

St John Church of Christ

June 6, 2021

Worship
Service

Premiers
Sunday at 11:00



Welcome to Worship!

We're glad you're here. Bible classes begin at 10:00. For kids, Pete & Penelope, our children's puppet program, it is followed by songs and classes.

How much do you know about the Holy Spirit? For most people, the Spirit seems mysterious and, perhaps, a little frightening, but this is the Age of the Spirit! Join us for Bible Class at 10:00 and learn to appreciate the Spirit of God. Worship follows at 11:00.

If you are unable to be with us in person, our worship is shared through our website:

www.StJohnChurchOfChrist.org

Simply select "Sermons" from the menubar at the top, or click this link to visit our page on YouTube:

[St. John Church of Christ](#)

The Boomers Take a Drink



Sometimes I believe the most quoted Scripture from the Bible is: "Take a little wine for your stomach's sake," (Paul, 1 Timothy 5:23). Our attitudes towards drinking have changed in the last couple of generations. (My father wouldn't even allow real vanilla in the house because it contained alcohol.) However, as the Baby-Boomers are becoming "senior saints," social scientists are noticing a growing problem.

The San Diego Union-Tribune, in an article: "When Drinking Gets Old" (Tuesday, April 12, 2016) observed 2.8 million older adults in the United States meet the criteria for alcohol abuse. "By the year 2020 - a mere four years

away - that number is expected to reach 5.7 million, according to a 2014 study in the peer-reviewed specialty journal *Addiction*." 17% of older adults (8 million) abuse alcohol and drugs today and 14% of all elderly patients in emergency rooms exhibit symptoms of alcoholism. In fact "the prevalence of problem drinking in nursing homes is as high as 49% in some studies."

Yes, there are plenty of studies that prove Paul was right in his advice to Timothy. Red wine can be good for the heart and a glass of Scotch can reduce the chances for a stroke, but the problem comes when we begin asking for "another" or "just a wee bit

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more.” The problems intensify at retirement specialists conclude because, while we no longer have the pressures of work, anxiety and depression and fear grow. It’s all complicated by the fact that we become less able to tolerate alcohol as we grow older and we become less steady on our feet. Drinking aggravates the problem and falls can be the result.

“For aging Americans who are already feeling lonely and isolated - facing the challenges of an empty nest and perhaps the stresses of a rocky marriage or dying parents - alcohol can seem like an answer. ... ‘In the beginning, (drinking) might give some relief from anxiety and fear. But down the road, it has more negative consequences.’ Like falling. And forgetting. And feeling like staying in bed, the whole next day.”

Yes, I know according to the Scriptures the sin is “drunkenness,” not drinking and I know that Jesus changed water into wine, but if even the community is concerned about the dangers of alcohol and aging, shouldn’t we be too?

Common signs and symptoms of alcohol abuse include:

1. Repeatedly neglecting your responsibilities at home, work, or school because of your drinking. For example, performing poorly at work, flunking classes, neglecting your kids, or skipping out on commitments because you’re hung over.
2. Using alcohol in situations where it’s physically dangerous, such as drinking and driving, operating

machinery while intoxicated, or mixing alcohol with prescription medication against doctor’s orders.

3. Experiencing repeated legal problems on account of your drinking. For example, getting arrested for driving under the influence or for drunk and disorderly conduct.
4. Continuing to drink even though your alcohol use is causing problems in your relationships. Getting drunk with your buddies, for example, even though you know your wife will be very upset, or fighting with your family because they dislike how you act when you drink.
5. Drinking as a way to relax or de-stress. Many drinking problems start when people use alcohol to self-soothe and relieve stress. Getting drunk after every stressful day, for example, or reaching for a bottle every time you have an argument with your spouse or boss.

Remember: Christians aren’t perfect. We’re just forgiven. If you need to talk to someone, please give me a call (619-313-7997). You are never alone!



Can You Help?

Vacation Bible School is next Saturday and we need your help! Joy is asking for these items to be brought to the kitchen by Friday, June 11th. There is a sign-up sheet in the kitchen so we’ll know we have everything we need. Here is the list:

- *Brownies or Bar Cookies of your choice -- We need 8 pans of 9x13 cut into 12 pieces -or- 4 sheet pans cut into 24 pieces. Please specify which you will be bringing.*
- *Mustard - 2 bottles*
- *Ketchup - 2 bottles*
- *Relish - 2 bottles*

News & Prayer Requests

John’s friend Paul is undergoing treatment for pancreatic cancer in Washington State. Paul has a great attitude, but the side-effects are hard.

Our VBS float in the Jubilee Parade