



# CHURCH of CHRIST AT EAST SIDE

5701 E. Martin Luther King, Jr. Boulevard  
Austin, TX 78721 | 512.477.1647  
www.eastsidecoc.com | info@eastsidecoc.com



Volume 4 | Issue 15  
April 14, 2024

## MINISTERING EVANGELIST

**George Williams**

george.williams@eastsidecoc.com

## ELDERS

**Floyd Boozer**

floyd.boozer@eastsidecoc.com

**Russell Clemons**

russell.clemons@eastsidecoc.com

**Ed Davis**

ed.davis@eastsidecoc.com

**Mike Deen**

mike.deen@eastsidecoc.com

**Cranston Hardeman**

cranston.hardeman@eastsidecoc.com

**Marlon McGhee**

marlon.mcghee@eastsidecoc.com

**Quinton Smith, Sr.**

quinton.smith@eastsidecoc.com

**Sam Watson**

sam.watson@eastsidecoc.com

**Ethan Williams, Sr.**

ethan.williams@eastsidecoc.com

## DEACONS

**Jermaine Broom**

jvbroom72@att.net

**Anthony Brown**

mr.al.brown@gmail.com

**Leonard Fillmore**

fillmoreleonard@yahoo.com

**Max Hargrove**

maxhargrove@yahoo.com

**Darryl Manor**

darryl\_manor@yahoo.com

**Curtis Sells**

curtis.sells@eastsidecoc.com

**Ricky Sells, Sr.**

ricky.sells@eastsidecoc.com

## YOUTH MINISTER

**Robert Jackson**

robert.jackson@eastsidecoc.com

*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.*

## A FREQUENT AND NEEDED MESSAGE

A frequent and needed message of the Bible is repentance. Repentance describes a changing of the mind for the better resulting in amending our ways or behavior away from sin and toward service to God (cf. Luke 3:10-14; Acts 26:20).

We find the prophets of old preached repentance (Jer. 26:13; Ezek. 14:6; Ezek. 18:30; Hos. 14:1-2). John preached repentance (Matt. 3:1-2, 8). Jesus preached repentance and commanded His apostles to do so (Matt. 4:17; Matt. 9:13; Luke 13:1-5; Luke 24:46-47; cf. Acts 2:38; Acts 3:19). God requires repentance from all accountable people (Acts 17:30-31; 2 Pet. 3:9). Members of the church who sin are required to repent (Acts 8:12-13, 18-24; Rev. 2:5, 16, 20-23; Rev. 3:3, 19).

Sin is deceitful and hardens the heart over time (Heb. 3:13). Like a tea bag to pure water, the longer a person stays steeped in sin the darker they become. Let us be those that daily examine our hearts and make any needed changes so we can be right with God (2 Cor. 13:5; James 1:21-25). Let us call others to repentance through the Word of God. We can do this!

~Trent Thrasher

## 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**  
**Portia Robinson & the Green, Cole, & Robinson**  
**families** on the loss of their cousin, **Jarrold Green.**  
**Sandra Smith** on the loss of her cousin.



**ENCOURAGEMENT, REPENTANCE, TRAVEL**

Dear East Side Family, we wanted to express our deepest gratitude for the overwhelming outpouring of love, support, & generosity that you have extended to me and my family. Losing two brothers has been an unimaginable painful experience for us. However, your prayers & comforting words have given us strength during this time. Thank you to those who made the trip to Longview to be with us, your generous monetary gifts, & for ALL the many cards & text messages. We love you all!  
~Patrick, Vickie, & Maleah Bradford

**Gloria Ellis** - repent; medical test/procedure; family illness; relocating; children; family  
**Casbreanna Davis** - repent; job; school; son, Caedean, to keep God first; for son & my students to prepare for STAAR test  
**Kisha Christian** - repent; relocated to New Braunfels & looking for a church home; in need of prayer

**HEALTH**

**Stevie Smith** - prayers for full recovery following surgery  
**Linda Wilkerson-Boddie** - medical test/procedure  
**Allegra Alexander** - medical test/procedure; Tom & Allegra's health issues

**FAMILY & FRIENDS**

**Gail Abron** - Theresa Ingram's full recovery following surgery;  
**Gail Smith** on the loss of her brother-in-law, Jessie Thomas  
**Brenda Patridge** - granddaughter, Heather's 2-year-old son, Shane's health/ICU  
**Sandra Smith** - Sis. Tracey R. & Shirley N.'s medical treatments;  
**Bennie T.'s** surgery  
**Curtis Brown** - family illness; children



