

CALENDAR OF EVENTS

All events suspended due to COVID-19

THE FOOTBALL PLAYER WHO DIDN'T WORK OUT

James wanted to be a great football player. He dreamed of making great plays and leading his team to victory.

With such a goal, you would think that James would be a frequent visitor to the gym. After all, all of the other athletes at his school were. They got up early, way before their classmates even thought about stirring, to work out. They jogged after school. Their entire lives revolved around staying in shape and preparing for the next football game.

But James didn't do these things. He never seemed to have time to work out. When he showed up to practice, the drills completely exhausted him. Maybe he just wasn't as talented as the others. He kept telling everyone he knew that he wanted to get better. He was tired of not being able to keep up. Yet he didn't really want to put in the effort...

"James, is football something worth pursuing?" his coach asked him one day.

"Of course!" James replied quickly.

"Then live like it," the coach replied. Just like that, James realized that all his excuses were just that—excuses.

He slowly started to work out. But it wasn't easy! Why did it seem like his muscles built themselves so slowly? And that if he missed a few days, it was even harder? Yet slowly, imperceptibly sometimes, James' muscles changed. And one day he surprised himself by being able to keep up on the football field.

Thought: What would it look like if we trained spiritually as seriously as athletes do physically by reading the Word, praying, trusting, praising and worshipping God, running to Jesus, etc.? He is worth it!

"Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." 1 Timothy 4:7-8 (ESV)

"Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable." 1 Corinthians 9:24-25 (ESV)

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WEEKLY REPORT

Sunday a.m. Classes:	No svc
Sunday a.m. Worship:	39
Sunday p.m. Worship:	No svc
Wed. Bible Study:	No svc
Contributions:	\$2,213.00
Budget:	\$3,059.12

Ladies' Tuesday Fellowship

SUSPENDED UNTIL
FURTHER NOTICE

COMMUNION PREPARATION

May – N/A



328 S. West End Blvd. Cape Girardeau, MO 63703



Elders: Mark McAllister - 573-866-2514 William Meyer – 573-334-3130

Deacons: Barney Hartline – 573-335-1180 Jerry Keele – 573-334-8600
Rick Potter – 573-382-6471 Chris White – 573-579-9610

Evangelist: Ed Burrows Cell: 316-655-3530 Office – 573-335-7336

Church email: churchoffice@capechurchofchrist.org

Website: www.capechurchofchrist.org

WELCOME, VISITORS!

Schedule of Services

Sunday:

Classes for All Ages – 9 a.m.

Worship – 10 a.m. & 6 p.m.

Wednesday:

Classes for All Ages – 7 p.m.

Online Course Material: [The Assurance of Our Faith](#)

[Greek and Hebrew without Tears](#)

<http://capechurchofchrist.org/Lessons/Greek-and-Hebrew-without-Tears.pdf>

WBS link: <http://walkintruth.worldbibleschool.org>

SERVICES THIS WEEK: Please remember the following guidelines for services today:

- ❖ Allow door openers to open doors – less people touching handles that way.
- ❖ Obtain your communion set when you come into the building.
- ❖ No shaking hands or hugging
- ❖ Sit in alternating rows, at least 6 feet apart from non-family members.
- ❖ It is suggested that you wear your face mask.
- ❖ Leave offering on the table at the rear of the auditorium after services.
- ❖ Use hand sanitizer, please. It is available in the fellowship room and at rear of auditorium.
- ❖ No congregating in auditorium. In case of inclement weather, use social distancing in the fellowship room.
- ❖ Do not attend if feeling ill or if immune system is compromised.

ONLINE SERVICES AT 10 A.M.: Our services will be put on Facebook so if you know of friends or family who could not be with us today, encourage them to watch on Facebook, either live or at a later time. There is no YouTube video available for our services at this time, but the problems with putting them on YouTube will hopefully be ironed out soon.

CHILDREN’S HOME TRUCK: Even with all the COVID excitement, let’s not forget to bring supplies for the Children’s Home. Their truck will be here in 2 weeks on June 15th to pick up our donations.

BULLETIN NEWS: If you have any news or information you’d like to put in the bulletin, please send them to Karen at Karen.s.tanner@gmail.com or churchoffice@capechurchofchrist.org or place a note in the tray in the church library.

THANK YOU: We received a letter from the Disaster Relief Effort, Inc., thanking us for the donation sent in March in the amount of \$5,220. Thanks to all who helped out. The letter is posted on the back bulletin board.

CRC DAY IS SUNDAY, JUNE 14: Check out the flyer at the back of the building if you’d like to support CRC DAY 2020 with a donation.

Upcoming Birthdays and Anniversaries	
May 31 – Mark & Cheryl McAllister (anniv.)	June 4 – Pam White
June 2 – Mike & June Readnour (anniv.)	

CHILDREN’S HOME NEEDS

Needs list: Laundry Detergent, Paper plates & cups, Decaf Tea Bags, Potato chips or Cheetos, Trash bags, and Liquid Cleaning supplies (Lysol, Mr. Clean, Pine-sol, etc). The next pick up date is June 15, 2020. Also, remember to save your Best Choice UPC CODES from the labels & place them in the box on the annex coat rack or give them to Karen Tanner. These are redeemed for cash and/or goods.

SPECIAL PRAYER REQUESTS

Ed Burrows has had two negative COVID test results and is able to be out and about again, but is still gaining his strength back. Continue to pray for his complete return to health.

Joan England has moved into the Life Care Center, room 225. Please pray for her as she makes this adjustment.

Alisha Ray, a friend of Gloria Harris, has MS and recently has had a lot of problems with it. As you may know, MS flares up periodically. Please keep Alisha in your prayers.

Ongoing Concerns

<i><u>OUR MEMBERS</u></i>	<i><u>Family & FRIENDS</u></i>
Ernie Adams (Monticello House)	Michele Campbell (back pain)
Ed Burrows (for strength & endurance)	Mae & Ray Cannon
Dennis & Elaine Catlow (pain)	Liam Clark
Joan England (rm 225 Life Care Center)	Missy Daniels (cancer)
Angie Holtzhouser	LaDonna Harris’ son (cancer)
David Mattingly (rm 308 Life Care Center)	Naghma Kahlid (cancer)
Carson Pitman III (pain issues)	Douglas Kidder (Mark’s uncle)
Michael Ramos (cancer & MS)	Tony LaForest (cancer)
Betty Tanner (rm 622 Lutheran Home)	Suzanne Meert (terminal cancer)
Jane Volkerding (shut-in)	Stacy Noyes (chemo)
	Carrie Schultz (COVID)
	Rosemary Warmack (hospice)