

MARCH BIRTHDAYS

- (3) BEN McCOY
- (3) REBEKAH EIDSON
- (5) CAMPBELL CARLTON DANLEY
- (4) HAZEL ELISABETH LAND
- (9) TAM McCLAIN
- (12) KENNEDEE DIXON
- (15) DARLA WITT
- (17) CAROLINE DANLEY
- (23) SUSAN BURDETTE
- (24) CAMERON CRABTREE
- (24) COLE CRABTREE
- (28) ANITA ROSS
- (29) UNA DeBORD

MARCH ANNIVERSARIES

- (2) TERRY MATTHEW AND STEPHANIE BRAGG (2 yrs.)
- (3) QUAY AND MELBA JOHNSON (8 yrs.)
- (21) CAM AND EVETTE HAYNES (31 yrs.)
- (26) DANIEL AND CRYSTAL EWTON (12 yrs.)
- (29) VICTOR AND SANDRA CRABTREE (31 yrs.)
- (30) LANNY AND TRACY SMITH (27 yrs.)

MARCH

- Greeters: Mar.05, Dan & Wilma*
- Mar. 12, Mark & Elaine*
- Mar. 19, Lanny & Tracy*
- Mar. 26, Tim & Darla*

- Lock Building: Keith Pickett*
- Prepare Communion: Howie & Donna*
- Pick-up Cups: Rachel Hixson*
- Van Driver: Tim Layman*
- Last Sunday Singing: ????????????*

Church of Christ
P. O. Box 206
Dunlap, Tn. 37327

*See You at The Worship Service
 With Your Bible*

Sunday
 9:30 A.M. Bible Study
 10:30 A.M. Morning Service
 5:00 P.M. Evening Service

Wednesday
 6:30 P.M. Bible Study

Men Who Serve

Elders:

Tony Boston	949-5065
Greg Long	645-0661
Al Simmons	949-7121

Deacons:

Wiley Boston, C. J. Davis,
 Glen Edison, Robert Farmer,
 Tim Layman, Benny McCoy,
 Lanny Smith, Bobby Von Rohr

Preacher:
 Freddie Clayton
 Office (423) 949-3286
 Res. (423) 949-4339

Church of Christ

15964 Rankin Avenue Dunlap, Tennessee 37327



VOLUME XXV

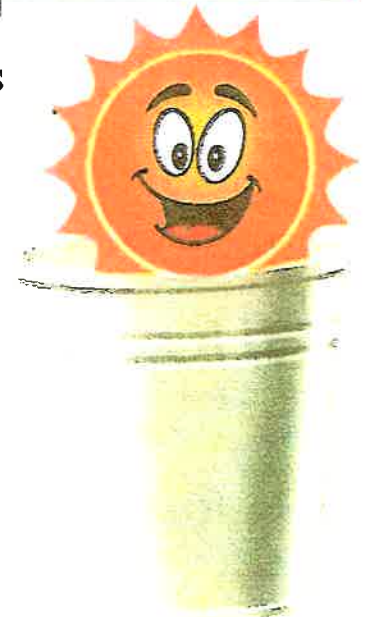
MARCH 5, 2017

NO. 10

Published weekly by the Dunlap Church of Christ

IT'S THAT TIME AGAIN

SET YOUR TIMEPIECES
AHEAD
(This Saturday night)



THE RECORD

SUNDAY SCHOOL-----	145
WORSHIP-----	176
CONTRIBUTION-----	\$4657
SUNDAY NIGHT-----	126
WEDNESDAY NIGHT----	124

SICK/SHUT-IN

Quay Johnson had hip replacement surgery, taking therapy at Omni
Ouida Richardson has some broke bones in her foot
Betty Long's cancer has returned. She is Greg's Mom.
LeRoy Dedmon hopes to be in Re-hab soon
Emma Foshee not doing well, possible surgery
Ouida Richardson
Wanda Johnson, Claudine Burch's sister, (see address)
Kate Walling still visiting the Dr. with her health problems
Fred St.Clair needs prayers and cards, also meals, and visits, not doing well.
Ruth Turner
Janie Smith is home bound
Tony Britt (Pikeville's preacher)
Greg Rains, son of Joe and Vera
Robert Jarvis
Carol Hubbard's cancer has returned, She is a Sister of Wanda, Janet & James, see address