**SICK & SHUT-IN**  
**Ruby Lewis & Alma Wright**

Mark Your  
**CALENDAR**

**APR2024**

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

- 13 College Student Care Packages (Singles), 11 am–2 pm  
Health Awareness Ministry / Seasoned Saints-50+  
Joint Event, 1–3 pm
- 14 Ladies Monthly Bible Study, 4:30–5:45 pm
- 15 Healing the Wounded Heart: Grief Session, 6:30–8 pm
- 16 Men's Rap Session, 7 pm
- 19 Care Group 2 Fellowship, 7–9 pm
- 20 Sisterly Love Day  
We Care Group Team Leaders & Leadership Training,  
8:30 am–2 pm
- 21 Unity Fellowship Lunch (Youth & Family), 1–5 pm
- 22 Healing the Wounded Heart: Grief Session, 6:30–8 pm
- 23 Men's Bible Class, 7 pm
- 26 WINGS, 7 pm
- 27 Married Couples Movie Night, 6–9 pm
- 29 Healing the Wounded Heart: Grief Session, 6:30–8 pm
- 30 Men's Rap Session, 7 pm



Please send announcements  
for the weekly bulletin to  
[announcements@eastsidecoc.com](mailto:announcements@eastsidecoc.com)  
**no later than TUESDAYS AT NOON.**

| Men Privileged to Serve April 14th |                    |                |
|------------------------------------|--------------------|----------------|
|                                    | 10 am              | 6 pm           |
| <b>Song Service</b>                | Marlon McGhee      | Gregory Crosby |
| <b>Call to Worship</b>             | Kanaan Brown       | Lestrod Gould  |
| <b>Prayer</b>                      | Frederick Franklin | Nathan Haley   |
| <b>Sermon</b>                      | George Williams    | Ethan Williams |
| <b>Prayer Requests</b>             | Quinton Smith      | Darryl Manor   |
| <b>Com/Off</b>                     | Anthony Ross, Sr.  | Curtis Brown   |
| <b>Benediction</b>                 | Levi Jackson       | Ron Harry      |

**NURSERY ATTENDANTS**

**April 14th**

Tanya Freeland  
Shania Freeland

**April 21st**

De'Ana Williams  
Seresa Moore

**April 28th**

NaTasha Malone  
Seresa Moore

**BAPTISMAL ROOM CARE AND GARMENTS**

**April**

Crystal Brinkley  
Samara Hargrove  
Allegra Alexander

**May**

Trina Manor  
Simone Rogers  
Allegra Alexander

# Spring Cleaning for Your Health

*Planning for the last chapter of life can be overwhelming,  
but it's one of the greatest gifts you can give to those you love.*

**Church of Christ Eastside (Room 113 The Learning Center)**

**5701 East MLK Blvd, Austin, TX 78721**

**Saturday, April 13th, from 1:30pm-3:00pm**

A table will be available, in the foyer, *April 3rd, 7th, and 10th to RSVP*  
**(Must RSVP to receive a meal)**

For questions, Contact Brother Russell Clemons (512-750-4098)

or

Sister Debra Preyer (512-796-3047)

**Join Ginny Erboe, MSN, RN, with the GIFT Project, for lunch while learning:**

- how to identify your healthcare preferences, if there comes a time when you cannot speak for yourself including medical interventions
- how to discuss your wishes with loved ones and medical providers
- who is the best person to choose as your medical power of attorney
- how to complete your Texas advance directives
- difference between hospice/palliative care?
- what is covered under hospice care and how it is paid for?



The GIFT Project



Giving Instructions for Tomorrow



The GIFT Project is an initiative of Hospice Austin &  
The St. David's Foundation

[HospiceAustin.org/AdvanceCarePlanning](https://HospiceAustin.org/AdvanceCarePlanning)

# Announcements and Upcoming Events

*Welcome to the family!*

Shannon Jack | Care Group 8  
Placed Membership March 31st



Please check ShelbyNext for directory information.



## 🌸 SUPPORT YOUTH DEVELOPMENT 🌸



**Donate to Send Our Youth to the National Youth Conference!**

Dear East Side Church Family,

🌟 Help our youth grow in Christ! Donate today using the National Youth Conference Donations tab on ShelbyNext.

👫 **Why Support? Because Your Support Matters:**

- Strengthen their faith journey.
- Build lasting connections.
- Create cherished memories and build lifelong friendships.

⚡ **Quick Steps to Donate:**

- Log in to ShelbyNext.
- Visit the National Youth Conference Donations tab.

