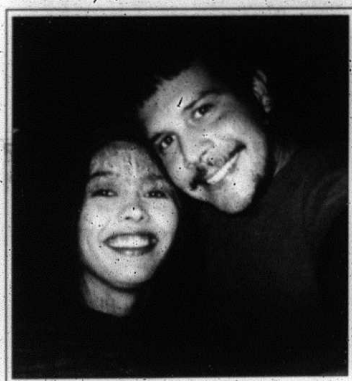
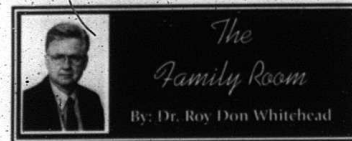




Carter - Santo

Donna Jean Carter and Gary Allen Santo would like to announce their forthcoming marriage. Donna is the daughter of Donald and Susko Carter, Sr. of Broadhead. Gary is the son of Doug and Rose Owens of Gum Sulpher Rd. They will be married on Sat., Aug. 30th at 6 p.m. at the home of the groom's parents in an outdoor ceremony. Reception will immediately follow at the Cedar Rapids Country Club. All friends and relatives are invited to attend this blessed event.



The Family Room

By: Dr. Roy Don Whitehead

Are You Self-medicating Your Depression?

Addictions are attempts to feel better. Joe is addicted to alcohol (all characters in today's column are fictitious). When he first began drinking, Joe only drank when he was stressed. A few beers at the end of the workday helped him to deal with the demands of his job. He felt more relaxed after those beers and could go to sleep.

As the addiction took hold, he drank more and more, even when he was not stressed. The more he drank, the less the alcohol helped him feel better.

He drank even more to try to get that buzz that he used to feel after two beers. Now his drinking makes him miserable. He is more depressed than ever and he is hooked. He cannot quit no matter how hard he tries. His addiction was an attempt to feel better that backfired.

Jackie is a compulsive shopper. "Shopping helps me feel better," she told her friends. "When my husband is grouchy and the kids are hard to manage, I'll buy a new outfit (and forget my troubles)," she told them. As her addiction took hold, Jackie discovered she could not control the urge to spend money. Typically with the coming of the Internet, she could buy in the privacy of her own home. She maxed out her two credit cards and applied for two more. She had all this from her husband, but she finally found out. Now she owes \$15,000 and is more depressed than when she started. Self-medicating her depression with shopping turned into an addiction that is costing her dearly.

Jerry has a sexual addiction. Once he bought pornographic magazines occasionally, but he now stays on the computer late at night looking at pornographic material. He tells his wife he is just chatting with friends.

She is worried but does not know what to do. "We don't talk anymore."

she complains to Jerry. "You stay on that computer until all hours, and I never see you." Jerry is also looking at porn sites while at work. This is against company policy, and he could lose his job if he is discovered: As a result of his addiction Jerry is more depressed than ever. If he loses his job or his marriage, the depression will get worse.

When depressed, human beings look for ways to feel better. Depression is such an unpleasant state that sufferers search for a way out. Even mild depression can cause one to look for an escape. The escape tunnel of self-medicating, which looks so promising in the beginning, can collapse and turn into an addiction that makes people even more depressed. Attempts to self-medicate often bring out the addiction in those who try. They end up more depressed than ever.

Alcohol is a prime example. Those first few times of drinking help to block out the unpleasant thoughts and worries of depression. In the long run, however, alcohol is a depressant and will make the depressed person even more depressed. When Joe self-medicates his depression with alcohol, he is doomed to fail. Does everyone have at least one addiction? That is possible. Caffeine and nicotine alone account for addiction in probably half the population. Add in other drugs, sex, television, food and religion and that includes almost everyone.

If self-medicating depression does not help, what does? The answer is counseling and medication. Counseling (perhaps using hypnosis) can help the addict stop the addictive behavior. Medication can relieve the depression that made the person want to use in the first place. When not depressed, he has no more reason to continue the addictive behavior.

[You may contact Dr. Whitehead at 679-4134 or 1-877-PASTOR-8.]



Astor and Bea McNew celebrated their 60th wedding anniversary August 4th. Mrs. McNew then celebrated her 81st birthday on August 5th. Wildlife Christian Church would like to congratulate them on these special occasions. Mr. and Mrs. McNew have been very active members of the church for many years. Despite their age and failing health, they are still very active today. They are very much loved and respected by the church and we all wish them good health and many good days together. God Bless you both.

Church News

Fifth Sunday Singing

You're invited to a Fifth Sunday night singing at Freedom Baptist Church Sunday night, August 31st at 6 p.m. Featured group will be Firm Foundation from Owensboro. Come and listen to some good southern gospel singing. Pastor Nebert McKinney and congregation invite everyone to attend. Church is located on Freedom School Road.

Gospel Meeting

Mt. Zion Church of Christ, located on Hwy. 39, will be holding a weekend meeting August 29, 30 and 31. Friday and Saturday night services will begin at 7 o'clock and Sunday night at 6 o'clock. The speaker will be Danny Grider. Everyone welcome.

Benefit Singing

There will be a Benefit Singing at the Flat Gap Baptist Church August 30th, beginning at 11 a.m. Lunch will be served. Featured singers include: Howard Bond, Glory Bond, Inspirations, Calvary Echoes and Robe Mountain. Pastor Gordon Robinson and congregation welcome everyone.

Revival at Fairground

A week-end revival service will be held Sept. 5, 6 and 7 at 7 o'clock nightly at the Fairground Hill Holiness Church with Bro. Kenny Rice, evangelist.

