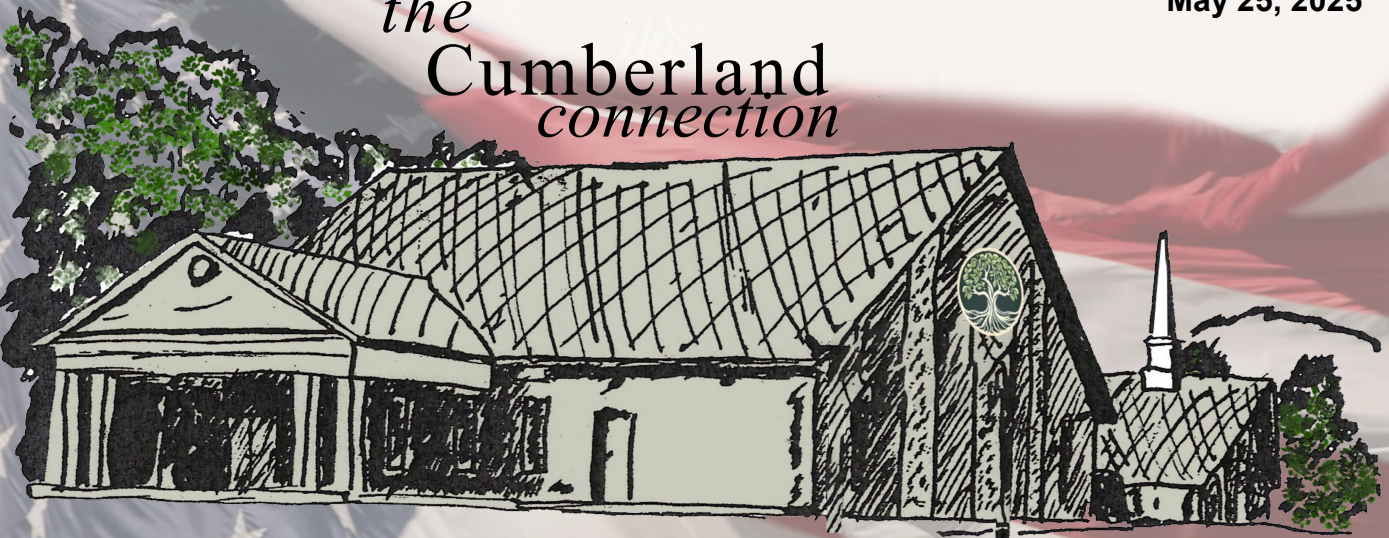


the
Cumberland
connection

May 25, 2025



Welcome

Order of Worship

Welcome
Opening Prayer
Songs of Praise
Communion
Song of Focus
Scripture Reading
Sermon
Song of Invitation
Offering
Announcements
Closing Song
Closing Prayer

Welcome to our church family,
where hearts unite in faith and love!
We're thrilled to have you join us
for worship today. Our community
is dedicated to growing in God's
grace and sharing His light with all.
Whether you're a longtime member
or a first-time visitor, you are
cherished here. Explore our bulletin
for upcoming events and ways to
connect. May today's service bless
you with peace and inspiration!

SCRIPTURE - James 2:12-13 (ERV)

¹² You will be judged by the law that makes people free. You should remember this in everything you say and do. ¹³ Yes, you must show mercy to others. If you do not show mercy, then God will not show mercy to you when he judges you. But the one who shows mercy can stand without fear before the Judge.



