

Iron Sharpens Iron: Practice Your Presence  
Phil Brookman

Poor \_\_\_\_\_ undermines good \_\_\_\_\_.

Good friends develop the \_\_\_\_\_ to stay in someone else's boat for an \_\_\_\_\_ of time.

Ruth 1:16-17; Philippians 2:4

Be \_\_\_\_\_ instead of trying so hard to be \_\_\_\_\_.

Philippians 2:6-11



QUESTIONS FOR DISCUSSION AT HOME OR IN QGROUP

1. When was the last time you were in a boat? What is something interesting that has happened to you on a boat?
- 2.What is a time when someone you were speaking to did not respond the way you wanted them to?
- 3.What are the things you like to talk about, the things “in your boat”?
- 4.What things in other people’s “boats” that you do not enjoy talking about?
- 5.What is the most striking feature of Ruth’s speech to Naomi?
- 6.How can we practically become more fully present when we speak with people?
7. Which of the ISI guidelines comes easiest to you? What about the most difficult?

FAMILY UPDATES

The monthly Prayer List is available at Information Central and on the Greeters’ Stations.

Prayer Request:

Kegan Entwistle, son-in-law of **Penny O’Neal**, has been diagnosed with lung cancer and is undergoing tests.

Our Sympathy is extended to...

**Maureen Newman** on the death of her husband, **Les**, Saturday, Sept. 21.

**Larry & Dianne Gordon** and the **Jeremy Hornbuckle** family on the death of **Larry’s** father and **Jana’s** grandfather, Paxson Gordon, Thursday, Sept. 19.

**Derek & Lindsey Sherwood** on the death of his grandmother, Bettye Sherwood, Thursday, Sept. 26.

Thank You:

“On behalf of *Heartbeat for Hope*, several ‘thank yous’ are in order for the success of the three Cunningham Peach events. First, **Don Proctor** was the orchestrator who initiated this partnership and put all of the organized details in place. Thank you to **Terry Fischer** and MRCC for seeing the outreach potential by providing the church parking lot as a host location for the Cunningham Orchard deliveries. Next, we owe a huge amount of gratitude to **Randy Heath**, who took over the lead on finalizing the events with Cunningham, and organizing all of the volunteers to make the event run smoothly. Thank you so much to all of the sweet volunteers, primarily the Cornerstone class (as well as a few others), who took orders, directed traffic, loaded boxes into cars, and gave their time to help. Finally, we thank Cunningham Orchard for generously donating \$1/box sold to *Heartbeat for Hope*, therefore giving a total of \$3001 that will further serve the ministries in Ghana. And an added bonus: those were some delicious peaches! Thank you!”

~**Aubrie Ross**



Please take a moment to swing by Lost & Found (behind Information Central) to see if any of your lost possessions are waiting for you. Unclaimed items will be discarded or donated at the end of the month. Thank you!

Men’s & Women’s Step Studies Now Forming

“As iron sharpens iron, so one person sharpens another.” ~Prov. 27:17

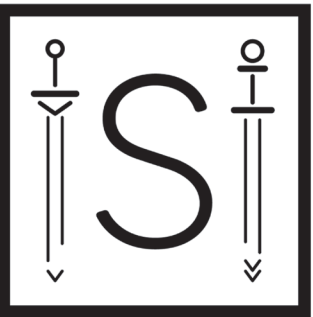
Life and Recovery are not meant to be walked alone. Step Studies are designed to help participants find accountability, genuine fellowship, healing, and victory over life’s hurts, hang-ups, and habits. If you are

ready to stop doing life alone, or would like more details on Step Study groups, we encourage you to contact **Nate or Chellie Ison** at [celebraterecovery@mrcc.org](mailto:celebraterecovery@mrcc.org) or [Nate.Chellie@gmail.com](mailto:Nate.Chellie@gmail.com).



Stay Sharp

If you’re looking for relationships, you’re in the right place; because, right now at Memorial Road, relationships are front and center as we journey through a series called “Iron Sharpens Iron.” So far, we’ve learned some valuable lessons from scripture about friendship (for example, spiritual friendships push Satan far and bring God near) and also received a practical tool called ISI to help us take our relationships to the next level. Here are two ways to keep your friendships sharp.



1. Use the ISI Tool. This relational tool is a list of 30 questions specifically designed to take 2-3 people into greater spiritual depth within their friendship. We’re greatly encouraged that many of you are using this tool and already experiencing the benefit. The challenge is to have six conversations in six weeks using this tool. You can find instructions for the tool and

the questions themselves on the MRCC app, at [mrcc.org/isi](http://mrcc.org/isi), or pick up a hard copy at Information Central.

