

If God's In Control, Why Am I A Basket Case?
Colossians: Living An Extraordinary Life
By Debbie Williams



Have you ever felt like a basket case? Most of us probably have at one time or another.

Whether we're married or single, raising kids or pets, paying bills or tossing junk mail, life can sometimes seem overwhelming!

The dog runs off, the milk spills, the car runs out of gas, and the paycheck disappears much too soon!

Or worse: a loved one is diagnosed with a serious illness, or in jail, or perhaps missing.



Sometimes basket case moments add up and so does our level of anxiety! According to National Institute of Mental Health, 19.1 million Americans, ages 18 to 54 suffer from anxiety disorders. Anxiety and the depression that often accompanies it affects not only teens and adults. Preschoolers are now the fastest growing market for anti-depressants.

Can we do anything about our response to the stresses and basket case moments in our lives? Absolutely! Join us for **If God's In Control, Why Am I A Basket Case?** We'll discover new insights from the book of Colossians that will help us get a grip on our basket case moments. We'll even learn ways to avoid being a basket case!

What:	8 - Week Study of Colossians by Debbie Williams
When:	Begins September 13 11 am Discussion Groups/12:15-12:45 Teaching Sessions*
Where:	Trinity Baptist Church
Who:	Everyone is invited
How:	Call Bitsy Martin at 895-5481. Free childcare available.

*Women's Bible Study is designed around the noon hour so working woman can attend either the Discussion Group at 11 or Debbie's Teaching Session at 12:15 or both. We hope you can join us!