



CHURCH of CHRIST AT EAST SIDE

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Volume 4 | Issue 16
April 21, 2024

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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.

LINK YOUR LIFE TO GOD'S MERCY

How easy it is to be bogged down by the regrets of yesterday, and to be immobilized by the uncertainties of tomorrow. We often go through the day alternating between "Why did that have to happen yesterday?" and "What if I can't handle what may happen tomorrow?" Neither your regrets nor your fears have anything to do with what really matters the remaining hours of this day. *Each day has enough trouble of its own*, Jesus said. No point in worrying about tomorrow when today's plate is already full. What matters above all else is the desire to seek first God's kingdom (the church) and His righteousness (Matthew 6:25-33).



Remember yesterday, today, and tomorrow's plate is linked to God's mercy. It comes new every morning, washing out the remnants of the past, offering strength for today and hope for tomorrow (Romans 12:1-2). Decide today that you will give no weight to what's already gone and that you will spend no emotional energy on what is yet to arrive. Concentrate on doing your best to please the Lord today (2 Corinthians 5:9). Philippians 3:13-14 gives us God's advice for moving forward with faith steps — *...Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

~Clark Tatum

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 James & the James family on the loss of his dad.
Barbara Humphrey & family on the loss of her cousin,
Ervin Davis.



ENCOURAGEMENT, REPENTANCE, TRAVEL

Patricia McKinzie - repent; continued prayers for my health issues that have not been resolved
Alisia Hardison - repent; family illness; children; thanks for continued prayers for me & Kenyon
Gloria Ellis - repent; medical test/procedure; family illness; relocating; children
Donna Johnson - prayers for life's decisions
Brannon Pennick - that assessment with the V.A. will come out in my favor
Yvonne Bolden - repent; children; family; put God first & get my life back in order
Patrick Gamble - repent; spiritual strength; appellate brief/hearing
Susan Smith - travel; children; Dexter is training in AR/prayers for him & his family
Lavera Williams - repent; medical test/procedure; family illness; children/grandchildren
Barbara Humphrey - repent

HEALTH

Greg & Lillian Andrews - pray that Greg's surgery is successful
Stevie Smith - thanks for prayers/surgery went well; continued prayers for recovery/healing (at home)
Renee Richie - thanks for prayers/tests results were favorable; family is doing better; prayers for car to get fixed after car accident
Cheryl Travenia - thanks for prayers/medical test results were favorable
Lisa Mitchell - medical test/procedure; I have a long-term illness/praying I can physically return to worship service; family illness; children; grandchildren being bullied at school
Allean Maloy - medical test/procedure/treatment

FAMILY & FRIENDS

Janra Powell - friend, Doris Bell's healing & speedy recovery from surgery
Catherine Young - brother, Richard Jackson, is hospitalized
Anthony B. Ross Sr. - family illness: RoyAnn, Gilda, Angela, Haywood, & Ed Jones; job search: Dr. Linda Ross; children/grandchildren: Anthony Jr., Jessica, Ruby, Anthony III, & Melanie; safe travel for my nieces
Kenneth Richie - we saw Kenneth Jr. last weekend; prayers that he will return to the Lord before it's everlasting too late
Bernadette Vargas - grandsons, Brandon & Dayvean; self for wisdom & guidance
Gail Abron - Lushus Banner & Ella Harris; Alicia McDaniel on the loss of her mom; Jessie & Dean Thomas, Jonathan Hardy, & Rosie Clemons
Carolyn Chamberlain - travel for Sharon Jackson
Caren Billingsley - granddaughter
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

- 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 **no later than TUESDAYS AT NOON.**

Men Privileged to Serve April 21st		
	10 am	6 pm
<i>Song Service</i>	Stephunn Gregg	Ryan Brown
<i>Call to Worship</i>	Timothy Arnold	Levi Jackson
<i>Prayer</i>	Douglas Ehigie	Jase Moore
<i>Sermon</i>	George Williams	Robert Jackson
<i>Prayer Requests</i>	Floyd Boozer	Anthony Brown
<i>Com/Off</i>	Daryl Shaver	M.J. Hargrove
<i>Benediction</i>	Ralph Azeez	Denim Moore

<u>NURSERY ATTENDANTS</u>	
April 21st	
De'Ana Williams	Seresa Moore
April 28th	
NaTasha Malone	Seresa Moore
May 5th	
De'Ana Williams	Megan Toliver

<u>BAPTISMAL ROOM CARE AND GARMENTS</u>	
April	
Crystal Brinkley	Samara Hargrove
Allegra Alexander	
May	
Trina Manor	Simone Rogers
Allegra Alexander	

Announcements and Upcoming Events

Welcome to the family!

Mariah Johnson | Care Group 1
Baptized April 14th



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 photo of hands reaching for watermelon slices, a photo of a picnic table with watermelon, lemons, and bread, and a small photo of a person. The Church of Christ logo is in the top left corner.