2. For our men, join us for our monthly Iron Coffee/Lunch this coming Thursday, Oct. 3. These gatherings meet on the first Thursday of the month at different locations around the metro, and serve as a time of conversation and prayer. The morning meetings are at 6:30 a.m. at Spring Creek Panera Bread in Edmond (led by **Kevin Arledge**), Downtown at Old School Bagel in Leadership Square (led by **Justin Cornell**), and at Panera in Midwest City on SE 29th St (led by **Ben Knowles**). Iron Lunch is brand new and will be at noon at Corner Bakery, 13900 N. Pennsylvania (led by **Luke Carnagey**). Each meeting will use ISI questions to promote deeper conversation and Christ-centered development. Bring a friend or co-worker and enjoy a few minutes to sharpen each other! There will be additional locations and meetings in the future, so please watch for these notices in the coming months. Hope to see you at an Iron Coffee or an Iron Lunch or both!



memorial road  
CHURCH OF CHRIST  
SHARING GOD’S LOVE TO TRANSFORM PEOPLE  
INTO FULLY DEVOTED FOLLOWERS OF CHRIST

Youth Ministry Update

Our Youth and Family Ministry strives to: cultivate an environment that allows each teenager to have lots of adults in their life (we encourage 5 adults for every one student); provide a safe and loving place full of grace; create disciples and show them what a missional life looks like; equip families to have a faith at home; teach students reconciliation; be Bible based in all things; be a community where all students can belong.

Our hope and prayer is that every teenager here and in our community feels like they can be part of this ministry. If you have never tried, I would encourage you to come and connect with us. If you have tried but it didn't go well, I would love to meet you and help you connect. If you know a teenager, please send them our way. Follow us on social media for more info, or email me at [Brian.Plumb@mrcc.org](mailto:Brian.Plumb@mrcc.org) to volunteer or ask questions.

Unfiltered: Be You, Bravely!

MRCC Women's Retreat | October 11-12

Canyon Camp in Hinton, Oklahoma  
with speaker Kathy Bishop

Pricing information and registration available in the foyer  
or online at [mrcc.org/women](http://mrcc.org/women)

Registration closes this Friday, October 4

HALO Project FYI

This past week, MRCC was honored to host over 200 attendees for TBRI® Practitioner Training, put on by the Karyn Purvis Institute of Child Development at Texas Christian University. This premier training is highly sought after by therapists, social workers, agency leaders, and others who work with foster and adoptive children. Participants learned about how trauma and fear affect brain development and what that looks like in children who have experienced trauma at young ages. This training teaches its participants how to connect with children using words, eye contact, and healthy touch; to empower children by ensuring their dietary and sensory needs are properly met; and to correct unhealthy or disrespectful behaviors using the appropriate level of response. If you are interested in learning more about TBRI®, visit [child.tcu.edu](http://child.tcu.edu) or talk to **Josh Kingcade**, who participated in this training a few years ago.



Children's Trunk-or-Treat & Fall Festival

Sunday, Oct. 27 | 6:15-7:30 p.m.  
in the Summit Gym and the west and north parking lots of the Summit

Children may wear their costumes.  
We'll have carnival-like booths and a moon bounce for children through 6th grade.  
Trunk-or-Treat cars are needed! Sign up at Information Central to volunteer your vehicle

Candy and Coke drop-off boxes are located in the foyer.  
Coke Walk donation sign-up sheets will be in adult classrooms.  
Thank you for your help and generosity!

MINISTRY UPDATES

If you'd like to learn more about all of MRCC's ministries and the various ways you can serve in them, please pick up a copy of "Ministry Opportunities" at Ministry Central in the main lobby.

Day For Our Family is set for Saturday, Oct. 26, and we want to serve members of our church family who are in need. We solicit your input to identify families who could use the help of a few volunteers on that day. If you or a church member you know has such a need, please submit names at [mrcc.org/DayForOurFamily](http://mrcc.org/DayForOurFamily). Deadline is Sunday, Oct. 6. Thank you for your ideas!

**Journey Land** needs seven teachers for the next rotation (10/13-11/27) with a break during the week of Thanksgiving.

**Sunday:**  
1st&2nd grade: art and game rooms  
3rd-5th grade: storytelling, game, theater, and music room

**Wednesday:**  
1st&2nd grade: puppet room

If you can help, please contact **Amy Scott@mrcc.org** to volunteer.

**Campus Students** are welcome every Wednesday at 6 p.m. in Room S1 for a shared meal before class.

Alzheimer's Caregiver Support Group

MRCC recently launched a monthly support group for caregivers of a loved one with Alzheimer's. **Dawn Hemphill** and **Mary Jo Jones** lead this support group, which meets the first Tuesday of each month, 6:30-7:30 p.m. in the Parlor. All caregivers are invited to attend the group. The next meeting is this Tuesday, Oct. 1.

Our MRCC Caregiver Support Group has also formed a team participating in the *Walk to End Alzheimer's* on Saturday, Oct. 5. To participate on the "MRCC Memory Keepers" walk team, or to donate to help fund vital care, support, and research, you'll find the link and instructions at [mrcc.org/care](http://mrcc.org/care).

Women's Ministry

Details on these activities and more are at [mrcc.org/women](http://mrcc.org/women):

**Fall Retreat:** It's not too late to sign up! Scholarships are available if needed to attend. Sign up by Friday, Oct. 4.

