



CHURCH of CHRIST AT EAST SIDE

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Volume 3 | Issue 10
March 10, 2024

MINISTERING EVANGELIST

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ELDERS

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YOUTH MINISTER

Robert Jackson

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*Welcome
Guests*

*Thank you for visiting. To those who visited with us via livestream or in person, we're glad you chose to worship with us. You all are our **honored guests!***

We invite you to read further to find additional ways to connect with us.



**SPRING
FORWARD**

**SUNDAY,
MARCH 10TH**

**Remember to
set your clock
ahead 1 hour
before you go
to sleep.**

Psalm 30:4-5

⁴ Sing the praises of the LORD,
you his faithful people;
praise his holy name.

⁵ For his anger lasts only a moment,
but his favor lasts a lifetime;
weeping may stay for the night,
but rejoicing comes in the morning.

2024 CHURCH THEME

A God for All Times, All Seasons, and All Generations
"Jesus Christ is the same yesterday, today, and forever."
Hebrews 13:8



*Please pray,
along with East Side's
leadership, for the
following individuals:*

OUR HEARTFELT SYMPATHY IS EXTENDED TO

Anthony Ervin & family on the loss of his brother
Johnny Lanier Ervin; travel.

Bill Lyons & the Fitzpatrick & Lyons family on the loss of his
uncle, Phelton Fitzpatrick.

Catherine Young & family on the loss of her sister-in-law; travel
for Tiffany.

Raynal Gooden & family on the loss of his uncle, **Milton Gooden**;
family travel.

Sharon McGhee & the Greene family on the loss of her first cousin,
Carlos Greene.



ENCOURAGEMENT, REPENTANCE, TRAVEL

Alicia Jackson - well-being; family

Kristie Hadnot - travel; medical; children; strength & patience
to continue helping my husband, Dwayne, through his illness
& to be a source of strength for him

Casbreanna Davis - repent; job; school; for son, Caedean, to
continue to learn God's word & to continue to do well in
school & study the STAAR

Malik Crowder - prayers for successful spring break travel
with UT students

NaTasha Griffin - repent; children; continue to be strong
through life's challenges & for marriage to remain pleasing to God

Schenna Singleton & Statia Paschel - travel

Barbara T. Humphrey - repent; self & family; my healing

Renee Miles & colleague - travel

Rachelle King - repent; strength in dealing with loved ones;
to speak kindly & communicate better

Gloria Ellis - repent; family illness; children; family

HEALTH

Andre Gladney - recovering in rehab

Catherine Young - medical procedure; health challenges & mobility

Patricia McKinzie - upcoming eye surgery

Renee Richie - prayers for favorable test results

Allegra & Tommy Alexander - she's hospitalized & asking for
favorable test results/health; strength & peace for Tommy

FAMILY & FRIENDS

Karen Tribue - thanks for prayers/son's surgery went well

Marlon McGhee - thankful to God for watching over my sister,
Sherry Allen, & family/continued prayers for them

Anthony B. Ross - medical procedure; children/grandchildren;
family illness: RoyAnn, Gilda, Angela, Haywood, Linda,

Anthony Jr., & Ed Jones; job search for Dr. Linda Ross

Demorise Abron - Bro. Ned Barton, Bro. Hailey, &

Sis. Rosie Clemons

Carolyn Chamberlain - patience & healing for daughter, Nicole,
who is undergoing medical treatment

Lacy Jones - coworker on the loss of her son; self for strength
& patience on the job

Seretha Gregg - son, Marquise, for life challenges he's facing

Caren Billingsley - prayers for family members injured
in shooting



SICK & SHUT-IN

Ruby Lewis & Alma Wright

Mark Your CALENDAR



MAR2024

Ladies' Tuesday Bible Study, 10–11 am

East Side Tech Support, 6–6:45 pm Every Wednesday

3rd Tuesday Mobile Food Pantry, 8:30–11 am

- 9 FSBS Ladies Brunch, 10 am–1 pm
- 10 Greeters Meeting/Training, 12 pm
- Ladies Monthly Bible Study, 4:30–5:45 pm
- 12 Men's Bible Class, 7 pm
- 16 Youth Huddle (hosted by Singles), 6:30–9 pm
- 19 Men's Rap Session, 7 pm
- 20 **Blood Pressure Screening, 6–6:45 pm**
- 22 WINGS, 7 pm
- 23–24 San Antonio Spurs Basketball Game (Married Couples)
- 26 Men's Bible Class, 7 pm



