etc.

But the truth is you can't eliminate these. No doubt you'll face all three varieties this week, but you can keep them from stressing you out.

What's the secret of managing your frustrations?

Don't resist it, but don't overreact or blow up. Don't resent it; don't internalize your anger. Don't resign to it; don't have a pity-party.

Instead, reduce it. Treat it as insignificant. Put the frustration into proper perspective. It's just a minor setback, a part of living, no big deal! It's certainly not worth a heart attack. Follow these rules for stress management:

- **RULE #1:** Don't sweat the small stuff.
- **RULE #2:** Realize it's all small stuff!




The Bible says, "A man's wisdom gives him patience..." (Proverbs 19:11 NIV). The only way we can see all stuff as small stuff is to view it from God's perspective. When I am in tune with God, I remember he has everything under control even though I don't! So I don't have to sweat it: "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control" (Galatians 5:22-23 NIV).

Pray this prayer: "Lord, help me to be filled with your love, joy, and peace, so that when I'm squeezed and pressured it is your love, joy, and peace that spill out of me."

Please remember in prayer...

- Members with Health Issues Leo Conkin, Warren James, Virginia Kowalski, Vanessa Matthews, Jim Smith, Lee Wallis, Juanita Weatherford
- Friends & Family with Health Issues Bunnie Woods (Conkin's Daughter) Magalie (McGees)
- The Military Nick Hastings, Ian Matthews
- Our Church The Buildings & Grounds Committee, our Elders & Deacons, our members

Congregational Calendar March

14	15	16	17	18	19	20
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Full Nesters 12:30 </div>	 David Hipkind	<i>Ladies' Class</i>	 Ramsó			
21  Lorene Milliken		23 <i>Ladies' Class</i>	27	28	26	27