MEMBERS:

- Bill Bryan - Temporal Arthritis & Health Issues
 - Veda Fields - Health Issues
- Gracie Fortenberry - Health Issues
- Junior Fortenberry - Spiritual Healing / Growth
 - Emily Goforth - Maternity
- Phyllis Hogston - Health Issues
- Pauline Kahlert - Leukemia Treatments
 - Charles Kahlert - Colon Cancer
- Janet Meyer - Recovery from Knee Replacement
 - Loretta Morgan - Health Issues
 - Fonda VanHook - Health Issues

FAMILY & FRIENDS:


- Della Asher - Losing Sight (mother of Wally Asher)
 - Donny Ayers - Health Issues
- Braxton Ballou - Kidney Issues from infection (grandson of Ben & Ruby Eldridge)
- Johnny Bradford - Colon Cancer (brother of Kim Asher)
- Chris & Colton Green - Father and son who are friends of the Leung family. Chris has lung cancer and Colton is struggling with mental issues.
- Jesse Hammock - Health and Spiritual Healing (brother-in-law of Scott Francis)
- Jayln Meece and Braydon Loy - (Niece & Nephew of Margaret Sullivan & Donna Kisan)
 - Lena Miniard - Health Issues (cousin of Pauline Kahlert)
 - Brittany Moss - Physical & Spiritual Healing
 - Harbor Moss - Health Issues
 - Shannon Slone - Cancer (Friend of Rod McAninch)
 - Kelsey Sullivan - (daughter of Margaret Sullivan)
 - Ronnie Wilson - Health Issues - (uncle of Donna Kisan)



SERMON NOTES

EPIC MELTDOWNS

Jonah Under the Sun



*From the
Preacher's Desk*

Overcoming Bitterness: Choosing Grace and Peace

Bitterness can creep into our hearts like a quiet thief, stealing our joy and clouding our perspective. It often stems from unresolved hurt, unmet expectations, or perceived injustices. While these feelings are human, God calls us to rise above bitterness and embrace His grace, which brings healing and peace.

Ephesians 4:31-32 urges us, “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” These verses remind us that bitterness is a choice we can reject by leaning into forgiveness and compassion.

To avoid bitterness, start by bringing your hurts to God in prayer. Honestly share your pain and ask for His strength to release resentment. Next, practice forgiveness—not because others deserve it, but because it frees you from carrying a heavy burden. Finally, focus on gratitude. Reflecting on God’s blessings shifts our hearts from dwelling on what’s wrong to celebrating what’s right.

As a church family, let’s support one another in this journey. Reach out to a trusted friend, elder, or minister when bitterness tries to take root. Together, we can choose love over resentment, trusting God to transform our hearts.

For a deeper impact go to our resources page on our website. Scroll down and click on the LifeGroup discussion sheet that matches the date of this lesson.

www.cumberlandcoc.org/blog

Church Events

- May 29th - Pastor's For Transformation Breakfast - Fellowship Hall - 8:30 am - Please see Ninette Blackwell if you are able to help
- May 31st - Help the Homeless - Toiletry distribution - Cole Park in Burnside - 12 Noon - See Pat Stewart for further details
- June 3rd - Secret Sisters (PALS) - Home of Ninette Blackwell - 6:30 pm
- June 9th - Alzheimer's Support Group - Fellowship Hall - 6:00 pm
- June 22nd - Fellowship Meal Honoring Aaron and Maggie Leung - Immediately following services
- Donations needed for Help the Homeless - Please see Wendy Wesley
- Children's Church - Available each Sunday during worship for ages 3-years-old to 5th grade
- Wednesday - Mid-Week Bible Study - Adults - Study of Genesis - Classes for other ages also available

Birthdays & Anniversaries

- 5/27 - June Osborne
- 6/12 - Rod & Nan McAninch
- 6/18 - Angie Francis

2025 Graduates

Allana Grimball
(Associates Degree)

Current Schedule of Services

Sunday—Bible Study-9:30 a.m.

Sunday—Worship ---- 10:30 a.m.

LifeGroups ----- Various Times

Wednesday—Bible Study 7:00 p.m.

Church Office

Office Hours: M-Th 9:00-3:00

Address: 154 Turner Street,
Somerset, KY 42503

Office Phone: (606) 679-1580

Office Email: secretary@c-church.org

Elders

Aaron Leung (731) 414-3257

Rodney McAninch (606) 271-0211

Preacher

Alan Blackwell (615) 417-9198

Email: alan@c-church.org