Please send announcements
for the weekly bulletin to

announcements@eastsidecoc.com

no later than **TUESDAYS AT NOON.**

Men Privileged to Serve March 10th

	10 am	6 pm
Song Service	Marlon McGhee	Marlon McGhee
Invocation	Darryl Manor	Malik Crowder
Prayer	Rico Mosby	Brent Noel
Sermon	Robert Jackson	Ethan Williams, Jr.
Confessions	Quinton Smith	Darryl Manor
Com/Off	Kyle Smith	Orlando Smith
Benediction	Ronald Price	William Ray

NURSERY ATTENDANTS

March 10th

Alaina Edwards
LaKeya Lewis

March 17th

Ariana Edwards
Megan Toliver

March 24th

Ariana Edwards
De'Ana Williams

BAPTISMAL ROOM CARE AND GARMENTS

March

Brittany Hines
René Armstrong

April

Crystal Brinkley
Samara Hargrove
Allegra Alexander

Announcements and Upcoming Events

Welcome to the family!

Edom Ghion | Care Group 2
Baptized February 28th

Steven Nolan | Care Group 2
Placed Membership February 28th



Please check ShelbyNext for directory information.

GREETER MEETING/TRAINING

Sunday, March 10th | After morning worship | Library

There will be a Greeter Meeting/Training Sunday, March 10th. This meeting is also for those interested in becoming a greeter. Refreshments will be served.



SCHOLARSHIP OPPORTUNITY



UP TO FIFTY PERCENT TUITION DISCOUNT TO INCOMING STUDENTS FROM CHURCHES OF CHRIST

Oklahoma Christian announces the Heritage Scholarship - 50% off tuition for first-time college students who are active in a Church of Christ when coordinated with other OC scholarships. This scholarship is for students entering school in the Fall of 2024 and is renewable for up to eight semesters.

OC's Church Match Scholarship matches the student's church scholarship up to \$1,000 per year for each full-time student from your congregation who maintains a cumulative GPA of 2.0 or better. This is a fantastic opportunity for a church family to support young people in their pursuit of a university degree.

"Your story, God's purpose" is the mission of our institution. We want students to find their place in God's kingdom, making a difference where they live. OC is all about academic excellence, personal growth, and a vibrant community. We offer a wide range of undergraduate and graduate programs led by top-notch Christian faculty. OC, located in a major metropolitan area, offers plenty of opportunities for students to get involved in service projects, internships, and leadership development programs. We encourage your interested students to apply for free today at www.oc.edu/apply.

Thanks for considering my request and supporting OC within your school community. Together, we can empower the next generation towards an incredible future. Feel free to contact me at rick.odell@oc.edu or 479.597.8300 if you have any questions or need more info.

“As you meditate and become
more spiritually attuned,
you can better discern and
recognize the sound of your
higher self or the voice of God
speaking to you through words,
images, and sensations.”

~Jack Canfield

IN THE BROTHERHOOD

CEDAR CREST CHURCH OF CHRIST

Dallas, TX

Celebrating a Century of Ministry

March 9th — Celebration Luncheon

March 10th — Minister & Family Appreciation

March 17th — Legacy Sunday/Past & Present Elders

March 23rd — Celebration Musical

March 24th — 100th Homecoming Celebration

March 31st — Family & Friends Day

Guest speaker every Wednesday night at 7 pm

MARSALIS AVENUE CHURCH OF CHRIST

Dallas, TX

2024 Metroplex Bible Teachers Workshop

Saturday, April 20th | 7:30 am–12:15 pm

Theme: Building a Closer Relationship with God (James 4:8)

RUSSELL ROAD CHURCH OF CHRIST

Shreveport, LA

32nd Annual Ladies Day Program

Saturday, April 27th

Theme: “Seeking Shelter in a Weary Land”

Keynote speakers:

Erica Tucker – Houston, TX

Shawna Watkins – Tulsa, OK

BRYAN CHURCH OF CHRIST

Bryan, TX

Friends & Family Day

Sunday, April 28th

Guest Speaker: Bro. Jerrel Moore, Evangelist

Southside Church of Christ, Houston, TX

HEALTH AWARENESS MINISTRY

MARCH: National Nutrition Month

This health observance focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Let's focus on sodium intake and health.

