DO NO HARM

In the Hippocratic Corpus, a collection of 60 ancient medical works associated with Greek physician Hippocrates, we read the following words: “A physician must have two objects in view with regard to disease, namely, to do good and to do no harm.” We call this the Hippocratic Oath. All medical students learn this rule in medical ethics classes - do no harm. The first objective of a doctor is to do everything in his or her power to improve the life of the patient. The treatments may be painful, but the long term goal is better health and a better life.

Wouldn’t the world be a better place if “do no harm” was a daily goal of all seven billion people? What if everyone said, “Today I will only say and do things that will improve the lives of those around me?” Here are three areas where we need to do no harm:

1. **Social media.** It’s fine to share your opinions and perspectives. It’s fun to share pictures of family members and announce important events in our lives. But when social media sites like Facebook, Twitter, and Instagram become avenues for gossip and/or slander, God is not glorified.

2. **Brothers and sisters in Christ.** Galatians 6.10 says, “Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.” We should never tear down another Christian. We should focus our energy on encouraging, teaching, and supporting our fellow Christians. We should look for opportunities to build one another up.

3. **Children.** Children are our most precious commodity in the church. Jesus said we must be converted and become like them in order to enter the kingdom of heaven. Are you doing good for the children in your life? We must protect their innocence and give them the time and loving guidance to grow up into maturity.

(adapted with permission)

Buddy Johnson

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**THIS WEEK’S LESSON**

**Sunday Morning Worship**

Do Not Slander One Another

James 4.11-12

**Sunday Evenings Worship**

Is Christianity Rational?

Matthew 22.37

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**PRACTICAL CHRISTIANITY**

Young Adults

Meet-And-Greet: Want to get to know our new minister Evan Burns and his wife Sarah? This Sunday, March 18, following the morning service, we will have a catered lunch in the Fellowship Hall. Come, eat and mingle.

Lads 2 Leaders

Boys Song Leading, Speech and Bible Reading have been invited to Cherry Creek Church of Christ this Sunday, March 18 at 6pm. See Steve Leddy or Jack Gaw for questions.

Happy Haven’s 53rd Anniversary Celebration Banquet

is this Thursday, March 22, at Leslie Town Center. See the bulletin board for details or call Houston Bynum.

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March 14, 2018—Volume 48, Issue 11
Our Soup Cook-Off Champions have submitted their winning recipes! Thanks to Lily Davis and Lindsey Norton.

**Lily Davis:** POTATO SOUP
10-12 medium potatoes — peel cube and boil in a generous amount of water
Teaspoon of salt
2 tablespoons each of celery and onion
Boil until very soft — do not drain water
Add a tablespoon of butter and 1 cup - 1 1/2 cups of milk
2 tablespoons of flour
2 cups of shredded cheese
Finish with bacon bits and pepper

**Lindsey Norton:** CHICKEN ENCHILADA SOUP
Ingredients
1 tbsp olive oil
1 large onion chopped
1 green bell pepper seeded and chopped
10 oz red enchilada sauce (1 can)
8 oz cream cheese
14 oz diced tomatoes (1 can)
1 cup black beans drained and rinsed
1 cup frozen corn kernels drained
2 cups chicken breasts cooked, from 1 roast chicken, chopped, about 2
1 cup chicken broth low sodium
2 green onions chopped
1 cup mozzarella cheese shredded

Instructions:
Heat the olive oil in a Dutch oven or soup pot, over medium heat. Add the onion and bell pepper and cook for about 5 minutes until the onion is soft and translucent.
Add the enchilada sauce and cream cheese. Break down the cream cheese with a wooden spoon and cook until the cheese has completely melted.
Add the diced tomatoes, black beans, frozen corn and stir. Add the chopped chicken breast and chicken broth. Stir and cook for about 10 to 15 minutes, stirring occasionally, just until the soup is really hot. You don’t really want to boil this soup for too long because the cream cheese could curdle. If you find the soup is too thick, add a bit more chicken broth.
Remove from heat and top with green onions and mozzarella cheese before serving.

Last week under the direction of David Fox, a great time of fellowship was had by all who attended the Best Soup Meal. Over 20 soups were brought by the top chefs at Jefferson Avenue. All were enjoyed by those in attendance and we appreciate these folks for sharing their culinary gift:


Thank you to all these folks who brought soup or cornbread for the meal. After tallying the count there were 2 soups that stood out as fan favorites. The soups made by:

Lindsey Norton (Chicken Enchilada Soup) and Lily Davis (Potato Soup)

Congratulations to these ladies for their wonderful and tasty creations.

Their recipes will be posted in Matt’s Column for your enjoyment. Be sure to congratulate these ladies and thank David Fox for his planning and grill cheese fixing.

Evan

Matt
**News & Announcements**

**Remember in Daily Prayer!**
Greg Howell is having shoulder replacement surgery today. Please keep him in your prayers.

Joe Carter will have a CT scan Thursday afternoon in preparation of kidney surgery.

Geneva Davis covets prayers and encouragement as she still struggles with some health issues.

Geneva Glasgow is at home.

Harold Gentry is back in the ICU at Summit Medical Center in Hermitage, with pneumonia.

Sympathy to Marcia Byrge in the loss of her sister, Martha Jo Fields, who passed away on Friday. Visitation with the family is Thursday from 10:00am until time of the service at 12noon, at Presley Funeral Home.

