

# THE GREENWOOD BULLETIN

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## **"A Simple Remedy For Depression"**

By Chris Smith

The late William L. Stidger, a famous minister and teacher, once had a nervous breakdown. He was enclosed in gloom and depression, caring for nothing. In the midst of his despair, a friend suggested, "Think of those who have benefited you in life and ask yourself if you have ever thanked them." Stidger responded that many people had helped him, but he could not recall ever having thanked one of them. Stidger's friend encouraged him to write some helpful person a letter of thanks.

After giving it some thought, Stidger remembered a teacher named Miss Smith, who had given him a love for literature. He wrote Miss Smith and expressed his appreciation for her influence in his life.

Soon he received a letter in shaky handwriting: "Dear Willy, I remembered you as a little fellow in my class. You have warmed my old heart. I have taught school for fifty years. Yours is the first letter of thanks I ever received from a student, and I shall cherish it until I die."

This response so encouraged Stidger that he wrote another letter and another. After five hundred letters he stopped. He was no longer downcast.

All of us have benefited from a host of people – parents, teachers, schoolmates, friends, preachers, fellow Christians. Are you in the dumps, feeling sorry for yourself? Pick up a pen and write a letter. Go dial the number of a

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friend. Express thanks!

"...in everything give thanks; for this is the will of God in Christ Jesus for you."  
I Thessalonians 5:18

## **"Diary of a Bible"**

From The Ellis Bulletin

**January 10.** Been resting for a week. The first few nights of the New Year my owner read me regularly, but he has forgotten me already, I guess.

**February 7.** I was dusted with the other things and then put back on the shelf.

**February 9.** Owner used me for a short time after dinner looking over a few references. Went to Bible school today.

**March 6.** Clean up. Dusted again. Have been in the hall since my trip to Bible school last month.

**March 30.** Busy day. Owner had young people's meeting and had to look up some references. He had an awful time finding them, but they were there all the time.

**May 3.** In Grandma's lap again this afternoon. She spent most of her time in I Corinthians 13 and the last four verses of the 15<sup>th</sup> chapter.

**May 7, 8,9.** In Grandma's lap again this afternoon. She spent most of her time reading and sometimes just talks to me. It is o comfortable there.

**May 10.** Grandma is gone. Back on the same old place. She did kiss me by before she left.

**July 3.** Had a couple of 4-leaf clovers stuck in me today.

**July 4.** Packed in a suitcase with clothes and other things. Off on vacation I guess.

**July 7.** Still in suitcase.

**July 10.** Still in suitcase, though all else has been taken out now.

**July 15.** Home again in my old place. Quite a nice journey they say, though I did not see why.

**August 1.** Rather stuffy and hot. Have 2 magazines, a novel and an old hat on top of me.

**September 10.** Used by Mary for a few minutes today. She was writing a letter to a friend whose brother died and wanted appropriate verses.

**September 25.** New mail order catalog came today. Certainly is getting a lot of attention. More than I ever receive.

**October 10.** Wished someone would take those stinking 4-leaf clovers out of me. They have been here 5 months now, and they tickle me. They are so dry and flaky.

**November 29.** Thanksgiving season. Was taken to church last Sunday.

**December 31.** End of another year. Not interesting for me. Maybe next year.

**How so very sad but oh so true!**  
**What would be written in your Bible's diary?**