

Pastors

*Dan Fuller.....685-4454
 Dan McLeod.....377-9988
 Paul Metzkes.....870-8042
 Phil Porter.....339-3662

*Chairman for the Month of October

Evangelists

Dan Jenkins.....379-2325
 David Sproule.....301-2230
 Robert Lupo.....315-1411

Deacons

David Brown.....972-7608
 Victor Colage.....719-1490
 Mike Erickson.....310-9916
 Andres Fernandez.....768-3530
 Tim Fry.....373-9121
 Jeff Goodale.....261-1188
 Rick Hall.....622-5131
 Gary Jenkins.....889-3585
 Jeff Leslie.....744-3444
 Buzz Nelson.....385-1588

Church Office

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Palm Beach Lakes church of Christ

Vol. LXV

October 11, 2026

No. 41

Welcome
NEW MEMBERS



**Palm Beach Lakes
 CHURCH OF CHRIST**

Richard Gathright

(Identified September 20)



Tiffany McIntosh.....

(Identified September 20)





By Dan Jenkins

Avoid This Diet—It Will Kill You!

Our nation is obsessed with dieting. Have you heard of Weight Watchers? Atkins? Mediterranean? Keto? Vegan? Gluten-Free? Nordic? Mayo Clinic? Jenny Craig? Nutrisystem? SlimFast? Grapefruit? Cabbage Soup? Military? Egg? Smoothie? Low-Carb? South Beach? Blood Type? Cookie? Subway? Low-Sodium? etc., etc.?

Just be aware that there is another diet that ensures every goal will be reached—every time. That's good news, but there is another "diet" that fails and is always fatal. Every person who has followed it has died. Keep reading.

It is remarkable how often the Bible mentions eating. It begins in the Garden of Eden, and after the flood there was prohibition of eating blood. At Mount Sinai, God forbade the Jews from eating any animal which died in unusual ways and then there was the restriction of eating any unclean animals. All of those restrictions were for the children of Israel, for after Pentecost, the distinction between clean and unclean animals ended.

There is nothing wrong with following any of the diets in the list we mentioned, but there is definitely a spiritual diet God wants us to follow. In reply to Satan's first temptation, Jesus said that man was not live by bread alone, "...but

by every word that proceeds from the mouth of the Lord" (Matt. 4:4). One's spiritual life is determined by whether one feasts on every word which God has given. There is no restriction and this diet ensures that anyone who lives by what God has said will live eternally. You will not find that promise with any earthly diet.

We are born into the family of God, and spiritual growth begins by feasting on the simple principles of living given by God. As we are spiritual, we can then partake of deeper truths. Far too many Christians fail to change from the "milk" of the word to the "solid food" of eternal truths (cf. Heb. 5:12-14). That "milk" of the word is described as knowing what God says about "...repentance...faith...baptisms...laying on of hands...resurrection of the dead and of eternal judgment" (Heb. 6:1-2). If you have been a Christian for many years and are still feasting on these fundamental truths, God has a strong admonition He gives to you and His expectation of your greater growth in Hebrews 5:12-14. Read those verses and think about this!

Now the fatal "diet" many follow is to never become one who seeks to find what God says, but their life consists of living totally in a secular world (which is what Jesus calls, "living on bread alone"). God is concerned about what you eat—are you?

There is a "diet" that fails and is always fatal.



By David Sproule

What Do I Do with This Kid?

When a parent first becomes a parent, it can be a bit overwhelming. They immediately start thinking, "What do I do with this kid?" For some, the internet has become a parent's best friend, and maybe ChatGPT has become their co-parent. Is that really the best source?

Then, that kid starts growing up. They start walking, talking and running the house. A parent sometimes looks around and thinks, "What do I do with this kid?" So they ask other parents at school or at the ballgames what they are doing. But is there some other source that they could tap?