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>

Tech Support Special Session

Topic: Securing your Digital Life
Basic Online Security Recommendations and Advice

Date: Wed. April 24, 2024

Time: 6:00pm – 6:45pm

Location: Learning Center Rm. 104

For Information Contact:
Timothy Arnold [redacted]
Email: Yourmove@gmail.com



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 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

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

MARRIED COUPLES MOVIE NIGHT

JOIN US TO WATCH ORDINARY ANGELS

April 27th ★ 6-9 pm ★ East Side

SIGN UP AT THE MARRIAGE MINISTRY TABLE
AFTER SERVICE

PLEASE BRING A SNACK TO SHARE!
SEE YOU THERE!!!



Is Your Faith Tank Full?

Take a second and ask yourself, if I called on my faith right now would my faith be strong enough for my needs?

How can we measure our faith? "The measure of faith" that is developed and strengthened in us comes from one place which is "the Word of God." Romans 10:17 tells us, "Faith cometh by hearing, and hearing by the word of God."

So is it a fair question, if we don't come to church services or if we don't hear much of the word of God. What about if we don't read much of God's word. The reality is our chance of having the faith we need will be very limited when we need it?

Would you go on a trip in your car and not be prepared? Would you go on a trip and have nothing in the fuel tank. Ok try it and see how far you go.

When we know it's not "if" it's "when" we will need strong faith. Will our faith tank be full?

For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith." –Romans 12:3

Please make sure you top off your Faith Tank every day!

~Jan Boser

WHAT IF JESUS HAD RETURNED YESTERDAY?

The title of this article is a question of no little importance. And when we reflect upon Jesus' own words that "many" will choose to walk the way of eternal destruction and that "few" will ultimately make it to the gates of Heaven (cf. Matthew 7:13–14), this question becomes even richer in significance. While our busy schedules might often prevent us from doing so, we should actually reflect upon His return every day! Could it be that the Lord has chosen tomorrow as the day of His return? If that be the case, in what condition will you find yourself to be in the day after tomorrow? Only the wise will bother to seriously ponder this thought.

We all need to live every day as if we actually had access to information that told us that Jesus' return was imminent; that it could occur at any moment "in the twinkling of an eye." But it is most interesting to consider the fact that in a very real way, that is actually true. We know that Jesus promised us that He would return, and we know that we are closer to that day than any day that has yet dawned upon this earth; but we also know that this very day could be that day!

The world is nearly 2000 years closer to His return than it was during His earthly walk when He often spoke of that fateful day involving His impending return. "Watch" was the word of caution that Jesus often used when He spoke of that inevitable day of His assured return. Later today, we will close out another day on earth (Lord willing!). Each of us will then welcome the dawning of a new day. May we all be living our lives as if we knew for a guaranteed fact that tomorrow would be that final day of mankind's existence in this rapidly passing world.

"Watch therefore, for you know neither the day nor the hour in which the Son of Man is coming" (Matthew 25:13).

~Milton Smith



MEN'S MINISTRY



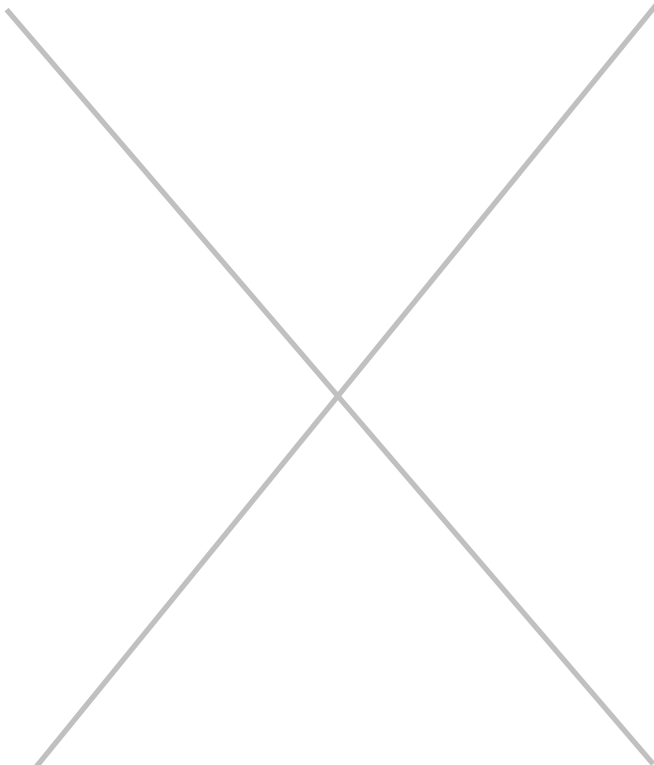
The Men's Ministry has a weekly call via WebEx taking place at 7 pm Tuesdays. We invite all men to join the call.

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

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

April Anniversaries

- | | | |
|-----------|--------------------------|----------|
| 23 | Mike & Cheryl Alexander | 41 years |
| 29 | Ethan & Iris Williams | 46 years |
| 30 | 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 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?



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]