Rachel Hixson, flu
Annette Brown, Gail Hollis' sister
Tommy Leslie's Aunt is in a hospital in Ala.
Dale Hobbs had knee surgery in Crossville. He is Charline Johnson's son, it went well
Cathleen Hendon, Ellen Miller's
Doris Pickett improving
Nellie Ruth Layne, Arrietta's sister, had surgery, will have more
Brooke Mendenhall, Breast Cancer,
Sarah Dodson home with Hospice
Jack Milhollin, he is James McLain's Grandson, he is at James' home
Phyllis McGlothen is home COPD
Thelma Smith—improving
Freddie Layman, Arrietta's son
Lou Von Rohr, Bobby's mom
Avery and Minnie Lee Deakins
Jennifer Smith improved
Lynn Layne is back at the cottage
Billie Laws is in NHC, in McMinnville see address, not sure about room No.
Darlene Raber has bone cancer
J. C. Christian in hospital
Marsha Matherly...a friend of the Leslies—back in ICU
Steve Ware, a co-worker of Gabe Dixon had double hip replacement
Larry Callahan from Ms. Asked for our prayers

NURSING HOME

Clara Mae Foley
Donna Campbell Underwood, Rm. 713

Even As I Sin

The winter months have never been a good time for my waistline. After Christmas dinner I make Orson Wells look like a famine victim. Last year I finally decided to do something about my weight problem. I joined Weight Watchers. I was a bit nervous at the first meeting. After going through the dreaded doors I realized there were many people just like me (i.e., fat). After paying my dues they put me on the scales. The scales stopped spinning at 235 pounds. After consulting a weight chart they concluded I was 65 pounds overweight. They set my goal at 170.

After filling out all the necessary paperwork, I was introduced to our instructor. She appeared to be genuinely concerned about my health. She sat down with me and explained their guide book – a list of foods that were "legal" with the Weight Watchers plan. I could tell my instructor was sincere and had a very good knowledge of the plan. During the first week I lost nine pounds. I was so proud when I stepped up on those scales! I could just visualize how handsome I would be when I reached my goal of 170. It was quite an incentive to stay on the diet. During the first month I shed 24 pounds of ugly fat – only 41 pounds to go!

My first setback came during the fifth week. On Monday, some of my coworkers invited me to go out to lunch with them. I had tried to avoid this group during lunch, because I knew their diet was different than mine. When I told them I had changed my eating habits, some of them laughed. I knew deep down inside they all respected me. They could see the change in my waistline. One of my coworkers told me they went to a restaurant that had a nice salad bar. I was thrilled when I realized I could go with them and stay on my diet. I made a fantastic salad that day, one my instructor would be proud of. I went out to lunch with my coworkers every day that week. I couldn't wait till Friday evening when I weighed in at our meeting. But something strange happened – I gained three pounds! I couldn't understand it. My instructor asked me what I had been eating. Come to find out, all of those salads were topped with Blue Cheese dressing (90 calories per tsp.). No one had ever told me that Blue Cheese dressing was "illegal" at Weight Watchers. My instructor said that information was in my book, but somehow I had overlooked it. I promised myself I would never eat "illegal" foods again.

My third month was as still one of progress. I was well on my way to reaching my goal of 180 pounds (170 was very unrealistic). A major turning point came during the fourth month. I was on my way home from work one evening when my car broke down. I went into a Dairy Queen to call AAA. They told me it would be 40 minutes before the wrecker could get to me. I decided to stay at Dairy Queen and wait. After staring at the menu behind the counter for about 15 minutes, I gave in. In a moment of weakness I ordered a Hot Fudge Brownie Delight. At first I felt a twinge of guilt, but after all, I'm just human. As I was attacking the last brownie I felt someone tap me on my shoulder. To my shame, it was my instructor! She saw my car on the road and just stopped in to see if she could help.

I dreaded our next meeting. I could just feel others' staring at me. I told them what had happened. How in a moment of weakness I destroyed two weeks of dieting. Several people came to comfort me. They explained this type of thing is rather common. After all, we're just human. They made me realize that I'm still a Weight Watcher, even though I do slip sometimes. Being a good Weight Watcher is an attitude towards food. They told me I was a Weight Watcher "even as I ate" that Hot Fudge Brownie Delight. They told me if a man had been a good Weight Watcher for 20 years and yet, in a moment of weakness, he started eating a Banana Split, then choked on one of the bananas and died, he still would have been a Weight Watcher. This was the only Banana Split he had in 20 years! You would not discount all of his dieting just because of one minor slip-up.

After nine months on the plan, I continued toward my goal of 190 pounds (180 was unrealistic, and besides, I have big bones). A McDonald's restaurant opened up next to my office about two months ago. Through my own weakness I fell victim to a Big Mac attack a few times (about three a week). But my attitude is still that of a Weight Watcher.

I have put on a few pounds recently (27 to be exact). The other day a good friend of mine called me "fat." Can you imagine that? And who is he to judge me anyway? He just doesn't know my attitude of heart. Besides, I'm just a weak and hungry human! Regardless of what men might say, I am going to keep on working at my weight. I am now only 17 pounds away from reaching my new goal of 225 pounds.

—David Padfield—

TIME OF SERVICE CHANGE!!!!