Then, here it comes, that kid becomes a teenager. Watch out! If that 4-year-old was running the house before, guess what's happening now! A frazzled parent continues to wonder, "What do I do with this kid?" They think back to what their parents did and what they saw other parents of teens do. Could there be a go-to regimen that could work for all parents of all kids of all ages?

Whatever age your kid is, let me give you four easy things that every parent can do. These are tried and true efforts that faithful Christian parents have utilized for years. It does not guarantee absolute perfection or an easy path every time, but it's built on a firm foundation that won't change.

Four easy things that every parent can do

#1: Pray. Talk to God every day ABOUT your child! Talk to God every day WITH your child! Do you want wisdom? Ask Him for it (Jas. 1:5). Do you want strength? Ask Him for it (Psa. 86:15-16). Don't know what to ask? Talk to Him (1 Pet. 5:7). Let Him "direct your paths" (Prov. 3:6).

#2: Read. Put your phone down and pick up your Bible. Read it yourself every day, in eyeshot of your kids. And, then read it every day with your child! Does your child need greater faith (Rom. 10:17)? Read. Does your child need a deeper love for Jesus (2 Cor. 3:18)? Read.

#3: Put the church at the center. I'm not just saying that as a preacher but as a dad! Do you want your kids to care about God? Do you want your kids to go to heaven? GET THEM IN CHURCH EVERY TIME THE DOORS ARE OPEN! And at EVERY church event! I cannot say that strong enough! Make it "first" (Matt. 6:33)—truly first! That makes a difference!

#4: Serve others. Children need to be raised to look for and recognize "the interests of others" and not just their "own" (Phil. 2:4). Help them to see that there is greatness in serving others (Matt. 23:11), whenever the opportunity is there (Gal. 6:9-10). It forces them to look beyond themselves.

What do I do with this kid? Build intentional, unmovable fixtures into your daily lives that mold them into the image of Jesus. You cannot start too young! Start today!



By Robert Lupo

The Power of One Encouraging Adult

When I was a teen in the youth group, life was a bit difficult as it is for so many teenagers. I was greatly involved in just about every youth group activity, but I was struggling spiritually. Every day was a battle to not give in to temptation.

By the grace of God, I never left the church and grew from those days. But my story is not an uncommon one (cf. 1 Pet. 4:12). Many of my peers had just as difficult of a time growing up, if not more so, and nevertheless grew into strong Christians. However, many of them gave in to the adversity of life and left the church.

There are many reasons why a teen might fall away. So, what is it that keeps them faithful? This isn't something you can narrow down to one cure-all. But I know what helped me: the adult Christians in my life. I am a Christian today because certain adults took an interest in me and encouraged me to remain in the faith. We cannot imagine the power that one encouraging adult might have in a young person's life.

I am a Christian because at least one encouraging adult truly cared about me. In his letters, Paul often reiterated his love and admiration for Timothy. In 1 Timothy 1:2,

he calls him "my true son." In 2 Timothy 1:2, it's, "my dearly beloved son." Paul saw Timothy as more than just some young person, he was his son. Paul spent a lot of time with Timothy, working side-by-side with him. He knew him and trusted him like no other (cf. Phil. 2:19-20). If we want to have the same kind of care for our teens, then we can't fake it. We must spend time with them and develop that love.

...we can't fake it.

I am a Christian because at least one encouraging adult believed in me. In 2 Timothy 1:5-6, Paul saw that Timothy was not living up to his full potential. Instead of berating him, Paul pushed Timothy to step up by reminding him of who Paul knew him to be. Paul said, "...when I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also. Therefore, I remind you to stir up the gift of God which is in you through the laying on of my hands." If we want to lift our young people up to be the Christians that God calls them to be, then we must believe they can do it! Remember, it is not by their own power but the power of God working in them (cf. Phil. 2:13).

How would the church change if every teen had one encouraging adult in their life?