❤️ In Christ's Love, The Church of Christ at East Side

## GPA (GOD'S PRIME ACHIEVERS) PROGRAM

To the congregation: This is a reminder to please donate to the students' GPA achievements and rewards program for this summer by making weekly donations or a one time donation (if that is what you prefer) in the Shelby App or give donations to Janice Coleman, another GPA committee member, or an usher and specify what your donation is for.

The GPA Awards Program will take place immediately following morning worship service June 30th.

Thank you!  
GPA Committee

Derwood Kirby, Felicia Williams, Juakita Berkley, Jennifer Williams, Iris Williams, Michael Williams, Janice Coleman, & Portia Robinson

*The GPA committee would like to remind those who are already aware and inform new members who aren't aware, about the GPA program and it's qualifications, rules, and guidelines.*

*GPA is a recognition and rewards program for students at the Church of Christ at Eastside. The rewards come in the form of gift cards and certificates, which are funded by the East Side congregation. Suggested donations are \$1 per week from members or whatever amount you can donate through ShelbyNext. Donations can also be given to the GPA committee members or the ushers throughout the year.*

*Qualifications for recognition and rewards are as follows:*

- 1. All A's, A and B combination, or all B's for the semester*
- 2. Student achieves 1st, 2nd, or 3rd place in individual or team sports*
- 3. Student achieves 1st, 2nd, or 3rd place in the arts, such as singing, theatre, writing, artwork, etc.*

*(Only one gift card will be given, even if a student qualifies in more than one category. Recognition, however, will be given for each category in which a student qualifies.)*

*Rules are as follows:*

- 1. All entries need to be completed and received by the committee by the deadline date given in order to be a participant in the program and receive rewards during the program.*
- 2. Any entries received past the deadline will be recognized in the church bulletin.*

*The next rewards program is June 30th after morning service. THE DEADLINE TO TURN IN ACHIEVEMENTS FOR THIS PROGRAM IS JUNE 23RD. There will be a QR code for an online form to complete that will come to the committee. You can also hand a manual form in to committee members with the achievements filled in. These will be available soon so that you will have plenty of time before the deadline to turn them in. Please let committee members know if you are having a problem with the online form as soon as possible, or if you have any questions.*

## National Minority Health Month (continued)



CHURCH of CHRIST  
AT EAST SIDE

# Picnic at Reunion Ranch

SATURDAY  
OCTOBER 12, 2024

REGISTER USING QR CODE



<http://tinyurl.com/bdf2a2s>

The poster features a red and white checkered background. It includes a logo for the Church of Christ at East Side, the title 'Picnic at Reunion Ranch', the date 'SATURDAY OCTOBER 12, 2024', a QR code, and a URL. There are two photos: one showing hands holding watermelon slices and another showing a picnic spread with watermelon, lemons, and bread.

Contact Patrick or Vickie Bradford with questions.

## HEALTH AWARENESS MINISTRY



## National Minority Health Month

April is [National Minority Health Month \(NMHM\)](#), a time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities. Celebrated every year in April, National Minority Health Month:

- Builds awareness about the disproportionate burden of premature death and illness in people from racial and ethnic minority groups.
- Encourages action through health education, early detection and control of disease complications.

A topic of interest is GOUT. What is gout? Gout is a type of inflammatory arthritis that causes pain and swelling in the joints. Gout flares often begin in your big toe or lower limb. Gout happens when high levels of urate build up in our body over a long period of time, which can then form needle-shaped crystals in and around the joint. This leads to inflammation and arthritis of the joint. When the body makes too much urate, or removes too little, urate levels build up in the body. However, many people with high levels of serum urate will not develop gout.

### Areas of the body affected by gout:

- Joints
- Bursae, cushion-like sacs between bones and other soft tissues
- Tendon sheaths, membranes that surround the tendons
- Kidneys (high uric acid levels can lead to stones)
- Gout flares (when you have periodic attacks of intense pain and swelling in your joint)

**Who Gets Gout?** It is more common in men than in women and usually develops in middle age. Women tend to develop the disease at a later age than men and if younger people develop gout, it tends to be more severe.

**Symptoms of Gout:** The most common symptom of gout is pain in the affected joint. Many people have their first flare of gout in one of their big toes, but it can also affect other joints in your body. Gout flares often start suddenly at night, and the intense pain may be bad enough to interfere with sleep. Your joint may feel swollen, red, and warm.

Some people with gout may be more likely to have or develop other conditions or complications, especially with the heart and kidneys. Common conditions include high blood pressure, chronic kidney disease, obesity, diabetes, kidney stones, myocardial infarction (heart attack), and congestive heart failure.

