

The South Florida Avenue **MESSENGER**

A Friendly Church With a Vital Message Proclaiming the Unsearchable Riches of the Lord Jesus.
The Messenger is published weekly by the South Florida Ave. Church of Christ meeting at 1807 South Florida Ave - Lakeland, FL 33803 Vol. 70 No. 014 04-04-17

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SUNDAY SERVICES

Bible Study.....9:30 a.m.
Worship.....10:30 a.m.
Evening Worship.....6:00 p.m.

WEDNESDAY

Ladies Class.....10:00 a.m.
Bible Study.....7:00 p.m.

HOME OF

Florida School of Preaching

MISSION FIELDS

Dub Hill.....Russia
Don Iverson.....India
Marc Veary.....Malawi, Africa
Graham McDonald..Scotland
J. Paguaga.....Honduras, C.A.
Joey Treat.....Pacific Islands
Ted Wheeler.....Ghana, W.A.

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IN
SEARCH
OF THE LORD'S WAY

Sundays @ 8:30 a.m. Check local listings

This is Your Brain on C₂H₅OH **—Any Questions?**

Rick Kenyon

“Let this mind be in you which was also in Christ Jesus” (Phil. 2:5, NKJV). Without the mind, we cannot be a Christian. Every intellectual, volitional, emotional, moral, and spiritual part of our being resides in our mind, which is the union of our psyche and brain. The human brain is a scientific phenomenon bearing God’s signature of design. It is filled with highly specialized cells (neurons) that are responsible for processing, retaining, retrieving, reliving, and creating countless actions, words, thoughts, and experiences. The brain aids in constructing the mind by providing the physical components necessary for cognitive, rational, and emotional thought. Thus, the brain both changes and is changed by everything we think and experience. The brain’s processes are so intricate and so intertwined that dwelling on it too long will make your brain hurt (even though the brain has no nerve receptors to feel pain). Now, since our physical brains heavily influence our minds, and we as Christians are to shape our mind into the mind of Christ, it is essential to understand the effects of messing with the brain. How does alcohol affect our brains? It will either help us in shaping our minds to be like Jesus or it will hinder us from becoming like Christ.

It is no secret that drunkenness is condemned in Scripture (Prov. 20:1; Eph. 5:18). It is undisputedly evident that excessively consuming alcohol causes irreparable brain damage such as: blackouts, decreased productivity, diminished brain size, memory impairment, impaired decision-making, memory loss, confusion, loss of motor skills, and various cognitive impairments...to name a few (see “Alcohol’s;” “Health;” Oscar-Berman; “Short”). This does not mean that every alcoholic is irreparably damaged forever. Some studies indicate that partial recovery is possible for some brain damage (“Brains”). However, some Christians believe that while alcohol abuse is condemned, “responsible” alcoholic intake is not. A typical “responsible drink” (12oz beer or 5oz wine or 1.5oz 80-proof spirits) contains approximately 10-15 grams of alcohol (Mukamal). This same source suggests that “moderate drinking is defined as 3 to 9 servings of alcohol per week, depending on age, sex, and other conditions.” This form of drinking is not considered an abuse in terms of nutritional standards, but according to science, even “moderate” drinking does affect the brain.

So how does alcohol interact/interfere with the brain? This paragraph is a compilation of information taken from various sources (“Alcohol and

Dopamine;” Bava and Tapert; Gowin; Oscar-Berman and Marinkovic). When alcohol is orally ingested into the body, it travels to the brain via the bloodstream and begins to interact with various neurotransmitter systems. As blood alcohol content (BAC) increases, alcohol acts as a stimulant affecting the adrenaline and norepinephrine neurotransmitters resulting in “life-of-the-party” behavior and recklessness. Another by-product of alcohol’s stimulant is the release of dopamine into the brain’s “reward pathway” which produces pleasure. This pleasure and its surrounding circumstances are recorded in the brain; and when various neurological cues are identified, the brain begins to pursue whatever it is that produced that pleasure—the beginning of addiction. As BAC decreases, alcohol acts as a depressant affecting the GABA system, endorphins, and glutamate system resulting in drowsiness, memory loss, motor function impairment, and valium-like effects. Most studies indicate that no one person is affected exactly the same, but they all concur that no one quite knows the extent and degree to which alcohol affects the brain. The preceding explanation is only a brief, over-simplified description of some of the known effects of alcohol.