Articles Published in PBL Family News Emails Last Week

The sticker on your back

When we went to visit our daughter and our newly-born second grandson in the hospital (oh, and our son-in-law, too), we brought our 2-year-old grandson with us. At the security check-in desk, Traci and I both presented our driver's licenses and got our stickers with our names on them. They also printed a sticker for the 2-year-old and told us to put it on his back. Instead of his name, the sticker had printed in large letters: "My Child. Return to: David Sproule." What a great security feature if the child got separated from us!

That made me think. Hasn't God placed (figuratively, of course) a sticker on each of our backs with large letters: "My Child. Return to: God"? He's placed one on my back and your back, and on the back of every lost person we see this week. And, yes, He has placed one on the back of each of our children. It's God's "security feature"—reminding us whenever we see any person that it is our job to return them to God.

That hospital would have done anything to get a separated child safely back where he belonged. Will you do that with everyone you see today (John 4:35)? — DS



Is that the influence you want to have?

When the elders of a congregation oversee the church (as they are commanded to do in Acts 20:28 and 1 Peter 5:2-3) and when they decide to organize the church to have Sunday evening worship and Wednesday evening assemblies (as part of their responsibility to watch for the souls of the church in Hebrews 13:17), how do some Christians choose to willfully not attend?

For each Christian, there should be the consideration that God commands us to "obey" the elders and "be submissive" to them (Heb. 13:17). If I do not submit to them and obey them (when what they ask of me does not violate God's will), then I am disobeying God (Jas. 4:17).

And there's something else to consider. When I choose to willfully not attend on Sunday nights and Wednesday nights, my church family notices that, including some very impressionable children. What message does it give children about the Lord, His church, His worship and His elders when I choose to absent myself? And is that really the influence that I want to have on the children (see Matthew 18:6)? Assemblies of the church are a big deal for a lot of reasons. — DS

Keep in Your Prayers



Pray for These PBL Members

Paul Davidson	dealing with a several health issues
Lynne Jorgensen	having a procedure on October 13
Charlene Knowles	undergoing radiation on her nose soon
Emma Reeves	recovering from surgery
Isolyn Sinclair	still dealing with severe back pain

Ongoing Health Issues

Jimmie Banks	dialysis treatments
Judy Carmack	chronic health issues
Dianne Halenda	pain, swelling in legs & back
Bill Ingram, Jr.	advanced Alzheimer's
John Loftis	back pain, weakness
Tiffany Mayes	dialysis treatments
Sherri Richmond	multiple health issues

Pray for These Relatives of PBL Members

Kyle Buonadonna	Ed & Jeannie Buonadonna's son, blood clot, testing
Donald Coe	Linda Coe's father, in nursing home, on feeding tube
Ann Freseman	Nicole Freseman's mother, hospitalized with sepsis
Laura Griffin	Jennifer Goodale's mother, recovering breast cancer surg
Stacey Lynch	Debora Lynch's daughter, undergoing medical tests
Linda Price	Rick Price's mother, recovering from knee surgery
Curtis White	Betty White's brother, recovering from hip replacement

Pray for Our Shut-Ins

Millie Ames	Sadie Myrie
Gloria Boyd	Leigh Puckett
Josie Dawson	Don Seay
Zula Garrett	Ricky Smedley
Loretta Holaday	Jackie Stout
Kasandra Jones	Samuel Williams
Owen Miley	Evetta Wilson

Remember Our Mission Works

Pacific Islands

Robert & Mary Martin
Wayne & Kristi Parker

Africa

Nnanna Aforji
Tamuka Arunashe

Bahamas

Tavaro & Shameika Hanna

United States

Apologetics Press
Robert C. Lupo
Mauricio & Kayla Yegros

Answering Macedonian Calls
Josh & Cara Blackmer



Church Family Calendar of Events

Monday, October 12

- ♦ **No Monday Night Bible Study.** Class will resume on November 2.