Did you know:

- Your body needs a small amount of sodium to work properly, but too much sodium is bad for your health.
- While sodium has many forms, most sodium we consume is from salt.
- Most Americans consume too much salt.
- Most sodium comes from processed and restaurant foods.
- Eating **too much sodium** can increase your blood pressure and risk for heart disease and stroke. Together, heart disease and stroke kill more Americans each year than any other cause. Reducing your sodium intake can help lower your blood pressure and improve the health of your heart.

Sodium or Salt?

Salt and sodium are not the same. Salt is sodium chloride which is table salt. Sodium chloride is 40% sodium and 60% chloride. One teaspoon of table salt contains about 2,400 mg of sodium.

What's Sea Salt?

Sea salt is obtained directly through the evaporation of seawater. It is usually not processed, or undergoes minimal processing, and may retain an uneven or darker color, as well as trace levels of minerals like magnesium, potassium, calcium and other nutrients. Table salt, on the other hand, is mined from salt deposits and then processed to give it a fine texture so it's easier to mix and use in recipes. This processing strips table salt of other minerals, and additives may be used to prevent clumping.

Himalayan pink salt is harvested from mines in Pakistan. Similar to sea salt, it is less processed, having larger crystals and some trace minerals.

Is there a health advantage to eating sea salt?

Most sea salts don't offer any real health advantages.

The minute amounts of trace minerals found in sea salt are easily obtained from other healthy foods. Sea salt also generally contains less iodine (added to prevent goiter) than table salt. Because sea salt is not processed, it may contain some impurities found in the ocean such as lead.

Top Ten Sources of Sodium: cold cuts and cured meats, soups, burritos and tacos, savory snacks, chicken, cheese, eggs and omelets (tenth leading source of sodium), breads and rolls, plain milk, poultry.

Sources: <https://www.cdc.gov/salt/>

<https://www.fda.gov>

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/sea-salt-vs-table-salt>

**Find more details on the flyers in the display cases in the foyer.*

Seasoned Saints and Youth Group
presents

Spring *Service Day*

Acts of Kindness

Saturday, Apr. 13, 2024

time: 10:00 am - noon

Seniors 60 + and Individuals Facing Physical
Challenges

Offering the Following Services

- | | | |
|------------------------|------------------|---------------------|
| • Yard Work | • House Cleaning | • Light Maintenance |
| • Technical Assistance | • Meals | • Companionship |

VOLUNTEERS NEEDED TO
PROVIDE SERVICES
SIGNUP IN FOYER BY
MARCH 31, 2024

IF YOU ARE REQUESTING AN ACT
OF KINDNESS
SIGNUP IN THE FOYER BY
MARCH 31, 2024

Sodium: Look at the Label

Over 70% of dietary sodium comes from eating packaged and prepared foods

Use the Nutrition Facts Label!

Packaged and prepared foods can contain high levels of sodium, whether or not they *taste* salty. The U.S. Food and Drug Administration is working with the food industry to make reasonable reductions in sodium across a wide variety of foods so Americans have an easier time consuming less sodium if they want to. Even though sodium may already be in these foods, you can follow these steps to lower your daily sodium intake.

- **Limit sodium to less than 2,300 milligrams (mg)* per day for adults**—that's equal to about 1 teaspoon of table salt! Recommended limits are even lower for children under age 14.
- **Use % Daily Value (%DV)** to see if a serving of food is high or low in sodium and to compare food products. As a general guide: 5% DV or less per serving of sodium is considered low, and 20% DV or more per serving of sodium is considered high.
- **Pay attention to the serving size** and the number of servings you eat or drink to determine how much sodium you are consuming.

Choose Less Sodium

Nutrition Facts

1 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

% Daily Value*

Total Fat 4g 8%
Saturated Fat 1.5g 3%
Trans Fat 0g 0%

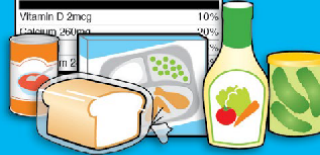
Cholesterol 10mg 2%
Sodium 460mg 20%

Dietary Fiber 7g 25%
Total Sugars 4g 8%
Includes 2g Added Sugars 4%

Protein 11g

Vitamin D 2mcg 10%
Calcium 200mg 20%

20% DV
or more per
serving is
considered
high!