**Restaurant Groups:** A new second Saturday monthly brunch group has openings. Contact **Lori Walle** at 405-213-4725 to join.

**Fall Speaker Series:** Join us Wednesday at 7 p.m. in A105-6 for "Judging, Guilt, and Grace" with **Tina Winn**. Lessons are also online.

**Threads of Compassion** meets next Sunday, 2-5 in A123. Details at [threadsokc.org](http://threadsokc.org).

Youth & Family Ministry

**Junior High Pick-Me-Up** will be Wednesday, Oct. 2, for Sequoyah students. Look for church vans in the school parking lot. Let **Kurtis** know if you're coming ([kurtis.dobbs@mrcc.org](mailto:kurtis.dobbs@mrcc.org)).

**Hangout & Dinner:** Wednesday, Oct. 2; lounge opens at 2:30 p.m. Dinner (Chick-fil-a) at 5:30 p.m. in the gym. Cost \$3 per person.

**Huddles:** Wednesday, Oct. 2; Jr. High groups meet at the Summit, 7 p.m. Sr. High meet in designated homes, 6:30 p.m.

**Girls' Retreat:** Nov. 16-17 to Waco, TX, for 7-12 grade girls and moms. Spots are limited, so register online today!

This icon indicates an event is guest-friendly. Invite someone today.

UPCOMING EVENTS

<b>October</b>	<b>8</b>
<b>1</b>	Oklahoma Christian Women's Association (OCWA) monthly coffee, 10 a.m., Art Gallery at OC, all women invited
<b>2</b>	<b>11-12</b>
Alzheimer's Caregiver Support Group, 6:30 p.m., Parlor	Lilyfield Pass-It-On Sale, Summit Building
<b>2</b>	Women's Retreat, Canyon Camp in Hinton
Teacher Training Dinner, 5:45 p.m., Potter's Room	<b>13</b>
<b>3</b>	Brother's Keeper Group Meetings
Iron Coffee/Lunch for men	World Bible School Day at Johnnie's
<b>6</b>	<b>14</b>
Heartbeat for Hope Day at Johnnie's	NEST for Widows, 7 p.m., A105/6
International Worship, 11 a.m., A105/6	<b>17</b>
International Potluck, 12 p.m., Gym	Quilting Connection Group, 9 a.m. - 6 p.m., come-&-go, S1
Bridal Shower for Keri Shaw & Mason Trimble, 2-3:30 p.m., Parlor	<b>26</b>
Threads of Compassion, 2 p.m., A123	Day For Our Family

A TIME FOR OUR GUESTS TO LEARN MORE ABOUT OUR CHURCH FAMILY AND TAKE THE NEXT STEPS AT MRCC

EVERY SUNDAY MORNING AT 9:35 IN THE PARLOR (ROOM A114)

**Elders Available:** **Dave Morton** and **Scott Mueller** will be available in the Conference Room for consultation following 5 p.m. worship.

<b>Worship at Teal Creek</b> September 29   2 p.m. <b>Christian Families - Jeff Tefertiller</b> October 6   2 p.m. <b>Edmond Church of Christ</b>	<b>Worship at Tealridge Independent Living</b> September 29   2 p.m. <b>Edmond Church of Christ</b> October 6   2 p.m. <b>Reach - Clark Woodfin &amp; Austin McRay</b>
---	--

**Worship at Tealridge Assisted Living** is at 4 p.m. every Sunday. Contact [Bill.Luttrell@oc.edu](mailto:Bill.Luttrell@oc.edu) to get involved.

Stay informed and engaged with our online resources

**Watch:**  
YouTube app  
[YouTube.com/memorialroad](http://YouTube.com/memorialroad)

Get the MRCC App in your app store today!

Choose how you give

[mrcc.org](http://mrcc.org)  
[mrcc app](http://mrcc.org)  
text amount to 844.311.2333

MEETING SCHEDULE

SUNDAY

Worship ..... 8:15 & 10:45 a.m.  
Bible Class ..... 9:35 a.m.  
First Cup ..... 9:35 a.m.  
a time for guests to learn about MRCC

Evening Worship ..... 5:00 p.m.  
Capitol Hill ..... 4:00 p.m.  
2801 S. Robinson Ave, OKC, OK, 73109  
QGroups ..... various times  
visit [mrcc.org/QGroups](http://mrcc.org/QGroups) to learn more

WEDNESDAY

Early Bird Bible Class ..... 5:15 p.m.  
Bible Class | all ages ..... 7:00 p.m.

Baptisms in 2019 ..... 108

Sunday, September 22

Bible Class ..... 1973  
A.M. Worship.....2257  
P.M. Worship.....n/a  
QGroups .....432  
MRCC Capitol Hill Volunteers.... 24  
P.M. Total..... 456

Wednesday, September 25

Bible Class ..... 1342

Weekly Budget..... \$106,764  
Avg Weekly Offering ..... \$103,219  
YTD Budget Deficit ..... \$134,733

2221 EAST MEMORIAL ROAD  
EDMOND, OK 73013  
405.478.0166 | MRCC.ORG  
 | @MEMORIALROAD