



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 3 | Issue 11
March 17, 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.mcgee@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.

THE HANDLE OF ANXIETY OR THE HANDLE OF FAITH?

"Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith" (Henry Ward Beecher).

"For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing?"

Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? And who of you by being worried can add a single hour to his life?

And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you?

You of little faith! Do not worry then, saying 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His Kingdom and His righteousness, and all these things will be added to you.

So, do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own" (Matthew 6:25-34).

The bottom line: Trust God (Proverbs 3:5-6) so that (as Mr. Beecher suggests) we might take hold of tomorrow with the handle of faith (Romans 10:17), for He is still in control of His creation (Colossians 1:17; Hebrews 1:1-3; cf. Daniel 4:17, 25, 32), and will provide for our every need, both physically and spiritually (Philippians 4:19; Psalm 23:1; cf. Acts 2:44-45; Acts 4:31-35).

~Mike Riley

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:*

ENCOURAGEMENT, REPENTANCE, TRAVEL

Katie Bell - children; prayers of thanksgiving for new job;
Rosa's mental/behavioral health
Donna Johnson - to be a good example for son & for him to
return to the faith
Gloria Ellis - repent; family illness
Curtis Brown - travel; family illness; continued prayers for
children & family
George P. Agor - prayers for my paperwork status
Renee Miles - prayers of thanksgiving for safe travel
Patrick Bradford - keep the Bradford family in prayer
Janet Horace - travel
Francine Matthews - travel through March & April; health
Darian Roberts - repent; job search/finances; relocating; school

HEALTH

Catherine Young - thanks for prayers/test results were favorable
Karen Tribue - prayers for reasonable portion of health/strength
Jackie Francis - health; family
Opal Jones - medical test/procedure; family illness; prayers
for difficult health journey, recovery, & surgeries
Lisa Mitchell - medical test/procedure; family illness;
school; children

FAMILY & FRIENDS

Anthony B. Ross - travel (class/family reunion); children/
grandchildren; family illness: RoyAnn, Gilda, Angela, Haywood,
Linda, Anthony Jr., & Ed Jones; job search for Dr. Linda Ross
Theresa Martinez - husband's health; work concerns; children
(oldest son, Victor, has strayed away)
Lacy Jones - Cozine family on the loss of their grandmother;
Vinson Anderson's health; family & friends' health
Carolyn Chamberlain - prayers for Cynthia Robinson &
Linda James to have favorable medical test results
Phyllis Morgan - Rosa's son & their family
Roger Davis - Camille (3 months Reservist training) &
JoAnn's travel
Renee Richie - Kenneth's younger brother, Dwayne Richie's
health & her mom's health
Nakeenya Wilson - prayers for a friend's health & her recovery
from being hit by a car; friend's son's health; cousin's health
Seresa Moore & NaTasha Malone - their mother's health &
prayers for them as they help their mother
Gail Abron - my family for obedience to God's word;
Shirley Riley's decision about returning home; best friend,
Clarence Mayes, who's hospitalized/healing & speedy recovery



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

- 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

APR2024

- 2** Men's Rap Session, 7 pm
- 6** Seasoned Saints General Meeting, 3–5 pm
- 6–7** Youth Weekend @ East Side
- 7** All Teachers' Meeting, 4:30–5:45 pm



Please send announcements
for the weekly bulletin to
announcements@eastsidecoc.com
no later than **TUESDAYS AT NOON.**

Men Privileged to Serve March 17th

	10 am	6 pm
Song Service	Darren Henry	Ed Davis
Invocation	Max Hargrove	Levi Jackson
Prayer	Ernest Booker	Kanaan Brown
Sermon	George Williams	Robert Jackson
Confessions	Floyd Boozer	Anthony Brown
Com/Off	Daryl Shaver	M.J. Hargrove
Benediction	Lawrence Davis	Denim Moore

NURSERY ATTENDANTS

March 17th

Ariana Edwards
Megan Toliver

March 24th

Ariana Edwards
De'Ana Williams

March 31st

CLOSED FOR CLEANING

BAPTISMAL ROOM CARE AND GARMENTS

March

Brittany Hines
René Armstrong

April

Crystal Brinkley
Samara Hargrove
Allegra Alexander

Announcements and Upcoming Events

BAPTISM MINISTRY

East Side needs brothers in the church to help with the Baptism Ministry to assist with the upkeep of the baptism pool. We have a rotating schedule. If you are interested and would like more information, please contact Leonard Fillmore at fillmoreleonard@yahoo.com.

