

## Excellence is a Habit

Aristotle said, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” We are creatures of habit. Habits—overeating, thumb sucking, breath holding, nail biting, smoking, and the like—run the gambit from unpleasant to unhealthy. Other habits, like reading, healthy eating, exercise, money management, and getting adequate rest, greatly improve our quality of life. Yet our lives are all composed of habits from the time we wake up all the way up to bedtime. If a habit is negative, a cycle that includes triggers, feelings, and impulses can be broken anywhere along the way. If the habit is positive and needed, we can nurture that cycle by continuing it. Think about certain spiritual matters that are matters of habit—faithful attendance, daily Bible study and prayer, pure speech, visitation, welcoming visitors at church services, involvement in church works, controlling the tongue, and any number of personal growth matters. Aristotle was right. Excellence does not consist in doing something once. It is not even found in the sporadic, occasional engagement. We cultivate excellence by focusing on certain areas with repeated, persistent effort.

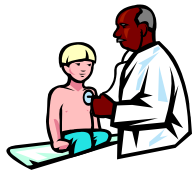
Paul urged the church at Thessalonica to “abound more and more” (1 Thes. 4:1). That consisted in knowing how “to walk and to please God.” Peter told the Christians dispersed abroad to keep their “behavior seemly among the Gentiles” (1 Pet. 2:12). In the second letter, he includes excellence—virtue—as a Christian grace (2 Pet. 1:5). Excellence is not something we are born with or just wake up possessing. It is, as Aristotle says, a matter of our habits!

-Neal Pollard

Continue to remember in prayer:

# Sick

Margaret Kratz, Miriam Majors, Betty Jenkins, Jim Dorsett, E.V. Wimmer, Martha Keith, WJ Wood, Jonnie Charles, Al Furrow, Lyn Anderson, Marguerite Charles, Jo Musgrove, Velda Gearhart, Ron White, Wayne Walk, Bob Maness,



Yvette Harless

- WJ Wood had a blood transfusion on Thursday.
- Jerry Wood spent the night in the ER on Tuesday.
- Chris Richardson, Tom's daughter-in-law, will be undergoing treatment for early stage cancer.
- Asonia Martin, Buddy's wife, had knee replacement surgery last week.
- Elizabeth Hovey, Charlie Puckett's daughter, suffered a stroke last week.

## Happy Birthday this week to:

Marsha Cooke—11/1

Judy Durham—11/3



## Military

Jay Martin—Afghanistan  
Angela Halling—Afghanistan



## NOVEMBER ITEMS FOR THE STAFFORDS:

Microwave kettle corn and packets of seasoning (taco, fajita, stroganoff).

Give your items to Jeanny and she will ship them over!



## Upcoming Events:

Thanks to all who came out last week for the Feed the Preacher dinners!



## Teens

November Dates



November 7—Hay Ride

November 15—TBS

November 21—WS Youth Rally

November 29—Young Men Conduct Services

## WOW

Next Meeting will be on November 10 at 10:30. Special Guest Speaker!!

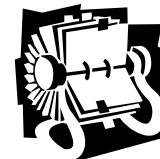
Upcoming **Gospel Meetings** and **Ladies Days**: (check the board for specific details)

- Cold Harbor Lectures – various speakers – 11/5-8 – 9am
- Rocky Mount – Cindy Guy – 11/7—Please sign up on the board if you are planning to attend or see Lori Cook.

## New Address

Walter & Betty Jenkins

(Removed due to privacy policy regarding member personal information)



Recent Responses: Ethan Rogers

# Weekly Reminders

## For Your Information

### LADIES NIGHT OUT

Ladies Night Out will be held on November 5 at 6:30 in the fellowship hall. Bring your favorite cold weather dish as we welcome fall. Sign up sheet is on the board!

### AREA WIDE PREACHER'S MEETING

The November Preacher Meeting will be at the Blacksburg congregation on November 9 at 10:30. Shane Lavendar, CPA, will speak on Faith and Finances.

### MEN'S PLANNING BREAKFAST

The Annual Men's Planning Breakfast will be on November 14 at 8 AM. The men will be going over plans and ideas for next year. Please plan to attend this important event! Breakfast will be served!

### DISCOVERY CLUB

The Discovery Club will be holding it's last meeting until spring on November 15 at 4:00 in the large classroom.

### PRIMARY TEACHERS MEETING

The Primary Teachers Meeting will be on November 15 at 4:30. 4/K teachers are in charge of snacks. Please bring any items you purchased during the teachers workshop to share with other teachers!

### FAITHFUL FINANCES 101

Jeff Durham will be teaching a class in December on Faithful Finances 101 in the fellowship hall. Please sign up for this class if you are interested so appropriate amounts of material will be available. Also if you have any specific questions/topics you would like to see addressed during this class let Jeff know!