That being said, there is another manner outside of physical science in which alcohol affects the brain—social and cultural programming. Because America is a culture where social drinking is not merely acceptable, but even cited as a means for “stress reduction, mood elevation, increased sociability, and relaxation” (“Health”), American brains have been culturally programmed to view recreational drinking as normal. Yet, Paul encouraged all Christians to “not be conformed to this world, but be transformed by the renewing of your mind...” (Rom. 12:2). Peter begged all Christians to “abstain from fleshly lusts which war against the soul” (1 Pt. 2:11). If Christians are to “test all things, hold fast what is good” (1 Thess. 5:21), then let us examine the scientific evidence. Alcohol consumption undeniably affects the brain; and it affects it negatively for the purpose of conforming our mind to Christ. If we knowingly put a brain-altering, Christ-mind-inhibiting substance into our bodies simply because “we enjoy it” or say “there’s nothing wrong with it,” then we have failed to practice wisdom. Fearing the Lord means pursuing after the things that we KNOW will promote godliness and Christlikeness. Loving God with all our heart, soul, mind and strength involves protecting our brains from anything that would hinder our ability to love God. Truthfully, one must ignore or explain away the evidence that points to the dangers of drinking in order to justify it—there are more reasons to avoid alcohol than there are to partake in it. Christians should be more apt to “Think Responsibly” rather than “Drink Responsibly.” “But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts” (Rom. 13:14).

[This article first appeared in *Think Magazine*, February 2017, as is used by permission. Slight modifications in format have been made to be consistent with the format of this bulletin.]

Works Cited

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- “Brains can recover from alcoholic damage but patients should stop drinking as soon as possible.” *EurekAlert!: The Global Source for Science News*. Oxford University Press, 17 Dec. 2006. <https://www.eurekalert.org/pub_releases/2006-12/oup-bcr121406.php> 25 Jan. 2017.
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- “Health Risks and Benefits of Alcohol Consumption.” Vol 24.1, 2000. National Institute on Alcohol Abuse and Alcoholism. <<https://pubs.niaaa.nih.gov/publications/arh24-1/05-11.pdf>> 1 Feb. 2017.
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- Oscar-Berman, Marlene, Ph.D. and Ksenija Marinkovic, Ph.D. “Alcoholism and the Brain: An Overview.” National Institute on Alcohol Abuse and Alcoholism. July 2004. <<https://pubs.niaaa.nih.gov/publications/arh27-2/125-133.htm>> 25 Jan. 2017.
- “Short and Long Term Mental Effects of Alcohol.” American Addiction Centers. <<http://americanaddictioncenters.org/alcoholism-treatment/mental-effects/>> 25 Jan. 2017.

SFA FAMILY MATTERS

Prayer List

Our Members: Home sick this week were Ginny Johnson and Darlene Thompson. Cheryl Barker has been admitted to LRMC last Friday. Continue to keep in prayer Jim Turner, Ginny Hamby, Kenny French, JoAnn Hoback, Bob McAnally, Grace McAnally, Sharon Washington, and Margaret Coone.

Relatives: Tonya Mathis, Sarah Blevins, Owen Lewis, Bobby Cole, Preston Craft and Evie McCormack.

Shut In Members: Virginia Plumlee, Dick & Joyce Burbage, Don Starks, Sharon Edler and Duane Nelson.

Others: Joyce Stearsman, Chrissi Fuesner, Elizabeth Tubbs, Robin Pack and Jack Pinckert.

Upcoming Events

Sunday April 9th: Baby Shower for Chaz & Molly Hine after morning worship service. Please bring food and drinks for the fellowship meal. See Kathy Sweeney or Kelcey Grimes to help or contribute to the money tree.

Saturday April 15th: Easter Egg Hunt at the Bingle's at 10 a.m.

Saturday April 15th: Men's breakfast at the Eagle Lake Church of Christ at 8:00 a.m.

Sympathy

Our sister, **Jacqueline Dopwell**, passed away on Tuesday March 28th. There will be no services.

Greg Burbage, son of Dick & Joyce Burbage, passed away suddenly from a heart attack on Friday March 31st. No services planned at this time.

Dee Moore, sister in law of Bettye Bolding, passed away Friday March 31st.

Jimmy Skaggs, brother in law of Brenda Mask, passed away Monday March 27th.

Charles Miller, friend of Tim Croson, passed away on Friday, March 31st.

Please keep all these families in your prayers as they go through this difficult time.

Thank You

Dear South Florida Ave. Church of Christ family, With kindred hearts and grateful souls, we thank you all for being so thoughtful. The flowers, and prayers that were given during the funeral and bereavement, in the passing of my brother, Willie Williams was worth more than we could ever imagine.

In Christian love, Bernetta Green

Visitors

Darryl & Victoria Jackson, Tiffany, Megan and Samuel Hash, Amanda Patterson and Mary Moore.