Sodium and Health

Diets higher in sodium are associated with an increased risk of developing **high blood pressure** (also known as **hypertension**). Uncontrolled high blood pressure can raise the risk of heart attacks, heart failure, stroke, kidney disease, and blindness. Consuming less sodium can help reduce your risk of developing these health conditions.

* The Daily Value (100% DV) for sodium—reference amount not to exceed each day

FOLLOW FIVE STEPS TO WASH YOUR HANDS THE RIGHT WAY

Handwashing is one of the best ways to protect yourself and your family from getting sick. Clean hands can help stop germs from spreading from one person to another and in our communities. Follow these five steps every time:

1. **Wet** your hands with clean running water (warm or cold) and apply soap.
2. **Lather** your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or an air dryer.





Picnic at Reunion Ranch



SATURDAY
OCTOBER 12, 2024



REGISTER USING QR CODE



<http://tinyurl.com/bdf2a2s6>



Contact Patrick or Vickie Bradford with questions.



East Side Tech Support

Time:

Wednesdays, 6:00p – 6:45p
(Starting Jan. 17th, 2024)

Location:

Education Building, rm 104

• Services:

- ShelbyNext Help
- Anti-Virus Check (Windows)
- Network Connection Troubleshooting
- Digital Hygiene Recommendations
- General Question and Answer

Contact Timothy Arnold with Questions

MEN'S MINISTRY



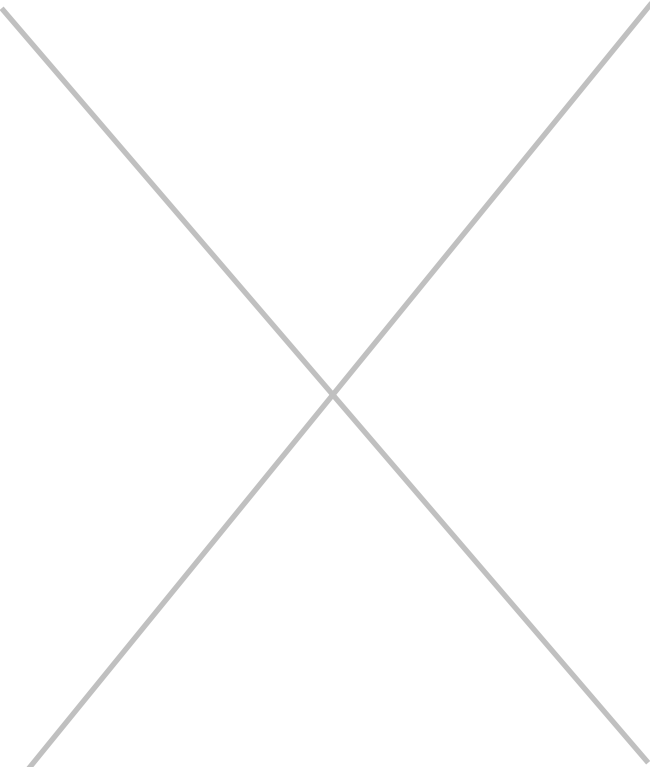
The Men's Ministry has a weekly call via WebEx taking place at 7 pm Tuesdays. We invite all men to join the call.

We have now been going strong with our call for three years, it has had a significant impact on the brothers who have attended.

There are great topics covered, such as personalities, cohesiveness, and Men's Health issues, along with many more.

Please feel free to join at the following link:

Meeting link:



Thanks,
Men's Ministry



March Birthdays

1	Curtis Brown Nathan Haley Debra Watson	20	Darryl Manor
3	Casandra Williams	21	Debra Preyer Kelvin Sideboard
7	Kanaan Brown	23	Bonnie Loving
8	Ed Davis	24	Tatyana Archie Sharon Jackson Ronald Price
9	Alice Watson	25	Samara Hargrove
10	Coleen Azeez	26	Tamika Estes
11	Bryan McClarron	27	Braeden DeAngelo Blair
12	Montique Davis	28	Stevie D. Smith, II
13	Eugene Hardeman	29	Zhane Estes Ben Parks Delores Spears
15	Althea Adams Evelyn Baker Jordan Julius Drew Manor	30	Karrah Alivia Sells
16	Lillie Arnold		

March Anniversaries

10	Curtis & Ychacka Sells	23 years
11	Ed & Carolyn Davis	47 years
21	Roderick & Brittany Blair Raynal & Tonia Gooden	15 years 37 years
28	Glen & Tay Miller	8 years

*May God continue to bless
your marriage.*



Bible Classes for All Ages

Winter | Spring 2024

Sundays | 9 am * Wednesdays | 7 pm

Mission:

The East Side Program provides quality Christian education to Bible students, enabling them to learn Bible facts and principles to encourage a desire to study God's Word and live a Christian life.

