

The Preacher



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Bill Leonard, Ph.D.
Editor and Director
Ministerial Care

Terry McDaniel
Ministerial Care Secretary
Editorial Assistant

2460 Oakland Drive
P.O. Box 2430
Cleveland, TN 37312

Phone: 423-478-7297
800-762-5656

E-Mail :
cmcare2@churchofgod.cc

Website:
www.cogcmc.org

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How Do I Handle the Pressure as a Minister?

Have you ever taken a “pop” bottle and shaken it up real good? If you open it immediately, it will explode from the pressure build up. Best advice—wait until the pressure has subsided.

As a former pastor, I have felt like the “pop” bottle. It is an overwhelming experience. The cares of life, along with a kaleidoscope of ministry, just build up pressure on the inside. If not defused like the pressurized “pop” bottle, we can explode.

I want to give you one technique that will relieve you. Talk about it! I know that sounds simple, but it’s true. You can talk away your tensions. God made you to communicate. Through words we are to express our deepest thoughts and highest emotions. In Matthew 12:34 and Luke 6:45 we read, “Out of the abundance of the heart, the mouth speaketh.”

By talking, your ideas, experiences, and situations express your feelings. Words enable us to pray, to ask, and to thank. God has ordained this method to help you rid yourself

of tensions, serving somewhat as an air valve on an inner-tube or a pop-off valve on a water heater. This brings relief allowing pressure to escape.

You can always talk to God, “the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus” (Philippians 4:7).

You can establish a comfortable talking time with your spouse. This can be a time of listening, not judging, or even giving instructions, just comfort listening.

God gave Adam a woman named Eve because he was so lonely. He needed someone to listen to him and comfort him.

You don’t have to walk around full of tension and pressure. Holding this in will drag you down.

Remember, God will always listen to you. Talk to someone—your spouse, a trusted friend, or call me, confidentially, at 800-762-5656.

Start your Autumn off handling the pressure.

Welcome Executive Committee

CMC welcomes the newly elected Executive Committee—Dr. G. Dennis McGuire, General Overseer; Reverend Raymond F. Culpepper, First Assistant; Dr. Orville Hagan, Second Assistant; Dr. Paul L. Walker, Third Assistant; and Reverend Tim Hill, Secretary General.

PASTOR APPRECIATION



I was privileged to conduct this special service for Pastor Wayne Aaron in Portsmouth, Ohio. I just love building up a pastor.

The average human heart beats 100,000 times a day. Make those beats count!

SpiritCare Appointment

Dr. Gene Rice was appointed as the new SpiritCare Director. Dr. Rice brings experience, talent, skills, and so much more. Welcome to Dr. and Sister Rice. We are proud to have you as part of the CMC team.

Please pray for all of the victims of the recent hurricanes. The Office of Ministerial Care stands ready to assist. We are willing to reach out to those in need within our means.

Nobody is a whole chain. Each one is a link. But take away one link and the chain is broken.

Nobody is a whole team. Each one is a player. But take away one player and the game is forfeited.

Nobody is a whole orchestra. Each one is a musician. But take away one musician and the symphony is incomplete...

You guessed it. We need each other. You need someone and someone needs you. Isolated islands we're not.

To make this thing called life work, we gotta' lean and support. And relate and respond. And give and take. And confess and forgive. And reach out and embrace.

But now there are many members, but one body.

1 Corinthians 12:20

Taken from *Wisdom for the way* by Charles R. Swindoll

Lilly Foundation

Dr. Bowers from the Church of God Theological Seminary has taken us on an adventure of coaching, mentoring, and facilitating care to our fellow ministers in the Lord.

As Ministerial Care Director, it has been such a rewarding experience. We met in San Antonio for our banquet and conclusion of the inaugural phase.

Great job Dr. Stephen Land, Dr. James Bowers, and all of those who participated.

SAN ANTONIO, TEXAS

What an experience! CMC was at the 70th General Assembly in San Antonio, Texas, and had opportunity to say hello to many of our friends and shepherds. This was a very rewarding time. The CMC staff did a great job! Well done!!!!

Graduation!

My best friend and wife, Luann, graduated with a B.A. in Christian Education and a minor in counseling this summer. I'm so proud of her. Her constant strength to me is vital as I care for our shepherds.

Only you can be yourself—no one else is qualified for the job!



Counseling

Due to confidentiality, I can not reveal a lot, but God has given victory so many times to our clients.

Praise God for victory and answered prayers!

Worship Conference

Bob McCuen, Worship and Orchestra leader, Greer, SC, held his annual worship conference at Praise Cathedral. I was privileged to sing and speak at the wonderful conference. WOW! The Holy Ghost did a work.