Tuesday, October 13

- ♦ **No Tuesday Morning Bible Study.**

Saturday, October 17

- ♦ **PBL Ladies' Prayer Meeting** at 1:00 p.m. in the Family Room. See Maria Hackshaw for more details.
- ♦ **Trunk-or-Treat for Grades 5 & Under** hosted by the Jr. & Sr. High Youth at 5:00 p.m. ALL members are encouraged to decorate their trunk and pass out treats to the kids. There will be food, games and Trunk-or-Treating. Hot dogs will be provided for dinner. Please RSVP by October 11. See Robert Lupo for more details.



Sunday-Wednesday, October 18-21

- ♦ **Lectureship hosted by Haverhill Road** each night at 7:00 p.m. (Monday-Wednesday). Guest speakers Terry Francis & Phil Robertson will be speaking on "United By the Cross: Called to Be a People of the Cross."

Sunday-Wednesday, October 18-21

- ♦ **Gospel Meeting hosted by Lake Placid.** Tom Hall will be speaking each night at 6:30 p.m. (Monday-Wednesday).

Tuesday, October 20

- ♦ **Tuesday Morning Bible Study** at 10:30 a.m. in Adult 3.

Friday, October 23

- ♦ **Ladies' Fellowship** at 6:30 p.m. in the Family Room. Dinner from Olive Garden will be provided. Please sign up on the bulletin board and bring \$5/person. See Skye Brown or Allison Roman for more details.

Saturday, October 24

- ♦ **Ladies' Day hosted by Saint Augustine church of Christ** at 9:00 a.m. Becky Blackmon will be speaking on "Singing in the Rain." Light lunch will be provided.

Sunday, November 1

- ♦ **Daylight Saving Time Ends.** Set your clocks back one hour.
- ♦ **Shepherds Praying** at 5:30 p.m. in Adult 3. All members are invited to come and pray with them.



YOUNG ADULTS

Saturday, October 24

- ♦ **Young Adult Sunrise & Breakfast** at 7:00 a.m. at Juno Beach. Breakfast will be at Juno Beach Café. See Ivan Villard for more details.
- ♦ **Youth & Young Adult Costume Party** at 6:00 p.m. at the home of Victor & Sandy Colage. All Jr. High, Sr. High & Young Adults are invited. Please bring a pumpkin to carve, and drinks and desserts to share.

Saturday, November 14

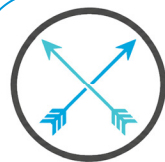
- ♦ **Young Adult Devo** at 6:00 p.m. at the home of Dan & Luann McLeod. See Ivan Villard for more details.

Thursday, December 3

- ♦ **Ladies' Soup Supper** at 6:30 p.m. at the home of Traci Sproule. Sign up on the bulletin board to bring a soup, bread, dessert or drinks.

Saturday, December 5

- ♦ **Young Adults Baking Cookies** at 9:30 a.m. Come and help bake cookies, then help the Grades 5 & under children decorate them.



YOUTH & FAMILY

Sunday, October 11

- ♦ **No His Kids Class.** Class will resume on October 18.
- ♦ **Jr. High & Sr. High Family Devo** after evening worship at the home of Brent & Lindsey McPherson. We will be going over plans for 2027, so **parents are encouraged to be there.** Bring drinks and desserts to share. See Robert Lupo for more details.

Saturday, October 17

- ♦ **Trunk-or-Treat for Grades 5 & Under** hosted by the Jr. & Sr. High Youth at 5:00 p.m. Jr. High & Sr. High, please arrive at 4:00 p.m. to help set up. There will be food, games and Trunk-or-Treating. Hot dogs will be provided for dinner. Wear your costume! Please RSVP by October 11. See Robert Lupo for more details.



Sunday, October 18

- ♦ **His Kids Class** at 5:30 p.m. for Age 3 and up. Meet in the front of the auditorium.

