

CHURCH of CHRIST AT EAST SIDE

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January 28, 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.

TIME AND TOMORROW

I read a funny saying the other day: "How long a minute is depends on which side of the bathroom door you're on." The way we experience time is completely relative to the things we are currently going through.

Think about it. Sometimes time seems to crawl by, while at other times it goes by in a flash. To a fifteen-year-old waiting to turn sixteen to get that coveted plastic card of freedom, a year seems to take forever. But for someone who has experienced scores of birthdays, a year seems to go by in the blink of an eye.

One thing true about time is that we are not guaranteed more of it. Not one of us knows what is going to happen. "Do not boast about tomorrow, for you do not know what a day may bring forth" (Proverbs 27:1).

Besides something tragic possibly happening, we're told in Matthew 24:36 that no one knows the day or hour that Jesus will return to call us home. With none of us promised tomorrow, it makes what we do today all the more important. If there is something good you should do, do it now! If there is some sin you ought to stop doing, stop it now! Let's make certain that we are not putting off until tomorrow what should (or must) be taken care of today.

~Luke Bower

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

Kathleen Roberts - repent; medical test/procedure; family illness; job; children
Yvonne Rugely Bolden - repent; school; children; brothers, Chacho & Craig
Lavera Williams - repent; medical test/procedure; family illness
Domino Brown - job/finances; children; parents; to become more aware of my true mission
Vicki Herron - travel; Pamela Johnson's surgery/recovery; brother-in-law, Houston Herron, in ICU
Lori Bledsoe - family illness: son's healing following car accident; grandson & his mother & brothers & for his complete healing; Kary & Lori Bledsoe; forgiveness of sins; job; children/grandchildren

HEALTH

Barbara Humphrey - healing for self & grandchild
Ann Roberson - healing/hospitalized
Jeanette Gould - healing from illness

FAMILY & FRIENDS

Lacy Jones - prayers for favorable medical test results for mom, Phyllis Portis; stepdad, Eric Portis' health; brother, Steven Jones' mental health & safety; coworker on the loss of her mom
Ronalyn Riddle Johnson - family illness; children
Phyllis Morgan - prayers for new convert
Caren Billingsley - continued prayers/thankful for sister's improved health
Anthony Ross, Sr. - family illness: Roy Ann, Gilda, Haywood, Angela, Ed Jones, Linda, & Anthony Jr.; job search for Linda Ross; children/grandchildren: Anthony Jr., Jessica, Andrew, Ruby, Anthony III, & Melanie
Mike Williams - wife & newborn daughter
Carolyn Chamberlain - daughter, Nicole's surgery
Jesse Barnes - brother, Jerri Dudley, & his mom, Lynette Dudley's healing
Angela Kayutak - LaTashia's healing
Gail Abron - Bro. Ned Barton's healing; West family; Riley family for healing; Bro. Gene Patridge's recovery; Pearl Goode; continued prayers for Jesse Thomas & wife, Dean
Benita Hodge - grandmother, Faye's health



SICK & SHUT-IN
 Ruby Lewis & Alma Wright

Mark Your CALENDAR

JAN2024

Ladies' Tuesday Bible Study, 10–11 am
3rd Tuesday Mobile Food Pantry, 8:30–11 am

- 26 WINGS, 7 pm
- 27 FSBS Prayer Breakfast, 10 am
- 30 Men's Bible Class, 7 pm

FEB2024

- 3 Seasoned Saints General Meeting, 3–5 pm
- 5 EM WOW Team Meeting, 7:30–8:30 pm
- 6 Men's Rap Session, 7 pm
- 10 Youth Valentine Dinner Adventure, 5–6 pm
- Singles Valentine's Gala, 5–8 pm

10–28 Voters' Rights



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

Men Privileged to Serve January 28th

	10 am	6 pm
<i>Song Service</i>	Chris Sells	Chris Sells
<i>Invocation</i>	Charles Nwaneri	Ron Harry
<i>Prayer</i>	Daryl Shaver	Douglas Ehigie
<i>Sermon</i>	George Williams	Russell Clemons
<i>Confessions</i>	Cranston Hardeman	Leonard Fillmore
<i>Com/Off</i>	Nathan Haley	Derwood Kirby
<i>Benediction</i>	Sam Matthews	Anthony Ervin

