

Privileged to Serve

SpeakerAndy Duncan(am); Tom Fair(pm)
 Announcements/Prayer..... Randy Rives
 Song Leader Tom F.(am); Andy D.(p.m.)
 Attendance.....

Morning

Scripture/Opening Prayer
 Lord's Supper

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Closing Prayer.....

Evening

Opening Prayer
 Lord's Supper

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Closing Prayer.....

Communion Preparation

Month of December
 Month of January.....

Nursery Attendant; Backup

December 20Katie Agan; Angela Duncan
 December 27 Angela Duncan; Lara King

Wednesday Evening – December 16, 2020

Prayer/Announcements.....
 Song Leader.....
 Devotional.....

Service Times

SUNDAY

Bible Study..... 9:00 a.m.
 Morning Worship..... 10:00 a.m.
 Evening Worship..... 5:00 p.m.

WEDNESDAY

Bible Study..... 6:00 p.m.

Elders

ANDY DUNCAN (662) 416-2222
TOM FAIR (601) 681-8293

Deacons

LAMAR KING (601) 604-2656
 BUILDING/GROUNDS

RANDY RIVES..... (601) 513-4785
 EDUCATION & WORSHIP

ALBERT ST. CLAIR (601) 626-7815

Works Supported

Robert Martin
Stacey Ferguson
 South Pacific Missions
Pine Vale Children's Home
 Corinth, Mississippi

Attendance Last Week

Sunday Bible Class	cancelled
Sunday Morning Worship	26
Sunday Morning via Live-Stream	13
Sunday Evening Worship	10
Sunday Evening via Live-Stream	24
Wednesday Bible Study	16

Contributions & Other Income

Contribution Last Week \$ 1,745.00

*Figures Unavailable



December 20, 2020 *Meridian Messenger* *Welcome Visitors!*

Some Unproductive Exercises

It is generally known that exercise is good for one's physical health. It helps the body to burn excess calories and prevents the build-up of fat. It also helps keep the blood circulating freely, so that all parts of the body are properly nourished. It can reduce stress and help one relax. It has a way of helping one clear his mind, put things in sharper focus and proper perspective.

But there are some activities or exercises that do the body no good at all, nor do they do any good for the spirit that lives in the body. They burn no calories. They often increase stress and prevent relaxation. They are certain to keep one from functioning effectively. Here is a sample list of ineffective and unproductive activities, exercises we need to get along without.

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| 1. Beating around the bush | 19. Holding back on commitment |
| 2. Jumping to conclusions | 20. Falling by the wayside |
| 3. Passing the buck | 21. Practicing deceit |
| 4. Throwing your weight around | 22. Interfering in others' business |
| 5. Patting yourself on the back | 23. Looking for trouble |
| 6. Stirring up trouble | 24. Promoting strife |
| 7. Spreading gossip and rumor | 25. Pushing others aside |
| 8. Adding fuel to the fire | 26. Climbing the social ladder |
| 9. Dodging the issues | 27. Digging in your heels |
| 10. Sidestepping responsibility | 28. Dragging your feet |
| 11. Flying off the handle | 29. Killing time |
| 12. Grasping at straws | 30. Carrying a grudge |
| 13. Climbing the walls | 31. Driving an argument in the ground |
| 14. Running around in circles | 32. Sticking your nose where it doesn't belong |
| 15. Jumping on the bandwagon | 33. Splitting hairs |
| 16. Making mountains out of molehills | 34. Straining gnats |
| 17. Tooting your own horn | 35. Bending over backwards to get along |
| 18. Getting a jump on competitors | |

~continued inside~