Purpose:

To provide a set of guidelines and spiritual foundations upon which children, youth and adults will build a lasting relationship with Jesus, and to develop disciples for Christ within an environment built on love, encouragement, and support.

March 2024 Lessons/Topics

Ages 2&3 | Room 101

A to Z Thru the Bible – E Is For Elijah, F Is For Fish

Ages 4&5 | Room 102

Glow In the Dark – A Series On Jesus Has Risen

Grades 1&2 | Room 110

Glow In the Dark – A Series On Jesus Has Risen

Grades 3&4 | Room 206

Glow In the Dark – A Series On Jesus Has Risen

Grades 5&6 | Room 209

Glow In the Dark – A Series On Jesus Has Risen

Grades 7-9 | Room 203

Reasonable Doubt – A Study From the Gospels On Doubt & Questions

Grades 10-12 | Room 212

Reasonable Doubt – A Study From the Gospels On Doubt & Questions

Young Adults | Room 211

Survival Kit: Five Keys To Spiritual Growth

Adults | Room 108

Solving Problems God's Way – A Study of 1 Corinthians

Adults | Room 111

Gospels On Jesus' Parables

Adults | Room 113

New Testament On the Early Church

New Converts Men | Room 107

Successful Living In Today's World – A Study of James and 1&2 Peter

New Converts Women | Room 105

After Baptism, What Then?



"You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up." ~ Deuteronomy 6:7

Let's Stay CONNECTED

Email Communication

The Church of Christ at East Side sometimes uses email to communicate with the congregation.

If you're not receiving emails from the church:

- Check for church emails in your email client's Spam folder.

If there are no East Side emails in your Spam folder:

- Use ShelbyNext to verify your contact information.
- Send an email to info@eastsidecoc.com to request to be added to the East Side mailing list.

If there are East Side emails in your Spam folder:

- Add the sender to your address book and/or report that the email is not spam.

Online Prayer Requests

To make a prayer request, go to www.eastsidecoc.com, use your mouse to hover over Church Information, then click on Prayer Request or click [here](#).

Giving

To give through ShelbyNext, download the app from your device's App Store.

To give online, go to www.eastsidecoc.com, use your mouse to hover over Church Information, then click on Online Giving or click [here](#).

East Side YouTube Channel

Our livestream and many past sermons can be viewed on [East Side's YouTube channel](#).

To receive a notification when East Side begins a livestream, click the Subscribe button, then click the notification bell icon and select All.

RADIO BROADCAST, BIBLE CLASS, & WORSHIP TIMES

Sunday Radio Broadcast,
101.1 FM and 1120 AM ~ 8:30 – 9 am
Sunday Bible Classes ~ 9 am
Sunday Worship Services ~ 10 am & 6 pm
Wednesday Bible Classes ~ 7 pm

How to be **SAVED** according to the **SCRIPTURES**



HEAR the Gospel

Acts 15:7

BELIEVE in Jesus

John 8:21, 24

REPENT of Sins

Acts 17:30, 31

CONFESS Christ

Acts 8:36-38

BE BAPTIZED

Acts 2:38

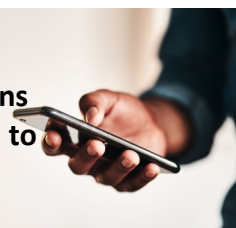
You are saved by grace and the Lord adds you to the church of Christ.

Acts 2:47 | Matthew 16:18 | Romans 16:16

REMAIN FAITHFUL

Hebrews 3:12-14 | 1 Corinthians 10:12

**Have
questions
or need to
talk?**



If you need to speak with Brothers George Williams, Mike Deen, or Russell Clemons, please feel free to make appointments with them for a telephone conference to discuss any concerns, suggestions, or spiritual counseling needs.

NEED A RIDE?



Floyd Fresch will be driving the church van to pick up riders for 9 am Bible class and 10 am Sunday worship in March.

Van riders, please call and/or text the van driver at least three hours prior to worship service at [REDACTED]