**Risk factors for gout:** high urate levels, family history of gout, male, menopause, increasing age, alcohol use, drinking sugar-sweetened beverages, such as soda, and having a unhealthy diet and eating foods that are rich in purines (usually from animal sources), a substance that breaks down into urate.

Some health conditions that may increase your risk of developing gout: overweight or obesity, metabolic syndrome (a group of conditions that include high blood pressure, high blood sugar, abnormal cholesterol levels, and excess body fat around the waist), chronic kidney disease, high blood pressure, conditions that cause your cells to turn over rapidly (psoriasis or some cancers), and rare genetic conditions that lead to increased urate.

With early diagnosis, treatment, and lifestyle changes, gout is one of the most controllable forms of arthritis. **What can you do:**

- **Eat a healthy diet.** Avoid foods that may trigger a gout flare. These foods include those high in purines (like a diet rich in red meat, organ meat, and seafood).
- **Lose weight.** For people who are overweight or obese, losing weight reduces pressure on joints, particularly weight bearing joints like the hips and knees. Reaching or maintaining a healthy weight can relieve pain, improve function, and slow the progression of arthritis.
- **Protect your joints.** Joint injuries can cause or worsen arthritis. Choose activities that are easy on the joints like walking, bicycling, and swimming. These low-impact activities have a low risk of injury and do not twist or put too much stress on the joints.
- **Talk to your healthcare provider.**

### Sources:

- <https://www.cdc.gov/arthritis/types/gout.html>
- <https://www.nimhd.nih.gov/programs/edu-training/nmhm/>
- <https://www.niams.nih.gov/health-topics/gout>



# HEALTHY LIVING

HEALTHY EATING • ACTIVE LIVING • CONTROL STRESS

Learn how to manage type 2 diabetes. Classes are fun, social, and FREE.

**DATES:** WEDNESDAYS STARTING APR. 24—MAY 29, 2024

**TIME:** 10:00-11:00 AM (ENGLISH/VIRTUAL CLASS)

**SPONSOR:** EASTSIDE CHURCH OF CHRIST  
5701 E. MLK JR BLVD., AUSTIN, TX 78721

## CLASS TOPICS

|  |  |  |                            |
|--|--|--|----------------------------|
|  | Class 1: About Diabetes                                |  | Class 2: Diabetes Control  |
|  | Class 3: Active Living/ Physical Activity              |  | Class 4: Healthy Eating    |
|  | Class 5: Preventing Complications of Health Conditions |  | Class 6: Stress Management |

TO REGISTER, VISIT: [WWW.HEALTHYPLACESHEALTHYPEOPLE.ORG/DIABETES](http://WWW.HEALTHYPLACESHEALTHYPEOPLE.ORG/DIABETES) OR SCAN THE QR CODE.

Receive an HEB gift card and class incentives by attending!  
Contact: Pamela Chapman at 737-285-8605



Church of Christ at East Side | FSBS Ladies Ministry

REGISTER NOW  
ONLINE &  
IN-PERSON



\$125  
To AUGUST 16TH



[www.eastsidecoc.com/registration.html](http://www.eastsidecoc.com/registration.html)

2024 Ladies Retreat  
DRAWING NEAR  
A Journey to Intimacy With God  
PSALM 63:1

'24 LADIES' RETREAT  
Kick-Off  
PARTY  
6-9PM  
FRIDAY  
9/13/2024

SATURDAY  
WORKSHOP  
9-12PM | 6-9PM  
MAGGIANO'S  
LITTLE ITALY  
ALL-WHITE SOIRÉE  
Keynote, Sis. Erica Tucker  
South Union Church of Christ

SPECIAL EVENT  
All-Ladies  
BIBLE STUDY  
9AM  
SUNDAY  
9/15/2024

5701 E Martin Luther King Jr Blvd, Austin TX, 78721

SEPTEMBER 13 - 15, 2024



# East Side Tech Support

## Time:

Wednesdays, 6:00p – 6:45p  
(Starting Jan. 17<sup>th</sup>, 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 [redacted] with Questions

