

# Covington Family News

## May 4, 2025

### Covington Church of Christ Mental Health Weekend Seminar Biblical & Practical Help for Those Who Hurt May 3-4 With Neil Richey, PhD. LPC

#### Saturday

- 6:00PM Embracing Calm: Coping with Stress & Anxiety  
7:00PM Being There: Supporting Loved Ones in Times of Crisis  
8:00PM Finding the Light: A Journey Through Depression

**Childcare will be provided Saturday for children 0-12 yrs. Old**

#### Sunday

- 9:00AM Mind Over Matter: Strategies for Rewiring an Anxious Mind  
10:00AM Releasing the Weight: Navigating Guilt in Mental Health  
12:30PM Together We Thrive: Building a Supportive Community  
Luncheon on Sunday (Potluck)  
Everyone is invited!



#### SHEPHERDS

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David Keith 901- 430-3940  
Andy Whaley 901- 626-2911  
Mike Rogers 901- 229-4305

#### DEACONS

Ken Bringle Jr.  
Neil Bringle  
J.J. Brown  
Benny Collins  
Brad Evins  
Brandon Matlock  
Alan Otts  
Craig Robinson  
David Stewart  
Robert Trimm  
Terry Wall  
Jon McCain

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#### SERVING THIS WEEK 5/4/25 AM Worship Service

**Announcements** Neil Bringle  
**Song Leader:** Jimmy McMahan  
**Sermon** Neil Richey

#### Presiding Over the Lord's Table:

Head: Michael Wyatt  
Garrett Howard, Hadley Mason, Caleb Smith, Nick Maness  
Wesley Fowler, Eason Robinson, Myles Benjamin,  
Chris Maness

**Opening Prayer:** Bill Murray  
**Closing Prayer:** Robert Trimm

**Nursery Worker:** Teresa Stacks

**Attendance Card Collectors:** (5/4)  
Eli Charnock, Noah Charnock, August Charnock

#### May Door Greeters:

Main Lobby Entrance: Brenda & Hadley Mason  
Auditorium Entrance: Brad & Becky Evins

#### PM Worship Service

**Song Leader:** Hadley Mason  
**Opening Prayer:** Craig Robinson  
**Closing Prayer:** Alan Otts  
**Sermon** Neil Richey

Sunday Bible Classes	146
Worship AM	213
PM	138
Wednesday Bible Study	140

#### VISITORS ARE OUR SPECIAL GUESTS

Will Thomason Millington, TN  
Amos Elliott Henderson, TN

### Covington Church of Christ

1690 Highway 51 South – PO Box 9  
Covington, TN 38019

#### *Schedule of Services*

##### SUNDAY

Bible Classes 9:00AM  
Worship 10:00AM & 5:30PM

##### WEDNESDAY

Bible Classes 7:00 PM

# Mike’s Message

On Saturday May 3 and Sunday May 4, Neil Richey will be at the Covington church of Christ to offer professional help for everyone suffering from anxiety or depression. Neil is a licensed professional counselor with several years of experience dealing with mental health issues. I hope everyone will be present to hear the help Neil has to offer and then apply it to their own situation. Neil’s presentation will not be lecture, but interactive.

Although I am not qualified to deal with depression and anxiety, I was asked to present a sermon on depression. A few weeks ago, I presented that sermon. This article is part of that sermon.

Elijah suffered from depression when he learned that Jezebel intended on killing him and he ran. After a day’s journey into the wilderness, he sat down under the shade of a juniper tree and begged to die. But the angel of the Lord appeared to him with bread and water saying “Arise, eat.” Later, in the cave at Horeb, Elijah felt alone, but God showed up with a calm still voice assuring him he was not alone. The point is that God is never far from us.

From Psalm 88, we learn four things that can help us when we are suffering from depression. One, never stop believing that God will deliver you (Psalm 88:1-2).

Two, tell God your trouble (vv. 3-9). He knows everything we are going through, but He wants us to talk to Him.

Three, acknowledge that God is merciful, powerful, faithful, and righteous (88:10-12). In these verses the psalmist is saying, “God, I know You can deliver me from my suffering. Please do it before the suffering kills me.” Even when he feels like God is not listening and it is almost too late, the psalmist persists in believing that God can deliver him.

Four, tell God how you feel (vv. 13-18). The psalmist accuses God of not answering his prayers (vv. 13-14); and assumes his suffering is a result of God’s anger (vv. 15-16). He argues that his suffering never ceases (v. 17), and he feels completely alone (v. 18).

We often think of God as a distant power to call on only when we need something. But God is a friend and loving Father who wants us to talk to Him and tell Him how we really feel. You may argue, God knows how I feel! This is true, but He wants us to tell Him for our benefit. This can be part of the healing process. God wants us to open our hearts to Him. He knows what we are thinking, but talk to God like you would a counselor. Open up and be completely honest. It is okay to even blame God as long as you believe He will heal you. There is comfort and strength in prayer (1 Peter 5:6-7).