NURSERY ATTENDANTS

January 28th

Seresa Moore
 De'Ana Williams

February 4th & 11th

Natasha Malone
 Megan Toliver

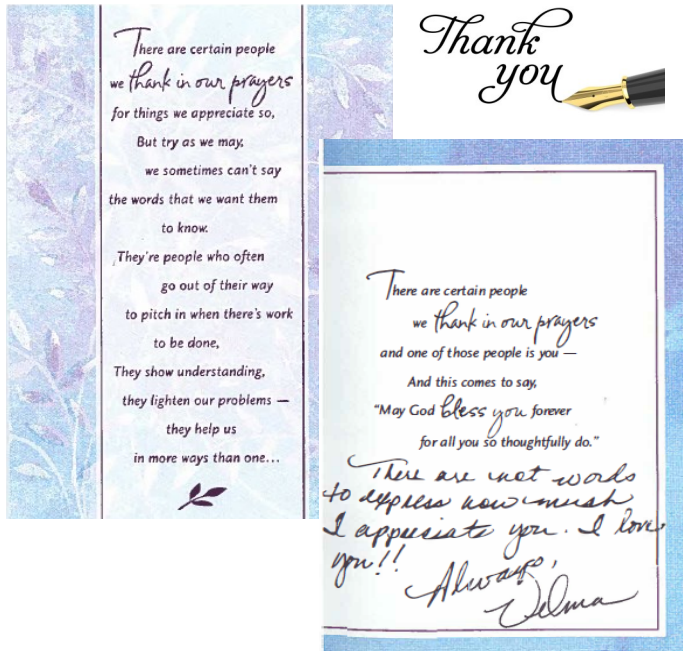
Announcements and Upcoming Events

Congratulations!

Coleen Azeez
Webb Middle School
Teacher of the Year

&

Nicole Smith
Barrington Elementary School
Teacher of the Year



HEALTH AWARENESS MINISTRY NEW YEAR'S RESOLUTIONS 2024

1. Focus on your passion/find something you are passionate about.
2. Work out to feel good, not to be thin.
3. Stop gossiping—spread positivity.
4. Give one compliment a day.
5. Do random acts of kindness.
6. Go someplace you've never been.
7. Clear out clutter.
8. Reduce your waste. The average American wastes 2000 pounds of trash a year.
9. Volunteer—good for your mental and physical health.
10. Write down one thing you're grateful for every night.
11. Drink more water.
12. Stop multi-tasking—reduces brain's grey matter, hurts productivity and efficiency, increases stress, anxiety, and depression. **Focus on one thing at a time.**
13. Talk to yourself with kindness—think nicer things about yourself.
14. Call a friend instead of texting.
15. Don't buy things you don't need.
16. Keep a journal; helps battle anxiety, stress, and depression.
17. Take care of yourself—take some time for yourself; meditate, "be still."
18. See the doctor, take care of your health issues, do your health checks, dental, and eye screenings.



Source: <https://parade.com/969195/megangrant/new-years-resolutions-ideas/>



SEASONED SAINTS | 50 PLUS

Health is Wealth 2024

Join us as we discuss how to get heart healthy!

FEBRUARY 3, 2024 • 3-5 PM
EAST SIDE LEARNING CENTER

Make your health always your priority. Our facilitator is
 Kiounis Williams MBA, CPT
 Black Men's Health Center

- Diabetes Management
- Manage your Blood Pressure
- Stress Management
- Chair Fitness
- Know your Numbers

Dress comfortable to participate in a few chair activities



With love!

Attention all Married Couples
You're invited to
Celebrate with your spouse at our

Valentine's Dinner
Saturday, February 17, 2024
Maggianno's Little Italy
At The Domain
6:00pm - 10:00pm
Cost: \$120.00 per couple

Please sign up after services at the
Marriage Ministry table.

You don't want to miss this!




Picnic at Reunion Ranch

 **SATURDAY**
OCTOBER 12, 2024

REGISTER USING QR CODE






LEAGUE
OF
WOMEN
VOTERS

REGISTER TO VOTE

INVITING YOUTH AND PARENTS

BECAUSE
YOUR VOTE
MATTERS

**Sunday
January 28**

East Side Library
After Morning Worship
REFRESHMENTS PROVIDED



You can do the
following things:

- Register to Vote
- Update Voter Record
- Find Election information
- Get Your Questions Answered

**ELECTION DAY
MARCH 5 PRIMARY ELECTION**

SUSANA CARRANZA CHAIR OF
LEAGUE OF WOMEN VOTERS

28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
are healthier together

Day 1

Call a friend and join the #OurHearts movement.



Day 2

Make a heart-healthy snack.

Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 4

Sport red today for National Wear Red Day.

Day 5

Squat it out. Do 1 minute of squats.



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Visit [Smokefree.gov](https://www.smokefree.gov) to take the first step to quitting smoking.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today.



Day 10

Aim for 30 minutes of physical activity today.



Day 11

Plan your menu for the week with [heart-healthy recipes](#).



Day 12

Reduce stress using [relaxation techniques](#).



Day 13

Give the elevator a day off and take the stairs.