## MEN'S MINISTRY



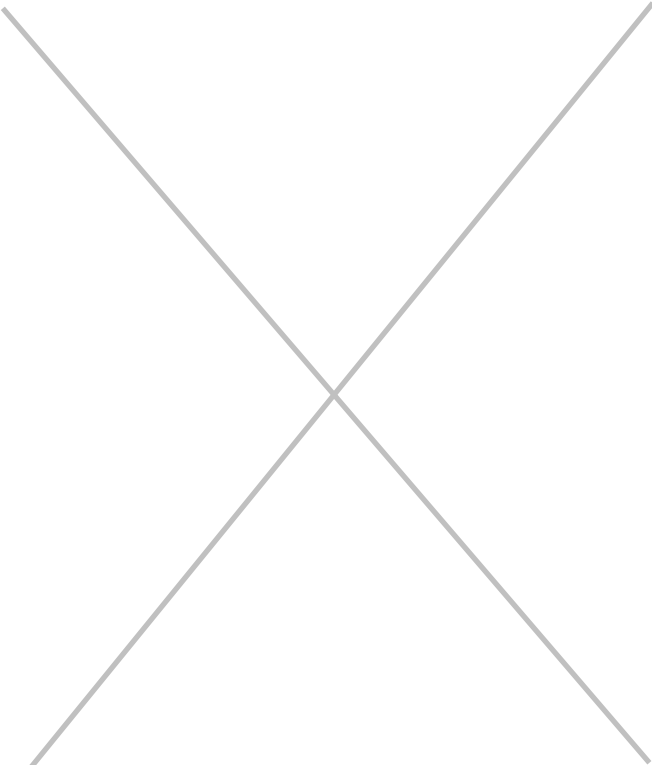
The Men's Ministry has a weekly call via WebEx taking place at 7 pm Tuesdays. We invite all men to join the call.

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*




### April Birthdays

- |           |  |           |  |
|-----------|--|-----------|--|
| <b>1</b>  | Karryna Lee Elisabeth Noel<br>Langston Pennick<br>Quinton Smith, Sr. | <b>15</b> | Da'Mylah Moore<br>Ennissa Wright             |
| <b>2</b>  | Ketema Johnson   | <b>16</b> | Meleana Price                                |
| <b>3</b>  | Keith Kneeland<br>Ieshea Young                                       | <b>18</b> | Jiovannie Carrillo                           |
| <b>4</b>  | Ychacka Sells  | <b>20</b> | Chrisdon Noel<br>Doris Roberts               |
| <b>7</b>  | Kyle Rogers<br>Keith Toliver   | <b>21</b> | Zynia McDonald                               |
| <b>8</b>  | Max Hargrove, Jr.<br>Maxine Jackson                                  | <b>24</b> | Curtis Sells                                 |
| <b>11</b> | Theodore Francis<br>Jonathan Hargrove                                | <b>25</b> | Ocean Maxwell                                |
| <b>12</b> | Amaya Edwards<br>Marlon McGhee<br>Nakeenya Wilson                    | <b>26</b> | Kevin Burkley, III<br>Alaina Edwards         |
| <b>13</b> | La Quinta Swan   | <b>27</b> | Jackie Francis<br>Ami Galvan<br>Dave Nwaneri |
|           |  | <b>29</b> | Jenell Moffett                               |

### April Anniversaries

- |           |                          |          |
|-----------|--------------------------|----------|
| <b>23</b> | Mike & Cheryl Alexander  | 41 years |
| <b>29</b> | Ethan & Iris Williams    | 46 years |
| <b>30</b> | Franklin & Ruby McKnight | 51 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.



## April 2024 Bible Classes

**Ages 2&3 | Room 101**

A to Z Thru the Bible: G Is For Goliath and H Is For Hannah

**Ages 4&5 | Room 102**

A Series On Jesus' Teachings

**Grades 1&2 | Room 110**

A Series On Jesus' Teachings

**Grades 3&4 | Room 206**

A Series On Jesus' Teachings

**Grades 5&6 | Room 209**

A Series On Jesus' Teachings

**Grades 7-9 | Room 203**

A Study From the New Testament on Evangelism

**Grades 10-12 | Room 212**

A Study From the New Testament on Evangelism

**Young Adults | Room 211**

Real Life Studies: Practical Bible Studies For Life

**Adults | Room 108**

Solving Problems God's Way

**Adults | Room 111**

Gospels & Psalms On Spiritual Disciplines

**Adults | Room 113**

New Testament On Spiritual Habits

**New Converts Men | Room 107**

Successful Living In Today's World



**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](mailto: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](http://www.eastsidecoc.com), use your mouse to hover over Church Information, then click on Prayer Request or click [here](#).

## Giving

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

If you would prefer to mail your offering to the church:

- Mail a check or money order to:  
PO Box 15595  
Austin, TX 78761
- DO NOT SEND CASH.

## 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

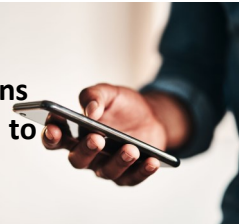
*You are saved by grace and the Lord adds you to the church of Christ.*

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?



Kyron Walker will be driving the church van to pick up riders for 9 am Bible class and 10 am Sunday worship April through June.

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