

# BIDDEFORD CHURCH OF CHRIST

266 POOL STREET - P.O. BOX 331 - BIDDEFORD, ME 04005

JANUARY 7, 2018

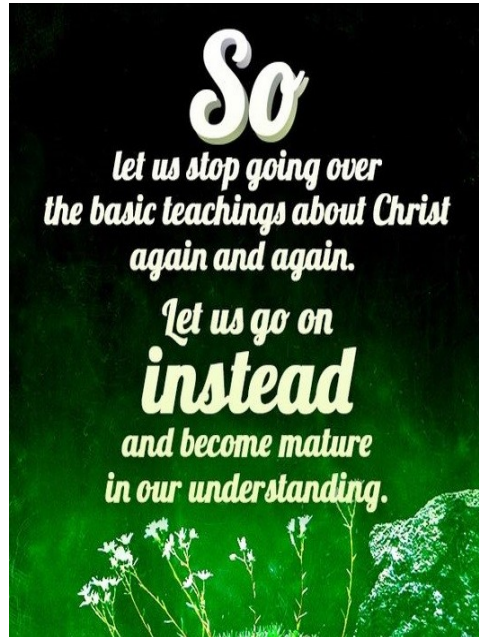
WHO DO YOU LISTEN TO THE MOST  
ARTICLE BY DENNIS GODIN

Okay, so who is it? Did you know the average person speaks around 16,000 words each day? (I suspect I might be a little above that number) But that number reflects words that are actually spoken. How about the words seldom uttered, but often heard? If you are wondering where this is going, consider this quote, "The most important person you listen to every day is yourself." Although I understand the idea, I think it is best to say, "The most common person you listen to every day is yourself." It's called self-talk. We all do it. Some of us (me being one), actually talk out loud at times. So, let me ask you a question, "How good is your self-talk?"

*Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.*

*Ephesians 4:29*

Some may think I am going down some sort of psychobabble road, but I ask that you give me just a minute of your time. As Paul writes to the church in Ephesus, he speaks to them about the power and benefit of helpful words. The idea is simple, say what can help



someone to grow and serve Christ. Well, wouldn't that same principle apply to self-talk? The only difference is that I am talking to me, rather than someone else. The words that are "powerful" to another's walk with Christ are equally as powerful in my walk. Proverbs 16:24 says, "Pleasant words are like a honeycomb, sweetness to the soul and health to the bones." Contrast that with Proverbs 18:21, "Death and life are in the power of the tongue..." Words can make such a difference!

Okay, so let's go a little deeper. I wonder if some of you are like me; that is, some (if not much) of my self-talk has been influenced greatly by what others have told me, especially during my youth. (Some may call them parenting tapes.) Sadly, for all too many of us, reflecting back on those days,

## SCHEDULE OF ASSEMBLIES

SUNDAY  
BIBLE CLASS 9:30 A.M.

WORSHIP 10:45 A.M.

MID-WEEK STUDY

TUESDAY 7-8 P.M.  
(BIDDEFORD)

### Elders

Brad Shaw (207)878-4124  
Tony Lemay (207)651-3369  
Dennis Godin (207)651-3588

### Deacons

John Carter (207)229-8516  
Matt Sampson (207)251-3030

### Ministry Leaders & Staff

Education - Antonio Balsamo  
(207)286-0514  
Worship - Abe Damuth  
(207)608-1784  
Grounds - Mark Foley  
(207)284-3816  
Building - Joe Romano  
(207)281-3929  
Fin./Benev. - John Carter  
(207)229-8516  
Fellowship - Matt Sampson  
(207)251-3030  
Secretary - Mike Wickwar  
(207) 432-2272

### Ladies Ministry

Debbie Godin (207)286-4821  
Barbara Lemay (207)850-0084



## ANNOUNCEMENTS

**We're on Facebook**– Biddeford church of Christ is on Facebook! There is a profile, which is public, and there is a closed group, for current Biddeford church family only, where we can share photos, prayer requests, announcements, etc. The public cannot see posts in the BCOC FB group. Only members can.

