

SUNDAY JANUARY 24, 2016  
the

# Reminder

The weekly newsletter of the church of Christ in Bellaire, Texas

## Excellent Endorphins!

It is no secret that I have been involved in a good amount of exercise over the past several months. One of the things that I have experienced in exercising is the so-called "runner's high." During cardiovascular exercise, the body reaches a point where it releases "feel-good" chemicals known as endorphins. One of the effects of endorphins is (among other things) to minimize minor aches and pains-which, in turn, encourages a person to continue exercising. This "high" can be experienced at different ranges-from a mild "good feeling" to a strong sense of euphoria, depending on how much an individual exerts himself. The result is that the person doing the exercise is encouraged to do more, and also is encouraged to make exercise a general habit.

Endorphins are not only responsible for aid in exercise, but also may prevent the body from experiencing excruciating pain in severe trauma. In the 1970s, this chemical was first discovered by scientists studying the drug morphine. Prior to the 1970s, emergency medical personal were often amazed that some people with serious injuries were lucid enough to communicate and in apparent lack of pain.

Researchers discovered that endorphins were an even more powerful chemical than morphine, but without the unpleasant side effects of drug addiction.

Endorphins are now known, by scientists and emergency technicians alike, as the morphine made by the body.

Endorphins may also be released from other positive behaviors such as smiling, laughing, meditating, singing, listening to good music, and even eating good food. Is this ability of the body to provide chemicals that encourage good behavior not evidence of good design? Consider the following facts. First, endorphins are dispensed only when needed. Second, they are released only in the dosage that is required. Third, they are powerful enough to counteract strong pain. Fourth, they are not addictive. Fifth, they encourage good behavior. Sixth, a person must exert a certain amount of positive effort to enjoy their benefits. Those are some of the same types of standards that pharmaceutical companies use as they try to develop beneficial new medicines. The psalmist wrote, "I am fearfully and wonderfully made" (Psalm 139:14). How wonderful it is to know that the human body that God made for us has such incredible design!

- Kevin Cauley

## About Us

### Bellaire

church of Christ  
8001 South Rice Ave  
P.O. Box 1029  
Bellaire, Texas 77402

[bellairechurchofchrist.org](http://bellairechurchofchrist.org)

### WHO ARE WE?

A group of God's children, striving to maintain the organization, doctrine and worship as taught in the New Testament.

### Schedule of Services

**Sunday:**  
9:30 AM Worship  
11:00 AM Bible Study

**Wednesday:**  
7:30 PM Bible Study



**MORNING LESSON**  
**“Essence of Worship”**  
**Jack Smith**

**SERVICE**

Welcome – H. Banks  
 Hymn Director - M. Krueger  
 Opening Prayer - D. Haley  
 Morning Lesson – J. Smith  
 Lord’s Supper Lesson – B. Haley  
 Announcements - M. Pharris  
 Closing Prayer - C. Cecil

**EVANGELIST**

Jack Smith  
 Steve Garrett

**ELDERS**

Brian Haley  
 Mark Mann  
 Matt Miles  
 Mike Pharris  
 Jack Smith

**DEACONS**

Scott Clanton  
 David Davila  
 Dan Kimbrough  
 Jesse Knapp  
 Alex Morolez  
 Gregory Williams

**BIBLE CLASSES**

Galatians, Ephesians and  
 Philippians - Steve Garrett

**Auditorium**

Children’s Bible Stories Revisited  
 - Lee Williams

**Room 102**

Graded classes for children

**Directory Updates**

email: clanton4@gmail.com

**“Good Advice From An  
 Undertaker”**

There’s a funeral director in a small Michigan town who has overseen some 5,000 burials over a period of 25 years. He was asked by a local reporter how his experience had shaped his thinking in resolving conflicts with others. He responded, “It tends to make me want to resolve conflicts a little quicker, because I’ve seen people go off to work who didn’t come home.”

Folks, that’s good advice from an undertaker. How many times have we huffed out of the house in the morning or turned out the light at night with anger smoldering in our hearts? We tell ourselves, “Yes, I intend to resolve the conflict eventually, but not right now.” We think — “let the other person suffer awhile in silence.” There’s a funeral director in a small Michigan town who has overseen some 5,000 burials over a period of 25 years. He was asked by a local reporter how his experience had shaped his thinking in resolving conflicts with others. He responded, “It tends to make me want to resolve conflicts a little quicker, because I’ve seen people go off to work who didn’t come home.” Folks, that’s good advice from an undertaker.

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- Mike Riley



**News and Notes:**

Continue praying for those of our number who have on-going health issues. Deb Haley, Janice Kimbrough, Jan Cooper, Curby Stech, Laura Claburn and Don Hurd.

Keep Josie in your prayers for a quick and easy delivery. She is due anytime. Also, Erin Betts as she deals with a risky pregnancy and health issues. Katie Howell is doing fair. Test results were good, but the test procedure left her with difficulties she hadn’t anticipated.

Steve and Matt should be back from this week’s business trips. It’s about time for the Coopers to be back, if they can get out of the snow. Pray for all of our travelers.

Sign up sheet on the bulletin board for youth devotional beginning in Feb.

There is a note on the bulletin board from Melody Torno. Due to her work schedule she is looking for another church to worship with. Read the note to get her words.