

# The Vine & Branches

October 2020

## Overcoming Depression

Depression has been called the common cold of emotional challenges. Even the saints of God get depressed. Anyone of us can fall prey to looking at life with a melancholy spirit because it's easy to see our circumstance from a negative viewpoint. Granted, some people are clinically depressed due to a chemical imbalance, but anyone who suffers under an extended period of physical and mental exhaustion mixed together with a real life crisis may suffer depression.



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For example, the prophet Elijah had been fearless for three years, even dealing a major defeat to the prophets of Baal on Mount Carmel (see 1 Kings 17-19). Yet he fell into a season of depression when his life was threatened by Queen Jezebel, a worshipper of pagan gods. Elijah became an emotional basket case, because he was physically and mentally depleted and began to view himself as a failure.

Emotional reasoning can be destructive because feelings are not always based on facts. We make a mistake in one area and feel like we are total failures because we exaggerate the negative. We can easily fall into the comparison trap by believing we should look like and perform like someone else, or we may take on false blame and assume responsibility for someone's else's feelings or someone else's decisions.

Overcoming the type of depression many people experience requires applying God's remedy to our whole person. First, take care of your physical needs with a healthy diet, regular exercise and sleep. Second, give your frustrations to God through worship, prayer and Bible reading. Thirdly, seek a healthy community to connect too on a regular basis.

God sent Elijah an Angel and after he had rested, the prophet got back to work. You may be the person God is sending to help someone dealing with depression or you may need to ask God to send someone to you. Remember, *"The Lord is near to the brokenhearted and saves the crushed in spirit."* Psalm 34:18.

Preacher Bob

## Student Ministry

This month our high school teens did a service project to help out one of our church members with yard work, clearing land and burning brush piles. Many of our teens have been in full service mode serving in and out of the church. I see high schoolers serving in nursery, Kingdom Kids, on the worship team, in the sound room and parking. It's so great to see so many of the young men and women serve on Sundays recognizing 1st Timothy 4:12 "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity."

We have been studying in our Sunday night services how Jesus called people (Matthew 4:19) by simply saying "follow me." He didn't call them to think about Him, or watch Him from a distance but rather literally follow Him. His disciples knew what it meant to follow Jesus as a Rabbi/student relationship. It was like being an apprentice. The student didn't just watch what the teacher did but rather they DID what the teacher did and became LIKE the teacher. I'm so excited to watch the teens do as Jesus did and serve out of love, kindness, compassion and joy. Please pray for the teens as they seek to serve and love the Lord God with all their heart and with all their soul and with all their mind and with all their strength. (Mark 12:30)

Praise be to God!!!

Bill Eberly, Student Minister

## Wilderness

My word/topic for the month of October is “wilderness”. The dictionary defines wilderness several ways: “...uncultivated, uninhabited, and inhospitable...”, “...neglected or abandoned area...”, “...position of disfavor...”.

There have been times in my life when I’ve felt like I’ve been in one or more of these wilderness areas. Wildernesses of pain, grief, loneliness. Wildernesses of my own making because of comparing myself to others and not measuring up. It wasn’t until I was older than I came to realize that the only comparison I needed to make was to Jesus, the only companion I need in the wildernesses of my life is Jesus and the only way to get through these wildernesses is with Jesus.

I hope you’ll follow along with me this month as I explore songs and scriptures about the “wilderness”.

<https://www.facebook.com/evidencetech/>

Tia Harmon, Administrative Assistant

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*I have invited Taylor Berger, our Summer Intern, to share with you about God’s call on his life this month. Because of Jesus, Michelle Clinton, Children’s Minister*

Since I was 12 years old, I had this “urge” to become a Pastor. From then to age 21, I really struggled with this, but decided to quit ignoring the urge, leave my worries and fears at the foot of the cross and go for it. I have been in Bible college through Mid-Atlantic Christian University’s online program since 2017. I will be obtaining my Bachelor of Science degree in Ministry and Biblical studies as a concentration, at the end of next month, hopefully. I have since my first day struggled to find the area of ministry God was calling me to. What I have learned, and am still grasping today, is that I couldn’t understand where God was calling me because I was too busy trying to figure out where I wanted to be. It was not until I arrived at Cornerstone last year that I started turning my focus more on God and less on myself. It does not matter what I want but what God wants.

So, why Children’s Ministry? It is all thanks to God and Michelle Clinton, who asked me at Camp Pitt last summer how I felt about serving in Children’s Ministry. I told her I wasn’t sure, but I would pray over it, which I did. I ended up accepting her offer, fell in love with children’s ministry and knew that was what God wanted me to focus on.