**Men Leading in Worship** - The men who serve in worship are asked to meet in the cry room or, if it is in use, a classroom promptly at 10:30 to confirm assignments and go to God in prayer.

**Building Lights** - If you are the last person leaving the building, please be sure to turn off all the lights, check that all windows are shut, and the doors are locked.

**Bulletin /- Prayer List** - If you have a prayer request or an announcement for the bulletin, please contact Mike Wickwar at 432-2272 or email him at mickwick@yahoo.com by Friday of each week. Anything given after Friday may not make it into that Sunday's bulletin.

**Reminder:** Please turn off your cell phone or place it on vibrate during Bible study and worship.

**We care what you think** - If you have any questions, concerns, or suggestions, feel free to write them down on a piece of paper, then sign it and place it in the box. We will get back to you as soon as possible. Thanks for your help.

**Monthly Bulletins**– One per family, please. If you would like another copy, you can find it on our website, biddefordchurchofchrist.com. You can also listen to sermons on the website.

**Updating the Prayer List** - Please review the prayer list. If there is a prayer request initiated by you, it is important you contact Mike Wickwar with updates. Thank you.

**Upcoming Events** - Please check your calendars

**Life Groups**– January 7th and January 21st.

**Congregational Breakfast** - January 13th at 8:30 am.

**Pot Luck** - January 14th

**Singing Nights** - Tuesday January 23rd (7 p.m. Biddeford)

**Happy Birthday!** Robert Balsamo January 2  
Maria Wickwar January 19

**Happy Anniversary!** Tony & Barbara Lemay January 8

### Address For TJ Balsamo

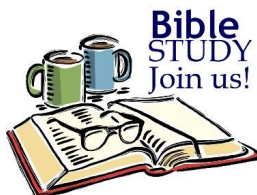
RCT BALSAMO, ANTONIO L  
1st BN, DELTA CO, PLT 1010  
PO BOX 16155  
MCRD PARRIS ISLAND, SC 29905-6345

\*\*\* To Help the victims of Hurricane Harvey send a check (Tax Deductible) to \*\*\*  
Churches of Christ Disaster Relief Effort, Inc.  
410 Allied Drive  
Nashville, TN 37211

*Preach The Gospel at all Times;  
When Necessary Use Words!!!*

MID-WEEK BIBLE CLASSES

Biddeford  
Tuesdays  
7:00-8:00 p.m.



YOUR ATTENDANCE WOULD BE SUCH AN ENCOURAGEMENT!

## ORDER OF WORSHIP FOR TODAY

**Song ??? Unknown**

**Announcements**—Shepherd

**Opening Prayer** - John Carter

**Song ??? Unknown**

**Song ??? Unknown**

**Lord's Supper** - Angel Velez, Erik Cote,  
Rufilo Lawrance

**Song ??? Unknown**

**Contribution**

**Song ??? Unknown**

**Prayer** - Matthew Sampson

**Song ??? Unknown**

**Scripture Reading** - Abraham Damuth  
Psalm 139:13-16

**Lesson** - Dennis Godin  
**Who Do You Listen To The Most**  
Lesson Text: Ephesians 4:29

**Song ??? Unknown**

**Closing Prayer**—Shepherd



Song Leader: Robert Balsamo

Greeter: Linda Barnes

Communion Prep: Brenda Butler

### NEXT WEEK'S SERVICE SCHEDULE:

**Song Leader - James Butler**

**Opening Prayer - Brad Shaw**

**Lord's Supper - Joe Romano, Antonio  
Balsamo, Clifford Parker**

**Prayer - Mike Wickwar**

**Scripture Reading - Lenny Spano**

**Greeter - Brenda Butler**

**Communion Prep - Barbara Lemay**

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WELCOME VISITORS



We here at the Biddeford church of Christ pray your visit with us today is enjoyable and uplifting. Please stay around after services so that we can get to know you better. We all strive to put Christ first in our lives and make the Bible our principle guide for living.

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WE'RE ON THE WEB!

[WWW.BIDDEFORDCHURCHOFCHRIST.COM](http://WWW.BIDDEFORDCHURCHOFCHRIST.COM)

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