--Mike Rogers

# Prayer List

Kathy McMahan—Surgery, May 5  
Upton Shelton—Uncle of Bonita Rogers  
Turner family in the loss of their loved one, *Roy Clay Turner*. Also remember Storm victims, earthquake victims, Israel, Our Country, Our Missionaries, LaVerne Baxter, Heath Billings, Neil Bringle, Captain Mike Shipley, Georgia Cook, Steve Cook, Jeff Cooper, Larry Coughlan, Kenneth Coulston, Jason Elliott, Hattie Fields, Malissa Garner, Jackie Gatlin, Kay Gatlin, Pat Gatlin, Kyle Hanks, K.C. Haynes, Helen Kennedy, Stan McDevitt, Phyllis McLillie, Judy Merritt, Gigi Miller, Robin Montgomery, Larry Newman, Sophie Nolan, Randy Rhoads, Addie Rimmer, Bonita Rogers, Phillip Scrip, Donna Sonwineski, Anthony Stacks, David South, Melvin Wall, Paulette Watkins, Larry Whaley II, Oscar Williams

**NURSING HOME:**  
**Covington Care:** Shirley Laxton, Cynthia Wilson  
**Ripley Healthcare & Rehabilitation Center:** Vicki Mayfield

**MILITARY:**  
Killian Bridgeman, Logan Bridgeman, Major Creel, Bradley Evins, Dayana Fendley, Tanner Mason, Richie Newbill, Chris Nowak, Michael J. Pena, Jedidiah Phillips, Jacob Sampson, Parker Speight, Isaac Stewart

**SYMPATHY**  
We extend our deepest sympathy to Bill Gatlin in the death of his brother, *Jackie Gatlin*; and to Mary Isome-Newman in the death of her sister, *Jo Morgan*.

**BABY SHOWER**


All ladies are invited to a baby boy shower honoring *Hunter & Kenzie Hobbs*, Sunday, May 18, 2PM in the foyer.

In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. 1 John 4:10

# Calendar of Events

**MAY EVENTS**  
5—Monday Night for the Master, Group 1  
6, 13, 20, 27—Ladies Bible Class  
12—Monday Night for the Master, Group 2  
17—Birthday Party at Magnolia Creek Nursing Home  
18—Devotional at Covington Care, 3PM  
19—Monday Night for the Master, Group 3  
26—Monday Night for the Master, Group 4

**2025 Vacation Bible School, June 1-4**  
**7:00-8:45**  
**Theme: Victory in Jesus**  
**Register at [www.covingtoncofc.com](http://www.covingtoncofc.com)**




*Everyone is invited to the building for a*  
***Graduation Celebration, Saturday, May 10 @ 6PM***  
*Sign-up sheet is on the table by the Nursery*

***Class of 2025 High School Graduates***

Crockett County High School	Eason Robinson
Faith Heritage Christian Academy	Garrett Howard

**BIRTHDAYS MAY 4-10**

  
**APRIL 29**—Beau Combs, Timber Coughlan  
**MAY**  
6—Crystal Edmonds  
7—Mike Rogers  
9—Jacque Trimm  
**ANNIVERSARIES**  
9—Robert & P.J. Charnock, Logan & Hailey Rimmer

**BIBLE READING SCHEDULE MAY 4-10**  
May 4—11 Chr. 10-12  
May 5—11 Chr. 13-15  
May 6—11 Chr. 16-18  
May 7—11 Chr. 19-21  
May 8—11 Chr. 22-24  
May 9—11 Chr. 25-28  
May 10—11 Chr. 29-31

# Carpenter’s Apprentice

Last week I learned to belay. While the word has its roots in the sea, meaning, “to fix (a running rope) around a cleat, rock, pin, or other object, to secure it” (Oxford Languages). Today though, the term is associated with rock climbing, and the definition still fits, we were securing the climber with the rope attached to his body. The kids were climbing, Jonathan and I were belaying. Inherently, rock climbing is dangerous. While there are degrees of danger in rock climbing, most are often mitigated by common sense and/or fear. Common sense is one thing, but fear is another. Paul told Timothy, “For God has not given us a spirit of timidity, but of power and love and discipline” (2 Timothy 1:7). The word for timidity can also be translated as fearfulness or cowardice, and fearfulness and cowardice should never control us. That being said, there are some kinds of rock climbing where fear is present for a reason and cowardice and intelligence are often confused. But climbing done with a partner who can belay you, is different. Someone belaying as you climb is a game changer. While their perspective, encouragement and guidance are all helpful, their main job is to catch you if you fall. In the old days, belaying was none by wrapping the rope around your waist in what is called a body belay but today there are several “gadgets” that are more efficient and effective with less effort than the old way of just holding on tight! Climbers will argue about which one is the best type to use, but most will agree it is the device the belayer is most comfortable with. I learned on a mechanically assisted belay device called a grigri (pronounced GREE-GREE). It has a cam that rolls back when held in the right position to lock the rope in place with very little effort. Regardless of the device used, a good belayer will pay attention to his climber, communicate with his climber and never take his brake hand off the rope. Not just from a climbing perspective, working with someone who you are confident will always have your back, gives you the freedom to push the boundaries of the limitations set by your perspective. By that I mean this, forty feet in the air, holding on with your finger tips and standing on tiptoes that are wedged onto a ½ inch protuberance, forearms burning, legs beginning to shake and you can’t see your next move. To this point in the day, you have not needed a belayer. The climbing has been all you. He was something you took for granted, but never tested. Now, sweating, exhausted and suddenly afraid of heights, you cry out, “TAKE!” It is the universal communication to pull all the slack out of the rope because you need a rest, you are getting ready to fall or you quit. As your strength leaves you hear the reply, “TAKE ON!” and realize you are not holding on. You are NOT falling. You are safe in the hands of the belayer ... **TO BE CONTINUED**

-jeff