The Sunday Evening Service will be at 6:00 all through the Daylight Saving Time Period.

OFFICE HOURS AT THE DUNLAP CHURCH BUILDING

(Please post these on your refrigerator or some other prominent place, just in case you need to talk to someone).

MON.-FRI. 8:00—12:00 AMANDA DIXON

If you need to talk to the Preacher or one of the Elders, see schedule below.

TUE.-FRI. 12:00-3:00 FREDDIE CLAYTON

MONDAY 4:00-6:00 TONY BOSTON

TUESDAY 4:00-6:00 AL SIMMONS

WEDNESDAY 4:00-6:00 GREG LONG

LADIES DAY 2017

At Crossville, Main Street, March 18, with Tricia Thomas, Subject: "Conversation With God". Registration and light refreshments 8:30-9:00 and Lunch will follow the Lessons. Attended Nursery will be available.

GOSPEL MEETING

At East End in McMinnville, March 12-15 at 7:00 with Bro. Don Blackwell.

REMINDER

Remember we can watch GOOD NEWS TODAY here at the building every Wednesday evening at 5:30.

TUESDAY NIGHT CLASS

The subject this week is, "An Appreciation of the Past."

SYMPATHY

Our sincere sympathy is extended to Lettie Guy in the death of her brother, John Green.

Our sincere sympathy is extended to Lettie Guy and Sarah Dodson in the death of their niece, Fraba Jean Holland.

Our sincere sympathy is extended to the family of James (Zeke) Camp. He was a schoolmate of some of us.

DIRECTORY

There is a copy of the proposed New Directory in the foyer, please check all the information, especially YOURS. Please place a check mark by your name if it is correct, so we will know you checked it. If it is not correct, write it on there and we'll correct it in the final copy.

Bible Bowl practice after the Service this evening.

Some went to see the documentary movie "Genesis." The all enjoyed it very much.

SEND A CARD & SAY A PRAYER

Carol Hubbard, 1421 Cloverdale Circle, Apt. 406, Hixson, Tn. 37343. She is Wanda, Janet and James sister and cancer has returned.

Leroy Dedmon, 4904 Georgia Hwy. 20, Buchanan, Ga. 30113. He is a preacher on GNT. He hopes to be moved to Re-Hab soon.

Wanda Johnson, 343 13th Ave., Dayton, Tn. 37321. She is Claudine Burch's sister.

Billie Laws, c/o NHC, 928 Old Smithville Road, Room 205, McMinnville, Tn. 37110.

Sarah E. Dodson, PO Box 762, Dunlap, Tn. 37327. Hospice is involved.

Lou Von Rohr, c/o Bobby Von Rohr, 67 Keener Hill Road, Dunlap, Tn. 37327.

Janie Smith, PO Box 193, Dunlap, Tn. 37327. Ph. 949-3741.

Lynn W. Layne, c/o Joyce Layne, PO Box 1434, Dunlap, Tn. 37327. He is the husband of Joyce Carey Layne.

Kathy Crosslin, 217 Millers Cove, Signal Mtn., Tn. 37377

Nancy Feezel, 769 Parrot Road, Maryville, Tn. 37803. She is 93 years old and has cancer and is Ellen Miller's Aunt. Hospice is involved.

VISITATION

Visitation Group One Will Meet Today.

TAKE FOOD TO FUNERAL HOMES

This Week, TEAM 3, Team Coordinator: Sis. Wilma Mabry, Ph. 949-5868

If you are aware of a body at either Funeral Home,

please call this week's team leader. That way we can be sure this need is met.

SOME ON US ARE NOT TAKING THEIR FOOD TO THE FUNERAL HOME WHEN WE SAY WE WILL, PLEASE DO NOT FORGET TO DO WHAT YOU SAY YOU'LL DO!!

CHURCH WEB PAGE

www.dunlapcoc.org. This site was built and is maintained by Bro. Robert Farmer.

This contains: sermons, information about The Church, information about the Dunlap congregation, Missions, Bulletins, etc.

Another web page is: www.yourspiritualhealth.com. This was built and is maintained by Michelle Young. Freddie's weekly sermons are on this. Copies are made by Sharon Green.

ITEMS FOR THE PANTRY

Our Pantry Item this week is Shaving Gel. Last Week it was Garbage Bags. We need more to participate in this effort. Put it on your grocery list, then you won't forget.

YOU CAN HELP

There is a Food List in the foyer for Fred and Ouida and Phyllis McGlothen, please sign this. Please call ahead for content and time, remember Fred is a diabetic, we just need to bring a plate for each of them.

YOUR HELP NEEDED

On the lower shelves of the Library, there is some space reserved for Children's Books. If you have some books that are appropriate that are usable and you can part with, our Children could use them. Donations will be appreciated!