### MARRIAGE RETREAT

The Great Smoky Mountain Marriage Retreat is scheduled for February 17-20, 2010 at the Pigeon Forge Holiday Inn Conference Center. Guest Speakers include Phillip Hines of Hartselle, AL and David Shannon of Mt. Juliet, TN. Details are on the board and make your reservations soon!!!

### Prayer list:

Marguerite Charles  
Lyn Anderson  
Martha Keith  
Miriam Majors  
Betty Jenkins  
WJ Wood  
Margaret Kratz  
Jonnie Charles  
Jim Dorsett  
E.V. Wimmer  
Rebekah Richey  
Charlie Puckett  
Jo Musgrove  
Velda Gearhart  
Al Furrow  
Chris Richardson  
Ron White  
Wayne Waller  
Jack McGrady  
Yevette Hartless  
Bob Maness  
Asonia Martin  
Elizabeth Hovey

### Activities:

LNO—11/5  
Youth Hayride—11/7



This week's □□□□□□□□

Emphasis: Evangelism

□□□□□□□□□□1

<b>Announcements</b>	Danny Guard
<b>Song Leader (AM)</b>	David Brown
<b>Opening Prayer (AM)</b>	
11/1	Jerry Anderson
11/8	Richard Simms
11/15	Don Pettit
11/22	Squeaky Valentine
11/29	Mitch Jearls
<b>Preside at Communion</b>	Wayne Dixon
<b>Serve Table</b>	Adam House Greg Edwards Jeremy White Jason Oldham
<b>Closing Prayer</b>	
11/1	Eric Earnhart
11/8	Bob Garby
11/15	Gene Benefield
11/22	Bob Martin
11/29	Fred Altizer
<b>Song Leader (PM)</b>	Josh Whitlow
<b>Opening Prayer (PM)</b>	
11/1	Jeff Durham
11/8	AC Janney
11/15	Jim Harrington
11/22	Barry White
11/29	Roger Mays
<b>Scripture Reader</b>	Sam Valentine
<b>Closing Prayer (PM)</b>	
11/1	Ethan Rogers
11/8	Tom Rogers
11/15	Glenn Hartman
11/22	Collin Gregory
11/29	Herb Baker
<b>Serve Table (PM)</b>	Garrett Durham Cameron Brown
<b>Song Leader (Wed)</b>	Tom Rogers
<b>Prayer (Wed)</b>	
11/4	Mike Durham
11/11	Tom Richardson
11/18	Marc Laplante
11/25	Tanner Reed
<b>Open/Close Bldg</b>	Fred Altizer
<b>Greeters</b>	Hartman/Argabright
<b>Nursery Attend</b>	Sarah Cook Becky Cooke
<b>Ushers</b>	Norris Gearhart Curtis Oakes
<b>Handouts</b>	Andrew Gibson Nathan Pelfrey Mark Brooks Jimmy Harrington
<b>Prepare communion</b>	Pat Gwaltney Martha Wood
<b>Cards &amp; Pencils</b>	Garrett Laplante Chandler Jearls

**Last weeks attendance 10/25-28/09**

Bible Class— 152	Worship Service—173
Sunday Eve.— 174	Monday Eve.—153
Tuesday Eve.—172	Wednesday Eve.—173
Contribution—\$5213	

On October 22, Northwest Airlines Flight 188 going from San Diego to Minneapolis and carrying 144 passengers overshot the runway by some 150 miles. The news has been filled with stories about this incident since. Various theories have been postulated as to why this occurred. Some claim that the pilots were asleep. The pilots themselves claim that they were involved in a heated discussion over company policies and failed to hear the various attempts by the control tower and other outlets to contact them. The incident is still, and probably will be for some time, under investigation. Regardless of the reason or reasons for this incident, it poses some illustrations for us regarding sin.

The word sin basically means “missing the mark.” Flight 188 certainly missed the mark. We, too, “overshoot” our desired destination and miss the mark if we allow sin to control our lives. We will certainly arrive at an undesirable destination if we maintain the same course. Imagine what the outcome would have been had this aircraft continued on its course. There is no doubt of the outcome for one who continues on a wayward course spiritually (Mt. 25:46).

The failure to maintain the course by these pilots would not only have affected them, but would have also endangered (and likely cost) the lives of all 144 passengers on board had they continued without correction. Similarly, when one chooses a life of sin he not only affects his own soul, but many times also the souls of others. In his failure to be a light in a dark world and salt in an unsavory society (Mt. 5:13-16), he fails in leading by his example. Others, too, will likely follow his lead in taking the path of least resistance. Lot’s poor decision in choosing Sodom as his home illustrates this principle clearly (cf. Gen. 13:10-12; 14:12; 19:1, 12-38). Without correction of his course he will most certainly find tragedy at the end of his journey, just like Flight 188.

-Eddy