SCHEDULED TO SERVE

April

Stacey Paulin..... **Table** Josh Estridge
Fred Rapley **Assist** David Anderson

Sunday, April 9, 2017

9:30 A.M.
Song at Bible Class Jim Turner
Prayer..... David Anderson

10:30 A.M.
Announcements..... Jimmy Sweeney
Song Leader Jason Hendrix
Opening Prayer John McShane
Sermon..... Hiram Kemp
Closing Prayer Paul Romine

6:00 P.M.
Song Leader David Williams
Opening Prayer Steve Hunley
Sermon..... Hiram Kemp
Closing Prayer Tim Croson

Greeters Kenny & Reba French
Att. Cards..... Paul and Sebastian
Open & Close Building..... David Anderson

Wed. April 12, 2017

Song Leader Steve Hunley
Opening Prayer Kyle Bingle
Closing Prayer Charles Paulin

Please meet in the library. If you cannot serve, please call Chuck Wyatt so he can get a replacement - (863) 602-9005

Sunday, April 16, 2017

9:30 A.M.
Song at Bible Class Kyle Bingle
Prayer..... Tucker Sweeney

10:30 A.M.
Announcements..... Jimmy Sweeney
Song Leader Jason Hendrix
Opening Prayer Kenny French
Sermon..... Hiram Kemp
Closing Prayer Ken Walker

6:00 P.M.
Song Leader David Williams
Opening Prayer Fred Strickland
Sermon..... Hiram Kemp
Closing Prayer Jim Turner

Greeters The Bingles
Att. Cards..... Paul and Antonio
Open & Close Building..... David Anderson

Wed. April 19, 2017

Song Leader David Williams
Opening Prayer John McShane
Closing Prayer Fred Strickland

~ HOW ARE WE GIVING ~

Mar. 12	\$5,050.96
Mar. 19.....	\$4,800.48
Mar. 26.....	\$5,396.66
Apr. 02.....	\$5,970.10
Contribution Average.....	\$5,418.76
2016 Weekly Budget.....	\$4,716.51

Thoughts About Denominationalism

We appreciate the lessons Alan Highers preached during our Gospel meeting. We continue to be truly blessed by his being with us! The major thrust of his lessons dealt with Christ and His church, basically following this five point outline: (1) the New Testament church; (2) the falling away; (3) the Dark Ages; (4) the Reformation; and (5) the Restoration. We thank him for reminding us that there is a huge difference between the church of Christ we read about in the Bible and denominationalism. Consider these thoughts about denominationalism, some of which Alan mentioned, others relevant to the topic. First, the word “denominate” means to name or to divide (as in the case of money). Denominations, therefore, are named divisions of the church. However, Jesus does not want His church divided. He prayed that all who believe in Him “may be one, as You, Father, are in Me, and I in You” (John 17:20-26). Paul pleaded that “you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together” (1 Corinthians 1:10). Paul also gave the platform for unity when he wrote about “one body ... one Spirit ... one hope ... one Lord, one faith, one baptism; one God” (Ephesians 4:4-6). Second, *(continued below)*



St. Peter's Basilica, the main catalyst of the Reformation. The pope was selling licenses to sin (indulgences) to finance its reconstruction.



South Florida Avenue
CHURCH OF CHRIST
1807 South Florida Avenue
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Return Service Requested

The End of Your Search for a Friendly Church . . .

(continued from above) the church of Christ was established on the first Day of Pentecost following the resurrection of Jesus. Christ promised to build His church within the life-time of those who heard Him (Matthew 16:13-19, 28; Mark 9:1; Luke 24:49; Acts 1:4-5, 8). Just as Jesus promised, the church came into existence in Acts 2, when Peter told the repentant crowd after they asked, “What shall we do? ... Repent, and be baptized every one of you in the name of Jesus Christ for the



remission of sins” (Acts 2:37-38). Those who “gladly received his word were baptized: and the same day there were added unto them about three thousand souls” (Acts 2:41). Unto what were they added? “And the Lord added to the church daily such as should be saved” (Acts 2:47). Third, no Protestant denomination can trace its roots further back than October 31, 1517, the day Martin Luther nailed his “95 Theses” on the door of the Roman Catholic Church in Wittenberg, Germany. The first pope of Roman Catholicism was not designated until around 606 AD, making it the oldest existing denomination. Why not be a part of the church we read about in the Bible? ❤️ *Brian*

Pray for our YES II campaign to Penonome, Panama, July 1-9, 2017. Thirteen of our young people and their chaperones are planning to go. If you would like to help by contributing funds, see the elders.

Save the Date Nov. 12-15, 2017
Our Next Gospel Meeting
with Steve Higginbotham