SINGLES MEETING

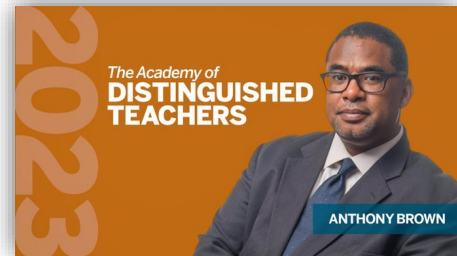
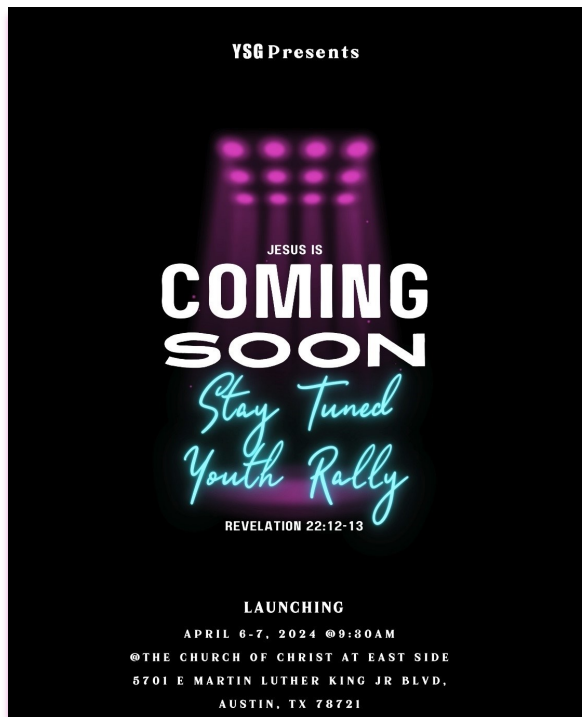
Sunday, March 24th | After morning worship | Library

This meeting will be to discuss and plan for the upcoming event in April. Please text or email me if you have any questions.

*Leonard Fillmore
Deacon over Singles Ministry
fillmoreleonard@yahoo.com*

LAWN MOWING SERVICES

Frank Moya, our new brother in Christ, wants to be more involved with the congregation. As such, he is volunteering his lawn mowing service to Eastside members. If interested, contact him at [REDACTED] and identify yourself as an East Side member.



We're #LonghornProud (and East Side proud) of COE's Anthony Brown for his induction into UT Austin's Academy of Distinguished Teachers. Inductees are recognized for their excellence in teaching and leadership, serving as a resource and inspiration for others: <https://bit.ly/3lfRzw5>

About the Academy

The Academy of Distinguished Teachers is emblematic of the university's commitment to excellence in teaching. The purposes of the Academy are to honor and reward excellence in teaching, provide leadership in improving the quality and depth of the undergraduate experience, foster research on effective college teaching and learning, and advise the institution on teaching policies and practices.

Members of the Academy

- advise the President and Provost on matters related to the university's instructional mission
- serve as a resource and an inspiration for teachers and promote a sense of community among teachers
- serve as mentors to other faculty

GPA

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.

Thank you!
GPA Committee

Bro. Derwood Kirby
Sis. Vickie Williams
Sis. Juakita Berkley
Sis. Jennifer Williams
Sis. Iris Williams
Bro. Michael Williams
Sis. Janice Coleman

*There can be
no rainbow
without a cloud
and a storm.*



IN THE BROTHERHOOD

CEDAR CREST CHURCH OF CHRIST

Dallas, TX

Celebrating a Century of Ministry

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

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

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>



**5th Sunday
Combined Evening
Worship Service**

**Church of Christ at East Side
Sunday, March 31st
5:30 pm**



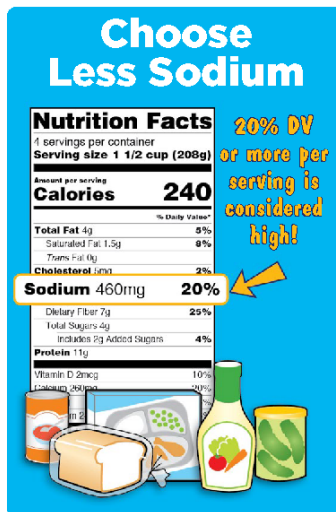
Sodium: Look at the Label

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.



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.

