

Life In The Body

News and Notes for the :
Shelbyville
Church of Christ

June 17, 2018

The following article was taken from the internet and reflects only a secular perspective, i.e., the perspective of one who walks through life without the eternal confidence enjoyed by those who are sheep of the Lord's fold. The objective of this article is as an illustration of the need for a lesson on the 23rd Psalm. There is no peace without Christ.

6 Positive Ways To Overcome Fear of Death

As we reach our 50s, it's common to start worrying about our mortality. Many of us begin to think about the fact that we may have fewer years ahead of us than behind. Some may even come to fear death, no matter how far it is in the future.

Talking with the members of Sixty and Me and Boomerly, I am always amazed how some people are afraid of death, while others find it easy to accept their mortality. So, to help those of you who have a fear of death, I asked them for their advice.

Here are a few tips, based on the advice of other people over 50 who have conquered their fear of dying.

Take Control of Your Life

Spend quality time with the people you enjoy being around. Try new things. Challenge yourself. Most of all, keep active and engaged with positive activities. If there is something that really rankles you – do something about it! If you have unfinished business – take care of it! If you have someone you need to speak with – make the call!

The fear of death is often the fear of not living on your own terms. You deserve to see your dreams come true. The more you embrace life, the less frightened you will feel about giving it up when the time comes!

Learn to Accept that Death is Natural

It helps to recognize ourselves as part of a great cycle and find comfort in the fact that everyone else must go through the same thresholds: conception, birth and death.

Near-death researcher Norman Van Rooy once said, “Like the child being born, we have no choice but to yield ourselves to the unknown.” You can choose to view your body and your contribution to this world as an honor. We have had the privilege of living; so, let’s be grateful and accept death when it eventually comes.

Read the Available Literature ... About Death

Many writers have shared their own ruminations and musings on the subject of death. Also, religious leaders, philosophers and mystics have built a magnificent library on the subject of the afterlife. Their works may not tell you, with certainty, what happens after you die. But, they may help you to tackle the equally important questions of why we are here and how we should prepare for the afterlife.

Adopt Rituals and Explore Spirituality

Whether you are religious or not, rituals are important for creating a sense of meaning in life. They also give continuity to our existence.

A ritual can be as simple as taking a walk every afternoon or lighting a candle each morning. You can recognize a seasonal change or something emotional or physical happening in your life. The choice is completely yours. ...

Focus on Living Well

There are so many simple things that you can do to live a healthier and more positive life. In fact, sometimes the smallest steps, applied consistently, lead to the biggest changes. Make a commitment to walk every day, rain or shine. Explore your passions. Write a “bucket list” with all of the amazing things that you want to do before you die. If you are busy living, you won’t have time to worry about dying.

Plan for Your Passing

Many of the questions that we have about dying are religious or philosophical in nature. But, what about the practical concerns? Many of us worry about dying because we wonder what will happen to our family after we are gone. Will our grandchildren be happy? Will our spouse be able to recover from our passing? If so, will they have enough money to continue to live the kind of life that they deserve?

These are all valid questions. The good news is that, while we can’t control when or how we leave this world, we can control much of what we leave behind. Many people feel a sense of relief when they get their affairs in order - even if they have many decades of healthy life ahead of them. They know that, should the unexpected

happen, their wishes will be clear and their legacy secure.

At the end of the day, the advice from other people over 50 who have conquered their fear of death is simple: focus on living authentically, passionately and well. A fear of death cannot take root in the heart of a person who is truly satisfied with their life.

(One outside the fold of God has every reason to fear death, but he who has entrusted his soul to the Good Shepherd does not.)

-- Margaret Manning .. https://www.huffingtonpost.com/margaret-manning/overcome-fear-of-death_b_6767446.html

Pride Packages For Soldiers: We rotate the items that we bring in so there will be a variety of things available for Pat to send to our soldiers. For the next two weeks we'll be bringing: Toothbrushes and toothpaste, Microwave popcorn, Little Debbie treats, preferably brownies, fudge rounds, oatmeal pies, Gummi Bears, Jolly Rancher candy
(I do not know what you've been bringing in my absence, but these are the next items on the list..)

Birthday : Terry Perry June 20

Anniversary : Wayne & Jocelyn June 18

Reading : **Psalm 23 ; John 10: 1-11**

NEXT WEEK : (June 24, 2018)

Song Leader : Greg

Scripture Reader : J.J,

Table & Announcements : Tim

Prayer list :

Due to my having been incapacitated these past weeks, we will need to rebuild our prayer list. Please submit in writing the names of those who are in need of our prayers and I will add them to the list. Let us never forget that *“The effectual fervent prayers of the righteous avails much.”*

Rosanne : Carpel tunnel Pain and pain from surgery

Wayne : recovery from stroke

Delaney West : Thursday (6-21) young Delaney will have a 2nd brain surgery to remove more of the cancer - b4 radiation

Those with ongoing need of prayer :

Those with age related issues :

Ruby, Doris, Mary, Jeanne, Delores, Marg, Pete & Hazel, Betty, Francis

Other members with ongoing issues :

Nancy Miller : Parkinson's Disease

Robin Shumard : Unknown neurological issues which inhibit her ability to walk and diabetic neuropathy

Brenda Stevens : Ongoing severe painful back issues

Hazel Rankin : Ongoing severe painful back issues

Madonna : Her biweekly chemo will continue indefinitely.

Glenda Hyneman : Multiple recurring issues, some serious

Butch Reynolds : Heart condition and back issues

Jerry Rankin : Heart Issues

Bruce Miller: Madonna's brother-in-law .. chemo continues

Hailey Wilhour: Beginning to show some improvement

Dan Luidhardt : Wayne's friend is suffering from kidney failure due to diabetes. Stabilized, but remains an ongoing problem.

*** Each day as you pray for those on this list, always include our congregation and her elders**

*Visitors are always welcomed.
We invite you to visit our assemblies.*

Schedule of Services :

Sunday Morning : Bible Study 9:30 a.m.
Worship 10:20 a.m.

Sunday Evening : Worship 6:00 p.m.

Wednesday : Bible Study 7:00 p.m.



Ya'll Come !