

# CHURCH NEWSLETTER

Year 15 Edition 170



Sep 1, 2019



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The Church Where  
**"Where Everybody is Somebody"**

Who are you to judge your neighbor?  
*James 4:12*

## Daily Prayers Dissolve Your Cares

Dear God, help us not to judge so that we do not add to the pain of others or ourselves. Amen.

### Thought for the Month

*Let your words be sweet; you may have to eat them later.*

### - Not Me! Never! -

I would never do that to one of my parents! I remembered arrogantly saying these words as a relative recounted a story of someone who was forced to place his parent in a nursing home.

And yet, there I was standing in the post-office lobby with wet eyes and a knot in my throat, mailing the application for my father to be admitted to a nursing home. My father had become an invalid because of a stroke. He needed 24-hour care, something that I could not give him. Admitting my dad to a nursing home was one of the hardest things I have ever done. And, unfortunately, it was something I had sorely criticize others for doing. What a painful lesson I learned about not judging my neighbor!

God comforted my hurting heart and help my dad adjust to his new home. Beyond that, the lesson God taught me about not judging others will stay with me the rest of my life.

If Staying Hydrated Is Difficult For You,  
Here Are Some Tips That Can Help:

### Am I Hydrated?

- Keep a bottle of water with you during the day, To reduce your costs, carry a reusable water bottle and fill it with tap water.

- If you don't like the taste of plain water, try adding a slice of lemon or lime to your water.

- Drink water before, during, and after a workout.

- When you're feeling hungry, drink water. Thirst is often confuses with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full.

- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch and dinner, and when you go to bed, of drink a small glass of water at the beginning of each hour.

Drink water when you go to a restaurant. It will keep you hydrated, and it's free.

## Congratulations

To Files Chapel Baptist Church  
Three New Trustees

Timothy Johnson  
Charles Poole  
Joe Poole

**Bible Study Lesson  
Every Wednesday at 6:00 PM**



**Please Come Out  
And Learn The Word**



**Please Pray For The Youth  
For A Happy A Safe School Year!**



**Please remember the sick  
shut-ins and the bereaved with  
prayers, cards, and telephone calls.**



**This Is Revival Season  
Please Go Out And Support**

**Church Schedule - September 2019\***

**-Tuesday-**

Counseling 6:30 PM (By Appointment)

**-Wednesday-**

Bible Study - 6:00pm

**Saturday, September 14**

Brotherhood Fellowship 8:45am

**Saturday, September 21**

Women's Hour of Prayer - 12Noon

**-Sunday-**

Sunday School 9:45am

Morning Worship Service 11:00am

Children's Church 2<sup>nd</sup> & 4<sup>th</sup> Sunday - 11:00am

**Membership Training**

Jerry Partee / Deacon Carlton Pittman, Sr.

**Note: Files Chapel Homecoming & Revival  
September 22 - 26**

**Please remember your Obligations.**

**-Little Johnny's Corner-**



**- The Preacher -**

A pastor was talking to a group of kids about being good and going to heaven. At the end of his talk, he asked, where do you want to go? Little Alice said, Heaven! And what do you have to be to get there? asked the preacher. Six feet under! yelled Little Johnny.

**\*Community Calendar\*  
For September 2019**

**Community Watch Meeting**

South Lexington / 1<sup>st</sup> Thursday

Acacia Lodge 915 Cotton Grove Road - 6:30 PM

**-Davidson County Democrats Meeting-**

1<sup>st</sup> Thursday 7:00 PM

Yarborough's Restaurant 321 Marco Blvd

**Davidson County Democrats Women's Meeting**

2<sup>nd</sup> Tuesday 7:00 PM

Grace Episcopal Church 419 S. Main St.

**-NAACP Meeting-**

3<sup>rd</sup> Monday 7:00 PM Acacia Lodge

915 Cotton Grove Road