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

SATURDAY
20 APR
7:30AM
12:30PM

MBTW
METROPLEX BIBLE TEACHERS WORKSHOP
Sponsored by area Churches of Christ

2024 METROPLEX BIBLE TEACHERS WORKSHOP

BUILDING A CLOSER RELATIONSHIP WITH GOD

JAMES 4:8
Come near to God and he will come near to you.

Connecting **Sharing** **Studying** **Praying**

Building a closer relationship with God will benefit you, providing peace, comfort, and guidance during difficult times. This year's workshop will focus on this ONE TOPIC as it applies to various groups and perspectives. With many applications, this one message will help you build a closer relationship with God, guiding the way to love and spiritual growth that will enrich every aspect of your life.

FREE Classes, Materials, Childcare (3-8 yrs), Breakfast, Lunch
AN IN-PERSON EVENT FOR EQUIPPING AND ENCOURAGING ALL CHRISTIANS TO GREATER WORK

[Home - Metroplex Bible Teachers Workshop](https://dallasmbtw.org)
(dallasmbtw.org)



2024 METROPLEX BIBLE TEACHERS WORKSHOP

BUILDING A CLOSER RELATIONSHIP WITH GOD

JAMES 4:8

As you deepen your connection with God, you may also experience a greater sense of purpose, fulfillment, and gratitude. Additionally, a closer relationship with God can help you develop patience, compassion, and forgiveness, improve your relationships with others, and enhance your overall well-being. Building a closer relationship with God can bring love and spiritual growth that enriches every aspect of your life.

The day will begin with a Keynote Address from Dr. David L. Lane from Southern Hills.

Topic/Audience	Presenter	Representing
Dealing with Grief	David C. Lane	Marsalis Avenue
Early Childhood	Debra Henderson	Greenville Avenue
Education Directors	John Bradshaw	Greenville Avenue
Elementary (1-6)	Sabrina Smith	Cedar Valley
Married Couples	Reginald & Dena Reed	Fourth Avenue
Men	Dr. David L. Lane	Southern Hills
Personal Evangelism	James Sanderson	Brown Street
Secondary (7-12)	Peter Martin	Cliffview
Senior Saints	Gary Bingham	Saturn Road
Singles	Gary Cochran	Prestoncrest
Women	Phyllis Bedford	Marsalis Avenue
Youth Leaders	Dillon Bruce	Wylie

Each class will be available during both time periods:
9:35-10:55 am & 11:05 am-12:20 pm.

Pre-registration will end on Thursday, April 18th at 2 pm.



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



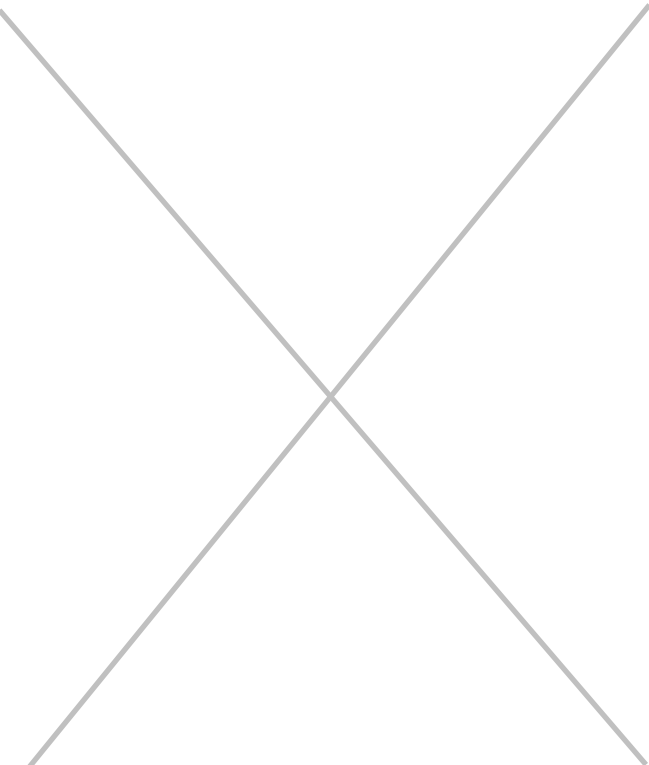
The Men's Ministry has a weekly call via WebEx taking place at 7 pm Tuesdays. We invite all men to join the call.

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 online, go to 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

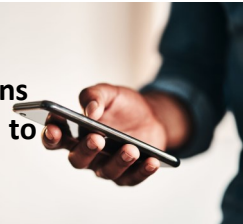
You are saved by grace and the Lord adds you to the church of Christ.

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?



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]