A Passage A Day

Keeps me on the Lord's way

A ONE-YEAR STUDY THROUGH THE *Life of Christ* IN CHRONOLOGICAL ORDER

For the Month of *October*

October 1: Mark 12:41-44; Luke 21:1-4

Jesus Teaches a Lesson About the Widow's Two Mites

October 2: Matthew 24:1-3; Mark 13:1-4; Luke 21:5-7

Jesus Predicts the Destruction of the Temple and Jerusalem

October 3: Matthew 24:4-14

Matthew's Account of the Days and Signs Prior to the Destruction

October 4: Mark 13:5-13

Mark's Account of the Days and Signs Prior to the Destruction

October 5: Luke 21:8-19

Luke's Account of the Days and Signs Prior to the Destruction

October 6: Matthew 24:15-22

Matthew's Account of the Warning to Flee Jerusalem

October 7: Mark 13:14-20; Luke 21:20-24

Mark and Luke's Accounts of the Warning to Flee Jerusalem

October 8: Matthew 24:23-28; Mark 13:21-23

Jesus Warns About False Christs Before Jerusalem's Destruction

October 9: Matt. 24:29-31; Mark 13:24-27; Luke 21:25-28

Jesus Warns of the Sign of the Son of Man Coming to Judge Jerusalem

October 10: Matt. 24:32-35; Mark 13:28-31; Luke 21:29-36

Jesus Affirms That Jerusalem Would Be Destroyed in That Generation

October 11: Matthew 24:36-51

Matthew's Account of Jesus Foretelling His Second Coming

October 12: Mark 13:32-37

Mark's Account of Jesus Foretelling His Second Coming

October 13: Matthew 25:1-13

The Parable of the Ten Virgins

October 14: Matthew 25:14-30

The Parable of the Talents

October 15: Matthew 25:31-46

The Day of Judgment, When Jesus Will Divide the Sheep and the Goats

October 16: Matt. 26:1-5; Mark 14:1-2; Luke 21:37-22:2

The Sanhedrin Plot to Kill Jesus

October 17: Matt. 26:14-16; Mark 14:10-11; Luke 22:3-6

Judas Bargains with the Jewish Leaders to Betray Jesus

October 18: Matt. 26:17-19; Mark 14:12-16; Luke 22:7-13

The Disciples Prepare the Passover As Instructed

October 19: Matthew 26:20; Mark 14:17; Luke 22:14-18

Jesus and His Disciples Eat the Passover Meal

October 20: Luke 22:24-30

The Disciples Argue About Who Will Be the Greatest

October 21: John 13:1-11

Jesus Washes His Disciples' Feet

October 22: John 13:12-17

Jesus Explains Why He Washed the Disciples' Feet

October 23: John 13:18-30

John's Account of Jesus Identifying His Betrayer

October 24: Matt. 26:21-25; Mark 14:18-21; Luke 22:21-23

Matthew, Mark and Luke's Accounts of Jesus Identifying His Betrayer

October 25: John 13:31-35

Jesus Gives the Disciples His New Commandment

October 26: Matt. 26:26-30; Mark 14:22-26; Luke 22:19-20

Jesus Institutes the Lord's Supper

October 27: Matthew 26:31-35; Mark 14:27-31

Matthew and Mark's Accounts of Jesus Predicting Peter's Denial

October 28: Luke 22:31-38; John 13:36-38

Luke and John's Accounts of Jesus Predicting Peter's Denial

October 29: John 14:1-6

Jesus Teaches That He Is the Way to the Father

October 30: John 14:7-14

Jesus Teaches That the Father Is Seen in the Son

October 31: John 14:15-31

Jesus Promises the Holy Spirit to the Apostles

"...always abounding in the work of the Lord..." (1 Cor. 15:58)

Members Traveling
this week



Thank You
for worshipping with us

Sunday,
October 4

LOCAL VISITORS: Mr. Josue Charles; Mr. Joseph Dolan; Ms. Helen Knight; Mr. & Mrs. Mark & Elsa Lester; Mr. Vondredi Myrtil; and Ms. Jean Powers.

OUT-OF-TOWN VISITORS: Mr. & Mrs. Al & Lisa Crandall, Judsonia, AR; and Mrs. Mary Alice Moorer, Port Orange, FL.

It's Boy!

