



Life Lines

Dover Church of Christ
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What Makes Us Happy?

The next time you are deciding between ice cream and cake, buying a new car or taking a trip, accepting a new job or keeping your old one, you should remember two things: First, your decision is rooted in the desire to become happy – or at least happier than you are now. Second, there's a good chance the decision you make will be wrong.

Harvard psychologist Daniel Gilbert summed up our failings this way; "People have a lot of bad theories about happiness."

It's not for lack of trying. The Declaration of Independence affirms that we have an inalienable right to pursue happiness, and it's something we do with a vengeance.

Americans will spend \$750 million on self-help books this year and more than \$1 billion on motivational speakers. More than 100 colleges now offer classes in positive psychology – the science of happiness. With all those resources focused on achieving happiness, we should all be brimming with joy.

So where do we go wrong? Gilbert, author of the recent book, *Stumbling on Happiness*, blames our culture, our genes and our imagination.

Our culture implores us to buy bigger, newer, better things, but research shows "stuff" does not buy happiness. By and large, money buys happiness only for those who

lack the basic needs. Once you have those needs met more money doesn't buy much more happiness, Gilbert says.

Per Gilbert, our imaginations fail us because when we envision different futures we see either perpetual gloom or happily ever-after scenarios. In fact, neither unhappiness nor joy last as long as we expect. As you've probably guessed, winning the lottery will not guarantee a life of bliss.

By the same token, becoming disabled does not relegate one to a life of unhappiness.

So what makes us happy? Great news! In general, the older you get the happier you get – until you reach very old age.

According to a Pew Research survey, the happiest age group is men 65 and older; the least happy: men 18 to 29.

The survey also found:

- Married people are happier than singles.
- College grads are happier than those without a college degree.
- People who are religious are happier than those who aren't.
- Sunbelt residents are happier than other U.S. residents.
- Republicans are happier than Democrats – but both are happier than independents.

Nancy Segal, a professor at California State University, Fullerton, has spent her professional career studying twins

and happiness. We all have an innate level of happiness, Segal said. The best we can do is boost our happiness a little bit above this natural "set point."

With this in mind, Segal said we should pass on buying lottery tickets and find small things we can do every day that bring us joy, whether it's going for a walk or cooking a meal or reading a book.

And if you're trying to decide between the new car and the trip, Gilbert said take the trip.

"Part of us believes the new car is better because it lasts longer. But, in fact, that's the worst thing about a new car," he said. "It will stay around to disappoint you, whereas a trip is over. It evaporates. It has the good sense to go away, and you are left with nothing but a wonderful memory."

Read Ecclesiastes Chapter 2)
Pleasures are Meaningless (vs. 1 thru 11)

Wisdom and Folly Are Meaningless (vs.12 thru 16)

Toil Is Meaningless (vs. 17 thru 26)

*A Devotional given by Randall Walters, February 28, 2007
Dover Church of Christ
Dover, AR*

Lines for Ladies

By Pat McAlister

“Education has produced a vast population able to read but unable to distinguish what is worth reading.”

George Macauley Trevelyn

Reading material is a lot like television or the movies; much of it is not worth reading. As for moral aspect, it gets worse and worse. We don't need to read it and especially our children don't need to read it. The more trash that goes in, the more trash comes out.

However, there is one book that is worth reading for everyone, all ages. The Holy Bible. All kinds of stories fill the pages. There are adventure stories, love stories, war stories, self-help, uplifting verses and many more. The Old Testament is full of magic or miracles performed by God or men of God. The stories are interesting to people of all ages, from one to one hundred. Little children never tire of hearing them.

The New Testament gives us another view. It starts with the birth of Jesus, going from there to His death and resurrection. We can read of the miracles that were performed by Jesus and His apostles. We can read what He taught the multitudes, of how to live a righteous life. We are told how to enjoy a better life here on earth, awaiting a better life hereafter.

In reading, we are saddened to see how many of the people did not believe in Jesus, after having witnessed His many miracles. Many were raised from the dead, Lazarus, Dorcus and Eutychus. Many of the stories are very sad, and scary, like when Stephen was stoned to death. We are amazed how he forgave them. Peter and Paul were put into prison many times.

Anything you could want to read is in there. The answer to any situation is there. You may have to research it, but it is there.

So, if you want to read something worth reading, read the Scriptures.

Most importantly, the plan of salvation is there, for each and every one of us!

Remember Our Sick

Bob Bennett – serious health issues.

James Chadwick –home Thursday, 15th, facing re-hab and a long recovery.

Tom Cloud – in Heart Hospital, Little Rock, diabetes complications.

Mel Davis – diagnosed with cancer, receiving treatment.

Hoyt Ensey – aneurism surgery rescheduled.

Carol Graham – little Keith Martin's grandmother, had cancer surgery.

Elysia Lee – newborn, great-granddaughter of Bob/Rose Lee, one kidney. She will need a trans-plant.

Christy Pickle – Cara Williams' sister, in Africa for 3 months (internship).

Summer Russell –still in AMS, (coma) head and spinal injuries.

Gene Smith – Cara Williams' father had tests run, results not back yet.

Shut-ins - need prayers and visits.

Dover Area: **Bernice Brown**
Evelyn Burton
Mae Vanzandt

Russellville Nursing and Rehab Center:
Evelyn Driver
Thelma Hatcher

Stella Manor: **Louise Killer**,
Mary Lee

Others Who Need Our Prayers:

Daisy Hogins Anderson, Lawrence Boley, Lloyd Boley, Susie Boley, Gail Brewer, Jeff Davis, Anna Deimund, Charles Ensey, Sue Griffin, David Guthrie, Charles Hickey, Jim Lackey, Robert and Rose Lee, Bill McAlister, Sandra Mooney, Ray Motley, Teresa Phillips, Charles Proctor, Annie Robinson, Reddie Smith, Tanya Smith, Stone Family, Jewel Waldrip and Donna Walters.