Day 14

Protect your sweetheart's heart: Plan a heart-healthy date.



Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.

Day 17

Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18

Add a stretch break to your calendar to increase your flexibility.



Day 19

Eat vegetarian for a day.



Day 20

Share a funny video or joke that makes you laugh.

Day 21

Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.



Day 23

March in place during commercial breaks to get your heart going.



Day 24

Get a tape measure and find out the size of your waist.



Day 25

Ask a family member or neighbor to join you for a walk.



Day 26

Fill half of your lunch and dinner plates with vegetables.



Day 27

See how many push-ups you can do in 1 minute.

Day 28

Pay it forward and tell a friend about [The Heart Truth](#).



nhlbi.nih.gov/heartmonth



National Heart, Lung, and Blood Institute



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

WINGS WILL CONTINUE IN 2024

WINGS is a marriage *enrichment* program offered for free to married and engaged Christian couples. Feel free to invite couples.

The first session will be **January 26th**. The topic this year is **"How to have Crucial Conversations in Marriage GOD's Way."**

The sessions will be virtual beginning at 7:00 sharp!

Join us by video or by phone, with or without your spouse. Remember you do not have to say a word...just listen if you choose.

Reach out to Mike or Cheryl Alexander if you have any comments or questions...

Crucial Conversations in Marriage

Hosted by Mike Alexander & Cheryl Alexander

<https://lioninstitute.my.webex.com/lioninstitute.my/j.php?MTID=m7b86416737b3f302aa50dcd7c635d587>

**Friday, January 26, 2024, 7:00 PM | 2 hours | (UTC-06:00)
Central Time (US & Canada)**

Occurs the fourth Friday of every month, effective 1/26/2024, from 7-9 PM (UTC-06:00) Central Time (US & Canada)

Agenda: The adventure into love begins in a day, but the sustenance of the love is the main deal. At times, there are a lot of words wanting to be spoken, hurt to be expressed, and raging emotions, but the question is, how do you communicate these feelings without causing a breach in your relationship? Crucial conversations are interactions about high-stakes, emotional issues that two people see differently. Remember that you can talk them out or act them out. The challenge here is to talk about the right issue.




January Birthdays

2	Deshar Davis Heather Johnson Robin Siah	19	Makiya Carter Preston Loving Kymiah Rogers
5	Ta'iria (Tay) Miller Orlando Smith Sterling Smith Taliyah Promise Ehigie Wright	21	Zinnia Bell Mishane Hightower Lillian Lowe
6	Stephaine Williams	22	Alisia Hardison
8	Henry Eke Brycen McQueen	26	Carolyn Chamberlain Pennick Zion Olivia Moffett David (D.J.) Randolph Portia Robinson Samuel Williby
9	Rendy Gordon Willie Williams	27	Savion Moses Alexis Shaver
10	Walter Shaw	28	Velma May
11	Amber Kelley Ralph Watson	29	Crystal Jacobs
14	Robert Jackson Dashya Moore Quinton Smith, Jr.	30	Willie Sue Anderson Zambria Randolph

January Anniversaries

2	Ernest & De Shondra Booker	31 years
4	Cranston & Linda Hardeman	10 years
6	Orlando & Nicole Smith	23 years
9	Charles & Cherilyn Wadley	25 years
17	Charles & Mary Alexander	9 years
19	Michael & Felicia Williams	11 years
30	Emmanuel & Robin Siah	3 years

*May God continue to bless
your marriage.* 

Bible Classes for All Ages

Fall | September – December 2023

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.

January 2024 Lessons/Topics

Ages 2&3 | Room 101

A to Z Thru the Bible – A Is For Adam, B Is For Bible

Ages 4&5 | Room 102

What Can I Do? – A Series On Jesus' Early Life & Ministry

Grades 1&2 | Room 110

What Can I Do? – A Series On Jesus' Early Life & Ministry

Grades 3&4 | Room 206

What Can I Do? – A Series On Jesus' Early Life & Ministry

Grades 5&6 | Room 209

What Can I Do? – A Series On Jesus' Early Life & Ministry

Grades 7-9 | Room 203

On the Flip Side – A Study From the Prophets & Gospels On Justice

Grades 10-12 | Room 212

On the Flip Side – A Study From the Prophets & Gospels On Justice

Young Adults | Room 211

Classes will resume in February.

Adults | Room 108

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

Adults | Room 111

Luke On Spiritual Growth

Adults | Room 113

Gospels On Jesus

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

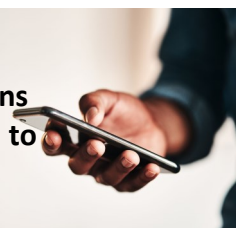
You are saved by grace and the Lord adds you to the church of Christ.

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 January through March.

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