Congratulations to Darin & Brittany Summerlot, upon the birth of their son, James Douglas, on Wednesday night weighing 7 lbs. 8 oz.

Birthdays & Anniversaries This Week

Sunday, October 11th
Scott Studer

Wednesday, October 14th
Amy Rosado

Monday, October 12th
Beau Caviness

Thursday, October 15th
Stahia Banks

Tuesday, October 13th
Fran Campbell

Friday, October 16th
Michael & Turkessa Staley (Ann.)
Adelene Honore



Get a Pack of 10 Cards By Reciting:

- ◆ 66 books of the Bible
- ◆ Psalm 23 (to Kelly Sproule)
- ◆ 12 Sons of Jacob + 10 Plagues + 12 Apostles
- ◆ Ephesians 6:13-18
- ◆ 15 Judges + 7 Days of Creation (to Robert Lupo)
- ◆ 2 Timothy 3:14-17
- ◆ 5 Steps of Salvation (with Bible references for each) + Galatians 5:22-23 (to Ivan Villard)
- ◆ Philippians 2:3-5 (**Expansion Pack**)

Get a Ticket for ONE Bible Card:

- ◆ Attend Bible Class WITH Your Bible
- ◆ Bring a Friend to Bible Class
- ◆ Wednesday Night: Quote Memory Verse
- ◆ Wednesday Night: Answer Review Questions

Those to Serve

If you are unable to serve, please contact the Service Coordinator for the week or Rick Hall at 827-4269.

*If you are scheduled to serve on Sunday morning, please meet in the Grades 6-8 classroom at **9:50 a.m.***

*If you are scheduled to serve on Sunday evening, please meet at the front of the auditorium at **5:50 p.m.***

Sunday Morning, October 11

Singing Gary Friedly
Opening Prayer Dan McLeod
Scripture Reading James Green
Singing
Lord's Supper Dan Jenkins
Contribution
Singing
Sermon
Singing
Closing Prayer Jeff Goodale

Serve at Table:

M. Brinkerhoff John Patrick
Michael Erickson Jim Rogers
Kingsley Gardner Vince Rogers
Jeff Leslie Marty Williams

Sunday Evening, October 11

Singing Ivan Villard
Opening Prayer John Hoelzer
Scripture Reading Eugene Williams
Singing
Lord's Supper Kane Campbell
Singing
Contribution
Singing
Singing
Closing Prayer Islay Rodriguez

Serve at Table:

Kingsley Gardner Kameron Heitler

Audio this week: David Brown
Computer this week: Ivan Villard
Video this week: Scott Studer

Wednesday Evening, October 14

Singing Jimmie Banks
Invitation Dan Fuller
Family Prayer Eugene Williams

Our Record

Attendance	Oct. 4	Sep Avg
Sun. Bible Study	145	150
Sun. AM Worship	232	234
Sun. PM Worship	92	98
Wed. Bible Study	112	97
Contribution	\$18,562	\$17,000

2026 Weekly Budget: \$17,161

Y-T-D Contribution-to-Budget: \$7,181

Service Coordinator:
Rick Hall

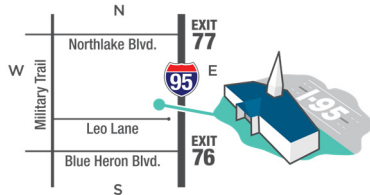
Ushers for this week: Rick Hall & Gary Jenkins
Safety Team for this week: Kirk Crews



Palm Beach Lakes CHURCH OF CHRIST

4067 Leo Lane
Palm Beach Gardens, FL 33410

*Speaking where the **Bible** speaks, Silent where the **Bible** is silent.*



Service Schedule

Sunday:

Bible Classes..... 9:00 a.m.

Worship 10:00 a.m.

Worship 6:00 p.m.

Wednesday:

Bible Classes..... 7:00 p.m.



Front Cover: **Ally Alberga, Samantha Eutsey & Maria Hackshaw**