**Those who are dealing with cancer:** Kathy Adams, Linda Alcorn, Kenneth Allen, Dean Boles, Kaye Bowman, Rene’ Canfield, Helen Carr, Walter Fitzpatrick, Jan Immel, Angela Leffew, Rhett Massey, Paula Palk, Jan Shepherd, Marty Smith and Lester Sparks

**Our Shut-Ins**

*Remember Our Shut-ins:*
**Bethesda:** Jan Shuster, Cornelia Steakley & Lyda Taylor
**Heritage Pointe:** Peggy Cooper
**NHC:** Rubye Anderson, Evelyn Solt
**Signature Health-Algood:** Herman Bean & Matilda Craighead

*At Home:* Hugh & Kathy Adams, Sue Clack, Margaret Cunningham, Mary Dyer, Geneva Glasgow, Wilma Judd, Peggy Mackie, Mary Medley, Pat McCanless, Robert & Jean Reeves, Claudine Smith, Ed & Rosella Smith, Frances Smith, Marty Smith, Jimmy Stafford and Jordan Terry

**College Age:** Dinner and devo at John & Lisa Rhodes on **Sunday, March 25**, after the evening service.

**BE STILL Ladies’ Day at Jefferson Avenue**

Join us for a time of insight with Jennifer Gerhardt at our **BE STILL** Ladies’ Day on **April 6 and 7**

The event is Friday night from 6-8; Saturday morning from 9-11 (food and beverage served).

Sign-up online at jayouth.org or call the church office.

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**Thank You!** This card does little to express the thankfulness we feel toward the people of Jefferson Avenue. We wanted to thank the church for their love and support shown to the family of ‘Miss Judi’ when she was called home to glory. Every member of our family were blessed by each and every person’s recollections of Judi during the Tuesday evening visitation. That in itself brought a wonderful healing to us. We got to meet Judi’s “family” and know how much she was loved by you all. From the beautiful message of Judi given during the funeral, and the wonderful food prepared and provided, we all left Tennessee knowing that Judi lived and loved well and was well loved by you. Thank you all again for making a difficult time a blessing. May God continue to bless you all. 

**The Family of Judi Williams**

We are very grateful for the kindness shown to Judi and her family. From the mountain of cards you sent, to those who transported her to medical appointments and to those who prepared and/or served the food for her family and friends after the funeral, we say thank you. There will never be another sweet Ms. Judi, but we can all ask God to help us try to be as selfless, giving and loving as she was.

**Jim & Jill Talmage**

A huge heartfelt thank you for all your prayers, concerns, and cards concerning my family last year. I feel we are on the road to recovery now. God is good and your prayers were heard and answered. My mom (Sherrie McCormack) finished her chemo and has had her port removed. She’s getting good reports from her doctors. My grandmother (June McCormack) is healing well from her heart surgery and looking at homes in the Nashville area to be closer to family. We appreciate the donation of the book *The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place* by Andy Crouch in memory of my PaPaw, G.E. McCormack. 

**Love, Allison Burr**

**Young-at-Heart Golden Sixties Banquet:** It’s Hawaiian/Beach Night on the Cruise Ship! Please join us as the Young at Heart set sail **March 23 at 6pm** for dinner in the Fellowship Hall. Sign ups are on the bulletin board. Dress in your finest beach wear attire and be prepared to Hula!

**Egg Hunt!** Sunday, March 25 at 3pm sharp. Bring your own basket. **Please drop off eggs and candy at Matt Collins’ office.** Who will find the Grand Prize Egg? See Allison Burr.
Church of Christ
521 S. Jefferson Ave.
Cookeville, TN 38501

Church Office………………………931-526-4605
Contribution……………………..$16,848
Fax Line…………………………….931-520-8708
Information Line…………………931-260-7861
Mother's Day Out………………..931-260-7861

Church Office…………………….info@jacoc.org
Evan Burns……………………...evan@jacoc.org
Matt Collins……………………..mattc@jacoc.org
Bo Perez…………………..………..bo@jacoc.org
Mother's Day Out…………..laura.fox@jacoc.org

Bible Class……………………………………...217
Sunday Morning………………………………..490
Sunday Evening………………………………..188
Wednesday Night………………………………274

Web Site: http://www.jacoc.org
Facebook: https://www.facebook.com/JeffersonAvenueCOC

Say a good word for Jesus this week!

March 18–24
18–Harry Bennett, Jr.  21–Kate Simpson
18–Hazel Holloway  22–Anna Gilbert
20–Lily Farris  22–Sarah Lane
20–Sarah White  22–Carolyn Leslie
21–Linda Jones  22–Joshua Piggott
21–Eddie Nance  24–Sarah Viar

My Quiet Spaces
2018 Bible Reading
Week Eleven
Wednesday March 14 Luke 9
Thursday March 15 Luke 10
Friday March 16 Luke 11
Saturday–Sunday—catch up reading

Week Twelve
Monday March 19 Luke 12
Tuesday March 20 Luke 13
Wednesday March 21 Luke 14
Thursday March 22 Luke 15
Friday March 23 Luke 16
Saturday–Sunday—catch up reading

News and Notes
March 12–16 Spring Break
23 Golden 60’s
25 Devo @ Milton’s
30–Apr 1 L2L

April 1 Easter
20–22 Spring Retreat
27–29 EU (rescheduled)
29 Devo @ Henson’s

W.A.S. is every Wednesday that school is in session

March 13–17
March 18–22
March 23–27
March 28–April 1

www.jayouth.org