Special Children: Emmy May, Keith Martin and Noah Williams.

Military: Darus Brown, Greg Davis, Steve Ferguson, Johnny Ragsdale, Cole Wetzel and Rudy Will.

Prayers and Sympathy for the family of **Ed Wallace** who passed away Tuesday, March 13, 2007. He was a brother to Jannie Myers.

Growing A Great Church

From Liberty Lamplighter
By Cleon Lyles, Feb. 2, 2002

What does the church need in order to become a GREAT CHURCH?

Desire: You must want the church to grow. It's not going to happen by accident.

Vision: Being able to have a dream and a goal to shoot at.

Atmosphere: We must be “mood makers.” The life of the church will be largely determined by the kind of mood we set. The matters of friendliness and enthusiasm are critical.

A Strong Pulpit: You cannot build a great church with a weak preacher. Average tenure in the ten largest churches is 24 years. Your preacher's influence will broaden year after year.

Action Oriented: People have to be involved! Diversity of gifts makes for a healthy church today.

Unity: Unity is absolutely essential! We can drift into discord . . . but unity has to be made.

Planning and Setting Goals: We must be realistic . . . with definite goals in mind, we must outline procedure to reach those goals. Support of the church is essential.

Importance of Delegation: No delegating equals stagnation. We multiply ourselves by delegating responsibility.

Praise: If someone has done a good job, praise will boost them to greater service.

Persistence: We must stay after it with no giving up.

Do we want the church to grow – really?

Do we want it to grow numerically?

Do we want it to grow spiritually?

How bad do we want it to grow? Bad enough to do something?

Are we willing to give it our best shot?

Think about it and pray about it

Praise: Brother Micah is strong in his faith. He lifts us up by encouragement. He cautions us when we are weak. We are blessed. Thank God for him and his family.

pmc

Events

Dover Church of Christ Children's Church

Every Sunday
11:15 - 12:00 Noon

Ages 4 thru 8

Bible Story and
Activities

Ages 1 thru 3
Nursery Class

The CARE CENTER Of Little Rock, AR

Is sponsoring professional
counseling in a Christian
environment one day per
week, every Friday, at the
Dover Church of Christ.
Please spread the word, tell
your friends and neighbors.
Call for an appointment:
(479) 331-3428

Dover Men's Business Meeting

April 2, 7:00 PM
Dover Church of Christ

Mark Your Calendars

Lads to Leaders & Leaderettes

The girls are making a
church scrapbook and are
in desperate need of
photos!
Anyone with photos of the
following events is asked
to share them.

Ladies' Day, April 2006
May Graduation Banquet
July 4th celebration
Veasman's Pool Party
Clean Up/Fix Up event

Contact Karen Womack

Lads to Leaders and Leaderettes

meets for practice
every Sunday
4:00 to 6:00 PM

Note the change in dates
for the:
Dover Ladies' Devo

5th Thursday

March 29th, 7:00 PM

Hostess: Diane Walters
(Pinehill Rd.)

March Birthdays

- 02 Kelly Williams
- 03 Bryan Bates
Keaton Creel
Rick Hollis
- 07 Harold Turner
Colton Williams
- 12 Carl Lawley
- 13 Matthew Moss
- 17 Jim Killer
- 18 Ryan Whiteside
- 21 William Boley
- 22 Alan Herron
- 25 Blake Brown
- 26 Mike Creel
Jessalyn Davis
Shelby Statler
- 27 Wilma Johnson
- 28 Kaeli Miller

If we missed your birthday,
please let us know so it won't
happen again.

LADIES' DAY!!

Dover Church of Christ
Mark Your Calendars
Saturday, April 28th,

More info to follow!

Hand towels, cup towels,
tea towels needed. Color
doesn't matter.

See: Shirly Chadwick.

THOSE TO SERVE

March 25, 2007

Sunday A.M.

Announcer: Randall Walters
Song Leader: Merrell Shoptaw

Prayers

Earl Whitted
Gary Williams

Communion

Podium: Donny Forehand
Serve: Rick Hollis
Rex McDaniel
Troy Curtis
William Boley

Scripture Reading

Allen Veasman

Sunday P.M.

Prayers

Joe Miller
Jim Killer

SPEAKER

Sunday A.M.

Micah Williams

Sunday P.M.

Micah Williams

Prepare Table for Communion

James and Shirlie Chadwick

Communion to Shut-Ins

Marion Helton
Merrell Shoptaw

Greeters

Troy and Rachel Curtis

Wednesday Night Devotional

March 28, 2007

Chris Moss

Meeting Times

Sunday Morning Bible Classes
9:45 A.M.

Sunday Morning Worship
10:45 A.M.

Sunday Evening Worship
6:00 P.M.

Ladies Tuesday Bible Class
10:00 A.M.

Wednesday Bible Classes
7:00 P.M.

Minister: Micah Williams
Church Office: 479-331-3428
Or Cell: 479-264-9244

Elders:

William Boley 858-7131
Jim Killer 331-2802
Allen Veasman 331-2156
Sid Womack 967-2367

Deacons:

Chris Besterfeldt
Donny Forehand
Brent Hottinger
Chris Loper
Rex McDaniel
Chris Moss
Joe Miller

Nursery Attendants:

Sunday Class: Kaeli Miller
Sunday Church: Pat McAlister
Kaeli Miller

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Dover Church of Christ
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