I grew up in a household where neither Jesus nor church, were priorities. Because of that I struggled with both my faith and who I was in the eyes of God. I have seen how a Godless home will crumble and ruin lives, and all you can do is search through the rubble to find anything to help you move on. I do not want to see children go through that or I’d at least like to be able to help them through. Pastor Bob once said that “*you may be the only time someone will receive Jesus*”. My mind immediately thought of the kids today and my upbringing which I am still trying to deal with. God has been ever-loving and faithful to me. I want to be a part of *the* ministry that helps plant the seed of faith into the hearts of children, helps them tend to that seed and be able to witness their faith and love for Jesus blossom into something beautiful.

In Christ,  
Taylor Berger, Summer 2020 Children’s Ministry Intern.

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## We're Collecting Bagged Candy for Trunk or Treat

October 4<sup>th</sup> thru October 25<sup>th</sup>

There will be a container in the entryway for your donations.



## YOUNG ADULT MINISTRY

(ages 18 to 30 something)  
Bon Fire & S'mores

**Saturday, October 10<sup>th</sup> at Elizabeth Tucker's home from 6:30 to 8:30 pm. For more info or directions see or contact Elizabeth Tucker at [blue.fire.108@hotmail.com](mailto:blue.fire.108@hotmail.com).**

October 31<sup>st</sup> 4 pm until  
Cornerstone Parking Lot

## Drive Thru

Bible Themed



Want to help or for more info see or contact Tia Harmon at [tiabharmon@gmail.com](mailto:tiabharmon@gmail.com)

## Student Ministry Events For October

Ropes Course in Roanoke – October 4<sup>th</sup>  
Service Project – October 25<sup>th</sup>

More info contact Bill at [william.eberly@pcs.k12.ua.us](mailto:william.eberly@pcs.k12.ua.us)

Student Ministry  
Sunday Night Outdoor Service Events  
For All 9<sup>th</sup> – 12<sup>th</sup> graders  
(you can invite your friends)

What: A time of experiencing God – followed by food and games  
Where: Cornerstone Church of Christ  
When: Sunday, October 11<sup>th</sup> & 18<sup>th</sup>  
Time: 5:30 – 7:30 pm  
Meet: Behind church in front of the outdoor stage

See or Contact Bill Eberly at [william.eberly@pcs.k12.va.us](mailto:william.eberly@pcs.k12.va.us)  
if you can attend or need more info.

## Cornerstone's Harvest Offering Building Hope

**Sunday, October 25<sup>th</sup>**  
**Offering Goal \$25,000**  
**Designated for Future Growth**

Cornerstone Church of Christ  
1186 Fairview North  
Chatham, VA 24531  
Phone: (434) 432-4300

Bob Paddock, Pastor  
[paddockva@gmail.com](mailto:paddockva@gmail.com)

Michelle Clinton, Children's Minister  
[michellelynnclinton@gmail.com](mailto:michellelynnclinton@gmail.com)

Bill Eberly, Student Minister  
[william.eberly@pcs.k12.va.us](mailto:william.eberly@pcs.k12.va.us)

We're on the Web!  
See us at:  
[CornerstoneChatham.org](http://CornerstoneChatham.org)

## Sunday

Worship Services – 8:30 am; 9:45 am;  
11am  
Adult Bible Fellowship – 9:45 am  
Kingdom Kids – 9:45 am and 11 am  
Nursery – 9:45 am  
Middle School – 9:45 am

**CORNERSTONE**  
CHURCH OF CHRIST



## Latest Prayer Requests

**Send Prayer Concerns to Evelyn Francis:**  
[evelynfrancis434@gmail.com](mailto:evelynfrancis434@gmail.com) or  
call 434-432-4300

### Prayer Concerns:

Teresa Lewis – health issues (Beth Redd's mother)

Tim Fisk – recovering from knee surgery on 9/15

Helen Paddock – recovering from a fall (Bob's mother)

Elaine Gibson – at home now (Rhonda Gammon & Faith Adkins mother)

MACU – roof collapsed causing much damage to the campus

Edith Saunders – recovering from surgery to remove infection from her spine (Buzz Harmon's co-workers wife)

Robyn Tucker: Bettye Bailey – had a stroke

Candice Guill: Kassidy Neil – 3 months old and diagnosed with neuroblastoma cancer

The hope of Jesus Christ will heal our people and our land

Alys West (ministering to the disabled in Ukraine)

Rwanda Challenge

Government of our communities and state  
Colleges and Universities

Students, teachers, and school faculty in our communities

Medical staff, first responders, police, grocery store workers and all those working on the front lines during this corona virus pandemic

Pregnancy Care Center of MHC

Single people in our communities

Craig & Katy Bennett (Bible

translators in Vanuatu)

Victims of fires in California, Oregon, Washington and Colorado

Mountain Mission School

Families in our communities

Northern Pittsylvania County Food Center

Employment in our communities

### Sympathy to the families of:

Johnny Adams  
Wayne Ownby  
Ian Berger