

Dewey Avenue Church of Christ

September 13, 2026

701 Dewey Avenue
St. Marys, WV 26170

Schedule of Services

Sunday

Sun Bible Class:
9:00 AM

Sun AM Worship:
10:00 AM

Sun PM Worship:
5:00 PM

Wednesday

7:00 PM

Leadership:

Elders:

Dave Lancaster

Hal Powell

Lew Wilson

Darren Parks

Deacons:

Joe Elrod

Camaron

Lancaster

Brian Mercer

Jodi Mote

Clay Perkins

Clint Perkins

Minister:

Dale Parsley

Youth Minister:

Carlos Molina

A Nutrition Label on Your Bible?

by David Sproule

The Food and Drug Administration requires labels on food packages to indicate the % Daily Value of that food item to the FDA's recommendation of 2,000 calories a day. It doesn't matter, in essence, who picks up that package of food. It is going to recommend 2,000 calories. Yet, even the FDA realizes that the caloric needs of each individual person varies.

Every person is different. A person's age, gender, height, weight, metabolism and activity level all affect how much food and how many calories are needed. There is not a "one size fits all" number that can be applied to every individual. These factors (and others) must be taken into consideration.

The same is true when it comes to spiritual nutrition. There is not a "one size fits all" Bible intake schedule that works equally for every single person. Some Christians read nine chapters of the New Testament every day, so that they can read through the New Testament once every month. That's a great practice, but not every Christian can handle that. Many Christians read about three chapters of the Bible every day, so that they can read through the entire Bible in a year. Again, that's a wonderful practice, but it does not necessarily fit every Christian. Other reading plans can take a person through the Bible over a period of three years, or can take a person through the New Testament in a year by reading one chapter per day, or can help a person read the Old Testament once and the New Testament three times in a year. So many reading plans are available, which is a good thing.

The most important thing that a Christian can do is to take in as many Biblical calories as they can handle each day. Bible reading is not a speed-reading contest, but it is just as (and actually more) critical than one's physical food intake each day. Jesus said, "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" ([Matt. 4:4](#)). How many meals do you eat each day? How many snacks do you have? How many cups of coffee or bottles of water? Compare that with how many verses of the Bible (God's spiritual food, [Heb. 5:12-13](#)) you take in each day. If your physical body could not survive without an average of 2,000 physical calories per day, how many Biblical calories does your soul need to remain healthy and alive?

May I encourage you to find what works for you. Find the best time of day and the best location for you. Then, find the best reading regimen for you. Read thoughtfully at least a few verses every day. Meditate on them. Pray through them. Then, like a physical appetite, increase your reading a little more to stretch and grow your faith. That's God's daily recommendation ([Rom. 10:17](#); [2 Tim. 2:15](#); [Psa. 119:105](#); [1 Pet. 2:2](#)).

Source: pblcoc.org

R a d i o a n d T V P r o g r a m s

Good News of Peace: Sundays: 8:00 AM on WRRR 93.9 FM

Gospel Broadcasting Network: www.gbntv.org & Youtube

In Search of the Lord's Way: 7:30—Channel 4, Parkersburg; 7:30—Channel 15, Parkersburg; 8:00—Channel 7, Wheeling; 11:30—Channel 5, Clarksburg

A friendly reminder to silence your cellphone to not disrupt worship! Visit us at
www.deweyavenuechurchofchrist.org & www.facebook.com/deweyavenue

Worship Schedule

Sep— Darren Parks

Oct— Camaron Lancaster

Sep 13

Morning Worship:

Announce/Pray: Camaron Lancaster

Song Leader: Caleb Parsley

Usher/Monitor: Joe Elrod

Usher/Monitor: Don Archer

Reading: Jaxon Elrod

Communion: Dave Parks

Closing Prayer: Jodi Mote

Evening Worship: PM Sing

Announce/Pray: Camaron Lancaster

Song Leader: Caleb Parsley

Communion: Dave Parks

Closing Prayer: Jodi Mote

Wednesday Sep 16

Announce/Pray: Camaron Lancaster

Song Leader: Caleb Parsley

Closing Prayer: Carlos Molina

Sep 20

Morning Worship:

Announce/Pray: Clint Perkins

Song Leader: Connor Lancaster

Usher/Monitor: Richard Davis

Usher/Monitor: Jesse Barnhart

Reading: Issac Molina

Communion: Dave Lancaster

Closing Prayer: Brian Mercer

Evening Worship:

Announce/Pray: Clint Perkins

Song Leader: Connor Lancaster

Communion: Dave Lancaster

Closing Prayer: Brian Mercer

Wednesday Sep 23

Announce/Pray: Clint Perkins

Song Leader: Connor Lancaster

Closing Prayer: Noah Mote

Upcoming Events

*There will be a game night in the fellowship room after PM Worship this evening.

*Sept 20th will be a Church, eat, Church to celebrate our August and September B-Days & Anniv.

*If you would like to help feed the Ritchie County Band on Sept 25th, please see Miranda Elrod for donations.

*Oct 1 at 6:30pm Digging Deep Ladies Bible Study

*Mark your calendars for a Ladies Day hosted here at Dewey Avenue on November 7th!

Upcoming Birthdays/Annivers

Sep 14— Cody Mercer

Sep 16— Darren Parks

Sep 16— Gary & Frannie Weekley

Sep 19— Noah Molina

Sep 21— Sam Yoho

Sep 24— Gerald Burns

Sep 25— Pam Burns

Sep 25— Caraline Lancaster

Address

Jan Burns

C/O Tammy Clark

692 Cave Hill Rd.

Little Hocking, OH 45742

*If you or someone you know would like to receive the bulletin via email, send request to:
office@deweyavechurchofchrist.org*

*Any updates for the bulletin, please email to:
office@deweyavenuechurchofchrist.org.*

If you would like to be added to the One Call list for phone updates, please contact Camaron Lancaster.

PRAYER LIST

*Please keep Janice Burns in your prayers as she undergoes treatments. She is staying with her daughter (address below.) Gerald is staying at Rockland Ridge in Belpre room 306B.

*Pat Nichols is recovering at Johnny & Connie's home.

Betty Timmons Family, Pat Nichols, Angie Parsley, Fay Williams, Melvin Truax, Jimmy Parsley, Stephanie Franzen, Ruth Ann Keith, Mark Fisher, Annette Clark, Gretta Tome, Clint Perkins, Larry & Delores Butcher, Randy McCoy, Shirley Hearn, Jane Ann Becker, Gerald & Janice Burns, Shirley Grubbs, Bill & Lorraine Dutton, & John Rockhold.