Homecoming will be held at the church September 14, beginning at 2 p.m. with Bro. Dennis Doan. Everyone is invited to come and bring a covered dish. No morning or evening service this day.

Also, beginning September 11, church will be on Thursday nights at 7 o'clock instead of Friday nights.

Homecoming at Mt. Zion Baptist

Homecoming will be held at Mt. Zion Baptist Church on September 14, 2003. Morning services will begin at 11 a.m. with Bro. David Sargent as guest speaker. Lunch will follow. Afternoon services will begin at 2 p.m. with Bro. Wayne Harding as guest speaker. Singers will include: Brenda Bullock, John Holbrook, Zion's Hope and Praise and Gift of Grace. Everyone is invited to attend.

Upcoming Reunions

Annual Hummel Homecoming

The annual Hummel Homecoming will be held this year at the old Hummel Church on Saturday, August 30. Bring a covered dish. The event will last all day with lunch served about 1 p.m. Everyone welcome.

Higgins/Ball Reunion

The Higgins/Ball Reunion will be held Saturday, August 30th at 11 a.m. at the Family Life Center at Renfro Valley, shelter on right at top of hill. Lunch will be served at noon. Bring a covered dish and enjoy the day.

Cash Reunion

The Cash Family Reunion will be held Saturday, August 30 at Quail Community Park from 10 a.m. until 7 p.m. Bring food and enjoy the day. Everyone welcome.

Graves/Hayes/Owens

The Graves/Hayes/Owens Family Reunion will be held Saturday, August 30th at the Blue Springs School House, beginning at 1 p.m. Bring a covered dish and enjoy the day with us.

Pine Hill School Reunion

The 7th Annual Pine Hill School Reunion will be held Saturday, August 30 at the Pine Hill Missionary Baptist Church shelter house. Lunch will be served around noon. All former students and teacher families are welcome. Bring a covered dish and enjoy the day with old friends and family.

Cromer Reunion

The J.R. "Boone" Cromer family and friends reunion will be held Saturday, August 30 at the home of Bentley Cromer on Hwy. 1249. A meal will be served at 12:30 p.m. at the all-day event.

Ball Reunion - All Day

The Ball Family Reunion will be held September 13 at the Mills Park on Mills Road at Taylors Mill, Ky. Come one, come all to the family reunion. Bring a covered dish, enjoy lunch which will be around noon. Follow the signs and balloons to the shelter.

Renner Reunion

September 5th is the date for the John Westerfield Renner, born 1847, reunion to be held at Super 8 Motel in Berea. Their children were: Martha B., Sarah E., Robert Lee, Logan.

Mary L., Alice and John Andrew. For more information, send e-mail to John Renner, jwrenner38@msn.com

Hamm Reunion

The Hamm Family Reunion will be held all day Sunday, August 31 at Quail Park on Hwy. 70. Bring a covered dish and join us. Lunch will be served around noon.

Mullins Reunion

Fairview Homecoming
The annual Mullins Family Reunion and Fairview Homecoming will be held Sunday, August 31, 2003 at the Fairview Cemetery on Mullins Station Road. Whether you are a member of the Mullins Family, or attended the Fairview Church, TRC Mullins School or grew up in the Wilfers area of Rockcastle County, we look forward to seeing you at this year's event.

The event takes place each year on Sunday of Labor Day week end so, mark your calendar. A new picnic shelter is available for everyone's convenience. A potluck luncheon will be served. Bring a covered dish and enjoy the day, making new friends and renewing old acquaintances.

Richmond/Mullins Reunion

The 29th Richmond-Mullins Family Reunion will be held Saturday, August 30th at Beres City Park. We will start serving at 12:30 p.m. Please bring a covered dish or a desert. Come join us for the day. All family and friends welcome. Need information? Contact Sarah Cain 1-606-256-9177.

Linvile Reunion

The annual Linvile Family Reunion will be held Sunday, August 31 at Safford Cape Baptist Church shelter. Potluck lunch will be served around 1 p.m. Bring a covered dish and join us for an afternoon of fellowship.

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"It is Written"

In Josh 24:15 we read, "And if it seem evil unto you to serve the LORD, choose you this day, whom ye will serve: whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD." This text shows us that men can make a choice to serve God. We were talking with a guy last week that was trying to say that man cannot choose to serve God. That God somehow must regenerate him first before man will choose to serve God. Of course he could not produce the passage for his assertion. God has given man the faculty of will, the power to choose. People have chosen to walk the path of sin (Rom. 3:23), but in Christ we can be released from sin's bondage if we will be willing to turn to Christ. "And the Spirit and the bride say: Come. And let him that heareth say, 'Come.' And let him that is athirst come. And whosoever will, let him take the water of life freely." Rev 22:17. Jesus said "And ye shall know the truth, and the truth shall make you free." John 8:32. God has made a gospel that powerful enough to reach any who will turn to him, Rom. 1:16. The call of the gospel is ringing out in the land, are you willing to turn your stubborn heart to Christ? If men are lost is not because God does not want you to be saved. "Who will have all men to be saved, and to come unto the knowledge of the truth." 1 Tim 2:4. Don't be lost in your sin, choose Christ, you have a choice to accept the truth.

Providence church of Christ

Dan McKibben 758-9316 - E-mail Dan.McKibben@Juno.com

Web Site: www.WhatSaiithTheScriptures.com

Time of Services: Sunday 10am Bible Study, Worship 10:40 & 6:00pm, Wednesday 7:00pm. Radio program: Sunday 8am, 1460 AM